The words chosen by our Prefect leaders to guide us for this year are ‘Presence; Compassion; Unity; Joy.’

Jesus promised “I am with you always” (Matt 28:20) and He is the presence of God in the world as the head of the Body of Christ. This is not a remote God but a God who is near to us and who inspires us to reach out to others in need, including those suffering from natural disasters. We are reminded in Sunday’s Gospel that we are the light and the salt of the earth, (Matt 5:13-16) that we are the hands, feet and compassionate heart of Jesus in the world today. We are challenged to let our light shine, to let our talents and our goodness be seen by all.

With a compassionate heart and acting with unity, we, shining lights, can fill the hearts of those who suffer with joy through our commitment to the works of mercy.

Prayer
Lord Jesus, you are the light of the world. Those who follow you will have the light of life. May your light always be reflected in me, as I come to know and love your ways.

Amen

FROM THE PRINCIPAL
Dear Parents/Guardians, Students, Staff and Friends,
Welcome to the 2011 school year. I trust that all parents/guardians and students enjoyed a relaxing and peaceful time over the holidays. It is wonderful to hear the sounds of conversations and laughter from my window once again.

Welcome to all members of our College community, students, parents and staff. On your behalf I welcome the following 255 Year 7 students and their families:

7 BLUE

7 BRONZE
Anna Abate, Mitchell Arthur, Emma Astin, Lorraine Ballard, Xavier Banfield, Stephanie Duff, Sam Duncan, Steph Durant, Matthew Edwards, Leah Fletcher, Ashley Franken - Rebbechi, Samantha Gillam, Max Handcock, Lochie Jacob - Porter, Bohdi Lindsey, Tiana Mancarella, Asha Mars, Lachlan McDonald, Montana Noyes, Georgia Nugent, Nikki Roberts, Sienna Spencer, Natalie Virgona, Kirk Wilson, Liam Withrow and Zac Zwagerman.

7 GOLD
Jorja Borg, Bec Bresnan, Wyatt Chant, Tim Cook, Emma Cripps, Kayleigh Dennis, Nicole Dingey, Jackson Edis, Donna Edwards, Courtney Frazer, Riley Gifford-Munn, Keely Halabut, Elizabeth Hennessey, Josh Howell, Callum Jones, Chiara Malvasio, Ryan Murphy, Shannon Noonan, Aidan Plunkett, Holly Purcell, Amy Roddis, Corey Smark, Alana Tighe, Cassie Treverton and Tia-Rae Wienerider.

FEBRUARY 2011

4 February Years 7,11 and 12 commence
7 February All students at school
8 February Full School Mass
9 February Senior EISM commences
Parent Information Evenings
7.30pm - 9pm Years 7-9
Year 7 McAuley Hall
Year 8 Doyle Centre
Year 9 Centennial Hall
10 February Year 9 EISM commences
11 February Year 7 Catch up testing
14-16 February Year 7 Camp
7BL, 7BR, 7GR, 7RE and 7SI
16-18 February Year 7 Camp
7GO, 7JA, 7OR, 7PU and 7WH
16 February Parent Information Evening Years 10-12
I welcome also new students at other levels and their families:

**Year 8 -** Jake Finnerney and Danica Lockett in 8 Blue, Ryley Brown and Savannah Prilli in 8 Bronze, Elijah Foster-McLachlan in 8 Green, Emma Collins, Luke Elliott and Eden Hughes-Barbour in 8 Orange, Kye Ebert, Lachlan Hilston and Samuel Trollope in 8 Purple, Morgan Baker, Jess Patterson, Josh Steele and Jaaz Tobias-Quigley in 8 Red and Lucy Collins in 8 Silver.

**Year 9 -** Arjuna Williams in 9 Gold, Jesse Fantulin in 9 Orange, Mec Schalken in 9 Purple and Paul Nocea in 9 Red.

**Year 10 -** Natalie Leeves in 10 Blue, Liam Galt-Smith in 10 Gold, Zoe Battaglene in 10 Jade and Kate Bakker and Ellen McIntyre in 10 Red.


