

**Edition 14**  
**15 September**  
**2022**

# News @ the Mount



## MOUNT CARMEL COLLEGE

*R-12*

*Belonging ~ Diversity ~ Excellence ~ Relationship*

**JOSEPHITE EXCHANGE**  
*Refer to page 8*

## From the Head of Primary Campus

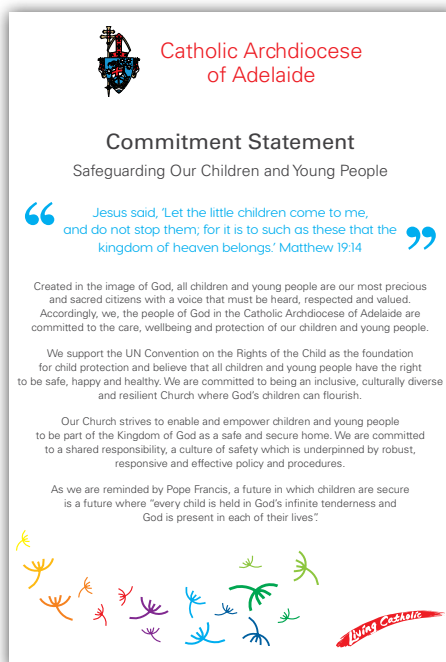


### NATIONAL CHILD PROTECTION WEEK

National Child Protection Week, from the 4 September – 10 September, continued to prioritise children growing up safe and supported. Children and young people thrive when they grow up safe, connected and supported in their family, community, and culture. They have the right to grow up in environments that support them according to their needs, now and into the future.

The safety and wellbeing of all children at Mount Carmel College is a priority, and the professional duty of care of all teachers. The 'Keeping Safe Child Protection curriculum' is a strategic CESA document, articulating clearly, the professional guidelines required by all stakeholders working with children in Catholic schools.

### ARCHDIOCESE COMMITMENT STATEMENT



Refer to page 10.

### R U OK? DAY

Staff and students celebrated this significant day with many individuals wearing a yellow item to acknowledge the importance of the day.

*Continued on page 2.*

### In this issue...



From Head of Campus (Primary) .....	1
Diary Dates .....	2
Student Absences/Late Arrivals .....	2
MCC Breakfast Club .....	2
Parent Calendar Term 4 .....	3
Catholic Coed Carnival .....	4
9 Commerce Father's Day Stall .....	4
Year 10 Food & Hospitality .....	4
R U OK? Day .....	5
Year 10 Meningococcal	
B Immunisations .....	5
ESSI Money Challenge .....	6
Children & Young People Survey .....	6
Soccer Championships .....	6
Year 7 Japanese Onigiri Families .....	7
Josephite Exchange .....	8
Catholic Archdiocese of Adelaide .....	10
Western Technical College .....	11
Community Noticeboard .....	12

**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

## SEPTEMBER 2022

- 22 Public Holiday - Queen's Passing
- 30 End of Term 3

## OCTOBER 2022

- 17 Beginning of Term 4
- 20 Years R-6 School Photo Day

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

### 2022 TERM DATES:

#### Primary Campus:

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

#### Secondary Campus:

- 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 Head of Primary Campus Continued...



While children can't be expected to solve someone's problems, they can be encouraged to listen to what their friend is saying, show they care and tell a teacher, school counsellor or trusted adult if they are worried about their friend.

We, as a College community, will continue to prioritise the wellbeing of students and staff, and work in partnership with families to achieve positive outcomes.



### STAFF REFLECTION DAY

On Friday, 9 September, staff celebrated the opportunity to gather as Mount Carmel College R-12 staff for our 2022 Staff Reflection Day. We were privileged to have Father Richard Leonard, a Jesuit priest, facilitating the day. He motivated staff through storytelling, and personally challenged us to reflect on the impact of social media platforms, on children, adolescents, and families today.

A significant message from the day: What we do and what we say reflects who we are.



### PARENTS & FRIENDS

The importance of the engagement of parents and families in the lives of their children are critical to the life of a school community. As we are aware, COVID significantly impacted opportunities to engage and be involved in the life of the primary campus over the past two years.

A R-6 Parents and Friends meeting was held Wednesday morning at the Primary Campus.

