

Edition 14  
12 September  
2024

# News @ the Mount



## MOUNT CARMEL COLLEGE

R-12

*Belonging ~ Diversity ~ Excellence ~ Relationship*

JOSEPHITE EXCHANGE  
Refer to page 6

## From the Head of Primary Campus

### LEARNING CONVERSATIONS:

Families across Reception – Year 6 have been invited to schedule a Learning Conversation meeting with their child's class teacher / teachers. This is an opportunity to discuss the learning and wellbeing progress, and possible challenges, your child may be experiencing. If requiring a Learning Conversation, please complete the 'Request for a Meeting' which has been sent home to all families.

### VIP MORNING

Education continues to evolve, presenting a very different learning environment to what many current family members experienced in their childhood. 'Consistency', 'Routine' and 'Structure' however, continue to remain significant influences in building individual confidence and personal success. We prioritize this schedule in our daily school routine.

Once again, our VIP morning held last Thursday, was both a celebration of family attendance and a showcase of individual student learning. The positive feedback received, indicated that it is a valued experience for parents / carers and students.

### SOUTHERN CROSS NURSING HOME VISIT

Approximately 15 of the Year 5 students have been visiting a group of elderly residents at the Southern Cross Nursing Home on Torrens Road. These scheduled visits, have enabled the students to engage with residents, playing games and sharing stories. It is once again a valued experience with mutual benefits for all.

### YEAR 5 CAMP

Students in Year 5 are preparing for their overnight camp at Narnu Farm, Hindmarsh Island. They will depart next Monday,

16 September and return on Tuesday, 17 September. The camp will provide students with an 'away from home' experience, and an opportunity for students to further develop their independence. We look forward to the stories that will be shared on their return.

*Continued on page 2.*



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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

## SEPTEMBER 2024

- 12 Years 7-12 Early Dismissal 1pm
- 12 Year 7-11 Parent-Teacher-Student Interviews 1.30pm - 7.30pm
- 18 College Tour - Secondary Campus 4pm
- 20 Primary Campus Assembly 9am
- 20 Family Concert Performance 7pm
- 27 End of Term 3 - Dismissal 3pm

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

### 2024 TERM DATES:

Term 1: 29 Jan - 12 Apr

Term 2: 30 Apr - 5 Jul

Term 3: 22 Jul - 27 Sep

Term 4: 14 Oct - 10 Dec



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## 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.

For any planned extended absence, state government legislation requires a parent to send a letter or email to the Principal, via [registrar@mcc.catholic.edu.au](mailto:registrar@mcc.catholic.edu.au) seeking permission to be absent from school.

## Head of Primary Campus Continued...



### 2024 FIRST COMMUNION CANDIDATES

Students across various year levels will be celebrating their First Communion this Sunday 15 September, at 9am in the OLMC Church. We congratulate these students and acknowledge this significant day for their respective families:

Alexandra Almas, William Coulls, Janna Hallal-Overduin, Tiana Rundle, Valentino Spandrio, Aster Todd, Jared Castillo, Alexis Clark-McAvaney, Massimo Mallamo, Nash Mamo, Kaela Ramos, Asher Rice, Milenka Bartak and Ayaleah Cabuyoc.

### CATHOLIC SCHOOLS MUSIC FESTIVAL CHOIR (CSMFC)

Students in Years 5 & 6 have been participating in the CSMFC on a weekly basis for the past three terms. On Tuesday evening, 24 September, they will celebrate and showcase their talents in a memorable evening of entertainment at the Festival Theatre. If you would like to join us, tickets are available through Ticketek. <https://premier.ticketek.com.au/shows/show.aspx?sh=PSMFEST24&v=AFC&p=EAFT2024874PS>

