P&F Meeting

Our meeting this week was well attended. It began with correspondence, the Treasurer’s Report and approvals for support of students representing Marymount at State level carnivals eg Confraternity, QISSSA-AFL. This was followed by a tour of the Franciscan Centre Buildings and adjacent precincts.

This centre is the College Junior Secondary Facility. It is close to, and it is open to, Marymount Primary School via the amphitheatre and central stairs and pathway. It includes music rooms, instrumental music practice rooms, science laboratories and an industrial design and technology room. We hope to share these facilities with Marymount Primary School for the engagement of students in these learning areas. This will help inform the College curriculum design in the Junior Secondary and the transition of students into secondary school.

The open area between the Franciscan Centre and the MacKillop Buildings is approximately 80 metres by 40 metres. Our College architect prepared a concept plan for this area in January 2014. The purpose of the plan was, and remains, to get the community thinking about how we will finish off this space. The main concept is that it remain open while allowing for connection and cover for students, staff and visitors. We returned from the tour to our meeting to consider the concept plan. The P&F will have financial capacity to assist with works in this area and we will engage with the College architect to help our decision making.

We invite parents to consider attending P&F meetings to consider such matters and also day to day matters including the weight of Year 7 & 8 student bags, school organisation and policies. The atmosphere of meetings is professional, respectful and purposeful. The focus is about assisting the College but getting things right for the care and education of students. Two meetings are held each term. P&F Meetings Semester Two: 11 August, 8 September, 13 October and 10 November.

QISSN and Confraternity Assembly

With the Senior School students about to start block exams a College Assembly was held on Thursday to present the Open Netball and Open Rugby League Teams for 2015. These teams will compete in their respective QISSN and Confraternity Carnivals over the winter break. The players have been in serious fitness, skill and weight training throughout the year and as they have played lead up games throughout Term 2. Congratulations to those players chosen and to the Team Captains Jordan Browne and Cameron Cooper. Full team details and draws will be published next week. The players and coaching staff would welcome Marymount supporters throughout the week 27 June to 3 July at Boondall (Netball) and Brother’s Ipswich (Rugby League).

Senior Formal - Friday 26 June

A number of parents have expressed appreciation that the Senior Formal is on Friday 26 June. Among favourable comment is that there is time to prepare in the final week of Term and two weeks of holidays following for the drama and emotion to settle before school resumes. Certainly the Seniors will return to relatively uninterrupted and very important Term 3, including
2015 Newsletter #18

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Urban Precinct concept plan designed to inspire discussion about how we will use this area

the QCS Test on September 1-2 and vital exams September 7-15. Clearly the journey from school for Year 12s is gathering pace.

Year 11 Work Experience & Retreat
A reminder that our Year 11 students are also on their journey from school. Work experience in the final week of Term 2 (June 22-26) focuses their attention that their school years will come to an end. Their Retreat is in the first week of Term 3 July 15-17 and is about a healthy heart and mind and Christian belief that Jesus shows us the way. As Term 3 closes, Year 11 students will be engaged in discernment processes that will see nominations and voting for Student Leadership Positions for 2016. Their final year approaches and it is vital that these students work with determination and purpose in Year 11 to set a good foundation for success next year.

Combined Schools Fete Meeting
6:00pm Monday 15 June
Marymount Primary School Staffroom
These meetings are concluded within the hour. Fete volunteers are most welcome. We are particularly in need of donations of significant prizes for the Fete Art Union and donations of minor prizes. Our Fete Meetings continue the planning for the Fete and requests for volunteers for convenors of stalls, to help on stalls and to help with the Fete set up on the day will be made throughout Term 3. The fete is on Saturday 17 October.

Chris Noonan
Principal

NOW ENROLLING FOR 2017
Though students are looking towards the holidays, they are reminded that the term is not yet finished.

ASSISTANT PRINCIPAL JUNIOR SECONDARY

Students have worked hard over the first semester, and this will be represented in the end of semester reports which go home in the first week of school holidays.

Though the students are looking towards the holidays, they are reminded that the term is not yet finished. Classes will be moving into Semester 2 content, and I expect continued effort and commitment will continue to the last day of term.

Year 9 Subject Changes

Some students in Year 9 are considering subject changes for Semester 2. A request for a subject change requires a student to collect a form that can be obtained from SAO. A change of subject should be sought only if a student feels that his or her strength is not in a particular area, rather than a lack of effort as the reason. Students will be notified if it is possible to accommodate their requested change.

