There is real wisdom, Lord, in the adage 'It is always Springtime in the heart that loves God.' Springtime is a season of optimism and hope and the Christian lives a faith centered on hope. Winter, with its cold and dark days has gone just as Good Friday has passed to Easter and beyond. We live a resurrection life reflected in the new life springing up around us. Thank you, Lord for the hope that you bring the renewal that you bring both to this world and to our hearts and lives.

Whilst reflecting this week on the link between Spring and Spirituality I came across this article about Spiritual Spring Cleaning by Mary Fairchild. I have included a little of it for your reflection. You can read more at http://christianity.about.com/od/topicaldevotions/p/springcleaning.htm

**HOW TO SPRING CLEAN YOUR SPIRIT**

While you're cleaning out closets and sweeping under the furniture, think about this: Spring cleaning, while worth the effort, will only last for a season, but spiritual cleansing could have an eternal influence. So don't just dust behind those book shelves, dust off that favorite Bible and get ready for a spiritual spring cleaning.

1. **CLEANSE YOUR HEART - GET SPIRITUALLY HEALTHY:**
   The Bible encourages us to draw close to God and allow our hearts and bodies to be cleansed. This is the first step in our spring cleaning project. We can't clean ourselves. Instead we must draw near to God and ask Him to do the cleansing.
   - Psalm 51:10
     Create in me a clean heart, O God; and renew a right spirit within me.
   - Hebrews 10:22
     Let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.

2. **CLEAN OUT YOUR MOUTH - DEEP CLEAN INSIDE AND OUT:**
   Spiritual cleansing requires deep cleaning -- it is housekeeping that goes beyond what others see and hear. It's a cleansing from within inside and out. As your heart gets clean, your language should follow. This is not just talking about bad language, but also negative talk and pessimistic thoughts that contradict the Word of God and faith. This includes the challenge to stop complaining.
   - Luke 6:45
     The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks.
Dear Members of the Mount Lilydale Mercy College Community

Welcome to the new week, the new season and the beauty that surrounds us during spring. I hope that you all find the time to stop, breathe and enjoy the many blessings of change and growth that are before us over the coming months.

With the arrival of September, some thoughts might turn to end of term and the like, but for us at Mount Lilydale Mercy College, one of our key foci is Mercy Day and all that it means to us. Mercy Day, although a day of fun is far more than a day whereby we dress up, have a carnival type atmosphere and enjoy ourselves. I asked some students about Mercy Day and they told me, Mercy Day is about raising money to support Mercy works both locally and globally and whilst it is important that we do raise such funds to continue and support important work; that too is a by-product rather than the core purpose of having Mercy Day. Mercy Day is a day of celebration of our community and the values that are central to our existence.

Mercy, in the teachings of St Thomas Aquinas, is said to have been a Virtue influencing one’s will to have compassion for the other and where possible to alleviate misfortune. Indeed Mercy itself is about relationships and in many ways it is an involuntary act because it is in dealing with the misery of the other that we are the human face of Jesus.

We are taught about the corporal works of Mercy:
- To feed the hungry;
- To give drink to the thirsty;
- To clothe the naked;
- To harbour the harbourless;
- To visit the sick;
- To ransom the captive;
- To bury the dead.

And the Spiritual Works of Mercy:
- To instruct the ignorant;
- To counsel the doubtful;
- To admonish sinners;
- To bear wrongs patiently;
- To forgive offenses willingly;
- To comfort the afflicted;
- To pray for the living and the dead.

Essentially, in Mercy, these are what we are called to do. The question is how do we do these today, in this place, in this time? Catherine McAuley was able to answer that when she heard a calling.

In an essay “Catherine McAuley in the Nineteenth and Twenty-First Centuries” Mary Sullivan wrote: “when Catherine McAuley founded the Sisters of Mercy on Dec 12 1831, there were only thirteen sisters; two of these died, two left, and two more entered within the next year. From the life, example and effort of these eleven have come, through the providence of God, approx. 9,710 Sisters of Mercy in the world today. Surely these 9,710 are enough to be powerfully ‘Mercy in the Twenty-First Century’. If they generously welcome into their lives the Spirit’s kindling of the “fire Christ caste on the earth” they could be this even if they were only 11….or 14!”

