



SHROVE TUESDAY  
Refer to page 6

## MOUNT CARMEL COLLEGE

R-12

*Belonging ~ Diversity ~ Excellence ~ Relationship*



### From the Principal

Dear Families

#### Years 5 – 12 Sports Day

On Tuesday 8 March the Mount Carmel College Years 5 to 12 students were able to participate in the annual Sports Day. With extra COVID safety practices, we were delighted to be able to hold this event. Students were able to be out in the fresh air, enjoying healthy competition.

There was a magnificent spirit amongst the students and excellent participation in the range of events. Due to the extra COVID precautions on the day, the presentations and announcement of winners was delayed until Thursday morning.

Congratulations to Tenison, who were the overall winners. Thanks to Bek Footner, the PE staff and all staff who ensured this was an enjoyable and safe day.

It was also the first major event with our new Houses: Agius House and Joseph House.

**Agius House** (Gold) - Josie Agius (1934-2015) was a Narungga, Kurna, Ngarrindjeri and Ngadjuri leader and among South Australia's first Aboriginal health workers. A pillar of strength in the Aboriginal community, she was committed to sharing cultural knowledge with non-Aboriginal people. Aunty Josie worked extensively within Catholic schools, both secondary and primary schools, sharing her cultural knowledge and providing support to many Aboriginal cultural instructors working in Catholic schools. In 2014 she was awarded the Premier's NAIDOC Award in response to her tireless advocacy for, and championing of, reconciliation.

**Joseph House** (Blue) - Saint Joseph was married to Mary, the mother of Jesus, and he was the legal father of Jesus. Joseph was a carpenter and he is regarded as the patron saint of workers and patron of the Universal Church. Symbols associated with Joseph include the carpenter's square and lily. The carpenter's square not only symbolizes Joseph's trade but also the concept of truth. The lily represents purity.

*Continued page 2.*

### In this issue...



From the Principal.....	1
Diary Dates.....	2
Student Absences/Late Arrivals.....	2
Book Club 2022.....	2
Prayer.....	2
From the Deputy Principal.....	3
Third Sunday of Lent.....	3
Ash Wednesday.....	3
Sports Day 2022.....	4
Shrove Tuesday.....	6
Bright Ideas Youth Summit.....	7
Future Pathways.....	7
Western Technical College.....	8
UCAT 2022.....	9
Community Noticeboard.....	10

# Diary Dates

## MARCH 2022

- 28 Catholic Co-ed Sports Carnival
- 31 Year 11 Reflection Day

Further dates are available from our website at [www.mcc.catholic.edu.au](http://www.mcc.catholic.edu.au)

### 2022

#### TERM DATES:

- Term 1: 31 Jan - 14 Apr
- Term 2: 2 May - 8 Jul
- Term 3: 25 Jul - 30 Sep
- Term 4: 17 Oct - 9 Dec



Like us on  
Facebook!

Stay up to date with all the latest Mount Carmel College news and events!

Visit us at [www.facebook.com/mccadelaide](https://www.facebook.com/mccadelaide) and click 'Like'.

## Student Absences/ Late Arrivals

When a student is absent or going to be late, parents should notify the school by 9am on that day by texting the **Absentee Line on 0438 368 846 (SMS) or phoning (08) 8447 0500**. You will need to state the following:

**NAME OF CHILD**

**YEAR LEVEL**

**REASON FOR ABSENCE** *eg If late approximately what time will your child arrive etc.*

A medical certificate is required if a student is away for more than 3 days. For any planned extended absence, a letter to the Principal is required to explain circumstances.

## From the Principal Continued...



Joseph was a compassionate, caring man. The Sisters of St Joseph of the Sacred Heart take their name from Joseph, father of Jesus.

Our two Houses of Tenison and MacKillop continued their strong traditions.

**Tenison House** (Red) – Father Julian Tenison Woods (1832-1889) was the first parish priest of the Port Adelaide area. He set up one of the first ever School Boards in the Alberton/Pennington area in 1868. Julian Tenison Woods co-founded the Sisters of St Joseph with Mary MacKillop and was appointed Director of Catholic Education SA. He was a gifted missionary priest, scientist, writer and musician.

**MacKillop House** (Green) - Saint Mary MacKillop (1842-1909), religious social reformer and educator, is the first Australian saint of the Roman Catholic Church and her full title is Saint Mary

of the Cross MacKillop. Saint Mary of the Cross MacKillop founded the Sisters of St Joseph, who have taught in the Port Adelaide area since 1868. Mary MacKillop became the first elected Superior-General of the Josephite Sisters. She travelled widely, establishing convents, schools and charitable institutions throughout Australia and New Zealand.

