



IRENE McCORMACK  
CATHOLIC COLLEGE  
Prayer Service Justice

THE

# McCORMACK

MESSENGER

IMCC Newsletter 12

Friday, 15<sup>th</sup> May 2020

## Students and Teachers Return

Since the transition to the classrooms of students and teachers began just over two weeks ago on Wednesday 29<sup>th</sup> April, we have had over 85% of students and all staff attend school this week. It is a credit to all students, parents, teachers and support staff that the transition back to regular classroom learning has been described by many as seamless. We were prepared for the announcement by the Premier, Mr McGowan, and the Executive Director of Catholic Education, Dr Debra Sayce, that effective Monday 18<sup>th</sup> May all Catholic students in Western Australia are required to attend school unless they are unwell or have a medical referral to continue their learning from home. This announcement followed a comprehensive School Readiness Review of all Catholic schools in Western Australia.

This recommendation aligns with the latest advice from both State and Commonwealth Governments and has been made with the safety and wellbeing of students, staff and our whole community as the first priority.

Whilst there has been a direction for students returning to school, we strive to focus on the pastoral care and wellbeing of students, staff and families. For students who have health conditions that necessitate them remaining at home, parents are asked to contact and inform the respective Assistant Deputy Principal.

Please see pages 4 & 5 for further information about procedures in place at school as precaution against the spread of the Covid-19.

As with our staff, I imagine that you are pleased and gratified that our students are able to return to school to resume classroom learning together. As members of our school community, we ask that you join us in continuing to pray for those affected by the COVID-19 at home and abroad.

## Science

This week, Year 8's have been creating a detailed and labelled model cell. The task was kept open-ended with students given the choice of model to build, either plant or animal cell, and choice of the materials with which to build the model.

The result was nothing short of amazing, with students producing very detailed and creative models using a variety of methods, showcasing their initiative and problem-solving skills. Different parts and ingredients were used, with most models turning out to be edible. The class really enjoyed presenting and showcasing their cell models and cell cakes – with 16 different cakes and pizzas to taste and enjoy, after ensuring proper hygiene. The feedback from the students has been overwhelmingly positive.



### Parish Information

<p><b>Clarkson Parish</b> St Andrew's Catholic Church Parish Priest. Fr. Dariusz Basiaga Tel. 9407 7512 Email. <a href="mailto:standrewsclarkson@gmail.com">standrewsclarkson@gmail.com</a> <a href="http://www.standrewsclarkson.com/">http://www.standrewsclarkson.com/</a></p>	<p><b>Yanchep &amp; Lancelin Pastoral Area</b> Parish Priest. Fr. Augustine Puthota. Tel. 9561 2172</p>	<p><b>Ocean Reef Parish</b> St Simon Peter Catholic Church Parish Priest. Fr. Franciszek Kot Tel. 9300 4885 Email. <a href="mailto:stsimon@westnet.com.au">stsimon@westnet.com.au</a></p>
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*It was great to see all the creative models and have a change of pace in the class. Aylah Moore*

*We were really impressed with all the detail in the models and the different types of cakes everyone produced. Charlotte Callaghan and Harris Boschman*



*I was impressed with the creativity and ingenuity of all the different designs. Steven Sutcliffe*

*I was just happy everyone brought cake! Jackson King*

**Mr Jon Barry**  
Science Teacher

## Marine & Maritime Studies

This week, the Year 11 Marine and Maritime Studies class investigated, as part of oceanography, the effects salinity, salt, has on water. On Thursday, we conducted our final experiment looking at the effect of salinity on buoyancy, finding that, the denser the body of water the higher the buoyancy, objects will float more.

**Lillian Hutchinson**



## Irene's Service Learning

The College is in the process of ramping up the Service Program with restrictions still carefully being monitored.

**Year 7 Golding** will be collecting tins of food and conducting a 'College tin drive'. The food will go to Shopfront, this is an organisation that has an open house for the homeless and poverty-stricken families. They offer food, advice and



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a warm meal for those in need. After consultation with the management of this organisation they are in dire need of tins of vegetables, fish and meat.

