

Edition 5  
14 April  
2022

# News @ the Mount



**YEAR 11 NUTRITION**  
Refer to page 4

## MOUNT CARMEL COLLEGE

R-12

*Belonging ~ Diversity ~ Excellence ~ Relationship*



## From the Principal

Dear Families

### 2023 and Beyond

Following our very successful Open Day, the Leadership Team have been conducting interviews with prospective students and their families for 2023 and beyond. When asked why they chose Mount Carmel College for their child, the most common answer has been because of the word of mouth from current families about how happy they are with the education their child is receiving. Another main reason is because of the impressive Mount Carmel College students they have met when at the school. They acknowledge our excellent academic results but say that it is the care for all aspects of their child, and also that we are not a massive school with thousands of students, and that our size is the right balance between a variety of subjects in the senior years and the community feel of our school.

### Thanks in Uncertain Times

This term the pandemic has certainly presented challenges for our students, their families and staff dealing with unprecedented levels of illness and absences. I would like to acknowledge the exceptional commitment of the staff of the College, who have continued to prioritise student learning and wellbeing and to respond with flexibility and understanding. The additional workload created has been substantial and we are so grateful to the staff for their generosity and commitment. We hope that Term 2 brings with it greater stability and certainty, but as we have found previously, just when we think life is settling, something new confronts us – our resilience and flexibility continue to be tested.

### Easter

It is important to remember that although Christ was crucified, this Lenten season is not one of doom and gloom. Rather, it is a symbol of hope. It is a symbol of hope because it is just before his crucifixion that we see the human Jesus.

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**R-6 Primary Campus**  
17 Pennington Terrace, Pennington  
Phone: 8447 0500

**7-12 Secondary Campus**  
33 Newcastle Street, Rosewater  
Phone: 8447 0500

Website: [www.mcc.catholic.edu.au](http://www.mcc.catholic.edu.au) | Email: [mcc@mcc.catholic.edu.au](mailto:mcc@mcc.catholic.edu.au)

# Diary Dates

APRIL 2022

- 13 End of Term 1
- 13 College Tour 4pm  
- Secondary Campus

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



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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...



His vulnerability is evident when he asks his father to "take this cup from me". He wasn't keen on the idea himself, but he knew that he had to fulfil his mission. We should also be mindful that Jesus fell three times while carrying his cross. Like Christ, we all fall from time to time. Pope Francis tells us that Lent can be a time to "recover and deepen our enthusiasm."

This Lenten season has been the opportunity for all of us – you, me, and everyone else – to start again. We must always reflect upon who we are and what we stand for; on what we say and what we do. Words are cheap. We are defined by our actions, not by what we say or think. Christ preached about many things, but it was his actions that defined him and made more tangible his mission.

His ultimate sacrifice to die for our sins gives us all hope that we can be renewed.

And so we are urged to look upon this season with a hopeful spirit, with a view to being a better person in all that we do, knowing that our God is a loving God. As Isaiah 41:10 tells us, "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."

Best wishes to all our families for a relaxing Easter time and a chance to renew ourselves.

Happy Easter and joy for this time of hope!

**John Konopka**  
Principal



## Holy Week Presentations

During the last couple of weeks, the primary campus classes have been preparing for our whole campus celebrations for Holy Week and Easter.

Each year level has taken a part of the Holy Week story and has chosen how to present this part of Jesus' final days to the rest of the primary community. We are sharing each of these presentations on Microsoft Teams, with students joining in through their class Promethean TVs. We are fortunate to have technology that allows us a way of praying together as a community during this significant time in our liturgical year.

On Monday, we watched a video that the Year Six children had created showing Jesus' triumphant entry into Jerusalem. The presentation was filmed in various locations around the primary campus and narrated by some of the senior students.

This was followed by the Reception classes sharing their perspective on the first part of The Last Supper. It included Jesus asking his friends to



prepare a place for their meal, as well as Jesus washing His disciples' feet. The beautiful artwork that was created by the Reception children was a highlight of their presentation.