### Open Day

We look forward to welcoming families to our Open Day this afternoon between 4pm-7pm. Due to COVID rules, we have had to restrict the event to families with prospective students, and families are asked to book a time for their visit on our website.

Be a person of hope to others.

**John Konopka**  
Principal

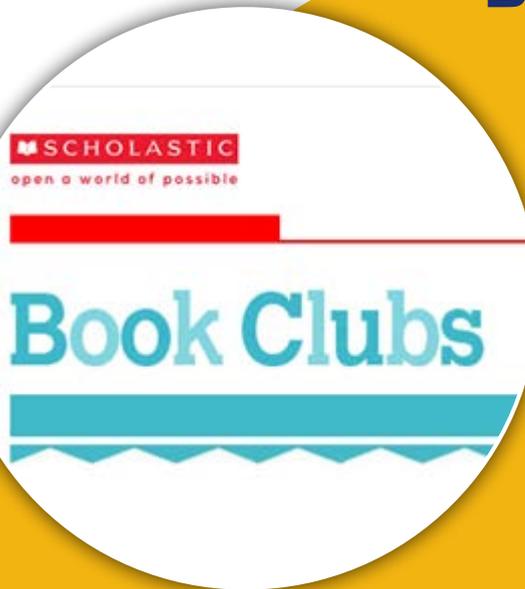
## Book Club 2022!

Book Club is here and available for all students. If you would like to view a copy of what's available, you can download a copy of the current issue via: <https://www.scholastic.com.au/book-club/book-club-home/>

If you place an order, please make sure you have chosen the correct campus for delivery:

Primary Campus: **Mt Carmel College**  
Secondary Campus: **Mount Carmel College**

Any questions please feel free to ask Beti Sghirripa (Primary Campus) or Vicki Penny (Secondary Campus).



## Prayer

We pray for the work of Caritas Australia through Project Compassion.  
We pray also for greater respect for the environment.  
May we care deeply for the Earth that God has entrusted to our care.  
May we realise that we are on Holy Ground.  
Amen



*Almighty and ever living God,  
you invite us deeper into your world,  
your people, your Lent.*

*May this time be one of outward  
focus;  
seeking you in those we often  
ignore.*

*Help us live a Lent focused on  
freedom, generosity, and encounter.  
Give us hearts hungry to serve you  
and those who need what we have  
to give.*

## **NAPLAN – Nationally Coordinated Practice Test**

All Catholic schools in South Australia will be participating in a co-ordinated NAPLAN practice test on **Thursday, 24 March**. This test will allow us to prepare our systems and procedures

for the tests which will occur next term for students in Years 3, 5, 7 and 9.

No individual student data from the practice test will be kept by any authority, including Mount Carmel College. The results from the practice test will not be used for individual student reporting and should not be seen as a process that will cause undue stress on our students. We will be asking that our students simply try their best so that the integrity of these readiness tests are maintained.

If you have any questions in regard to this process, please contact either Mrs Francesca Sutton at the secondary campus or Mrs Rosie Sturman at the primary campus.

## **Remote Learning**

It has certainly been a challenging time for our students who have been impacted by isolation restrictions due to COVID-19.

We would remind families that students at the Secondary Campus are able to continue their learning at home via our Learning Management System – SEQTA. It is important that our students maintain communication via SEQTA forums. Please continue to contact your child's Pastoral Care teacher or Year Level Coordinator if you have concerns.

**Jon Cenko**  
*Deputy Principal – Secondary*



## **Third Sunday of Lent - 19 & 20 March**



Janice 44, is a proud Wagilak woman, a traditional dancer, who tells stories through movements handed down over generations. With your support, Janice and the Djilpin Arts Aboriginal Corporation support the community to generate income and employment, while keeping culture alive.

Please donate to Project Compassion 2022 and help provide employment and training for First Australians, allowing them to remain on country and keep their culture alive.

Together, we can help vulnerable communities face their challenges today and build a better tomorrow **For All Future Generations**.

You can donate through Project Compassion donation boxes and envelopes available from your Parish, by visiting <https://www.caritas.org.au> or by calling 1800 024 413.

