

**Mr Jim Ford | Principal**Big Ideas**“Oh 🎵 Christmas tree 🎵 Oh Christmas tree 🎵”**

No, we're not proposing Christmas in March. We are proposing to fabricate and decorate a large Christmas tree in our front garden round-about facing Nebo Rd, come the festive season. Possibly using the present flagpole as the central spire.

The CMC Parent Engagement Group (PEG) would love to see a tree shaped light display to brighten up our stretch of Nebo Rd.

**CAN YOU HELP??**

*What's a possible lightweight design?*

*How do we do the lights?*

*How do we safely set-up and pack-up?*

If you have a concept and or contacts in fabrication, then please phone the College. We'd love to see the College enter into the spirit of the season.

**Mrs Jeanette Refalo |Assistant Principal Mission**We want your coins for Caritas!

This Lent, Catherine McAuley College are trying raise \$4000 for two rainwater tanks in Samoa. Although Samoa is a country surrounded by water, access to clean drinking water is scarce, with many families facing extreme hardship.

As a result, many families rely solely on rainwater collected in recycled scraps, like old fridges. When their water runs out, they have to walk to collect water in buckets and containers from neighbours or other communities, making it difficult for children to attend school. Caritas is installing water tanks in crucial areas of Samoa, such as schools and family homes, to prevent children from missing out on their right to an education. During the next phase of the program, Caritas will work to provide homes with hygienic toilets with septic tanks, which will improve the health of rural communities. This will only be possible with our generosity!

Contemporary Icons

Our Catholic Identity is evident around the College. Year 7 students have recently participated in a treasure hunt of Religious icons.....

**Mr David Paul |Assistant Principal Wellbeing**Resilience Project

Throughout 2024, we will be working closely with The Resilience Project to support the wellbeing of our school community.

The Resilience Project delivers emotionally engaging programs and provides evidence-based, practical strategies to build resilience.



Our Partnership Program consists of online presentations and weekly lessons for students, professional development for staff, and Parent & Carer Hub (inc. digital presentations) for our parent and carer community. Over the coming weeks, we'll be sharing the Parent & Carer Hub with you. The videos are 5-10 minutes long and will walk through the key pillars of resilience: Gratitude, Empathy & Mindfulness. You will hear stories and be introduced to activities to show how these strategies can support our kids' learning and development, and also support you as parents and carers.

This program is an important part of our school's effort to look after the mental health of our community.

View the first presentation of the series here:

Part 1: Meet Hugh and learn about The Resilience Project - [Click Here](#)

In this presentation, Hugh shares a personal experience about his

sister's battles with Mental Illness. Note: This video contains a story about an Eating Disorder that may be triggering. Please consider this before watching. For mental health resources and support information, visit [The Resilience Project's Support Page](#)

### Mr Chris Apelt | Assistant Principal Teaching and Learning [Great Achievement](#)

Cruz (Year 7) travelled to compete in the Victorian State Championship for Go Karting recently and brought home a solid 2nd place finish. A highly competitive field of more than fifty racers competed from all over the country and the trophy is a great reward for his consistent juggle of school study and competitive sport commitments. Well-done to Cruz and his family on a wonderful achievement.



### [Get Involved](#)

Get involved is the key message from our Sports Coordinator Mr Dan Scotton. Below is a photo of a usual lunch time at CMC. At first glance, it looks like the oval as usual, but with a closer inspection you can see the many options on the go at lunch breaks for students to "get involved" in. On the oval, there is now 4 fields running, with different sports on offer. In the photo, soccer was the choice of the day. In the foreground, Spike Ball competitions happening across the freshly laid turf behind the "shed". What can't be seen in the photo, is the Chess Competition happening in the library and the basketball happening in the Summerhouse. There sure are plenty of options for all students to get in and have a go during breaks.



### Mrs Jodie Benfer | Vice Board Chair [March Board Report](#)

The board welcomed our new member Shirly Russell and we also welcomed Kylie Anthes to observe the board in action.

### Board Pre-Service Presentation

Mr Michael McCusker Assistant Director Schools ran a well-informed board member pre-service to ensure all members are aware of their responsibilities whilst serving on the CMC Board. Key topics revolved around shared wisdom, collective ministry and the process and requirements of being a part of a school board. The presentation was thought provoking and provided great discussion.

Mr Jim Ford presented the 2024 School Budget. We were informed of the breakdown of all aspects of the budget and expenses throughout the year.

### Prayer and Formation Session

Mrs Jeanette Refalo engaged the board in a beautiful prayer to start the meeting and then we looked at the Draft Staff Formation Policy created by head office. CMC and the Board will provide feedback to the diocesan catholic education office.

### Principal's Report

Mr Jim Ford shared the CMC Leadership Model that was created by the leadership team and staff consultation. The model will assist with developing staff and student leaders.

Positive feedback around the CMC Open Night was provided and things to consider for 2025.

So many wonderful events shared that our staff and students have been involved in throughout the last month – Chess Competitions, various sporting events, Clean Up Australia Day etc.

