Key Dates
Friday 21 October
Presentation Evening
Friday 28 October
ACC Inclusive Sports Day
Young Mercies Retreat
Saturday 29 October
Young Mercies Retreat
Sunday 30 October
Young Mercies Retreat
Friday 4 November
Year 11 Final Day

Principal’s Report

Farewell Class of 2016

The first two weeks of Term 4 are eventful for students particularly our Year 12 students who are about to embark on the next stage of life. They are excited about this rite of passage but sad at the thought of leaving the familiar. As our Year 12 students leave the College we have faith that they go into the wider community immersed in the Mercy values of compassion, excellence, justice, integrity and service to make a positive difference to their own lives and the lives of others.

I acknowledge the dedication of all staff and in particular Mrs Lalor, Year 12 Co-ordinator, for the care and shaping of these students. The outcome of this fine work is often not seen for many years to come.

The whole College community wishes our young Mercy women all the best for the future. Many have examinations to sit while others will be enrolling in courses, seeking traineeships, employment or even taking a gap year in which to travel and decide what career they want in the future. Whatever their pathway they go with the community’s prayers and blessing. I hope they will all take the opportunity to stay connected through the College’s Alumni.

Throughout the week they are honoured at a Valedictory Assembly, Graduation Mass and Dinner, and finally at Presentation Evening.

Last week the Prefects were acknowledged at the Thanksgiving Liturgy and Dinner on the Tuesday Evening. During the walk around the College grounds memories were shared by students, parents and staff.

Heritage Weekend

On Sunday the College was open to members of the public as part of Heritage Weekend. There was a great deal of interest in visiting the school with many past students, particularly from the 1960s, eager to visit the Chapel and school grounds. The Heritage Centre was open at the same time so many past students had the opportunity to revisit the College grounds.

Insight from Catherine

“Those who arrive at perfect love of God will feel such peace as nothing will be able to disturb.”

Year 12 Students enjoying their final morning tea with Mrs Sonya Roberts
students chose to visit both locations. Our current students who acted as guides throughout the day worked very hard to keep up with the demand and received many favourable comments from members of the public.

I look forward to seeing many parents at the key events being held throughout the week. It is a very special time of the year for all members of the College community.

Mrs Kerrie Fraser, Principal

170th Anniversary High Tea
Sunday, 6 November / 2pm / Pagoda Resort & Spa
Join us for an afternoon of story telling and a comfortable cup of tea in the Mercy Tradition, to celebrate 170 Years at Victoria Square. Tables of 8 or 10 are available for purchase via TryBooking.

P & F Melbourne Cup Luncheon
Tuesday, 1 November / 11am / The Blue Duck / $65
Tickets available via Trybooking

Art Exhibition
Thursday, 10 November / 6pm / Serisier Learning Centre

Music students and Mr Paul Waterhouse after their performance at the Ellington Jazz Club
Pastoral Care News

Year 7/8 Community
Year 7 - Mrs Melissa Trolio
As Presentation Evening draws near, this Friday night, I would like to congratulate the six deserving winners of our Pastoral Care Awards for Year 7. The Pastoral Care Award, which is awarded to one student from each homeroom in the College, acknowledges a student who has developed a positive self-image, reflects self-awareness, courage and resilience; has demonstrated care for others, the community and the environment; and has a real love for life at Mercedes, a positive belief in herself and real confidence in her abilities. In addition, homeroom teachers were asked to nominate students who actively promote and live out the College values of excellence, justice, integrity, service and compassion; have contributed in a meaningful manner to their homeroom and College activities and have demonstrated outstanding leadership skills; and pay particular attention to, and have high standards of grooming, punctuality and always use their College diary appropriately. It gives me great pleasure in congratulating Julia Mezzatesta, Amelia Higgins, Anne Kenwery, Mutiara Sunarko, Aisling Wilson and Ivy Fuentes. I look forward to presenting you with your awards at Presentation Evening and to hearing all Year 7s perform and sing their dedication to our Year 12 students.