**Year 12 -** Katherine Howells in 12 Red and Stephen Roberts in 12 Silver.

**WELCOME TO NEW STAFF**

On your behalf I welcome the following new staff members: Michael Callanan as Barak Campus Director (Physical Education, VCAL and Sport), Andrea Coney (Head of Library & Information Services), Michael Cursio (Music and Religious Education), Anne Fenby (Integration Aide), Madelaine Fitzpatrick (Science), Angela Fontana (Senior Careers Counsellor teaching Biology and Science), Ashleigh Fraraccio (Health & Human Development and Physical Education), Colin Johnson (Faculty Leader – Design & Technology teaching Design & Technology, Science and Sport), John Kingma (Mathematics and ITC), Donna Mulazzani (Literature), Sam Pang (Religious Education and Humanities), John Parlas as Faculty Leader ICT, teaching ICT and Physics), Katie Stanley (Teacher/ Librarian), Ainsley Stibbs (Japanese, English and Humanities), Stuart Thornhill (VCAL, Sport, IT and Science), Tony Trevitt (Psychologist/Counsellor), Bree Walker (AFL Sport Trainee), Emily Wright (Youth Ministry Trainee).

Welcome back to Kelly Bunning (Religious Education, Humanities, Psychology), Melanie Massarotti (Religious Education and Visual Arts) and Tom Leyton (Religious Education, English and Humanities).

**CONGRATULATIONS**

Our VCE and VCAL results are to be congratulated on their excellent results. A special flyer is attached.
COMMUNITY OPENING MASS
On Wednesday 23 February at 7.30pm we will pray joyfully in unity for the success of our year together at our Opening Mass to be held in the Doyle Centre. The Eucharist is a memorial of Christ’s love for us, a time when we celebrate the presence of God amongst us, when we gather as one body with Christ as our head. A special welcome will be given to all new students in our community and we will also pray for a successful year for our Year 12 students. It is therefore expected that all new students will attend and participate in this prayer and will receive their badges. It is important that other students, especially Peer Support Leaders, are present to welcome the new students into our community. The Doyle Centre now has cooling so do not let the heat deter you.

SUPPORT FOR FLOOD VICTIMS
Two years ago we received great support from members of our own community and from other individuals and communities when we were trying to support our families who suffered so much as a result of the bushfires.

We now have the opportunity to reach out in compassion to Mercy schools in Queensland in the cities of Ipswich, Rockhampton and Toowoomba. If any individuals would like to make a donation to be forwarded to one of these schools, please forward it to the Finance Department with payment made to the College and I will then forward one cheque to the school or schools we would like to support.

NEW YEAR 7 AND ADMINISTRATION BUILDINGS
Work has commenced on the construction of these two facilities. There will be some inconvenience during the construction period with student access restricted at the rear of the site and a reduced number of car parking spaces available within the grounds for students and visitors.

PARKING AND DROPPING OFF STUDENTS
Please remember that there is a drop off and pick up zone inside the main entrance. Parking is restricted in both Allison Crescent and The Eyrie. Please do not drop off or pick up students in either of these streets. Such action will cause unnecessary congestion to our neighbours. It is essential that parents/guardians and family members obey the strict parking restrictions that do apply in the section of this street between Brown Street and the College. Cars are not allowed to stop anywhere in that area at the usual drop off and pick up times so you should not even enter that section of the street. Council Officers are likely to be present to supervise these parking restrictions and drivers who stop in the NO STANDING areas are likely to be fined. Students who have a medical condition that prevents them walking should be driven into the College via the main gate and dropped of as close as possible to his/her locker.

PARENTAL INVOLVEMENT DOES MAKE A DIFFERENCE TO LEARNING
One can never underestimate the importance of parents as the prime educators of their children. There is no doubt that parental interest in the activities and learning that takes place in a school has a very positive influence on each student’s wellbeing and learning. I urge parents/guardians to continue to show interest in, and support of, College programmes and activities. Make the most of the opportunities presented at the College by attending Information Nights, Student Progress Interviews, and performances of your child: sporting, musical and other activities/events. Keep up to date with what is happening and do not hesitate to make contact with your child’s teacher/s.

I invite parents/guardians to join the Parents and Friends’ Association, our Organisational Skills Program, to help out in practical classes and/or to join an Advisory Group relating to Policies and Curriculum, Buildings and Finance.

