2014 GRiffith University GOLD COAST SCiEnCE CoMPETITIoN AWARDS Night

Last week our winning science night entries were set up for judging at the Queensland Academy for Health Sciences for the 2014 Griffith University Science Competition, along with all other entries from the Gold Coast and surrounding areas schools. Our students’ entries won 15 out of the possible 17 prizes in the year 8 & 9 category - a fantastic result. We hope that this result will help us take out the overall middle school trophy once again.

These students were presented with their Awards yesterday: Hayley Mason, Allie Harris, Jordan Abbott, Madeline Hodson, Xavier Coates, Amelia Fawsett, Zane Eggleton, Rachael O’Connor, Hannah Field, Olliver Smith, Dean Cruice, John-Paul Pearson, Will Moore, Jack Mallory and Owen Griffin.

2014 MUSICAL – HAiRSpray!

Preparations for next year’s musical, Hairspray, are gathering pace. We have now auditioned around 130 students and inviting wider staff involvement. Preparations will continue throughout Term 4 as the team of supporters continues to grow. Marymount has a great tradition of commitment from cast and crew as we put together our biennial musical productions and we anticipate similar dedication from all who will become involved in Hairspray!

PReMIER’S ANZAC PRIZE ENTRIES 2015

It has been my privilege to interview Max Miskeli and Darcy Reynolds and to preview their presentation that is their entry in the Premier’s Anzac Prize 2015 Competition. Like all Australians I find the ANZAC story inspiring and the Last Post, the Ode and Reveille very moving. The work Max and Darcy have put in to their entries has captured so much of this and more and it is a great credit to both of the students. They have captured the ANZAC tradition and its importance to our nation and in doing so are helping to ensure it will live on. We wish both Max and Darcy the best and acknowledge Mrs Therese Mullins mentoring support throughout the process.

STUDENT PROTECTION EVERYBODY’S BUSINESS

Who should you report incidents of harm to? Brisbane Catholic Education's policy makes it compulsory for all staff and volunteers to report harm/likely harm of a student from all sources to the Principal or school Student Protection Contact. It is mandatory (law) that all staff and volunteers immediately report sexual abuse/likely sexual abuse of a student to the Principal or school Student Protection Contact. If the incident involves the Principal, report to the Executive Director of Brisbane Catholic Education.

Marymount College Student Protection Contacts:

Heather Clark – Counsellor
Jessica Joyce – Counsellor
Angela Jeffreys – Counsellor
Chris Noonan – Principal

All College staff have completed mandatory student protection training informing them of their compulsory and mandatory obligations to report all incidents. Volunteer workers also complete a mandatory induction to ensure they are aware of their compulsory and mandatory obligations to report all incidents.

Student Protection is everybody's business and students must be listened to and
taken seriously by adults when they raise a concern.

**YEAR 11 & 12 STUDENTS CLASSES RESUME**

Following release for Block Exams, all Year 11 students are required to attend school from this Tuesday 16 September.

All Year 12 students are required to attend from this Wednesday 17 September. New class work will be covered as teachers begin Term 4 work.

**PARENTS & FRIENDS MEETING 6:00PM TUESDAY OCTOBER 7**

Yes, the next P & F Meeting is the evening of the first day of Term 4.

There is a full agenda, held over from this term with a report on our work to increase supervision of student use of laptops and a proposal for a Tuckshop Levy. Both matters should be of interest to parents and the P & F Executive will welcome your attendance. Please mark your calendar.

**A MESSAGE FROM QCEC & QLD FEDERATION OF P & F**

We are seeking your support to highlight issues important to Catholic Education in the lead-up to the next State Election.

The election will be held sometime between now and March 2015 and it is vital that we ensure political representatives are made aware of the needs of Catholic Education as their parties formulate policies.

To this end we ask Principals and Parent Leaders to meet with local MPs and candidates and we will provide guidance, a Framing Paper (Catholic Schools – Delivering Quality Education) and Issues Papers (5) to assist. All parents can support this political campaign by being informed by this material to be published through your College Newsletter and advocating the importance of Catholic Education and the issues with your local MP and candidates.

