FROM THE PRINCIPAL

Last Friday we held our first ‘Principal’s Assembly’ for 2016 in which we welcomed back some ex-students (Ben Pullen – College Captain 2013, Connor Robinson – Vice Captain 2013, Zac Cook, William Jorgensen, George Kinekos, Nathan Galluzzo, Nicholas Ram, James Bajjada, Rui Tong) to hear of their successes and aspirations in completing their HSC in 2015. Mr Declan Donohue interviewed the students on their journey through their HSC years which our current student cohort found interesting & enlightening.

Mr Paul Burg presented his sport report highlighting the successes of our swimming team at the CBSA carnival, which you can read further into this newsletter, while Mrs Angela D’Angelo presented our Peer Support Leader badges to our Year 10 students for their encouragement and nurturing to our Year 7 students.

We spoke to our students about Project Compassion and the importance of ‘giving’ especially to those less fortunate and the need to focus on ‘Wellbeing’. We concluded our assembly with a prayer which I would like to share:

“Keep your thoughts positive because your thoughts become your words.
Keep your words positive because your words become your behaviour.
Keep your behaviour positive because your behaviour becomes your habits.
Keep your habits positive because your habits become your values.
Keep your values positive because your values become your destiny.”

Mahatma Ghandhi

On Wednesday 2 March approximately 30 parents attended the first P & F meeting for the year. This was a wonderful turnout with many first time Year 7 parents participating in the meeting. The College outlined the major initiatives of the Annual Plan for 2016 and provided detail of the Colleges’ priorities now and into the future. Mr Brian Vane-Tempest presented an update on the state of play with the capital works program and a summation of the College’s Building Master Plan. P & F President Mrs Donna Bristow spoke in relation to the activities that the P & F are engaged in both within the life of the school and the social outings that take place. This gathering is testimony to the strong culture of parent participation that has characterised the College over many years. It is very encouraging to see so many parents keen to engage in the life of the school. In order to provide all parents with an opportunity to participate in the P & F going forward a process for electing the P & F President and other positions will be outlined via the newsletter in the coming weeks. I look forward to continuing to develop further the partnership between the school and home as we strive to create the best learning opportunities for your sons and daughters.

Mr Ray Martin
College Principal
FROM THE ASSISTANT PRINCIPAL

Preparing for the HSC – Importance of good Note making

Students often ask the question- “How do I study?” or “Where do I start?” The quotation by Confucius, “A journey of a thousand miles begins with a single step.” will respond to these types of questions. The point of this statement is to just start! Note making is one of the best ways to prepare for the HSC. Notes are important as they allow you to record key ideas from the resources that you have used. Last Wednesday during Homework club Year 12 students were invited to a How to write good HSC notes session. Below is a summary of the points covered.

Why make study notes?
You are checking your understanding of the material in a timely manner
It will highlight any problems in understanding
You are revising as you go when making study notes
It gives you a great time advantage if you have blocks of exams
You are condensing and organising the material to learn for tests and exams
Structured in a format which aids memory retention and recollection

The other important advantage of note making is that you are able to collate notes from differing sources together for ease of access later. Use meaningful headings and subheadings is important in the note making process. I suggested to the students that they use ring binders so that they are able to add notes as they learn more.

A technique to use with highlighting is to read the paragraph, re-read the same paragraph and look for important words, phrases or in some cases sentences. They may wish to prioritise as it is difficult to work out the important content, and you certainly do not wish to highlight the entire paragraph. Once they have done this then highlight the section that you have selected. These highlighted areas will probably form the base of the notes.

Many students also ask whether handwritten notes are better than typed notes. For the majority of students it is known that when students hand write notes they have better retention of knowledge. However there are benefits with both. Keeping in mind that the HSC is written not typed.

HANDWRITTEN NOTES vs TYPED NOTES
Handwritten Notes -
Muscle memory - your hand gets into the habit of writing certain words and makes it easier for you to recall them.
Actual muscles - manually writing notes helps strengthen your hand and wrist, which will come in handy during written exams.
Memory retention - research has shown that you are more likely to remember information you’ve written by hand over typed notes.
Creativity - having free reign of the page gives you the ability to be way more creative with your notes (think mindmaps and diagrams).

Typed Notes -
Editing - word processors make it super easy to edit your notes as you go or all at once at the end.
Links - having digital notes means you can collect as many links and resources as you want within them, which is really useful for collecting extra resources.
Copies - digital notes mean you can make as many copies as you want and download them to other devices, so you’ll always have your notes handy.
Apps - there are a whole bunch of different note-taking apps out there to help boost your study skills.