### Mr Dan Scotton | Sports Coordinator

#### [School Hockey](#)

Our inaugural College Hockey team had a great win over St Patrick's College last weekend 8-2 in the Mackay School Hockey competition. Thanks to St Patrick's for loaning us one of their Goal Keepers (Lucas).



### Mr Mark Casey | Reef Guardian Coordinator

#### [We Cleaned Up!](#)

Last Friday (8 March) approximately 20 students represented the College as part of Clean Up Australia Day. Despite the difficult weather conditions students removed hundreds of pieces of rubbish from the beach area around Quota Park. The staff involved were impressed by the commitment shown by these students.



### Quote

*"One thing is remarkable, that no breach of Charity ever occurred amongst us. The sun never, I believe, went down on our anger."*

Catherine McAuley



**Mrs Alex Lamb |Head of Department The Arts**

Get To Know Our Instrumental Teachers

**Sam Bauer - Brass**

Q. Favourite instrument? A. Saxophone for 23 years (started in grade 5 in concert band and played at eisteddfods)

Q. Favourite musician/band/artist? A. The Dave Mathews Band

Q. What do you love most about music? A. I love the friends you make through music, it's all about the socials for me! Being around like minded people makes life amazing



**Nichole Thomson - Vocal**

Q. Favourite instrument? A. My favourite performing instrument is actually cello, but my best instrument is my voice, and I have been singing for almost 40 years!

Q. Favourite musician/band/artist? A. My favourite singers would be Barbra Streisand and Elly Ameling (French)

Q. What do you love most about music? A. Music is universal - you don't need to understand every element of it to be moved by it, and I love the way the Arts have a positive impact on every other academic and sporting discipline, because of the unique way that music impacts the way our brain functions!



**Nicole Pillhofer – Vocal**

Q. Favourite instrument? A My favourite instrument is voice, and I have been singing for 16 years! Since I can remember I have always been a part of a choir and I was 11 years old when I started taking lessons!

Q. Favourite musician/band/artist? A. When I was young, I absolutely loved watching the ballet. This is where my love of classical music started. The Nutcracker and Swan Lake are two of my favourites, and as both are composed by Tchaikovsky, I would say he is my favourite composer.

Q. What do you love most about music? A. Music is food for the soul. I believe music has a way of connecting people beyond words - it is universal and completely transcends time.



**Jim Scott – Guitar**

Q. Favourite instrument? A. My favourite instrument is the guitar but I would really have liked to play many others as well. I started to get serious with guitar when I joined the Mackay Conservatorium ca. 1992.

Q. Favourite musician/band/artist? A. My favourite musician/ band is


vast and covers many decades and many genre, but two that always spring to mind are Paul Simon and Mark Knopfler.

Q. What do you love most about music? A. My love of music is simply instinctive. I have memories as far back as maybe 4 years old drifting into sleep next to big open fires while listening to someone playing the "Squeeze Box". But it was many decades before I was able to pursue that love. Even today the sound of a train clicking by or the gaps in a bridge and hum of machinery will set up a rhythm track in my head.



**Mrs Frances Deguara | Catherine's Café**

Roster

 <span style="font-size: 2em; font-family: cursive;">Café Roster</span>			
Week 9	Date	Volunteers	
Tuesday	Mar 19	Deb	Volunteer Needed
Wednesday	Mar 20	Liz	Volunteer Needed
Thursday	Mar 21	Natalie	Volunteer Needed
Friday	Mar 22	Wendy	Volunteer Needed
Week 10	Date	Volunteers	
Tuesday	Mar 26	Volunteer Needed	Volunteer Needed
Wednesday	Mar 27	Kevene	Liz
Thursday	Mar 28	Natalie	Volunteer Needed
Friday	Good Friday		

Date Claimers

- Tuesday 26 March – Cross Country 8:35am (Whole School Event)
- Wednesday 27 March – The way of the Cross - Prayer Service 9:30am (Whole School Event)
- Thursday 28 March – Swimming Carnival – All Day Event – Students will catch buses to and from the ARC. (Whole School Event)
- Thursday 28 March – Last day of Term 1
- First day of Term 2 – Monday 15 April

Community News

**Chrism Mass 2024**

The people of the Diocese are invited to join Bishop Michael McCarthy and the clergy of the Diocese in the celebration of the Chrism Mass 2024, 10.00am, Thursday 21st March 2024, St Joseph's Cathedral. Light refreshments will be provided after the celebration. The Mass can also be watched online on the St Joseph's Cathedral, Rockhampton YouTube channel <https://www.youtube.com/user/StJosephsCathRton>



St Mary's Centenary Events



# CENTENARY EVENTS

## 6TH - 11TH AUGUST 2024

- Mass - Tue 6th Aug 9am
- Dinner - Fri 9th Aug
- Open Day - Sun 11th Aug

Check the St Mary's Facebook page for event details

[smm\\_centenary@rok.catholic.edu.au](mailto:smm_centenary@rok.catholic.edu.au)