"I am the bread of life. He who comes to me will never be hungry.

Jn 6:35

Jesus tells his followers to work for and to do what is important. There is a great difference between material possessions and spiritual possessions. The material things will not last but compassion that leads to a commitment to helping others will last and will be good for our souls. Like the people of the Gospel story we are being directed beyond our immediate needs to something which will satisfy a much deeper and more fundamental need. A relationship with Jesus and belief in Him will fill that deeper need.

During this week we can reflect upon images of Jesus. We could even look at images of Jesus on the internet and think about what the artist is trying to convey about Jesus. We can look at the example Jesus gave us on caring for those in need and do something to satisfy that need in a small way in our society today. We can resolve to be at peace with our dealings with others.

"PRESERVE UNION AND PEACE. DO THIS AND YOUR HAPPINESS WILL BE SO GREAT AS TO CAUSE YOU TO WONDER."

Catherine McAuley

Reflect upon the images of Christ

Jesus Christ Pantocrator – detail from Deesis mosaic, Hagia Sophia, Istanbul, Turkey. 12th century.

The Greek word Pantocrator means "Ruler of All." Christ identifies himself with the poor and oppressed. The splendor of God’s majesty and the mud and dust of the world’s slums are thus brought together, and the church is reminded that her only legitimate tie on earth is to the poor and marginalized.

WED 15 AUGUST | Gracefest Opening Mass @ St Patrick’s Cathedral

Join in the celebration of the Feast of the Assumption (Hail Mary “full of grace”) at a Mass to be celebrated by Archbishop Denis Hart, with Cardinal Oscar Rodriguez, Auxiliary Bishops of Melbourne, and Fr Paul Murray op. With music by the St Francis Youth Choir, All Saints Youth Choir and the Vietnamese Catholic Community. With a very special prelude performance by one of this year’s The Voice contestants, Fatai V.

Prayer

Lord Jesus, we come before you, listen to our prayer. Fill us with compassion, hope and peace.

Amen

Dear Parents/Guardians, Students, Staff and Friends

Recently I attended a briefing for Catholic School Principals on the potential impact of the Gonski funding model upon Catholic education in Victoria. The Catholic Education Office of Melbourne has released the following statement for inclusion in our newsletter.
The Australian Government is currently reviewing funding for all schools and it is likely that the Government will propose new funding arrangements that will be debated in the Federal Parliament sometime later this year.

These new arrangements could have significant consequences for the funding received by our school and it is vital that our school community is aware of the facts about school funding. I will be seeking your support to defend the right of our school to receive the government funding it needs to continue to offer a quality education, while keeping our fees as low as possible.

There has already been a lot of misinformation about school funding in the media. In particular, claims have been made that Catholic and other non-government schools receive more funding than state schools. These claims are simply wrong. Students in Catholic schools receive only three quarters of the government funding given to students in government schools.

I will provide you with more detailed information about funding in our school newsletter. I encourage you to take an active interest in this information and be ready to participate in this funding debate.

More information about Catholic School Funding can also be found at: www.fundinginfo.catholic.edu.au

CONSECRATION OF THE COLLEGE CHAPEL
Some students have already expressed their interest in attending the Consecration of the Chapel by Archbishop Hart on September 21. Others who would like to be involved as Altar Servers or as members of the congregation are urged to submit their names to Student Reception this week.

MUSICAL – GREASE
The first two performances have now been presented to acclaim. I urge all parents/guardians and friends to purchase tickets for one of the remaining three nights. This may be a way of encouraging a member of your family to become involved in Performing Arts and foster the development of a new talent.

ENROLMENT FOR YEAR 7 2014
Information Nights for Enrolment at Mount Lilydale Mercy College in Year 7 in 2014 scheduled for tomorrow night August 7 and Monday August 20 at 7.30pm in Centennial Hall. Parents/Guardians can collect Application Forms at either session. Please note that there will be no Information Evening on August 14 as previously indicated.

ACARA STUDENT DATA COLLECTION – PRIVACY PROVISIONS
The Catholic Education Commission of Victoria (CECV) has been requested by the Australian Curriculum and Assessment Authority (ACARA) to provide student background data for the purpose of calculating the measure known as the Index of Community Socio-Educational Advantage (ICSEA), which is used for reporting school performance on the My School website.