Now whilst you and I may not be Sisters of Mercy, we have hopefully embraced that calling.

Mercy Day is a celebration of that Spirit. In this school our aim is to inspire our students so that they can aspire to do their best with their God given talents so they can make a difference. They can be of service. Mercy is central to that service.

Having said all the above I am becoming increasingly concerned that some seem to be of the opinion that attendance at Mercy Day is optional. Can I state categorically that this is not the case. A condition of enrolment, and the re-enrolment process that is presently underway, is full participation in such events.
Similarly I am concerned about the number of families that are deciding to withdraw children from school for family holidays. Whilst I understand that every family is different and each has its own unique set of variables to manage, and no judgement is made about such, it is also important that we understand that education is a collaborative relational process and if we are to be successful then attendance and participation in the process is paramount. Whilst every effort may be made to help students catch up on work missed, it is not always possible. Similarly it is unreasonable to expect teachers to prepare work for students whilst on extended family holidays.

Last week saw the College host the regional Tournament of the Minds whereby some 63 teams, 30 schools and about 441 students participated, along with parents, teachers, siblings and even a few grandparents. Congratulations to Mrs Gail Preston, Mr Anthony Schepsis, Mrs Helen Lewis, Mr Dominic Hardiman, Mr Tom Leyton, Ms Maybelle Pangilinan, Miss Natasha McKenzie and Miss Sam Murphy who were our team facilitators, Stuart Thornhill for photography and to the following students that decided to test their skills and participate:


Year 8 - Katherine Boyle, Tayla Corigan, Maddie Gottier, Sam Di Pietrantonio, Calvin Fehring, Dylan Findley, Steven Martin, Abigail Pettigrew, Isabella Preston, Jake Rickard, Ashleigh Sartori.

Year 9 - Jamieson Bolt, Shaylee Burns, Ashley Greene, Ashleigh Henry, Sean Hermann, Gina Ingham, Mitchell Kalika, Alexandria Keuken, Sarah Laan, Bohdi Lindsey, Makeely Stolzenhain, Peter Verhagen, Georgia Yapp, Ben Young.


Congratulations to Team 7 on achieving honours for Maths Engineering - Jessica Toole 7 Blue, Kosma Krawczyk 7 Gold, Sarah Laan 9 Gold, Peter Verhagen 9 Gold, Mitchell Kalika 9 Jade, Dylan Findley 8 Orange and Steven Martin 8 Blue.

Similarly congratulations to the Year 9 Girls Lawn Bowls team, who defeated Luther College in the EISM Bowls championship at Heathmont Bowls club on 22 August and the Senior Boys Football, Year 9 Girls Football and Senior Girls Soccer. A great effort!

FRAYNE SPEECH FESTIVAL
On Friday I had the pleasure of attending the Frayne Speech Festival which is a public speaking competition involving Mercy schools from across Victoria. This year it was held at Our Lady of Mercy in Heidelberg. Our students competed in three categories:

Year 10 students in Voice Choir
Year 11 students in Debating
Year 12 students in Public Speaking

This was a great opportunity for our students to mix with students from other Mercy schools and to develop confidence through their public speaking roles. They also develop an appreciation of the wider community of Mercy. In next week’s newsletter a list of students that attended and results will be included.

God Bless

FROM THE DEPUTY PRINCIPAL - DIRECTOR OF STUDENTS - MICHAEL JOHNSTON

Mercy Day is scheduled for Friday 13 September and a lot of preparation has gone into ensuring it will be a tremendous day of celebration. During the week of Mercy Day we will also have a very special ceremony at Lilydale Cemetery to honour the Sisters of Mercy who are buried there. These women were true pioneers in the history of our school as well as the development of this district and it is fitting that we remember them as part of our Mercy Day activities. On Thursday 12 September a series of Mercy Day liturgies will be held to allow all students to reflect on what it means to be part of a Mercy community.

Mercy Day itself involves a great many activities. Students are permitted to wear neat casual clothing - the usual regulations for make up and jewellery apply. As part of the fundraising component of the day, students will be required to pay $2.00 to wear free dress and this money will be collected in homeroom in the days leading up to Mercy Day. A wide selection of food is available on the day and a pricelist is included in this newsletter. You will also note the cost of the carnival rides that will be operating on the day. You will also see the Mercy Day poster attached to the newsletter. Congratulations to Ruby Griffith for her winning design. Thank you in advance to the many people who have volunteered their time to run an activity on the day - an entry in the Mercy Day Parade, an act as part of Mercy’s Got Talent, contributing to a food stall, our wonderful P & F volunteers etc. The end result is a great day of celebration.

