

Edition 9
19 June
2025

News @ the Mount



YEAR 12 RETREAT
Refer to page 4

MOUNT CARMEL COLLEGE

R-12

Belonging ~ Diversity ~ Excellence ~ Relationship



From the Principal

Dear Families

semester classes and complete compulsory training.

Primary Campus - Welcome New Reception Students

On Tuesday last week we welcomed our new mid-year Reception students and their families for the first of three transition visits. It was great to see the smiling faces of the new students as they prepare for the exciting journey of being a school student. For some of the families it is their first child at our College and we hope they felt the warm welcome for which our College is known. We look forward to the students joining us full-time from the start of Term 3.

Student-free Day R-12 Friday 20 June 2025

A reminder that Friday 20 June 2025 is a student-free day across Reception to Year 12 as teachers prepare for the new

Secondary Campus - Semester 2

Semester 2 commences on Monday 23 June across Reception to Year 12. The start of a new semester gives each student a chance for a new start. The end of semester 1 is an opportunity to reflect on the achievements, attitudes to schoolwork and behavioural patterns of the first semester. It also gives us an opportunity to adjust or improve the things that may not have worked so well.

One of the strongest correlations with academic success is the student's attendance rate at school. We all want our students to get a great education, and the building blocks for a great education begin with students coming to school every day, on time, unless they are genuinely unwell.

Primary & Secondary Reports on SEQTA

On the last day of Term 2 all Reception to Year 12 student academic reports will be issued via SEQTA. Parents will need to access their child's report either from your mobile phone by downloading the SEQTA Engage app, whether iPhone or Android phone or from the website:

<https://engage.mcc.catholic.edu.au>

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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 | Email: mcc@mcc.catholic.edu.au

Diary Dates

JUNE 2025

- 19 End of Semester 1 (Years R-12)
- 20 Pupil Free Day (Years R-12)
- 23 Start of Semester 2 (Years R-12)
- 23-4/7 R-4 Swimming
- 24 Mid-year Reception Transition (Visit 3 of 3)

JULY 2025

- 3 Year 11 Retreat
- 4 3pm Term 2 Ends (Years R-12)

Further dates are available from our website at www.mcc.catholic.edu.au

2025 TERM DATES:

Term 1: 28 Jan - 11 Apr

Term 2: 29 Apr - 4 Jul

Term 3: 21 Jul - 26 Sep

Term 4: 13 Oct - 5 Dec



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

Visit us at
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...



You can view your child's report online or download a pdf copy for printing or sharing with family members.

It is highly recommended that you check now that you can successfully access your child's information on SEQTA Engage. Please contact our ICT department if you are having trouble logging in to your SEQTA account.

R-12 New Enrolments

Our College is experiencing strong demand for places in both our primary school years and for secondary school places. We are currently conducting another round

of interviews across R-12 for places for the start of 2026 and also for 2027 enrolments. If you have a sibling who is not at the College but you wish for them to attend our College in 2026 or 2027, please make contact with the College as soon as possible.

Families with a child currently in Year 6 at our Primary Campus do not need to lodge an Application to Enrol Form for Year 7 on the Secondary Campus as your enrolment at Mount Carmel College continues automatically.

Be a person of hope to others.

John Konopka
Principal

Pedal Prix - Victoria Park

Our Secondary Campus teams had an excellent day at Victoria Park for the Pedal Prix. We look forward to the next race being held in August at Taillem Bend.



VIP Day - Primary Campus



It has been wonderful to welcome parents and caregivers into our classrooms in Term 2 for VIP visits. The children absolutely love having the opportunity to share their learning and proudly showcase their work, projects, and classroom routines. These moments are not only special for the students but also help strengthen the connection between home and school. We thank our VIPs for taking the time to join us – your involvement means so much.

Jenny DeGilio
Head of Primary Campus



Year 12 Retreat



On the 14 - 16 May, the Year 12 students had their Final Retreat. It was held at Nunyara Retreat Centre in Belair, which is a beautiful part of Adelaide looking over the city. This was organised by Mrs Wood, Mrs Footner and Mr Tran. All Year 12s were excited and eager to go, so there was a lot of positive vibes coming from the group as the days approached. On retreat, the students had an opportunity to connect with themselves, nature, friends, families and their journey at Mount Carmel College. It was both a wonderful and emotional experience for all. It was a fantastic 3 days of reflection and what it is like to be the leader of the community. Students also received their Year 12 Jackets during day 2 of the retreat, which was one of the highlights of the 3 days.