If you were unable to attend the meeting but are interested in being involved, please contact your child's class teacher.

Kind regards

**Jenny DeGilio**  
Head of Primary Campus

## MCC Breakfast Club (Secondary Campus)



New Start Counselling And Psychotherapy

Thank you to Samantha Seymour from New Start Counselling and Psychotherapy for supporting the Breakfast Club.

Samantha works with females of all ages. Her passion is in working with young people and their families to help build esteem, counter the effects of bullying, manage anxiety and find and develop strengths. Samantha's main focus is on issues of depression, anxiety, grief and loss, parenting and relationships. If you would like further information please contact Samantha on 0402 055 752 or visit the website at <https://www.newstartcounselling.net.au/>

# Parent Calendar - Key Dates for Term 4, 2022

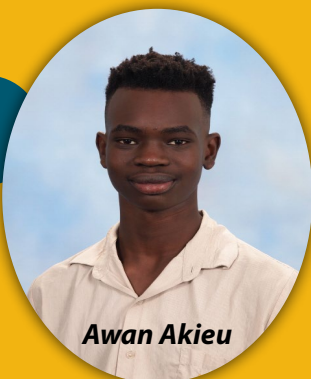
<b>TERM 4</b>	
<b>Week 1</b>	
17 Oct	Term 4 begins
20 Oct	R-6 Student Photo Day
20 Oct	11:40am Year 7- 12 Assembly
<b>Week 2</b>	
25 Oct	6:00pm Finance Committee meeting
25 Oct	Year 7 Zoo excursion
27 Oct	8:20am Year 12 Breakfast and mass rehearsal, 10:00am Year 12 dismissal
27 Oct	7:00pm Year 12 Graduation Mass
<b>Week 3</b>	
1 Nov	6:00pm MCC Board meeting
1 Nov	Year 8 Hallett Cove Science excursion
2 Nov	Year 6 (2022) into Year 7 (2023) Transition Day
4 Nov	9:00am Primary Campus Assembly (Year 1/2 D, M hosting)
<b>Week 4</b>	
9 Nov	Year 10 Planetarium excursion
11 Nov	11:00am Remembrance Day
<b>Week 5</b>	
17 Nov	
18 Nov	Year 8 Immunisations (Round 2)
18 Nov	9:00am-10:50am Primary Campus VIP morning
<b>Week 6</b>	
21 Nov	Year 11 swotvac day
22-25 Nov	Year 11 Exams
22 Nov	6:00pm Finance Committee meeting
25 Nov	9:00am Primary Campus Assembly (Year 3 hosting)
25 Nov	Year 6 Retreat: Mary MacKillop Precinct
<b>Week 7</b>	
29 Nov	4:00pm Secondary Campus College Tour
29 Nov	6:00pm MCC Board meeting
30 Nov	Year 10 swotvac day
1-2 Dec	Year 10 exams
2 Dec	1:00pm Year 10 students dismissed
2 Dec	7:00pm-10:30pm Year 12 Graduation Dinner
<b>Week 8</b>	
5 Dec	10:00am Primary Campus Mass (OLMC Church)
6 Dec	6:00pm MCC Board, Finance & Leadership Dinner
7 Dec	Year 7-9 end of year mass/liturgy
7 Dec	6:30pm-8:00pm Primary End Of Year Concert @ Secondary Campus
8 Dec	7:00pm Secondary Campus Presentation Evening
9 Dec	Year 7-9 Activities Day; <b>2:30pm dismissal for Year 7-9 students</b>
<b>Week 9</b>	
12 Dec	Year 6 Graduation Mass
13 Dec	9:30am Primary Campus Assembly (Year 6 hosting)
13 Dec	<b>Year 6 Graduation Dinner; Year 6 students last day</b>
14 Dec	<b>1:00pm R-5 students dismissed – end of Term 4.</b>
15 Dec	Staff Day. <b>PRIMARY PARENTS NOTE: No OSHC/vacation care services available this day</b>



# Catholic Coed Carnival

After a small change in venue and dates for the Catholic Coed carnival, we finally got to the event this term! A contingent of 50 students went to Service FM stadium, Salisbury, to run, jump and fly in the various events of Athletics. We had a very successful day on the track, coming home in 3rd overall place and also taking out many ribbons on the day. Congratulations to all the students who placed in their events. A special mention to Awan Akieu who broke the Pool B U16 High jump record, smashing the record by 10cm, jumping a whopping 1.95cm!