Early notification that Term 3 concludes on Friday, 20 September at 2.25pm due to the early arrival of contract buses. MET buses will operate their normal schedule so students accessing these services will need to make other arrangements for travel home or wait at school until normal departure time. The bus bays will be supervised until around 4pm. Term 4 commences on Monday 7 October for all students.

Michael Johnston
Deputy Principal - Director of Students.
Please read ……

The 2013 School Improvement Survey is being conducted over the next ten days. This year three hundred students, two hundred randomly chosen parents and approximately one hundred and fifty staff will be surveyed.

The survey consists of questions which focus on four areas: I Your child’s education, II Your child’s school, III Your child’s experiences of transitions in their education, and IV Your child’s religious education. Within the survey there appears to be repetition of questions. This is a means to assuring the accuracy of the data collected.

If YOU receive a survey in the mail I urge you to respond. You may either complete the paper version of the survey and return it to the College or undertake the survey online.

Your responses are extremely valuable in the setting of future priorities and direction. The annual update of data also provides for us some measure of improvement. At Mount Lilydale Mercy College we are continually working towards school improvement measured in terms of achieving the best outcomes for students.

I look forward to having your support with this. Please ring me at the college if you have any queries.

Susan Gunn
School Improvement Coordinator

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**SAC DATES**
Last week Intermediate VCAL students served healthy food to students from St Patrick’s Primary School. The event was the culmination of weeks of planning, preparation and teamwork. As part of the project students were trained on OH&S and hygiene practices in the kitchen.

The menu consisted of mini burgers and yogurt sundaes and gluten free alternatives. Students made burger patties and cooked them in MLMC Food Technology rooms before they were frozen to be reheated on the day of service. The mini-burger ingredients were also cut, prepared and placed in containers. Oats needed to be toasted and strawberries pureed for the yogurt sundaes. Students also met numeracy outcomes by demonstrating an understanding of ratios and measurement when preparing food ingredients. Utensils and equipment were carefully packed away and labelled so nothing would be missed on the day of service.

Based on interest, VCAL students were divided into two teams, Red Team - front of house, and Blue Team - back of house. Within each team students were assigned specific roles. These included food assembly, traffic control and allergy assessment. Students demonstrated leadership, initiative and organisational skills throughout the project as well as during the event itself. At the conclusion of service VCAL students had the opportunity to enjoy a few moments interacting with students from St Patricks before the cleaning and packing up began. Congratulations on your efforts Intermediate VCAL.

Steve Tarulli
Applied Learning Coordinator
On Wednesday 14 August, ten Year 8 students attended the Reclink Grand Final Day for the 8th consecutive year. RecLink is the organisation that provides recreation opportunities for the homeless, people facing mental illness disability, addiction and/or social and economic hardship. Throughout the year organisations such as the Sacred Heart Mission in St. Kilda compete in a variety of recreation experiences. This day is the culmination of their football season.

Our students were involved in the organisation and smooth running of the day as part of the College’s Community Service program. They participated in activities such as setting up the venue, boundary umpiring, running water to players, singing the national anthem, general clean up and distributing donated food to the players and spectators.

To be selected students had to reflect on and write why they should attend. Thirty students applied with the responses and quality of students at a very high standard. The efforts of the students on the day were greatly appreciated by the Reclink organisation, and more importantly, by those playing and participating in the matches. I would like to thank the students for their efforts and attitude towards the day as they seemed to get a lot out of the mutually beneficial experience. Thank you also to Jo Van der Linden who attended and assisted with various duties.

Mr Dan Beard

“The Reclink grand final day was a fun day and a great experience. At the start of the first match the guy in charge of singing the national anthem was late so we were asked to sing the national anthem in front of everyone. The guy turned up but we all helped him sing it anyway and it was really fun. The man was really happy and you could tell he enjoyed being there. After that our first task was boundary umpiring. We had never umpired before so we learnt the rules and we did it. In the second match we were giving out sausages and soft drink to all the players and spectators. It made me feel good when we gave food to the people because it made them happy and when you help people it always makes you feel good. We ran water out to players on the field which made us feel helpful. A lot of organizing went into this event and all the new people we met were really nice, it was a great day and I learnt a lot.”