INFORMATION NIGHTS
I look forward to the opportunity to welcome Parents/guardians to the Parent Information Evenings to be held in February:

Wednesday 9 February Year 7, Year 8, Year 9
Wednesday 16 February Year 10, Year 11, Year 12

PLEASE PRAY
Your prayers are requested for the repose of the soul of Mr Ron Marshall, the Grandfather of Abbey Marshall (Year 7) and past students Ryan, Dylan and Trent.

God of loving kindness, listen favourably to our prayers; strengthen our belief that your Son has risen from the dead and our hope that your servant Ron will rise again. Comfort those who mourn with the belief that one day they will joyfully greet her again when the love of Christ, which conquers all things, destroys even death itself.

REVIEW OF THE FORMAT OF THE NEWSLETTER
Thank you to those who responded to the survey regarding the Newsletter in 2010. There is no unanimous view as to the most effective way of distributing the Newsletter but there were several very promising suggestions that we will endeavour to implement soon.

A GUIDE TO PEOPLE TO CONTACT AT THE COLLEGE
Please refer to the attached Communications Guideline for the appropriate staff member should you need to contact the College. A copy of this information will also be distributed at the Parent/Guardian Information nights.

Bernard Dobson
Principal
Welcome back to the start of the school year. Our College theme for 2011 as determined by the Prefect group is “Presence, Compassion, Unity and Joy”. In deciding on the theme, the prefect group were very keen to build on the idea that it is only through the presence and contribution of each member of the school community that we develop a sense of purpose. They also wanted to highlight the fact that school should be a place where people are happy to be and a big part of their role as student leaders will be to develop these ideas and model the desired behaviours.

A timely reminder about the wearing of correct uniform to commence the school year. This extends to the requirements for jewellery and make up. Please refer to the letter that was sent to all families at the end of last year. The other aspect of uniform that is vital, is for all items to be clearly labelled with names. So much uniform ends up in lost property during the year, most of it without any indication as to the owner. A few minutes at the beginning of the year can avoid unnecessary expense later on replacing lost items.

A reminder that the blazer will not be required to be worn by students during February. On cooler days students are not permitted to wear the jumper as the outer garment to or from school. Under these circumstances the blazer must be the outer garment. We would hope that such a fundamental issue as uniform does not need to be an issue at the very beginning of the school year. The expectations are clear and all students are expected to wear the full uniform in the correct manner.

Our Sunsmart Policy requires students to wear hats at recess and lunch during Term 1 and Term 4. The only hat that is permitted is the bucket hat with the house name embroidered on it. Replacement hats can be purchased from the Uniform Shop. We encourage sunscreen to be applied and this is available from various locations around the school. Students without hats will be directed to shade areas by staff members.

I would ask that parents continue to observe the procedure of using the College Reception if there is a need to contact students during the course of a school day. Whilst it may seem more straightforward to contact your child directly via their mobile phone, this can create other issues. The same applies if you need to drop something off to your child during the course of the school day.

Year Level Coordinators for 2011 are:

Year 7: Mrs Magda Pisotek (Mon, Tues, Thurs, Fri) & Ms Emily Tineo (Wed)
Year 8: Mr Robert Aston
Year 9: Mr Terry Hill
Year 10: Mr Ben Brisbane
Year 11: Mr Steve Palmer
Year 12: Mrs Janet Barr

Campus Directors for 2011 at McAuley Campus, Ms Carolyn Ellul and Mr Peter Molinari and at Barak Campus the role will be performed by Ms Lucia Tabacchiera and we welcome Mr Michael Callanan to the school in this capacity.

At the end of last year I advertised for families to host students from our Japanese sister school, Horyuji International High School. The visit is for a two week period commencing on 13 March. Thank you to the families who have volunteered to host. I still require host families for about four students. If you are able to assist can you please contact me on 9237 1332 or via the “Contacts” link on the College webpage.

In August a group of students will travel to Spain to join in World Youth Day celebrations. At the end of last year expressions of interest were called for. This week is the final opportunity for students from Years 10, 11 and 12 to indicate an interest in participating. Contact should be made with Ms Tabacchiera or myself.

Michael Johnston
Deputy Principal - Director of Students

FROM THE DEPUTY PRINCIPAL - DIRECTOR OF STUDENTS

FROM THE REGISTRAR

Welcome to 2011. It was a delight to see so many bright and happy faces as the Year 7 students arrived eager to begin their education at the College last Friday. We also had the opportunity to welcome new students at each other year level and wish them every success with their studies.