**Mike Byrne**
Executive Director
Qld Catholic Education Commission

**Carmel Nash**
Executive Director
Federation of Parents & Friends

**QUEENSLAND SCHOOLS ANNUAL RECURRENT INCOME PER STUDENT 2012**

- **Catholic schools**: $9,238
- **State schools**: $11,440

**Chris Noonan - Principal**

**13 OCTOBER - PLEASE CALL TO MAKE APPOINTMENT**

Enquires or RSVP contact the Enrolment Secretary enrolment@marymount.qld.edu.au (5586 1003)
ADDITIONAL INFORMATION

**PASTORAL**

**CYBERSAFETY: Are these apps on your son or daughter's phone?** You may have seen this app on your son or daughter's devices or heard them talk about it, but do you know what it is and how they use it?

One of the many apps of which parents need to be aware is **Tinder**. Tinder's description in the App Store: “Tinder finds out who likes you nearby and connects you with them if you’re also interested. It's the new way to meet people around you.” It also says, “Tinder is how people meet. It's like real life, but better.”

**How it works:** The app suggests people nearby and shows a photo of the individual. The app user viewing the photo can indicate whether they like what they see or not. Users are anonymous until both like each other, at which point they can message each other.

The App Store rates Tinder as being for ages 12+ due to “Infrequent/ Mild Sexual Content or Nudity; Infrequent/ Mild Profanity or Crude Humor; Infrequent/ Mild Mature/ Suggestive Themes.” The marketing of this app to teenagers is simply not acceptable.

**The Tinder app facilitates the face to face meeting by revealing a user's location.** In fact, that's one of its big selling points. Users can set the range of location, so they can narrow it down to within a mile. Parents absolutely need to know that their teens can present their location, which can be very dangerous when you have no way of verifying the identity of the viewer.

**Tinder can be a happy hunting ground for predators.** Spy Parent also described the app as “the playground for males in their late 20s to 30s to try to match with younger females.” Online predators are an issue on any social media and this one will be no exception. With photos from Facebook on the site [combined with the location information] an online predator would have very little trouble determining the location of any child or teen using the app. Even if they're not predators, some of the people on Tinder can be very vulgar and the language highly inappropriate. A quick scan of that page will send chills down a parent's spine. It also offers evidence of how the app can be used for cyberbullying.

Online sources refer to it as the **worst app ever for kids** and parents are strongly advised to block Tinder from your child's devices immediately. Growing reports of “fake pages” and “hacking” are also of concern. There is NO viable reason why a student should have the app on their phone. It should not be there.

Tinder is one of a series of apps that is of concern for parents. Keeping up with them is really hard. Parents need to make an effort to know what is on their teenager's phone.

Talk with your kids about online safety. Do it frequently.

State your expectations and your concerns. Discuss the ramifications of unsafe behavior and connecting with people online that they do not personally know.

Trust, but verify that they are using apps on their phone responsibly.

*Amy Anderson - APA Pastoral (Acting)*

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**CATHOLIC MISSION**

Catholic Mission needs people to volunteer for short periods, during the week of September 15-19, to help us raise awareness about the issue of refugee children in detention. This social justice initiative, which will involve a public ‘cage’ being set up in the grounds next to St Stephen's Cathedral, in Brisbane, needs people to interact with members of the public.

A roster is currently being prepared, with the names of those who are available for any part of the five school days. Even half an hour would make a difference.

For further information about the End Detention project, or to register your interest, please send an email to Catholic Mission's Director, David McGovern on mcgovernbne.catholic.net.au or call his mobile 0431 481 731.
MASS TIMES

**Saturday**
- 8.00am  Burleigh Heads
- 5.00pm  Miami
- 6.00pm  Palm Beach
- 6.15pm  Burleigh Heads

**Sunday**
- 7.00am  Palm Beach
- 7.00am  Burleigh Heads
- 8.30am  Miami
- 8.30am  Mudgeeraba
- 10.00am Doyle Centre
- 5.30pm  Doyle Centre

One of the significant features of our Marymount Day Liturgy is the long procession of baskets of food, all donations from both schools. The collection of these spans the weeks of third term leading up to Marymount Day. Each year members of the local St Vincent de Paul Conference attend our liturgy to receive these from our community. We hear some stories of the work of the society and are reminded that those who may need the help are oftentimes the families who are in the gathering.

