We cannot live without food and water. Jesus refers to himself as both the bread of life and the water of life; proclaiming that we cannot live without Him.

The Eucharist is both the commemoration of the death and resurrection of Jesus and the commemoration of the meal Jesus shared with His disciples where He broke the bread, blessed it and gave it to them as His body.

The Eucharist provides nourishment for our souls in a similar way to which bread provides nourishment for our bodies. We cannot live without it. It is the source of life and also an opportunity to give thanks to God for all that we have received.

Look for ways to nourish yourself or others this week by reading something of the life and teaching of Jesus and discussing what you read with others.

“HOW CAN WE TEACH THE LOVE OF GOD IF OUR OWN HEARTS ARE COLD?”

Catherine McAuley

Prayer
Jesus, we have known you in various ways – as food and fulfilment, as Word and Saviour. May your Holy Spirit dwell in us helping us to understand the meaning of your life and encouraging us to pattern our lives on you. Through this grace, we hope to recreate your presence in our world. We ask this, confident that you will hear and respond to our prayer.

Amen

REFLECT UPON THE IMAGES OF CHRIST

Christ page from the Book of Kells, Ireland, 8th century

The Book of Kells is a stunningly beautiful manuscript containing the Four Gospels. It is Ireland's most precious medieval artifact, and is generally considered the finest surviving illuminated manuscript to have been produced in medieval Europe.

The Book of Kells was probably produced in a monastery on the Isle of Iona, Scotland, to honor Saint Columba in the early 8th century. After a Viking raid the book was moved to Kells, Ireland.

Dear Parents/Guardians, Students, Staff and Friends

Congratulations to all associated with the musical Grease. Many months of hard work by students, staff, past students and parents culminated with an exciting production, one that showcased the talents of students as actors, singers, dancers and technicians. In addition to developing many skills, the musical also served to develop a sense of community as students from all levels worked together in a supportive environment. The support of parents and family members as chauffeurs to drive students to or from rehearsals was again outstanding.

Such events cannot be conducted without widespread support of staff and students on the stage, back stage, in the Orchestra pit, managing the lights and sound, selling tickets, serving refreshments, ushering people to their seats and as car parking attendants.

PLEASE NOTE THAT MONDAY AUGUST 20 HAS BEEN DESIGNATED AS A STAFF PROFESSIONAL DEVELOPMENT DAY. THEREFORE IT IS A STUDENT FREE DAY FOR ALL YEAR LEVELS.

FEAST OF THE ASSUMPTION
On Wednesday we will celebrate the feast of the Assumption by celebrating the Eucharist in the Doyle Centre. It is many years since we have been able to celebrate this Holy Day of Obligation at the College and I invite parents/guardians to join us in the celebration at 11.10am in the Doyle Centre.

FINAL INFORMATION NIGHT FOR YEAR 7 2014
The final Parent Information Night for prospective parents of Year 7 of 2014 will be held in Centennial Hall on Monday August 20 at 7.30pm. There will only be one further opportunity to obtain an Application Form and this will be as part of Open Day on August 31.

PLEASE PRAY
Please pray for the repose of the soul of Christina Hedger, the Grandmother of Nicole Lagos (Year 11) and Christie Lagos (Year 8), and Fabian Chilinski, the Grandfather of Annika Chilinski (Year 8).

We pray that they may walk in the light of the presence of God having given their life to God and others. May their faith carry them through the shadow of night and may the sun shine on them for ever.

Amen

Bernard G Dobson
Principal

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
MONDAY 20 AUGUST - 7.30PM
FRIDAY 31 AUGUST - 2.15PM

OPEN DAY
FRIDAY 31 AUGUST - 11.00AM - 5.00PM
Looking Ahead

Our subject selection process is well underway for our Year 8 to 11 students. I encourage all students to take the time to sit with their parents and discuss future options. Subject selection guides are available on the College Website on disc or hard copy by request for those students who do not have internet access at home. Incorrect assumptions can be made about subjects based on their name or perception, so it is essential to read these guides in conjunction with choices made.

Meanwhile our Year 12 students have been given structured time for registering onto VTAC for tertiary choices and have been provided further details on various support services to complement their applications.

Mid-year results for Unit 3 Science and Accounting exams were released. For these students this is the first tangible result that now needs to be consolidated upon for the finals. It is important that all students continue to revise and study to improve their potential end of year results.

Monday 20 August is a Staff Professional Development Day and as such this is a STUDENT FREE day.