In Summary: Advice to HSC students
• Be organised, use a ring binder folder to add notes
• Be an active reader, highlight as you read, take notes, ask yourself questions about what you have read.
  Importantly, note the things that you do not understand, and ask your teacher to explain.
• Read, highlighting as you go. Use the highlighted areas to create your notes.
• Use meaningful headings and sub-headings
• Write in short sentences
• Use mind maps
• Reading is one of the best ways to prepare for your HSC. Make your HSC as successful as you can.

This site is very important for the preparation for the HSC as it has a range of important documents that students and parents need to become familiar with. The syllabus for each of the subjects is very important and students should be able to tick off each point as you cover it to record your study. Other important documents include the Glossary of Terms, Previous HSC Examination papers, suggested answers to these, Marking Guidelines and Marking Centre comments. Multiple choice tests which provide feedback are available for a range of subjects but not all. One of the most important preparations for your HSC is to view previous HSC papers, look at the style of the questions, attempt the questions and then view the suggested responses and marking guidelines that are provided on the NSW Board of Studies site.

Mrs Carmelina Eussen
Assistant Principal
OPEN DAY
Wednesday 9 March, 3pm–7pm
All are welcome to meet our students, teachers and tour our new learning facilities.
On Tuesday 23rd February our College Captain, Sam Mattheos, and College Vice Captain, Ryan Morgan, were warmly invited to a luncheon with the State Member for Oatley, Mr Mark Coure. Mr Coure wanted to meet with the young members of his electorate. Student leaders from Georges River Campuses, St Ursula’s College and Blakehurst High were able to hear Mr Coure’s story of how he became a politician and an agent for change. He encouraged the young leaders to be agents of change as well. After lunch we were escorted to ‘Question Time’. I think this was the highlight of the afternoon. Some interesting, and at times, heated banter between both parties certainly opened our eyes. After ‘Question Time’ we met with the Premier, Mr Mike Baird. He too expressed the need for our young leaders to be agents of change and he wished all the students the best of luck in their studies. We’d like to thank Mr Coure for his invitation to such an interesting and valuable afternoon.

Mr Michael Fisher - Year 12 Leader of Wellbeing

‘ASPIRE TO BE…..’ TARGET SETTING PROGRAM

The ‘Aspire to be...’ Target Setting Program allows students to choose where they want to go in school and what they want to achieve. By knowing what they want to achieve, they know what they have to concentrate on and improve. Goal and target setting gives students long-term vision and short-term motivation. Having sharp, clearly defined goals, which students can measure, will allow them to take pride in accomplishing their targets. They can see clear forward progress in what might have seemed a long drawn out process.

By setting goals and targets students can:
• improve their academic performance
• increase their motivation to achieve
• increase pride and satisfaction in performance
• improve their self-confidence

The ‘Aspire to be...’ Program will involve parents, teachers and students working together in guiding students to reflect on their learning, develop actions and set targets to improve their academic performance. The process will take place throughout the school year.

For this reason, the College is holding compulsory parent/teacher meetings with you and your child to reflect on their learning and discuss actions they will apply to achieve set targets in 2016. This will be an opportunity to discuss how we will work together to ensure your child gets the most out of the process throughout the year.

All meetings will take place in La Valla Centre and occur on:
• Monday 14th March between 2.00pm and 7.00pm
• Tuesday 15th March between 2.00pm and 7.00pm

All students will finish school at 1.30pm on these days and are required to attend a target setting meeting with a parent in full College Uniform. To prepare for this meeting we ask that you discuss the targets set by your child and how they plan to work towards them.

The meeting can be booked through the Parent Portal. The portal will open on Tuesday 8th March at 6.00am and close on Monday 14th March at 9.00am. Please phone the College on 9579 6188 if you experience any difficulties making a booking.

To use the Parent Portal go to: https://sentral.marisptenshurst.catholic.edu.au/portal/login and login using the email that you have registered and password that you created.

We look forward to working together in 2016.

Mr Moe Akkawy
Director of Pedagogy and Administration

COLLEGE FEES

Our College statement of fees has now been issued to all families either by post or email. Arrangements can be made to pay yearly, by the term, monthly or weekly. This will default to term payments if you haven’t made any arrangements. If you wish to change your payment terms please contact our College Bursar. We appreciate your commitment to honour your outstanding fees and payments can be made by BPay, cash, cheque or Eftpos.

