A very proud College community came together on Friday, 3rd February for the Opening Mass, held for the first time in the Paul Rafter Centre, and included the blessing of all College Student Leadership badges and presentation to our 10 College Prefects and 35 Peer Support leaders.

The College Prefects were introduced individually by one of their Year 12 peers, who described the Prefects’ leadership experience and attributes. Aspiring student leaders listening to the speeches, came away motivated to follow in the example of the Prefects. Year 7 students were encouraged by the visible support offered by the Year 11 Peer Support Leaders, who look forward to assisting the Year 7 students in the Peer Support Program this year.

### Parish Weekend Mass Times

<table>
<thead>
<tr>
<th>Clarkson Parish</th>
<th>Yanchep Parish</th>
<th>Ocean Reef Parish</th>
</tr>
</thead>
<tbody>
<tr>
<td>St Andrew’s Catholic Church</td>
<td>Parish Priest: Fr. Augustine Puthota. Tel: 9561 2172</td>
<td>St Simon Peter Catholic Church</td>
</tr>
<tr>
<td>Parish Priest: Fr. Robert Carrillo</td>
<td>Saturday 6.00pm (Vigil) at Yanchep Community Centre.</td>
<td>Parish Priest: Fr. Dariusz Krzyształowicz</td>
</tr>
<tr>
<td>Tel: 9407 7512</td>
<td>Sunday 8.00am Guilderton Community Hall.</td>
<td>Tel: 9300 4885</td>
</tr>
<tr>
<td>Email: <a href="mailto:standrewsclarkson@gmail.com">standrewsclarkson@gmail.com</a></td>
<td>Sunday 9.45am, 33 Gingin Road, Lancelin.</td>
<td>Email: <a href="mailto:stsimon@westnet.com.au">stsimon@westnet.com.au</a></td>
</tr>
<tr>
<td>Saturday 8.00am, 6.00pm (Vigil).</td>
<td></td>
<td>Saturday 6.00pm (Vigil).</td>
</tr>
<tr>
<td>Sunday 7.30am, 9.00am, 5.30pm.</td>
<td></td>
<td>Sunday 8.00am, 10.00am, 5.00pm.</td>
</tr>
</tbody>
</table>
Congratulations to our 2017 College Prefects:

- Zach Welch - Head Boy
- Leah Ayres - Campus Ministry Prefect
- Miranda Haselden-Wood - Arts Prefect
- Ella Siakia - Dunlea House Prefect
- Matthew Grobbelaar - Golding House Prefect
- Alexandra Robinson - Head Girl
- Tyra Hayward - Campus Ministry Prefect
- Lucas Cavanagh - Sports Prefect
- Matthew Henning - Evans House Prefect
- Elysha Ayers - McGarry House Prefect

Thank you to all College students for the respectful and reverent manner in which they conducted themselves at the Opening Mass. Special thanks to Fr Robert and Mr John Swindells for the running and organisation of the mass, Ms Deborah White for organising the event and Ms Fran Christie for conducting our wonderful musicians. A heartfelt thank you to all staff for their help and support of our Opening Mass.

The 2017 Year 7 Journey Begins

Our Year 7 Group are the first Year 7 group to gather in the Paul Rafter Centre to start their time at the College. It was an honour to meet them all and lead them in the College Prayer. The first day was filled with excitement, a touch of nervous energy and lots of information. The Year 11 Peer Support Leaders and College Prefects assisted the Year 7 students and Care Group Teachers with some of the organisational needs, such as learning how to use locks and giving tours of the Campus. Although tired and full of new information, the group left after having a memorable day that I am sure they will reflect upon when they graduate in 2023.

I have been exceptionally impressed with the way the students have adapted to high school and have shown that they are a hardworking, polite and enthusiastic group of young people. They most certainly have started in the right vein of trying their best to be the best year group they can be.

Year 7 Meet the Care Group Teacher Evening - Monday 13th February 6.30pm

On Monday, 13th February, parents have the opportunity to meet the Care Group Teacher who will be responsible for their child from Year 7 through to Year 12.
The evening will begin in the Paul Rafter Centre at 6.30pm for a brief introduction and information on relevant Year 7 issues, followed by Care Group sessions. I cannot stress enough how important it is to make that connection with each student’s Care Group Teacher at this evening. The evening is for parents only and therefore students should not attend. I look forward to meeting you all on the night.

Mr Andrew Billingsley
Dean of Year 7

Year 8 Parent Information Evening

Thank you to parents who attended the Year 8 Parent Information Evening where we were fortunate to have the College Psychologist, Mrs Dianne Bridge speak to us about ‘Our Cyber World’. Our students live in a world of technology that seems to be changing constantly. We see young people today involved with social media. Social media is greatly affecting the way young people look at and deal with friendships and intimacy, and not always in a positive way.