Marie Hansen
APA Junior Secondary

Year 11 and 12 Exam Schedule

Students Personal Accident Insurance – School Care

As has the case in recent years, Marymount College has engaged Catholic Church Insurances to provide Students Personal Accident Insurance.

Injuries incurred students undertaking School Activities only are covered at the Basic Cover level. It is important to note however that by legislation, this insurance does not cover medical expenses for which a Medicare benefit is payable. An information Sheet can be found at:


View the College Calendar - Click Here
The month of June is dedicated to The Sacred Heart of Jesus.

God is Love and the Sacred Heart of Jesus — present on earth in the Blessed Sacrament — is the human manifestation of God’s Love for men. Appropriately June is considered the month for weddings where human hearts join and cooperate with the Creator in bringing forth new life. The family they create is a human reflection of the Blessed Trinity.

The Church celebrates the Solemnity of the Sacred Heart of Jesus on the Friday following the second Sunday after Pentecost, today is the Feast of the Sacred Heart of Jesus. In addition to the liturgical celebration, many devotional exercises are connected with the Sacred Heart of Jesus. Of all devotions, devotion to the Sacred Heart was, and remains, one of the most widespread and popular in the Church.

Understood in the light of the Scriptures, the term Sacred Heart of Jesus denotes the entire mystery of Christ, the totality of his being, and his person considered in its most intimate essential: Son of God, uncreated wisdom; infinite charity, principal of the salvation and sanctification of mankind. The Sacred Heart is Christ, the Word Incarnate, Saviour.

In reflecting on our College theme for 2015, “Put a Little Love in Your Heart”, we might pray often the very traditional Prayer to the Sacred Heart of Jesus.

Most Sacred Heart of Jesus, I place my trust in you.

Year 9 Reflection Day

On Wednesday next, 17 June, all Year 9 students and their Religious Education teachers will attend their Reflection Day, facilitated by Michael Fitzpatrick. They will travel to Bond and return by bus.

The students will identify some issues pertaining to their age group and be challenged to stand against popular wisdom as Jesus did and to consider the sacred things which we really respect in each other. This most valuable day is compulsory for all students.

Sacramental Programme

If your son/daughter has been baptised and is interested in receiving the sacraments of Reconciliation, Eucharist and Confirmation, you are invited to attend a Parent Information Session on Tuesday 16 June at Calvary Church, Miami at 10:00am or 7:00pm.

Year 11 Retreat

Year 11 students are now aware of the Retreat venue they will attend. Retreat will be held in Week 1 of next term, 15 - 17 July. The importance of the Retreat is highlighted in that it is compulsory for all students to attend and, should there be circumstances which will prevent attendance, please contact me at the College. Thank you.

Please remember all our students, especially our Year 12s and all our teachers in your prayer at this very busy time of term.

Dolores Maitland
Assistant Principal Religious Education

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 Marymount Doyle Centre
5.30pm Marymount Doyle Centre

FACEBOOK PAGE: Youth Mass Burleigh Parish
CAMPUS MINISTER

Yet another week gone by... Do we actually stop to take stock of what we have learnt during the past week? What direction is my life taking? It might be a worthwhile exercise in the midst of our busyness to pause and reflect. “God’s plan for your life far exceeds the circumstances of your day”

The lion hearts for this week are Alex Ranson, Maddie Mulheran, Bayley Ryan, Ashley Correa, Tyler Watkins and Jennaye McIntock. They have been around the school complex as well as at their homes, working tirelessly selling chocolates to raise money for our Timor Leste immersion. Hats off to them and if you see them around the school, please do not forget to give them a pat on the back.

Some of our brave Year 12 students underwent training for the toughest social justice outreach of their lives yet. Nixon Brass, Chris Boyce, Lucy Korschef, Georgia Forsyth, Chantelle Sia, Daniel Debbattista, Liam Briticevich, William Rowlings, Emeline Flecknoe, Skylar Perkins and Crystelle Stick will be doing the Rosies Outreach on 18 & 22 June. Our ever gracious teachers Erica Hennigar and Kris Symons will accompany them on this challenging venture.

We look to the next week with hope and joy.

