Feast of the Holy Trinity

The eleven disciples set out for Galilee, to the mountain where Jesus had arranged to meet them. When they saw him they fell down before him, though some hesitated. Jesus came up and spoke to them. He said, 'All authority in heaven and on earth has been given to me. Go, therefore, make disciples of all the nations; baptise them in the name of the Father and of the Son and of the Holy Spirit, and teach them to observe all the commands I gave you. And know that I am with you always; yes, to the end of time.'

Matthew 28:16-20

One week after the end of the Easter season, in which we gave thanks for the saving death and resurrection of Jesus, and the celebration of the gift of the Holy Spirit on Pentecost Sunday, this feast of the Holy Trinity invites us to contemplate the mystery of God to the extent that our minds are able. Paul in the Letter to the Romans reminds us that the Spirit of God makes us God's children, destined to share in the life of God, as Christ does. Through the Holy Spirit dwelling in our hearts we become aware of the love and strength of the living God available to us both now and in the life to come.

Blessing

May God our Creator breathe into us new life and a whole new meaning. May the Spirit of God breathe into us a new spirit and a new understanding. May the Wisdom of God breathe into us new hope and a new awareness. And may all who hear the Word of God be blessed forever.

Amen

Dear Parents/Guardians, Students, Staff and Friends

Last weekend the Old Collegians Association conducted their Gala Dinner where the first inductees of the Mercy Honour Roll were announced. This is a wonderful initiative and a powerful way to recognise the contribution that individuals have made to the rich 116 year history of this College.

Congratulations to the inaugural Mercy Honour Roll inductees:

Sr Beth Calthorpe rsm - Principal of Mount Lilydale Mercy College for 14 years (1976 – 1989) during a period of enormous growth in enrolments and facilities. Much of the current structure of the College reflects the vision and energy of Sr Beth. After leaving Lilydale, Sr Beth was Principal at other Mercy schools and to this day is still heavily involved in the leadership of Catholic education.

Mr Peter Anderson - former member of staff who has lived with Motor Neurone Disease for more than a decade. An outstanding educator, Peter inspired all who worked with him. Since his diagnosis with MND, he continues to model so many qualities that reflect a life of Mercy - courage, determination, humility, humour, compassion and most importantly love. It says much about Peter’s character that he has written a book that speaks about the way in which his battle with MND has provided him with a greater insight into the true meaning of life.

Sr Carol Terpstra msc - an Old Collegian (1977-1982) who is a nursing sister with the Missionary Sisters of the Most Sacred Heart. Sr Carol is currently working in the Philippines and has also worked with the poor in Peru. A gentle and humble person, Sr Carol is a strong advocate for human rights and has clearly devoted her life to helping others.

Dr Julia Harrison – an Old Collegian (1983 – 1988) who has forged an outstanding career in the field of health care and medical education. Her clinical work has been as Emergency Consultant at Dandenong Hospital and she has also been a Senior Lecturer at Monash University. In 2009 Julia was awarded the Australian Learning and Teaching Council Award for excellence in University Teaching.
The recognition of these people is based on the ways in which their lives reflect a commitment to the values of Mercy. In reflecting on this I came across material that was presented at a national Mercy Conference a number of years ago. It describes Mercy as an agent of change, especially on behalf of the poor and the oppressed. The task of Mercy is to transform the world. Mercy is unconditionally offered by the mercy giver. It is an act of vulnerability which is repeated despite rejection and failure. Mercy is founded in scripture - it is expressed in our human way of life. God's mercy to us is Jesus and the selfless example set for us.

Such values are certainly reflected in the lives of the Mercy Honour Roll inductees. This reflection also offers us many challenges in our role as a Mercy school in 2012.

We pray for the repose of the soul of Mr Murray Leonard Hutton who passed away recently. Mr Hutton is the grandfather of Ben Decru (Year 8). Our thoughts and prayers are with the family.

Congratulations to Year 10 students, Selina Fotia and Stephanie Gibbs who have been selected in the EIISM representative netball team. The girls will travel to Queensland to participate in a series of five matches against schools from around Queensland in mid August. Well done to Selina and Stephanie and we wish them success.

Thank you to those people who attended the Parent Seminar last week. Those in attendance certainly heard a lively and engaging presentation by Andrew Fuller. The numbers also gave a clear indication that such presentations are seen as worthwhile by our parent community.

The Year 10 Future Focus Day was a great success last week. Our students were challenged to think about future pathways and to identify the talents they have as well as the level of commitment required to succeed. Thank you to our Careers staff for the organisation of this important day.

