From the Principal

Celebrating our Students, Sacraments and Faith

On 27th July, four wonderful IMCC students Kristina Kumai, Princessa Kumai, Connor Green and Jessica Birch completed a milestone in their faith by receiving their first Holy Communion at our local parish, St Andrews in Clarkson. Mass was celebrated by Parish Priest and our College Chaplin, Fr. Robert Carrillo.

The students conducted themselves beautifully and reverently as they received the Body and Blood of Lord for the first time. They also participated in different parts of the Mass such as joining in the procession to the altar with Fr. Robert at the beginning of Mass and bringing up the gifts during the offertory. The communicants were supported through the presence of their parents, friends and IMCC staff in attending the Mass and celebrating this big step in their faith. As a College community, we would like to congratulate these students for their commitment and time spent in completing the preparation sessions leading to their First Holy Communion.

Thank you to Ms Kym Krishnan, our Youth Minister and Mr John Swindells, Director of Mission, who assisted with the preparation of the students. In other news concerning our IMCC Sacramental Program, so far this year we have had three students receive the Sacrament of Reconciliation. We have one student whose Baptism will be occurring during this term and a further seven students have begun preparation to receive the Sacrament of Confirmation at IMCC. These students have ranged from Year 7 to 10. All are welcome. Special thanks to Ms Krishnan for all of her patience, care and commitment to our students contemplating their faith and for those working through the Sacramental Program here at the College.

If your child is, or if you are interested in your child, undertaking any of our Catholic Sacraments of Baptism, Reconciliation, first Holy Communion or Confirmation in 2015 or have any queries please e-mail either Ms Krishnan, our Youth Minister at krishnan.kym@imcc.wa.edu.au, or Mr Swindells via Swindells.john@imcc.wa.edu.

Parish Weekend Mass Times

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<tr>
<th>Parish</th>
<th>Mass Times</th>
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<tr>
<td>Clarkson Parish</td>
<td>St Andrew’s Catholic Church</td>
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<tr>
<td></td>
<td>Parish Priest: Fr. Robert Carrillo</td>
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<tr>
<td></td>
<td>Tel: 9407 7512</td>
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<td></td>
<td>Email: <a href="mailto:standrewsclarkson@gmail.com">standrewsclarkson@gmail.com</a></td>
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<td></td>
<td>Saturday 8.00am, 6.00pm (Vigil), Sunday 7.30am, 9.00am, 5.30pm</td>
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<tr>
<td>Yanchep Parish</td>
<td>Tel: 9561 2172</td>
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<tr>
<td></td>
<td>Saturday 6.00pm at St James Anglican Church</td>
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<tr>
<td>Ocean Reef Parish</td>
<td>St Simon Peter Catholic Church</td>
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<tr>
<td></td>
<td>Tel: 9300 4885</td>
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<td></td>
<td>Email: <a href="mailto:stsimon@westnet.com.au">stsimon@westnet.com.au</a></td>
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<td>Saturday 6.00pm (Vigil), Sunday 8.00am, 10.00am, 5.00pm</td>
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LEAD Awards for Excellence 2014

The LEAD Awards of Excellence encapsulate core aspects of the strategic direction for Catholic Education in Western Australia. LEAD is the acronym for Learning; Engagement; Accountability and Discipleship. All of these are core aspects in what we hope and expect to be doing very well here at Irene McCormack Catholic College.

Further to our College being recognised with the 2014 Spirit of LifeLink Award by Archbishop Timothy Costelloe, Irene McCormack Catholic College has nominated Karen Wilson, our Christian Service Coordinator, for the 2014 LEAD Awards for Excellence. This nomination is a wonderful endorsement of the work Karen, together with her supportive colleagues, do with and for our students in the field of Christian Service.

Broadly this speaks very highly of Karen’s joyful leadership and example in promoting Service in our College. It also reflects the work of Mr Phil Smith and others in past years who have helped build a strong culture of Service for others at Irene McCormack. Supporting Karen we have a staff full of ‘Giants’ who consistently step in to support our students and each other to ensure our Christian Service initiatives and formal program is successful. For our students, the exposure to genuine need in our community and opportunities to respond to that need, empowers them to be counter cultural, generous and joyful in their service for others.