Mrs Bridge touched on some useful hints for parents and emphasised that the College has contacts to assist both students and parents in regard to cyber bullying.

The Irene McCormack Parent Group has organised an information evening on the topic of cyber bullying. Please mark 28th March as an important date, where you can learn more about this current issue which exists in our society. Details regarding this evening will be given at a later date.

Year 11 Parent Evening

It was wonderful to see students join their parents for the Year 11 Parent Evening on Tuesday, 7th February in the Paul Rafter Centre. Important information relating to Year 11 events, such as the Retreat and River Cruise, and access for support in our new Student Services building was highlighted.

Deputy Principal, Ms Nancy Bonfiglio reviewed requirements for WACE graduation and ATAR and VET courses, supported by valuable advice from our Career Counsellor, Ms Chris Tonkin. The changes and developments in WA universities and TAFE were detailed so that our Year 11 students can make the best possible career decisions.

The powerpoint for the evening can be viewed on the College website, under Student Learning and Year 11.

Ms Deborah White
Dean of Year 11

Japan Tour

Well what can be said about the 2017 Japan Tour? Nothing but amazing things! After 18 months of planning, 61 students and 8 teachers embarked on a ten day tour to one of the most beautiful countries on earth - Tokyo Japan.
The first sight of snow en route to Hakuba made all students and staff excited for what was to come for the next five days on the slopes. Hakuba Goryu was the first of two resorts where the group enjoyed skiing and snowboarding. Students had two hour lessons at the beginning of the day where they were taught the skills needed to shred the amazing powder that we were fortunate enough to have. Over a metre of snow fell throughout the five days, making for ideal learning conditions. Two days were spent at Happo One where the views from the top of the mountain were spectacular. In that time the students became confident with their snowboarding and skiing abilities, allowing them to explore the mountain.

The tour also included a traditional Japanese Drumming Show, the Snow Monkey Park, Zenko-ji Temple and Tokyo Disneyland. Students not only learnt how to snowboard and ski, but were exposed to such a diverse culture, and interacted with the beautiful and friendly Japanese people.

All students are to be congratulated on their exemplary behavior throughout the trip and their constant positivity. A huge thank you to the six staff members who joined us on the trip – Ms Amber Sunderland, Mrs Gill Pearce, Mrs Nicole Pearce, Mr Patrick McHale, Mr Tony Summers and Mr Ryan Coutts. The memories that we have will never be forgotten.

Mr Neil Bright and Ms Karolina Lewy
Ski Trip Coordinators
College Improvements

Over the Christmas and New Year holidays, while most students and teachers and other staff members had a well-deserved rest, our Administration and Accounts, Grounds and Maintenance and IT staff have been working hard to complete projects for the expanding needs of the College. These projects included:

- Renovations in the Administration Building for the Staff Room, Deputy Principal, Deans of Year, Accounts, and Principal’s PA office and waiting area.
- Student Services with the College Psychologist, Aboriginal Liaison Officer, Vocational Education Coordinator and Careers Counsellor.
- Car park, providing improved student pick up and drop off zones.
- External and classroom painting.
- Landscaping with an outdoor Chess Board, Synthetic Grass, and paving areas cleaned.

Messages from Most Rev Timothy Costelloe SDB
Archbishop of Perth and Dr Tim McDonald, Executive Director of Catholic Education

We have received messages from Archbishop Timothy Costelloe and Executive Director of Catholic Education, Dr Tim McDonald, extending their prayers and thoughts to all students, staff and families for the 2017 school year. We present their letters in full.

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Message from
Most Rev Timothy Costelloe SDB
Archbishop of Perth

To all Primary and Secondary Catholic Schools in the Archdiocese of Perth

Dear friends and colleagues,

As I sit at my desk writing this letter to welcome you all to a new year in Catholic Education I can see from my office window the increasing bustle of Adelaide Terrace as people return to work after the summer break. I hope you all had a restful and enriching time with family and friends and that the new year has begun well for you.

In welcoming everyone back to a new school year I particularly want to welcome those who are joining Catholic Education for the first time. Based as our Catholic education system is on the values of the gospel and the long and rich tradition of the Catholic faith, if it is my hope that you will experience the warm welcome and whole-hearted support which should be the hallmark of the followers of Christ. I look forward to meeting many of you throughout the year and coming to appreciate the contribution you will undoubtedly make to this vital work of our Church.

