Key Dates

Friday 11 March
Swimming Camp (until 12 March)
Year 11 River Cruise
Mother/Daughter Camp (until 13 March)

Tuesday 15 March
International Women’s Day Breakfast 7am

Wednesday 23 March
ACC Swimming A Division Carnival
Year 8 Mercedes/Trinity Social

Principal’s Report

A Mercedes Education

As I write this newsletter report it is International Women’s Day and it reminds me of many the young women who have passed through the doors of the College. It also made me think of recent conversations I have had with some families about what they believe a Mercedes College education imparts and their reasons for wanting to enrol their daughters at the school. The Mercy ethos with its focus on the values of Compassion, Excellence, Justice, Integrity and Service are always referred to. At a time when there is so much focus on the individual in the community it is important that at Mercedes we teach students the importance of helping others and the many rewards that come from service. Students are challenged to be the best they can be and to be compassionate people of integrity concerned with justice in our community.

This focus helps young people to build relationships with others and not to spend a life just connecting through social media. It helps build a sense of purpose and gives meaning to life. Purpose, meaning and positive relationships assist with a person’s well-being. These factors help to build independent and resilient young people who can make a positive difference in the community. In this way they continue the work started by Catherine McAuley and the Sisters of Mercy.

Many other features of a Mercedes education are mentioned such as an engaging, innovative curriculum, strong pastoral care programme with its focus on well-being and the many opportunities for leadership and co-curricular activities. It is always the tradition of the Sisters and the way the Mercy ethos continues to be woven into the fabric of Mercedes College that is uppermost in the minds of families that have had a long connection with the school. It is this ethos that inspires families to continue to enrol each generation at the College. Mothers wanting the same for their daughters as they experienced themselves. It is our challenge to continue to meet this need and to build on our strong

Insight from Catherine McAuley:

To obtain recollection, we must entertain a great love for silence.
foundations as we commit to ongoing improvement to educate future generations of Mercedes students.

Best wishes

Mrs Kerrie Fraser, Principal

International Women’s Day Breakfast

Tuesday 15 March / 7 - 8.30am / College Hall

Enjoy a delicious breakfast with your daughter/s and family members at our International Women’s Day Breakfast

“Mercy women embodying the spirit of Mercy”.

Tickets $26.00 per person. Tables of 6 people can also be booked.

To book click HERE.

Don’t miss out - bookings now close 10am Monday 14 March.
Pastoral Care News

Year 9/10 Community
Year 10 - Mrs Sherrin Adams

The Year 10 students had two fantastic Reflection Days last week; with many commenting that they were the best Reflection Days they have had at Mercedes. At Integrity House, an interactive presentation by the Disciples of Jesus Youth Mission team was well received by all - whilst the zoo was the perfect venue for the launch of Mercy Service in 2016.

I commend the Year 10 students on their excellent behaviour at both venues and thank Ms Speranza, Mrs Aldous and Mrs English for their organization, as well as the teachers who accompanied the girls.

On Wednesday afternoon we enjoyed the company of the Trinity Year 10 students at an informal sausage sizzle get together. Many thanks to Mrs Stacey and the parents who gave generously of their time to assist. Also many thanks to the Year 10 Pastoral Care team for their supervision of the afternoon. The girls are now eagerly awaiting the social in Term 3.

Year 10 Reflection Days - Alessia Fraser and Hannah Skinner

On March 3 and 4, the Year 10 students attended our Reflection Days. They were held at Integrity House in Osborne Park and the Perth Zoo Conference Centre in South Perth. Our year group was split into two groups and each group took a turn visiting the venues over the Thursday and Friday.

The day at Integrity House started on a high with the enthusiastic Youth Ministry Team introducing themselves. We began the day with great activities that were based around the themes of leadership and knowing yourself, which were followed by some short skits performed by the team with student participation. These pieces were not only very enjoyable but also a clever way to relay important messages to our year group. The day ended with the leaders giving us all Hi-5s and they said their goodbyes whilst running with the bus. Overall it was a marvellous day and we will all remember the friendly team, amazing games and fantastic drama performances for years to come.