Georgia Cullen - 8 Jade

The following students attended the day: Lachlan Corbett 08PU, Georgia Cullen 08JA, Stacey Fleming 08PU, Joel Koger 08GO, Callum Lowden 08RE, Belle Price 08BL, Gemma Ryan 08BL, Nathan Thompson 08SI, Jenny Ting 08WH and Henry Tripp 08OR.
Congratulations to the winners of the Mercy Day T-Shirt Design
Jaimie Upton Year 8 and Sarah Byrne Year 11

Front (Dream Catcher) - Jaimie Upton 8 White

I drew this design because it uses the idea of catching dreams and includes the College theme ‘dream together, embrace change, and strive as one’ as we come together to raise money for charity on Mercy Day.

Front (“Mercy Day 2013”) & Back (wings) - Sarah Byrne 11 Gold

I completed a design for the Mercy Day t-shirt which I feel strongly reflects the true Mercy spirit, particularly the intense Mercy spirit that lives within the members of Mount Lilydale Mercy College’s school community.

The mercy spirit demonstrated in the school community makes each member an angel of Mercy which acted as the inspiration for my design.

The front of the shirt is simple with the word ‘Mercy’ leading from a cross, which symbolises our Mercy spirit coming from our catholic beliefs. A small feather hangs under the words, as a reminder that our work as an angel of Mercy does not need to be bragged about, nor is it always obvious to others.

On the back of the shirt two angel wings are placed as if they are part of the wearer. It is these wings that reveal the identity of the wearer as an angel of Mercy. However the top of the wings do not appear as typical angel wings, instead they are a complex pattern in the shape of wings. This is a reflection of the fact, despite the beauty of the human race, we do not appear to be angels of the bible. We are complex beings with a huge variety of abilities, feelings and experiences which assist our demonstrations of the Mercy spirit. Subtlety placed within these patterns is 12 lines for the 12 apostles on the left wing and an abstract cross on the right wing which symbolises the product of modern times and religion. These symbols were carefully placed in the centre parts of the symbols to show that while we may not always yell it from a rooftop, our beliefs are a part of us and what we do.

As the wings continue down, abstract feathers can be seen which is a reflection of the evolved concept of an angel which is no longer a mystical or biblical creature but someone acting as their best self to assist others and make significant difference, as our school community does on Mercy Day. At the tips of the wings they become classic angel wings, to symbolise that, at the very heart of things, regardless of our abilities, experiences, appearances and other differences we are all fundamentally the same - we are all Angels of Mercy.

MERCY DAY 2013
FOOD PRICE LIST

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<th>Item</th>
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<tr>
<td>Sausage</td>
<td>$2.00</td>
<td>Chocolates, Cakes &amp; Lollies</td>
<td>50 cents per bag</td>
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<tr>
<td>Vegieburger</td>
<td>$3.00</td>
<td>Chocolate Fountain</td>
<td>50 cents per serve</td>
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<tr>
<td>Hamburger</td>
<td>$2.50</td>
<td>Milkshakes</td>
<td>$3.00 each</td>
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<tr>
<td>Hot Dogs</td>
<td>$3.00</td>
<td>Donuts</td>
<td>$2.00 each</td>
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<tr>
<td>Devonshire Tea</td>
<td>$5.00</td>
<td>Coffee/Hot Chocolate</td>
<td>$3.00</td>
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<tr>
<td>Pasta</td>
<td>$2.50 per serve</td>
<td>Gourmet Pizza</td>
<td>$8.00</td>
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<tr>
<td>Poffertjes</td>
<td>$2.00 per serve</td>
<td>Popcorn</td>
<td>$2.00 per bag</td>
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<tr>
<td>Soft Drinks</td>
<td>$1.50 per can</td>
<td>Bottled water</td>
<td>$2.00 (500 ml)</td>
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<tr>
<td>Fairy Floss</td>
<td>$1.00 per stick</td>
<td>Ice cream van</td>
<td>Price per serve</td>
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</tbody>
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Carnival Rides - $4.00 per ride or 3 rides for $10.00
Personal Narrative (Anxiety Attacks) By Ilona Rawkins

