



**DYLAN ALCOTT VISITS MCC**  
*Refer to page 8*

## MOUNT CARMEL COLLEGE

R-12

*Belonging ~ Diversity ~ Excellence ~ Relationship*



### From the Head of Primary Campus

Welcome back to all families for what proposes to be another busy term.

Last Wednesday Mount Carmel College Secondary campus was privileged to host Dylan Alcott. Dylan was named Australian of the Year in 2022. He was also awarded an Officer of the Order (AO) in the Australia Day Honours List for distinguished service to Paralympic sport, particularly to tennis.

Dylan's true passion is his work as a motivational speaker. Through his inspirational storytelling, he is continually trying to alter and change the way people with disabilities are perceived in the wider community.

A group of students from the primary campus were fortunate to be part of the audience and witness firsthand Dylan's inspirational positivity towards his work and life generally. Following Dylan's presentation, these respective students were asked to reflect on what message had resonated with them; the following are their personal responses:

Chelsea "There's nothing wrong with being disabled; think about the things you can do, not what you can't do".

Finn "I learnt that having a disability is not bad and pushes you to do good things".

Hayden "It is ok to be different, maybe even better. Anyone can do anything; just be you".

*Continued on page 2.*



### In this issue...



From the Head of Primary Campus..	1
Diary Dates.....	2
Student Absences/Late Arrivals.....	2
College Tour: Secondary Campus .....	2
Deputy Principal.....	3
Awards .....	3
Performance Arts Showcase .....	3
Geography Excursion .....	4
Year 6 Science Week .....	4
Year 12 Food & Hospitality .....	5
Year 10 Food & Hospitality .....	5
St Hilarion Feast Mass.....	6
Stage 1 Design (Vector) .....	7
Western Technical College .....	7
Future Pathways .....	8
MCC Playgroup.....	9
Cyber Safety Workshop .....	10
Alinta by Hambours .....	11
Community Noticeboard .....	12

# Diary Dates

## NOVEMBER 2022

- 1 Year 8 Hallett Cove Science Excursion
- 2 Year 6 into Year 7 Transition Day
- 2 Primary Campus Assembly  
Year 1/2 D, M hosting)
- 9 Year 10 Planetarium Excursion
- 11 Remembrance Day
- 18 Year 8 Immunisation (Round 2)

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...

Nicholas "Don't give up on your dreams no matter what puts you down".

Taj "You don't have to act like someone you're not".

Carter "Being disabled doesn't mean you can't do things others can do".

Archer "There is nothing wrong with being disabled".

Sepo "You can do anything even if you are disabled; anything is possible".

Sienna "Just because you are disabled, doesn't mean you're different".

Jessica "Everyone is born differently".

Cody "Don't be negative about yourself".

Toby "Being different is nothing different than being able".

Violet "Dylan has inspired me; if you are in a wheelchair or not, and if you have a disability or not, you are a normal and amazing person".

If these student responses are a sample of the impact Dylan's motivational presentation had on his wider audience, we should

be very proud of the calibre of our students, and their future positive impact on society!

### Reminder dates for your diary:

**7/11/22:**

P & F meeting to be held in the Primary campus staff room at 2.00pm. We look forward to seeing you there.

**18/11/22:**

VIP (Very Important Persons) morning visit to classrooms: 9.00am-10.00am  
This will be followed by an optional morning tea in the Hall.

**23/11/22:**

Reception – Year 6 disco in the Hall:

Reception – Year 2 students:

9.30am -10.30am

Years 3 & 4 students:

11.30am-12.30pm

Years 5 & 6 students:

1.45pm-2.45pm

**7/12/22:**

End of Year concert to be held on the Secondary campus: 6.30pm-8.00pm

Further details of each of these primary campus events will be communicated to families.

**If your R-5 child / children are not returning to the Primary Campus in 2023, could you please notify in writing, and forward to Jenny DeGilio.**

*Jenny DeGilio*

*Head of Primary Campus*



# MOUNT CARMEL COLLEGE

Book  
a Tour  
today!



## NEXT COLLEGE TOUR

### Secondary Campus

Monday  
31 October 4pm



# Deputy Principal



## Prayer for the Class of 2022

Loving God,  
We give you thanks for our Year 12 Mount Carmel College graduates as we celebrate with them and their families this week. We ask You to gift them with Your presence as they prepare for final assignments and exams. May Your grace remain with them as they go forward into the world with the blessings of our community. Help them to respond to the needs of others at the margins just as your disciples, including St Mary of the Cross MacKillop, have done before them. Amen.