STUDENT LEADER NEWS

On Tuesday 23rd February our College Captain, Sam Mattheos, and College Vice Captain, Ryan Morgan, were warmly invited to a luncheon with the State Member for Oatley, Mr Mark Coure. Mr Coure wanted to meet with the young members of his electorate. Student leaders from Georges River Campuses, St Ursula’s College and Blakehurst High were able to hear Mr Coure’s story of how he became a politician and an agent for change. He encouraged the young leaders to be agents of change as well. After lunch we were escorted to ‘Question Time’. I think this was the highlight of the afternoon. Some interesting, and at times, heated banter between both parties certainly opened our eyes. After ‘Question Time’ we met with the Premier, Mr Mike Baird. He too expressed the need for our young leaders to be agents of change and he wished all the students the best of luck in their studies. We’d like to thank Mr Coure for his invitation to such an interesting and valuable afternoon.

Mr Michael Fisher - Year 12 Leader of Wellbeing
PUBLIC SPEAKING

On Friday 26th February, eight of our students competed in Round 1 of the Catholic Schools’ Debating Association (CSDA) Public Speaking Competition. Some 2000 students from Catholic schools across Sydney competed on the night in one of the zone host schools. It is a prestigious competition that has been running since 1986, in which students prepare a short speech that is delivered in front of an adjudicator and an audience. The evening was hosted by Our Lady of Mercy College, Burraneer, and saw students competing from schools including Waverley College, Mary MacKillop College, and Aquinas Catholic College. Topics ranged from ‘hashtag’ and ‘My Kitchen Rules’, to ‘remember’ and ‘women’s agenda’. In the week leading up to the competition, our eight speakers had to interpret one of these topics and prepare and learn a speech with the guidance of their coach.

MCCP Public Speakers:

Seniors - Rory Robinson & Ryan Morgan
Year 10 - Christopher Kesoglou & Zachary Pitkethley
Year 9 - Edward El-Jalkh
Year 8 - Connor McSweeney
Year 7 - Adam Burridge & Charlotte Bulmer

On the night, the students spoke with eloquence and confidence. It is difficult to deliver speeches in the classroom context, let alone in front of a room of strangers. Our public speakers made it look easy, with their wit, anecdotes and wisdom that engaged and entertained their respective audiences. As such, seven of our eight speakers were successful, making it through to the Round 2 Zone Finals to be held this Friday 4th March at Aquinas Catholic College, Menai. All students are to be commended on the calibre of their speeches and their deliveries. Thank you to the staff who attended and supported the students: Mr Steven Skoflic, Mrs Amanda Fournaris, Mrs Anthea Bulmer and Ms Lisa Farrelly.

Miss Analise Emmerick - Coach

SCC SWIMMING CARNIVAL

Just recently, our College Girl’s Swimming Squad competed in the SCC Swimming Championships at Sydney Olympic Park Aquatic Centre at Homebush. The team competed well in the Junior Division against some tough opposition, coming third out of ten schools. A great performance! The team also came second in the Most Improved trophy.

Highlights on the night were:
- Natalie Lo: 1st U/12 100m Freestyle; 2nd 50m Freestyle and Butterfly; 3rd 50m Breastroke and Backstroke.
- Matilda Karatas: 1st U/12 100m Freestyle Division.
- Jacinta Dahdah: 3rd U/14 50m Backstroke; 4th 50m Freestyle.
- Charlotte Bulmer: 4th U/13 50m Freestyle Division.

As a result of her performances, Natalie Lo was selected in the SCC Swimming squad to compete in the NSWCCC Swimming Championships. Well done! A big thank you to all the girls for their efforts on the night and thanks to Ms. Beretov and Mrs. Lynch who gave up their time to help.

Mr Paul Burg - Director of Sport

IMPORTANT DATES

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<th>Date</th>
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<td>Tues 8th March</td>
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<td>Wed 9th March</td>
<td>College Open Day 3pm - 7pm</td>
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<tr>
<td>Mon 14th - Tues 15th March</td>
<td>Year 7 - 12 Target Setting Interviews</td>
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<td>Tues 29th - Thurs 31st March</td>
<td>Year 7 Camp</td>
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<td>Tues 26th April</td>
<td>Term 2 Commences</td>
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YEAR 12 STUDENTS DRIVING

The school is aware that a number of senior school students intend to drive to school either occasionally or on a regular basis. It is important that all members of the school community are aware of the school’s position on this matter. While most young drivers try to be careful, safety conscious and considerate when driving, it is important to recognise that young people are about three times more likely to be killed or injured than older, more experienced drivers.