At last week’s liturgy Hans van Mossevelde told the story of how the tradition began. In the early days of the schools the students brought many flowers and placed them around the Mary statue, they also placed a garland of flowers on the head. On one occasion during the preparation time a concern was raised about someone who was “stealing” other children’s lunches. On investigation it came to light that his family was in financial distress as the father had lost his job and there were many days the child and his siblings were coming to school very hungry. It was at that point the tradition began. From then on there was a heightened awareness of those in need locally. The flower tradition became the food collection. A great story which obviously captured the imagination of all present and then on Monday last a beautiful garland of golden grevillea appeared on the head of the Mary statue courtesy of a couple of senior students!

Thank you to everyone who has contributed to the food collection and all the other collections which are done in the course of a year. There is never a time when it can be said there is enough.

Third term will see us focus on Catholic Mission so lots of fundraising will be taking place. As part of this the College is also supporting the Parish Social Justice Group in the Timor Leste Project which will ensure that a new roof and new toilets will be supplied to the school of Santa Theresina at Ossu. The cost of this is $128,000.

Should you wish to make a tax deductible donation there are cards available from Main Office at the College and at all Parish Mass Centres or contact me and one will be sent to you.

Students will continue to visit Families Back on Track and they will be asked to consider donating age/gender appropriate Christmas gifts for those who are currently in residence. An Odd Sock Day will be held in October and the gold coin donation will go to Catholic Mission.

A snippet of conversation I had in the past week related to our Daly River visitors’ return home and how their excitement at having been to the Gold Coast caused them to have some difficulty in settling down again. There’s much food for reflection in that story.

Junior Religious Education assessment is taking place over these days with Year 8s having an in class test on the Eucharist and Ecumenism, Year 9s presenting an oral on a chosen Catholic such as Caritas, Mercy Refugee Centre or St Vincent de Paul while Year 10 classes will present an oral examining a piece of scripture and its message for the need for Reconciliation for people today.

In week 10 we will farewell Eliza Kerklaan, our Campus Minister. Eliza intends to travel overseas to continue her work in Youth Ministry. May she stay safe and be successful in all her endeavors.

Dolores Maitland
Assistant Principal Administration
Religious Education
GREAT EFFORT DURING EXAM BLOCK

Thank you to all Year 12s who have come in to sit exams during the past week – you have been exemplary. Please remember that you return to normal school lessons on Wednesday.

GRADUATION LITURGY 12TH NOVEMBER

A feature of this event is to show a photo capturing each student during their baby/toddler or first school year moment. We ask that you seek out these precious shots, scan them and send them to Mr Cornor as an attachment: kcornor@marymount.qld.edu.au

All photos need to be received by October 31st. Anyone having difficulties scanning their photos can bring the original and have it scanned at school.

GRADUATION DINNER 20TH NOVEMBER

Advising that a letter to parents and guardians has been sent home regarding this event. Please make a note of the payment deadline and work towards securing a spot for what is always a wonderful evening of celebration.

If you have not received this notification, please contact Mr Kevin Cornor or obtain the information on line, by clicking on the following link:


Should you have any queries regarding Year 12 matters, please do call us on 55861000.

Mr Kevin Cornor and Mrs Irene Scott
Year 12 Coordinators

ADFA EDUCATION AWARD

The Australian Defence Force Academy Education Award is presented annually to Year 12 students in recognition of leadership potential, and academic and sporting achievements exhibited during Year 11.

The award comprises of a laptop computer and is presented to suitable applicants who have applied for entry to ADFA. For further details and to apply, visit www.defencejobs.gov.au.