'We must teach more by example than by word. Believe in the whisperings of God to your own heart. Be eager in your desires but humbly patient in their accomplishment. Remember we are all but travellers here.' (St Mary of the Cross MacKillop).

St Mary MacKillop had a deep belief in the power of education to help people to rise out of poverty and the difficulties of their circumstances in order to live a fruitful happy life. We can never underestimate the power of this gift. As we celebrate this week with our Year 12 students we will not only acknowledge this important rite of passage but also the transforming gift of the education that the Class of 2022 have received from Mount Carmel. Our graduates have been outstanding this year and have made us proud.

It never ceases to amaze me how quickly this time goes. I remember the day that we welcome each group into the community for the first time. They are nervous and apprehensive. Our graduates leave us as young adults ready to make their mark on the world – remember that we are but travellers here.

*Jon Cenko, Deputy Principal*

## Awards...

Congratulations to Amina Kadrija who received a Student Citizenship Award: Highly Commended Certificate from the Order of Australia Association. Amina was presented with her certificate by Mr John Mula OAM, Deputy Director of Catholic Education SA, at Assembly last week.



Congratulations to Deborah Williams and Aitishka Singh on achieving 4th place in the Inventions and Models category of the prestigious Oliphant Science Awards.



## Mount Carmel College Performing Arts Showcase

You are invited to attend the 2022 Mount Carmel College R-12 Arts Showcase Concert. This will take place in Week 5, Term 4, Thursday 17 November at 6pm in the MPA. This year our concert centres around showcasing various performing arts acts as well as visual arts exhibitions. The concert is an opportunity for our students to demonstrate their abilities as musicians, actors, dancers, and ensemble members and is an exciting time for all those involved. The event is free, however we ask you secure a seat by registering via the Trybooking event. The code for this is <https://www.trybooking.com/CDQHP> or you can scan the QR code on the poster.

We look forward to seeing you there!

### 2022 MCC R-12 PERFORMING ARTS SHOWCASE

Thursday 17<sup>th</sup> November, 6PM  
MPA, MCC Secondary Campus



[www.trybooking.com/CDQHP](https://www.trybooking.com/CDQHP)







# Geography Excursion

In Week 1, students from the Stage 1 Geography class carried out their fieldwork excursion in the Adelaide Hills.

The focus of our fieldwork was recognising the physical impact of the 2020 Cudlee Creek Bushfires and assessing how the area has regenerated in the years since.

Students used various fieldwork techniques, including Transect Observations, Quadrat Observations, Soil pH Tests, Wind Speed measurements and Topography Analysis to gauge the regeneration of vegetation and assess the fuel load that might pose further bushfire risk coming into the warmer months.

We were also very lucky to have Mr Mark Peters, a volunteer of the Cudlee

Creek CFS and resident of the area, talk to us about his experience fighting the devastating fires.

Using the data that they have gained on our excursion, students will report on the physical impacts of bushfire in their Fieldwork Report.

A huge thankyou to Tessa Fryer and James Meissner who accompanied students and assisted with their data collection.

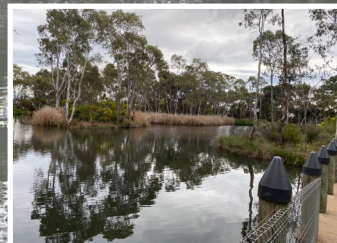
**Rebecca Wood, HASS Teacher**



## Year 6 Science Week

During Science Week the Year 6 students attended Urrbrae Agricultural High School and the Urrbrae Wetlands for an exciting day of students teaching students. The Year 6's learnt about crystals, projectile launches, participated in an exciting science magic show and explored the Urrbrae Wetland.

**Ross Habib, Year 6 Teacher**





# Year 12 Food & Hospitality



The Year 12 Food and Hospitality students ended their course on a high note by presenting decadent desserts, ranging from the very popular cheesecake to Japanese donuts. The use of advanced technology such as the Thermomix, Blender, Planetary Mixer and Food

Processor were used in the preparation of these desserts. Students used knowledge and skills acquired throughout the year in their final cooking practical. Well done to all FOH students!

**Ingrid Howard**  
**Food & Hospitality Teacher**



## Year 10 Food & Hospitality

As part of the Year 10 Food and Hospitality curriculum students learn about Rice: how it is grown, different types and how rice is used in different recipes. This week students learnt about Sushi and the different ways of presentation. Students were very excited and enthusiastic to use their skills to present their final product. I was impressed with their commitment and the way they worked together.