We currently have seven students involved in a Northern Territory Immersion trip - Monique Anderson, Holly Bedyn, Kate Campbell, Matthew Churchill, Georgia Clarke, Mardi Hodge and Patrick Wall. Accompanied by Ms Sue Gunn and Mr David Finch, they are on a pilgrimage that will see them gain an insight into indigenous communities and culture. The group returns on June 10.

The focus in coming weeks must be on completion of work as staff move towards the reporting cycle for Semester 1. Parents can support this by taking an even more active interest in what is happening in the classroom and the work that needs to be completed. VCAA exams in some Unit 3 subjects are scheduled for the week of June 12 with Year 10 and Year 11 exams also commencing on this date.

A reminder that all students should now be wearing full winter uniform. For girls this means they must be wearing either the navy blue tights or stockings that are available from the uniform shop.

June 22 is a scheduled reporting/correction day for staff which means it is a student free day for all year levels. Early notification that Term 2 concludes on Friday, June 29 at 2.15pm due to the early arrival of contract buses.

Mr Dobson returns from his enrichment leave at the end of this week.

Michael Johnston
Acting Principal
This is the final week of classes for Year 12 students in Semester 1. Teachers and students in Biology, Accounting, Psychology, Physics and Chemistry are preparing for the midyear VCAA exams with 2012 being the final year midyear VCAA exams will be held. All Year 12 VCE students will be required to sit the GAT (General Achievement Task) on 14 June. It has been suggested that students arrive 20 minutes prior to the entry into the exam to ensure there are no last minute concerns. Please note the timetable below.

In preparation for these exams, we recently had Elevate Education present a seminar titled ‘Ace your Exams’. The main focus was on preparation and how to prepare. Some very practical tips from the session were to begin the study process now and to complete as many practice exams as possible. Some students prefer to write notes and posters to have around their study areas; others prefer to tell the family pet all they know about a given topic. The important point is to find a style that suits each individual person. Students need to work with their teachers to ensure they have a study plan and pattern that caters to their preferred learning style. Any concerns regarding this can also be addressed by Ms Ellul, Learning Coordinator or me.

For the students who do not have any subject exams at this time, it is a great opportunity to consolidate notes, complete all class work and check they have a clear understanding of all that is required by the study design for their subjects.

The Year 12 Formal is scheduled for Friday June 15. Thank you to the core group of Prefects who have been helping organise the event. It will be a great way to finish Semester 1 and look forward to Semester 2.

EXAM TIMETABLE

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 12 June</td>
<td>9:00 am – 10:45 am</td>
<td>Biology Exam 1</td>
</tr>
<tr>
<td></td>
<td>11:45 am – 1:30 pm</td>
<td>Physics Exam 1</td>
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<td></td>
<td>2:45 pm – 4:30 pm</td>
<td>Accounting Exam 1</td>
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<tr>
<td>Wednesday 13 June</td>
<td>9:00 am – 10:45 am</td>
<td>Psychology Exam 1</td>
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<td></td>
<td>11:45 am – 1:30 pm</td>
<td>Chemistry Exam 1</td>
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<tr>
<td></td>
<td>2:45 pm – 4:30 pm</td>
<td>Environmental Science Exam 1</td>
</tr>
<tr>
<td>Thursday 14 June</td>
<td>10:00 am – 1:15 pm</td>
<td>General Achievement Test (GAT)</td>
</tr>
</tbody>
</table>

Janet Barr
Year 12 Coordinator
Email: barrj@mlmclilydale.catholic.edu.au

Complimentary Family Passes to VCE Success Seminar For Year 9/10/11 students
Proven strategies for VCE success shown at the upcoming 90 minute VCE Success Seminar.
Learn the secrets top performers used to excel in VCE.

FROM THE MOUNT LILYDALE MERCY COLLEGE SCHOOL COUNSELLING & WELLBEING TEAM

Mr Tony Trevitt, Mrs Tina Tasiopoulos, Ms Louise Brealey

Services include …
- Individual and small group counselling
- Referral to outside agencies if required
- Adolescence & Parenting
- Student Programs and Workshops
- Family counselling and support
- Crisis response and ongoing support
- Psychological testing
- Parent Information / Seminar Nights

UPDATE FROM THE COUNSELLING & WELLBEING TEAM

The Counselling and Well-Being Team were pleased to invite guest speaker Andrew Fuller to address parents and staff at Mount Lilydale Mercy College on the evening of Thursday, May 24. Andrew is a Clinical Psychologist, Author and Consultant on adolescent well-being. He spoke, in a very entertaining and engaging way, about the ups and downs of adolescence and how parents and teachers can work with young people as they negotiate their way through this sometimes challenging stage in life.