At the Perth Zoo, we listened to the wise advice of current Year 11 students, Vanessa Tenaglia and Putri Sunarko on Thursday, and Francesca De Nuccio and Isabella King on Friday. These students have completed more than 60 hours each in their Mercy Service-Learning Program. We were then taken on a tour around the zoo guided by the enthusiastic Perth Zoo Docents. From the Docents we heard about their volunteering experiences and how being involved in community service can bring you happiness and wellbeing. After morning tea we learnt more about the Mercy Service program and completed small group activities on personal safety and Mercy and Empathy. After lunch, we selected two agencies each to explore service opportunities. These included MercyCare, Conservation Volunteers, The Loftus Centre and Salvation Army. This was definitely a highlight of the day, as it encouraged and excited us to complete community service as we had gathered a deeper understanding as to how we can greatly help the wider community.

Year 11/12 Community
Year 12 - Mrs Hannah Lalor

Mrs Cheryl Alach, our Careers Councilor visited the Year 12 students during Pastoral Care in Week 5 to outline some expectations of your daughters when it comes to applying for courses and getting advice. She has been inundated with meetings since then, which is great to see that they are taking on her advice. If you have specific questions for Mrs Alach, please email calach@mercedes.wa.edu.au

Last week, we organised Dr Jenny Brockis to come in and speak to the girls about how to be more effective when studying. Jenny has been a medical professional for 30 years and has studied neuroscience over the last 10 years researching the most effective ways we can use our brain to function at its best. She outlined some great tips about what behaviours students can follow to use their study time most effectively and how to reduce distractions, when they are working. She has written two books – ‘Brain Smart’ and ‘Future Brain’ if you would like to read up on her work.
Some of her tips outlined in her talk were:

- Get enough sleep (9 - 10 hours recommended)
- Eat a healthy diet
- Divide up your study time and have regular 5 minute breaks
- Study at a desk instead of on the couch or bed
- Don’t try to multitask – focus on one subject at a time

Parents of Year 7 students should be aware that times tables testing is occurring in each of the mathematics classes. The test is conducted using a program that asks for answers from 1 x 1 up to 12 x 12. There are 144 questions, and the order of the questions is randomised. The time taken for each answer is recorded by the computer, and the colour of the resulting printout gives an indication of any areas of weakness (see colour scale). The more green that can be seen, the better the result. Parents will receive a printout, and are asked to sign an attached letter with each printout.

Two example printouts are shown below. The one on the left is primarily green with only a few areas requiring additional work. The one on the right shows that significant remediation is required in most of the tables.

The Australian Curriculum calls for ‘fluency’ in mathematics – the ability to rapidly recall and use important facts. Success in mathematics will be significantly impacted by this fluency. The times tables testing has been conducted to highlight to parents and students any areas that need to be improved. All students are expected to work on mastering the tables where they have experienced difficulty. It is important to do so at this early stage in high school, in order to minimise the impact on learning. The cooperation and encouragement from parents in this matter would be greatly appreciated.

### Mathematics Department Portal

Parents and students should be aware that the Mathematics Department have a portal page on SEQTA. This page (which is regularly updated) contains a wide variety of readily accessible information of importance to your daughter’s mathematics education. Accessing the information is as shown below.

### Mathematics Have Sum Fun Competitions

Have Sum Fun is a Mathematical Problem Solving competition with a quiz-night style. Teams of six students compete against other schools to become the Have Sum Fun champion. All competitions go from 7:30pm till 10pm. Competition details are as follows:
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- Years 11 & 12 - Friday 11 March 2016 / Trinity College
- Years 9 & 10 - Friday 18 March 2016 / Rossmoyne Senior High School
- Years 7 & 8 - Friday 18 March 2016 / Duncraig Senior High School

We wish all our teams the best and hope they Have Sum Fun.

Exploring Engineering at UWA

“Exploring Engineering” was an all-day event at UWA showcasing seven disciplines of engineering, namely: environmental, civil, chemical, mining, mechanical, electrical and computer science. The intention was to give students a rare insight into things that university students do in their engineering degrees day-to-day, and to give them a chance to talk to engineering students and staff about pathways into engineering at UWA. The intention was to inspire students to look at engineering as a potential career path, and perhaps even increase their motivation at school.

The College was fortunate to be able to take eight students along on this day; Hannah Skinner, Jade Mascarenhas, Nakita Gault, Mehak Satnani (Year 10), Emma McDonald, Ivy Bui (Year 11), Grace Hughes and Olivia Bozich (Year 12). The students were selected from the top Mathematics classes and were accompanied by Mr Mark O’Brien.

Many thanks to the University Engineers’ Club for making this opportunity available to the students. Thanks also to all those who made available their time so that this day could go ahead, in particular Mr O’Brien, Mrs Stacey, Mr Green and Ms Brown.