SCHOOL BASED TRAINEESHIP VACANCIES

HOSPITALITY
- Merrimac Tavern (Merrimac)
- Noodle Box (Robina, Biggera Waters)
- Baskin Robbins (Mermaid Beach)
- Eville Carvery (Mermaid Waters & Biggera Waters)
- Pizza Hut (Elanora)
- Marigold (Broadbeach)
- Tandoori Place (Miami)
- Crema Espresso (Main Beach & Harbouurtown)
- Grilled Seafood Bar (Broadbeach)
- Muffin Break (Runaway Bay)
- Oberois Taj Indian (Broadbeach)
- Crust Gourmet Pizza Bar (Surfers Paradise)
- Tikka Bar (Mermaid Beach)
- Ocean Grill (Worongary)
- Mrs Fields (Pacific Fair)
- Baby Grand Coffee Lounge (Broadbeach)
- Sumo Salad (Pacific Fair)
- Nandos (Mermaid Beach)
- Belvedere Restaurant (Worongary)
- Base Espresso (Broadbeach)
- Caffene Break (Runaway Bay)
- Mikes Kitchen (Merrimac)
- Subway (Upper Coomera)
- The Surfers Paradise Beach Café (Surfers Paradise)
- Zarraffa's (Surfers Paradise)
- Seaway Kiosk (Main Beach)
- The Surfers Paradise Beach Café (Surfers Paradise)

HAIRDRESSING
- Imagine Education (Southport)

BUSINESS
- Origin Health & Fitness (Paradise Point)
- Busy At Work Apprenticeship Services (Southport)
- Tall Ship Cruises (Main Beach)

COMMERCIAL COOKERY
- Marigold (Broadbeach)
- Goa India Fusion (Main Beach)
- Crust Gourmet Pizza Bar (Surfers Paradise)
- Tikka Bar (Mermaid Beach)
- Belvedere Restaurant (Worongary)
- Imagine Education (Southport)

RETAIL
- Springbok Foods (Oxenford)

Please contact the Marymount College Careers Office for further details and to apply.
Brisbane Catholic Education Prize for Art is run every two years with the inaugural prize held two years ago, when one of our current Art Captains, Courtenay McCue won the painting prize for her Year 10 surrealism work. I would like to congratulate and wish the following students well as they have been selected to represent the college with their work this year.

The works will be judged by Queensland Art Gallery Curator Lynne Seear and those short listed will be exhibited at the Queensland Museum in the South Bank Cultural Precinct. Winners will be announced at a ceremony on Friday 17th October. Whatever the outcome, this is a fantastic opportunity for our students to have their work reviewed by one of Queensland’s senior arts administrators and potentially have it seen by thousands of South Bank visitors.

Steve O’Keefe - Art Coordinator
On the 27th August, the Hospitality department held a ‘Marketta’ themed function. Both Mrs Evan’s year 11 class and Mrs Greffe’s year 12 class came together to create a function of fresh seasonal and local foods and drinks that showcased a lot of great Queensland produce. The function was a huge success and we received a lot of great feedback from the customers, who were extremely satisfied with their extravagant 5 course meal!

Both classes were very excited to work in collaboration and it was great to come together and have each other’s much needed help during the day. As a class, the Year 12s are extremely sad that this was our last function but are immensely grateful for the opportunities, knowledge and memories made whilst studying this subject over the past 2 years.

The students and teachers put in a lot of effort to create this function, after weeks of practising and preparations. It was all worthwhile as the results were phenomenal. Both classes are very appreciative of the support from Mrs Evans, Mrs Greffe and Ms Madden, as this function could not have been possible without all the hard work and extra time they put into the Hospitality department.

