From the Principal

Ash Wednesday, the beginning of the journey to Easter, is a time for reflection on how we are living our lives.

Lent is a time of preparation for Holy Week which culminates in the death and resurrection of Our Lord, Jesus Christ.

The 40 days of Lent reminds us of other significant times of preparation:

- The ancient Hebrews wandered for 40 years in the desert before beginning a new life in the Promised Land;
- Jesus spent 40 days in the desert fasting and praying before beginning his mission.

At the heart of everything we do in recognising Lent is Jesus. Jesus offered his life to us fully. He is the perfect witness of God and God’s Love. In Jesus’ life we know Him as both fully human and fully God.

Part of His expression of His humanity is witnessed in His expressions of love and struggles. Jesus modeled love through His great compassion, kindness, forgiveness and empathy. He also experienced fear, pain, rejection and frustration in His life.

Irene McCormack students and staff gathered in Year groups throughout Ash Wednesday to mark this special occasion in the Church’s liturgical calendar. Deacon Jeffrey and Fr Robert, blessed the ashes, burned from the 2014 Palm Sunday palms and all received the blessing and phrase “Turn away from sin and be faithful to the Gospel”. Away from selfishness, towards the Gospel of love.

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>Tel: 9561 2172</td>
<td>St Simon Peter Catholic Church</td>
</tr>
<tr>
<td>Parish Priest: Fr. Robert Carrillo</td>
<td>Saturday 6.00pm at St James Anglican Church</td>
<td>Tel: 9300 4885</td>
</tr>
<tr>
<td>Tel: 9407 7512</td>
<td></td>
<td>Email: <a href="mailto:stsimon@westnet.com.au">stsimon@westnet.com.au</a></td>
</tr>
<tr>
<td>Email: <a href="mailto:standrewsclarkson@gmail.com">standrewsclarkson@gmail.com</a></td>
<td>Saturday 6.00pm (Vigil), Sunday 8.00am, 10.00am, 5.00pm</td>
<td>Saturday 6.00pm (Vigil), Sunday 8.00am, 10.00am, 5.00pm</td>
</tr>
</tbody>
</table>
Lent provides us with an opportunity to make our lives new. During this time we are invited to re-examine our relationships with each other and with God. Following Jesus’ example, we can reflect, pray, sacrifice and give generously to those in need.

This year Project Compassion’s theme is “Food For Life”. This is Caritas Australia’s main fundraiser for the year and we at Irene McCormack will again be collecting funds in Care periods to assist those living in poverty throughout the world. Here we are putting our compassion into action and making a difference in the world.

**Uniform Standards**

Congratulations to the vast majority of students for the high standard of grooming and wearing the uniform with pride. Thank you to students with the support of the parents.

Whilst the uniform standard is high, as with academic work, we encourage students to continue to raise standards. In this regard there are two issues that have arisen at the start of the year.

- Some girls are still wearing makeup to school. Students may and are encouraged to use clear sunburn lotion. Skin-toned foundation is not acceptable.

- There have been a few queries about the term ‘extreme hairstyles’ in our College policy. The term refers to hairstyles such as, but not limited to, undercuts, layering, long sweeps, no ponytails for boys, shaved hair less than a number 3 blade, wedges or excessive spiking.

It is the desire of our staff to work in a positive spirit with all students regarding high standards of uniform and grooming. If you have any queries about uniform and grooming please contact your son or daughter’s Dean of Year.

**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.

**Curtin University Scholarships Awarded in 2015**

It is our great pleasure to announce that the below students have been offered merit based scholarships at Curtin University in 2015.

Mark Maposa Principal's Recommendation Award
Justin Theseira Principal's Recommendation Award

Congratulations to Mark and Justin, Graduates from the Class of 2014.

**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

Want to know about the OLNA?

Some students in Years 10 and 11 are about to sit the OLNA. The timetable for students at Irene McCormack Catholic College is given below. You may have heard about it, but are not sure what it means to your child.

OLNA is the acronym for the Online Literacy and Numeracy Assessment, which some students will use to demonstrate they have achieved the required standard of literacy and numeracy for their Western Australian Certificate of Education (WACE). The School Curriculum and Standards Authority awards the WACE at the end of Year 12 to students who have met all the requirements. You can find more about the requirements on the Authority website at www.scsa.wa.edu.au.

Some students pre-qualify for the literacy and numeracy requirement through their performance in the Year 9 NAPLAN test. We will inform you whether your child needs to sit the OLNA, which is held in March and September each year, starting in Year 10. This means students will have up to six opportunities before the end of Year 12 to demonstrate the standard.

The OLNA has three components – reading, writing and numeracy. The reading and numeracy components comprise 60 multiple-choice questions; the writing component is an extended response of up to 600 words. Students are allowed 60 minutes for each assessment. The table below provides a quick guide to each component.

<table>
<thead>
<tr>
<th></th>
<th>Numeracy</th>
<th>Reading</th>
<th>Writing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Questions</td>
<td>60</td>
<td></td>
<td>1 (600 word limit)</td>
</tr>
<tr>
<td>Question type</td>
<td>Multiple-choice</td>
<td>Open-ended</td>
<td></td>
</tr>
<tr>
<td>Mode</td>
<td>Online point and click</td>
<td>Typed online</td>
<td></td>
</tr>
<tr>
<td>Time</td>
<td>60 minutes (standard)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Delivery</td>
<td>Randomised 1 of 3 forms</td>
<td>Randomised 1 of 2 forms</td>
<td></td>
</tr>
<tr>
<td>Adjustments</td>
<td>Extra time and pause (variable)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
To prepare our students for the type of questions they can expect and to familiarise them with the online assessment software, we will provide access to a practice test on a secure website. In preparation for the OLNA testing in March, a practice (trial) test for students will take place on Monday, 23rd February during Period 1.

