From the Principal

We have received messages from Archbishop Timothy Costelloe and the Executive Director of Catholic Education, Dr Tim McDonald, extending their prayers and thoughts to all students, staff and families for the 2015 school year. We present their letters in full.

A Message from Most Rev Timothy Costelloe SDB,
Archbishop of Perth

Dear Friends and Colleagues,

As the new school term has just commenced for 2015 I would like to take this opportunity to wish all the staff and students a most successful year ahead.

Whilst many of you will face various challenges throughout the year I hope you will find time to stop and contemplate the positive work you undertake on a daily basis for our children and young people, and of course their families. In saying this I am speaking to every person who in any way contributes to the welcoming, supportive and faith-filled atmosphere of the school community.

I am deeply proud of the work of Catholic Education in our Archdiocese. I look forward this year to visiting as many schools as I can and meeting you all.

Please be assured of my admiration, my gratitude, my support and my prayers.

Yours sincerely in Christ

Most Rev Timothy Costelloe SDB DD
Archbishop of Perth

Parish Weekend Mass Times

<table>
<thead>
<tr>
<th>Clarkson Parish</th>
<th>Yanchep Parish</th>
<th>Ocean Reef Parish</th>
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<tbody>
<tr>
<td>St Andrew’s Catholic Church</td>
<td>Tel: 9561 2172 Saturday 6.00pm at St James Anglican Church</td>
<td>St Simon Peter Catholic Church</td>
</tr>
<tr>
<td>Parish Priest: Fr. Robert Carrillo</td>
<td>Email: <a href="mailto:ststandrewsclarkson@gmail.com">ststandrewsclarkson@gmail.com</a> Saturday 8.00am, 6.00pm (Vigil).</td>
<td>Tel: 9300 4885 Saturday 6.00pm (Vigil), Sunday 8.00am, 10.00am, 5.00pm</td>
</tr>
<tr>
<td>Tel: 9407 7512</td>
<td>Sunday 7.30am, 9.00am, 5.30pm</td>
<td>Email: <a href="mailto:stsimon@westnet.com.au">stsimon@westnet.com.au</a></td>
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<tr>
<td>Saturday 8.00am, 6.00pm (Vigil).</td>
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<td>Sunday 7.30am, 9.00am, 5.30pm</td>
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Dear Parents / Caregivers

Welcome to the start of 2015 academic year.

I would like to offer a very warm welcome to the many families who are joining our system for the very first time.

In 2015 we are witnessing exciting signs of continued growth and renewal within the Catholic Education system. Two new schools have opened in term 1, taking the total number of Catholic Schools in WA to 163. I wish the students, parents, principals and staff of St John Bosco College in Piara Waters, St Francis’ School in Maddington and the new Bunbury Catholic College Mercy Campus at Australind all the very best as they open their doors for the very first time. These new facilities are a tangible reminder of the value that the community continues to place on a Catholic Education right across the state.

To all who are returning to Catholic schools, welcome back. In 2015 all Year 7 students will be located within secondary settings right across the state. This important shift has already been in place in metropolitan settings for a number of years and regional schools have been planning for this transition for an extended period. I am certain that the students will find this new chapter in their schooling lives an exciting time with many opportunities for personal growth.

To our Year 11 and 12 students who are embarking on this important phase of your secondary schooling, I wish you all the best and encourage you to work hard and make the most of every opportunity presented to you.

Last year our system achieved our best WACE results of the last five years. Whilst we are very pleased with that performance, there is no room for complacency as continuous improvement requires an ongoing effort at all levels of the system and remains my clear priority for 2015 and beyond.

We are all part of a dynamic Catholic education community that promotes the mission of the Church with Jesus Christ at its heart. All 163 of our schools rely on the contribution of the parish, staff, students and parents working in partnership to build a successful Catholic community. Within the limits of your busy family and working lives, I encourage you to share your time and talents with your school community. You can contribute by nominating to become a member of the Board, joining the P&F, volunteering to be a class representative, helping out at the annual sports carnival, doing a shift at the canteen or helping with school reading rosters. Every contribution makes a difference to your child’s education.

I once again wish to acknowledge the critical role that you as parents and caregivers play in the education of your children. Your involvement combined with the efforts of more than 10,000 dedicated school staff and principals, means that children educated in Catholic schools have the very best chance of reaching their potential.

I wish you all the best for 2015.

2016 Year 7 Academic Scholarship


Open Day – Tuesday, 24th March, 2015

An excellent opportunity for prospective parents and students to experience the College during a school day. Guided tours at 9.00am and 1.30pm. Bookings are essential. To book please contact 9562 2400 or email admin@imcc.wa.edu.au.
Year 11 Peer Support Leaders’ Training

On Friday, 30th January, 46 Year 11 students were involved in a program specifically designed to prepare and train students who will be involved as leaders of a Peer Support Program.