Well done to the team and we look forward to 2023 where we will be aiming for 1st!!



Awan Akieu

## 9 Commerce Father's Day Stall



As part of the Commerce Course in Year 9, students undertake a group project for which

they have to run a micro-business and sell their product to the school community. In Week 6 there were 5 groups who participated and sold wholesale pre-purchased items for Father's Day from near the library entrance.

Students enjoyed the experience and expressed that it was useful and hands on which made the

learning relatable and realistic. They were able to try skills like upselling and customer relations knowledge to entice students to buy the goods from them.

I was impressed with their commitment and the way they worked together. Some groups made a profit and others did not, but the main goal was the learning process and teamwork in communicating with customers and handling cash and EFTPOS facilities.

*Mrs Daviess, HASS Coordinator*



## Year 10 Food and Hospitality

As part of the Year 10 Food & Hospitality curriculum students learn about Multiculturalism and the importance of Food Presentation. They prepared dishes such as Pad Thai, Indian Rice Pilaf, Lentil and Chickpea Dahl and the very popular Chocolate Brownies. Students have come to the realization that we in fact do "eat with our eyes", and that food aesthetics are important. They really enjoyed learning about the impact of multiculturalism on the Australian Cuisine.

*Ingrid Howard,  
Food & Hospitality Teacher*





# R U OK? Day



Last Thursday 8 September was R U OK? Day. It was an important day on the primary campus as we used this day to connect with people around us by asking the simple question "Are You OK?". Staff and students wore YELLOW to remind each other that no matter what age, we all struggle with life's ups and downs. Help is always available when we talk about how we feel.

ASK. LISTEN. ENCOURAGE ACTION. CHECK IN.

Here are some activities that the Year One and Twos participated in to acknowledge R U OK? Day.

*Tuyet Nguyen, Year 1/2 Teacher*

## Year 10 Meningococcal B Immunisations

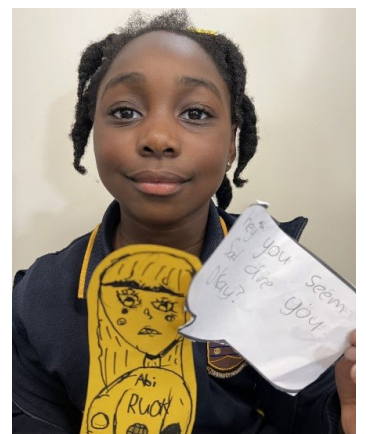
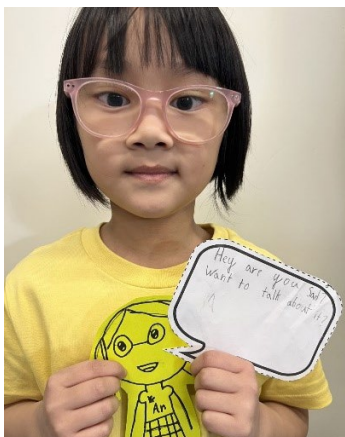


A reminder that Year 10 students will have their Meningococcal B injection on Tuesday, 27 September 2022.

Students must arrive at school on time this day to ensure they receive their injection at the rostered time. Also, it is crucial that students eat a solid breakfast in the morning to avoid any potentially immediate side effects from the injection.

Year 10 students who own a PE uniform are asked to wear this to allow the nurses administering the injection easy access to the upper arm. If you do not own a PE uniform, please wear a singlet or t-shirt under your shirt.

If you require further information, please contact Anna McKay on 8447 0532.







The Suncorp ESSl Money Challenge runs for two weeks each year and provides a platform for students to compete against other schools, both at a state and national level. ESSl stands for 'Earning', 'Saving',

'Spending' and 'Investing' and during the game students learn financial literacy and numeracy skills which are related to real life experiences. This includes learning how to apply for a job and earn an income, open bank accounts, open savings and term deposits, invest in shares, create and operate within a budget and make decisions on financial offers and invitations.

