 Prayer for the Sick

Watch, O Lord, with those who wake,
or watch, or weep tonight,
and give your angels charge
over those who sleep.
Tend your sick ones, O Lord Christ.
Rest your weary ones.
Bless your dying ones.
Soothe your suffering ones.
Pity your afflicted ones.
Shield your joyous ones.
And for all your love’s sake. Amen.
(Saint Augustine)

Congratulations to …
Sophie Watkins, class of 2009
(pictured right), on being accepted
into the Early Achievers’ Program
at ACU. This is a result of Sophie’s
commitment to her community and
an enthusiasm to succeed. We are
proud that Sophie’s gifts have been
recognised in this way.

Ancient History is a piece of cake!

Last Friday was declared ‘National
Bog Bodies Day’ by Mrs Marshall’s Year 11
Ancient History class. To the outsider, it may have appeared this class was having
a random party in 112, but to those in the know it was a yummy educational and creative learning feast! Girls
were set the challenge to design a cake (or similar)
which showed some aspect of content
covered during their study of ancient human
remains. The cake needed to be accompanied
by an oral explanation as to what the cake
was attempting to represent. We had cakes
explaining stratigraphy, an excavation site,
jelly showing various remains, Windeby Girl
(or was she?) and even Otzi (The Ice Man)
made an appearance. It was a great way
to cap off the topic and one we will never
forget. Photos show some of the designs.

Open Day

Sunday 28th March

10am Mass
11am-2pm Curriculum Displays and Tours
12noon & 1.40pm Principal’s Address

Marist Sisters’ College,
Woolwich

A Catholic Girls Secondary College, Years 7-12

66a Woolwich Road, Woolwich 2110
Ph: 9816 2041
www.mscw.nsw.edu.au
Sea, Salt, Sand & Sunburn

On Monday, 8th March, Year 10 had their Geography fieldwork excursion to the beach. Unfortunately it was a much earlier start than most of us were used to, however we were excited about our adventure to Collaroy. On arrival, we had a quick recess break and then set out on our trip. We were split into class groups and walked down to the sand. The girls were all mesmerised by the bluebottles and the lonely puffer fish we found near the water. We then sat down on the sand, soaking up the sun, and filled out our worksheets with the help of our group guides.

After completing our sheets, we jumped on a bus and left for Long Reef Head. We had to walk up the steep hill where we were given the opportunity to do some fieldwork such as measuring the temperature of the air and the wind direction.

The last part of the day included heading to Long Reef Beach where we studied the sand dunes and different types of sand.

By this stage we were all very tired, hot and extremely sunburnt after spending a full day with the salt and sand. We all had an exciting and fun-filled day and no doubt got a very good night’s sleep.

By Emily Woodbury (Chavoin 331)

CSDA Public Speaking

Last Friday, 5th March, eight girls represented MSCW in Round 1 of the CSDA Metropolitan Public Speaking Competition held at Marian College, Kenthurst. The Catholic Schools Debating Association run the competition annually over three weeks in Term 1 and students representing approximately 100 Catholic schools across Sydney compete in their respective speaking divisions from Year 7 to Senior. The topics students spoke on included ‘Black and White’ and ‘Something to believe in’.

Six out of our eight girls were placed in the top four speakers of their draw and now proceed to the ZONE FINAL TONIGHT at 7pm, Loreto College, Normanhurst. Good Luck to Alivia Pagano (Year 7 CHV 333), Isabella Devine-Poulos (Year 7 PER 101), Madeleine Byrne (Year 8 CHA 133), Winona Enright (Year 9 JAR J8), Lara Le Febvre (Year 9 CHV 331) and Gemma Garland (Year 10 MAR 311) who will represent the College tonight.

Successful speakers will progress to the Grand Final at Mary Mackillop College, Wakely next Friday 19th March.

Members of the MSCW community are welcome at both of the final rounds!

Macquarie Schools Cup

Debating Senior Tournament

On Wednesday 17th February, nine senior girls took part in the Macquarie Schools Cup Debating Tournament. They participated in three debates which dealt with contemporary issues against a range of schools across Sydney. The topics up for debate were;

1. That we should introduce performance based pay for teachers;
2. That the government should establish a DNA database of its citizens; and
3. That we should ban elective surgery.

The girls were required to carry out some research on the topics before the day in order to present stronger arguments supported by facts.

A great day was had by all and this tournament provided a worthwhile experience for girls looking to develop their confidence, knowledge and speaking skills!