Edwin Pereira
Campus Minister

ST VINCENT DE PAUL SOCIETY: WINTER APPEAL

What do you do if you're out and it's cold? You put on a jumper or jacket. What if it's cold at night when you go to bed? You grab an extra blanket. Unfortunately, for many people on the Gold Coast, these solutions are not available to them and they have to live and sleep in the freezing temperatures of Winter. But you CAN help!

We are calling on the Marymount Community, particularly students and their families, to donate Winter clothing and bedding. This includes jumpers, jackets, beanies, jeans, tracksuit pants, gloves, leggings, joggings, trekkings, blankets, sheets, doonas, duvets etc.

Important: Please ensure that students have permission from parents before bringing anything in! Parents – this is a great opportunity to clear out some space in cupboards and closets at home and do a good deed at the same time.

The dates for collection will be:
- Monday 14 June
- Tuesday 15 June
- Wednesday 24 June

Donations will be collected by an army of volunteers during Pastoral Class.

Please ensure all donations have been washed first and/or are clean. If possible, place clothing items in a bag and write on the outside of the bag what is inside, eg ‘jacket’.

Many thanks,

Patrick Evans
Teacher
Music Tuition
Marymount College offers a wide range of instrumental and vocal ensembles. We are also one of the few schools to offer a Popular Music program supported by instrumental and vocal teachers. Our ensembles include:

- Concert Band
- Jazz Ensemble
- Rock Bands
- Musical Band
- Female Vocal Ensemble
- Drum Line
- Liturgical Music Ensembles Tuition

The Music Department prides itself on offering high quality tuition from professional teachers and practitioners of their instrument. Lessons are 30 minutes in duration, and are held throughout the timetabled day. Teachers organise lessons so that a student’s lesson occurs at a different time of day each week, so as to avoid absence from the same class.

Marymount College Music Program
Marymount College Music Tuition Application Form
Marymount College Music Department Instrument Hire Contract

A MESSAGE FROM GUIDANCE COUNSELLORS - DEALING WITH EXAM STRESS

What can you do to prepare for this stressful time in your life? Below are five tips to help you conquer and endure all while you “stay calm and carry on…”

The top five tips for exam preparation...

1. Get organised. Take good notes, keep important due dates on your calendar, set phone or electronic reminders of important events, and know where your materials are. Take time to organise your time. Break big tasks into mini-pieces. Preparing a little everyday will help you keep from pulling an over-night cram session. Organisation is an easy way to simplify your life; not to mention it’s a great starting place.

2. Make a game plan. Plan out a time each day to study, even if you don’t have an assignment due. By being one step ahead, you’ll be better prepared and feel more in control.

3. Put a little “me” time into your day. Take a break and play, you deserve it...Be sure to take mini-breaks. Don’t force yourself to sit for long periods of time. Go for a power walk or a run, hit the gym, or clean your room. Once you’ve studied an hour, get up and move. Whatever activity you choose to do... have fun!

4. Take care of your body, it’s the only one you’ll ever have... It’s not uncommon to get the munchies when stressed out. Keep your pantry stocked with quick, healthy choices. Remember food is the fuel your body uses to keep you going. If you put bad fuel in a car, it won’t run right. The same analogy is true for your body—the purer the fuel, the better you’ll do. Also, your body needs rest. It is not a 24-hour convenience store; it needs to be closed to restock itself...You need to sleep and replenish your body. You’ll perform much better if you do. So, healthy eating and getting 7-9 hours of sleep is really important during this stressful time of your life.

5. Be creative! Okay, you may not get to spend a lot of time with your friends so include them in what you have going on or vice versa. For instance, if you both have the same class, meet at a cafe and form a study group. You could also invite your friend to shoot some hoops with you or to a yoga class. Get creative with your time. Who knows, you may be able to accomplish two things at once!

By following these simple tips you can be a good student, decrease stress, have fun, and more importantly, find the right balance.

Good luck on your exams!

Jessica Joyce
PhD Guidance Counsellor

Source: Psychology Today, May 21, 2014

MATHS TUTORING
WEDNESDAY LUNCH TIME
ROOM A2
For students in all Year levels
Assistance with maths homework

HOMEWORK CLUB
THURSDAY 3:10 - 4:30pm
LIBRARY
For students in all year levels
Assistance with homework & assignments
HAVE A HEART DAY 2015 LEAVES A LASTING IMPRESSION

Have a Heart day is a student-organised event that is held every year in order to raise money for Rosies.