The aim of the Challenge is for players to make a series of financial decisions over a period in order to achieve the best possible

financial result. The outcome being a net worth at the end of a simulate 6-month period. Students competed in two age levels, 12-15 years and 16-18 years. We are pleased to announce that Bethany Clough finished in first place for South Australia for the 12-15 age group, and Josh Britvec finished in first place for South Australia for the 16-18 age group. Each of these students will receive a \$200 gift card from the Suncorp Bank.

This year Mount Carmel College ran a competition to find the top 3 'net worth' in each year level. We are proud to inform the school community that the following students were successful in finishing in the top 3 in each age group. Students will received recognition in school assembly and canteen gift voucher.

Congratulations to all Suncorp ESSl Money Challenge 2022 winners!

**Deborah West**  
Year 11 Coordinator

William	Clough	Year 7 First	\$38,402.20
Cillian	Kent	Year 7 Second	\$29,110.10
Zara	Devirgilio	Year 7 Third	\$27,321.20
Emma	Ludlow	Year 8 First	\$36,683.90
Phitchapha	Ritnayom	Year 8 Second	\$33,423.60
Rui	Gouveia	Year 8 Third	\$32,863.50
Bethany	Clough	Year 9 First	\$39,828.00
Riley	Pascoe	Year 9 Second	\$36,656.70
Kristof	Pelagio	Year 9 Third	\$35,584.90
Huy	Bui	Year 10 First	\$30,287.80
Anthony	Schopman	Year 10 Second	\$24,700.10
Daniel	Bawden	Year 10 Third	\$11,218.30

## Commissioner for Children and Young People Survey

The role of the Commissioner for Children and Young People (CCYP) is to promote the rights and wellbeing of all children and young people in South Australia. The Commissioner has just released a survey to better understand children and young people thoughts, experiences, and suggestions about public transport in South Australia. This survey is designed to give young people a voice about matters affecting them, with responses to this survey informing CCYP's advocacy and a variety of people, from politicians and decision-makers and the wider public.

It's completely anonymous, takes a few minutes and there are no right or wrong answers!

The Commissioner is hoping you will urge students to complete the survey: <https://www.surveymonkey.com/r/publictransport>

## Soccer Championships



Gerald Howard (9B) has been selected to represent South Australia in the National Youth Soccer Championships.

This event will be held in Coffs Harbour from 26-30 October. Teams from Football Australia's nine State and Territories Member Federations will compete over five days.

Congratulations and well done Gerald!



# Year 7 Japanese Onigiri Families



Ms Sullivan's Year 7 Japanese class made "onigiri" recently as part of their unit on 'Family'. The students made the 'rice balls' and decorated them to represent different family members. They then had to label each one with the name of the family member, and an adjective to describe them.

The students were thoroughly engaged, and were fantastic at cleaning up! A special mention to Jordan Dela Cruz and Alex Vo for volunteering to do the majority of the dishes: they did an amazing job and are to be congratulated for their community spirit (and knowing how to wash up properly, and put things away neatly and tidily!).

Here are some comments from the students:

- *I found it was interesting how the rice stayed in shape.*
- *I enjoyed making the onigiri even though it felt a bit strange at first.*
- *It was interesting to learn how you had to wet your hands so the rice didn't stick.*
- *I learnt that I could do this task all by myself and learn something new.*
- *I enjoyed making my friends jealous when they saw the delicious rice balls I had made and was eating.*
- *I found it interesting that it was so hard to shape the rice.*
- *I learnt that when you put the nori seaweed in the water, it shrivels up and go slimy.*
- *I hope we get to do some more cooking!*

サリバン せんせい

**Suzanne Sullivan**



# Josephite Exchange



The Josephite Exchange has been in a hiatus for the past 2 years due to COVID, so we were very keen for the event to resume. Penola College traveled across the border to play in the sporting, spiritual and cultural event in week 5 of the term. Students competed in a range of sports including European Handball, Volleyball and Football. The games were fought well! The games were hard! The games were fun! But overall MCC came out as the WINNERS, having won 15 of the 17 sports! But the real winner in the Josephite Exchange was FRIENDSHIP- the friends and bonds that were made, were amazing to watch blossom, and will be there for years to come.