Year 9/10 Community
Year 9 - Mrs Bernadette Dell
The term has started well for the Year 9’s as we approach our final assessment tasks and the exams. Settling into good work habits for this final term is essential so please encourage your daughter to complete all set tasks as promptly as possible. If she has any concerns about aspects of her work, her classroom teacher should be the first person she approaches. There are also teachers supervising in the Maths Focus Room at lunchtime and after school in the library.

We have had a few incidents in which girls have picked up the wrong uniform at the end of a sports period or the wrong hat in class. If all garments are clearly labelled, this will be easily rectified. Please ensure that your daughter’s clothing, and her sports bag, are labelled – and that the name is easily read. Some girls have just a faded mark or one initial which can lead to confusion.

Year 11/12 Community
Year 11 - Mr Liam Smith
Like any other term, the Year 11’s have hit the ground running, only this time it’s for a short sprint. Term 4 for the senior students is always a hectic and short term as the exams seem to be upon us within a blink of the eye. I can only hope the girls dedicated some time over the holidays to their studies, as they attempt their first round of full year examinations.

I know the end of term 3 brought such joy and excitement for some as they were fortunate enough to be announced in a position on the Prefect Council, whilst at the same time the conclusion of the term brought sadness and difficulty for those whom missed out. I can only encourage everyone to actively seek out other opportunities for leadership and representation as something will come your way and as long as you keep applying, you will have your chance.

It gives me great honour to walk alongside our Prefect Council next year as they strive to lead the College to better things in 2017. Please congratulate the following students on their appointments.

Empowering Women Ministry
Olivia Jansen, Rosie Monaghan, Christina Then, Laura Norris

Mind, Body & Soul Ministry
Hannah Palelei, Georgina Versteeg, Olivia Ridley, Kayla Dooley

Fostering Leadership Ministry
Nina O’Rourke, Claudia Todaro, Dillon Harvey, Amy Greville

College Life Ministry
Emily Roberts, Gemma Sabatino, Ella Parker, Aimee Vivante

Achieving Excellence Ministry
Lily MacMillan, Putri Sunarko, Francesca De Nuccio, Isabella Marchetti
Academic News - Mrs Liana Strutt, Deputy Principal - Academic Services

Year 11 Semester Two Exam Timetable
Semester Two exams will run from Tuesday 8 November until Friday 18 November, with a Home Study day on Monday 7 November. The timetable and instructions are attached here. Students with Special Exam Arrangements will be advised with a specific timetable to be emailed to them.

Year 11 students will not be required at school until Friday 25 November when they submit their Student Release forms and are informed of their results. A final meeting of the year group will be held on this day.

OLNA round Two Results
Results for Round Two of OLNA are now available and will be posted home to parents this week. Information about progress will be included in the documentation. Please contact Mrs Liana Strutt at Istrutt@mercedes.wa.edu.au if you have any queries.

Maths – Mr Peter Mee, HOLA

UNSW Mathematics Competition (ICAS) Results
On Tuesday August 16, the students in year 7 and year 8 took part in the UNSW Mathematics Competition. The certificates have arrived, and many students have achieved impressive results. Particular mention is needed for our Distinction and Credit award winners.

Year 7 Distinction: Sarah Dale, Abigail McAllister, Jessica O'Brien and Sofia Ward

Year 7 Credit: Kate Armstrong, Isabella May Brown, Grace Carbone, Sophia Cirillo, Jacinta D'Cunha, Zoe Dowse, Madeline Gardiner, Anne Kenwery, Mai Lam, Zoe Manson, Christine Matthews, Kennedy Mauger, Aimee Nguyen, Cosette Pachioli, Jessica Pendal, Alison Webb and Muyang Zhuo

Year 8 Distinction: Sonya Emmett, Lily Graves, Elizabeth Kelleher, Natalie Lawrence and Allison Lo