**Patrick Fitzgerald**  
*Assistant Principal Religious Identity & Mission (Primary Campus)*

## **Ash Wednesday**

February 17 was Ash Wednesday – the beginning of the liturgical season of Lent. The children from the primary campus each decorated a cross with their name, some colour and small images depicting how they can become more like Jesus during this special time. These crosses were then placed onto giant crosses. Some of the Year 4 children helped to create the display that can be seen in our front office.





What a stella day for an athletics carnival. There was an amazing vibe as the students from Year 5-12 of the College, competed in their houses, to see who is the superior House.

With the introduction of the new houses- Agius (gold), Joseph (blue, along with MacKillop (green) & Tenison (red), saw new energy and rivalry at our annual Sports Day. Having 2 prominent females from MCC's history as the House patrons, made for a positive and energy packed day! There were records broken, races raced, javelins thrown far and wide and most of all there were smiles and laughing all round.

Many records were broken over the day, including:

NAME	HOUSE	EVENT	RECORD
Jack Hirschausen	MacKillop	M U13 Long Jump	4.76m
Achol Kuir	Tenison	F U14 800m	3.12 min
Gia Della-Zoppa	Joseph	F U14 200m	28.60 sec
Emmanuel Gahe	Joseph	M U13 Javelin	25.86m
Zane O'Malley	MacKillop	MU11 Shotput	5.31
Izayah O'Lcorn	Tenison	M U11 800m	3.32
Zane O'Malley	MacKillop	M U11 Javelin	10.5
Jordan Smith	MacKillop	M u12 Long Jump	3.9
Jordan Smith	MacKillop	M U12 800m	2.53
Tyson Allen	Agius	U15 M 800m	2.39
Fenix Lai	Agius	Open 100m M	10.06

Congratulations also to the age champions, who had competed and placed in many of their events to be the overall champion!



U11 B  
Zane O'Malley  
(MacKillop)



U11 G  
Starr Murdoch  
(Joseph)



U12 B  
Jordan Smith  
(MacKillop)



U12 G  
Alice Brown  
(Joseph)



U13 B  
Jack Hirschausen  
(MacKillop)



U13 G  
Uisce Goreham  
(Joseph)



U13 G  
Chloe Le  
(MacKillop)



U14 B  
Liam Ramos  
(Tenison)



U14 B  
Gia Della-Zoppa  
(Joseph)



U15 B  
Tristian Burnell  
(Agius)



U15 G  
Thrisha Ravi  
(Agius)



U16 B  
Awan Akuen  
(MacKillop)



U16 G  
Amalia Bartemucci  
(Agius)



Open B  
Fenix Lai  
(Agius)



Open G  
Meg Byham  
(MacKillop)

Well done to Joseph for winning the spirit trophy for 2022 and a massive CONGRATULATIONS to Tenison for taking out the win!

**Bek Footner**  
PE Coordinator



John Konopka presents the Tenison Captains Lukky Singh and Lili Karchensky with the Sports Day Trophy for 2022

# Sports Day 2022 Continued...





# Shrove Tuesday

As has been our tradition at Pennington Terrace, we shared pancakes to acknowledge Shrove Tuesday.

Our classes discussed the significance of Shrove Tuesday as a precursor to Lent beginning on Ash Wednesday. Some of the children remembered that many communities in the past would have eaten all of the foods that would not keep for many weeks – before beginning a period of fasting in preparation for Easter.

The Shrove Tuesday 'feast' was enjoyed by a lot of our Primary Campus children – with pancakes being eaten with maple syrup, strawberry jam and even plain.

Thank you to each of the staff at the Primary Campus for your efforts for our children today.

**Patrick Fitzgerald**  
**Assistant Principal Religious Identity & Mission**  
**(Primary Campus)**





# Bright Ideas Youth Summit Incursion

On Wednesday 9th March as part of the Business Innovation Curriculum, the 3 Stage 2 students were involved in a summit with other young people via livestream to hear from entrepreneurs and get ideas for their Business Innovation Assignments. The Stage 2 students were involved from 8.40am-1pm, the 11 Stage 1 students attended all day and the 19 Year 10 Commerce students from 11am-3pm in the Sacred Heart Centre classrooms.

The day consisted of a variety of guest speakers who shared their experiences of starting and running their own businesses. These were all amazing, especially Callum of Young Blood media

who has created podcasts talking to young men about their mental health.

The students also participated in brainstorming activities to think of a problem to solve and then in groups think of ideas of a product, service or invention that could be a solution. Our students in groups looked at a variety of issues and then chose one to ideate a solution for. They then had to complete a prototype story board and present a 60 second pitch to the class. The winners were selected one from the SACE students and one from the Year 10 Commerce class, who each received a voucher to spend at the canteen.