**Jenny Degilio**  
Head of Primary Campus

## Arts Showcase - A Night at the Movies

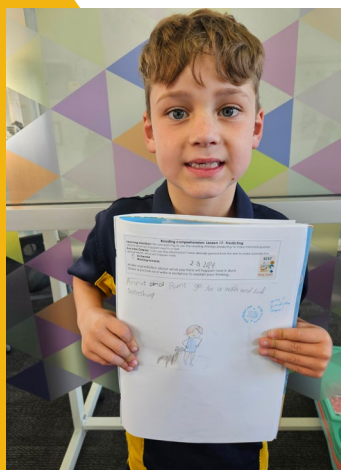
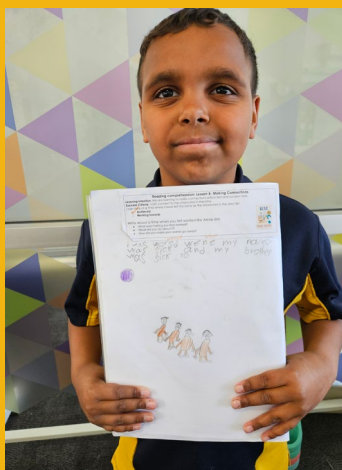
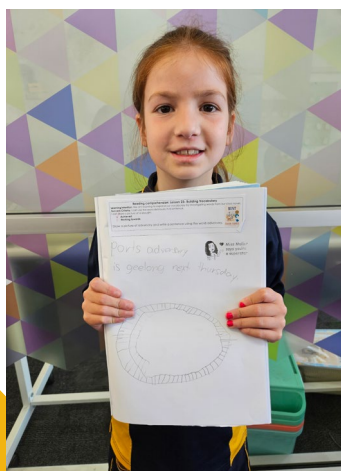
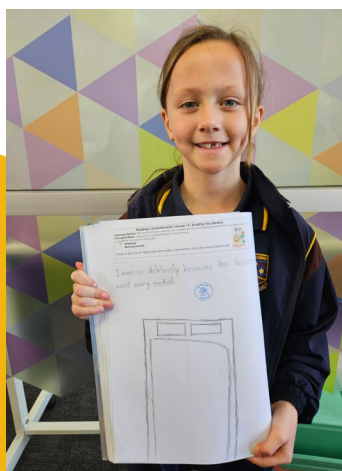
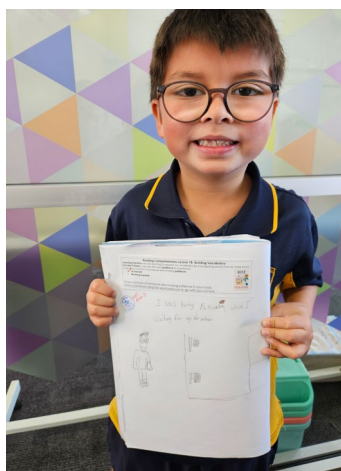
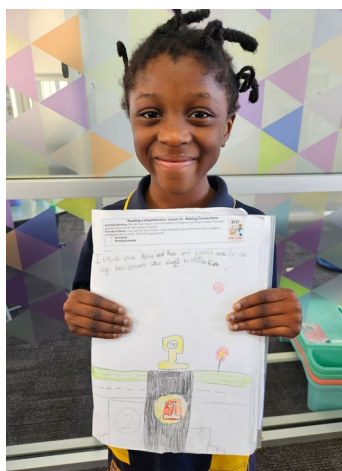
Mount Carmel College is proud to present this year's Arts Showcase – A Night at the Movies. The show will celebrate the talents of our Music, Drama, Dance and Visual Arts students as they present performances inspired by the music of your favourite films.

Tickets are now available at <https://www.trybooking.com/CUVYK> so get yours today!





# Year 2 Literacy



As part of our Literacy unit, class 2M and 2T have been reading the book 'Runt' by Craig Silvey and completing comprehension tasks to show our understanding of the book. To finish off our Literacy unit we will be going on an excursion to watch 'Runt' at Odeon Star Cinemas in Semaphore.

Some of the students have expressed what they have enjoyed the most about reading 'Runt'.