**Year 7 Evans** are going to be working on a project for MercyCare and the Smith Family collecting school items for the students in need. Campus Ministry will be purchasing the schoolbags and the aim is to fill about 20 with stationery, maths equipment, lunch boxes and drink bottles.

**Year 8** will be collecting and promoting hygiene packs for the Billiluna Community. We are not able to take our students to the Kimberley this year but we are still keen to maintain contact with them and help any way we can. I have been in contact with the Principal, Mrs Naomi Martin and the community need hygiene items such as toothpaste, toothbrushes, shampoo, sanitary products and soap.

**Year 8 and 10** have just completed writing letters to the residents of the RAAFA aged care facilities and these will be delivered this week. We are hoping to get some pen-pal friendships out of this project.

As a College community we will collect these items and distribute them to those in need.

**Mrs Janice Bell**  
**Irene's Service Learning Co-ordinator**

## Reflection

This weekend we celebrate the Sixth Sunday of Easter. This week's readings speak of the promise of the Holy Spirit and the wonderful work of the apostles.

**First reading:** Acts 8:5-8, 14-17

**Psalms 65(66):** 1-7, 16, 20

**Second reading:** 1 Peter 3:15-18

**Gospel:** John 14:15-21

This Gospel contains Jesus' promise to his disciples at the last supper. As He talks to the disciples He explains that although He will die, He is not permanently leaving them. Instead He promises to send an advocate, the Holy Spirit. He tells his disciples that if they follow His commandments He will send the Holy Spirit to them and be with them always.

### John 14: 15-21

*Jesus said to his disciples: 'If you love me, you will keep my commandments. I shall ask the Father, and he will give you another Advocate to be with you for ever, that Spirit of truth whom the world can never receive since it neither sees nor knows him; but you know him, because he is with you, he is in you. I will not leave you orphans, I will come back to you. In a short time, the world will no longer see me, but you will see me, because I live and you will live. On that day you will understand that I am in my Father and you in me and I in you. Anybody who receives my commandments and keeps them will be one who loves me, and anybody who loves me will be loved by my Father, and I shall love him and show myself to him.'*



Jesus extends His promise to all who keep His commandments, that they too will receive the spirit. Thus, creating a united as a community filled with the spirit. We are this community today compelled to follow the greatest commandment to love, serve and care for others.

This week as we strive to keep the commandments let us remember that Jesus promised to not leave us orphans. That He is with us to help us, we are not alone, and tomorrow is a new day to try to love others better.

# Music

## Instrumental Lessons

Instrumental Lessons are back in full swing in the Music Department, with all students taking 'at school' lessons from Week 4 onwards.

Thank you to instrumental tutors, students and parents for their ongoing support, while we navigated through online lessons for a short time. The positive feedback and students' enjoyment of online lessons has been wonderful to receive, and we are delighted that our students have been appreciative of being able to continue with instrumental lessons over the last month

## ATAR Music Class Performances

Year 11 and 12 ATAR Music class students showed off their talents to the rest of the group on Tuesday this week, while performing one of their assessments of the year.

Please enjoy a video compilation of their performances by visiting



<https://www.dropbox.com/s/hme07cja2icv9/ATAR%20MUSIC%20PERFORMANCES%202020.mp4?dl=0>

**Mrs Kylie Langdon**  
Head of Performing Arts

## Covid-19 Information

As the health and safety of all our students and staff is our highest priority, we continue to provide a range of sustainable cleaning, hygiene and safety measures and have made some changes to our school practices that are designed to minimise risks of COVID-19 transmission in our school environment now and into the future.

Students may continue to learn from home if they, or a member of their immediate family, are immune-compromised or are otherwise considered at-risk medically. Parents who plan to keep their children learning at home are asked to please contact the respective Assistant Deputy Principal and provide a certificate or letter from the student's medical practitioner. These students will continue to be supported by school staff, with details of work to be covered. However, these students will not receive the lesson delivered in the classroom or have access to the teacher during the period.