I would like to thank all the teachers and support staff who went on this journey with the Year 12 students to

make it a very memorable one for the Class of 2025!

Below is an reflection by one of our College Captains on their experience at the Year 12 Retreat.

"During Term 2, Week 3, the Year 12 students participated in the annual 3 day retreat. Year 12 Retreat serves as an opportunity for students to 'retreat' from their daily lives and the demands of school and immerse themselves in an experience that fostered reflection, connection and personal growth. Held at Nunyara Conference Centre, Belair, the retreat provided us with the chance to strengthen our friendships, engage in meaningful discussions and reflect on our personal journeys through secondary education as we prepare to take our next steps beyond Year 12. Across the retreat, we participated in a range of activities such as creating personalised posters and plant pots, writing

positive affirmations to each other, doing a Kahoot about the highlights of our time as a year level and read letters from our past selves. Every element of the retreat was aimed at helping us embrace this final chapter of our schooling years with confidence and gratitude. A few key highlights consisted of a walk through Belair National Park where we saw wildlife such as kangaroos and koalas, receiving our senior jackets, writing prayers to our Year Level Coordinator, Mr Tran and giving candles to students to teachers as a form of thankfulness or apology. As we prepare for our final months at school, the retreat left a lasting impression on all students and fostered deep connections which will last beyond the school gates. This experience was truly unforgettable and was an emotional journey that exceeded all expectations, making every moment worthwhile."

Jiya Iyer, 2025 College Captain

Khoa Tran, Year Level Coordinator



Year 12 Retreat Continued...



Exchange Student Morning Tea



A huge congratulations to our incredible Year 10 Peer Support Leaders for hosting a special morning tea filled with delicious Australian treats for our visiting Exchange Students from France!

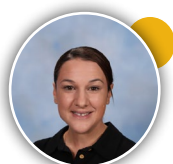
Our Secondary Campus is thrilled to be hosting five students for a three-month exchange, giving them the opportunity to experience Australian school life, traditions, and culture firsthand.

It's amazing to see the friendships and connections that blossom through these global experiences. We hope our exchange students enjoy every moment of their time in Australia!

Deborah West
Cultural Inclusion Coordinator (7-12)



Year 9s Serve Up Real World Learning in the Kitchen!



9 Food & Hospitality – “Centsible Family Dinner” Task

Students worked in pairs to design and prepare a nutritious, budget-friendly meal for a family of four—all within a strict \$20 limit. That’s just \$5 per serve!

Meals had to:

- include at least three of the five food groups (Australian Guide to Healthy Eating)
- be prepared, cooked, served, and cleaned up in just 80 minutes
- use common ingredients and standard kitchen equipment
- be appealing, balanced, and modern in presentation.

Real-World Skills in Action:

To complete the task, students were responsible for:

- selecting an appropriate recipe
- Costing and budgeting ingredients
- producing a food order

- developing a workflow plan
- practicing kitchen safety and hygiene
- reflecting on the entire process.

Learning Beyond the Classroom:

This practical assessment gave students the opportunity to experience the types of decision-making and time management involved in everyday family cooking. From budgeting to nutrition, the activity reinforced real-world skills that are essential for families experiencing cost of living pressures.

Students reflected thoughtfully on their recipe choices, teamwork, time use, and how they overcame challenges. Many were surprised by what could be achieved with simple ingredients and smart planning!

“This task enabled us to demonstrate independence in the kitchen, teaching us the skills that we didn’t know we had to apply when making our own dish. Making our own choice dishes made the results feel rewarding”

Julia Ho

“Overall, I believe the ‘Cent’sible Family Dinner task is a very good thing to include in Year 9 Food and Fabric as it

teaches kids how to prepare a meal while working under a budget and to look at what foods are more cost-effective. These skills are very useful to know in life and will benefit us in the future”

Louise Treen

“The cooking task provided excellent training tools for young people to develop cooking skills to use at home and into the future”

Gibson Batty

“I think the Centsible Family Dinner is a good assignment task as it teaches students how to manage their time well. It also helps teach about cooking healthy and nutritious meal with a friendly budget.”

Avah Beracci

Congratulations to the Year 9 Food and Hospitality students for their effort, creativity, and professionalism in the kitchen. The “Centsible Family Dinner” was a fantastic example of how learning in the classroom connects directly to life outside of school.

We look forward to seeing these budding chefs put their skills to good use at home!