**Cooper M:** The book Runt is interesting.

**Alfie:** When Miss Muller reads it, she makes it sound real.

**Alona:** It is fun to read and it's a good book.

**Seth:** What I like about Runt is picturing things in my head when Miss Muller reads.

**Dominic:** I like Runt because it is a story about a dog and gives you ideas in your real life.

**Emmy:** Annie wins with her dog Runt and I love dogs.

**Lachlan:** I like Annie and how she tries to fix things.

**Asha:** It is a good book and they have interesting words that I am learning.

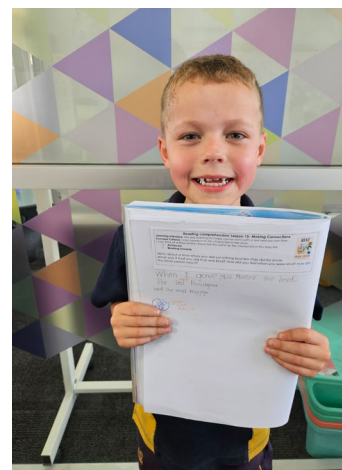
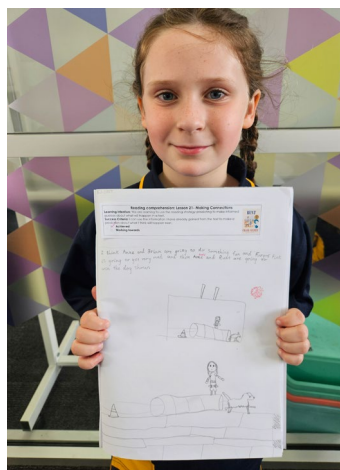
**Oscar:** It has different chapters that I am enjoying.

**Marcus:** I love the book Runt and I am so excited for the Movie we are going to see on our excursion.

**Tricia:** I enjoy the lessons we do when we read the book.

**Evie:** I liked all of the competitions Annie and Runt entered.

*Janelle Muller, Year 2 Teacher*



## Principal's Award

Congratulations to the winners of the Principal's Award for their podcast - Daisy Astley, Stephanie Boubouras and Mia Dunk.





# Term 3 Assembly Awards







On Thursday 5 September, my Japanese class went on a shopping excursion to the Central Market in order to gain a better understanding of Asian cultures in general and Japanese culture in particular. Honestly, that was perhaps my first time going to the Central Market since I moved to Australia, and the excursion turned out to be an unforgettable memory for me.

It was a cold, brilliantly sunny day, the kind that makes all the kids in all the classrooms stare out the window and wish for summer. After the first lesson, we met at around 9:25am in the amphitheatre area and were thoroughly instructed by our teacher - Mr Rijk - until approximately 10:00am. Each of us was given a clipboard, a schedule to follow, and some worksheets to complete once we arrived at the Central Market. We left our school not long afterward and walked to the train station to catch a train to the city. At 10:21am, my class and I arrived at the Adelaide City Train Station and caught a tram to the Central Market. When we reached

the Central Market, I was amazed at how big and bustling it was!

Mr Rijk divided the class into two groups; each group consisted of 8 people. One group, led by Ms Shaw, would visit Little Tokyo, a small shop near Central Market that sells several Japanese items, and the other group, led by Mr Rijk, would visit Thuan Phat Supermarket. My friends and I were put in Mr Rijk's group so we made it to the supermarket. At Thuan Phat Supermarket, we were asked to try finding the ingredients listed on the worksheet and note down the cost as well as the brand name of each ingredient. This place provides a variety of Asian food ingredients with very affordable prices and the staff were super friendly. After we finished finding the ingredients, our group headed to Café Zuma for a recess break at around 11am.

Shortly after, Mr Rijk told the class to get in small groups of 3 or 5 to walk around the market in order to complete our shopping list worksheets. This was the best part of the entire excursion! My friends and I were having a great time exploring the Central Market and wandering around the various stalls. The market was truly a foodie's paradise with a wide range of tasty foods and drinks to choose from!

