In Psalm 46:10 God calls us to be still:

"Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.

Being still before God takes time. It involves stopping, resting and listening to what He is saying, acknowledging that He is the Almighty, Everlasting God and worthy of all our praise.

Being still is worthwhile because in the stillness we meet our God, the God of restoration, renewal and transformation. In that place we find ourselves being drawn away from the frenetic pace of life to what is really important, what we are created for, to exalt and to worship God.

Dear God,
Speak gently in my silence.
When the loud outer noises
of my surroundings,
and the loud inner noises
of my fears
keep pulling me away from you,
help me to trust
that you are still there
even when I am unable
to hear you.

"Come to me,
all you who are
overburdened,
and I will
give you rest...
for I am gentle
and humble
of heart."

Let that
loving voice
be my guide.

Amen.

Henri J.M. Nouwen
FROM THE PRINCIPAL’S DESK

Dear Members of the Mount Lilydale Mercy College Community

How quickly the time passes. This stage of the year is full of new endings and new beginnings for each and every one of us.

Our Year 12 Group for the most part have finished their final exams, with only a few to go and look forward to their Graduation next Monday. Graduation is the final celebration whereby we farewell them as members of College, but not members of our Community. We farewell them from the safety of school and send them out into the world hoping that they have been readied and knowing that they have been prepared. Leaving home is a time full of emotion for both the young adult and the parent. We wish them well, each and every one of them and pray for their happiness in a life of meaning.

Our Year 11 Group have now finished all their exams and assessment tasks. Today they celebrate their time together over this year with their Year Level Mass, Assembly and Awards Ceremony. Tomorrow they start their Academic Foundation Program. Tomorrow they start Year 12. Tomorrow they start a new opportunity. Tomorrow they start their final step in becoming the Graduation class of 2017. We pray and wish them well.

Year 10 start their exam period at the end of this week with Year 9 to follow next week. This is a period of time when all are looking to the future with the idea of performing to their best.

Recently I read an article published in “Principals Digests” which referred to the Peak Performance Pyramid which was based on an article published in the Harvard Business Review in January 2001 called “The Making of a Corporate Athlete” written by Jim Loehr and Tony Schwartz.

At this time of new beginnings and new endings like exams, I thought it appropriate to share the article with you. I liked the four levels of the performance pyramid that it referred to. I hope you find it worth the read.

THE PEAK PERFORMANCE PYRAMID

People who do well – in their careers, in sports, in exams – aim for peak performance. They want to be at their best, doing their best. How can you reach peak performance so that, when you sit your exams, you can be confident you are able to give your best and gain the results you are aiming for?

The best performers tap into positive energy at all levels of the performance pyramid. This pyramid has four levels and they are all important.

First of all, even for studying, you have to be able to find the energy you need when you need it. That means sticking to a routine of hard work and short breaks to refresh your mind and body. This might be 45 minutes of concentrated study followed by a 10 minute walk or a few minutes doing something you enjoy, before getting back to your work. People who do not establish a routine waste time and energy. Regardless of their talent, they become more vulnerable to frustration, anxiety and loss of concentration and far more likely to choke under pressure. So a good examination routine means concentrated study combined with regular exercise, good food and enough sleep.

The second level is positive emotions. When you feel optimistic and confident, these emotions ignite the energy that drives high performance. Negative emotions like frustration and fear drain your energy and can wreck your performance. Positive emotions reduce your stress but negative emotions increase stress. If you are feeling negative emotions, and we all do at times like examinations, try to act as if you are feeling confident and optimistic because getting rid of negative feelings will help you succeed.

The third level is focus. Keep your mind on your goals and what you need to do to achieve them. Resist being distracted. You will have all summer for everything else you enjoy. For this short but important time in your life, keeping your focus is vital.

The fourth level, which will help with everything else, is to tap into your deepest values and develop a strong sense of purpose. In the face of challenges like examinations, knowing what you stand for and what you value in life is a powerful source of motivation, focus, determination and resilience.

We need to remind ourselves what is truly important to us so we can find the energy, the focus and the positive attitude that will bring success not only in exams, but also in life.

So there you have it: energy, positive emotions, focus and knowing what you truly want are the foundation for examination success.

Last weekend saw the Old Collegians host the Mass of Rememberance whereby families of past students are welcomed to the College to celebrate and pray forthose that have gone before us. As part of the Eucharist the names of all deceased sisters who have served at Mount Lilydale Mercy College are remembered as well as Lay people and students who have passed whilst associated with the College. This year a plaque was blessed in the memorial rose garden to remember Peter Vanderhorst who passed away earlier this year. Peter was instrumental in helping to manage College finances at the time of the intake of boys during the 1970s.

God Bless

Philip A Morison
Principal
As we enter the final few weeks of the school year there is much activity as assessment tasks and exams are completed, award ceremonies and liturgies are conducted to celebrate achievements and programs are run that commence the academic program for Years 11 & 12 in 2017. Students are having their subject selections confirmed for 2017 and booklists are available. It is important that parents keep a close check on the various notifications on the Parent Access Module.