A copy of the ACARA Privacy Notice is outlined below for your reference. If you object to your child’s details being provided to ACARA, please contact Ms Debra Woods, Office Manager to advise her of this. Any objections must be received prior to Thursday 9 August 2012.

PLEASE PRAY
Please pray for the repose of the soul of Stephen O’Neill the uncle of Dylan O’Neill of Year 9 and Doreen Gossip the Great-Grandmother of Kayla Gossip of Year 7.

We pray that Stephen and Doreen will live joyfully with Jesus who died for us and rose to new life. May Jesus shepherd them beyond their death into life.

Amen

Bernard Dobson
Principal

Information required to determine the Index of Community Socio-Educational Advantage (ICSEA) for schools

PRIVACY NOTICE
This notice is from the Australian Curriculum, Assessment and Reporting Authority (ACARA), to advise you that we have requested your child’s school provide us with information about you and your child. Your school may disclose to ACARA information such as your child’s gender, date of birth, country of birth, background language, residential address and parental occupation.

This information is disclosed to ACARA under the ACARA Act 2008 for the purpose of:
- formulating national reports consisting of aggregated data on school performance; and/or
- assisting government to formulate policies in relation to education matters.

ACARA will not disclose this information to any other person or body.
Further information about ACARA can be obtained from: www.acara.edu.au
AWARD CEREMONIES

Over the past 2 weeks each Year Level gathered in Centennial Hall for the End of Semester 1 Awards to acknowledge and celebrate student achievement. Unfortunately it was not possible for all students to receive an award but it was pointed out to all students to continue to consolidate and prepare for Semester 2 tasks and work towards achieving an award. Students were encouraged to be positive in striving to do their best, to seek teacher assistance when difficulties arise and to make some progress every day. Students were eligible for two types of awards. **Academic Certificates** were awarded to students for Academic Excellence, Organisation, Originality/Creativity, Enthusiasm for the subject and having a Positive contribution to the learning environment.

**MERIT CERTIFICATES** were awarded to students who may not have received the highest numerical scores in assessment tasks but displayed a positive approach to learning through consistency in all their efforts, meeting all due dates, completion of homework, being punctual to class and demonstrating a co-operative approach to subject teachers and to fellow students. We would like to sincerely thank all the Wellbeing Coordinators, Learning Coordinators, Music Staff, Office Staff, Maintenance Staff and others in the organisation of the ceremonies. To all the presenters and to the students involved in the procession and opening liturgy - a big thank you! To the parents and friends who were able to attend, we thank you for your ongoing support as we work together in partnership to ensure that students attending Mount Lilydale Mercy College are valued, known and cared for.

The Reflection below on this page, highlights the importance of parents and teachers working together.

“**Excellence** can be attained if you
**care** more than others think is wise
**risk** more than others think is safe
**dream** more than others think is practical, and
**expect** more than others think is possible”       Anon.

CONGRATULATIONS TO
**Gemma Ryan (top left), 7 Bronze, on achieving 10 Academic Awards**
**Stephanie Duff, (top right) 8 Bronze, on achieving 10 Academic Awards**
**Isabella Cimo, 9 Purple, Bridgette O’Riley, 9 Purple, Georgia Pearce, 9 Green and Jordan Sibberas, 9 Silver (above), on achieving 8 Academic Awards.**

REFLECTION

**PARENTS AND TEACHERS WORKING TOGETHER**

I dreamed I stood in a studio
And watched two sculptors there.
The clay they used was a young child’s mind
And they fashioned it with care.
One was a teacher; the tools being used
Were books and music and art
One a parent with a guiding hand
And a gentle loving heart.
Day after day the teacher toiled
With a touch that was deft and sure.
While the parent laboured by his side
And polished and smoothed it pure.
When at last their task was done
They were proud of what they had wrought
For the things they had moulded into the child
Could neither be sold nor bought.
And both agreed they would have failed
If they had worked alone.
For behind the parents stood the school
And behind the teacher, the home.
STUDY TIPS AND MOTIVATION
Students find it hard to remain motivated especially in Term 3 than in any other. So it is timely for students to give themselves a mid-year tune-up and rev-up. Year 7 – 9 students will receive a copy of Andrew Fuller’s (leading Child psychologist and well-known author and recent guest speaker at Mount Lilydale Mercy College) tip-sheet on “Motivation” where he gives some insights and helpful strategies to address any lethargy that undermines our intentions and actions. We are sure students and parents will find the article invaluable. Parents - ask you son/daughter for a copy of this great resource!