Brian Hawthorne
Deputy Principal—Director of Studies

FROM THE DEPUTY PRINCIPAL - DIRECTOR OF STUDIES - MR BRIAN HAWTHORNE

Footy Colours Day last Friday was a great success with football teams from all codes represented. Just under $2,500 was raised on the day and this will be split between the Fight Cancer Foundation and the Sisters of Mercy working in the slums of Mukuru in Nairobi, Kenya.

A final reminder about the Parent Seminar scheduled for Wednesday August 15. The topic of Sleep Health in the Adolescent is of particular relevance and we hope to see you there. The venue is Centennial Hall; commencing at 7pm. Please see the attached flyer.

Best wishes to the first group of students who will journey to Jigalong this week. This is a unique opportunity to gain an insight into a remote indigenous community.

Year 11 students currently have the opportunity to nominate for Prefect positions for 2013. They received information about this process at an assembly last Thursday and nomination forms can now be submitted for the various Prefect roles. Students are encouraged to nominate for more than one position to avoid disappointment. This is a great opportunity to develop leadership skills and I encourage all Year 11 students to get involved.

Michael Johnston
Deputy Principal – Director of Students

FROM THE DEPUTY PRINCIPAL - DIRECTOR OF STUDENTS - MR MICHAEL JOHNSTON

FROM THE PARENTS AND FRIENDS ASSOCIATION

Parents and Friends next meeting is tomorrow, Tuesday August 14 at 7.30pm in The Staff Dining Room, Mount St. Joseph Building. All current members are asked to please attend.

We will be organising our activities for MERCY DAY Friday September 14 and the roster for helpers on the day. We welcome anyone wanting to be part of this special day. If you are unable to make the meeting but would like to help, please contact me via email at pfs@mlmclilydale.catholic.edu.au

Parents and Friends Uniform Shop is open this Thursday August 16 from 12.00-1.30pm.

Thank you to all the families who generously donated school uniforms after the recent fire at the Healesville Dry Cleaning Plant.

Jacqui Macdonald
President Parents and Friends

FROM THE PARENTS AND FRIENDS ASSOCIATION

Parents of Year 7 Students
Mount Lilydale Mercy College introduced iPads into Year 7 at the beginning of the 2012. As part of the evaluation process, feedback is sought from parents with children in Year 7. Interested parents can follow the link http://www.surveymonkey.com/s/6PVKD78 to complete a short online survey. Thankyou

John Parlas
eLearning Leader
“COOKING UP” SOME SKILLS IN A COMMERCIAL KITCHEN

Last Wednesday August 1, students completing their Certificate II in Hospitality studies (Kitchen Operations) worked to prepare food at the Essential Caterer.

The focus for this excursion was for students to use a range of commercial cooking equipment and learn about the importance of communicating with their colleagues in a commercial kitchen environment. Students who attended this excursion completed part of their assessment for the module “working with colleagues and customers”.

The students were fantastic – they listened attentively and carried through the required tasks to a very high standard. At the end of the session, students were teaching each other how to use different commercial equipment – even how to use the coffee machine and make cappuccino’s!!

I would like to thank all the staff – Sean, Jason and Marie for the effort and time they placed into accommodating our students and running the session. Sean and Jason attended Mount Lilydale Mercy College as students.

I am sure you will enjoy the photo’s I have included.

Next week we will be investigating and assessing quality customer service at Chirnside Park and also preparing for our London 2012 Olympic Games project.

Tania Hawthorne

VCAL STUDENTS SUPPORTING ST. VINNIES

Last week VCAL students made 285 pieces of food for the St. Vinnies Soup Van. The food was a variety of desserts such as cupcakes, shortbread, and cookies, which from all reports was very well received. The food was prepared and cooked as part of the Intermediate VCAL theme ‘Eating with Friends’. Students are now preparing to prepare and serve food to Montrose Senior Citizens. As part of their preparation they will host functions to school staff and friends and family. The aim of the unit is to develop skills such as teamwork, leadership, and organisation, as well as connecting with people in the community through food.

Steve Tarulli
Applied Learning Coordinator
Victorian Premiers’ Reading Challenge

Many of our McAuley Campus students are busy reading for the Challenge. Nearly 1300 books have been read so far. Each month we have been awarding a Reader of the Month prize to a student participating in the Challenge. July’s winner was Shaylee Burns from 8OR. I caught up with Shaylee to find out about her enjoyment of reading.

- **What is your favourite book?**
  Either the Harry Potter series or Percy Jackson. I can’t choose!

- **Who is your favourite author?**
  JK Rowling, Rick Riordan, Christopher Paolini!

- **What are you reading at the moment?**
  Inheritance, by Christopher Paolini. Only 100 pages to go!

- **What is your first reading memory?**
  I remember reading a book with Mum called Twinkle Twinkle Little Star.