**Some key dates for the remainder of the 2016 school year:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, Nov 14</td>
<td>Year 11 Mass and Awards Ceremony</td>
</tr>
<tr>
<td>Tuesday, Nov 15</td>
<td>Year 12 2017 Academic Foundation Program commences</td>
</tr>
<tr>
<td>Tuesday, Nov 15</td>
<td>Art Exhibition – parent viewing (7.30pm)</td>
</tr>
<tr>
<td>Wednesday, Nov 16</td>
<td>Sports Awards (7.30pm in the Doyle Centre)</td>
</tr>
<tr>
<td>Monday, Nov 21</td>
<td>Year 12 2016 Graduation (Melbourne Park)</td>
</tr>
<tr>
<td>Nov 21-24</td>
<td>Year 9 &amp; Year 10 exams</td>
</tr>
<tr>
<td>Friday, Nov 25</td>
<td>Year 10 Mass and Awards Ceremony</td>
</tr>
<tr>
<td>Friday, Nov 25</td>
<td>Year 12 2017 Academic Foundation Program concludes</td>
</tr>
<tr>
<td>Nov 28 – Dec 1</td>
<td>Year 11 2017 Academic Foundation Program</td>
</tr>
<tr>
<td>Tuesday, Nov 29</td>
<td>Family Service of Carols (6:00pm)</td>
</tr>
<tr>
<td>Wednesday, Nov 30</td>
<td>Year 9 Mass (11am) and Year 9 Awards Ceremony (9am)</td>
</tr>
<tr>
<td>Thursday, Dec 1</td>
<td>Year 7 Mass (11am) and Year 7 Awards Ceremony (9am)</td>
</tr>
<tr>
<td>Thursday, Dec 1</td>
<td>Year 8 Mass (9am) and Year 8 Awards Ceremony (11am)</td>
</tr>
<tr>
<td>Thursday, Dec 1</td>
<td>Classes conclude for Years 7, 8, 9 &amp; 10.</td>
</tr>
<tr>
<td>Monday, Dec 5</td>
<td>2017 Prefect Leadership Day</td>
</tr>
<tr>
<td>Monday, Dec 12</td>
<td>Night of Excellence (7.30pm in the Doyle Centre)</td>
</tr>
<tr>
<td>Friday, Dec 16</td>
<td>College Office closes</td>
</tr>
</tbody>
</table>

**Key dates for 2017 school year:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, Jan 18</td>
<td>College Office opens</td>
</tr>
<tr>
<td>Thursday, Jan 19</td>
<td>Book Collection (3.00-5.30pm)</td>
</tr>
<tr>
<td>Wednesday, Feb 1</td>
<td>Year 7 and Year 12 students commence</td>
</tr>
<tr>
<td>Thursday, Feb 2</td>
<td>All students at school</td>
</tr>
<tr>
<td>Friday, Feb 3</td>
<td>School Photos</td>
</tr>
<tr>
<td>Feb 6-7</td>
<td>Year 12 Retreat</td>
</tr>
<tr>
<td>Feb 13-17</td>
<td>Year 7 Camp</td>
</tr>
<tr>
<td>Wednesday, Feb 22</td>
<td>Opening School Mass</td>
</tr>
<tr>
<td>Friday, Feb 24</td>
<td>College Swim Carnival</td>
</tr>
<tr>
<td>Wednesday, March 8</td>
<td>College Community Mass (7.30pm)</td>
</tr>
<tr>
<td>Monday, March 13</td>
<td>Labour Day (Public Holiday)</td>
</tr>
<tr>
<td>March 20-24</td>
<td>Year 9 Camp</td>
</tr>
<tr>
<td>Tuesday, March 28</td>
<td>Unit 3 (Year 12) Student Progress Interviews (afternoon/evening)</td>
</tr>
<tr>
<td>Friday, March 31</td>
<td>Term 1 concludes</td>
</tr>
<tr>
<td>Friday, April 14</td>
<td>Good Friday</td>
</tr>
<tr>
<td>Sunday, April 16</td>
<td>Easter Sunday</td>
</tr>
<tr>
<td>Monday, April 17</td>
<td>Easter Monday (Public Holiday)</td>
</tr>
<tr>
<td>Tuesday, April 18</td>
<td>Student Progress Interviews Years 7-11 (student free day)</td>
</tr>
<tr>
<td>Wednesday, April 19</td>
<td>All students commence Term 2</td>
</tr>
<tr>
<td>Date</td>
<td>Event Description</td>
</tr>
<tr>
<td>------------------------</td>
<td>---------------------------------------------------------------</td>
</tr>
<tr>
<td>Wednesday, April 19</td>
<td>Student Progress Interviews Years 7-11 (4.00-8.30pm)</td>
</tr>
<tr>
<td>Friday, April 21</td>
<td>College Athletics Carnival</td>
</tr>
<tr>
<td>Tuesday, April 25</td>
<td>ANZAC Day (Public Holiday)</td>
</tr>
<tr>
<td>May 15-16</td>
<td>Year 11 Retreat</td>
</tr>
<tr>
<td>Friday, May 26</td>
<td>Staff Professional Development Day (student free day)</td>
</tr>
<tr>
<td>Friday, June 30</td>
<td>Term 2 concludes</td>
</tr>
<tr>
<td>Tuesday, July 18</td>
<td>Term 3 commences for all students</td>
</tr>
<tr>
<td>Friday, September 22</td>
<td>Term 3 concludes</td>
</tr>
<tr>
<td>Monday, October 9</td>
<td>Term 4 commences or all students</td>
</tr>
</tbody>
</table>

In 2017 the Japan Study Tour will take place. Tentative dates are Saturday, September 16 until Tuesday, October 2. The tour will be open to students in Years 10 & 11 in 2017. Preference will be given to students studying Japanese but non language students are also invited to apply. The cost of the trip will be approximately $3,600- but the final figure will depend on the size of the group. The program involves an immersion experience with our sister school, Horyuji International High School in Nara as well as time in Hiroshima and Tokyo. Further details can be obtained by contacting Mr Johnston. Students can make application for the tour by writing an expression of interest letter to Mr Morison outlining why they would like to participate in the tour and what they would hope to gain from it. These letters should be delivered to Student Reception in a clearly marked envelope by Tuesday, November 29.

