Good Luck Bronte!

**Bronte Dawking Year 10 Chavoin 331** will be competing in the State Open Swimming Competition today and over the weekend at the Sydney Aquatic Centre, Homebush. As this is an Open Competition she will be competing against some of Australia’s most highly ranked swimmers. Bronte will be competing in a range of swimming strokes, individual medley and relays for her Club. We congratulate Bronte on successfully lowering her racing times to meet the entry criteria for this competition. We wish her the very best in her races and in her goals of achieving personal bests.

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**Photos of our Opening School Mass today**

More photos on page 3

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**Sailing with Caitlin Tames**

Caitlin Tames J7 competed in the 46th Australian Sabot Championships over Christmas at Gosford. Out of 63 competitors Caitlin finished a creditable 13th overall and was the top girl in Australia.

After the regatta Caitlin headed to Adelaide and competed in the Optimist Oceania and Australian Championships for 2010. Over 12 countries and more than 140 boats from Europe, Asia and the Americas came to compete. The regatta, which was held in 43 degrees, proved difficult. Caitlin produced some good results with a 9th & 11th in Oceania and was the 2nd & 3rd Australian respectively.
Ash Wednesday Options at Café Lyons

On Ash Wednesday, no meat will be sold or available to order at Café Lyons. Instead, we will be arranging for a Fish ‘n’ Chips day. Options are:

- Fish cocktails and chips $5 (4 fish cocktails)
- Calamari and chips $5 (5 calamari rings)
- Battered fish and chips $7 (1 fish piece)
- Prawn cutlets and chips $6 (3 prawn cutlets)

Girls will be able to order online. If girls want fish ‘n’ chips but haven’t registered online, they may write their name on a list in the canteen but there are no guarantees. They get what they ordered - so please try and register online ASAP. Vegetarian food will also be on sale.

Café Lyons is Going Cashless!

From this year, girls will be able to use their existing student card to make payments at the school canteen (Café Lyons). As you may be aware, girls have been able to pre-order using an online account called FlexiSchools. Starting this year, the funds available on your FlexiSchools account can now be accessed using the student card.

Please see the Newsletter attachment for more details and please refer to the last page of the Newsletter for weekly specials.

Road Safety Outside MSCW

Here at MSCW, we believe that “…all girls have a right to feel safe all the time” whether it be personally or when crossing the road. Unfortunately we have noticed many drivers doing a U-Turn across double lines just past the pedestrian lights after dropping the girls to school. This practice is both illegal and dangerous. Please consider the safety of our girls, staff and the general public and encourage those who drive the girls to school to travel further down Woolwich Road to turn around in a safe and legal manner.

Could you also encourage the drivers not to park across driveways, especially the convent driveway, as we have many sisters who need to come and go at all times during the day.

Important Message - EPI Pens

Any girl who has an EPI Pen please ensure a spare is left at the Student Office in case it should be required.

Newsletter Articles - Parents Please Note

Each week this Newsletter is published on the College website and we also have photos of girls on our website pages. If you have any objection to your daughter’s name or photo appearing in the Newsletter publications or any notice on the web could you please advise Mrs Mezzina on 9816 2041.

WSU Working Bee

As our new project for WSU and the Gardening Club, we are going ahead with building a garden and greenhouse. We are holding a working bee at school on Saturday 20th February from 10:30am-3:00pm. We would like to invite any girls or parents who wish to lend a helping hand. Your help would be much appreciated.