Many of you, especially those who have been involved in our schools over the last five years, may have heard me speak about what I consider to be the unique contribution Catholic Education makes to the educational landscape here in Western Australia and in Australia as a whole. We are rightly proud of the excellence of our schools in so many areas: the quality of our teaching, the dedication of our staff, the depth of our pastoral care, the community spirit of our schools, the level of parental involvement, and so on. I have often remarked that a Catholic school will not be a good Catholic school if it is not a good school. We are all involved together in the work of education and we must, and do, strive to fulfil this role with as much professionalism as we can. But what makes Catholic schools unique is the conviction that to exclude the God question, the spiritual dimension, from our educational enterprise, and for us as Christians in the Catholic tradition to exclude the person and the teachings of Jesus as they come to us through the Church, would be to deprive our children and young people of something that is vital to a full and enriching understanding of the world we live in and our place in it. A Catholic school will not be a good Catholic school if it is not Catholic.

In committing yourself to work in our Catholic education system you become a key contributor to this essential dimension of our schools. Our catchcry is often that in our schools we educate the whole person. In the area of faith, spirituality and religion, it will not just be what we say but what we do and who we are which will make the greatest contribution to the fostering of a truly Catholic community in which are young people are invited into the mystery of God at work in their lives.

Thank you for committing yourself to this challenge which is also, of course, an awesome responsibility. You can be sure that you have my prayerful support as you seek to respond to what God is asking of you for the good of the children and young people in your care.

Yours sincerely in Christ

Most Rev Timothy Costelloe SDB DD
Archbishop of Perth
Year 10, 11 and 12 OLNA

All students in Year 10 who did not meet Band 8 in NAPLAN will undertake the respective OLNA assessments in Weeks 6 and 7.

Students in Years 11 and 12 who did not pass OLNA in Year 10 will also undertake the assessments. The respective Dean of Year will contact parents and students regarding this.

Further information regarding OLNA will be published closer to the assessments.

Mrs Gillian Pearce
Dean of Year 8
Uniform and Grooming

Thank you to all parents and carers for the presentation of our students on their return to school. The standard has been high. It has been pleasing to see the significant improvement with physical education sport shoes. The Deans of Year report that students who have been asked to make improvements have done so in good spirit.

For sun protection the College cap or hat must be worn outdoors for physical education and sport and at recess and lunchtime. Students riding bikes to school are reminded that bike helmets must be worn.

Parent Group AGM – Thursday 23rd February 2017

The College Parent Group provides invaluable service to our students and staff at Parent Information Evenings, sports carnivals, performing arts events, with Year 12 Graduation preparations and other events. The Parent Group also supports the College with improvement of student amenities.

We welcome all parents and carers to join the Parent Group. We invite you to the Annual General Meeting on Thursday, 23rd February at 5.00pm in the College Boardroom. Nominations are called for the positions of President, Vice President, Secretary and Treasurer.

To register your attendance at the AGM and or nominate for a committee role, please email admin@imcc.wa.edu.au. If you require further information about the Parent Group please contact Ms Nancy Bonfiglio, Deputy Principal, by email Bonfiglio.Nancy@imcc.wa.edu.au.

New Drop off and Pick up arrangements

From Term 1 in 2017, parents may pick up or drop off students in the lower or upper carparks. New diagonal bays will be demarcated in the middle of each carpark to enable parents to drive in and away. Staff will be on duty in the carparks to assist the smooth flow of traffic. Parents are reminded that staff parking areas are not permitted for pick up and drop off of students.

Mr Andrew Billingsley
Dean of Year 12
2018 Year 7 Scholarship & Bursaries

Applications are now invited for the following Year 7 2018 Scholarship and Bursaries.


**St Andrew’s Catholic Parish Bursary**
**St Andrew’s Catholic Primary School Bursary**
**Brighton Catholic Primary School Bursary**
**Aboriginal Bursaries**

Further information and Application forms are available from the College website or by emailing admin@imcc.wa.edu.au.

Applications close on Monday, 24th April 2017.

**Music News**

Week 2 has seen the Music Department straight back in to the swing of things with all ensembles and bands starting for the year. All groups are busy preparing for our first concert of the year, Sounds at Sunset, on Thursday, 23rd March.

Students are reminded that once a member of an ensemble, rehearsals are compulsory. The rehearsal schedule is outlined below.