Related to this is the news that in March of 2017 our school community will host staff and students from Horyuji International High School. This cultural exchange is a fantastic way to learn something about a culture that is very different to our own and to help develop the sister school relationship that has been operating for many years. Students interested in participating in the Japan Study Tour later in the year are strongly encouraged to act as hosts for the Horyuji visit. Horyuji have indicated that they have around 12 students involved in the visit so I encourage you to consider hosting. If you are willing to host a Japanese student for a two week period in mid to late March next year you can ring me on 9237 1334 or via email mjohnston@mlmc.vic.edu.au

Michael Johnston
Deputy Principal - Studies

FROM THE ACTING DEPUTY PRINCIPAL STUDENTS - JOHN RODGERS

Dear Parents/Guardians,

We need to inform you that there has been an outbreak of head lice within the school community.

Unfortunately head lice continue to cause concern and frustration for some parents, teachers and children. Please remember to be vigilant with regular head lice checks (preferably once a week); even in older students. Long hair should be tied back to help prevent the spread of head lice through direct hair to hair contact. If live lice are found, please notify the school and advise when treatment was started.

Head lice cannot be completely eradicated, however our aim is to create and maintain a well-informed school community (parents, teachers, students) confident in the ability to manage head lice effectively. Head lice infestations are as much a social issue as they are an educational or health issue; therefore we encourage all parents, staff and students to learn more about head lice so as to help remove any stigma or potential bullying associated with the issue.

- It is parents’ responsibility to ensure their child does not attend school with untreated head lice and as such, if live lice are found in hair students will be removed from classes and parents contacted to collect their child for treatment.
- It is the schools responsibility to inform parents when head lice have been detected within the community, provide parents with resources to adequate information on the detection, treatment and control of head lice as required; and maintain confidentiality when instances of head lice are detected amongst students.

Exclusions under the Health (Infectious Diseases) Regulations 2001 refers to the exclusion of children from school until the day after appropriate treatment has started. For instance, the use of combing and conditioner can constitute appropriate treatment. If a child re-attends school with live lice they can again be excluded until the live insects have been removed.

Department of Human Services

Head lice can be controlled – it takes a consistent systematic community based approach.

- Feel free to contact MLMC First Aid Nursing Staff for more information on 92371396

John Rodgers
Acting Deputy Principal - Students
This school community promotes the safety, wellbeing and inclusion of all children | Page 5

**Sacraments**
On the 18 October at their final Year 12 Mass, two graduating students, Charlotte Hulland and Molly MacKinnon, made the commitment of deepening their Catholic faith through the reception of several sacraments.

Charlotte made her first Reconciliation before the Mass and received the sacraments of Eucharist and Confirmation.

Molly received the sacrament of Baptism as well as Eucharist and Confirmation.

To commemorate this occasion two olive trees were planted on the school grounds.

We offer these two young women our heartfelt congratulations!

Thank you for being such beautiful witnesses to your personal faith and may God continue to renew and strengthen you through these sacramental graces.

Molly wrote...

"I feel so happy and grateful to be baptised and confirmed within our school community that I have grown with for the past 6 years. Baptism to me has always been something I wanted to receive, and to receive it surrounded by my peers, teachers and family at Mount Lilydale Mercy College was truly a blessing. I would like to thank the College Staff who were all involved with the process but especially Ms Keogh, who was there every step of the way for both Charlotte and I."

**Crazy Sock Day**
Crazy Sock Day is a day where we get the opportunity to wear our craziest socks to raise money for Catholic Mission by donating a gold coin. Catholic Mission is an organisation that raises money by using events such as Socktober to ‘sock it to poverty’ and help those in developing countries. On the day we had a Sock Parade where we did a cat walk in the Youth Ministry Lounge and showed off our socks.

There were also prizes for the best pairs. I won a prize for my crazy socks that I decorated myself.

This year, Catholic Mission’s Socktober theme was ‘just as you did it to one of the least of these, you did it to me’ from the gospel of Matthew. Our money went towards education programs for children in Cambodia who live in the slums. I learned that just a gold coin each from a whole school can do wonders for children living in poverty, a small community can make a big difference and everyone working together can change the world.

Kirsten Moerth | 8 White

**Assist a Student Campaign – St Vinnie’s**
Last term the year eight students at Mount Lilydale Mercy College raised $1540 for the Assist a Student program through St. Vinnie’s. The funds will be going to help 22 students of various ages in the Philippines. It was a homeroom challenge. Money was raised through donating to a loose change jar.

Our class 8 Red participated in Assist- a- Student. The whole class raised a total of $540; the highest total. The money raised goes to help children in other countries that don't have the resources like we do. We were really happy and grateful to donate because we knew it was going to a great cause. Throughout term 3 we studied the novel Trash about kids who live in the Philippines on a dumpsite. That helped us to have a greater understanding of the situation, some kids in the Philippines face everyday.

Lexie Cilia & Molly Bollaart | 8 Red
Family Service of Carols

Tuesday 29 November
6.00 – 7.30pm

An informal gathering but a great way to start preparing for Christmas

Come along and bring the family and a picnic or buy a sausage from the BBQ.