- **What is the most unusual place you had read a book?**
  I have read a book on the beach in the holidays. I normally don’t take books outside the house and I didn’t want to get sand on it.

- **What book or character has made a lasting impression on you?**
  Harry Potter. I found I knew more words after reading the series. Also Percy Jackson, because I learned more about Greek mythology and found I really liked it.

The Victorian Premiers’ Reading Challenge runs through till mid-September. It is very important that students have their books verified. To do this, please come and see Miss Stanley in McAuley Library, and get reading!

Katie Stanley
McAuley Teacher Librarian
### SAC Dates for the Remainder of Term 3

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Subject/Activity</th>
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<tr>
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<td>Food &amp; Tech B Prac Media: Social Values Theatre Studies</td>
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<td>Food &amp; Tech A Media: Film and Folio Management</td>
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<td>Vic Com SAT Folio</td>
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### Revision Lectures

**The Essentials 2012**

Final exam revision lectures will be online in early August 2012.

**Subjects Offered**


**Dates**

- Series 1: Term 3 School Holiday Program September 15th - October 6th 2012
- Series 2: Term 4 Program 13th, 14th, 20th, and 21st October 2012

STUDENT ACHIEVEMENTS

Amy Wilson, 12 Blue, recently competed in the South East Schools Annual Clay Target Championship. The event consisted of a 20 target single barrel shoot from 15 meters. Amy did extremely well, placing 4th in the Senior Girls group and 20th overall.

Recently the College’s star weightlifting team competed in the 2012 Victorian School Championships, with the following results:

The boys did very well, placing 2nd overall with 98 points. The girls team came 5th overall, a strong effort.

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

SENIOR EISM RESULTS - MOUNT LILYDALE VS ELTHAM

<table>
<thead>
<tr>
<th>BOYS</th>
<th>MLMC SCORE</th>
<th>ELTHAM SCORE</th>
<th>WINNER</th>
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<tr>
<td>Volleyball 'A'</td>
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<td>MLMC</td>
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</tr>
<tr>
<td>Badminton</td>
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<td>5</td>
<td>MLMC</td>
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<table>
<thead>
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<td>0.0 - 0</td>
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<td>53</td>
<td>8</td>
<td>MLMC</td>
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<tr>
<td>Netball 'B'</td>
<td>43</td>
<td>5</td>
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</tr>
<tr>
<td>Hockey</td>
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<td>Eltham</td>
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YEAR 9 EISM RESULTS - MOUNT LILYDALE VS MT SCOPUS

<table>
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<tr>
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<th>MT SCOPUS SCORE</th>
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<td>9.7 - 61</td>
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<td>MLMC</td>
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<td>15</td>
<td>4</td>
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<td>MLMC</td>
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<thead>
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<th>GIRLS</th>
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<th>MT SCOPUS SCORE</th>
<th>WINNER</th>
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</thead>
<tbody>
<tr>
<td>Football</td>
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<tr>
<td>Netball 'B'</td>
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<td>No game</td>
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Details of each week’s fixture, venues and results can be found at http://www.eism.org/

VICTORIAN EQUESTRIAN CENTRE
UPPER BEACONSFIELD
“SHOW JUMPING CHALLENGE”
MONDAY 27 AUGUST
$60 ENTRY
ENTRY FROM MRS CONWAY
CLOSING DATE MONDAY 17 AUGUST
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

PARENT SEMINAR
SLEEP HEALTH IN THE ADOLESCENT

SOME TIPS FOR A GOOD NIGHTS SLEEP

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 are 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 sleeply. 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.
CONGRATULATIONS CAST, CREW, STAFF AND PARENTS WHO HAVE CONTRIBUTED TO THE OUTSTANDING SUCCESS OF “GREASE” 2012
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.

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.

August Events

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.

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 __________
WANTED

CREATIVE DESIGNERS FOR
MERCY DAY!!

HELP DESIGN THE
STAFF T-SHIRT!!

Every year, staff buy a special Mercy Day
T-shirt to help raise money for the chosen cause.

This year we want you to design it!!

REWARD OFFERED

>>> $30 iTunes voucher <<<

See Mrs Prusac or email for more information ©
mprusac@mlmclilydale.catholic.edu.au

Design criteria:
➢ It must be creative but simple
   (printing will only be in one colour so your design must be effective and BOLD!)
➢ It must show the Mercy spirit!!

How to enter:
➢ take your design to student reception
➢ include your name and homeroom
➢ include a brief explanation outlining why you drew that particular design

ENTRIES CLOSE: MONDAY 27TH AUGUST