ICAS COMPETITIONS
Over the coming weeks nominated students at Years 7, 8 and 9 have and will participate in the 2012 International Competition and Assessment for Schools in English and Mathematics organized by the University of New South Wales. ICAS provides an opportunity for students to be extended and to gain a measure of their own achievement in an external testing situation. Last Tuesday July 31 students participated in the English Test and the Mathematics Test will be held on Tuesday August 14 in the Lecture Theatre. All results and certificates will be forwarded to the school at the beginning of Term 4. Special thanks to Mrs Alison Schlueter Faculty Leader of English and Mrs Hilda Cassidy Faculty Leader of Mathematics for organizing these events for the students.

SUBJECT SELECTION FOR 2013
All Year 8 and Year 9 students will attend Level Assemblies to receive information regarding the process with subject selection for 2013. It will be stressed to all students to select carefully and to select electives based on interest, strengths and levels of enjoyment. All the information will be distributed to students in CD format (also on Website) with accompanying Information sheets with passwords and detailed step by step instructions for logging in and selecting subjects for 2013. Any queries/concerns please do not hesitate to ring me Peter Molinari on 9237 1362 or Gail Preston on 9237 1340.

Year 7 will begin their process of selecting their LOTE language for 2013 in early Term 4 and all information will be distributed via a Level Assembly as well.

THE DANTE ALIGHIERI POETRY COMPETITION FINALS
Last Saturday saw four of our Mount Lilydale Mercy College students compete in the finals of the Dante Alighieri Poetry Competition. The four Year 9’s selected as finalists were Laine Gentle, Bridgette O’Reilly, Gabby Savaris and Danica Lockett. Unfortunately Danica was unable to attend on the day but should be commended on her brilliant achievement. The college saw one Year 10 finalist in Alex Schafer. All four students were very confident on the day and competed brilliantly. It is an enormous achievement to reach this stage in the competition and 2012 has seen Mount Lilydale with the most finalists to date in the history of our attendance in this competition. The girls are to be congratulated in the way they conducted themselves on the day, for the hard work they have put in this term and for the way they have represented the College.

VCAL GOES GLOBAL
As part of the 2012 Consumer Awareness theme, Senior VCAL students were given a mystery box, filled with various products. Each group had to choose one product and develop a marketing pitch. The next step was to create a video advertisement and upload it on Youtube. The group with the most ‘hits’ wins. Gareth Milloy, Jess Luxford, Mohamed Mohamed, and Brandon Perry were the first group to upload their video Mumma Mo’s Apple Pie. The video has gone viral with over five hundred hits globally, in just the first few days. Many of these hits where in the USA, Canada, UK, and New Zealand. The student’s efforts exemplify the collaborative approach to learning within the VCAL course.

Look out for more Youtube clips from VCAL students in the coming weeks.

Mr Peter Molinari
Mr John Rodgers
Campus Directors – McAuley

Salvatore La Fauci
Faculty Head of LOTE

Steve Tarulli
VCAL Coordinator
YEAR 12 NEWS
We now have only 10 weeks of classes left for our Year 12 students. Several subjects will complete coursework this term to allow for exam preparation in Term 4. During these important remaining weeks, attendance is paramount. Staff have prepared lessons to ensure students have covered all sections of the prescribed study designs and to miss these could be detrimental to exam readiness later in the year. There are several assessments students will be required to participate in prior to the November exam period. These include SAC’s to be completed in the coming weeks and the final submission for folio pieces and SAT’s, which will be on set dates toward the end of term. It is extremely important students plan for this busy time now by discussing timelines with teachers, particularly in the folio subjects: Media, Visual Communication, Studio Art, Art, Theatre Studies, Drama, Design Technology – Wood, Design Technology – Textiles and Food Technology.

During the Term 3 break, students studying Unit 3 / 4 subjects will be required to sit Practice Exams. More details will be given closer to the date along with a timetable. The exams will be run by the VCAA examiners the school will be using and will offer a valuable insight for students to understand how best to prepare and perform in exam situations.

DATES
On Tuesday August 28 a Student Progress Interview Evening is scheduled for Unit 3 / 4 students only. The interviews will begin at 4.00pm.