Dress the children as shepherds, angels or kings.

Candles and Carol Booklets on sale.

Hope to see you.
Operation Christmas Child

Operation Christmas Child is an initiative of international relief agency, Samaritans Purse. Every year, millions of shoeboxes are packed with gifts and sent overseas to children in disadvantaged areas who do not necessarily receive Christmas gifts or have anything new to call their own. Boxes packed in the U.S., Australia, Finland, Germany, Japan, New Zealand, Canada, Spain, and the U.K. are shipped and distributed to over 100 countries worldwide. Samaritan’s Purse is dedicated to allowing children to experience God’s personal love for them through the joy of receiving a special gift. This is an excellent project to foster gratitude for what we have and engage in a spirit of giving as we approach Advent and the Christmas season.

Each year level has received a demographic to target:
- **Year 7**: 2-4 year old girls
- **Year 8**: 2-4 year old boys
- **Year 9**: 5-9 year old girls
- **Year 10**: 5-9 year old boys
- **Year 11**: 10-14 year old girl
- **Staff**: 10-14 year old boys

<table>
<thead>
<tr>
<th>6 Essential Items to Include</th>
<th>Prohibited Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Something to love</td>
<td>✗ Items that leak or melt</td>
</tr>
<tr>
<td>Teddy bear, doll or soft toys.</td>
<td>Toothpaste, shampoo or bubble mix.</td>
</tr>
<tr>
<td>✓ Something to wear</td>
<td>✗ Food of any kind</td>
</tr>
<tr>
<td>T-shirt, shorts, cap/hat, shorts, beanie or sandals.</td>
<td>✗ Battery operated toys</td>
</tr>
<tr>
<td>✓ Something for personal hygiene</td>
<td>✗ Used or damaged items</td>
</tr>
<tr>
<td>Face washer, soap, toothbrush, hairbrush or comb.</td>
<td>No worn clothing or old toys.</td>
</tr>
<tr>
<td>✓ Something for school</td>
<td>✗ Breakable items</td>
</tr>
<tr>
<td>Exercise book, pencil case, pencils, sharpener, eraser or chalk.</td>
<td>Glass, mirrors or porcelain.</td>
</tr>
<tr>
<td>✓ Something to play with</td>
<td>✗ Items that could scare a child</td>
</tr>
<tr>
<td>Tennis ball, cars, skipping rope, marbles, musical instrument, yo-yo, slinky or finger puppets.</td>
<td>Toys related to violence or skull motifs.</td>
</tr>
<tr>
<td>✓ Something Special</td>
<td>✗ Gambling related toys</td>
</tr>
<tr>
<td>Carry bag, sunglasses, bangles, necklaces, craft kits, stickers or something sparkly.</td>
<td>Play money and playing cards.</td>
</tr>
<tr>
<td></td>
<td>✗ Religious literature or symbols</td>
</tr>
</tbody>
</table>

The cut-off date for all boxes to be in by is **Friday 18th November**. In addition to the gifts, every box requires $9 with it to cover postage and handling. As a school community, we look forward to entering into the spirit of the season as we approach Advent. Thank you in advance for support of this initiative.
FROM THE FINANCE DEPARTMENT

OUTSTANDING FEES

Thank you to all parents and guardians who have once again cooperated with the payment of school fees during 2016. As at early November we have 31 outstanding accounts. We urge these parents and guardians to make immediate payment or contact with Dean De Munk directly at the College on ph. 9237 1314 to avoid unnecessary collection action.

This includes any parent or guardian who has a direct debit or credit arrangement whereby a payment may have declined during the year and has not been made up.

If you have an existing approved arrangement whereby the payment of fees are regular which will allow for a zero balance by November 18 there is no need to make contact.

2017 COLLEGE FEES

The 2017 College fees have now been set. The all inclusive fee for 2017 is $6,400 for all year levels. The Principal’s annual fee letter explaining the fee increase has been uploaded onto the portal and can be viewed under the docs tab. You must select the 1st name listed on your fee account to view this letter. Please phone the College if you are experiencing difficulties locating the letter.

The 2017 College fee statements will be available via the Parent Portal from 20 January 2017. You can view your statement and make payment on the Parent Portal from this date. Families that have chosen the option of having their statement emailed will also receive a copy via this method. Please note that no statements will be posted next January so if you are having trouble viewing your statement via the Parent Portal, please phone the College on ph. 9237 1315.

PAYMENT PLANS

Once again, all current families will automatically continue with the same automatic payment plan that they have set up for the payment of fees in 2016. If you wish to change your current payment plan, please click on the following link to access the form to be completed. Any changes must be done prior to 9 December 2016.

Payment option form - [http://web.mlclilydale.catholic.edu.au/docs/2016/Payment%20Option%20Form.pdf](http://web.mlclilydale.catholic.edu.au/docs/2016/Payment%20Option%20Form.pdf)

MACBOOK AIR DEPOSIT – YEAR 9 2017

The deposit for the Year 9 Macbook Air was due on 28 October. Devices have now been ordered for families that have paid their deposit. The MacBooks will be distributed early in Term 1 2017.

If you have not paid your deposit as yet, please do so via the Parent Portal by Friday 18 November. This is to ensure a device is ordered for your student. Please contact the Finance Office if you are unable to pay by this date.

FIRST AID | HAY FEVER

A reminder of the severity of this years hay fever season and for those students who suffer from hay fever to take an antihistamine every morning before school, rather than relying on First Aid when symptoms arise.