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| AM   | Percussion Ensemble 7.45am – 8.25am  
(Mr Marquand)  
Band Room | Yr 10 Rock Band 7.45am – 8.25am  
(Miss Malam)  
Band Room | Rockabilly Band 7.45am – 8.25am  
(Mr Speechley)  
Band Room | Yr 11 Rock Band 7.45am – 8.25am  
(Mr Williams)  
Band Room |
|      | Wind Ensemble 7.45am – 8.25am  
(Miss Malam)  
G115 | Mass Band 8.35am – 9.00am  
(Ms Christie)  
G115 | Yr 8 Rock Band 7.45am – 8.25am  
(Mr Mirco)  
G115 | Brass Ensemble 8.00am – 8.25am  
(Miss Waters)  
G115 | Yr 9 Rock Band 7.45am – 8.25am  
(Ms Christie)  
G115 |
|      | ATAR Masterclass 7.30am – 8.25am  
(Mr Newhouse)  
G105 | 2108 Singers 7.45am – 8.25am  
(Miss Malam)  
G113 | Singer Songwriting 7.45am – 8.25am  
(Ms Christie)  
G105 | Flute Ensemble 7.45am – 8.25am  
(Mrs Holdsworth)  
G105 |
| PM   | Barbershop 3.15pm – 4.15pm  
(Ms Christie)  
Band Room | Jazz Ensemble 3.15pm – 4.00pm  
(Mr Darnell)  
Band Room | Swing Band 3.15pm – 4.30pm  
(Miss Malam)  
Band Room |

The start of the school year is a great opportunity to sign up for an ensemble. If you are interested in auditioning for a group, please register your name in the Performing Arts Office (located on Level 1 of the Gym). Opportunities currently available are:

- Percussion Ensemble (audition required)
- Wind Ensemble
- Barbershop Ensemble
- Mass Band
- Rockabilly Band (Bass guitar and piano positions available – audition required)
- Brass Ensemble

Year 7 students will have the opportunity to audition for the Year 7 Rock Band in the middle of this term. Dates and times will be advertised through the daily notices.
Instrumental lessons also commenced this week. Any student who has not received a timetable needs to speak to a staff member in the Performing Arts Office. A reminder that all instrumental lessons are ongoing and that students wishing to withdraw from lessons are required to give a term’s notice in writing to the Music Department.

Vacancies are available in the Instrumental Program for students who would like to learn an instrument. Information and enrolment forms are available from the Performing Arts Department. Lessons are available for Clarinet, Flute, Saxophone, Trumpet, Guitar, Trombone, Piano, Cello, Drums and Vocals.

We look forward to an exciting year ahead!

Miss Kylie Malam
Head of Performing Arts

College Dance Singlets

College Dance singlets that are no longer required or no longer fit, can be sold second hand at the Uniform Shop.

‘Second hand uniform’ forms are available from Miss Harte or the Uniform Shop. Please complete the form and hand in to the Uniform Shop together with the singlet. Once the singlet is sold, an $18 credit will be made available to use at the Uniform Shop for future purchases.

It’s a great opportunity for students who are no longer part of the College Dance program to help the College recycle the dance uniforms and assist the younger students in Years 8 and 9 to purchase the correct Dance uniform.

Miss Sinead Harte
Dance Coordinator

Library

It is wonderful to see the Library once again being a hive of activity throughout the school day, with almost standing room only before school and at lunchtime. I would like to welcome Mrs Pina Noble to the Library, who will be with us whilst Ms Julie Lawson is on Long Service Leave this term.

The latest adaptation of Library space has been the reconstitution of one of the small classrooms off to the right becoming a quiet study area exclusively for the use of Years 11 and 12 students in class time.
Chess has become a large focus once again with the College now having a Maxi Chess Set in the Undercover Area. The House Chess Competition will recommence and the College’s Enrolment in the Chess Association of Western Australia’s Interschool Chess Competition will begin later this term.

The College Library has a large range of titles for the exclusive use of the students. We encourage all students to visit the Library to borrow a book or two.

Mr Edward Bryant
Head of Library

Swimming Trials

Swimming season has started and our students are into the time trial process. We have had a reasonable turnout considering it is early in the campaign. HBF Arena Joondalup is our training facility, and we have had Seniors in the water Monday mornings, and Juniors swimming on Tuesdays.