It was a very interesting and inspirational day in which the students came out motivated and with plenty of ideas for their Summative Tasks for the rest of the year.

**Mrs Felicity Daviess**  
Business Innovation Teacher &  
HASS Coordinator

## FUTURE PATHWAYS

Mrs Kelly Peucker, Transition Pathways Coordinator



### EARLY ENTRY OFFERS - 2023 UNIVERSITY

#### Australian National University (Canberra)

Due to the disruptions caused by COVID-19, Australian National University (ANU) has adapted their admissions process for undergraduate study at ANU in 2023.



Australian National University

They will make offers based on Year 11 results on 5 September 2022, and these will be honoured for study in 2023 as long as students have completed Year 12 with an ATAR.

More information can be found at: <https://www.anu.edu.au/study/apply/domestic-applications-anu-undergraduate/applying-to-anu-application-details/changes-to>

#### Charles Sturt University (New South Wales)

Charles Sturt University has a direct early entry program for Year 12 students called Charles Sturt Advantage which opens in April. The Charles Sturt Advantage early offer program recognises your soft skills, which are not always reflected in your exam results. More information can be found at: <https://study.csu.edu.au/study-options/pathways/charles-sturt-advantage>



Charles Sturt University

### YEAR 10 VET ENROLMENTS - SEMESTER 2



Next week information will be given to all Year 10 students wishing to complete a VET course at Western Technical College for second semester.

Please spend some time with your family looking over the options available for students. All information can be found under the programs sections at <https://www.wtc.sa.edu.au/>

Students in Year 10 will begin with the 'Introductory' course and will then progress into the Flexible Industry Pathway in 2023.

All enrolments are completed online under 'Register' and then 'Expression of Interest form'.

Please see Mrs Kelly Peucker in the Transition Pathways Office for more information and application forms if you are interested in these or any other VET programs.



## ROADS2CIVIL

### Roads2Civil

Western Technical College is pleased to announce the exciting industry specific Civil Construction Program, "Roads2Civil" in partnership with key stakeholders: Civil Train, Civil Apprenticeships and Careers Ltd (CACL), CITB (Construction Industry & Training Board), Renewal SA, Renewal SA Works Program and City Of Port Adelaide Enfield.

Current Year 11 or 12 students who are interested in or wish to explore a civil construction pathway are

invited to apply and the program will develop enterprise and employability skills to participate in a modern workplace, whilst gaining practical skills.

WTC Trainees have been learning about this fantastic opportunity and they can apply for a position in the Roads 2 Civil program by registering an expression of interest on our website.

<https://www.wtc.sa.edu.au/enrol/expression-of-interest-form>



Western Technical College is pleased to announce a new online tool to assist us and our Trainees to find their true vocation. The "Shape Your Future" Career Fitness discussion encourages our Trainees to explore and plan ways to achieve their career pathway goals. Questions include: "Why have you chosen this VET course?" and "Make a plan for the next 6 weeks, 6 months and 5 years" and "Resume and cover letter: Do you need assistance in developing? Is yours industry ready?". Questions are designed to gauge the level of a trainees' job readiness preparation.

Once WTC receive a submission from a trainee, WTC staff and home school VET Leaders can provide feedback on career and general work ready guidance and support. <https://www.wtc.sa.edu.au/programs/shape-your-future>



## LOOK WHAT'S IN THE PIPELINE FOR SEMESTER 2

### 22569VIC Certificate II in PLUMBING (PRE-APPRENTICESHIP) FIP 2022

This Certificate II in Plumbing (Pre-Apprenticeship) is a Flexible Industry Pathway (FIP) and is partially funded by the Department of Innovation and Skills (Subsidised Training List). This course will provide students with the practical skills and knowledge to work effectively in the plumbing and services sector. Students will learn about safe work practices, how to use plumbing pipes, fittings and fixtures to simulate plumbing installations, basic sheet metal practices and basic oxy-acetylene welding & cutting.

Students will gain skills appropriate to numerous fields of work within the plumbing, gas fitting and roof plumbing industry. Successful completion of this qualification will enable students to transition to work through an Australian School Based Apprenticeship (ASBA) or fully indentured apprenticeship. Western Technical College provides support to students to transition to work through the Western Technical College Industry Connect program. If you are thinking of commencing a plumbing course, complete our Expression Of Interest on the WTC website.