Year 8 Credit: Jessica Barblett, Rosie Battalis, Izabella Bird, Madeleine Cook, Jessica Cotterill, Emily Davidson, Alice Farley, Medbh Flanagan, Alison Haney, Neve Havercroft, Olivia Henshall, Caitlin Holmes, Jacqui Keeffe, Roisin Leahy, Alana Lim, Holly Lobo-Davies, Olivia Mannion, Spencer Manson, Amelia Metcalfe, Annabelle Michelon, Breah Milford, Lucia Mistilis, Christina Nguyen, Hannah Nguyen, Tahlija Owen, Olivia Pedretti, Makayla Pinna, Jada Rattray, Madeline Roberts, Marisa Roccia, Mackenzie Rogers, Jacinta Scerri, Caitlin Silas, Rachael Stevenson, Abbey Townsend, Chloe Townsend, Vy Tran, Isabella Ulrich, Holly Van, Niamh Wilson, Sophia Wood and Mikaela Zuiderduyn

Certificates will be awarded at a Year level assembly. All other certificates will be distributed in class. Well done to all participants.

Languages – Mrs Angela Velletri, HoLA

Western Australian Association of Teachers of Italian and Alliance Française Examinations Results. Well done to all the girls who participated. Below are the outstanding awards achieved in both language competitions. Brave et bravo!!

Alliance Française Examination 2016

Year 12
Distinction: Roisin Nash, Eva Mallet
Credit: Claire Fernandez
Merit: Liz Tuohy
Pass Certificate: Bonnie Paris

Year 11
Bella Brun was ranked in the top 6 in her year group. We are still awaiting her final place to be announced at a prize giving ceremony in November. Bonne chance, Bella!

High Distinction: Bella Brun
Distinction: Talia Banks, Lily Macmillan
Credit: Marcella Morton, Aishling Black, Laura Barblett
Pass Certificate: Karis Daniele

Year 10
Distinction: Maxey Emoko, Veronica Fitzgerald
Credit: Chantelle Stacey, Atira Shack, Hannah Porcaro, Giorgia Thompson
Merit: Christina Mathew, Maya Matty, Vineeta Ravichandran, Sofia Unsworth-Perez

Western Australian Association of Teachers of Italian Exam
The results were outstanding with seven Mercedes students being ranked in the top 10 in their division.

Year 12
Ranked in the top 10 in their year group - Eccellente
Natasha Murphy - High Distinction 8th place

The following certificates were also awarded:
Distinction: Georgia Mola, Siena Galeotti Medina, Sinead Duffin
Credit: Tenille Lazenby, Taylah Spano
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**General News**

**Merit:** Nadia Sabatino, Julia Di Grandi, Jacinta Pizzata, Monica Galante, Stephanie Bogado, Sabrina Bruno, Caitlin Cappeluti, Jessica Guzzi,

**Pass Certificates:** Kate Ellery

**Year 11**
- Ranked in the top 10 in their year group - Eccellente
  - Vanessa Tenaglia – High Distinction 4th place
  - Emily Zimmerman – High Distinction 6th place
  - Tara Lie - High Distinction 9th place

The following certificates were also awarded:

**Distinction:** Tamyka Farsalas, Kayla Dooley, Gemma Sabatino, Alexandra Di Dio, Stephanie Audino

**Credit:** Isabella Marchetti, Alex Heath

**Merit:** Brooke Lie, Claudia Todaro, Candice Pigliardo, Adrianna Rivas, Bianca Spano, Aimee Vivante, Vanessa Joe, Ann D'Angelo

**Pass Certificates:** Stefeni Little

**Year 10**
- Ranked in the top 10 in their year group - Eccellente
  - Isabella Kretzin – High Distinction – 4th place
  - Anastasia Varrone – High Distinction – 5th place
  - Monica Galeotti-Medina – High Distinction – 7th place

The following certificates were also awarded:

**High Distinction:** Alana Semedo

**Distinction:** Eliza Toohey, Alyssa Allen, An Tran, Alice Glendenning, Sophie Hamer

**Credit:** Sabrina Serra, Siena Giaros, Alessia Fraser, Isabella Skinner, Claudia Romeo, Amy-Marie Murphy, Giorgia Raso, Isabella Biundo, Madison Kirwan-Ward, Mia Duplock, Kristen Cappeluti, Chiara Iacopetta, Bridget McDonald

**Merit:** Brianna Bitt, Lara Taddei, Lauren O'Donnell, Phoebe Holmes, Georgina Di Chiera, Alexandra Perone, Jade Barzotto, Ariana Pesce, Annie Morris, Isabella Guzzi

**Children Family and the Community Year 12 – Ms Gina Frost**

With Christmas just around the corner the children family and community class’s last task was to make a care package. It was decided to join the Operation Christmas Child shoebox donation coordinated by an organization called Samaritans Purse. Christmas boxes are packed and sent all over the world to children of disadvantage.

Anyone can participate in Operation Christmas Child, it just involves packing a shoebox with an item from each of the following categories, something to wear, something to love, something for school, something to play with, something for personal hygiene and something special. In our class students chose to make sock toys, something to love, and pillowcase dresses, something to wear, amongst other items and also purchased other items to fill the boxes.

Students were amazed when by chance a visitor to our class said he remembered, as a child, receiving the shoeboxes in the refugee camp, where he lived for 10 years. It brought back good memories for him and it spurred the students on to produce their boxes. The students were happy to be able to make someone’s Christmas happy and look forward to finding out where their boxes will go. If you want to participate in Operation Christmas Child, you still have time. Collection month is October and drop off locations and details on how to pack a shoe box can be found on the Samaritan’s Purse website.

**Mrs Julie Lamb, Enrolments Officer**

**Students not returning in 2017**

If your daughter in Years 7-11 is NOT returning to Mercedes College next year, please notify Mrs Julie Lamb by Monday, 31 October 2016 by telephone on 9323 1340 or email jlamb@mercedes.wa.edu.au. A withdrawal letter addressed to the Principal is required stating the reason for withdrawal, exact date of intended withdrawal, and the name of the school/
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educational institution at which your daughter is enrolled. Please note that one term’s notice of withdrawal is required to avoid penalty charges.

Receipt of this information will assist the College with future planning for 2017.

Enrolment Interviews for Year 7 2019
Interviews are being conducted in Terms 1 & 2, 2017 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 or email jlamb@mercedes.wa.edu.au.

Street Soccer Ministry
The Mercedes College Street Soccer Ministry is supported by a number of very generous staff and conducted by the year 11 and 12 students from Mercedes College. The group provides over 100 hot meals to homeless, disadvantaged, and Aboriginal people who gather at Wellington Square in Perth each Tuesday afternoon. We are currently on a fortnightly rotation due to funding limitations but aspire to providing this volunteer service more regularly if possible.

Over the course of the year we visit the park approximately 20 times providing 60 meals each visit and then another 50 meals for the Street Doctor Hub on Wellington St. We also provide hot meals for the Anti Poverty Cup Soccer Round Robin twice a year which is approximately 150 meals each time. Our final event in the Street Soccer calendar is the Christmas Party held in December for 60-80 people.

With the departure of Mr O’Brien and imminent departure of Ms Speranza, Mrs Hughes, Mrs Trolio, we are desperately seeking teacher and parent volunteers to assist us in continuing this invaluable ministry. If you think you can help, please email Kayla Dooley at dooleyka@students.mercedes.wa.edu.au. Your assistance is vital in the continuation of this program.

A big thank you to Andy McClintock, Jackie Stacey, Leanne Davis, Senika Gunawardena, Dave Green and David Loudon for their assistance with the Poverty Cup BBQ down at Wellington Square on Tuesday.