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General News

Habits of Mind Quote

“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.” St Francis of Assisi

Student Drop Off and Pick Up - Mr Christopher Cole, Deputy Principal - Student Services

Being an inner city school presents a number of challenges for student drop off and pick up. Please click HERE to view important reminders to follow.

Catherine’s Cafe News

As part of our initiative to promote healthier choices in the Café, the Year 7 students will be able to pre-order rolls, wraps and salads from Wednesday this week (Week 6). The students are to fill in the form in the Café before school, go to the counter to pay for their order and they will then be able to collect their order at lunchtime. We hope this might save them some time at lunch and that they can enjoy the healthy options on offer to them.

Enrolments - Mrs Julie Lamb, Enrolment Officer

Interviews for enrolment for Year 7, 2018

Interviews are being conducted this term for sisters of current and past Mercedes students. If you have forgotten to enrol your younger daughter, please contact Mrs Julie Lamb on 9323 1340. An application form can be downloaded from the College Website.

Careers - Mrs Cheryl Alach, Careers Coordinator

In a Careers talk with Year 11 students last week, representatives from Trade-Up and 2003 graduate Kristi Dempster talked to students about alternative career pathways. Trade-Up spoke to the girls about opportunities in the area of trades and Kristi shared her career journey after leaving school. Kristi moved to Sydney and explored different work experiences before returning to Perth to study Interior Design. Whilst she was studying, an opportunity arose in the property industry which she decided to pursue and this has now led her to her recently opening her own business, Assembly & Co. Kristi emphasized to the students that it is okay not to know where your future lies, and that when opportunities are presented to you, to grasp them.
Mock Law Trial Competition - Mr Tim Poga, HOLA Social Sciences
Tuesday 1 March saw the two Mercedes College teams in this year’s Law Society of Western Australia Mock Law Trial Competition head off to the Supreme Court complex to defend a fictitious dangerous driving causing grievous bodily harm case. The teams worked hard to brainstorm, compile and learn their roles and team case theory in the eight days between the release of the case materials and their trial date. Both teams won by forfeit as the opposing teams were unable to make it on the night. The girls were able to present their side of the trial to the judge and receive feedback which will no doubt prove valuable in the upcoming rounds. Students in their second year of trials will receive their badges in the upcoming College assembly.

Wellbeing Tips - Mrs Gael Maclean, College Nurse
Top 10 Easy Snacks for Recess and After School.
• Cheese sticks or cubes
• Hummus dip with cut up veggies or rice crackers
• Protein choc, almond, coconut balls
• Smashed avocado on crisp bread
• Hardboiled eggs
• Nuts and seeds – almonds, cashews, pumpkin seeds, sunflower seeds, chia
• Natural yoghurt with fresh/frozen berries
• Banana Bread
• Fresh fruit
• Nutella Sandwich

The importance of sleep
Our brains need a break, this is vital for our wellbeing, learning ability, appetite, immunity, productivity and mood. 7-9 hours every night is ideal.

Good Sleep Habits
• Try and go to bed at the same time each night, don’t stay up too late doing homework!
• Turn off technology one hour before bed. Laptops, phones, TV, computer games.
• Dim lights in the evening in the living rooms, study and bedrooms
• Have an alarm clock beside your bed and charge your mobile in a different room
• Develop a relaxation/wind down routine one hour before bed eg shower, bath, reading, yoga stretches, warm drink (no caffeine), diary writing, drawing, colouring in, breathing technique
• Make a list or pack your bag for all you need to do in the morning to get it off your mind before bed
• Eat dinner at least 2 hours before sleep
• Have regular daily exercise and eat a healthy diet

Random Acts of Kindness Week, 22-26 February - Mrs Hannah Lalor, Year 12 Coordinator
Staff and students celebrated Random Acts of Kindness last week with a range of activities to promote being kind to others without necessarily being rewarded or praised for their actions.

The Year 12 students filmed a short video to launch the week and the Year 7 students made iMovies at the end on the week to showcase what random acts of kindness they did, and how it made them feel. The Year 8 and 9 students were asked to write a kindness quote on a canvas to decorate their homerooms and remind them throughout the year how powerful these acts can be. All year groups were also invited to watch Evan Almighty, a movie that uses random acts of kindness as one of its themes.
A Kindness Tree was constructed in the library foyer, where both staff and students posted their notes, to record what acts of kindness they had been doing. By the end of the week, the tree was full of examples of what we can do each day to help others.