# UCAT 2022

Common questions about UCAT answered by MedEntry, the leading and trusted UCAT Preparation Institution



## What is UCAT?

UCAT stands for University Clinical Aptitude Test. To enter most medical and dental schools in Australia, you will need to succeed in the UCAT. The UCAT is a two hour computer based test consisting of multiple-choice questions and is divided into five separately timed subtests: Verbal Reasoning, Decision Making, Quantitative Reasoning, Abstract Reasoning and Situational Judgement.

## What courses require UCAT?

State	University	Course(s)
NSW	UNSW	Medicine
	Newcastle/UNE	Medicine
	Western Sydney	Medicine
	Charles Sturt	Medicine and Dental Science
Vic	Monash Uni	Medicine
	La Trobe Uni	Dental Science (higher ed. path)
QLD	UQ	Medicine (prov. entry)
		Dental Science
	Griffith Uni	Dental Science
	CQU	Medical Science/Medicine
SA	Uni of Adelaide	Medicine, Dentistry, Oral Health
	Flinders Uni	Clinical Sciences/Medicine
WA	UWA	Medicine and Dentistry (direct pathway)
	Curtin Uni	Medicine
Tas	UTas	Medicine
NT	Charles Darwin	Clinical Sciences/Medicine
NZ	Auckland	Medicine
	Otago	Medicine, Dental Surgery

## What are the key dates for UCAT 2022?

Registration & booking opens	1 March 2022
Registration & booking closes	17 May 2022
Testing begins	1 July 2022
Last testing date	12 August 2022
Results delivered to universities	Early September 2022
Uni application deadline	September 2022
Cost (for test taken in Aus)	\$305

## How can I register to sit UCAT?

You are required to complete a two-step process using the Pearson VUE online registration system to register and then book a test. Further details are available at [www.ucat.edu.au](http://www.ucat.edu.au)

You can sit UCAT in your final year of high school and any year thereafter.

## Do I need to prepare for UCAT?

Yes! The UCAT is a skills based test which is completely different to any other test you have sat at school. It is a very difficult, time pressured exam and quality preparation is therefore essential. Even students who obtain a perfect ATAR can miss out on a place in medicine due to poor UCAT scores. For some universities, UCAT is as important or more important than your ATAR. UCAT preparation will also help with your school study as it enhances your thinking and test-taking skills.

## Aren't free UCAT resources sufficient?

No! Universities do not want you to undertake quality additional preparation, because they want a level playing field. Unfortunately, this does not exist. Informed and motivated students will always prepare for UCAT, and MedEntry provides premium UCAT resources to assist.

## What UCAT score do I need to get into medicine?

The UCAT score that you need to get into medical or dental school depends on the university to which you are applying. In general, for non-rural students, a UCAT percentile of at least 90 will usually secure you a medical interview offer. This may not seem high, but remember you are competing against a much tougher cohort than at school/uni.

## Where can I get more information about UCAT?

Please visit [www.MedEntry.edu.au](http://www.MedEntry.edu.au) for a free trial exam, free UCAT handbook, free UCAT bootcamp, blogs about UCAT and to enrol in one of our UCAT preparation packages. You can also call us on 1300 MEDENTRY. Follow MedEntry on social media for UCAT tips and updates!

## Why MedEntry?

MedEntry is a Registered Training Organisation run by doctors and academics with 25 years' experience in medical entry.

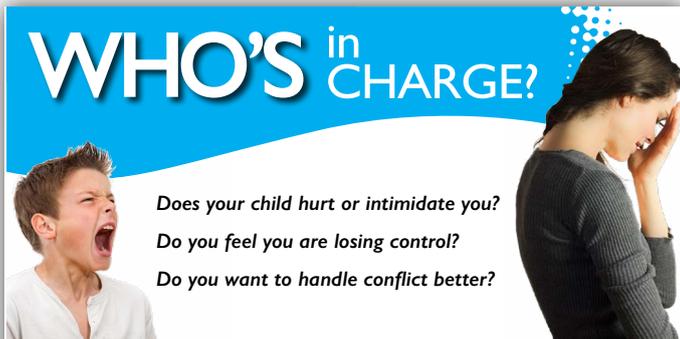
MedEntry has higher ratings and more reviews on Google & Facebook than any other prep course (and even higher than any university!). We help more students into medicine in Australia than all other prep courses combined. For more information, please visit [www.MedEntry.edu.au](http://www.MedEntry.edu.au)

*This information is accurate at the time of printing. It is best to check the UCAT ANZ website as changes can occur.*

[www.MedEntry.edu.au](http://www.MedEntry.edu.au)  
or call 1300 MEDENTRY

MedEntry

# Community Noticeboard



## WHO'S in CHARGE?

Does your child hurt or intimidate you?  
Do you feel you are losing control?  
Do you want to handle conflict better?