PARENTS AND FRIENDS
Please note that the Parents and Friends AGM will be held at 7.30pm on Tuesday 22 February.

Mary Ryan
Registrar

PRE LOVED DEBUTANTE DRESS SALE

If you have a Debutante Dress hanging in the wardrobe which you no longer have a use for don't let it just gather dust. The Mount Lilydale Mercy College Parents and Friends are facilitating the sale of pre-loved Deb dresses and any accompanying accessories. As this is a fundraising activity we ask for a small payment of $10.00.

The Sale will be held
Thursday Evening 17 March at 7.30pm

To make a booking to sell your items please contact Mary Ryan on 9237 1320 with all your details.
From the Finance Department

Education Tax Refund

The Australian Government is assisting you with the costs of educating your kids. The Education Tax Refund (ETR) provides parents and guardians up to 50% back on a range of children’s educational expenses. Refunds may be as much as $397 for each child at primary school, and up to $794 for every child at secondary school. Making the claim is simple. If you need to lodge a tax return, you can complete an ETR in your return or let your tax agent know you want to claim the refund. If you don’t need to lodge a tax return, you can complete an ETR for an individual 2010 claim, which you can get from the Tax Office Website or by calling 1300 720 092.

Who is eligible:
- A person who is entitled to receive Family Tax Benefit (FTB) Part A for a child undertaking primary or secondary school studies.
- Independent students in primary or secondary school.
- People on other allowances may be eligible too. So check your eligibility and the full list of what can be claimed on the Website.

I urge you to keep eligible item receipts and take advantage of the refund. Parents and guardians can claim for expenses such as school textbooks, study guides, stationery, computers, internet connections and educational software. You can also claim for prescribed trade tools for secondary trade courses.

For more information, go to www.australia.gov.au/educational refund

Mount Lilydale Mercy College Private Car Conveyance Allowance

Families residing more than 4.8km’s from Mount Lilydale Mercy College may be eligible to receive a Conveyance Allowance for use of their private car to transport students to and from the College.

Applications can only be made from parents and guardians of students:
- Who reside more than 4.8km’s from Mount Lilydale Mercy College via the shortest most practicable route.
- Where a free school bus or public transport system bus stop is more than 4.8km from your residential address via the shortest most practicable route.
- Who do not have an appropriate school closer to their residential address.

Reimbursement for the Private Car Conveyance Allowance is made on the basis of the one way distance travelled per vehicle and the number of students in that vehicle. Payment is made to the family operating the vehicle.

The vehicle rate is determined by the distance between a student’s place of residence and their school or closest bus stop if more than 4.8 km from the student’s place of residence. Where there is more than one student in a vehicle and the students attend different schools the vehicle rate is based on the distance travelled to the furthermost school. In this case, one student attending the furthermost school is identified on the application form as the ‘furthermost student’.

Allowance payments will be made at the end of Term 2 and end of Term 4 to successful applications. Reimbursement will be deducted from the appropriate school fee account or paid via cheque on request. Reimbursement is only made after Mount Lilydale Mercy College has received funds back from the Department of Education.

If you believe that you may be eligible, please contact Cathy Pote in the Finance Office on 9739 2209, prior to 18 February to receive an application form. Families who have previously received this allowance, must contact Cathy Pote by the above date to confirm eligibility so the College can reapply on their behalf.

Dean de Munk
Business Manager

2011 Voice and Instrumental Lessons

Want to improve your singing, guitar or violin playing?
Would you like to start playing the Clarinet or Saxophone?

Enrolment forms for individual tuition for 2011 are available from the Music Office or Student Reception.

Dr Paul Curtis

Mooroolbark Junior Soccer Club Registration Day

Date: Sunday 13 February
Time: 10am to 3pm
Venue: Esther Park, Esther Crescent, Mooroolbark

All age groups welcome from 5 year olds to Under 18s
Welcome to the 2011 school year. We hope you all had a wonderful holiday with your family and friends. We want to welcome all new students to the McAuley Campus but in particular the 255 Year 7 students.

The start of the school year once again has been hot with high temperatures making the conditions very uncomfortable. The students however are to be congratulated on looking smart, proud and bright in their uniform. We were very pleased to see all students return to school with correct uniform. The expectation is that the uniform is to be worn with pride. The uniform is a symbol of belonging and connecting to the Mount Lilydale Mercy College community and it is a visual symbol to the wider community at large.