LEGAL STUDIES

On Thursday 3 November Belinda Spong (Year 12 class of ‘94) kindly gave of her time to address Unit 2 Legal Studies students about her role as a Family Law Specialist with MST Lawyers in Mount Waverley. Belinda focused on her work with families and couples working through the legal issues surrounding separation and divorce, a topic directly connected to Unit 2 Legal Studies, Area of study 2 ‘The Law in Focus.’

Belinda’s presentation was informative and engaging, taking the students through the complicated steps involved in working through the dissolution of a relationship, particularly where legal issues concerning children or property and other assets must be resolved. She also touched on the issue of family violence, providing students with some sobering statistics concerning the prevalence of this problem within the Yarra Valley. Belinda’s consideration of the breadth of behaviours that may constitute ‘violence’ under the law left students with a greater understanding of this topical issue and provided them with a number of sources from which they may seek further information or support.

The class was most appreciative of Belinda’s generosity in taking time out of her busy schedule to visit the College and very thankful for the opportunity to develop their understanding of such a specialist area of the law.
ART EVENTS

We have two very important Arts Events that we would like to invite you all to, coming up in the next two weeks.

Annual Art Exhibition - Opening Celebration and Awards night on:
Date: Tuesday 15 November
Time: 7:30pm
Venue: McAuley Hall & the CSYMA Lounge.

The most outstanding Visual Arts works from years 7 to 12 will be on display this evening. In addition, awards will be presented to students who have achieved the most outstanding work in each subject. Formal proceedings will start at 7:50pm. A special year 11 Media Showcase will screen from 6:30 to 7:30pm, and our year 12 showcase from 8:30 to 9:30pm.

We would be delighted to see you there to recognize the huge amount of time, energy and passion that our year VCE students invest in their folio subjects. A light supper and refreshments will be served while you observe the work of our very talented students. Students are not required to be in uniform.

Music Concert
Date: Tuesday 22 November
Time: 7:30pm
Venue: Centennial Hall

The end of semester Music Concert will feature the Concert Band, Kool Skools Program, Year 8 classroom music, Junior and Senior A Capella Ensembles, Guitar Ensemble, Violin Ensemble and a wide range of instrumental and voice soloists. It will be a fantastic night full of entertainment, and we’d love to see you all there!

Ben Brice
Faculty Leader - The Arts

ULTIMATE FRISBEE

Senior Sport students visited Ruffey Park Lake as part of the Ultimate Frisbee Challenge Group.
All 2017 VET Students are reminded to attend the college for the upcoming VET orientation program.

Date 7 December
Time 1.30

Venue Lecture theatre
- Building & Construction 1-2
- Interactive Digital Teacher 1&2
- Interactive Digital Teacher 3&4
- Engineering 1&2
- Hospitality 1&2

Students will be introduced to their 2017 teachers who will explain new course outlines and describe the requirements and expectations of the coming year. Information regarding all required course material will also be presented. It is imperative that you attend this program. If you have any issues regarding attendance, please contact Mr Feher or Timetabling see Mr Vallis.

VET Sport & Recreation students are not required as they have already commenced their 2017 AFP program.

All external VET students should have been contacted regarding their respective Orientation programs, if you have not received notification regarding this please contact Mrs Snell to confirm details.

SPORTS REPORT

YEAR 9 RESULTS 3 NOVEMBER

<table>
<thead>
<tr>
<th>Sport</th>
<th>Opponent</th>
<th>Result</th>
<th>Winner</th>
<th>Best Player</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys Indoor Soccer A</td>
<td>Billanook</td>
<td>3-4</td>
<td>Billanook</td>
<td>Flynn Tirchett</td>
</tr>
<tr>
<td>Boys Indoor Soccer B</td>
<td>Billanook</td>
<td>7-4</td>
<td>MLMC</td>
<td>Stefan Giusto</td>
</tr>
<tr>
<td>Boys Indoor Cricket</td>
<td>Billanook</td>
<td>99-97</td>
<td>MLMC</td>
<td>Brayden Neilson</td>
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<tr>
<td>Boys Volleyball A</td>
<td>Billanook</td>
<td>0-3</td>
<td>Billanook</td>
<td>Michael Platten</td>
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<tr>
<td>Boys Volleyball B</td>
<td>Billanook</td>
<td>3-0</td>
<td>MLMC</td>
<td>Dan Bresnan</td>
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<tr>
<td>Boys Netball A</td>
<td>Billanook</td>
<td>38-21</td>
<td>MLMC</td>
<td>James Macfarlane</td>
</tr>
<tr>
<td>Boys Netball B</td>
<td>Billanook</td>
<td>44-2</td>
<td>MLMC</td>
<td>Koby Wyatt</td>
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<tr>
<td>Boys Touch Football</td>
<td>Billanook</td>
<td>9-7</td>
<td>MLMC</td>
<td>Tom Trezise</td>
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<tr>
<td>Girls Volleyball A</td>
<td>Tintern</td>
<td>0-3</td>
<td>Tintern</td>
<td>Madi Whelan</td>
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<tr>
<td>Girls Volleyball B</td>
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<tr>
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<td>Neve Biggin</td>
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<td>Taylah Paterson</td>
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<td>Tintern</td>
<td>8-4</td>
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<tr>
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<td>4-2</td>
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<td>Ivy Ferguson-Mayer</td>
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<tr>
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<td>6-0</td>
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<td>Lucy Ryguschek</td>
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**Year 9 Results 10 November**