Andrew spoke for about 60 minutes and took general questions for a further half hour. It was well understood by all present that the topic of “the ups and downs of adolescence” cannot be fully considered in 90 minutes and so Andrew has supplied us with further information. We will present this information in regular school newsletter updates.

Andrew Fuller references can be found at www.andrewfuller.com.au
Resilience is the fine art of being able to bungy jump through life. The pitfalls are still there but it is as if you have an elasticised rope around your middle that helps you to bounce back from hard times.

**Ten Hints for Creating Resilient Families**

**No. 1 Promote Belonging**
Resilience is the happy knack of being able to bungy jump through the pitfalls of life. It is the strongest antidote we know of for self-harm, depression and drug abuse and it’s built on our sense of belonging.

www.andrewfuller.com.au

**No. 2 Have some mooch time**
We live in a world that suffers from attention deficit disorder. We rush children from activity to activity, from lesson to lesson and from one organised event to another. Then we wonder why, when there is a lull that they say “I’m bored”. Be a counter-revolutionary. Find some time each week just to be at home without anything structured happening.

www.andrewfuller.com.au

**No. 3 Rediscover some family rituals**
It doesn’t matter whether it is the family walk after dinner, the Sunday roast, the Friday night pizza or the Saturday morning clean up, rituals are highly protective. The best rituals often cost nothing. These are the activities you hope that later on your children will reminisce and say “Mum always made sure we did…..” or “Dad always made sure we did…..”

www.andrewfuller.com.au

**No. 4 Spontaneity and Curiosity**
Spontaneity and curiosity are the building blocks of good mental health. You cannot tell someone how to have better mental health and you can’t give it to them by getting them to read a book. So the really hard message here is that if you want to raise your children to have mentally healthy lives you are going to have to have a good time yourself. If you want your children to succeed you need to show them that success is worth having.

**No. 5 Love kids for their differences**
When families function well people are allowed to be different and to be loved for those differences. We all know that children take on different roles. A father of three said “It’s as if they have a planning machine cycle. It is important to have structure and consistency but it does so well at that test?” or “What did you do?” and “Have you been doing homework behind my back?”

www.andrewfuller.com.au

**No. 6 It is clear who is in charge**
Families do not work well as democracies. In fact they seem to work best as benevolent dictatorships in which the parent or parents consult a lot with their children but at the end of the day, the parent has the final say. Some parents fear that if they take charge that they will lose the friendship of their children, but often the reverse is true. In families where parents fail to take their own role seriously, children may feel that they need to express their independence.

www.andrewfuller.com.au

**No. 7 Consistency**
Consistency is the ideal. Having parents who agree on rules and standards and who convey the same sorts of messages and who value compassion over coercion, clearly has the best outcome in terms of children’s well being. It is also important that parents not be open to manipulation and work together as a team.

Life, however, is not always so simple and we all know from sad and sour experience that parents cannot always be consistent. Sometimes parents have different value systems or can’t come to a consistent way to handle particular areas. In these situations, a second possibility is for one parent to take charge of a particular area. This is not the most desirable solution but it is better than having parents in conflict over management issues or worse, undermining one another. In single parent families or where parents are separated the same principle applies.

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**No. 8 Teach the skills of self-esteem**
Families that work well seem to praise one another a lot. Compliments are made, positive efforts are commented on. Optimism is in the air. Even in these families, teenagers still shrug and say, “yeah Mum” or “yeah Dad” whenever a compliment is made. Teaching the skills of self-praise is useful. One way of doing this is to ask questions extensively about any achievement or accomplishment. Asking questions that like “How did you do that?” or “How come you did so well at that test?” or “What did you do?” and “Have you been doing homework behind my back?”

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**No. 9 Know how to argue**
Families that work well know how to argue. It seems strange to say this because we all have the sense those families that work well don’t have conflicts. The family is really where we learn to resolve disputes fairly. The way that parents teach children to resolve differences of opinion with their brothers and sisters provides the basis for sharing, negotiating and problem solving in the world beyond the family. While differences of opinion should be allowed to be expressed, children also need to learn that they will not be able to win at all costs.

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**No. 10 Parents are reliably unpredictable**
With young children it is important to provide consistency and predictability. This allows them to feel sure of you. After a while though, a bit of unpredictability can go a long way. For too many children, most parents are about as predictable as a washing machine cycle. It is important to have structure and consistency but it is also useful to act in ways that your children wouldn’t expect. This keeps them interested in learning from you or least wondering what you are up to. Perhaps the most important feature of parents in healthy families is that they realise that all of the above is desirable but not always possible and so they look at how to promote good functioning while not wasting energy on blaming themselves for the times when things don’t quite work out as they had planned.

www.andrewfuller.com.au
HOW LUCKY ARE WE?
A brand new building, with beautiful spacious classrooms, outstanding resources, with a fine audio sound system and iPads!