Cody Langlands - Senior Hospitality student
2014 SURF LIFE SAVING QUEENSLAND SECONDARY SCHOOL SURF LEAGUE – SOUTH EAST REGION

SLSQ is bringing back the Secondary School Surf League on Friday 19th of September at North Kirra beach. It is open to all students who wish to enter – you don’t have to be part of a surf club to compete in surf races, flags or sprints. Events include: Surf Races, Iron Mans (Swim/Board only), Board Races, Flags, Sprints, Surf Teams, Cameron Relays and Beach Relays. Age categories are U13, U15 & 16+. All students who wish to compete should have received a nomination form from Mr Balym. If you wish to compete and haven’t received a nomination form, make sure you see Mr Balym to get one. Entries Close on Wednesday.

THURSDAY SPORT

This week we had the grand finals of the semester two AGCC interschool sport competition. We had 25 teams play-off for the premiership. At the end of some very close finals we have 16 premiers. Congratulations to the following teams:

**Girls** – Junior AFL, Senior AFL, Year 10 Basketball – Sky Team, Year 11/12 Basketball – Blue Team, Junior Soccer – White Team, Senior Soccer, Year 10 A Touch, Year 11/12 Touch, Year 11/12 A Volleyball;

**Boys** – Cricket, Year 9 B Futsal – Sky Team, Year 11/12 B Futsal – White Team, Junior A Rugby League, Senior A Rugby League – White Team, Junior B Tennis – Sky Team, Senior A Tennis – Blue Team.

Term 4 sport choices have been available to enter for over a week now and they close on Monday at 9am. If you haven’t already entered your sport choice, please follow the instructions and make your selections before it is too late.

- Log into the college intranet using your school network username and password:
  
  From within the school – http://sburinet/intranet
  
  From outside the school – Marymount website www.marymount.qld.edu.au and choose School Portals under Quick Links on the right hand side, then click on College Intranet.

- Click the icon.

- Choose a sport in each of the boxes and click Add.
- If you are happy with the displayed Existing Selections, click Quit.

SOUTH COAST REGION TRACK & FIELD TRIALS

This week on Tuesday and Wednesday were the South Coast Region Track & Field Trials at Griffith University. We had 25 students compete to qualify for the State Titles next term with 9 students successful. Of those 9, Jack Adams won both the 16 year boys 3000m & 1500m; Caitlin Banner won the 15 year girls 800m, was second in the 400m and 3rd in the 100m; Xavier Coates was second in the 13 year boys long jump and third in the triples jump; Maddie Dick came second in the 17 year girls 800m; Tristan Seeto was third in the 16 year boys long jump and Simi Thomsen-Ajayi finished third in the 14 year boys high jump. Tom Popovic also finished 3rd in both the 17 year boys discus and javelin. Congratulations to all students on their efforts over the two days.

QUEENSLAND GOVERNMENT YOUNG ATHLETE ASSISTANCE PROGRAM

If your child has competed at a State or State School Championships, National or National School Championship or International Championship you may be eligible to receive $200 financial assistance from the Queensland Government.

Go to http://www.nprsr.qld.gov.au/funding/overview/young-athlete.html to find out more information and to see if you are eligible.

SPORTING RESULTS

Many of the sporting results that happen outside of school only make their way to our newsletter because the students or their family inform the school.

If you would like to have your results or your child’s results published in the newsletter, please contact me via email: info@marymount.qld.edu.au and I will make sure we have the details in the next newsletter.

Trent Balym - Head of Sport
Congratulations to the Marymount Senior White Rugby League team who were victorious in this week’s grand final.

Having suffered one loss during the season to Aquinas College this was an opportunity for redemption.

Switching the Yr 11 boys on after a week of exams was difficult before kick-off but once they took the field, under the captaincy of Bayley Gill, things eventually clicked.

With an emphasis placed on maintaining ‘shape’ and ‘structure’ the Makos went to an early lead through good lead up work then some fancy footwork and a delicate pass from Lachlan Cooper to Ben Moroney who crossed adjacent to the posts. Gill converted to take Marymount to a 6-0 lead.

Unfortunately, as a result of some misdirected defence, Aquinas scored in the corner but were unable to convert. 6-4 at the break and an opportunity to regroup refocussed the team who were keen to go on with the job.