The program was carefully balanced to deliver “big picture” content about the role of a leader, as well as the “practical” content that will assist them in their Peer Support sessions with our new Year 7 students. The program will bring valuable leadership experience for the Year 11 students and benefit our younger students.

Peer Support badges were presented to our leaders at our Opening Mass. They received these badges with pride and are looking forward to their first session with the Year 7 students on Thursday, 19th February during PD, where they will meet their group of students that they will mentor throughout the year.

Mrs Gillian Pearce
Dean of Year 11

Get involved in the Music Department!

A reminder there is only one week left to audition for lead vocals in Swing Band. Audition music can be collected from Miss Malam.

Swing Band Lead Vocalist: Auditions held in Week 3

Fancy yourself as a rock star? We are looking for musicians who play the drums, guitar, bass and keyboard to be in the BRAND NEW Year 7 Rock Band.

Year 7 Rock Band: Auditions held in Week 3

See Miss Malam, Miss Christie or Mrs Richardson for more information and to sign up for auditions!
Brand new flutes, clarinets and saxophones have just arrived in the Music Department!!!
Why not sign up to rent one and have lessons! Pop into the Music Office to receive an enrolment form. What an opportunity. Don't miss out!

Miss Kylie Malam
Head of Performing Arts

Dance News

Term 1 has started off with a bang for IMCC Dance! On Tuesday, 45 Year 7 and 8 students auditioned for the Junior Dance Team and on Thursday 65 students auditioned for the IMCC’s first Cheerleading Team, the Hurricanes. The auditions asked for students to demonstrate their best acrobatic tricks and also their ability to follow choreography taught to them. All students were enthusiastic and extremely talented, making it very hard to pick teams!

The successful applicants names will be posted on the Dance room door by the end of Week 3. If successful, training will start on Week 5 for both Junior and Senior Dance Teams, as well as the Cheerleading Team.

This year the Junior Dance Team will be learning a Jazz/Hip Hop dance and will be taught by Miss Millie Bakker. The Senior Dance Team will be led by Miss Harte and they will be learning a Lyrical/Contemporary piece. Both Junior and Senior Teams will be performing at this year’s Catholic Performing Arts Festival held at the Perth Exhibition and Convention Centre in Term 3, as well as many more events at the College. The IMCC Hurricanes will be trained by a coach from Cheer Aesthetics, a new company offering specialist cheer and dance services to schools and All Star Clubs in WA and in the Eastern states. They will train each Thursday in preparation for their first High School cheer competition in November of this year.

Training commences:
Junior Dance Team: Tue 3rd March, 3:15pm - 4:15pm.
Senior Dance Team: Fri 6th March, 7:30am - 8:20am.
Hurricanes: Wed 5th March, 3:30pm - 5pm.

Miss Sinead Harte
Dance Coordinator

Invitation to Middle School Parents - Children and Anxiety

Almost everyone worries at some time. However, too much worry can cause physical symptoms, interfere with sleeping and thinking, create a negative frame of mind and lead to panic or avoidance.
Worry also impacts on other activities such as social and friendship opportunities, speaking in front of people, sports and arts performances and asking for help.

Parents of middle school children can make an enormous difference to their child’s anxiety.

Come to the College Library at 6.00pm on Monday, 23rd February, where Mrs Bridge, our College Psychologist, will talk about what anxiety really is and practical ways to help your children reduce their worrying. RSVP Mrs Michelle Smith – 9562 2400.

Mrs Michelle Smith  
Dean of Year 7

**Helping your Child Cope with Back-to-School Anxiety - Part 2 - Focus on the Positives**

Last week we looked at the idea of talking about fears and problem-solving instead of simply reassuring an anxious child. In addition to these strategies a very valuable thing to do is to help your child Focus on the Positive.

Encourage your child to redirect attention away from the worries and towards the positives. Ask him or her: "What are three things that went well for you today?" Most kids can think of something good, even if it’s just eating a special snack or going home at the end of the day! Chances are that the fun aspects are simply getting overlooked by repetitive worries.

Regularly asking your children to tell you three things that went well or three things that they are grateful for, is a very valuable and health enhancing thing to do. Research tells us that some of benefits of this habit are:

- It improves your mood.
- You’re likely to feel closer to friends and family.
- You’re likely to enjoy your life more.
- It’s good for your physical health.
- It makes it easier to cope with tough times.

More next week.

Mrs Dianne Bridge  
College Psychologist
SunSmart

With the Australian summer well and truly upon us, it is a good opportunity to go over the ‘SunSmart’ strategies with your children that will help prevent sunburn and heat stroke.

The most important item is sunscreen, which will be provided to students during Physical Education Classes by teachers and sports coaches, however, it is a good idea to apply before leaving home. A great item you can now purchase is a small tube with a karabiner clip attached to hang off a school bag.