### Reclaim respect and calm in your family

The *Who's in Charge?* group is a FREE 8 week program for parents or carers of young people (8 -18 years) who are beyond control, violent or defiant.

#### The group aims to:

- Provide a supportive environment to share experiences and ideas
- Reduce the guilt and shame that parents feel
- Offer ideas to help you develop individual strategies for managing your child's behaviour
- Help in understanding power in relationships and coping with stress
- Explore ways of increasing safety and well-being

**WHEN:** Every Thursday from 9:30am to 12pm - commencing 10th February 2022

**WHERE:** The Lights Community & Sports Centre - upstairs Community Function Room, 244-270 East Parkway Corner Hampstead Road and East Parkway, Lightsview

An initiative of Centacare Catholic Family Services, City of Port Adelaide Enfield Council and Reconnect

Enquiries and Referrals: Trevor: **8405 6862** or Centacare: **8215 6700**



**pp** positive partnerships  
Working together to support school-aged students on the autism spectrum

### 2 Day Autism Workshop for Parents and Carers

Free to attend



Join other local families to learn more about autism and ways to strengthen the home-school partnership

#### Learn about:

- Autism: characteristics, impacts and strategies
- Understanding behaviour
- Sensory processing
- Working together with your school

**McLaren Vale, SA**

29th & 30th March 2022

9.30am - 2.30pm

#### Location:

McLaren Vale Function Centre  
Corner Main Road & Caffrey Street  
McLaren Vale SA 5171

Morning tea and a light lunch are provided

Interpreters available

#### To register, visit

[positivepartnerships.com.au](http://positivepartnerships.com.au) OR,  
contact Jo Zeitz  
[jzeitz@positivepartnerships.com.au](mailto:jzeitz@positivepartnerships.com.au)

For help, call:  
1300 881 971

The Positive Partnerships initiative is funded by the Australian Government Department of Education, Skills and Employment through the Helping Children with Autism Package and is delivered by Autism Spectrum Australia. The views expressed in this publication do not necessarily represent the views of the Australian Government or the Australian Government Department of Education, Skills and Employment.

## FREE WORKSHOPS FOR FAMILIES: Carers SA – “5 Ways to Wellbeing” on ZOOM

30 March Online 5 Ways To Wellbeing - Zoom session - Carers SA

04 April Online 5 Ways To Wellbeing - Zoom session - Carers SA

04 May Online 5 Ways To Wellbeing - Zoom session - Carers SA

## Plumtree Children's Services FREE Online Courses

Plumtree is an organisation providing support to families of young children with developmental delay or disability. Please find some of their FREE online evidence-based programs for non- NDIS participants.

FREE Online 8 session interactive Now & Next program that can help families to make a positive difference to their child.  
**Now & Next™ Free - Intensive | Plumtree**

FREE Online session “What is an ACC device and will it be helpful”  
**What is AAC and will it be useful to my family? | Plumtree**

FREE Online session “ACC across the day”  
**AAC across the day | Plumtree**

FREE Online session Emotional Coaching program  
**Tuning into Kids | Plumtree**

## Girls in AWE(tism) Podcast!

Disability Advocacy and Complaints Service SA (“DACSSA”) is inspired to present the *GIRLS IN AWE(tism) Podcast!*

*This podcast by and for girls with autism is coming soon... and you're invited!*

*This podcast is for all our friends out there who'd like to learn more about what being a girl with autism is like. Do you identify as a girl with autism or know someone who does?*

*Featuring guest speakers and experts, we share stories, laugh, cry and make new friends.*

Contact us to get involved, be on the podcast or learn more!

## GIRLS IN AWE(tism)



### COMING SOON! A PODCAST JUST FOR YOU.

Girls in Awe(tism) is a place where we talk and learn about Autism. It's a place where we can unmask, meet new friends and share stories about the funny stuff, serious stuff, and anything in between.

#### Do you identify as a girl with Autism?

- > Join us on the podcast
- > Share your story
- > Tell us what you'd like to hear

Register your interest:  
(08) 7122 6030  
[admin@dacssa.org.au](mailto:admin@dacssa.org.au)



A project for you funded by the South Australian Government Department of Human Services  
We support a smoke free environment.