We look forward to 2023, where the SA Joeys will fight to keep their Shield as the 'Supreme Josephites'.

***Bek Footner, H&PE Coordinator***

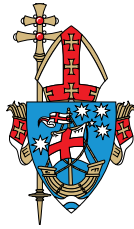




# Josephite Exchange Continued...







# Catholic Archdiocese of Adelaide

## Commitment Statement

### Safeguarding Our Children and Young People

“ Jesus said, ‘Let the little children come to me,  
and do not stop them; for it is to such as these that the  
kingdom of heaven belongs.’ Matthew 19:14 ”

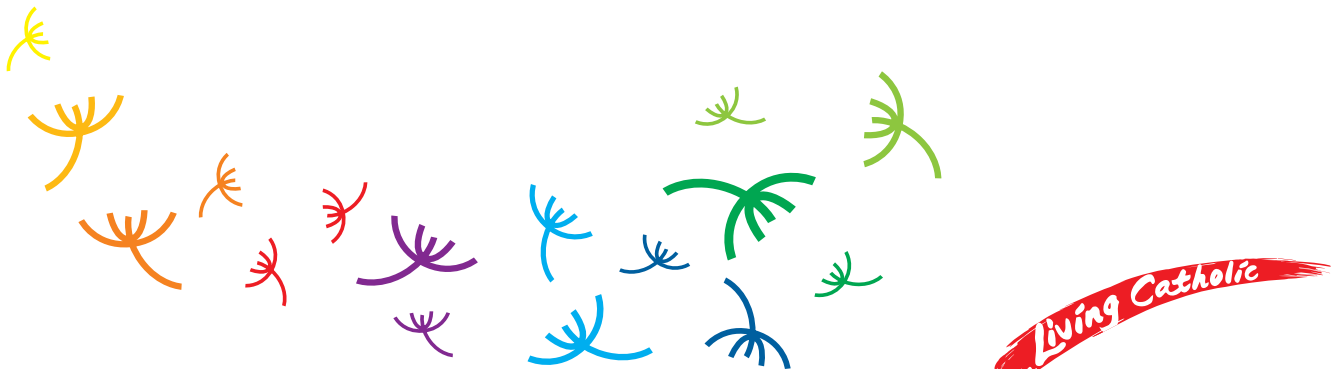
Created in the image of God, all children and young people are our most precious and sacred citizens with a voice that must be heard, respected and valued.

Accordingly, we, the people of God in the Catholic Archdiocese of Adelaide are committed to the care, wellbeing and protection of our children and young people.

We support the UN Convention on the Rights of the Child as the foundation for child protection and believe that all children and young people have the right to be safe, happy and healthy. We are committed to being an inclusive, culturally diverse and resilient Church where God’s children can flourish.

Our Church strives to enable and empower children and young people to be part of the Kingdom of God as a safe and secure home. We are committed to a shared responsibility, a culture of safety which is underpinned by robust, responsive and effective policy and procedures.

As we are reminded by Pope Francis, a future in which children are secure is a future where “every child is held in God’s infinite tenderness and God is present in each of their lives”





