



Book Week Dress Up Day

Mr Jim Ford | College Principal

Dressing for the Occasion



At CMC, part of the learning experience is to dress to a standard. Professional and or appropriate uniform items will be an expectation in most of our students' future workplaces. We are dealing with teenagers however, so uniforms don't last forever

Dictionary definition -: 'Dilapidated' *reduced to or fallen into partial ruin, or decay as from age, wear or neglect.*



If any items of your child's uniform come close to the above definition, then please use the school vacation to visit Uniform Solutions in Paget.

Mrs Jeanette Refalo | Assistant Principal Mission

Prayer

In the subject of Religion, Year 7 students are exploring the significance of prayer and ritual in the faith journey of believers. This may be a fitting opportunity for you to converse with your child about the different forms of prayer that believers engage in to strengthen their relationship with God.

Many of us Boomers, Gen X and Millennials were taught as children to say our prayers, to ask God for what we or others need. However, this is only half of the mystery of prayer. The other half is the prayer of the heart where we are not thinking of or talking to God or asking God for anything. We are simply being with God who is in us in the Holy Spirit whom Jesus has given us.



One of the forms of prayer that students learn about is Christian Meditation which is a prayer of the heart uniting us with the human consciousness of Jesus in the Spirit. Most Religion classes are invited to engage in this ancient form of prayer each week. (adapted from 'Christian Meditation' – Laurence Freeman, OSB)

We do not even know how to pray but the Spirit himself prays within us. (Romans 8:26)

Mr Christ Apelt | Assistant Principal Teaching and Learning

Healthy Study Habits (SchoolTV Article)

In today's world, where distractions are abundant and the pressure to excel is high, guiding children to develop healthy study habits is more important than ever. As students aspire to achieve academic success, the cornerstone of that achievement lies not just in their intelligence or drive, but in the study habits they cultivate.

It's essential for students to recognise that good study habits aren't merely about spending extra hours hitting the books. It's more about quality over quantity and having a more balanced approach. Emphasising

the value of a routine is essential. Consistent study times establish a sense of structure and discipline, turning studying into a natural part of their daily routine rather than a burdensome task.

Additionally, how students approach their study sessions is equally important. Taking regular breaks is a crucial part of this process in maintaining focus and preventing burnout.

Maintaining a healthy lifestyle that includes sufficient sleep, a balanced diet, and consistent physical activity are indispensable elements that will significantly impact your child's ability to study effectively. Fostering these healthy habits is one of the most valuable gifts we can offer children, paving the way for a lifetime of learning and achievement.



This Special Report will help you support your young person as they embark on studying for exams.

Click [here](#) to read more.

Mr David Paul | Assistant Principal Wellbeing



Student Achievements Young Mayors Program

Congratulations to Lily, who was successfully appointed as a Young Mayor for the southern region of Mackay. Lily will serve an 18 month term in her role and hopes to travel to Canberra next year. Future CMC student (Year 7 2025) Logan, was also successful in his campaign.



Capricornia Sports

Congratulations to the following students for qualifying for the Capricornia Track and Field team at the recent trials. Thomas, Nate, Keira, Madison and Jackson (absent).



Miss Alexia Bartholomew | Library Manager
Book Week Dress Up Prize Winners

Best Group
Alice in Wonderland



Best Dressed
Moon Knight



Date Claimers Term 3

- 9 – 13 September - **McAuley Week**
- Monday 9 September - **McAuley Week Mass**
- Tuesday 10 September – **Fitness Games Day 1**
- Wednesday 11 September – **The Arts Showcase**
- Thursday 12 September – **Fitness Games Day 2**
- Friday 13 September – **Beach Day**
- Saturday 14 September - **St Francis Gospel Group**

Mrs Frances Deguara | Café Convenor

Catherine McAuley College Mackay		Café Roster	
Week 9	Date	Volunteers	
Tuesday	September 3	Cynthia McIntosh	Rod Cooper
Wednesday	September 4	Liz Lyons	Volunteer Needed
Thursday	September 5	Natalie Kelly	Volunteer Needed
Friday	September 6	Lee-Anne Slinger	Monica Plath
Week 10	Date	Volunteers	
Tuesday	September 10	Cynthia McIntosh	Rod Cooper
Wednesday	September 11	Volunteer Needed	Volunteer Needed
Thursday	September 12	Natalie Kelly	Volunteer Needed
Friday	September 13	Closed	Beach Day

Quote

“Confidence in God causes us to hope for everything comes from His paternal goodness.”

Catherine McAuley



Community Notices

2024 / 2025 Season

Mackay SLSC Nippers Sign On

Season Commences Sunday 8th September
Mackay Surf Club-Harbour Beach

Nippers Sign On
Sunday 1st September
10am-12pm

We offer an active program for participants age 5 to 13 focusing on water skills, surf swimming, beach activities and more..

ALL AGES WELCOME- Fair Play Vouchers Accepted

COME & TRY DAYS
MONTH OF SEPTEMBER FROM 9AM

Contact Us juniors@mackayslsc.com.au