Staff certainly appreciated notes on their car windows saying “have a nice day” and the cookies that were anonymously donated to the staff room mid-week by a student in Year 7! We saw students place flowers on other student’s lockers and notes were stuck on desks, in pencil cases and on lockers.

It’s remarkable to see how a small act can make a huge difference to someone and we would like to encourage this in our College community. It boosts a person’s positive emotions and promotes good relationships, which together allows us to improve our overall wellbeing.

P&F Association

DOM Event – Year 12 Dads & Daughter Dinner on Saturday 27 February. Thirty two enthusiastic and fathers and daughters make their way down from Mercedes College to the Pan Pacific Hotel. Thank you to everyone for their enthusiasm by standing up, breaking the ice and sharing some laughs and stories. We cannot finish without highlighting the centre stage for the evening, the buffet. It certainly seemed the oysters did not stand a chance and the crowd pleaser may have been the dessert bar. Best of luck to the girls for their final year and also to the parents who will be there every step of the way. Special thanks Paul del La Cruz and Ron Phonemyint for the organizing the event and to the dads and their daughters who attended.

MOMs Event – Mums Breakfast at Tarts Café, Northbridge. A group of Mercedes mums got together for a lovely breakfast at Tarts Café on Sunday 28 February. It’s a great way to start the year, in particular for all the new Year 7 mums. Thank you to all those who attended and many thanks to the Chef and staff at Tarts for making it a wonderful event for the mums.

L to R: Dads and Year 12 Daughter Dinner; Mums only breakfast at Tarts Café.
Thank you to Parents

Year 10 Reflection Days - Thank you Gabriella Murphy, Rosaria Fraser, Diana Toohey, Liz Doherty, Lisa, Caroline O'Brien, Noel Buckland & John Evans, who assisted with the refreshments throughout the day.

Year 10 Social – The students and staff were treated to a delicious sausage sizzle, muffin, fruit and drink before taking on some team activities. Thank you to the Mercedes parents who came in to assist; Leppard, Rebecca Fonte, Toni Saxon, Suzanne Biundo, Jo McCluskey and Gabrielle Murphy.

Student News

State Surf Life Saving Championships
Congratulations to Eva Davidson (Year 10) who competed in the State Surf Life Saving Championships at Sorrento Beach in February. Eva won two State Bronze Medals in the Under 17 and Open Women’s Rescue and Resuscitation competition. She represented her Surf Lifesaving Club, Cottesloe, which she has been a member of since the age of 3. Eva is an active volunteer doing lifesaving patrols on the beach as well as representing the Club competitively in surf sports.

Rottnest Channel Swim
Congratulations to sisters Zoe (Class of 2015) and Eva Davidson (Year 10) who took part in the Rottnest Channel swim as a Duo. This was Eva’s second attempt and Zoe’s fourth. As part of their team Bella Norrish, who completed Year 12 in 2015, was their paddler making sure they stayed on a straight course. The swim is 19.7 km long, starting at Cottesloe and finishing at Rottnest. With over 2000 swimmers this is one of the largest open water swims globally and attracts swimmers from around the world. The girls did the swim in under seven hours and are looking forward to next year’s race.

Noticeboard

St Benedict’s Church 2016 Sacramental Program - Children who are eligible to receive the Sacraments of Reconciliation, First Holy Communion and Confirmation are required to register for their respective sacraments on 12 March, 6pm mass and 3 March, 9.30am mass. Forms are available at the back of the Church. For further queries contact the Parish office on 9364 1120.

Rotary Youth Exchange - Long Term Youth Exchange Program 2017. Students between 15 and 18 years of age are eligible to apply for this exchange program. For more information click HERE.

Scholastic Excellence - Holiday Revision Classes. NAPLAN and Semester One Exam Preparation. For more information click HERE.

Freeway Bikehike - a unique opportunity that gives all of Perth the opportunity to hit their pedals on the Freeway, with not a car in sight. There are several hikes to suit different skill, age and fitness level. Proceeds assist the Asthma Foundation WA. A 15% discount is available to the staff, students and families. Use the code ‘Mercedes15’ when registering. Discounted places are limited. For more information click HERE.

St Joseph’s Subiaco - the parish will be hosting a ‘Women Ministering to Women’ evening. Wednesday 16 March at 7.30pm. The evening will feature 3 brief talks from guest speakers about Faith and the role Faith has played in their lives. This is a free event for ladies from mid teens upwards.