On Tuesday, the Year Three classes will present The Last Supper, followed by the Year 1/2 classes offering their version of The Agony in the Garden.

Wednesday we will end the term with the Year Four classes sharing their representation of Good Friday.

The Resurrection of Jesus will be shared by our Year Five classes on our first day back at school in Term Two.

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





*Dear Lord, we pray in hope that you give us the ability to give others the same kindness that they have provided to us. We are extremely grateful for all of your blessings in our community. We pray that you remind us of just how blessed we are and that you never allow us to forget to show our gratitude in prayer and returned acts of kindness. Amen.*

## **‘We are People of Hope’**

It is easy to be consumed by the constant news stories of doom and gloom over the past few years. Both the printed and digital media seem invested in the ways that they keep us on our toes with messages of impending peril. As Christians we believe that we are ‘People of Hope’. Over the next week we will recall the story of Jesus’ journey to the cross and his resurrection on the third day. This is the gift of hope that

we have been given and we pray in thanksgiving for the opportunity to renew ourselves this Easter.

*Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead. (1 Peter 1:3)*

This week all secondary students will all receive their Term 1 interim reports. This is an opportunity for parents to discuss with their child the progress of their learning. Reflection is only beneficial when we celebrate the achievements and take action on the challenges. As Easter people we believe in the opportunity for renewal, therefore, next term will present an opportunity to attend to the areas that have been identified for improvement.

Our Year 12 students will be completing their Research Project next term. These deadlines will come around very quickly, therefore, it is important that this task is given attention during the holidays. Year 12s cannot afford to take their foot off the pedal over the next few weeks. Some attention must be given to the assignments that will be due when they return.

Parents of Year 7 and 9 students are also reminded that NAPLAN will be held over a two-week period starting on 10 May and concluding on 20 May. It is important that students are at school during this period. We also ask that parents check the communications that have been sent home so that the students are prepared.

**Jon Cenko**  
**Deputy Principal**



## Holy Week

This week the Catholic Church enters into the final week of preparation for the Easter Liturgies. Last Sunday we remembered how Jesus rode into Jerusalem to people’s shouts of welcome and praise. We received blessed palms to remind us of the branches these people waved in honour of their Lord. Now we are nearing the time when we remember how the crowd turned against Jesus, demanding his crucifixion, and even his own friends nearly all abandoned him. We reflect on the great sacrifice Jesus made for us in order that we might have salvation, and consider how we can change our lives so as to become more truly living images of God. There is much to pray for in our world, and many opportunities for us to bring love and dignity to others in our daily life.

At the Senior Campus, several students from across all year levels have been helping to prepare for our Holy Week Liturgy which will take place in the Pastoral Care classes on the last teaching day of the term. We will pause to recall the final hours of Jesus’ life, from his last meal to his arrest, trial, death and burial. We leave with the glimmer of hope in the resurrection, which we will celebrate in full when we return next term.

In Holy Week we celebrate the most important events of our Christian Faith. I pray that you each experience God’s grace in a special way at this time, within your family and your own faith community. Church services at the Albert Park Pennington Parish are advertised in this newsletter or you may prefer to watch the services from St Francis Xavier Cathedral, Adelaide, which will be broadcast online at <https://adelaide.catholic.org.au/news-and-events/coronavirus-updates-and-alerts/live-stream-mass>

In the meantime you may wish to use this prayer to help you in preparation for Holy Week.



*Almighty Father, who sent your only Son Jesus Christ to save us from our sin, show me how I can honor you and bring glory to your name, by walking in the way of Jesus. Give me grace and mercy as I try and fail, guidance when I’m not sure which way to go, and wisdom to trust you in all things. For your love brings light and life to all who seek it. May I seek you evermore as I walk with you through this Holy Week and beyond. Amen.*

**Marianne Shaw**  
**Assistant Principal Religious Identity and Mission 7 - 12**

# Stage 1 Ancient Studies Museum Visit



On Monday 11th April, the Stage 1 Ancient Studies class visited the South Australian Museum. Students took part in the Shadow Initiation activity, an interactive game, part scavenger hunt, part escape room. Teams of students raced the clock and each other, exploring the exhibits and learning some interesting facts along the way.