Year 12 students will complete normal classes on Tuesday October 23, Activities Day will follow on Wednesday October 24 and a final Formal Day on Thursday 25 October. The VCAA exams will begin on Thursday November 1. Graduation Night will be on the final night of the VCAA exams on Thursday 22 November.

REMINDERS
- Blazers must be worn as the outer garment for the remainder of the term.
- Year 12 students are not to leave the school campus until all classes are completed for the day.
- With greater numbers of student drivers it is important certain expectations are met:
  - Students must arrive by the start of homeroom.
  - Parking on campus is not permitted.
  - When parking in the neighbouring streets, be aware of any council regulations and only park on one side of the road ensuring driveways are not blocked.
  - Once at school, students are not to go to their cars until the end of their scheduled classes. If students require lunch, the canteen has a variety of options.
- If students are absent for any assessment date or SAC a medical certificate must be presented. Only then will the date for the SAC be negotiated with Ms Ellul, Year 10-12 Learning Coordinator.

The next ten weeks are a very exciting time for all the Year 12 team. We look forward to working with Year 12 2012 to ensure each student can achieve to the best of their ability.

Janet Barr
Year 12 Wellbeing Coordinator
barrj@mlmclilydale.catholic.edu.au
Phone 9237 1361

MOUNT LILYDALE MERCY COLLEGE ENROLMENTS YEAR 7 2014

Parents/guardians wishing to apply for enrolment at Mount Lilydale Mercy College for Year 7 2014 are advised that Enrolment Application Information Sessions will be held at the College on the dates listed below throughout August 2012. To apply for enrolment in Year 7 2014, parents/guardians MUST attend one of these meetings. The meetings will be held in Centennial Hall.

2014 YEAR 7 INFORMATION EVENINGS
- TUESDAY 7 AUGUST - 7.30PM
- MONDAY 20 AUGUST - 7.30PM
- FRIDAY 31 AUGUST - 2.15PM

OPEN DAY
- FRIDAY 31 AUGUST - 11.00AM - 5.00PM
UP CLOSE AND PERSONAL – EXPERIENCING THE HOSPITALITY INDUSTRY FIRST HAND

Last Wednesday, 25 July, students completing their Certificate II in Hospitality studies (Kitchen Operations) visited 3 hospitality venues in The Dandenong Ranges. These were:

**PUFFING BILLY RAILWAY – BELGRAVE**

**KALLISTA DELI – KALLISTA**

**MARYBROOKE RECESSIONS – SHERBROOKE**

Students heard first hand how the different sectors of the hospitality industry work together and rely on each other. Whilst each venue was unique, all strive to provide the best customer service possible.

Students listened and learned about the flexibility of career pathways within the Hospitality industry and what makes it an exciting but also sometimes challenging industry to work in.

They also learnt about the legal and ethical requirements of running a hospitality business.

I was proud of the way the students represented not only themselves but their respective school communities, listening attentively and completing their assessment tasks in a competent manner.

Next week we get to work in a real commercial kitchen at The Essential Caterer. The students will be completing culinary tasks for a real catering job – how exciting!!! The owner, Sean Robertson was once a student at Mount Lilydale Mercy College, now running his own successful business. What a wonderful example for the students to follow. I look forward to providing details of our adventure next week.

Tania Hawthorne

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Chess Club

Last Sunday four Mount Lilydale students braved the cold and the rain to compete in the Billanook Chess Classic at Billanook College. It was a strong field and included some adult players with international rankings as well as some students who will compete in the Chess Olympiad in Istanbul, Turkey later this year.

Congratulations to everyone who competed, including our best players on the day, Kevin Smith (7OR) and Brayden Douglas (8JA).

Chess Club runs every Wednesday at lunchtime in McAuley Library. Students can meet to play Chess and also have the benefit of our Chess tutor, Paul, who is there to help them improve their skills and strategies. All students at the College are welcome, regardless of age or Chess ability. Students have the opportunity to represent the school by competing in the Billanook Chess Classic, a series of five tournaments held through the year at Billanook College. Once again, any standard of player is welcome to compete in these tournaments.

Katie Stanley
McAuley Teacher Librarian
On Friday 27 July, all the Year 11 students travelled to the Melbourne Exhibition & Convention Centre at Southbank to attend the "Melbourne Careers Expo." This was a wonderful day in which the students could experience and research some of the current and future courses offered at TAFE and Universities.