The Year 7 Students have very happily settled into the new “Mansfield Learning Centre”. The semester is racing along at a fast pace for all and the students have been actively involved in a wide range of activities.

Proud Penguin Awards
Congratulations to 7 Silver for winning the Year 7 Challenge singing competition.
Many individual awards were given to several students for their outstanding contributions to our year level.

TOASTMASTERS TAMING THE BUTTERFLIES AND LEADERSHIP PROGRAM “STEP FORWARD”
The students participating in this program are conscientiously attending each Saturday morning and are finding the programs of enormous benefit to them. We are very grateful to all the Lilydale Toastmasters and to Dr Geoff Haw and Penny Haw for their invaluable input.

There will be Presentation evenings on Tuesday 19 and Wednesday 20 June at 7.00pm-9.00pm in McAuley Hall followed by supper. You are cordially invited to attend these functions.

Organisation Skills
There will be a special presentation on Thursday 29 June at 8.50 am for all Organisational Skills volunteers in Centennial Hall at which we wish to thank our dedicated and wonderful volunteers followed by a morning tea and a debrief of the program.

Re-enactment of the “Last Supper” and “Washing of the Feet” (Cleaning of the Shoes) with 7 Bronze and 7 Silver

Swimming
Currently students are participating in swimming lesson during Physical Education with Mr Leaumont.

We are fortunate to be able to offer our students so many opportunities and are blessed by such wonderful students.

Mrs Karen Myers and Mrs Magda Pisotek
Year 7 Wellbeing Coordinators
**Year 7 Humanities Incursion held on Friday 25 May**

**Clothing and Armour of Ancient Times**

Students had an opportunity to listen and participate in this valuable incursion.

I thought that the incursion was really fun. There were lots of opportunities to dress up and get involved. We could dress up as an Egyptian Pharaoh or a Gladiator. We were also shown the weapons and how the people used them.

**Jaimie Upton 7 Blue**

On the Humanities incursion we learnt the history of Egypt and other great places. Some of us got asked to dress up and it was a lot of fun. When the first session finished, we made our way over to McAuley Hall where we were introduced to Robert and Michael. They showed us equipment that the Ancient Romans and Egyptians would use in battles.

**Eden Pritchard 7 Blue**

The Humanities incursion showed us a variety of cultures, including their fashions and military. Some of the cultures we were shown were Egyptian, Roman and Greek, including the cities of Athens and Sparta. The fashions in Ancient Egypt included lots of jewellery. We got to try on a set of Roman armour which was very heavy but looked brilliant.

**Calvin Fehring 7 Blue**

The Humanities incursion was really interesting. 7 Red and 7 Blue learnt about what Ancient Egyptians used to wear and how the colour red was bad luck and black was good luck. We saw a lot of different armour that they used to wear in Egypt, Greece and Rome.

**Kahla Gossip 7 Blue**

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**A visit from Mrs McClue!**

Mrs McClue retired last year from Mount Lilydale Mercy College. She was a delightful person to have at the College for 36 years! Year 7 Green received the Irene McClue room, so we decided to have a party with her to celebrate “Mrs McClue's Room”. Everyone brought a platter of food/drink to share, and we set our classroom tables up in a line to make a beautiful morning tea table. We were all very excited when Mrs McClue came. Mrs McClue told us many interesting stories about her time at Mount Lilydale, some of which were very funny! We were surprised when we found out that Mrs McClue taught the parents of two children in our class, Nicholas Hamilton and Isobella Saisi. We then went outside our room, and had a class photo with Mrs McClue. We loved having Mrs McClue in for morning tea, and we think she also enjoyed the experience.

**Denali Wraith-Tenson, Lily Chitty & Olivia Caesar - 7 Green**
Last week students from year 7 and year 8 participated in an incursion with a group known as “History up Close.” The students watched a presentation on the arms, armour and clothing of the historical period they have been studying in class. Students dressed in costumes of the time period and then were given information about the classes in society and what they wore. Year 8 students were engaged in a battle that involved shields and tennis balls. If the soldiers broke their lines during the battle a tennis ball representing the archers of the period would break through their defences. Part of the demonstration involved students listening to an expert on the arms and armour of ancient times. Word soon spread during the day about what the other groups would encounter when it was their turn. Students rushed to volunteer to wear the armour and dress up in costumes. Many of them go to see firsthand what it would have been like to be in battle in ancient and medieval times.