The first time I encountered my first anxiety attack was on a plane, I was coming back from Queensland, and there I was enjoying the flight halfway to Melbourne, when suddenly, for no apparent reason I began to feel SCARED. Not just scared, but downright TERRIFIED! My palms began to sweat, my heart began to pound, I wanted to escape, I was trembling and shaking - I felt OUT OF CONTROL! I just had my very first ANXIETY ATTACK. From that moment on IT took centre stage in my life.

I always worried about another surprise attack; eventually IT became my whole world, it’s hard to live with IT, people who have never experienced an anxiety attack they don’t believe me and they say it is only in my head, this hurts.

My cousin’s partner who is a Youth Minister, his name is Ash, prayed for me and told me to continue to pray about it, every time I feel anxious, so IT doesn’t ruin my life. My experience with anxiety has made me much stronger and more willing to help others who are going through what I have been through.

With the right help and the right treatment most people recover and resume normal healthy lives. So one day I would like to write a book about my battle with depression and anxiety. People should know it is a serious problem and not something just in people’s mind and there should be more understanding and caring for those who are battling this tough patch in their lives. The only way I conquered my anxiety attacks and depression was through prayer and encouragement from family members and understanding from my friends.

I can help people be more aware about anxiety now because I have experienced it, people who haven’t experienced it would find this more difficult.

You have to do breathing exercises to lower your blood pressure, heart rate and lower your oxygen levels. Try this simple breathing exercise, believe me it works. When we are anxious we breathe less oxygen but doing this exercise we help you keep calm and also lower your heart rate and blood pressure.

Breathing exercise: A guide step by step for people experiencing anxiety symptoms

a. The general aim is to shift from upper chest breathing to abdominal breathing. You will need a quiet, relaxed environment where you won’t be disturbed for 10 to 20 minutes. Set an alarm if you don’t want to lose track of time.
b. Sit comfortably and raise your ribcage to expand your chest. Place one hand on your chest and the other on your abdomen. Take notice of how your upper chest and abdomen are moving while you breathe. Concentrate on your breath and try to gently breathe in and out through the nose. Your upper chest and stomach should be still, allowing the diaphragm to work more efficiently with your abdomen rather than your chest.
c. With each breath, allow any tension in your body to slip away. Once you are breathing slowly and with your abdomen, sit quietly and enjoy the sensation of physical relaxation.

It is possible to overcome anything if you put your mind to it. You can be in control of your own mind.

We continue to encourage the students at the college to submit their poems and short stories for consideration for monthly awards and look forward to sharing these with our college community. If you would like further information on the competitions that are running please visit our library website with online resources or chat to the library staff.


We will announce the winners of the Short Story competition that has been running throughout Literacy Month and the special award winner of the Parents and Friends Encouragement Award early in September.

Andrea Coney
Head of Library & Information Services
An interactive, stimulating discussion with a panel of experts in the field

Guest speakers in the area of mental health and mental illness will present case scenarios covering topics such as:

**Anxiety, Self-harm, Depression**

A panel of experts will discuss how they work with young people presenting with these issues

The panel consists of:
- A representative from HEADSPACE (Australia’s national youth mental health initiative)
- A representative from Lilydale Police
- A representative from Mount Lilydale Mercy College Counselling Team
- Year 10 students from Mount Lilydale Mercy College representing the young person’s voice

**DATE: Wednesday 4 September**
**TIME: 7pm – 8.30pm**
**VENUE: Centennial Hall, Mount Lilydale Mercy College**
**120 Anderson Street, Lilydale**

Tea/coffee/biscuits offered

**FREE EVENT!**

RSVP: Please contact the school prior on 9735 4022 or you are welcome to arrive on the night

**YOUNG PEOPLE ENCOURAGED TO ATTEND**
SAVE THESE DATES

MONDAY 2 SEPTEMBER - Business & Finance Advisory Group Meeting 7.00-8.30pm

TUESDAY 3 SEPTEMBER - Old Collegians’ Association Annual General Meeting. Mt St Joseph Dining Room at 7.30pm - All past students and staff welcome.