DUTY GIRL ROSTER

COMMENCING MONDAY 15TH MARCH 2010

<table>
<thead>
<tr>
<th>Day</th>
<th>Girls</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Isabella Forte and Daniella Indorato</td>
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<tr>
<td>Tuesday</td>
<td>Sofia Forward and Jasmine Jarvis</td>
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<td>Wednesday</td>
<td>Jordana Goth and Molly Jobbins</td>
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<tr>
<td>Thursday</td>
<td>Elizabeth Garling and Jemma Johnson</td>
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<tr>
<td>Friday</td>
<td>Monsue Gianotti and Sabrina Jorquera-Candy</td>
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Girls report to Reception by 8:50 am
“Green Day”
Next Wednesday, St. Patrick’s Day is fondly known for its vibrancy and fun all around the world. The Environment group thought it would be a great opportunity to share in the colour of the day and to raise funds to help save the planet.

The Environment group will be selling green ribbons for 50 cents throughout the week and on Wednesday 17th March we will be selling a range of delicious goodies including cupcakes, muffins, chocolates, ice-cream, jelly cups, lollies and green cordial.

Girls are encouraged to
* bring their own drink bottle for the cordial if possible
* pack a waste free lunch (no glad wrap or foil).

Our plan is to participate in projects to improve our school’s sustainability focus and to improve our school environment.

We would like to have a gardening group and set up some recycling programs. If you can assist us in setting up any of these projects, or if a small business would like to sponsor us, your contribution would be greatly appreciated.

Our wish list so far … set of 10 Green T-shirts, gardening gloves, small gardening tools, 10 hats, recycling bins etc. We would also like contacts for recycling cans, plastic etc. Please feel free to contact me at orourke@mscw.catholic.edu.au.

Don’t forget Earth hour is on Saturday 27th March, let’s all do a little bit, and collectively make a big difference.

Thank you, Ms O’Rourke

MSCW Music Concert
Wednesday 31st March
at 7.30pm
in the PJ Eymard Hall

The College Music Concert is fast-approaching. Following last year’s extremely successful Performing Arts Festival, and the Music Concerts from previous years, this event will feature the school music ensembles, some outstanding soloists and small groups, student compositions and work prepared in class.

Performances include Junior and Senior Jazz Bands, Chamber Ensemble, Schola Choir, elective music classes and a sneak preview from this year’s College Musical Back to the 80s!

We very much hope you will support this event by attending and help us finish the term with style! Tickets will be available on the door, priced $5 per adult ticket, gold coin for concessions.

Mr McNeal

St Patrick’s day …
… its going to be mufti day for Year 12 fund-raising.
We would love it if everyone could bring in a gold coin donation.
Girls MUST dress in green.

Grace and Emma Field, College Captains

Congratulations to the following girls …
For MUSIC
S.Delavere (Marcellin), D.Lum (Chanel), H.Monck (Chanel).
For PDHPE CREATIVE WRITING
M.Edwards (Marcellin).
For VISUAL ARTS
M.Byrne (Chanel), P.MacFarlane (Chavoin), E.O’Connor (Chanel), S.Ramos (Colin), K.Scuglia (Jaricot), M.Seve (Marcellin), N.South (Marcellin), A.Williams (Jaricot), E.Woods (Chavoin).

2010 Student Concession Cards
Are now available for collection from the Student Office (for girls aged 16 and over). Don’t forget your current card expires at the end of March.

DATES TO REMEMBER
13th Mar  Sailing 3-6pm following with family BYO BBQ
15th Mar  CGSSSA Swimming / Yr 5 Orientation
         Meijo Exchange to MSCW
         Catholic Schools Week
16th Mar  Meijo Exchange to MSCW
         Yr 12 Work Placement (until 26th Mar inclusive)
17th Mar  ST PATRICK’S DAY / SOB meeting
18th Mar  Yr 5 Orientation
19th Mar  ST JOSEPH’S DAY
         Yr 9 Reflection Day
20th Mar  Education EXPO (Adelaide)
22nd Mar  CHANEL FUNDRAISING WEEK
         Yr 10 High Resolve
23rd Mar  Yr 7 Parents & Teachers meeting 4-5pm
         Parent/Teacher meeting 5-9pm (all years)
         Yr 12 Parents & girls meeting 6-7pm
25th Mar  FEAST OF THE ANNUNCIATION OF THE LORD
28th Mar  PALM SUNDAY
         MSCW OPEN DAY (10am Mass, 11am-2pm
         displays & tours)
30th Mar  Yr 12 Mock Job interviews
         P&P Parent info night on drugs & alcohol
31st Mar  MSCW Cross Country / MSCW Music Concert
1st Apr   HOLY THURSDAY - TERM 1 ENDS
2nd Apr   GOOD FRIDAY