Thank you, WSU Team

Tutoring Available

In English and History

Please ring Jessie Stephens on 9802 9889

Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>16th Feb</td>
<td>SHROVE TUESDAY</td>
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<tr>
<td>17th Feb</td>
<td>ASH WEDNESDAY</td>
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<td>19th Feb</td>
<td>Yr 8 Reflection Day</td>
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<td>23rd Feb</td>
<td>Grandparents’ Morning</td>
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<td>24th Feb</td>
<td>Class of 2009 Supper</td>
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<td>25th Feb</td>
<td>MSCW Visual Arts Exhibition</td>
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<td>2nd Mar</td>
<td>Yr 10 Immunisations</td>
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<td>3rd Mar</td>
<td>P&amp;F Welcome to Yr 7 parents</td>
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<td>4th Mar</td>
<td>CGSSSA Touch Football</td>
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<td>5th Mar</td>
<td>HSC Mid Course Exams</td>
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<tr>
<td>6th Mar</td>
<td>Meijo Exchange to MSCW</td>
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<tr>
<td>9th Mar</td>
<td>Yr 10 Geography excursion</td>
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<tr>
<td>10th Mar</td>
<td>HSC Mid Course Exams</td>
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<td>11th Mar</td>
<td>Meijo Exchange to MSCW</td>
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<tr>
<td>12th Mar</td>
<td>HSC Mid Course Exams</td>
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<tr>
<td>13th Mar</td>
<td>Meijo Exchange to MSCW</td>
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<tr>
<td>16th Mar</td>
<td>Yr 9 Gender appreciation at Holy Cross College</td>
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Member of Association of Marist Schools of Australia and Alliance of Girls’ Schools
NEW SPEECH AND DRAMA TUTOR
This year we will have a new Speech and Drama tutor at the College, who is an experienced international actor and performer. Speech and Drama is a great way to gain or increase confidence, or simply improve your acting skills! You can choose to do AMEB grades, or work on solo acting skills such as monologues. The Speech and Drama tutor can teach you how to project your voice, pronounce, speak with confidence, and even help you with different accents! All lessons are one-on-one, and are run with the same procedures as private music tuition.

Fill in the form attached to the newsletter if you would like to either continue learning this year, or if you’d just like to start! All are welcome. Please see Ms Spata if you have any questions. Lessons will be in the private instrumental tutor rooms near the music rooms. The schedule will be placed on the notice board outside J2. Hurry to secure your space!

CONFIRMATION 2010 – ST MARY’S CONCORD
We have now been advised that our parish celebration of Confirmation will take place within Mass at 11.00am on Sunday 16th May 2010, with Cardinal George Pell. If you wish to receive the sacrament of Confirmation please contact the parish office Mon-Fri 9am-2pm on 97474210, or email parish@stmarysconcord.org.au.

DUTY GIRL ROSTER
COMMENCING MONDAY 15TH FEBRUARY 2010
Monday    Kate Beverley and Francine Crimmins
Tuesday   Kiara Biljuh and Jocelyn Currie
Wednesday Jacinta Birbara and Georgie Danos-DeLuca
Thursday Xanthe Bracewell and Emma Davidson
Friday    Kea Browning and Emma Dawson
Girls report to Reception by 8.50 am

MSCW P&F Association
Parent Volunteers
All parents/carers are welcome and encouraged to be involved in College life. Your help is greatly needed and appreciated. Please assist if you can by completing and returning the form attached to this Newsletter email and return to the Student Office by 28th February.

Confirmation – St Charles Borromeo Parish
The Sacrament of Confirmation will be celebrated in St Charles Borromeo Parish, Ryde on May 29 & 30, 2010. Nomination Forms for members of the Parish who wish to participate in the Confirmation Program will be available at one of two Information Evenings to be held in St Charles Church at 7.30pm on Tuesday, February 23 and Wednesday, February 24, 2010. For enquiries please contact Nadia Baker - Confirmation Co-ordinator on 0412 669 956 or nadiabaker1@optusnet.com.au.

Above are more photos of our Opening Mass today
Sailing News

Tri Series Regatta 1 at Woollahra Sailing Club, Rose Bay, Saturday 13th February

Sailing Team Radials: Alexandra South, Amy Sunderland, Emily Sloane, Amy Wang, Emily Wohlfiel.
Sailing Team Laser 4.7s: Samantha McLaren, Louise McLaren, Caitlin Tames, Hiliary Chow.

Team members need to arrive close to 8:00 am. There will be a race briefing at 9:30 am and race 1 will start at 10:00 am. Race 2 and 3 will be back to back.

Saturday sailing this Saturday, 13th February, 10am-2pm. Remember to bring your sunscreen, sailing gear, swimmers, shorts, t-shirt or rashy, something for your feet (old sneakers would be good), warm change of clothes, lunch or something to BBQ and $15.00.

Saturday sailing is open to everyone and we hope to see some Year 7 girls. Last Saturday was wet but warm and there was a good roll up of new sailors. Everyone had fun!

If parents have any questions please don’t hesitate to call.

Mr Pauschmann and P&F Association

MSCW GYMNASTICS TEAM

Every year Woolwich sends a strong team of gymnasts to the CGSSSA Championships to compete against other Catholic schools. For the last 3 years, MSCW has come second in this competition so we have a great record!