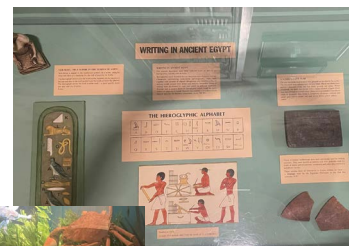
Students were also asked to pay close attention to how artefacts were displayed in the museum. Through our study of the ancient past, we have looked at the usefulness and reliability of artefacts in studying ancient societies. Artefacts like

the Rosetta Stone, a replica of which is on display, have been invaluable for historians piecing together information from the ancient world. For their next assignment, students will create their own virtual museum tour, selecting an ancient society to research and curating artefacts which explore different aspects of that society.

Everyone enjoyed the opportunity to see some real artefacts – prehistoric, ancient, and modern – in person and learn about their value in preserving the history of our world.

**Rebecca Wood**

**English & Humanities Teacher**



## Year 11 Nutrition

### Do You Really Know What You Are Drinking?

In Year 11 Nutrition, we have been looking into the impacts of different foods on our health. As part of our topic on Dietary Disorders, we discussed the importance of having sugar in the body, but the cost of consuming too much, such as obesity and atherosclerosis. As a class, we each contributed different drink bottles, available to us everyday and tried to include those marketed as 'healthy' or 'sugar free'. By looking at the nutrition label on the back, we determined the amount of sugar each drink has, and represented it in clear bags. The idea is to show how unhealthy some of these drinks really are.

**Rachel Griffiths**

**Science/HASS/Maths Teacher**





# Palm Cross Making



Our Year 6 children have taken yet another opportunity to display their fantastic leadership skills by modelling to the Receptions how a Palm Sunday palm can be created. A handy by-product of their Palm Sunday presentation was the fact that Mrs Dichiera was left with some amazing palm leaves.

Thank you again Year 6 students for your leadership of our Primary Campus.

**Daina Peric**  
*Teacher, Primary Campus*





## ROADS2CIVIL

### SEEKING STUDENT REGISTRATIONS

#### Who we are Looking For

Students who are interested in a trade pathway and want to develop enterprise and employability skills to participate in a modern workplace while gaining skills in the civil construction industry.

To be eligible for selection students must be able to commit to training dates and have a learner's permit or provisional driver's licence.

#### How to Apply

Interested students must complete a Western Technical College Online Expression of Interest. Under Certificate Name – Course Preference choose "Roads2Civil Project" from the dropdown box. Please do not choose a 2nd preference. Answer all fields, then click on "I'm not a robot", then click on "submit". Students will receive a reply to this email.

Mandatory information session will be held on two dates at Civil Train, 1 South Road Thebarton where you will meet the participating organisations and learn more about the program.

To register please scan the QR code for your preferred session:



Thursday 7 April



Thursday 12 May

Following the information session, students who attended will be invited to apply, by Tuesday 31st May 2022.

Shortlisted candidates will then be invited to an interview with partner employer, CACL, to determine their suitability for the program. Interviews will take place at CACL, between Monday 6th and Thursday 9th June 2022.

## TRY-A-TRADE

Western Technical College will be introducing Try-A-Trade courses in Semester 2 2022. They will be non-accredited courses except for the White Card section, CPCCWH51001 Prepare to Work Safely in the Construction Industry. The White Card will allow students to also engage in Work Experience within the construction Industry. Students will receive a certificate of participation as evidence of learning.

Try-A-Trade courses are designed for year 10 students wishing to experience various trades prior to deciding if they will pursue a Flexible Industry Pathway (FIP) in 2023.