The VCE Unit 1 Legal Studies class attended Ringwood Magistrate’s court on the 24th May. Students were given time to visit various courtrooms on the day and listen to a variety of criminal trials for minor offences. This was preceded by an enlightening talk by a Magistrate who gave the students some sound advice on avoiding trouble and the problems caused with the use of social media in today’s society. He stated that cases were making their way to court due to comments made by others, threats and bullying tactics. The students were totally engaged all day and loved seeing the court first hand. One student Nick Schluter stated “I loved it, it was the best day.” On their return to school in the afternoon students were heard relaying their experience to the rest of the peer group. Overall, it was an exciting and educational day for all the participants.

Kerrie West
Head of Humanities

Our Experience at Seeds of Justice

My experience at Seeds of Justice was one I’ll never forget. We had a presentation from Sr Giovanna Danza, a Sister of Mercy who visits prisoners in jail and she reminded us not to judge anyone for their mistakes and to understand their story. Mr Ansall, a teacher at Sacred Heart College in Geelong, told us about his trip to Papua New Guinea with about five students to experience what life is like in PNG.

Afterwards, we had to choose a placement group for the night. I chose the Bob Maguire Soup Van in St Kilda as I find it important to help out the community. During placement, we visited Gatwick Private Hotel, which is owned by a non-profit housing agency to shelter the homeless. Visiting the hotel was most definitely an eye opener and also quite confronting. However, with that said, the soup van benefitted me as I have come back with a more passionate mind, set on the issue of homelessness in Australia.

Sarah Macdonald

Seeds of Justice was an amazing experience. (Partly for the mercy side of the program and I was also the only guy there out of about 50 girls). But on a more serious note, it was great to see the amount of different schools around Victoria that are also involved in the Mercy acts as well as Mount Lilydale Mercy College. Seeing and meeting different students that have the same interest in Mercy was just fantastic.

Having guest speakers such as Sister Giovanni, and Mr Ansall with enthralling stories like theirs was great. And going out on placement was easily the best part of the program with such a great group of students, starring the likes of George, Wendy, Morgan and two great teachers in Miss Pisotek and Megan Henchley. We went to Collingwood soup van and it was an amazing experience just to see how some people have to live every day, it was just shocking. But looking back, it was one of the best things I did with school and recommend it to anybody!

Matthew Churchill
Last week we celebrated Library and Information Week in both McAuley and Barak Libraries. We had lots of prizes for our daily quiz questions and QR codes.

There were also regular meetings scheduled: Writers and Illustrators Circle on Tuesday and Chess Club on Wednesday. Thursday saw the inaugural QR Code Scavenger Hunt with many enthusiastic Year 7 students and some older students using QR codes to answer questions about resources in McAuley Library. On Friday McAuley Library hosted a Library Trivia Quiz with about ten teams competing, including one made up of Year 11 students and Mrs Biggin! Teams answered questions about popular authors and books and identified book covers. Everyone had a fun, though not very quiet time! There were two winning teams: Twisties (Vicky Sinton, Shinae Pennington, Catherine Lewis, Natalie Hamment, Gabby Savaris) and Team 2 (Peter Verhagen, Jack Blackey, Ryan McKay, Patrick Biggin, Greta Faulkner-King, Sam Gillam).

Well done to everyone who participated! I am looking forward to 2013’s Library and Information Week being even bigger and better!

Many thanks to our Library Staff who set up displays and presentations and those who helped during the week and Ashley Greene (8GR) who helped to run the trivia quiz.

Katie Stanley
McAuley Teacher Librarian

"Earn and Learn"

The Music Department has joined the promotional enterprise run by Woolworths "Earn and Learn"

May - 22 July

If you shop at Woolworths please consider collecting the stickers, attach them to the card (available from homerooms Year 7-9, or from Music Rooms), and return the sticker or cards to the box outside student reception or your child’s homeroom teacher to pass onto Dr Curtis.

We would love to have a class set of Djembes (African Drums) and other percussion instruments.

Healesville Community Garden is now open!

Members of the community are invited to take up a plot to grow their own vegetables, fruit, and flowers. An annual lease can cost as little as $10 per year (concession). Being part of a Community Garden has lots of benefits including access to cheap, fresh, healthy produce, meeting like-minded people and being about to learn tips and skills from others.

For more information contact Healesville Community Garden, River St, Healesville (behind the bowls club) on 5962 5982 or at healesvillecommunitygarden@gmail.com.