Congratulations to Karen, her many helpers, our Carers and every student in the College who contributes towards the service of those in need. This is what Christ called us to be, people for others. People who would wash the feet of others, see Christ in one another and as Mary MacKillop said “to never walk past a need without doing something about it.”

Mr John Swindells
Director of Mission

Debating Preliminary Final

On Tuesday 29th July, the Year 9 Debating Team took on Churchlands Senior High in the Western Australian Debating League Preliminary Finals hosted at Perth Modern School. The debate’s topic, ‘that volunteer tourism should be banned’, was a challenging issue that prompted both schools to formulate original and compelling arguments. The adjudicator congratulated both teams on an excellent debate and the professional manner of their delivery. The adjudicator was full of praise for all students for reaching this stage of the competition and said that based on their debating skills, both teams were capable of competing in the next round of finals. There was, however, only space for one team to progress to next week’s Octo-Finals. The competitors waited nervously for the adjudicator to announce his decision once the debate had concluded.
Churchlands Senior High, which was made up of three Year 10 students, won the debate by a narrow margin of only two points, with a total of 225 (out of a possible 300). IMCC’s team scored an admirable 223 points and should be incredibly proud of their efforts against a more experienced team. Our team was able to receive valuable feedback from the adjudicator that they can use in the McCormack Boulevard Cup with Butler College in Semester Two and the 2015 WADL season.

I would like to thank Leah Ayres, Tyra Hayward and Luke Halpenny for their hard work and commitment to Debating at the College.

Ms Simone Wingham
Debating Mentor

St George's Art Exhibition

On Thursday 25th July, three students from Irene McCormack Catholic College were selected to exhibit their artwork at the annual St George’s Art Exhibition. St George’s Art has become a premier event attracting schools from all sectors. This year over 137 works from 48 schools were displayed in the unique setting of the Cathedral.

Congratulations to Danielle Vahala (Year 10), Kaitlyn French (Year 10) and Sarah Ayres (Year 11) who participated in this prestigious event. All three students produced thought-provoking and highly skilled works that tackled contemporary issues relating to the environment, social justice and the treatment of the elderly.

Mrs Vanessa Schneider
Head of Visual Arts

Dance & Drama

Performing Arts Festival for Catholic Schools & Colleges

Perth Convention & Exhibition Centre

DANCE TICKETS

FRIDAY
22nd AUGUST
7.00pm

PHONE TICKETEK ON: 132 849
OR
www.ticketek.com.au

ADULTS: $20
STUDENTS: $15

Dance tickets on sale to general public
Monday 21 July 2014
Greetings parents and community members,

Well, Book Week is rapidly approaching and here is an early opportunity for the whole family to become involved and win bragging rights (and a delicious prize.) Just complete the quiz below and email it to the given address. Good luck!

Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read. ~ Groucho Marx

Family Quiz

Book Week 2014 (due by August 22)
Please email your answers to familybookweekquiz@hotmail.com

All of the sayings below have book or books in them e.g. The judge decided to throw the book at him (punish him severely) because he had committed so many crimes. Each _ stands for a letter.

1. If I want to pass my exams I will need to __ _ _ the ___ __ __
2. The teacher is pleased with me. I am in her __ _ _ _ _ _ _ _
3. The coach wants us to follow the rules exactly and play __ __ _ _ _ _
4. The student reads all the time. She’s always got her ___ ___ __ a ___ _
5. The Bible is sometimes called the __ _ _ _ _ _ _ _ _ _ _ _ _
6. The waiters were getting paid in cash. They were working ___ the ___ __ _
7. He never worried about his privacy settings so to everybody his life was an ___ _ _

8. Some people don’t like broccoli but ___ my ___ _ it’s very tasty.
9. Josh knows heaps about Star Trek. You might say that he ___ _ _ _ _ Star Trek.
10. Tom’s had long enough to explain his actions. It’s time to ___ _ _ _ _ _ _ _ _ _ _ on this matter.