**Ingrid Howard**  
**Food & Hospitality Teacher**





# St Hilarion Feast Mass



## MCC Italian Students connecting with the Community and celebrating Faith, Language and Cultural Traditions

Last Sunday a group of Italian students from MCC volunteered to take part in the 67th Annual Feast to celebrate the popular Italian Saint from Southern Italy, Saint Hilarion. Andrea Grimaudo (Year 11), Hiteshkumar Katti (Year 10), Bianca Bobic (Year 9), Angelica Ameduri (Year 9), Abiebatu Barrie (Year 9), Salma Aboud (Year 9) and Anyieth Mach (Year 9) read the Prayers of the Faithful in Italian at an open-air Mass celebrated by His Excellency, the Most Reverend Archbishop Charles Balvo, Apostolic Nuncio to Australia, Fr Dean Marin, Vicar General for our Archdiocese and several other priests from surrounding parishes.

The Feast Mass was attended by over a thousand people. MCC students were outstanding in the way they presented themselves, read the prayers of the faithful and related with everyone present at the Mass, especially the residents of the two St Hilarion Nursing Homes. His excellency, Archbishop Balvo, Pope Francis Ambassador to



Australia praised all the students for their involvement and good Italian reading skills. At the conclusion of Mass, and the formal speeches from the special guests the students enjoyed some delicious Italian food and the rich entertainment on offer throughout the day. The two Italian Radio Stations broadcasted the event and did not miss the opportunity to interview the students adding more excitement to the experience.

How wonderful it was for our students to be fully immersed in this rich Italian cultural experience; it was truly meaningful for them in terms of their Faith, celebrated so openly, the Italian language they study, spoken so widely in the community, and the traditions and culture so alive - perfect for building community. Well done everyone!

**Elena Moffa**  
*Languages Coordinator*





# Stage 1 Design (Vector)



## Western Technical College



### MOUNT CARMEL COLLEGE YEAR 10S IN CONSTRUCTION TRY A TRADE

Last Friday we welcomed our first term 4 classes of Year 10s doing Try A Trade Plumbing, Electrotechnology, Engineering, Automotive, Salon and Make up.

All students wishing to undertake a Certificate II VET Course in 2023 must complete an expression of interest on our website and discuss their options with Mrs Peucker now. We look forward to seeing our Year 10 Try A Trade students continue with their chosen vocation courses in 2023.