Students who are unwell should stay at home. Parents are asked to seek medical advice if their child exhibits symptoms of COVID-19. Normal processes for advising the school of a child's absence will apply. If a student or parent is diagnosed with Covid-19 please it essential to inform me by email [robert.marshall@cewa.edu.au](mailto:robert.marshall@cewa.edu.au)

### The following health practices are to be observed:

Practice hygiene habits at school including:

- Frequently washing your hands for at least 20 seconds with soap and water, or using an alcohol-based hand gel.

- Avoid touching mouth, nose and eyes.
- If coughing or sneezing, covering your nose and mouth with a paper tissue or flexed elbow, dispose of the tissue immediately after use and perform hand hygiene.
- Avoiding close contact with anyone if they or others have a cold or flu-like symptoms.
- Drinking taps will not be available. Students will require a personal water bottle to refill.
- There is to be no shared food or drinks.
- Parents dropping off or picking up their children, must not exit their vehicle.
- Parents are not permitted on school property, except to attend to business at the College office or to visit the Uniform Shop.
- Assemblies, excursions, interschool activities will not recommence until advice is received from the Department of Health that it is safe to do so.
- The school will continue to ensure that environmental cleaning practices are in place. Every room in the school will be cleaned using non-allergenic disinfectant. All cleaners used by the College are certified in Infection Control Cleaning.

### **School Curriculum and Standards Authority (SCSA) Years 9 and 12 Update**

SCSA has stated that Year 12 ATAR Course written exams will go ahead as scheduled from 2<sup>nd</sup> November. Written examinations will take the same form as previous years, with a three-hour duration.

For Year 9 students who were unable to sit the NAPLAN this year due to COVID-19, more flexibility will be introduced into the Online Literacy and Numeracy Assessment (OLNA). This will give Year 9 students the opportunity to demonstrate the literacy and numeracy standards required to achieve the Western Australian Certificate of Education (WACE).

### **College Contacts**

If you need clarification about any matter, particularly in regard to Covid-19 issues, please contact:

- The respective Assistant Deputy Principals for any issues about your child.
- Mr Andrew Billingsley, Deputy Principal, email [andrew.billingsley@cewa.edu.au](mailto:andrew.billingsley@cewa.edu.au) for education issues.
- Mrs Angela Byrne, College Psychologist, email [angela.byrne@cewa.edu.au](mailto:angela.byrne@cewa.edu.au)
- Mr Andrew Mawby, Business Manage, email [andrew.mawby@cewa.edu.au](mailto:andrew.mawby@cewa.edu.au) about school fee issues.
- You are always welcome to contact me by email, [robert.marshall@cewa.edu.au](mailto:robert.marshall@cewa.edu.au) with any queries.

### **Winter Uniform**

From Monday 18<sup>th</sup> May all students are required to wear winter uniform.

## **Return to Sport**

As we edge closer to a return to community sport with the imminent relaxation of government restrictions, we are pleased to offer some options for our students who have been craving some physical activity at school. The cancellation of inter-school sport for this term presents an opportunity for a gradual return to organised sporting activity that can be conducted here at school.

In accordance with government guidelines, the following sessions will begin in Week 5, Students will have the opportunity to sign up next week. All sessions will be held after school from 3.15pm – 4.15pm.

### **Mondays: Soccer Skills**

Students wishing to brush up on their technical skills in preparation for the possible resumption of the junior soccer season are encouraged to attend.

### **Tuesdays: Badminton Club**

Come along for some social badminton in the gym where you can play singles or doubles games, and receive some coaching if you would like to give the sport a try.

### **Wednesdays: Football (AFL) Skills**

Community clubs are currently working through the WAFC's return to training advice and guidelines and may begin to offer modified training sessions. In the meantime, or in addition to what is planned, all footballers are invited to come along to work on their fundamental skills.

### **Thursdays: Volleyball Club**

Come along for some social volleyball in the gym and receive some coaching if you would like to give the sport a try.