## ARE YOU CURRENTLY DOING A CERTIFICATE II IN ANY OF THE FOLLOWING COURSES?

CPC20220 Certificate II in Construction Pathways

MEM20413 Certificate II in Engineering Pathways

UEE22020 Certificate II in Electrotechnology

## YOU ARE, AND WANT TO CONTINUE YOUR TRAINING IN 2023, AND EARN 20 STAGE 2 SACE CREDITS, REGISTER NOW!!

Advanced Carpentry Skills Stackable VET 2023

Advanced Carpentry Safety Skills Stackable VET 2023

Advanced Brick and Block Laying VET 2023

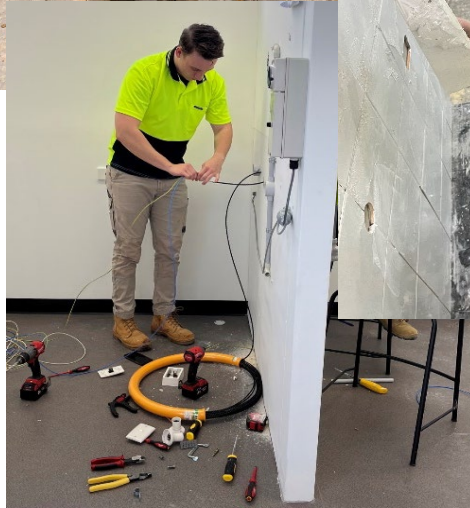
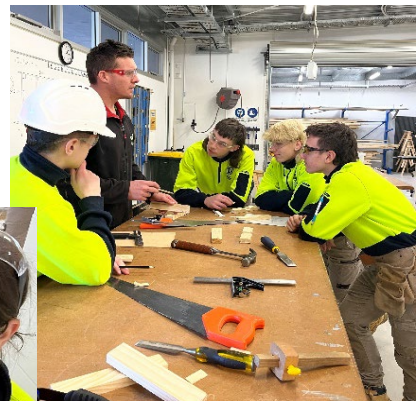
Advanced Wall and Floor Tiling VET 2023

Engineering Extension Year 2 2023

Advanced Electrotechnology 2023

## DON'T MISS OUT, LIMITED NUMBERS PER CLASS !!

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



# Community Noticeboard



## The Fast Five Parenting tips that really work

*This two-hour workshop collects key concepts from current Australian research into effective parenting strategies. The workshop brings five key parenting activities designed to:*

- ★ Cut through unnecessary parenting information ★
- ★ Provide strategies to assist improve children's behaviour, problem solving skills and emotional regulation ★
- ★ Improve the child/parent relationship ★

**Time:** 1:00pm – 3:00pm

**Date:** 29 September 2022

**Venue:** Centacare  
45 Wakefield St, Adelaide



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

*Children cannot be present at this course. No crèche available.*

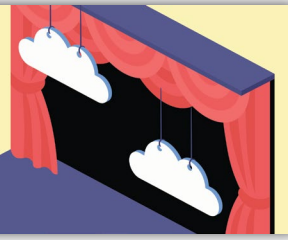
This project is jointly funded by Centacare Catholic Family Services and Department of Social Services.

## 2022 MCC R-12 PERFORMING ARTS SHOWCASE

Thursday 17<sup>th</sup> November, 7PM  
MPA, MCC Secondary Campus



SAVE THE DATE



## MCC MUSIC LESSONS



Neil Palmer  
BASS/GUITAR



Jesse Owen  
PIANO



Emily Isaacs  
VOICE



Matt Gelling  
GUITAR

Learn an instrument from professional musicians in a fun and supportive environment during school hours.

SCAN QR CODE  
FOR MORE INFO



Natalie Robbins  
PIANO



James Owen  
DRUMS



Nicoletta Cottugno  
VOICE



Lachlan McGargill  
SAXOPHONE / CLARINET / FLUTE

**PORT DISTRICT FOOTBALLERS CRICKET CLUB**  
**JUNIOR BLASTER**  
**STARTING FRIDAY 14 OCTOBER**  
**5:00PM-6:00PM**

SCAN ME

**SPORTS VOUCHERS**  
[sports.vouchers.sa.gov.au](http://sports.vouchers.sa.gov.au)

**ADELAIDE Strikers**



## Mindfulness and Self Care for Parents and Carers

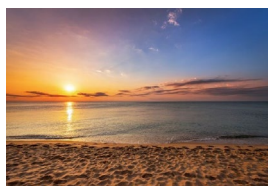
**Feeling tired and stressed? Never enough time to stop and smell the roses?  
Wanting to build on your parenting skills?**

Come along and experience this 2-hour workshop learning some simple mindfulness techniques that will enhance your parenting experience with your children.

It is time for 'Time in' to nurture yourself in a safe environment and to take away some practical tips to use at home

**Time:** 11:00am – 1:00pm  
**Date:** Tuesday 18 October 2022

**Venue:** Fleurieu Families  
City of Victor Harbor  
1 Bay Road,  
Victor Harbor 5211



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

**Bookings essential. Please contact Amelia on 8551 0542 or email your details to:**  
[agraham@victor.sa.gov.au](mailto:agraham@victor.sa.gov.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

**A LEADING PROVIDER OF  
VOCATIONAL EDUCATION & TRAINING IN ADELAIDE**

Find out more at [wtc.sa.edu.au](http://wtc.sa.edu.au)