WEDNESDAY 4 SEPTEMBER - Parent Seminar - Youth Mental Health Forum 7.00-8.30pm

TUESDAY 10 SEPTEMBER - Building & Planning Advisory Group Meeting 7.00-8.30pm

WEDNESDAY 11 SEPTEMBER - EISM Cross Country

FRIDAY 13 SEPTEMBER - Mercy Day

SATURDAY 14 SEPTEMBER - Japan Study Tour Departs

TUESDAY 17 SEPTEMBER - Student Progress Interviews—Student Free Day

TUESDAY 17 SEPTEMBER - Building & Planning Advisory Group Meeting 7.00-8.30pm

TUESDAY 17 SEPTEMBER - Parents & Friends Association Meeting 7.30-8.30pm

WEDNESDAY 18 SEPTEMBER - VCE Dance Evening—Centennial Hall 7.30-9.00pm

THURSDAY 19 SEPTEMBER - College Advisory Council Meeting 6.30-9.30pm

FROM THE PARENTS & FRIENDS ASSOCIATION

A very big thank you to Andrew Preston and Teang Laan for all their hard work organising the Tournament of Minds BBQ, also many thanks to Michelle Gough, Lidia Johnson, Carol Treverton, Tracy Pettigrew, Joelle Manallack, Emily Findley, Edvige Troiani, Jennifer Laan (11 Purple), Ethan Preston, Isabella Preston (8 White) for volunteering to help with the cooking. It was a long and busy day and the visiting students and families really appreciated it.

Mercy Day is only two weeks away and Parents and Friends are seeking volunteers to help on Thursday 12 September from 11am to make homemade vegie burgers to sell at Mercy Day or on Mercy Day 13 September from 8.00am till 4.00pm. If you would like to be part of this special event please contact me via the email address below.

The P&F uniform shop will be open this Thursday 5 September from 12.00pm till 1.30pm.

pfs@mlmclilydale.catholic.edu.au

Jacqualin Macdonald
President

Do you know of young people between the ages of 14 and 22 years who have a parent diagnosed with cancer? CanTeen has a new FREE skills based group program called TRUCE to help these young people develop their coping skills.

For more information on Truce or to express your interest, please go to www.truce.org.au or contact the research team on 1800 234 007 or at truce@canteen.org.au.
CAPTAIN’S CORNER

A warm welcome to another edition of Captain’s Corner. The weeks just seem to fly lately with Year 12 exams coming closer and the whole school preparing for Mercy Day in a few weeks. Mercy Day at MLMC is a day where the college celebrates with festivities in order to raise money for a range of Mercy causes in Australia and overseas. For the Year 7 students it is their first experience of Mercy Day, and for the Year 12’s it is the last time we will experience this great day.

Over the past few weeks it has been very busy. Our Jigalong group had the unique experience of a visit to a small indigenous community in the middle of Western Australia. Their job was to help out the indigenous children in school and experience what their culture is like, in order to raise awareness for possible ways to help out their community. We hope that the group of students and teachers who went enjoyed themselves and have come back inspired to help make a change that will benefit the community.

We recently celebrated the Feast of the Assumption where the whole school gathered in the Doyle Centre (set up by the lovely maintenance men) to be a part of the Mass. It’s lovely that our school has such facilities where we are all able to gather in one place as a whole school.

On 16 August we celebrated Footy Colours Day where everyone could dress up in their footy colours to raise money for the Fight Cancer Foundation and Sister Sarah’s tractor fundraiser. Everyone seemed to enjoy themselves in their colours, although maybe not those Essendon supporters! However it was a lovely day that supported a good cause. So thank you to all those students and teachers who supported the fundraiser with their colours and spirit. As a school we managed to raise over $2500. A big congratulations to all.

Last week we had the EISM grand finals!! An exciting time for Year 10’s 11’s, 12’s and coaches as well. Senior girls and boys football and soccer teams made the grand finals as well as senior girls hockey and senior boys volleyball. However only the senior boys footy and the senior girls soccer teams were able to come away with the premierships but it was a great effort by everyone involved.