Over 44 Universities and other Independent Institutions exhibited their programs and pathways of what they have on offer for 2013. There were many opportunities for the students to explore some of the course details by obtaining one on one advice from both course coordinators and people from within Industry.

The Expo also provided Seminars on Preparation for Year 12 and VCE success. There were also many exhibitors from Industry and the Australian Defence Force.

The day concluded with a Careers Interest Research activity which has been to the students' portfolio to coincide with their subject selection in the coming weeks. Overall it was a very productive and informative day and a big thank you to the supervising staff on the day!

**STUDENT REFLECTIONS:**

"It was a good opportunity to look at different universities and TAFE Colleges and see the various pathways you can take after year 12!"

Alli Leech-Hines

"The Careers expo on Friday was helpful because the range of information for the numerous career paths was great! It was also fun with the activities that the stalls let us participate in. A downside to the day was the seminars, the ones I went to were not what I was expecting them to be".

Jack Williams

"It was a good opportunity to gather information from different universities and TAFE’s except they were fairly generalized and by 12.30pm many students had already gone through and got what they wanted and were happy to leave. The seminars were good and every informative and were well designed to keep teenagers interested."

Carly Hoogenboom

"The Careers Expo was very helpful to and a lot of information and people were present from various institutions and career options. It was a bit annoying that we had to leave at 1.30pm because there were some other seminars that I wanted to attend after that time. But overall it was a good day."

Matt Legg

Careers Department

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**FROM THE PARENTS AND FRIENDS ASSOCIATION**

The Parents and Friends of Mount Lilydale Mercy College are a group of parents, grandparents and friends of the school who volunteer throughout the school year to assist in the running of events which benefit the school community.

We meet every 4th Tuesday of the month at 7.30pm and together we discuss the calendar events and the assistance that we can give to the school in such things as BBQ’s for Swimming Carnival and Athletics Carnival, Transition Evenings, Mercy Day, Special Person’s Day, Reading Matters, Graduation and the Debutante Ball. The Debutante Ball has a wonderful team led by Julie White and Antoinette Moroney.

The Parents and Friends also run the Second Hand Uniform Shop and we open every second Thursday (Week B) in Term 3. Our next opening is on August 16 from 12.00pm till 1.30pm and the two lovely ladies who assist me are Anne-Marie Italiano and Jackie Greto.

Term 4 we will be opened every Thursday from 12.00pm till 1.30pm.

Funds raised from the Sports Carnivals and Debutante Ball goes towards scholarships, uniform and book donations or other things requested by the Principal such as the purchase of display cabinets in the science and technology buildings, Black Saturday Bushfires and this year we will be donating towards the chattels in the soon to be completed School Chapel.

The next meeting of the Parents and Friends is on Tuesday August 14 at 7.30pm in the Staff Dining Room located in the Mount St Joseph Building. We will be discussing the volunteering of helpers needed for MERCY DAY which is being held on FRIDAY SEPTEMBER 14. All current members are asked to please attend this meeting and we most warmly welcome anyone wanting to be part of this special day.

If you cannot attend our next and most important meeting but want to be involved in helping out on Mercy Day please contact me: Jacqui Macdonald at the Parents and Friends Second Hand Uniform Shop or by Email Address: pfs@mlmlilydale.catholic.edu.au

Jacqui Macdonald
President Parents and Friends
Is your child unable to get to sleep? Is your child spending more and more time on computers and social networking and neglecting their sleep?

Please come and find out more about how to help our young people to manage SLEEP. Parents and members of the community are invited to our next Parent Seminar on Wednesday 15 August 7pm – 9pm in Centennial Hall. Please mark this date in your diary.

We have secured the services of an experienced sleep health educator, Sue Cranage, who is working in the field of sleep medicine as a sleep scientist and was the Manager of Melbourne Children’s Sleep Unit at Monash Medical Centre.

The presentation will include:
- The healthy sleep requirements for adolescents
- The function and structure of sleep
- How sleep impacts on learning, behaviour and daytime function
- Healthy sleep tips for the adolescent
- Sleep problems and sleep disorders in adolescents
- How and where to seek help if needed

Information brochures and handouts are available for participants to take home.

Tea/coffee and biscuits provided. No cost to attend the seminar.

Adolescents Welcome!

Could you please indicate your intention to attend by ringing Ms Debra Woods at the College on 9237 1347.