It certainly reinforces the message about safe driving practices. As a number of Year 12 boys have now obtained their ‘Red P’s’ or a Learner’s Permit now is a great time to discuss a few matters surrounding driving to and from school.

There are some precautions we need to consider when the boys are driving to and from school:

- We are committed to ensuring that the community maintains a positive perception of the school and that irresponsible and unsafe driving by students will inevitably have a negative effect on the school’s image within the community. We therefore have an expectation that students will drive to and from school in a safe and responsible manner.
- We would like to remind students that the College does not permit students, once at school, to drive to sport or any other school activity and transport other students in their cars. This applies to school programs, activities and functions.
- The boys driving are also asked to consider the risk and caution of students they bring home or take to school. Extra passengers can cause unnecessary distractions to young, inexperienced drivers. It is the student’s responsibility to seek permission from their parents to either carry other students in a car or be a passenger in a car.
- The boys will not be given permission to drive home during class time to pick up something they may have forgotten. This has the same issues surrounding it as does driving to representative sports.

The boys are aware of these expectations, however we ask that you talk to your son as to the importance of road safety and driving. Thank you for your support.

Mr Michael Fisher
Year 12 Leader of Wellbeing
CBSA SPORT

Last Monday, our Swimming squad competed in the CBSA Swimming Carnival at the Sydney Olympic Park Aquatic Centre, Homebush. Our boys performed very well on the night, especially our 12’s, 13’s and 14’s, who won the Junior Shield. We also came 3rd in the overall points score after leading for most of the night. A great effort!

There were some excellent efforts but none better than the performance of Jayden Maakaroun (pictured right). Jayden won four Individual Under 13 Championship races: 100m (breaking the record) and 50m Freestyle, 50m Butterfly and 50m Backstroke; and he also was part of the Under 13 team which won the Medley Relay. As a result of his efforts, he was named Under 13 Age Champion. Well done, Jayden. Another outstanding performance was from Mitchell King who won Championship races in the Under 14 100m and 50m Freestyle, came 2nd in the 50m Butterfly, 3rd in the 50m Breaststroke and 4th in the 50m Backstroke. Mitchell was named the Under 14 Age Champion. Great effort, Mitchell!

Another fantastic effort was from Angus Riitano who won Championship races in the U/12 50m and 100m Freestyle and came 3rd in the 50m Backstroke and Butterfly. Angus was also part of the winning U/12 Medley and Freestyle Relay team. Mention needs to be made of the three other boys who were part of the Under 12 Relay team: Myles Baratta, Alex Lechner and Adam Burridge. All produced great swims to contribute to the two relay wins.

The Under 13 Relay team also won the Medley Relay and came 3rd in the Freestyle Relay – another outstanding effort! The team consisted of: Jayden Maakaroun, Andrew Firmstone, Dylan Antao and Tom Pitkethley.

The Under 15 Relay team won the Medley Relay and came 2nd in the Freestyle Relay. The team consisted of: Tyler Hull, Kevin Zhao, Joshua Golovodovsli and Harrison Brown. Well done!

Other notable performances on the night were:
- Adam Burridge 1st U/12’s 50m Freestyle Division
- Andrew Firmstone 1st U/13’s 50m Freestyle Division and 3rd in 50m Breaststroke
- Tyler Hull 3rd U/15 50m Freestyle and 3rd in 50m Butterfly
- Kevin Zhao 1st U/15 50m Freestyle Division
- Stephen Deng 3rd U/16 50m Breaststroke.

Three swimmers were selected in the CBSA Swimming Squad to compete at the NSWCCC Swimming Championships on the 29th April: Angus Riitano, Jayden Maakaroun and Mitchell King. Well done!

Congratulations to all swimmers on their efforts. The MCCP sporting spirit was again on display. A big thank you to: Mrs Neilsen, Mr Shipley, Ms Curis and Mr Hull who gave up their time to help out on the night.