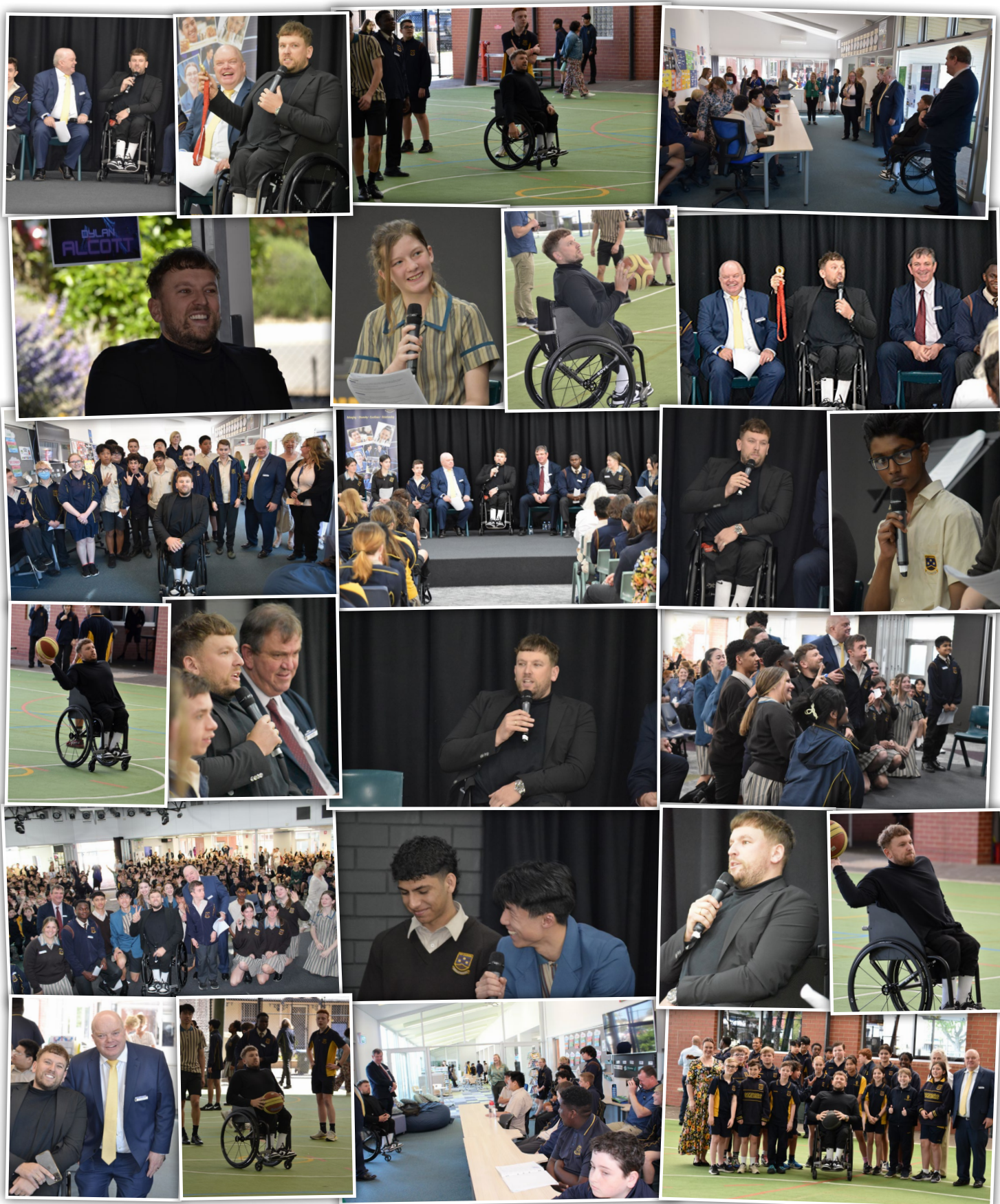
All students currently attending a Certificate II course that wish to continue with Advanced courses in Carpentry Skills, Carpentry Safety Skills (EWP work), Brick and blocklaying, Electrotechnology, and Tiling need to register an expression of interest on our website and discuss their options with Mrs Peucker now.





# Dylan Alcott Visits MCC

What a huge honour and privilege it was to have the Australian of the Year, Dylan Alcott, visit Mount Carmel College, his only school visit, on Wednesday 19 October. We loved his sense of humour but importantly, his message that all of us, with and without a disability, have to live life to the full and to take whatever opportunities arise for us. Fantastic message of hope and joy from Dylan.







## MCC WORK EXPERIENCE

### STUDENT QUOTES:

Marli "I'm grateful to have been given the chance to have such a fun experience!!"

Lucas "At work placement I enjoyed not having to worry about schoolwork and being able to experience something different."

Tanner "In my work experience, I learnt a lot about the electrical industry. It helped me narrow down the type of electrician I would like to be in the future."

Noah "The work experience that I completed helped me decide what career I would like to go into after school. I went into an area that I was interested in and the people I worked with were teaching me all of the different aspects of the job."

Reilly "On my work experience I enjoyed building on the skills I have learnt previously in my VET course."



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.





# MOUNT CARMEL COLLEGE

R-12

## PLAYGROUP

### All welcome

**ENROL  
NOW!**



*"The wider the range  
of possibilities we offer  
children, the more  
intense will be the  
motivations and the  
richer their experiences."*

Loris Malaguzzi

Children's brains develop rapidly in the early years of life. Positive play experiences will help children develop early literacy and numeracy skills. At Playgroup you will have the opportunity to talk, sing, play, laugh, look and learn.

Please bring your own child's healthy snack for fruit time and a hat in warmer weather.



## PLAYGROUP

(all ages)

**Thursday 9am - 11am**

**FREE**

Early Years Centre  
Mount Carmel College Primary Campus  
17 Pennington Terrace, Pennington

**DURING SCHOOL TERMS ONLY**

**FOR FURTHER DETAILS CONTACT:**

**Phone:** 8447 0500

**Email:** [info@mcc.catholic.edu.au](mailto:info@mcc.catholic.edu.au)

**Website:** [mcc.catholic.edu.au](http://mcc.catholic.edu.au)





**Catholic  
School  
Parents**  
SOUTH AUSTRALIA



Catholic School Parents SA is pleased to present:

## **Get off that Computer NOW!**

*presented by Mark Le Messurier*

**Wednesday November 2 2022  
6pm - 8pm (in person or online)**

**McAuley Community School  
51a King George Avenue, Hove**

This Parent Engagement Evening is hosted by Catholic School Parents SA.