Training is held during Thursday sport time at Five Dock Leisure Centre where you can learn and practise all routines on floor, bars, beam and vault.

All levels from 1 to 10 can compete.
If you have never done gymnastics (but can do a cartwheel, handstand and other basic skills), please consider Level 1 or 2.

What to do!
1. Email Ms Kemp with your details - name, age, level
2. Sign up on the sport notice board in Chavoin
3. Your Thursday sport option will be switched to gym

If you already train outside school, please let me know and you do not have to do the Thursday training.

Any questions, please email Ms Kemp

Mr Maloney (9879 6935, 0415 219 112)

REMINDER - WOOLWICH NETBALL GRADING

Grading will take place for 2010 Year 7 teams on Monday 15th February 2010, 3:45pm to 4:45pm at the netball courts at MSCW.
All girls registered for netball in year 7 are required to attend.
Please ensure you have correct sports shoes with you. No girl will be able to trial without appropriate shoes.(No school shoes or fashion slip-ons).

Any enquiries to lindader@bigpond.com.

Sailing News

Teenagers, Alcohol and Drugs - what every parent needs to know!

Speaker: Paul Dillon
Date: Tuesday 11th May
Time: 7.30 pm
Venue: MSCW Hall
Cost: $10 (please send your payment in an envelope marked “Drug and Alcohol Talk”, with your name, daughter’s tutor group and number of tickets required to the Student Office before 30th April)

The delivery of high quality and accurate alcohol and drug information to parents is essential if a community-based approach to drug education is to be adopted by the school. DARTA parent information sessions cover a range of issues, including resilience and the importance of connectedness. They accentuate positive norms and aim to empower parents in this controversial area.

Paul Dillon has been working in the area of drug education for 25 years. He has worked at the National Drug and Alcohol Research Centre, Sydney since 1994 where his key role was to disseminate research findings to policy makers, drug and alcohol workers and the general public. He provides information to many agencies and organisations across the country. He also works with school communities, including our Year 10 students, to ensure that they have access to good quality information and best practice drug education.

He was seconded to write the draft of a manual for the NSW Police Services on alcohol and violence and was also the Project Officer for ‘Stay in Control’, a campaign targeting teenage binge drinking. He was also a Community Programs Officer at CEIDA and has written for the National Campaign Against Drug Abuse’s projects designed specifically for primary school children.

Paul has worked internationally with the United Nations and the World Health Organisation and locally with the Australian Institute of Sports (AIS), and many of Australia’s leading sporting associations. He has appeared on programs such as Sunrise, TODAY and the 7PM Project, and had a regular spot on a national radio program on Triple J for seven years where he dealt with current youth drug issues.

All parents are strongly encouraged to attend this important presentation.

Mr Pauschmann and P&F Association

Member of Association of Marist Schools of Australia and Alliance of Girls’ Schools
**CAREERS**

- As part of the process of preparing Year 12 for their time beyond school the girls undertake Mock Job Interviews. This program is an important experience for the girls as it helps prepare them not only for job interviews but also possible interviews for courses, scholarships or gap year volunteer work that they may need to undertake as they prepare for what they are planning on doing beyond the HSC. In 2010 Year 12 will be commencing the program in Term 1 with careers classes and will be attending their mock job interviews on the evening of 30th March, 7-9pm at the College. All Year 12 girls are expected to attend the Interviews. In previous years generous parent volunteers who have interview experience from their workplace roles have undertaken the role of interviewer. This involves interviewing 6 girls for a set period of 20 minutes. Girls select the job they are going to apply for and the applications are forwarded to the interviewer in time to be reviewed before the evening of the interviews. If you think you would be able to volunteer to be an interviewer for the Mock Job Interviews could you please let me know by email at smith@mscw.catholic.edu.au by 18th February.

- Latitude Global Volunteering (formerly known as GAP Australia) are now taking applications for placements in 2011 in their volunteering programs around the world. During March–May there will be information nights held and to register for the local information night you need to visit the website www.latitude.org.au. The application deadline is 14th May. Information books on the programs are available from the Careers Office as well.

- AFX Student Exchange offer exchanges to France for high school students and Au Pair and English Language experiences for post high school students. Information is available on the website www.afxstudentexchange.com.