Mr Paul Burg
Director of Sport

CBSA BASKETBALL

Seniors Round 3: BYE
Round 4: MCCP 44 defeated Marrickville 29

It was another tough match this week for two particular reasons - due to an incredibly hot day the heat in the stadium was oppressive, and two of our starting five players were unable to play. The team, however, rose to the challenge and played with great intensity for the majority of the match. This change in the team dynamics presented us with an opportunity to play around a little with positions, giving a number of students the opportunity to shine in different ways on the court. Our defensive plays on the court were once again on point with all students hustling the ball and forcing turnovers. Our offence is still improving week by week, with generally more fluid movement occurring throughout the game as well as more communication on court.

Our next match will see us teamed up against Revesby, the only other team in the competition to remain undefeated. This will be a great match, which will test the ability of the Penshurst team to remain calm and collected in offence, yet aggressive and uncompromising in defence. Great preparation for the upcoming Marist Basketball competition.

Players of the match: Nik Pazanin and Lachlan Macks

Ms Rachel Thompson
Coach
SCC VOLLEYBALL

This year we have two teams competing in the SCC Volleyball competition, with our first Intermediate team of Year 8 girls. The girls have been thoroughly enjoying the experience, including our Tuesday afternoon training sessions and travelling to Mount St Joseph, Milperra each week. The Intermediate team is competing against teams made up of Year 9 students, who are often much taller and a little more experienced than our girls. Nevertheless, every game has been incredibly close, with the coaches nervously watching on, unable to predict the outcome. Our Intermediates have been developing their skills from last year and are working well as a team. With a win under their belt and a 3-set game this week, it has been great to see their confidence and team spirit growing. We have seen a number of excellent serves and returns so far this term from all team members, who are to be commended on the way they have represented the College thus far.

Our Intermediate team are Charlie Riley, Selena Rowen, Alicia Langley, Serena Alemagar, Rakel Gunaidi, Annamarie Gurabiovska, Melissa Novevski, Sophie Luo, Katie Schwarzel and Lyric Parcarey.

Our Junior team are competing against other Year 7 students from across Sydney, and most girls have never played Volleyball before. Given their lack of experience, our Juniors have been playing exceptionally well. Despite two early injuries and a loss in Round 1, we have managed three wins in a row and are currently sitting in second place overall. For the Junior teams it is a case of she who can serve wins, and our team have produced powerful and consistent serves week after week. We are also beginning to return the serve and get a rally going. The girls’ enthusiasm is to be commended; they have maintained an encouraging and positive outlook, and have even adopted their own team mascot, the llamas. What the Juniors lack in height they make up for in character, energy and ‘sportswomanship’. Our Junior team are Tayla Bain, Charlotte Bulmer, Kelsie Head, Victoria Kalimnios, Eliza Mallard, Jaz McQuillan, Remy Robertson, Holly Robinson, Leila Szczepanik, Mia Szczepanik and Jessica Towson.

We are very proud of the way our teams have been conducting themselves and all that they’ve achieved, and are excited for the next few rounds of Volleyball.

Mrs Sandra Neilson and Miss Analise Emmerick
Coaches

CBSA CRICKET

Round 3 - MCCP 1/51 vs Lakemba 10/50
Nick Bozic 40: Adrian Natoli 2/3, Ryan Bujevski 2/10

Winning the toss and putting Lakemba into bat proved a smart decision with our bowlers bundling Lakemba out for 50 runs in 12 overs. Adrian and Ryan proved to be the pick of our bowlers. Our batsmen wasted no time in amassing the total with Nick ensuring a quick end to the run chase with some powerful and precise hitting.

3 points Nick Bozic 2 points Adrian Natoli 1 point Ryan Bujevski

Round 4 - MCCP 5/97 vs Cathedral 7/95
Nick Bozic 47, Braydon Morris 22: Ryan Bujevski 2/17, Karvan Silva 2/23

This game was to sort out the minor premiership for the season. Conditions where oppressive and Cathedral won the toss electing to bat. They started off strongly, however, at the half way mark momentum swung our way with our bowling becoming more consistent and our fielding sharper, this then built the necessary pressure to see the Cathedral batsmen play some rash shots and score 7 for 95. Early on our batting was woeful with Cathedral well on top having us 5 for 22 due to great line and length bowling and seemed to be cruising to an easy victory. At the 10 over mark it was Nick and Braydon who took it upon themselves to change the momentum and they patiently yet methodically went about running down the total. Both young men demonstrated great heart and character, their partnership of 77 runs off 10 overs allowed us to snatch victory from the jaws of defeat.

3 points Nick Bozic 2 points Braydon Morris 1 point Karvan Silva

Mr Michael Falzon
Coach