It is a requirement for all students to have a College hat to be worn during recess and lunch. Encouraging your child to wear a hat will help prevent the effects of heatstroke and burnt faces.

Some classes such as Outdoor Education and General Sport may require students to be in the ocean. Students should aim to have a shirt to wear in the water or a rash vest covering their shoulders and neck.

During recess and lunch shade is very important, as it keeps the students out of the sun and minimises its negative effects. On hot days suggest to your child that it is a good idea to stay in the shade and out of the sun.

There is a SunSmart app available from the app store on most mobile devices, which indicate what part of the day most care should be taken and when sun protection should be applied. It is a great way to get students involved in looking after themselves and becoming aware of the dangers that the sun can cause.

These SunSmart strategies will help prevent students getting sunburnt and being affected by heatstroke. We encourage you to talk with your children and educate them of the dangers that the sun can cause and how to prevent them.

Mr Neil Bright
Head of PE & Outdoor Education

Year 7 Swim Trials
All Year 7 students travelled to the HBF Arena in Joondalup on Thursday, 5th February for swimming trials. The purpose of the trials is to select students in Year 7 to be a part of the ACC Swim Team. The students swam 50m races in freestyle, breaststroke, backstroke and a few students completed the butterfly race.

Congratulations to the following Year 7 students who were selected to be a team member of the ACC swim team.

Boston Phillips
Chloe Sinclair
Elizabeth Doust
Georgia Ridley
Grace Busuttil
Harrison Alcock
Harrison Cook
Jack Delnon
Jak Swan
Josh Lamacraft
Kai Ewart
Laila Cook
Lucie Baker
McKenzie Simpson
Oisin Leonard
Tom Berard

Mr Devin Martin
Head of Sport

**Career Services**

**Out of School Learning**

Next week many of our Year 11 and 12 students are commencing, or continuing, vocational and industry ‘out of school’ learning programs. Students are participating in variety of programs in the workplace, and with public and private training colleges. It is an exciting opportunity for students on a General/VET pathway, and I wish them well for their first day.

Our thanks go to Mrs Cammy Lindsay for developing our wonderfully diverse VET Program at Irene McCormack Catholic College.

**The Undergraduate Medicine and Health Sciences Admission Test (UMAT)**

Registrations for UMAT2015 are now open for Year 12 students. Please note that before registering for the test students are required to carefully read the UMAT@2015 Information Booklet, which will ONLY be available online from the UMAT website: [http://umat.acer.edu.au](http://umat.acer.edu.au). Please see Ms Tonkin if you intend to sit the UMAT.
**Big Day In for Year 9 - 12 Students**

The ACS Foundation, in conjunction with Curtin University, Edith Cowan University, Murdoch University & University of Western Australia, invite you to the **Big Day In™ IT Careers Conference**.

Where: Perth Town Hall.
When: Thursday, 7th May 2015, 9.00am - 2.00pm **Registration required now.**

Come and hear speakers from companies like IBM, Microsoft, Google, Westpac, HP and more to come, talking about the future of careers in technology. Exhibitors from organisations including Westpac, IBM, Digital Careers, HP, ACS & loads more! Enquiries: kerrie.bisaro@acsfoundation.com.au (02) 8296 4444. [www.thebigdayin.com.au](http://www.thebigdayin.com.au)

Refer to the February Careers Newsletter for details on:

- **Australian Defence Force Academy ADFA** Information Session, suitable for Year 9,10, 11 & 12 Students – Monday, 16th February at 6.30pm.
- **Women in the Navy** Information Session suitable for Year 9, 10, 11 & 12 Students – Tuesday, 17th February 2015.
- Police Entry Information Session - Register now for next session - 8th April, 2015.
- ECU Information session for Psychology, Counselling, Youth Work, Social Science, Speech Pathology and Social Work - Wednesday, 17th March.

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**Ms Chris Tonkin**
Career Counsellor

**Community News**

Seasons for Growth. An adult grief and loss program. Wednesday 11th, 18th, 25th March and 1st April, 7.00 - 9.30pm at Mater Dei College, Edgewater. Contact Sr Margaret Kane rsj 9440 3914 margk2@bigpond.net.au.

Seasons for Growth, Companion Training for the Young People’s Program, Primary & Secondary Levels. Wednesday 22nd & 23rd April (8.30am – 4.00pm) at Mary Mackillop Centre, South Perth. Register online [www.goodgrief.org.au](http://www.goodgrief.org.au) – training.


Butler Netcall Club Registration Day – 14th February at Irene McCormack Catholic College 9.00am – 12.00pm. For more information contact Nicole 0439 722 844 president@butlernetballclub.com

507 Army Cadet Unit (Joondalup) recruiting now. Friday nights 6.45pm – 10.00pm at Belridge Senior High School. For more information contact Captain (AAC) Jackie Parks 0419 041 606, fourparks@bigpond.com

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Mr Robert Marshall
Principal