The second-half was one way traffic with the boys in blue, in particular Nick Muir, running in 3 tries to one. Nick's 3 four pointers were all superb front-rower efforts on the back of some very well structured play and special efforts from players including Cameron Cooper, Sam Clark, Kyle Gibbard, Casey Randall and Tom Berkers. Moroney and Jack Nelson managed 2 conversions to finish the season with a well deserved 22-10 victory.

Well done also to these boys who stuck to the game plan and defended strongly: Diego Caruana, Jaime Sallows, Dom Larkin, Jack Webber, Zac Dickens and Tavis Rolls.

Other players who turned out for the team throughout the season include: Max Robertson, Max Hielscher, Isaiah Smith, Jordan Taylor, Christian Maindonald, Aiden Kalnins, Connor Weston, Cooper Hennessy, Ben Horwood, Calvin Dalozzo, Nick Demaio and Mitch Rosenthal.

With training for the 2015 Confraternity squad kicking off in a few weeks it is obvious that there will be plenty of competition both on and off the field for positions.

Thanks for your efforts boys, keep it up.

Jason Hamilton - Coach

CONGRATULATIONS TO ALL STUDENTS WHO TOOK PART IN THE EISTEDDFOD

Congratulations to Sophie Shaw in Year 8 for her fantastic results at the GC Eisteddfod.

She placed 2nd and 3rd in the Individual Drama - 12 Years section.

Well done Sophie!

GOOD JOB ZACH!

Zachery Smith in Year 10 represented Marymount College at The Australian Subaru Interschools Snow Sports Competition on Thursday 13 September, which was held in Perisher Valley, New South Wales.

The bad weather conditions were not ideal for competitors as it was slushy and windy. Zach finished 32 out of 48 competitors.

Great effort Zach!
On the 3rd of September, the lucky Year 8s travelled to Bond University to participate in Reflection Day. This day was focused on getting to know your peers better and to feel more comfortable around them. Facilitator, Michael Fitzpatrick ran the event and entertained the group with fun, engaging activities, many of which involved interacting with the opposite gender.

Individual and personal questions were also asked to help us reflect on our time so far at Marymount College. As part of the Reflection Day, some brave students volunteered to even have a go at singing, with Michael accompanying them on the guitar.

The message that students got out of this day was to not just reflect on the big things, but to acknowledge and find God in the small things in life.

**Maggie Reynolds and Amy Thompson**

Michael wanted the year level to be a whole group instead of separate parties. Students volunteered to be a part of activities that will help them boost their confidence but also get to know everyone. Through these activities an important skill was learnt. That skill was “Reflection”.

I particularly enjoyed the participation of the students not being afraid to have fun. The vibe that was given at the day was one I will never forget.

**Lucas Viso Sande**
I thought that Reflection Day was very funny and enjoyable; we learnt new things and met new friends. The day ended very well, knowing that we now have new friends and our minds overflowing with information. All of Year 8 can’t wait till next year.

_Aimee Brew_

Reflection Day was an amazing experience! When I look back at Year 8 that will be a major highlight.

_Claua Moss_

I thought Reflection Day was really fun and interesting. I loved Michael, he was so funny. I loved that we had to face our awkwardness with the opposite gender.

_Joli-Belle Cook_

Really enjoyed Reflection Day and had a great time meeting people I had no idea about.

_Jack Duncan_

I thought Reflection Day was good. Michael was funny and entertaining.

_Bhodi Jones_

Year 8 Reflection Day was really fun. I loved getting to interact with people I wouldn’t normally hang with. I think we should do things like this more often.

_Bella McCabe_
This day was a day to reflect and to appreciate what has been given to us and to find the courage within us to get to know the grade. Michael Fitzpatrick taught us about reflection and brought the courage out of all of us. This is a day that I won’t forget.

Madeline Hodson

We assembled in the Princeton Room, where we spent the day getting to know one another, singing and dancing, and playing an assortment of games which encouraged us to step outside of friendship groups and comfort zones.

For me personally, it was difficult to be separated from my close friends and people I was familiar with. This gave me awareness that we, as a Year level should be unified and become sociable and familiar with one another.