The following courses will be offered based on participant numbers. Expressions of interest can be entered on line now via <https://www.wtc.sa.edu.au/enrol/expression-of-interest-form>

**Limited places are available, register today!**

Try-A-Trade Construction

Try-A-Trade Electrical

Try-A-Trade Engineering

Try-A-Trade Salon and Make-Up

Try-A-Trade Automotive



### PROUDLY SUPPORTED BY



RenewalSA



## 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.

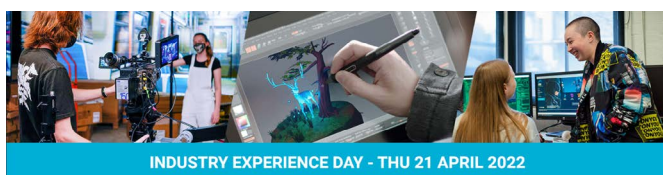
If you are thinking of commencing a plumbing course, complete an expression of interest <https://www.wtc.sa.edu.au/enrol/express-of-interest-form> on the WTC website.

## FUTURE PATHWAYS

Mrs Kelly Peucker, Transition Pathways Coordinator



### AIE'S INDUSTRY EXPERIENCE DAY



INDUSTRY EXPERIENCE DAY - THU 21 APRIL 2022

#### Considering a career in games, 3D or VFX?

AIE's Industry Experience Day on Thursday 21 April 2022 is a great opportunity for students in Years 10, 11 and 12 to learn about the local and international game development, 3D animation and visual effects industries. Students will get the opportunity to learn about the different pathways to get into the industry, what should be in a portfolio and will be able to get creative in practical workshops using industry-standard 3D animation and game development tools.



The sessions are run by industry professionals who have worked on some blockbuster games and films. Everything is provided for you to participate in the hands-on workshops and you will be using the same software that is used in the industry.

[https://aie.edu.au/aie\\_event/industry-experience-day](https://aie.edu.au/aie_event/industry-experience-day)

For more information on any of these courses please contact our Student Liaison Officer on 08 7325 6300 or email us at [adelaide@aie.edu.au](mailto:adelaide@aie.edu.au)

### AIE'S HOLIDAY COURSE DESCRIPTIONS

#### 3D Landscapes for Game and Film

Learn to create your own 3D landscape with mountains, trees, clouds and so much more! You will learn to model, sculpt, texture and animate your environment using Autodesk Maya. After you have created your scene, you will learn to put it all together and read your scene using Adobe Premiere.



**Ages:** 12+ years | **Cost:** \$310

**Dates:** Wed 20 & Thur 21 April 2022, 9:30am - 3:30pm

#### Introduction to Game Programming

Introduction to Game Programming teaches students how to program using Javascript and is designed to introduce students to the many career opportunities available for programmers in games and in interactive and creative industries. Modules of study introduce students to the fundamentals of games design and development. This course allows students to gain an understanding of game programming and gives participants a further understanding of skills and techniques necessary to create fun, innovative games.



**Ages:** 12+ years | **Cost:** \$310

**Dates:** Wed 20 & Thur 21 April 2022, 9:30am - 3:30pm

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.

# Community Noticeboard



Centacare

## Keeping Families Safe: Picking up the pieces after domestic violence

This course is for families experiencing separation

**This FREE workshop is for separated Parents and Carers to explore:**

- How children experience domestic violence
- What children might learn from this experience
- How parents can help children heal
- Strategies to support children's on-going wellbeing
- Nurturing strategies

**Time:** 10:00am – 12:00pm  
**Dates:** Thursday 21 April 2022

**Venue:** Centacare Level 2  
45 Wakefield Street,  
Adelaide 5000



Please note childcare facilities are not available and children cannot be present at this course

**Bookings essential.** Please contact Centacare on 8215 6700 or email your details to: [registrations@centacare.org.au](mailto:registrations@centacare.org.au)

This project is jointly funded by Centacare Catholic Family Services and the Department of Social Services

[www.centacare.org.au](http://www.centacare.org.au)



## MENTORS WANTED!

Here at L2P Drive with Me, our goal is to help young Learner drivers get the necessary hours to go from Ls to Ps.

To do that, we are seeking volunteer mentors to sit in the vehicle with our Learners.

These mentoring sessions are not driving lessons. Short training program provided.