Wellbeing

Helping your Teen Manage Exam Stress – With exam season upon us, these simple ideas may help guide you and your daughter with coping with this most stressful time. And remember… there is life after Year 12! [Https://parents.au.reachout.com/]

Wellbeing Spotlight
On the first day back of Term 4, all Mercedes staff participated in Professional Development with Shane Glasson. He focused on the H in PERMAH - Health, specifically on exercise for our physical and mental health. This was timely given the staff 10,000 steps team challenge which started the following week. Shane explained how important exercise is in preventive medicine and is something we recommend to our students, especially those who have depression. To reiterate, the key is isotonic exercise — “activities that use your large muscle groups in a rhythmic, repetitive fashion without making your muscles work against heavy resistance”. For health, doctors recommend at least 30 minutes of moderate exercise or 15 minutes of intense exercise a day. Harvard coined the term “cardiometabolic exercise (CME) to encompass a range of activities, all things that will improve your heart, your metabolism, and your health.” The CME system encourages people to view physically active tasks as opportunities, not punishments and we should aim for at least 150 CME points a day. To see how you daily activity adds up, read the following article: [http://www.health.harvard.edu/newsletter_article/how-much-exercise-do-you-need]

Student News

Congratulations to Aisling Wilson, who has been selected to play in the Western Australian Under 15 Girls Regional State Softball Team for 2017.
Congratulations to Stephanie Shaw who is playing the lead in The Little Princess and is joined by Ella Simpson in the cast at the Stirling Players Theatre in Innaloo.

Thank you to Parents

2017 Prefect Breakfast - Thank you to Toni Saxon and Rita Bose for coming to help with the breakfast on Wednesday 12 October. Could not have done it without you.

Parent & Friends' Association

Dads & Daughter Lawn Bowls
On Sunday a group of dads & daughters got together at Tattersals for a fun filled afternoon of Dads and Daughters lawn bowls. A great afternoon was had by all those who attended. Thank you to Ronny Flendt and Gerry Clifford who assisted with this DOM event. Look forward to the next one.

MercyCare Illuminations Concert - A concert to shine a light on acts of mercy in our community. Sunday 20 November, 2.30pm, St Mary’s Cathedral. To purchase your ticket visit www.mercycare.com.au/illuminations or email illuminations@mercycare.com.au for more information.

Trinity College Tours - Visit the expanding campus and all the Trinity has to offer. To book please contact the Registrar via registrar@trinity.wa.ed.au or call 9323 8121.

Group Fitness Training - Led by experienced instructors Circuit Training incorporates varied functional movements and exercises to build muscle tone and increase cardiovascular fitness. Sessions are run for children aged 10 - 18 years. Tuesday and Thursdays 4:00 - 4:45pm at the Coady Sports Centre. To enrol contact Courtney on 0403 953 317 or email courtney.spanbroek@hotmail.com.
VacSwim - Enrolments for December/January lessons are now open. It is important for every child to learn vital swimming and water safety skills. VacSwim offers affordable school holiday swimming lessons run by qualified instructors at a range of locations throughout the state. For further information and online enrolments visit education.wa.edu.au/swimming

St Mary’s World Fair - Saturday 22 October / 10am - 4pm / St Mary’s Anglican Girls’ School. For more information visit www.stmarysworldfair.com

Academic Task Force Year 7, 8, 9 & 10 Weekend HELP Classes – English, Maths Science classes on Saturday and Sunday. Experienced teachers work with students to build their skills and understanding in a small group environment. For more information, please contact learn@academictaskforce.com.au

Perth Maths Methods Tuition Centre - Powerful and intensive revision seminars to help you achieve your best in your Mathematics Methods examination. Whether preparing for your Year 11 exam or your Year 12 ATAR exam, find out more: www.perthmathsmethodstuitioncentre.com.au

Mood Meter Program: Building Emotional Intelligence - Join Michael Grose for our 3-week online parenting course. For more information visit http://www.parentingideasclub.com.au/