A big congratulations to the Senior boys football squad also named the Mount Lilydale Goats. Many of you may not know that this is a back to back premiership side which is an amazing achievement, especially at the senior level. A special mention goes to Coach Mr Dan Kelly and Mr Daniel Dickson, who were both inspirational and played a key role in making sure that our senior boys were victorious. It should also be noted, that this football team finished 4th on the ladder and knocked out 1st placed Eltham in an elimination final and went on to beat St Joseph’s by 50 points in the Grand Final. Also Josh Bromiley copped a heavy knock in the 3rd quarter and was taken to hospital by an ambulance. We are pleased to report that he is okay and well done for playing so well. Also well done sports captain Adrian Tomada for a best on ground performance. You truly are the sports captain!

Unfortunately the girls senior team lost their first grand final in 3 years by only 1 point! Well done to all of the girls efforts and a special mention goes to Lauren Howell winning best on ground for our team. We would to thank Mr D and Ms Prusac for coaching and sharing their inspirational speeches at half time, along with the delicious macaroons after the game made by the one and only Ms Prusac.

We would also like to congratulate all of the year 9 teams who participated in the grand finals especially the Year 9 Girls Lawn Bowls and Year 9 Girls Football teams who took out premierships.

Now onto our final homeroom teacher introductions along with the famous Year 12 Coordinator Mrs Barr (also known as Bar Graph on her Year 12 jacket).

**MRS JANET BARR**
- My role: Year 12 Wellbeing Coordinator
- Subjects taught this year: Year 12 Maths Methods and Year12 Further Maths
- My ideal holiday destination: is anywhere warm near the beach.
- Hobbies: include reading, knitting and I am really trying to make Golf a hobby- but I need to improve before it can be.
- Something students may not know about you: I played basketball for about 30 years, but stopped a few years ago and I try to get to the gym most days.

**MRS JANINE BIGHIN**
- Homeroom: 12 White
- Subjects you teach: In 2013, English, Literature and the College PLAY program at Year 8
- How long have you been teaching? Since 1996
- Favorite sporting person: Sidney Crosby (Pittsburgh Penguins - Ice Hockey)
- Something that most students wouldn’t know about you: I haven’t stopped studying since I entered school in Prep.

Thank you again, and we hope that you all have a great week. Next edition we are introducing some of the staff behind the scenes at Mount Lilydale Mercy College starting off with the fantastic Maintenance crew.
**SPORTS REPORT**

**STUDENT AND STAFF ACHIEVEMENTS**

Laughlin Norney, 11 Silver, ran in the 7km Salomon Trail Run at Silvan Dam recently and placed 3rd overall (of 399 runners). Laughlin also won the U/20 age group. Tough course, massive run, very fast. Obviously from good stock as Laughie’s mum Julie placed 20th in the 21km, 1st in category. Ex-student Jackie Wright snuck in for 14th overall, first 20-29 female.

Liam Steele recently placed first in his division at the Victorian Schools Cycling Championships after a hard three rides. Liam smashed it out with three first places, leaving no doubt as to the overall result.

Jed Wilson, 11 Jade, played in the Under 18 Victorian Team in the National School Boy’s Championships in Perth. Jed and the team placed 3rd. Jed was named as point guard in the All Australian Team, one of only two Victorians to be named. A significant achievement by Jed.

If you would like to pass on any significant achievements please email Mr Leigh Worrell at lworrell@mlmclilydale.catholic.edu.au

**SENIOR EISM GRAND FINAL RESULTS**

Six of our senior teams made the Grand Finals in their sport. An excellent effort by all players and coaches to make it to the big game. Some games were incredibly close and hard fought, with 2 teams bringing home the silverware.

**GRAND FINAL WINNERS**

**BOYS FOOTBALL** - MLMC 10.12.72 def St Joseph’s 4.4.28

**GIRLS SOCCER** - Mount Lilydale 1 def Mt Scopus 0

**RUNNERS UP**

**BOYS SOCCER** - Mt Scopus 3 def MLMC 1

**GIRLS FOOTBALL** - Billanook 1.7.13 def MLMC 1.6.12

**GIRLS NETBALL B** - Aquinas 40 def MLMC 23

**GIRLS HOCKEY** - Emmaus 3 def MLMC 1

**YEAR 9 EISM GRAND FINAL RESULTS**

A huge effort by our girls saw every Year 9 Girls team make it into the finals, carrying the flag for the College. After the dust settled on Thursday afternoon two of our teams were victorious.