### Become a part of a new community presence

We have four cars running around Adelaide, with partnerships with CCSA, iDrive, and Junction community support. What we need now, more than anything, is the mentors to help fill the cars. Six days a week, twelve hours a day, running two-hour sessions. Even if you can help us fill just the one session, it makes a difference for someone who needs it.

To find out more, email [drive@l2p.today](mailto:drive@l2p.today) or visit <https://l2p.today>



## HOLY WEEK SERVICES 2022 Commencing Thursday, 14th April



### Our Lady Queen of Peace Church

100 Botting Street, Albert Park

14.4.22 **Mass of the Lord's Supper:** 6.00 pm  
**Good Friday: Stations of the Cross:** 10.00 am  
**Good Friday: Passion of the Lord:** 3.00 pm  
**Saturday Easter Vigil:** 7.00 pm  
**Easter Sunday:** 10.30am Mass

### Our Lady of Mount Carmel Church

Cnr Torrens Road and Pennington Tce

14.4.22 **Mass of the Lord's Supper:** 7.30 pm  
**Good Friday: Stations of the Cross:** 10.00 am  
**Good Friday: Passion of the Lord:** 3.00 pm  
(Led by a Minister of the Eucharist)  
**Saturday Easter Vigil:** 8.30 pm  
**Easter Sunday:** 9.00 am Mass



Save the Date!

## Western Adelaide Jobs Expo 2022

Hosted by the Cities of Charles Sturt & PAE and supported by the Local Jobs Program, the Western Adelaide Jobs Expo connects people with local employers and service providers to provide information about where the jobs are and how to get them. Gain valuable info about apprenticeships & traineeships as well as career guidance, cover letter and resume workshops, guest presenters, refreshments, prizes and more!

**When:** Wednesday 25 May 2022

**Where:** The Lights Community  
& Sports Centre, 244 - 270  
East Parkway, Lightview


**Time:** 10am – 5pm

**Cost:** FREE

Scan QR code to register now!







## Centacare

### What to do When Kids Push your Buttons

This course is for families experiencing separation


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**A FREE workshop to assist Parents and Carers:**

- Identify triggers
- Understand what is behind your child's behaviour
- Learn how to defuse the behaviour
- Find new behaviour management strategies

**Time:** 9:30am – 11:30am  
**Date:** Tuesday 26 April 2022

**Venue:** Centacare Level 2  
45 Wakefield Street,  
Adelaide 5000




Please note childcare facilities are not available and children cannot be present at this course

**Bookings essential. Please contact Centacare on 8215 6700 or email your details to: [registrations@centacare.org.au](mailto:registrations@centacare.org.au)**

This project is jointly funded by Centacare Catholic Family Services and the Department of Social Services

[www.centacare.org.au](http://www.centacare.org.au)



## Centacare

### How to Talk so Kids Will Listen

This course is for families experiencing separation

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**A FREE workshop for Parents and Carers**

**Do you feel like your requests are falling on deaf ears? Come along and learn how to:**

- Develop strategies to communicate effectively with your kids
- Really hear what your kids are trying to tell you
- Explore realistic expectations and setting boundaries
- Foster resilience in your child

**Time:** 1:30pm – 3:00pm  
**Date:** Tuesday 31 May 2022

**Venue:** Centacare Level 2  
45 Wakefield Street,  
Adelaide 5000



Please note childcare facilities are not available and children cannot be present at this course

**Bookings essential. Please contact Centacare on 8215 6700 or email your details to: [registrations@centacare.org.au](mailto:registrations@centacare.org.au)**

This project is jointly funded by Centacare Catholic Family Services and the Department of Social Services

[www.centacare.org.au](http://www.centacare.org.au)



## WESTERN TECHNICAL COLLEGE



## SHAPE YOUR FUTURE

### INDUSTRY STREAMS INCLUDE:

- ◆ Building and Construction ◆ Metal Engineering and Manufacturing
- ◆ Hairdressing/Barbering and Makeup ◆ Electrotechnology and Electronics
- ◆ Automotive Servicing Technology ◆ Information, Digital Media and Technology

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