### **Tuesdays and Thursdays: Run Club**

Keen runners, or anyone wanting to get a little fitter are invited to join us for some running sessions. We plan to hold a cross country event late in the term so this will be great preparation for anyone wanting to target this event. It could also serve as an early start to training for athletics next term.

Students will be given the opportunity to sign up for these clubs next week and parent permission will be required. In the event of a particular session being popular, there may be a need to cap numbers to remain within guidelines, and alternatively a session may not be offered if there is insufficient demand. More information will be provided in the form of a permission letter next week if students elect to sign up.

### **ACC Strava Exceed Run Club**

A reminder that the ACC is offering students at ACC schools the opportunity to join the online running community at Strava, and log training times and distances with members of the ACC community. This is an optional service and is simply a great motivational tool in the absence of a normal school cross country season. A smartphone or Garmin watch is required to upload to Strava. Privacy restrictions apply and interested parents and students should follow the guidelines via the links below if considering becoming involved. Congratulations to Year 9 student **Mia Conroy** who placed in the top three last week for total distance run across all members of the club.

[www.accsport.asn.au/carnivals/cross-country/exceed-run-club](http://www.accsport.asn.au/carnivals/cross-country/exceed-run-club)

<https://www.strava.com/clubs/exceed-acc-run-club>

**Mr Ben Dyer**  
**Head of Sport**

## **The Push-Up Challenge**

Welcome back to Term 2 at the College. The Prefects as well as all Year 12 Students, are excited to see a large majority of the school back in action. The Prefects are working really hard to try and make the rest of the school year pick back up, and we have some ideas in the works for everyone so stay tuned, read the notices, newsletter and keep on working hard. If you, have an idea to put forward, or want to have a chat don't be afraid to contact or approach us, the Prefects, as well as your ADP's. Many of you may know the Push-Up Challenge begun on the 11<sup>th</sup> May and will continue until the 31<sup>st</sup> of May. I encourage everyone to get involved if not already as the experience is truly rewarding, and who doesn't love a challenge?

Here are some of the messages from this week of The Push-Up Challenge, some of our team IMCC participating, as well as some messages from Lewis Wood and Conall Harvey - the Push-Up Challenge Organiser.

The photos below show you can perform the challenge anywhere. Kerys Knowles at work, Liam Benaquista at home, and Conall Harvey on the beach.



**Kaleb Erikson**  
**Head Boy**

### **Information Directly from The Push-Up Challenge**

**Day 1: 11<sup>th</sup> May**

There is growing scientific evidence suggesting that aerobic exercise can be utilised to prevent and treat depression. One recent analysis of this evidence suggested that three 45-minute exercise sessions per week (135 minutes total) was enough to provide anti-depressant benefits to mental health. Exercise doesn't have to be strenuous to help. Moderate exercise like fast walking, cycling, steady lap swimming, or anything that causes a rise in heart rate and a bit of sweat is the best way to give your brain a boost. On the theme of 'moderate' exercise, be sure to work within your comfort levels during the Push-Up Challenge. Throw in some other exercises to substitute for push-ups if you need to.

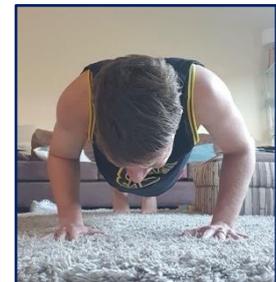


### Day 2: 12<sup>th</sup> May

In 2018-2019, 17.1% of Australians received a prescription for a mental health medication. The vast majority of these (~80%) were for anti-depressants, which were used by around 3 million Australians. What is an anti-depressant medication? The most common anti-depressants work by increasing the availability of neurotransmitters, which affect how our nerves communicate with each other in our brains and all over our bodies. Neurotransmitters affect many parts of our lives, from our mental health, to our guts, to how we feel pain. Even though these medications are technically called anti-depressants, they have been used for a wide range of health conditions.