We are still looking for students to become involved, so those individuals looking to improve their strokes, times and fitness for the upcoming College carnivals, or athletes interested in representing the College at the ACC Swimming Competition, please contact with Mr Davis in the PE Department Davis.mathew@imcc.wa.edu.au

2017 Summer CAS Fixtures

<table>
<thead>
<tr>
<th>Week/Date</th>
<th>Venue</th>
<th>Opponent</th>
<th>Volleyball</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SENIORS</strong></td>
<td>Week 3 14th Feb</td>
<td>Irene McCormack (Basketball, Touch)</td>
<td>St Marks</td>
</tr>
<tr>
<td>All games played on Tuesday afternoons</td>
<td>St Marks</td>
<td>St Marks</td>
<td></td>
</tr>
<tr>
<td><strong>JUNIOR BOYS</strong></td>
<td>Week 3 15th Feb</td>
<td>St Marks</td>
<td>St Marks</td>
</tr>
<tr>
<td>All games played on Wednesday afternoons</td>
<td>St Marks</td>
<td>St Marks</td>
<td></td>
</tr>
<tr>
<td><strong>JUNIOR GIRLS</strong></td>
<td>Week 3 15th Feb</td>
<td>Irene McCormack</td>
<td>St Marks</td>
</tr>
<tr>
<td>All games played on Wednesday afternoons</td>
<td>St Marks</td>
<td>St Marks</td>
<td></td>
</tr>
</tbody>
</table>

Mr Mat Davis
Head of Sport
Soccer Academy partnership with ECU Joondalup Soccer Club

The Irene McCormack Catholic College Soccer Academy has established a partnership arrangement with ECU Joondalup’s Soccer Club, which is the closest senior NPLWA club to our College.

ECU Joondalup is a very successful club. It has developed players to a level that have gained them contracts with English Premier League and Championship clubs. There are several of our students currently playing at the ECU Joondalup Soccer Club.

The partnership will benefit the development of our players, coaches and College programs. ECU Joondalup provides support with their experienced coaches and players. The College has eight soccer teams competing and the coaching support will significantly enhance the development of our teams. Some of our teams will have the opportunity to play pre-season games against the ECU Joondalup academy teams. ECU Joondalup will utilise our grounds from time to time.

We are pleased to have established the partnership with a highly regarded soccer club such as ECU Joondalup and we look forward to a productive association with the Club in the coming years.


We wish all our players and coaches a very successful 2017 season.

Mr Damian Stefanoff
Soccer Academy Coordinator

Stress and Your Child

It’s very common for young people to feel stressed at times. Stress is a normal part of life and can even be beneficial in some situations. However, if you’re worried that your child is under a lot of stress and it’s been going on for a while or it is affecting his/her everyday life, there are things you can do to help them.

Stress is a serious health concern for young Australians. In 2015, a research study found that almost 40 per cent of 15-19 year olds are very concerned about their ability to cope with stress. Stress is a normal part of life for teenagers caused by many different things. The more we learn about stress, the better able we will be as parents to model the behaviours that can help our children learn to cope better with stress.

Learning about why we get stressed and how to manage it more effectively is a great life skill.

What is stress? When we are faced with a situation that we perceive as threatening, our in-built ‘fight or flight’ stress response mechanism kicks in. The brain puts the nervous system on alert and releases hormones, for example adrenaline. Our heart beats faster, we might find it hard to take a deep breath, our palms could get sweaty and our body feels ready to fight. Usually, once the cause of the stress is removed, the physical reaction to it will go away too.
In some situations, stress can be a good thing, for example when we are about to take on a physical challenge or if we need to get out of a dangerous situation. It is normal for young people to feel stressed about things like upcoming exams or a big sporting match, and this form of stress can help them stay focused on what they would like to achieve. However, if we are constantly living in a heightened state of stress, the body becomes exhausted. Health issues can then arise, such as decreased immunity, poor digestion, or mental health problems.

Significant stress affects people differently. Changes in your child’s behaviour that might indicate high levels of stress include:
- Increased nervousness or anxiety
- Inability to cope or feeling overwhelmed
- Different eating habits
- Different sleeping habits
- Trouble concentrating
- Inability to switch off
- Increased irritability

Mrs Dianne Bridge  
College Psychologist

Career News

Please check the Career News, which will be emailed to parents and students, for full details on the following events and other opportunities:
- Defence Information Sessions - Army 15th February, Navy 16th February, ADFA (university studies) 21st February for Years 10, 11 & 12 students.
- UWA Fogarty Scholarships 2018 - Applications Open now for Year 12 students.
- Get Real Experience and Try (GREaT) - Nursing and Midwifery Work Experience for Year 10 students.
- ECU Future Student Information Evening Joondalup Campus - 15th February and Mt.Lawley Campus - 21st February.
- Australian Defence Force Academy Education Award for Year 11 students closes 28th February.
- TechCamps4Kids - middle school students.

Ms Chris Tonkin  
Career Counsellor

Community News

Creative Kids Art Club Butler now enrolling. Suitable for children aged 5-10.  
For more information visit www.creativekidsartclub.com.au

Mr Robert Marshall  
Principal