For students with special needs, we have guidelines to help set the appropriate conditions for equal access.

If you want to know more, go to the School Curriculum and Standards Authority website at [www.scsa.wa.edu.au](http://www.scsa.wa.edu.au) and look under Senior Secondary > Online Literacy and Numeracy Assessment. There you will find a lot more information, answers to frequently asked questions and a brief video. You can also send questions to olna@scsa.wa.edu.au or contact the Deans of Year at the College.

Irene McCormack Catholic College Dates:

**Round One:** Writing Year 10 – Year 11. Wednesday, March 11th (8.45am - 10.00am).
Reading Year 10 – Year 11. Monday, March 16th (8.45am - 10.00am).
Numeracy Year 10 – Year 11. Wednesday, March 18th (9.10am - 10.35am).

**Round Two:** Writing Year 10 – Year 11. Wednesday, September 2nd (8.45am - 10.00am).
Numeracy Year 10 – Year 11. Monday, September 7th (8.45am - 10.00am).
Reading Year 10 – Year 11. Friday, September 11th (8.45am - 10.00am).

Mr Liam Rafferty
Dean of Year 12

**What’s going on in the Music Department?**

Auditions were held this week for a new lead vocalist to join Swing Band. Thank you to all students who auditioned, the standard was very high. Congratulations to Anthea Humble and Naomi Capon who were the successful applicants.

There is still time to put your name down for the Year 7 Rock Band auditions. Auditions were postponed until Week 4, so be quick before it’s too late! See Miss Malam, Miss Christie or Mrs Richardson for more information and to sign up!

**Year 7 Rock Band:** Auditions held in Week 4

Not long to go until our first concert for the year, Sounds @ Sunset, goes on stage! Watch this space for more details!

Miss Kylie Malam
Head of Performing Arts
Helping your Child Cope with Back-to-School Anxiety - Part 3 - Deep-breathing and Helpful Self-talk

Last week we looked at the idea of ‘Talking about Fears’. We also talked about Problem solving - instead of simply reassuring - an anxious child’. In addition to these strategies a very valuable strategy described was that of helping your child to ‘Focus on the Positives’. Another calming idea is to encourage your child to learn ‘Deep Breathing and Positive Self Talk’.

To do this, ask your children to breathe in through the nose and, as they breathe out, to say a helpful or reassuring statement inside their head to help them stay calm and handle the stress. Here are a few - “Calm down”, “Relax”, “Everything will be ok”, “I am ok, I will be fine”.

It takes a while to gain confidence in these using these techniques but don’t give up. Remember, ‘practice makes perfect!”

Good luck.

Mrs Dianne Bridge
College Psychologist

Round 1 CAS Results

The first round of CAS sport took place this week against St Stephens Carramar, with many students representing the College in a variety of different sports. The results from Round 1 were as follows.

<table>
<thead>
<tr>
<th>Year</th>
<th>IMCC</th>
<th>SSC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls Basketball</td>
<td>26</td>
<td>5</td>
</tr>
<tr>
<td>Boys Basketball</td>
<td>16</td>
<td>35</td>
</tr>
<tr>
<td>Girls Touch Rugby</td>
<td>9</td>
<td>1</td>
</tr>
<tr>
<td>Boys Volleyball</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Girls Volleyball</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Year 8 &amp;9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Y8 Girls Basketball</td>
<td>40</td>
<td>0</td>
</tr>
<tr>
<td>Y9 Girls Basketball</td>
<td>30</td>
<td>6</td>
</tr>
<tr>
<td>Y8 Boys Basketball</td>
<td>23</td>
<td>25</td>
</tr>
<tr>
<td>Y9 Boys Basketball</td>
<td>21</td>
<td>18</td>
</tr>
<tr>
<td>Y8/9 Boys Cricket</td>
<td>118</td>
<td>125</td>
</tr>
<tr>
<td>Y8/9 Girls Tennis</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Y8/9 Boys Tennis</td>
<td>0</td>
<td>4</td>
</tr>
<tr>
<td>Y8/9 Girls Touch Rugby</td>
<td>0</td>
<td>8</td>
</tr>
</tbody>
</table>

Next week we play Prendiville Catholic College

Year 10, 11 and 12 play at Prendiville on Tuesday afternoon.
Year 8/9 Girls play at Prendiville on Wednesday afternoon.
Year 8/9 Boys play at IMCC on Wednesday afternoon.

Mr Devin Martin
Head of Sport
Irene McCormack Catholic College Board AGM

As published in the College Newsletter 1, NOTICE IS HEREBY GIVEN that the Annual General Meeting of the Irene McCormack Catholic College Board will be held at the College on **Tuesday 24th February 2015 at 6pm**.

Parents wishing to attend the AGM and/or nominate for the Board are invited to email Mrs Kim Boscarino, Board Secretary, at admin@imcc.wa.edu.au by Friday 20th February 2015.

**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 – training.

Brighton Seahawks Junior Football Club registration on 22nd February at Kingsbridge Community Centre, Butler.
For further information contact registrar@brightonseahawks.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

Mr Robert Marshall
Principal