Please email your answers to familybookweekquiz@hotmail.com

Mrs Judith Jarvis
Head of Library
Career Development and Transition

**Open Days**
August is the busiest month of the year for Open Days. See the Career Centre Newsletter for details.

**Who should attend an Open Day?**
Anyone who is considering studying at a tertiary level in the future. Family and friends are also welcome to attend with prospective students. Entertainment, food and family activities for younger ones, such as face painting and petting zoos, are always part of the fun at university open days.

**What happens on an Open Day?**
On Open Day you will see the university or training centre at its best. Everyone is there – you can talk with academics, lecturers, and current students about what certain courses are actually like, and what is required to get into them.

**Why should you attend an Open Day?**
- What does the place ‘feel’ like? Is it a bustling environment with lots of activity or a quieter, more relaxed campus set in landscaped grounds?
- What is really involved in the course or courses you are interested in?
- If you have to move away from home, where are you going to live?

**How to make the best of Open Days**
- Be there early. Crowds tend to develop as the day progresses
- Plan your trip beforehand from online maps and details, and on arrival, don’t be afraid to ask for directions to the activities and departments of interest.
- Walk around the campus. Have a good look! See what sporting facilities and other services are available.

**Career Information and Activities**
In this week’s Career Centre Newsletter:
- **University Open Days-** calendar and links.
- **Year 12 TISC presentation** at school.
- **Fashion Week** at Polytechnic West
- **Australian Engineering Week** student night
- **Circuit Building Saturdays** for Year 7-10 students.
- **WAAPA short courses** for 15-17 year olds.
- **Sports Industry and Health Sciences** Information Sessions
- **Alternate entry, Enabling and Preparation Courses** to University

Please email tonkin.chris@imcc.wa.edu.au, or phone 95622400 to be added to the Career Centre Newsletter distribution list or for further information.

Ms Chris Tonkin
Career Counsellor

**Community Service**
Would you like to volunteer at this year’s City to Surf? Sunday 31st August

The Chevron City to Surf Perth includes a full marathon, half marathon, 12K, 4K run and walk events, and a 4K wheelchair event. This will be the seventh year that IMCC’s volunteer students and staff man the Marathon Recovery tent. This requires a big team of energetic and enthusiastic students.
This event is run annually on the last Sunday in August and attracts over 40,000 participants each year. The event has a festival atmosphere at both the start in Perth City and even more so at the finish at City Beach overlooking the sparkling Indian Ocean. Don’t miss out on this fun-filled Christian Service event. Come and see me at my office and sign up today.

Miss Karen Wilson
Christian Service Co-ordinator

Anxiety and Adolescents – Part 2

Although the anxiety disorders have different symptoms, they all tend to make the teenager withdraw into themselves in an attempt to avoid situations that trigger anxiety. Teenagers with untreated anxiety in particular are likely to suffer co-existing conditions such as eating disorders and drug and alcohol problems. The problem often affects the entire family.

Symptoms can be physiological and psychological. Psychological symptoms include:

- Fear
- Intense apprehension
- Recurring/repetitive thoughts
- Unbearable tension
- Uncontrollable worry
- Calamitous thought patterns (e.g. where they assume a catastrophe is just around the corner).

Such thoughts fire up the fight/flight response, resulting in a range of Physiological symptoms, include:

- Nausea
- Chest pains
- Involuntary shaking
- Increased sweating
- Breathlessness and difficulty breathing
- Racing heart

The experience of panic and overwhelming anxiety is perceived as being so profoundly awful that it may lead many teenagers to simply avoid circumstances, places and situations that they associate with the attack (Dr Michael Carr-Gregg – 2010).

More next week.

Mrs Dianne Bridge
School Psychologist
Community News

Our Lady of Mount Carmel Primary School, Mullewa 1914 – 2014
100 Years Celebration. Invites past students, families and staff on 9th August 2014.
For more information and RSVP to Penny Critch pennythurkle@hotmail.com

For more information contact Noeline Mason 9527 9009, email abilities.expo@education.wa.edu.au

Ocean Ride for MS. 19th October 2014
Love cycling? Register at OceanRideForMS.org.au or 6454 3131.
All proceeds support people living with multiple sclerosis in Western Australia.

Mr Robert Marshall
Principal