By 12:20pm, we reported back to Café Zuma to taste some sushi. Sushi has always been my favourite Japanese dish so I wasn't surprised by how good it was. After that, the group that had visited Little Tokyo would now visit Thuan Phat Supermarket and vice

versa. In this way, my group then went to Little Tokyo with Mr Rijk and completed parts in the worksheet that related to this shop. An hour later, we moved to the food court for lunch. There, my friends and I got some crispy salt and pepper squid, meat skewers, and chicken feet. The food was unexpectedly delicious! Thinking back now, I'm not sure if the food was already good or if it was because we shared it together.

After lunch, my class went to get bubble tea at Gong Cha and Milk Flower. I got myself a taro milk tea with egg pudding. It was such a creamy combination! At around 2pm, we had to leave the market and return to Adelaide Train Station to catch a train back to school. Before leaving, we took some pictures as a whole class in front of Hong Kong Supermarket to preserve the memory of the trip.

I was so exhausted that I almost fell asleep a couple of times on the way back. But above all, we had a brilliant day and I believe the shopping excursion was a great experience for not only me but also all the students who attended. I've learnt many new Katakana and Hiragana words for food items as well as non-food/drink items, such as オレンジ (orange), バナナ (banana), and そば (buckwheat noodles), that will definitely be helpful for me when shopping in Japan.

*By Jolie Nguyen (9R)*





# Josephite Exchange





# Josephite Exchange Continued...





# Cybersafe Families Presentation



On Wednesday 21 August, the College was fortunate to have Todd Murfitt from Cybersafe Families present to the community. Children are increasingly feeling pressure to engage in online platforms, and as parents, Todd was able to articulate the importance of open dialogue to support them when they face online challenges.

The presentation highlighted that cyber bullying peaks at 14 years of age, and whilst this can be confronting for parents, the best advice was to walk alongside your children, taking an interest in how they engage in the digital world.

On the evening, Todd discussed a number of different social media platforms and highlighted that the legal age of using these platforms is 13 years old. Todd elaborated on this, suggesting that this is not due to developmental milestones among children, but links to the legalities surrounding how these companies use and distribute data they collect about their users.

It must be recognised that children are fantastic adopters of technology, and online trends are continually evolving. The popular approach among children is to suggest that "everyone else has..." and this can create pressure to allow use of social media platforms or technology. By maintaining dialogue with other parents, you empower each other to determine the pace these platforms and technologies are adopted, remembering it is far easier to delay the use than pull it back.

The presentation highlighted the link social media, exposure to uncensored content and online conflict has to mental health. The message here was that whilst these platforms will present issues, there are several changes to look for in your child; including becoming quiet or withdrawn whilst using their technology, positioning themselves so their screen cannot be seen or becoming visibly upset.

Importantly, Todd suggested some fantastic strategies to support children.

- Stay calm and listen. If children are worried about our response, they will be less likely to talk about it next time.
- Talk through how to solve the problem together.
- Utilise Google Family Link or Apple Downtime to put in place screentime limits.
- Maintain clear family values. It is okay to say "NO". Despite the pressure that technology can create, you absolutely have the right to dictate the rules of phone/tablet use as the parent in the relationship.

If in doubt, or if you have any queries about responsible use of technology among children and teenagers, please do not hesitate to get in contact with the wellbeing teams in the Primary or Secondary campuses.

**Alex Corletto, Director of Students & Franco Canil, Student & Administrator Coordinator R-6, Sports Coordinator R-6**

## Year 5 Nursing Home Visits





# Drama Performances



## YEAR 12 DRAMA PERFORMANCE

On Thursday, 29 August, the Year 12 Drama students filmed their performance for their external assessment which will be marked by SACE. The students created their own interpretation of 'Beauty And The Beast' inspired by the style of renowned film director, Tim Burton. Students were able to choose their own role in the performance which included backstage roles such as costume designer, makeup designer, director, scriptwriter and props/sets designer. They worked tirelessly to bring their ideas to life on stage, attending after-school rehearsals, designing and sourcing key pieces for their performance.