In the student planner on pages 10 – 11 information has been included to clarify a variety of issues, such as jewellery, make-up and all other aspects of appearance and grooming. 

Please pay particular attention to the following:

- Earrings – ONE small sleeper /stud to be worn in the LOWER lobe of each ear.
- Only a watch and a necklace with a small Christian symbol to be worn.
- NO bracelets or rings.
- Plastic earrings or bandaids covering earrings are NOT permitted.
- NO visible body piercings permitted.
- Makeup – NOT PERMITTED.
- Low-heeled black leather lace up shoes required. Mary-Jane and T-Bar shoes are NOT permitted.

Refer to page 9 in the Planner for Regulations and Procedures for students such as student management issues, the use of electronic equipment and more.

Mobile phones and MP3 players are NOT to be used at school. It is the responsibility of each student to ensure that these items are kept in their lockers during school time. The College does not accept any responsibility for lost or stolen electronic equipment.

The expectation is that you also become familiar with the information so that you can DISCUSS these matters with your son/daughter, thus ensuring that they understand the dress code of the College and other policies and protocols.

SUNSMART
Mount Lilydale Mercy College promotes sun safety and has included HATS for both the boys and girls as part of the PE/Sports Uniform. Students need to wear their Hats during any outdoor practical PE/Sport lesson. Staff have been asked to be vigilant and consistent with the treatment of students without hats and that is they must remain under the shade or in the injury/incorrect uniform room if they do not have the correct uniform-“NO HAT NO PLAY”. Please help us promote the wearing of hats and at the same time educate your child about the hazards of the sun.

SPECIAL PERSONS DAY
This day in March promises to be one of great celebrations as students welcome special people in their lives to an Assembly, Tour and Morning Tea in the Centennial Hall foyer. We look forward to seeing you on this day.

THE YEAR AHEAD
Our aspirations for the year ahead are based on a foundation of MUTUAL RESPECT, treating others with care and fairness and the need to follow Jesus’ call to “LOVE ONE ANOTHER AS I HAVE LOVED YOU”. Students should strive to develop their personal best in all of their learning opportunities and endeavours both in and out of the classroom. With the assistance of their subject teachers they will discover their personal BEST and strive to achieve it. Learning takes time and effort, and so there is a real need to develop a sound work ethic in these formative years. Our approach is working as a TEAM so that Together Everyone Achieves More and individual goals and dreams can be realised. If you have any concerns please do not hesitate to contact us at the College on our direct numbers.

YEAR 7 HOMEWORK POLICY TERM ONE
Over the last few years we have endeavoured to consult parents regarding the nature and extent of homework at Year 7 and have trialled limited homework for Term One.

Term One is particularly difficult for some families as both parents and children are becoming acclimatised with their transition into secondary school, extended travel, camps, etc., and all affect students to different degrees.

What we have sometimes experienced as the students begin Year 7 is a cohort of excited and conscientious students wishing to do their very best. In their eagerness this can lead to many students spending excessive hours on activities that were designed to take but a few minutes. Interpretation of homework activities can be subjective due to the open-endedness of some questions and students level of understanding or skill. Some students also spend a lot of time on presentation beyond what is needed.

After extensive consultation with parents in a survey and from homeroom teachers’ past experience a decision has been made that we adopt a NO Homework Policy in February (4 weeks) and in the last 5 weeks of Term One we introduce Maths and English homework only ie: spelling, reading, tables etc.

Please make contact if you have any concerns/queries throughout the term.

“Achievement lies within the reach of those who reach beyond themselves”

Peter Molinari 9237 1362
Carolyn Ellul 9237 1360

Wishing you all a very happy, enjoyable and successful 2011 academic year!
At Mount Lilydale Mercy College we encourage all students to strive for excellence in all endeavours. I congratulate our 2010 Year 12 VCE and VCAL students on their achievements that have laid a solid foundation for their future.