I felt excited and amused as well as proud of the Year 8 students that had the courage to get up in front of everyone and sing or dance. This made all of the Year 8s acknowledge the talent that these people possessed. It was heart warming to see everyone cheer on and encourage the people who were performing.

Even though a large portion of the day was spent having fun, we were there to reflect and consider the choices, friends and our year so far at Marymount. There was a thoughtful and pensive mood to the day, which was enjoyed by everyone.

Abby Wren
UNIFORM ISSUES - GIRLS

Now is the time for all our students to review the state of their uniforms in readiness for Term 4. We are proud of our College uniform and we expect all students to wear it with pride.

Administration are disappointed in the way that many of our girls are not wearing the skirt at the appropriate length. Some of our older students are still wearing the skirt that was purchased when they started at the College and are much too short. The skirt should be on the knee.

The present stock of skirts will be available at a reduced price. Please take advantage of this opportunity to replace the skirt and the shirt if necessary.

The NEW skirt that will be available in November is set at the appropriate length and adjustments will NOT be necessary.

2015 UNIFORM CHANGES

<table>
<thead>
<tr>
<th>Year Level</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Junior Secondary Girls - Year 7, 8 &amp; 9</strong></td>
<td>Junior skirt - pleats in front and back to be worn knee length. Blue shirt worn with neck tie</td>
<td>All students will wear the new Junior Secondary College uniform</td>
</tr>
<tr>
<td><strong>Junior Secondary Boys - Years 7, 8 &amp; 9</strong></td>
<td>Shorts (new fabric) - worn with black leather belt. Blue shirt worn without tie</td>
<td>All students will wear the new Junior Secondary College uniform</td>
</tr>
<tr>
<td><strong>Senior Secondary Girls - Years 10, 11 &amp; 12</strong></td>
<td>Senior skirt – two pleats in front, straight back - to be worn knee length. White shirt (new emblem) to be worn with neck tie</td>
<td>All students will wear the new Senior Secondary College uniform</td>
</tr>
<tr>
<td><strong>Senior Secondary Boys - Years 10, 11 &amp; 12</strong></td>
<td>Shorts or pants (new fabric)– worn with black leather belt. White shirt (new emblem) worn with tie</td>
<td>All students will wear the new Senior Secondary College uniform</td>
</tr>
</tbody>
</table>

*ALL NEW STUDENTS WILL WEAR THE NEW UNIFORM*
Getting better marks has a lot to do with how you approach studying. The twelve most powerful ways to increase your marks don’t involve you working harder but they do involve you working smarter.

1. **Study in silence.**

This is the single most powerful way to increase your marks. Spend at least 20 minutes of your study time in silence. No texting, music or computer screens. Outcomes improve when you practice in the same conditions you want to perform in. In the exam room there won’t be music, mobile phones or computer screens.

2. **Organise & transform the information you want to learn.**

Just reading your notes over and over again doesn’t really work. Your memory stores information best when you organise or transform it. This means organising your notes so that the main idea is highlighted on each page. Then take your notes and turn them into a flow chart or a mind map or see if you can fit them to a song you know well or make it into a sound recording. The more times you can transform and reorganise the information the more firmly it is remembered.

3. **Put off pleasurable activities until work is done.**

This is a painful one but if you play computer games before you get down to studying, the levels of dopamine in your brain lessen and you will lose the drive and motivation you need to study effectively. Work first, play later.

4. **Talk yourself through the steps involved.**

One of the things that highly successful students do is to explain out loud to themselves the steps involved in completing a task. This applies to every subject area. By saying out loud, “First I have to do... Then I have to do...” and so on, any part that you are uncertain about becomes clear and you can then use this to guide where you need to do more.

5. **Ask for help.**

Teachers want their students to be interested and to do well. You will be amazed if you ask a question how many other people don’t understand it either. If you are really scared about asking questions in class, have a private talk to your teacher about this.