## YEAR 10 AND 11 DRAMA PERFORMANCE

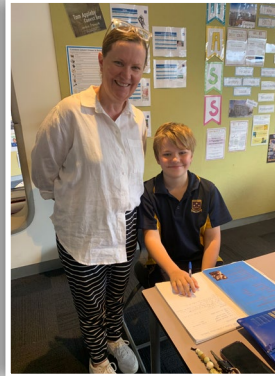
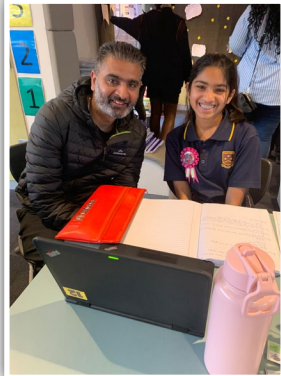
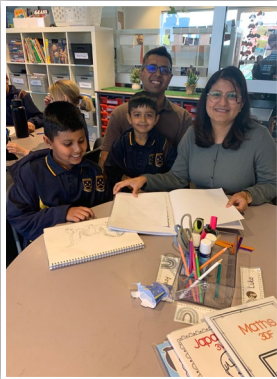
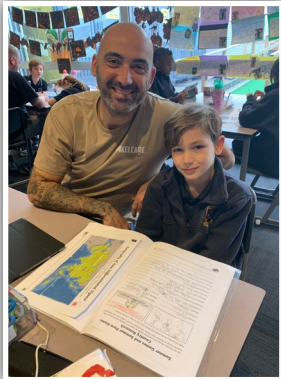
On Friday, 6 September, the Year 10 and 11 Drama students performed their class play, 'The 7 Worst Breakups Of All Time,' to a Year 9 audience. The students have worked meticulously during lessons and after-school rehearsals to perfect their lines and character portrayals. They worked collaboratively on lighting, sound, props and set design to create an imaginative and vibrant performance. Their hard work and dedication was affirmed by the positive response that they received from their audience.



*Kristina Perkas, Drama Teacher (7-12)*

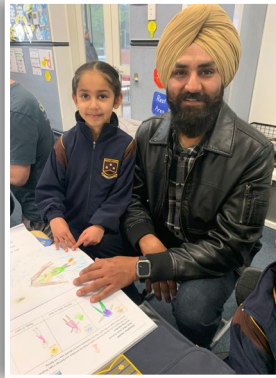
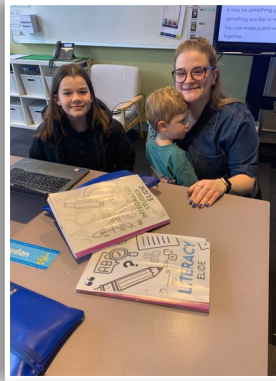


# VIP Morning





# VIP Morning Continued...





# Community Noticeboard

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# Community Noticeboard Continued...

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**JUNIOR**

**REGISTRATION DAY**  
**13TH SEPTEMBER 2024**  
**5:30PM-8:00PM**

**Woodville Rehabite Cricket Club Matheson Reserve Findon SA 5023**  
Scan below to register for  
**Woolworths Blast Cricket (Aged under 10)**  
Under 10's, 12's & 14's in the Western Suburbs Junior Cricket Association  
Under 15's & 17's in the Junior Boy's Competition

**Register Now**

Anyone interested in coaching, scoring or team manager roles  
please contact our Junior Coordinator Lauren Holton  
via email [holtons2010@gmail.com](mailto:holtons2010@gmail.com)

**LEFEVRE PENINSULA**

**FAMILY EXPO**

**FREE BBQ, Drinks & Entertainment!**

**FREE ENTRY**

Bring the whole family down to Lefevre Recreation Reserve for a FREE Family Fun Day. Community atmosphere, a jumping castle, face painting, roller skating, free come n try sports, interactive activities for kids, multiball screen and more!

Local community groups will be attending for you to chat to and learn about what services and support are available to you and your family.

**Sat 12 October, 10am-2pm**  
Lefevre Community Stadium & Lefevre Recreation Reserve  
541 Victoria Road, Osborne

**For more information please contact Lefevre Community Stadium:**  
8405 6908  
[lefevre\\_sports@cityofpae.sa.gov.au](mailto:lefevre_sports@cityofpae.sa.gov.au)

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