This is more than a workshop on "cyber safety" – it addresses the delicate balance required to support kids to manage real life responsibilities, screens, social media and video games.

Mark will take attendees down a road that creates a balance between screens and other aspects of living a real life. Capturing a balance is a healthier approach than endlessly fighting, banning and being the controller of screens and devices... **You need to be empowered – not scared off.**

Mark Le Messurier is a teacher, counsellor, author and public speaker. He works in private practice as a mentor to children and adolescents, and as coach to parents.

Register via the [CESA Registration Centre](#) or go to the [Events page](#) on the [CSPSA Website](#)

**[cspsa.catholic.edu.au](https://cspsa.catholic.edu.au)**





Dear Families and Caregivers,

The new Alinta by Hambours website and shopping experience was due to launch over the past few weeks.

Due to unforeseen circumstances out of our control, the new Alinta by Hambours site will not be launching as planned.


Online shopping and appointment bookings for Alinta by Hambours can be accessed through [www.hambours.com.au](http://www.hambours.com.au). If you already have an account with Hambours, there is no requirement to re-register. If you are a new family commencing in 2023, please register an account to gain access to online shopping and booking calendar.

The Booking Calendar will be opened on Saturday 17 September for you to commence booking your personalised uniform fitting during the coming months. If you are unable to book online or need assistance with your booking, please do not hesitate to contact us on 8447 2077 so our team can assist you. Online shopping will reopen from Saturday 17 September.

We apologise for any inconvenience this causes and we will advise over the coming weeks a new release date for the new shopping experience at Alinta by Hambours.

Should you require any further information, please do not hesitate to contact our Customer Service team on [customerservice@hambours.com.au](mailto:customerservice@hambours.com.au) or [info@alinta.com](mailto:info@alinta.com).

Kind Regards,

  
Sarah Kerr  
Chief Operations Officer  
Alinta by Hambours

Alinta by Hambours  
2 Wilson Street, Royal Park SA 5014  
P (08) 8447 2077 E [customerservice@hambours.com.au](mailto:customerservice@hambours.com.au) [alintahambours.com.au](http://alintahambours.com.au)



# Community Noticeboard


**positive partnerships**

**Free workshop**

**PROFESSIONAL LEARNING**  
**Online workshop sessions**

**SA**



**2 WORKSHOP SESSIONS**

Join our online workshop sessions where you will have the opportunity to listen, share and learn with other South Australian educators who teach and support young people on the autism spectrum.

- ✓ This series of 2 workshops will be held online via Zoom.
- ✓ The sessions are stand alone, but complement each other.
- ✓ Each session has a separate registration. You can register for one or both.

**WORKSHOP SESSION INFORMATION**

 Both sessions are 3:30pm - 5:00pm

**The diversity of autism**  
 Tuesday  
 1 November, 2022

**Understanding sensory processing**  
 Thursday  
 3 November, 2022

These workshops are interactive online sessions where the team will work collaboratively with you. They are not webinars.


 For more information or to register visit  
[www.positivepartnerships.com.au](http://www.positivepartnerships.com.au) or contact  
 Jo Zeitz at [jzeitz@positivepartnerships.com.au](mailto:jzeitz@positivepartnerships.com.au)

 1300 881 971

This initiative is funded by the Australian Government Department of Education through the Helping Children with Autism package. The views expressed within this program do not necessarily represent the views of the Australian Government or the Australian Government Department of Education.

**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 an 8 week program for parents or carers of young people (8-18) who are beyond control, violent or defiant.

**This is a FREE program**

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

Next group: Thursday's commencing 27 October 2022 for 8 weeks, 9:30am to 12pm  
 Where: The Greenacres Library, Community Room, 2 Fosters Rd, Greenacres

For any queries or referrals please call Trevor: 8405 6862 or Centacare: 8215 6700

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






**Australian Childhood Anxiety TREATMENT STUDY**

**Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.**

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

**About the study**

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

**About the treatments**

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.

Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.

**Contact us**


This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351  
 [cadrp@griffith.edu.au](mailto:cadrp@griffith.edu.au)  
 [griffith.edu.au/childhood-anxiety-treatment-study](http://griffith.edu.au/childhood-anxiety-treatment-study)








**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:** 1:00pm – 3:00pm  
**Dates:** Tuesday 13 December 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)