- Projects Abroad offer overseas volunteer and internship programs for school leavers. For more information on the opportunities available visit the website www.projects-abroad.com.au.

- **Internship Opportunity for School Leavers** - Educating Adventures has **18 spots remaining** on our ‘Ski & Snowboard Instructor Internship Programs’ in North America. They are now taking applications for these positions which commence at the end of November 2010. This is a fantastic opportunity for school leavers because it gives them an opportunity to obtain paid employment in the United States or Canada and complete an internationally recognised ski or snowboard instructing qualification.

  **They are looking for school leavers who:**
  - Have a passion for skiing or snowboarding (beginner to advanced ability levels welcome)
  - Have a willingness to learn through training and working
  - Have an interest in travel and adventure
  - Are available between December and April
  - Will be 18 years of age by December
  - Are looking for a life changing experience
  - Have the financial support to participate (the all inclusive program costs are US$5450-$9950)

  **Successful applicants will receive:**
  - A GUARANTEED offer of employment as a Ski or Snowboard Instructor!
  - Early season orientation, instructor training and accommodation package
  - Canadian or American Instructor Alliance membership and level one ski or snowboard examination
  - Training, support and further qualifications throughout the season
  - Assistance and support with obtaining work visas, flights and insurances (in partnership with STA Travel)

  **Instructor Starter Kits** - contact Educating Adventures directly to receive one of our useful Instructor Starter Kits. This includes some really handy (and FREE!) information, tips and advice on taking a ski training program and entering the industry. For more information visit the website www.educatingadventures.com or call 8801 4981

  Mrs Smith, Careers Advisor

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**Lifehouse at RPA - Special Assembly**

A special assembly will be held on Wednesday 24th February in order to present our donation to ‘Lifehouse at RPA’, the Professor Chris O’Brien Appeal. Professor O’Brien’s wife Gail and daughter Juliet will be our special guests. Lifehouse at RPA will be a world-class cancer treatment and research facility providing integrated care to patients and carers, located in Royal Prince Alfred Hospital, Camperdown. A centre of excellence, Lifehouse will integrate clinical care, research and education creating opportunities for innovative discoveries, compassionate holistic care and better outcomes for patients. As a not-for-profit institution, income will be re-invested to continually innovate and improve services treating public and private patients alike.

Thank you to the families who have further contributed to the $1000 P&F donation. If you would also like to make a donation, please send your cheque/cash in an envelope to the school office (before 24th Feb) marked “Lifehouse Donation”. Please make cheques payable to MSCW and we will include your donation in the school’s cheque.

Regards, Cathy Schiller, P&F Association President
Welcome back girls and teachers

We would like to introduce the Café Lyons specials for Term 1 2010. These specials may be ordered on-line or by filling out a bag at Café Lyons by recess. NB. Ordering using the old bag system only applies to the daily specials during Term 1.

### Café Lyons Weekly News

**Week 1**

<table>
<thead>
<tr>
<th>WK 1</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
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<tbody>
<tr>
<td>Specials</td>
<td>Chicken Schnitzel Wraps $3.50</td>
<td>Toasted Subs $3.50 Ham &amp; Cheese Wraps &amp; Tomato</td>
<td>Homemade Quiches Spinach &amp; Fetta or Lorraine $4.50</td>
<td>Homemade Pasta $4 Garlic Bread $1</td>
<td>Beef / Vegie Burgers $4.50 (with lettuce, tomato, beetroot &amp; choice of sauce)</td>
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**Week 2**

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<th>WK 2</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
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<tbody>
<tr>
<td>Specials</td>
<td>Sweet Chilli Chicken Tenders on a wrap $4 (with lettuce and mayo)</td>
<td>Homemade Pizzas $2.50 - large slice Margarita Ham &amp; Pineapple Pepperoni</td>
<td>Chicken Caesar Wraps $4.50</td>
<td>Baked Potato $4 Baked beans and cheese or Mince and cheese (sour cream optional)</td>
<td>Mexicana Toasted Enchilada $4 Chicken, tomato, onion, capsicum &amp; cheese (with dipping salsa)</td>
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### FREE $10 lunch voucher

Up for grabs every fortnight!

For any girl who signs up to the on-line ordering system.
Simply fill in your details on-line, order your lunch and be in the running for a free $10 lunch voucher.
One winner drawn each fortnight for Term 1.

Happy ordering!