Brian Hawthorne
Deputy Principal – Director of Studies

COLLEGE DUX
JORDYN BELLi
ACHIEVED A STUDY SCORE OF 98.6

VCE STUDENTS WHO ACHIEVED AN ATAR SCORE OF ABOVE 90:

Jordyn Belli - 98.6
Alexander Ingham - 98.05
Carly McConnell - 96.55
Ashleigh Walsh - 96.5
Jake Fraser - 96.15
Mayer Melhem - 96.05
David Hickey - 95.5
Samuel Darvell - 94.6
Jess Fouet - 94.6
David Morelli - 94.45
Emily Wright - 94.35
Daniel Sanelli - 93.5
Mark Hodson - 93.2
Mary Kelly - 93.15
Bronte Joseph - 92.85
Hannah O'Connor - 92.15
Luke Martin - 92.0
Elise Naismith - 91.55
Emma Buis - 90.8
Matthew O'Neill - 90.65
Kristopher Orlowski - 90.2

HIGH SUBJECT ACHIEVERS
DAVID HICKEY AND BRONTE JOSEPH achieved a study score of 50 in Business Management

TOP VCAL ACHIEVERS
SEAN DARDENGO AND ROCKY MOLLUSO both achieved high distinctions

OVERALL RESULTS
88 study scores of 40 or above
8% of VCE students received an ATAR score over 90
28% of VCE students received an ATAR score over 80
74% of VCE students received an ATAR score over 50
100% of VCE students passed
100% of VCAL students passed
# POSITIONS OF LEADERSHIP
## 2011

<table>
<thead>
<tr>
<th>Position</th>
<th>Staff</th>
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<tbody>
<tr>
<td>Principal</td>
<td>Bernard Dobson</td>
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<tr>
<td>Deputy Principal – Director of Studies</td>
<td>Brian Hawthorne</td>
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<tr>
<td>Deputy Principal – Director of Students</td>
<td>Michael Johnston</td>
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<tr>
<td>Deputy Principal – Director of Staff</td>
<td>Victor Miles</td>
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<tr>
<td>Director of Mission</td>
<td>Michael Haywood</td>
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<tr>
<td>Assistant to the Principal</td>
<td>Sue Gunn</td>
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<tr>
<td>Campus Director – Barak - Learning</td>
<td>Michael Callanan</td>
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<tr>
<td>Campus Director – Barak -Wellbeing</td>
<td>Lucia Tabacchiera</td>
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<td>Campus Director – McAuley - Learning</td>
<td>Peter Molinari</td>
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<td>Campus Director – McAuley - Wellbeing</td>
<td>Carolyn Ellul</td>
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<td>Director of Learning</td>
<td>Janine Biggin</td>
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<td>Learning Coordinator 7-9 - McAuley</td>
<td>Gail Preston</td>
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<td>Learning Coordinator 10-12 - Barak</td>
<td>Anthony Schepis</td>
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<td>Level Coordinators:</td>
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<tr>
<td>Year 7</td>
<td>Magda Pisotek/Emily Tineo</td>
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<td>Year 8</td>
<td>Rob Aston</td>
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<td>Year 9</td>
<td>Terry Hill</td>
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<td>Year 10</td>
<td>Ben Brisbane</td>
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<td>Year 11</td>
<td>Steve Palmer</td>
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<td>Year 12</td>
<td>Janet Barr</td>
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<td>Director of Sport</td>
<td>Maria Flood</td>
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<td>Faculty Leaders:</td>
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<tr>
<td>English</td>
<td>Alison Schlueter</td>
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<tr>
<td>Humanities</td>
<td>Kerrie West</td>
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<td>Mathematics</td>
<td>Hilda Cassidy</td>
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<td>Science</td>
<td>Danny Katzen</td>
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<td>Religious Education Coordinator</td>
<td>Natasha Pisotek</td>
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<td>Health, Physical Education &amp; Outdoor Education</td>
<td>Andrew Leaumont</td>
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<td>ICT</td>
<td>John Parlas</td>
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<td>LOTE</td>
<td>Salvatore La Fauci</td>
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<td>Performing Arts</td>
<td>Elizabeth Van Oosterom</td>
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<tr>
<td>Technology</td>
<td>Colin Johnson</td>
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<td>Visual Arts</td>
<td>Ben Brice</td>
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<td>Pastoral Care Coordinator</td>
<td>Emily Tineo</td>
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<td>Head of Library &amp; Information Services</td>
<td>Andrea Coney</td>
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<td>Steve Tarulli</td>
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<td>Educational Support Coordinator</td>
<td>Kamahl Russell</td>
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<tr>
<td>Educational Support Manager</td>
<td>Ann Rayner</td>
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<tr>
<td>Outdoor Education Assistant</td>
<td>Danielle Webb</td>
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<tr>
<td>Safety Officer</td>
<td>Mark Johnson</td>
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<tr>
<td>Careers Senior Counsellor</td>
<td>Angela Fontana</td>
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<td>Cultural Awareness Coordinator</td>
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## GREEN LIST