<table>
<thead>
<tr>
<th>Sport</th>
<th>Opponent</th>
<th>Result</th>
<th>Winner</th>
<th>Best Player</th>
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</thead>
<tbody>
<tr>
<td>Boys Indoor Soccer A</td>
<td>Luther</td>
<td>6-1</td>
<td>Luther</td>
<td>Nicholas Sanelli</td>
</tr>
<tr>
<td>Boys Indoor Soccer B</td>
<td>Luther</td>
<td>3-2</td>
<td>MLMC</td>
<td>Romero Angelo</td>
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<tr>
<td>Boys Netball A</td>
<td>Billanook</td>
<td>38-20</td>
<td>MLMC</td>
<td>James Macfarlane</td>
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<td>Boys Netball B</td>
<td>Billanook</td>
<td>41-5</td>
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<td>Garrett Harrington</td>
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<table>
<thead>
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<th>Opponent</th>
<th>Result</th>
<th>Winner</th>
<th>Best Player</th>
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<td>Luther</td>
<td>Darcy Hamilton</td>
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<tr>
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<td>Luther</td>
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<td>0-0</td>
<td>Luther</td>
<td>Molly Matthews</td>
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<td>Girls Badminton</td>
<td>Luther</td>
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<td>Grace Staindl-Dymond</td>
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<td>Alana McGurgan</td>
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<td>MLMC</td>
<td>Ivy Ferguson-Mayer</td>
</tr>
<tr>
<td>Girls Table Tennis B</td>
<td>Tintern</td>
<td>6-0</td>
<td>MLMC</td>
<td>Lucy Ryguschek</td>
</tr>
</tbody>
</table>

**Term 4 Sport Reminders**

Hats: Please remember hats for Sport in Term 4.

Bags: Please DO NOT bring your school bag to Sport unless you are in an EISM Team.

Socks: Black socks are NOT to be worn with the Sports Uniform. Detentions will be issued.

**Sports Awards**

This Wednesday 16th November (7.30pm-9.00pm) in the Doyle Centre. Students have been notified via the parent portal if they are receiving an award on this night. We look forward to seeing you there to celebrate the achievements of our sporting champions.

Our guest speaker this year is Brooke Stratton, who has just competed at the Rio Olympics and made the final of the Long Jump, so we look forward to hearing from her also.

See you there!

**Student Achievements**

**Inline Hockey**

Mount Lilydale has recently had 4 students competing at Inline Hockey Nationals, representing their state across various age groups.

Lachie Cincotta (Year 7) - Bronze & Gold

Daniel Bresnan (Year 9) - Bronze

Neve Biggin (Year 9) - Bronze & Gold

Patrick Biggin (Year 12) - Gold

All representatives played very well and Victoria took out the overall Championships. Lachlan and Neve were also the assistant captains and playing in two divisions.

On top of this, Neve has also been selected to play in the Under 18 Womens team at the World Roller Championships to be held next August 2017 in Nanjing, China.

Congratulations to these 4 superstars on their results!
Victorian All Schools Track and Field Championships

Congratulations to Olivia De Vincentis (Year 7), Harrison van Duuren (Year 8) and Patrick Keating (Year 9) who all represented MLMC last weekend at the Vic All Schools Track and Field Championships in Melbourne.

Olivia competed in the 400m and finished 10th, narrowly missing the Final.

Harrison competed in the 2000m Steeplechase and finished 3rd.

Pat competed in the 100m (18th), 200m (16th) and Long Jump (8th)

2017 Eastern Ranges Girls Academy football squad

Congratulations to the following students who have made the 2017 Eastern Ranges Girls Academy football squad. They shortly begin training in preparation for representing the Eastern Ranges team next year.


This is very exciting with the future of Women's AFL looking bright!

If you have any student achievement news, please email dwebb@mlmc.vic.edu.au
IMPORTANT INFORMATION: CALCULATORS FOR 2017

Details of calculator arrangements for 2017 appear below for clarification.

<table>
<thead>
<tr>
<th>YEAR LEVEL</th>
<th>CALCULATOR REQUIRED</th>
<th>All students</th>
</tr>
</thead>
<tbody>
<tr>
<td>YEAR 7</td>
<td>Sharp EL-531</td>
<td>(On Booklist)</td>
</tr>
<tr>
<td>YEAR 8</td>
<td>Sharp EL-531</td>
<td>(On Booklist)</td>
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<tr>
<td>YEAR 9</td>
<td>Texas Graphic TI-Nspire CAS Calculator</td>
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<td>YEAR 10</td>
<td>Texas Graphic TI-Nspire CAS Calculator</td>
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<tr>
<td>YEAR 11</td>
<td>Texas Graphic TI-Nspire CAS Calculator</td>
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</tr>
<tr>
<td>YEAR 12</td>
<td>Texas Graphic TI-Nspire CAS Calculator</td>
<td></td>
</tr>
</tbody>
</table>

PURCHASE INSTRUCTIONS FOR TI-NSPIRE CAS CALCULATORS

The TI-Nspire calculators may be purchased from Haines Educational as per the instructions below. This arrangement has been made with Haines to reduce the cost of the new calculator for parents. Preloved calculators may be used.