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**SOME TIPS FOR A GOOD NIGHTS**

**RELAXATION TECHNIQUES FOR BETTER SLEEP**

Relaxation is beneficial for everyone, but especially for those struggling with sleep. Practicing relaxation techniques before bed is a great way to wind down, calm the mind, and prepare for sleep. Some simple relaxation techniques include:

- **Deep breathing.** Close your eyes—and try taking deep, slow breaths—making each breath even deeper than the last.
- **Progressive muscle relaxation.** Starting at your toes, tense all the muscles as tightly as you can, then completely relax. Work your way up from your feet to the top of your head.
- **Visualizing a peaceful, restful place.** Close your eyes and imagine a place or activity that is calming and peaceful for you. Concentrate on how relaxed this place or activity makes you feel.

**LEARN HOW TO GET BACK TO SLEEP**

It’s normal to wake briefly during the night. In fact, a good sleeper won’t even remember it. But if you’re waking up during the night and having trouble falling back asleep, the following tips may help.

Getting back to sleep

- **Stay relaxed:** The key to getting back to bed is continuing to cue your body for sleep. Some relaxation techniques, such as visualization and meditation, can be done without even getting out of bed. The time-honoured technique of “counting sheep” works by engaging the brain in a repetitive, non-stimulating activity, helping you wind down.
- **Do a quiet, non-stimulating activity:** If you’ve been awake for more than 15 minutes, try getting out of bed and doing a quiet activity. Keep the lights dim so as not to cue your body clock that it’s time to wake up. A light snack or herbal tea might help relax you, but be careful not to eat so much that your body begins to expect a meal at that time of the day.
- **Don’t stress about it:** Hard as it may be, try not to stress over an inability to fall asleep again, because that very stress and anxiety encourages your body to stay awake. Remind yourself that although it’s not a replacement for sleep, rest and relaxation still can help rejuvenate your body. Concentrate on relaxation, not sleep.

**OPTIMIZE YOUR SLEEP SCHEDULE**

Make sure you are not going to bed too early.

What do you do after a long, hard day, when you’re barely able to stay awake during dinner? Do you crawl into bed as soon as you can or fall asleep on the couch, only to wake up later in the night and have trouble getting back to sleep? Your body goes through cycles of alertness and drowsiness later in the day as your bedtime nears. So even if you are sleepy early in the evening, do something mildly stimulating to prevent yourself from falling asleep at that time, like doing dishes or getting clothes ready for the next day. If you push through that window, you’ll catch your second wind soon and be able to stay awake until your normal bedtime—and sleep through the night.

Set a regular bedtime

Time of day serves as a powerful cue to your body clock that it is time to sleep and awaken. Go to bed and wake up at the same time each day, and it will be easier and easier to fall asleep. Make your bedtime when you normally feel tired, so that you don’t toss and turn. Try not to break this routine on weekends when it may be tempting to stay up late or sleep in. If you want to change your bedtime, help your body adjust by making the change in small daily increments, such as 15 minutes earlier or later each day.

Limit napping

Perhaps the English had the right idea in having teatime in the late afternoon when you naturally get sleepy. Some people, especially older adults, can take a short afternoon nap and still sleep well at night. However, if you are having trouble sleeping at night, try to eliminate napping. If you must nap, do it in the early afternoon, and sleep no longer than about thirty minutes.

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**Some tips for deep breathing:***

1. **Relax your muscles.** Imagine a place or activity that is calming and peaceful for you. Concentrate on how relaxed this place or activity makes you feel.
2. **Do a quiet, non-stimulating activity.** If you’ve been awake for more than 15 minutes, try getting out of bed and doing a quiet activity. Keep the lights dim so as not to cue your body clock that it’s time to wake up.
3. **Don’t stress about it.** Hard as it may be, try not to stress over an inability to fall asleep again, because that very stress and anxiety encourages your body to stay awake.
4. **Optimize your sleep schedule.** Make sure you are not going to bed too early.
5. **Set a regular bedtime.** Time of day serves as a powerful cue to your body clock that it is time to sleep and awaken.
6. **Limit napping.** Perhaps the English had the right idea in having teatime in the late afternoon when you naturally get sleepy. Some people, especially older adults, can take a short afternoon nap and still sleep well at night. However, if you are having trouble sleeping at night, try to eliminate napping. If you must nap, do it in the early afternoon, and sleep no longer than about thirty minutes.
YEAR 8 AWARDS CEREMONY
23 JULY 2012
**STUDENT ACHIEVEMENTS**

An excellent effort by Erica Hosking, 11 Gold, and her pony Owendale Tammy, when they were awarded Preliminary Horse of the Year by Westernport Dressage Club on July 18 for their success in official EA competition at this level in the last 12 months. This follows their placing 1st overall at the Doongala Pony Club dressage competition in Grade 2, their first start after upgrading to this higher level. Erica also placed 2nd overall on her horse, Avoca Flowergirl, in Grade 1 at this competition, also their first start at the highest pony club dressage level.