Term 2
19th Apr  STAFF DEVELOPMENT DAY
         MSCW Exchange to Meijo
20th Apr  Girls return to school for Term 2 (Winter uniform)
         MSCW Exchange to Meijo

Principal’s Awards

Member of Association of Marist Schools of Australia and Alliance of Girls’ Schools
Sailing News

Family BYO BBQ this Saturday. All sailing families, friends, supporters and members of MSCW staff are most welcome.
Sailing will start at 3pm and finish 6pm due to the Gold Cup Rowing Regatta held this Saturday on the Lane Cove River. (The rowing boats and our sailing boats just don’t mix.)
Sailors please 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. Please, no rain dancing.

Mr Maloney (9879 6935, 0415 219 112)

CAREERS

- The William Angliss Institute and Dive Centre Manly offers the internationally recognised two-year DIPLOMA OF RESORT MANAGEMENT (DIVE). The program provides participants with a unique career path opportunity combining highly regarded hospitality, tourism management and resort operation qualifications with dive instructor-level training. VET fee help is also available to students on this course. For any further information please contact Lynda Treble, at Dive Centre Manly on (02) 9949 6292 or email divecareers@divesydney.com.au

Hosptality training includes: food & beverage, first aid, resort reception services, office procedures and safety and risk procedures.
Business training includes: financial, legal, marketing, HR and property studies.
Dive Recreational levels: Open Water Diver, Advanced Open Water Diver, Rescue Diver.
Dive Professional levels: Divemaster, Open Water Scuba Instructor, Five Specialty Instructor Qualifications, Master Scuba Diver Trainer, Emergency Response First Aid Instructor, Coxswain’s Certificate.

- The National Institute of Dramatic Arts (NIDA) is holding their Open Day on 22nd May this year. For details, to register your attendance or find out what else NIDA has happening for school students, visit the website www.nida.edu.au/schools.

- The Australian Catholic University (ACU) offer a variety of courses across their Strathfield and North Sydney campuses as well as the other campuses in Brisbane, Melbourne, Bendigo and Canberra. This year again they will offer free experiences for students in a selection of courses. These courses include Business (24th May), Environmental Science (13th July), Nursing (13th July) and Exercise Science (15th July). There are also HSC Enrichment Days in July. To find out how to attend these events visit the website www.acu.edu.au/universityexperience. ACU also have their Early Achievers Program recognising achievements and community contributions made by prospective students as well as access ACU, which is their bonus entry scheme awarding eligible applicants bonus points for their entry into ACU based on a number of factors outside their admission rank. There is also now a social media mini-site for students and their families to gain insight into what life at ACU is like. It is accessible at www.acu.edu.au/ouracu. For all information about courses visit www.acu.edu.au. Some general course information books are now available in the Careers Office as well.

- CTAC is a Design College based in The Rocks area in Sydney. Information on available courses can be found at www.ctac.nsw.edu.au. The College Open Day will be held on 9th April. To advise your attendance please RSVP to info@catc.nsw.edu.au. CTAC also offers a variety of short courses and enrolments that are now open for the April two-day workshop program on 15th/16th April. These workshops are available to years 10, 11 and 12 students interested in Graphic Design, Interior Design and Photography. Requests for the workshop registration form can be obtained by emailing info@catc.nsw.edu.au.

- JMC Academy offers Bachelor degrees, Associate Degrees and Diploma courses in Creative Technology, Entertainment, Music, Audio Engineering and Sound, Entertainment Business Management and Digital Animation. For information about courses visit the website www.jmcacademy.edu.au or call 9281 8899.

- At Meadowbank College of TAFE at the Hair & Beauty Training Centre they offer:
  - apprenticeships in hairdressing
  - Certificate II Hair – Hairdresser’s salon assistant
  - apprenticeships in beauty therapy
  - nail technology courses
  - makeup courses
  - Certificate III Beauty Services
  - commercial fast track hairdressing course to become a qualified hairdresser in one year
  - commercial certificate IV in beauty therapy
  - commercial diploma beauty therapy
  - Diploma in Specialised Makeup Services – film, TV and Theatre make up
So if you are looking for a career in either Hair or Beauty, you need to contact the Sydney Academy of Hair, Beauty and Make-up www.nsi.tafensw.edu.au/hairbeautymakeup or call 131 674.