COST: TI-Nspire CX CAS Inc. free wallet and pre-registered 3 year warranty and USB wall charger $213 ($205 without charger)

MOUNT LILYDALE MERCY COLLEGE CALCULATOR PORTAL INSTRUCTIONS

It’s easy, just follow the steps below.
1. Go to the Haines Educational home page at www.haines.com.au
2. Click on portal link (underneath the My Cart box) halfway down page on left side
3. Enter code mlmc (lower case only), School portal page will open
4. Follow the instructions and add your required calculator package
5. Check that details are correct in MY CART (yellow box on left), proceed to checkout
6. Ensure that the Student’s Name is entered (required for delivery at College)
7. Add details, address and contact number (Ignore any ticks in boxes as delivery will be to College)
8. Complete payment method (Mastercard or Visa only available)
9. Click on Place Order, (a confirmation email will be sent to you, retain for collection/taxation purposes.
10. Click on return to home page. (at top of page) Order completed

Any problems ring Haines Educational  87366000

Deadlines: 20/01/2017 for 30/01/2017 delivery to MLMC
10/02/2017 for 17/02/2017 delivery to MLMC
Orders made after these dates will incur a $12 delivery fee
Instrumental Music Information Night

Is your son or daughter interested in learning a musical instrument at MLMC?

Please come to our music information night for new music students. On this night you’ll discover what learning an instrument can do for your child.

- Meet the instrumental teaching staff
- Try all the instruments we have on offer
- Discover our bands and ensembles
- Learn about the scholarships available

Held in the Music Rooms. 7:30pm. Nov 17th.

Further Question, ask Sharon Flint in the Music Office on: 9739 2217
MOUNT LILYDALE MERCY COLLEGE
2016 SEM 2
MUSIC CONCERT
CENTENNIAL HALL
NOV 22
7:30PM
SHOWCASING:
THE CONCERT BAND
KOOL SKOOLS PROGRAM
YR 8 CLASSROOM MUSIC
THE SENIOR A CAPPELLA ENSEMBLE
THE JUNIOR A CAPPELLA ENSEMBLE
INSTRUMENTAL AND VOICE SOLOIST
ALL WELCOME
2017 Instrumental Music Program Information

Music plays an important part in the life of our College. We offer individual one-to-one tuition in:

- Voice
- Piano
- Guitar
- Drums
- Cello
- Violin
- Clarinet*
- Flute*
- Trumpet*
- Trombone*
- French Horn*
- Saxophone*

*We offer group lessons for ALL students in Woodwind and Brass

We have a wide range of strings, wind and brass instruments available for loan at no cost with tuition. (Bond required for all Loans. Information is available from the Music Department.)

- **Enrolment:** Upon receiving your completed enrolment form, you will receive confirmation of enrolment via email. The music department will contact the student and parent via email informing them of their first lesson day, time and venue. Once a student is enrolled, enrolment is automatically rolled-over term to term, unless withdrawn. (Withdrawal from lessons is outlined below).

- **Lesson Type:**
  - Private - 30 mins one-to-one lessons $36 per lesson
  - Group - 30 mins (Woodwind and Brass) $23.75 per lesson
  - Instrumental plus Theory 45 min - $54 per lesson
  (Group lesson availability is conditional upon number of student enrolment).

- **Occurrence:** 32 lessons spread across the year. Tuition is on the same day each week, times are on a rotating timetable, all students will receive 8 instrumental music lessons per term. Upon request, a regular lesson time may be negotiated with the Instrumental Music Secretary depending on availability.

- **Fees:** All fees are payable directly to Mount Lilydale Mercy College IN FULL at the beginning of each term. Alternatively, a weekly/fortnightly/monthly direct debit plan or credit card payment can be arranged with the Finance Department. If you have any questions in relation to payment of the Instrumental Music fees, please contact the College Finance Office immediately on 9735 4022.
  - Administration fee: $85 (This is an annual payment and will be added to the first Term fee)
  - Term Fee: Private: $288 per Term
  - Group: $190 per Term
  - Instrumental plus Theory 45 mins: $432 per Term

- **Scholarships:** 24 Instrumental Scholarships equal to half the fees of private instrumental/vocal lessons for the year are available upon audition, to successful applicants. This reduces the fee to $144 per term. See the application form attached for more details.

- **Absence from lesson:** If a student knows that they will be absent from school on the day of their lesson due to camps, excursions, test, medical appointments etc., they are required to notify the Instrumental Music Secretary at least one week in advance, via email sflint@mlmc.vic.edu.au or phone 9739 2217. If a student is ill on the day of their lesson, parents must make contact with the Instrumental Music Secretary on 9739 2217 no later than 8.30am, otherwise the full fee will be charged. All non-notified absences will be charged: Parents/Guardian will be notified of the absence via sms.
  As our teachers are sometimes engaged in other professional activities at short notice, a “Catch Up” lesson will be scheduled as soon as possible.

- **Withdrawal from lessons:** No student may withdraw from Instrumental Music Lessons during a term, except at the request of the instrumental teacher. Lessons may only cease at the end of a term. A Notice of withdrawal form must be completed and signed four weeks before the end of term if lessons are to be cancelled, then given to Mrs Sharon Flint in the Music Department. Withdrawal forms are available from the Music Department.