### Day 3: 13<sup>th</sup> May

An estimated 15.5%, of young LGBTIQ+ Australians have made a non-fatal suicide attempt at some point in their lives. Among trans people, that number rises to almost 50%. By this measure, the LGBTIQ+ population is the most over-represented group in the country. The driving factors behind these devastating rates of mental ill-health amongst LGBTIQ+ Australians are not well studied, however, we do know that LGBTIQ+ people continue to face high rates of discrimination and stigma from a young age. About 60% of LGBTIQ+ young people report experiencing verbal homophobic abuse, and about 80% of this abuse occurs at school. Living with discrimination and stigma has a substantial impact on levels of psychological distress and can make it harder to seek help when it's needed.



### Day 4: 14<sup>th</sup> May

It's hard to quantify the total economic cost of mental ill health, which includes everything from appointments, hospital beds and medications, to more abstract costs, like lost productivity, diminished wellbeing, and decreased life expectancy. A draft report released in October 2019 by the Productivity Commission estimated that the total cost of mental ill health in Australia was approximately 180 billion dollars per year.

### Student Messages:

Over the past few weeks, I alongside Year 12 Students Jacob Lewis and Conall Harvey, have worked hard to promote the annual Push-Up Challenge to the College. In this challenge, students who have signed up will complete 3,046 push ups over 21 days in order to promote awareness for mental health with the option of fundraising. Over two million dollars have been raised in total with our own IMCC team raising a total of \$840 so far. I encourage everyone to stay focused on their mental and physical wellbeing, especially during these times and I wish everyone participating in the challenge good luck on completing the rest of their push ups.

### Lewis Wood Sport Prefect

The Push-Up Challenge isn't just a fundraiser, or an event for people to get in shape. The Push-Up Challenge is a symbol of staying fit mentally, through the physical exercise of push-ups. The belief of better physical health to better mental health is something that the Push-Up Challenge stands for. Together, we as a community are able to come together for this event, raising awareness for those who are struggling in silence, who are affected each and every day that you might not see. Everyone has their own story, and this is a time where we can come together and help each other through these tough times. For those who may feel



life is a little harder than they would like right now, you are not alone, and you will always have someone to talk to, don't be afraid to open up, it will forever change your life.

**Conall Harvey Year 12**

For more information: <https://www.thepushupchallenge.com.au/>

**Mrs Rachael Knight**  
Drama Teacher

## Year 7 Scholarship & Bursaries

Due to Covid-19, the Applications closing date has been extended to Friday, 29<sup>th</sup> May. The Academic Scholarship Examination will now be held on Saturday, 13<sup>th</sup> June.

**IRENE McCORMACK CATHOLIC COLLEGE**  
**2021 YEAR 7 SCHOLARSHIP & BURSARIES**

**Applications are now invited for the following  
Year 7 2021 Scholarship and Bursaries**

**Academic Scholarship**  
Register online at <http://scholarships.acer.edu.au/intro/1943>  
Academic Scholarship Examination held on Saturday, 13th June

**St Andrew's Catholic Parish Bursary**  
**Yanchep/Lancelin Catholic Pastoral Area Bursary**  
**Merriwa Primary School Bursary**  
**St Andrew's Catholic Primary School Bursary**  
**St Francis Catholic Primary School Bursary**  
**Aboriginal Bursaries**

*Application forms and further information available from the  
College website <http://www.imcc.wa.edu.au/enrolments.html#bursaries-and-scholarships> or by emailing [admin@imcc.wa.edu.au](mailto:admin@imcc.wa.edu.au)*

**Applications closing date extended to Friday, 29th May 2020.**

 18 Bradman Drive, Butler 6036 | PO Box 318, Quinns Rocks 6030  
T (08) 9562 2400 | E [admin@imcc.wa.edu.au](mailto:admin@imcc.wa.edu.au) | W [imcc.wa.edu.au](http://www.imcc.wa.edu.au)  
Prayer Service Justice

## Drama

If parents or students are having a spring clean at home, the Drama Department are sourcing:

Men's clothing

Neck ties

Shoes – men's and women's

Sunglasses and reading glasses

Please hand any items in to the Performing Arts Department.

**Mrs Rachael Knight**  
Drama Teacher



**Mr Robert Marshall**  
Principal