Sue Mills & Sabrina Fico
Secondary Teachers



circular



TO All Principals of Catholic Schools in South Australia

FROM Trish Jarvis, Executive Officer, Catholic School Parents SA

DATE Friday 13 June 2025

RE Stronger Families - A Positive Parenting Conference

121 George Street, Thebarton SA 5031
PO Box 179, Torrensville Plaza SA 5031
T (08) 8301 6896
M 0477 832 337
cspsa.catholic.edu.au

Dear Principals,

Catholic School Parents SA (CSPSA) is thrilled to welcome back the **"Stronger Families - A Positive Parenting Conference"** to be held on 16 August 2025.

This one-day event is tailored for parents and professionals involved with youth, offering a platform where prominent parenting experts from Australia come together to share invaluable insights on modern-day challenges affecting children and teenagers.

We are excited to welcome back [Maggie Dent](#) to Adelaide. She is a well-known renowned author and educator, known as the "queen of common sense," and she will share her practical guide for parents to help teenagers navigate adolescence.

[Greg Attwells](#) —Director of the global 36 Months movement, pulls back the curtain on the systems shaping teen mental health and shares how Australia became the first country in the world to raise the minimum age of social media access from 13 to 16.

[Wayne Holdsworth](#) turned personal tragedy into a mission for change. After losing his 17-year-old son Mac to suicide following a sextortion incident, he founded SmackTalk, a charity dedicated to suicide prevention and awareness.

Finally, [Madhavi Nawana Parker](#), a respected psychologist and author specialising in emotional intelligence and wellbeing, will provide practical strategies and teach simple and practical ways to regulate your own stress and emotions.

The conference will be held on 16 August 2025 at The Sanctuary, Adelaide Zoo, with a light lunch provided. Tickets can be purchased for \$25 plus booking fee at [Humanitix](#).

Details

The conference details can be found on our website at <https://cspsa.catholic.edu.au/newsroom/events>

To ensure maximum reach for the conference, please share the [Flyer](#) on your school newsletter and social media platforms.

This event is limited to 300 people and sold out in three weeks in 2024! We look forward to bringing this exciting opportunity back to Adelaide for the benefit of our families, staff, and communities.

Kind regards

A handwritten signature in grey ink, appearing to read 'Trish'.

Trish Jarvis
Executive Officer
CSPSA

cspsa.catholic.edu.au

116 George Street, Thebarton SA 5031 • PO Box 179, Torrensville Plaza SA 5031 T (08) 8301 6600



MOUNT CARMEL COLLEGE

Careers Evening Mount Carmel College

Secondary Campus:
33 Newcastle Street, Rosewater

Wednesday, 13 August 2025
6pm-8pm

Come and join us and gain valuable information about career pathways, VET courses and traineeship and apprenticeship opportunities. This is an opportunity to chat to Industry, University and Training representatives to gain the knowledge you need to prepare yourself for the future.

For more information contact Kelly Peucker on 8447 0506



MOUNT CARMEL COLLEGE

A Catholic co-educational R-12 College in the Josephite Tradition

P: 8447 0500 | E: mcc@mcc.catholic.edu.au | W: www.mcc.catholic.edu.au

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Grab an Entertainment Membership and get up to 50% off and turn everyday plans into something special, while saving up to 50%.

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FREE

Tuning in to TEENS

Help your teen develop emotional intelligence.

6-Session Parenting Program

for parents of young people aged 12-18.

Would you like to learn how to:

- enhance your **communication** with your teen?
- improve your **understanding** of your teen?
- help your teen manage their **emotions**?
- guide your teen in dealing with **conflict**?
- prevent **behaviour** problems in your teen?

Thursdays 10.30am-12.30pm

6 Sessions across Term 2 & Term 3

From 19 June to 7 August

Parks Library, Angle Park

• centacare.org.au

Contact

8303 6660

or scan the QR code to complete online form.



CITY OF PAE

WORK EXPERIENCE PROGRAM

Ride the wave of possibility!

You're invited to come on an adventure of discovery at the City of PAE. Guided by your hosts, you will sample a wide variety of careers and get a taste of what your future could look like.

Whether you love science, art, or prefer to get outside in the sun, the City of PAE is bound to have something that will inspire you.

Who?

Year 10 and 11 students residing or studying in the City of PAE, who want a hands-on work experience program to help them decide what their future work or study could look like.

What?

A structured five day program that provides insight into various careers in the City of PAE.

Where?

Each day starts and ends at the City of PAE Town Hall in Port Adelaide. You will travel together by bus to various indoor and outdoor locations.



Monday 23 – Friday 27 June 2025

Interested? Speak with your Work Experience Coordinator or apply now at:
cityofpae.sa.gov.au/forms/work-experience-application-form