- **Ensembles:** All students enrolled in our instrumental music program must participate in at least one (1) of our ensembles.
  - Concert Band (Tuesday 3.30 to 5.30pm)
  - Junior A Capella Ensemble (Wednesday lunchtimes)
  - Guitar Ensemble (Wednesday lunchtimes)
  - String Ensemble (Thursday lunchtimes)
  - Choir (Thursday 3.30 to 5.00pm)
  - Senior A Capella Ensemble(Friday lunchtimes)

Enrolment in the Instrumental Music Program is very simple. Complete the following form and return it to Reception or the Music Department. Any questions can be forwarded to Mrs Sharon Flint (Instrumental Music Secretary) on 9739 2217 or email sflint@mlmc.vic.edu.au
2017 Instrumental Music Scholarship Application Form

Please return to Reception, Music Department or email sflint@mlmc.vic.edu.au

To encourage excellence in Music, Mount Lilydale Mercy College awards 24 Instrumental Music Scholarships to students equal to half the fees of private instrumental/vocal lessons for the year. This reduces the fee to $144 per term.

Scholarships are given to students who display an outstanding ability at their chosen instrument (including voice) for their age. Scholarships are awarded based on their performance in an Audition.

**Year 7 Students (commencing in 2017)**

Upcoming Year 7 students for 2017 **DO NOT** need to audition for a Music Scholarship. These students will need to enrol into their chosen Instrumental Music Lesson at the beginning of Term 1 (2017). At the end of Term 2, eight (8) x Year 7 students will be offered a Full Music Scholarship for Term 3 & 4 (2017) based on their:
(a) Attendance, (b) Commitment and (c) Progress in the Instrumental Music Program in Term 1 & 2.

Students (Yr 8-12) should prepare two contrasting pieces for the audition. The applicant will be notified of the audition date and time via email. Parents are most welcome to attend their child’s audition. Auditions will take place on Tuesday 29 November and Wednesday 30 December 2016 between 3.30 and 5.30pm in Music Department SLR 1.1

Successful and unsuccessful applicants/parents will be notified via email by mid December 2016

**Scholarship Conditions:**
Students who receive a scholarship must participate in a College Ensemble of their choice. Students who miss more than 3 Ensemble rehearsals without due reason in one term will have their scholarship revoked.

APPLICATIONS CLOSE ON FRIDAY 25 NOVEMBER AT 4.00pm

Student Surname: _______________________________ Student Given Name: _______________________________

Email Address: _______________________________ Telephone Number: _______________________________

Instrument/Voice: ____________________________________

Years studying this instrument/Voice: _____________ Previous Instrumental/Voice Teacher: _____________

Please list any exam results (eg: Grade 4 AMEB, Trinity College etc, include both theory and practical examination results).

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Other instruments studied: ______________________________________________________

Other bands/ensemble memberships etc:

Year _____________ Band ______________

Year _____________ Band ______________

Year _____________ Band ______________

Student Surname: _______________________________ Student Given Name: _______________________________

Email Address: _______________________________ Telephone Number: _______________________________

Instrument/Voice: ____________________________________

Years studying this instrument/Voice: _____________ Previous Instrumental/Voice Teacher: _____________

Please list any exam results (eg: Grade 4 AMEB, Trinity College etc, include both theory and practical examination results).

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Other instruments studied: ______________________________________________________

Other bands/ensemble memberships etc:

Year _____________ Band ______________

Year _____________ Band ______________

Year _____________ Band ______________
So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids’ emotions.

It’s official!

Emotions are now part of the parenting and educational mainstream!

For some time they’ve been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie Inside Out gives life to emotions in a fun, accessible way. It’s a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, “Educating the mind without educating the heart is no education at all.”

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, “Emotions matter as they drive learning, decision-making, creativity, relationships, and health.”

This is not to say that we ignore children’s poor behaviour, neglect to set limits or not ask anything of them when they’ve experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. “What do you mean you’re sad? We’re off to watch a movie. It’s a happy time!” Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it’s hard to figure out just what they are doing.

It’s a wonder parents haven’t smartened up to emotions earlier because ‘good parenting’ is hard emotional labour. When your three-year old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child!) you’re doing hard emotional labour.

When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out “I hate you!” because you’ve denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That’s one of the reasons its so draining.

Accepting kids’ emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We’ve built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial ‘To smack or not to smack’ question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.
The limits of many parents’ emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children’s emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area.

Ask yourself, “Who taught you how to recognise, manage and regulate your emotions?” If you answered your parents then lucky you. They’ve given you the tools you need to have successful relationships, to maximise your earning potential (I kid you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn’t identify anyone, so your emotional intelligence (if you’ve read this far you have the emotional smarts needed for focus, self control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

**Here are five ideas to help you explore the alien landscape of kids’ emotions, the new frontier of parenting:**

1. **Listen first**
   When your child fusses and fumes about some wrong-doing or hurt they’ve experienced clear your mind and listen. Avoid trying to fix the situation just show understanding and compassion. There is no better feeling then being understood.

2. **Contain rather than manage (let your kids do the managing)**
   Children’s behaviour can become tangled up in upsets and disappointments. It’s hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don’t have to do that for them.

3. **Know that emotions can be pleasant and unpleasant**
   We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

4. **Build a vocabulary around emotions**
   Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages* are a type of communication used by parents and adults who take an emotions-first approach.

5. **Help your kids recognise, then regulate emotions**
   Ever told a child to calm down only to see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that’s not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don’t always get it right. Learning to recognise your feelings is a continuous process that’s best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family’s culture, or way of doing things. When it becomes part of your family’s DNA then emotional intelligence will be passed down from generation to generation. You’ll know it’s had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my FREE weekly email parenting guide at parentingideas.com.au. You’ll be so glad you did! When you subscribe you’ll also get my fantastic Kid’s Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.