Mrs Smith, Careers Advisor
Contact List for Years 7 and 8 Families
There are separate attachments today with the Newsletter, one for year 8 and one for year 7 families to be on the contact list for each year. Please print and return to the Student Office by 19th March or email your details to the relevant person for each year. (See attachments for details.)

St. Charles Borromeo Parish is pleased to offer Catholics Returning Home Program
The Catholics Returning Home Program over 6 weeks offers an entry point for non-practising Catholics to reconnect with the faith community and return to active practice of their faith. The program commences on Wednesday 14th April and continues for a period of six weeks every Wednesday night at 7:30pm in the meeting rooms of St. Charles Church. For more information contact: St. Charles Borromeo Catholic Church Ryde 98072966. Phil 98084137 or Mavis 0403867275

ST ANTHONY’S PARISH, MARSFIELD
STATIONS OF THE CROSS
We are seeking volunteers for the Stations of the Cross on Good Friday at 11.00 am. Young people from the age of 12 up to and including University students are needed to re-enact Our Lord’s Passion and Death. There will be one practice session on Wednesday 31st March at 6.00 pm.
For further details please contact Madeleine at the Parish office.

St Ambrose Parish Confirmation
The parish of St Ambrose will celebrate the sacrament of Confirmation on 23rd May 2010 at 11am and 2pm. Please contact the Parish Office to register and enrol in the Parish based program which will commence with a parent evening on 25th March 2010 at 7:30pm in the Church.
Please contact the Parish Office ASAP to obtain a copy of the registration letter. Phone on 9743 1023 or email to sacraments@stambrose.org.au.

Sacramental Program
In February, St Ambrose parish has launched its sacramental program for 2010. Registrations are now being accepted for a limited time only for First Reconciliation, First Eucharist and Confirmation. Any candidates in Year 2 and above, who have not received these Sacraments and wish to do so, please contact the Parish Office ASAP to obtain a copy of the registration letter. Phone on 9743 1023 or email to sacraments@stambrose.org.au.
MARIST SERVICE PROGRAM

The Marist Service Program will be introduced during Religious Education lessons over the coming weeks and all girls in Years 7–11 will be involved in this program. The Marist Service Activity Record Sheet and booklet must be completed and the Activity Record Sheet submitted to the Religious Education Teacher by Week 5 Term 4 or on completion of the minimum of TEN hours of service. Each girl will have a record of the completion of this service on their end of year School Report. The aim of this program is to introduce girls to the world of Christian Service, so that they can become more aware of the needs of others and respond by doing something practical and useful. If you have any questions about this program, please contact your daughter’s Religious Education Teacher or the Religious Education Coordinator.

Program Rationale (taken from “Missionaries to a Teenage Culture” by Marisa Crawford and Graham Rossiter, 1988, p159)

The Values in Christian Service Programs

1. Students can become more aware of the needs of others in the community, particularly the elderly, the poor and the disadvantaged.
2. A natural part of teenagers’ development is a preoccupation with self. At this time, they can be intensely self-absorbed. A healthy counterbalance is to turn their attention to the wider community. A community service activity can help young people overcome a natural inertia about service to others.
3. Students can broaden their understanding of the difficulties people have in life. They can develop balance and maturity in the way they perceive insecurity, inadequacy, handicaps, poverty, unemployment and old age.
4. Students can acquire an appreciation of the role of community service agencies and of the possibilities for work and careers in the field of social service.
5. Students meet experienced adults working in community service agencies who, in addition to giving expert information about their area of work, are examples of committed people with noticeable altruism who are prepared to involve themselves in the service of others.

In addition to the values for students noted above, other purposes have been put forward as to why Catholic schools should engage in some forms of community service.

1. A preferential option for the poor and disadvantaged has been a central part of the church’s mission throughout history, and as a Catholic institution, a Catholic school shares in this Mission.
2. The practice of the Catholic school should reflect its theory – faith needs to be carried through into action. If teachers talk about the value of committed service in the community but there is no opportunity to put this into practice, then the school’s efforts to develop Christian attitudes to community involvement may be ineffective.