6. **Take notes.**

Just writing down the ideas that you have makes a powerful contribution to your marks. Don’t just write down what the teacher writes. Make notes of any ideas you have as well. Never rely only on the worksheets given out by teachers or your own capacity to remember information later.

7. **Write & re-write key points.**

Writing the main points of the area you are learning helps you to remember them. If you can add in re-organising and transforming them into different formats (drawings, flow chats, podcasts etc.) that makes it even more powerful.

8. **Make lists & set priorities.**

Make a “to-do” list each week. Write down in your diary the most important things to be done in each subject each week. High scoring students do a little bit on each subject, a lot rather than doing a lot of work on one subject every so often. If you are doing subjects that involve presenting a folio or preparing a presentation, it is still important to do work on the other subject areas.

9. **Prepare for class.**

Become knowledgeable about the area you are learning about by doing your own research. If you can learn about the area before you start not only will you have an advantage, it will also make more sense to you as you begin classes on it. Take notes on your own research. If you can, read over your notes before class to re-fresh your memory.

10. **Keep a record of how much study you have done.**

It increases motivation when we can tick things off lists and when we can see how much we have done.

11. **Use memory aides.**

These are tools that help you to remember information. For example, “Every Good Boy Deserves Fruit” help people remember that EGBDF are the lines of the music staff. The rhyme, “thirty days have September, April, June and November” helps us to remember the calendar. School requires more memory skills than any job you can think of. The best way to remember something is to transform it. If it’s visual put it into words, if it’s verbal, create a picture or graph of it, use lists, acronyms, tables, graphics, and link new information to things you already know. Long-term filing works best if you go right to sleep – the minutes before bedtime are crucial.

12. **Set study times.**

The last method is to decide when you are most alert and to set aside ome time at that time of day to study. If you wait until you are in the right mood before beginning to study, you may wait forever.

*Study tips by Andrew Fuller [www.andrewfuller.com.au](http://www.andrewfuller.com.au)*
The Australian Rugby Union is searching for the next generation of Rugby Sevens stars to join its centralised program at the world-class Sydney Academy of Sport facility. A talent search day will take place in Queensland on Sunday, 26 October at Ballymore Stadium, Clyde Road, Herston (between 10am-2.00pm) with a view to finding stars that have the potential to shine at the Olympics Games for Australia in Rio in 2016 or Tokyo in 2020.

Since Rugby Sevens induction into the Olympic Games program, the sport has been on the crest of a wave: The national men’s team won a bronze medal in front of 50,000 fans at the Commonwealth Games in Glasgow in July; The national women’s team finished second in the most recent IRB Sevens World Series; The current IRB Sevens Player of the Year is Australian Emilee Cherry, a player with a decorated background in touch football; The Australian Women’s Youth Olympic Rugby Sevens side last week won the sport’s first-ever gold medal at the Youth Olympic Games in Nanjing, China.

Search for a Sevens Star ambassador and Qantas Wallabies fly-half Bernard Foley, a former Rugby Sevens player himself, said: “There are plenty of skills that are transferable between a variety of sports and Rugby Sevens. “You might be quick, you might have good hand-eye co-ordination or you might simply have that competitive streak that makes you a stand-out. If you have a sporting background, the next thing you know you could be on the plane to Rio competing for Australia in an Olympic Games.” National Women’s Sevens player Ellia Green, recruited by Women’s Head Coach Tim Walsh at a talent identification day in Melbourne in 2012, said: “I would encourage all 15-17 year olds who think they might have the talent to succeed in Rugby Sevens to attend.

So what is Rugby Sevens? 7 players on each team - 7 minutes a half on a full-sized Rugby pitch - Stats say that a try is scored every 80 seconds of game time! - Rugby Sevens is to be played at the 2016 Olympic Games for the first time in the history of the sport.

To register your interest in attending the ARU’s Search for a Sevens Star day, go to http://www.jotform.co/form/42429341277860.

For more information, please contact Steve Stammers, Communications Advisor, Australian Rugby Union - E: steve.stammers@rugby.com.au, T: 02 8005 5620, M: 0424 690 504
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