Adrian Tomada, 11 Orange, recently competed in the Under 19s 3 v 3 National Basketball Competition in Sydney as a member of the Victorian Metro team. After a tough first day with 2 wins and 2 losses, the Vics rallied with a 4 straight win on the second day. Unfortunately the team was unsuccessful in their title challenge, going down to Tasmania in the semi-final. The team ended up 4th overall after losing to the ACT in overtime in the bronze play-off.

An excellent effort from two of our Year 11 students, congratulations on your individual successes.

If you know of a student achieving in their chosen field of sport, please send us the details at lworrell@exchange.mlmclilydale.catholic.edu.au or mflood@exchange.mlmclilydale.catholic.edu.au

**SENIOR EISM RESULTS**

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Details of each week’s fixture, venues and results can be found at [http://www.eism.org/](http://www.eism.org/)

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**VICTORIAN EQUESTRIAN CENTRE**
**UPPER BEACONSFIELD**

**“SHOW JUMPING CHALLENGE”**
**MONDAY 27 AUGUST**

$60 entry

ENTRY FROM MRS CONWAY

CLOSING DATE MONDAY 17 AUGUST
Welcome to Literacy Month
at
Mount Lilydale Mercy College

Reading & Writing for SUCCESS

Mount Lilydale Mercy College takes pleasure in presenting

DAVID METZENTHEN & LEESA LAMBERT.

YOU ARE INVITED to join Parents and Friends and the Library Team on....

Wednesday 22 August from 7pm to 8:30pm

in Barak Library for wine and cheese, to meet David, our Guest Speaker, and Leesa from the Little Bookroom.

DAVID METZENTHEN is an award winning author who will share the benefits of reading for pleasure and for self-development. David will also provide tips for parents and students on reading and writing - the key to success. David is one of Australia’s top authors for young people, a reading ambassador and a multi-award winning writer. He has published more than thirty books and has won four Premier’s Literacy Prizes.

LEESA LAMBERT from the Little Bookroom will provide a preview of the latest literature for young adults and the opportunity to purchase books.

August Events

Save the Dates .........

Literacy Month - Calendar of Events

Tuesday 31 July - Students
Entries for the Poetry and Prose Competition Champions Read and Write - Close. Judging commences.

Monday 6, 7 and 8 August - Students
James Phelan - Author in Residence
Melbourne-based author James Phelan continues to redefine the political thriller genre. An author at 15 years of age he will surely inspire our writers. Students will participate in the thrill of writing with James, the very successful writer for young adults.

Thursday 16 August - Students
Lectures with Prue Mason - Poet and Author
Prue will share the story behind her novels Camel Rider and Destination AbuDai and assist with the judging of our Poetry Competition.

Wednesday 22 August - For Parents and Students
An evening of wine and cheese with DAVID METZENTHEN and LEESA LAMBERT on Reading & Writing for Success

Thursday 23 August - Students
“Book Talks” with Leesa Lambert - Books - Your Choice
Students select reading materials for the college libraries.

Thursday 30 August - Students
Melbourne Writers’ Festival for Writers’ and Illustrators’ Circle for a day of inspiration, writing and meeting authors.

Literacy Month is a time for us to be reminded of the importance of reading and writing. Literacy - one of the keys to success in life. The events during the month are designed to engage our school community in purposeful, enthusiastic and creative writing and reading.

RSVP FOR OUR EVENING WITH DAVID METZENTHEN

TO: Andrea Coney
Head of Library and Information Services
Ph: 9237 1367
Email: aconey@mlmclilydale.catholic.edu.au

Please return to Mount Lilydale Mercy College Administration Office by Friday 17 August

Reply Slip

I/We will be attending the Reading for Success evening on Wednesday 22 August commencing at 7pm.

Family________________________  No. Attending __________