### SALADS:
- Garden (Lettuce, Carrot, Cucumber & Tomato) $3.50
- Extras - Pineapple, Beetroot, Onion (each) $0.60
  - Low fat cheese OR Avocado $1.50
- Chicken $2.20
- Pasta Salad $3.60
- Coleslaw with Low Fat Dressing $3.60
- Caesar Salad with Low Fat Dressing $4.20
- Greek Salad $4.20

### HOT FOODS:
- Home made Pita Pizza – Vegetarian $3.20
- Home made Pita Pizza – Chicken $3.40
- Stir Fry Vegetables (Seasonal) $4.50
- Home made Vegetable Pasta $3.00
- Home made Pasta – Bolognese Small $4.00
- Steamed Rice Small $2.50
- Home made Healthy Mini Burgers $4.00
- Low Fat Souvlaki (Lamb) $2.50

### FRUIT:
- Seasonal Fruit Salad Cup $2.20
- Fresh Fruit Yoghurt Small $2.00
- Jelly Cups with Fruit $1.50
- Fruit Portions (Watermelon; Grapes) from Whole Fresh Fruit (Apple; Orange; Banana etc.) $1.50
- 110 ml Frozen Fruit Juice Cups $1.00

### BREAKFAST MENU:
- Egg & Bacon Muffins $3.50
- Open Top Pizza Muffins $1.50
- Toasted Sandwiches – Breakfast Special $3.00

### SNACKS, DRINKS & FROZEN:
- Sultanas; Cheese Sticks $1.00
- Veggie Sticks with Tratziki Dip $1.00
- Pumped Flavoured Water $3.50
- Pump Water 750 ml $3.30
- Mount Franklin Water 600ml $2.30
- Flavoured Milk 250ml $2.50
- Fruit Juice 250ml $2.50
- Iced Tea 250ml $2.20
- Polar Crush “Frozen Slushie” Juice $2.30
- Goulburn Valley Fresh Juice $3.00

## AMBER LIST

### HOT FOODS:
- Focaccias: Variety of fillings available. From $4.50
  (Includes vegetarian options)
- MRS. MAC’S “GOOD EATING” Products:
  - Pies $3.60
  - Sausage Rolls $2.60
  - Spinach & Ricotta Rolls $3.00
  - Light Cruiser Pie $3.70
  - Potato Top Pie $3.60

### THE CANTEEN HAS A LIST OF DAILY & WEEKLY SPECIALS AVAILABLE. ENQUIRIES WELCOME.
The College canteen is open from 8.00 am. until 2.00pm. daily (unless notified.)

The College in 2011 will be assuming the Victorian Government

“Go for your Life”

Healthy Canteen Guidelines that support students in making healthy food choices.

In doing so, we will be promoting a whole school approach to healthy eating in order to:

- Promote the prevention of diet related diseases in children who attend Mount Lilydale Mercy College.
- Raise awareness of the high incidences of childhood obesity and the health impact into adulthood.
- Support the Governments’ implementation strategies for healthy school canteens.

LUNCH ORDERS

All students are encouraged to order their lunch either before school or at recess.

Lunch orders are to be placed in the order box in the home room or handed to the manager directly. Correct money is preferred, but change will be given.

“Go for your Life”

Student colour guide to Healthy Eating

EVERY DAY
Green Foods—are great foods, they can be eaten every day.

SELECT CAREFULLY
Amber Foods—are OK, but should not be eaten every day.

OCCASIONALLY
Red Foods—should be eaten in moderation and only on the odd occasion.

S’COOLWAY

SPECIAL NOTICE:
TERM I SPECIAL
BASIC SALAD SANDWICH OR WRAP—$2.50
IF ORDERED FOR LUNCH, A FREE QUENCH FRUIT JUICE TUBE WILL BE PROVIDED.

Phone: 9803 5009
Fax: 9803 7001
Email: scoolway@bigpond.com

Green and Amber Foods only Available