**GRAND FINAL WINNERS**

**GIRLS FOOTBALL** - MLMC 1.6.12 def Aquinas 0.2.2

**LAWN BOWLS** - MLMC 11 def Luther Red 4

**RUNNERS UP**

**NETBALL A** - Aquinas 36 def MLMC 16

**NETBALL B** - Aquinas 33 def MLMC 16

**SOCCER** - Aquinas 1 def MLMC 0

**YEAR 8 EISM RESULTS vs EMMAUS / LUTHER**

<table>
<thead>
<tr>
<th>BOYS - Blue</th>
<th>MLMC</th>
<th>Emmaus</th>
<th>Winner</th>
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<td>4.5.29</td>
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<td>14</td>
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<td>4</td>
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<tr>
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<tr>
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<td>4</td>
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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/)
Mount Lilydale 1 def. Mount Scopus 0

Congratulations to the Senior Girls Soccer team on a fantastic win to take home the premiership. In windy conditions at Emmaus, Captain Monique Nogueira struck the first blow by winning the toss and kicking with the wind.

In the first half, the girls were good through the midfield with Leah Wingett, Helena O’Donohue, Issy Cimo and Laura Hebblethwaite working well pumping the ball forward for our strikers. Holly White and Chloe Fleckhammer were hard at it and created opportunities but the Scopus defence were good at getting numbers back and crowding the box. Our girls were also beaten by the wind carrying the through balls all the way to their keeper. Angie Meyer had made a massive effort just to get to the Grand Final, playing despite being very unwell. She worked tirelessly up front to create opportunities despite not being at her best physically. The defence was tested throughout the first half and stood strong. As the clock ticked over 24½ minutes the ball was sent forward and Fleckhammer ran onto the beautifully weighted ball. Cool as you like, she steadied and let the keeper commit before slotting the ball into the back of the net. Upon the restart the ref blew half time.

The game changed in the second half from being more attacking for the Catherine’s to shutting down Scopus and seeing what we could create on the counter. It was time for Lucy Collins, Brooke McGurgan, Neesha Shimmen and Anna Noiman to shine and did they what? Under more pressure than an Irish stew being cooked, they held strong. Jess Cullen stood tall as key central defender, clearing ball after ball out through the wings. Nadia Cascianelli was getting the job done until saving a potential match-equaling goal with her abs. She returned later in the game for 30 seconds before coping some friendly fire in the ribs. Aeon Devlin kept a clean sheet with some crucial saves and represented well. The defenders were as miserly as Scrooge McDuck, letting nothing through. Good job.

There were chances in the second half but in the end it was all about each player filling their role – defenders clearing out the ball and shutting down Scopus; mids supporting the backs and setting up the forwards, and; strikers getting dangerous, creating and scoring. In the end this was the difference.

Premierships are very hard to come by and require a consistent approach for a whole season, not just on Grand Final day. Well done on a fantastic year with Mr Hopkins, capped off by a fantastic and solid performance in the big one. A truly, well deserved win. Enjoy your success.

In short:
- Aeon Devlin – goal keeper, clean sheet = job done
- Angie Meyer – hard as nails, straight off her death bed onto the pitch
- Anna Noiman – rock solid in defence, filled her role
- Brooke McGurgan – great work rate, Seiko reliability, unbeatable
- Chloe Fleckhammer – subtracter, the difference, goal scorer in the big one
- Helena O’Donohue – filled the role up front then through the middle, good
- Holly White – star up front, relentless work ethic, baggy shorts
- Issy Cimo – stepped up in the second half, good through the middle
- Jess Cullen – bronzey spesh, owned the defence, superboot
- Laura Hebblethwaite – very good work rate through the middle, filled her role
- Leah Wingett – relentless running, covered more territory than the early settlers
- Lucy Collins – key defender, also worked well on throw ins and ball movement forward
- Monique Nogueira – key to the victory, tireless down back, set up mids/strikers
- Nadia Cascianelli – put her body on the line, committed
- Neesha Shimmen – improved in the second half, grew in confidence

Congratulations also to the Senior Boys Football, Year 9 Girls Lawn Bowls and Year 9 Girls Football teams who also took out premierships.