It’s a free-dress day where red and pink clothes are encouraged to be worn to show support for the cause. Over years of this event Marymount has contributed thousands in donations to Rosies. This year’s Have a Heart day was no different and in fact was the most successful event to date.

The day began with many of the Year 12s arriving at school in pink and red pyjamas. This had already in the early minutes of the school day set the amazing atmosphere for the rest of the day, and to kick off the day officially, ‘Put a Little Love in Your Heart by Annie Lennox & Al Green’ was played over the P.A. system.

At morning tea this is where it really went off with a bang. The M-Fest performers added an eclectic tone for the day and drew large crowds from all the grades. The activities during Lunch this year were second-to-none. STAC members from all grades had made the effort to create a stall to raise money with Lucy Koschel, Nixon Brass and Mr Browne helping to ensure the stalls ran smoothly. It was then followed by some more amazing M-Fest performances, including teachers Mrs Vine and Mr Carroll.

Overall the effort from the lunchtime stalls alone was over $1000! As a school we have really left a legacy with this being the best Rosies’ Have a Heart Day ever. The perfect end to the activities was the student formation of a heart shape in the P&F Courtyard. Thank you to everyone who participated in this special event. Students of the 2015 cohort you have done us proud!

Daniel Debattista
Year 12 reporter
YEAR 7 - MEETING ANGELA SUNDE

On Tuesday 2 June a small group of students from Marymount College, Marymount Primary and St Augustine’s came together for a wonderful experience, meeting the author Angela Sunde.

I would like to thank the incredible Mrs Mitchell, from Marymount Primary, for inviting me and all of the other students, it was an amazing experience. It was great hearing the ideas from the students and I learnt that there are a lot of great writers amongst us.

Some of Angela Sunde’s books are *Snap Magic* and *Pond Magic*, they are humorous, exciting and are definitely on my reading list for the holidays!

Meeting Angela was a fabulous experience for all of the students and we learnt so much, including how to focus our ideas into our writing. We were privileged to have not one but four workshops!

During the workshops we learnt how to write humorous stories, the structure of stories and how to hook the audience. I will defiantly use Angela’s tips in future with my writing.

Grace Bopf-Lewis
Year 7

YEAR 8 - INTRODUCING ZAC BIDDLE

You may not know it but among the Year 8s is a World Champion.

My Pastoral teacher asked me if I would recognise this incredible student’s talent. He continues to achieve amazing things. He is Zac Biddle a Commonwealth Games competitor in Taekwondo. Zac recently came 2nd in the Victorian open. He lost to a competitor who he beat last year at Nationals.

Zac has been doing Taekwondo for ten years, since he was four years old. He is a Second Grade Black Belt who also fought in the Gold Coast Open, which was like the State of Origin but Taekwondo. He came away with first place and won it for the best state QUEENSLAND!!

Zac is very committed to his training and trains 6 days a week for 2 hours each session. This means he does 12 hours of training each week. Zac is devoted to his discipline and he shows this every time he enters the mats to fight an opponent.

Zac has the Australian open to fight so he can qualify for the Australian team and then he can fight competitors around the world.

Good luck Zac!!

Kasey Hatton
Year 8 reporter
Dominic Williamson, a programmer at the computing juggernaut Microsoft shared his story with Year 10 ICT students.

YEAR 10 - ICT EXCURSION

To the dismay of many teachers, Year 10 has gone on yet another excursion.

All ICT students were taken out for a day to listen to some fantastic lecturers talk about where computers can lead us in terms of careers. ICT is growing and dominating the job market. It seems like almost all the speakers said something along the lines of “You cannot escape ICT”. A harsh reality for some, but I look forward to being one in one of the most employable career paths of the future.

A diverse future, as explained to us by the diverse speakers including:
- Dominic Williamson, a programmer at the computing juggernaut Microsoft
- Jordan Duffy, a self-made entrepreneur
- Dr Tim Kitchen from Adobe
- Richard White from WiseTech

These were just a few of the inspirational speakers who showed us a number of career paths we could take.

It was a fantastic experience to be able to ask questions like “What do employers in the IT industry look for?” Alongside hearing stories of how these people started their business, worked towards getting a job or just generally life working in IT.

I felt this day truly inspiring, as it re-energised me with initiative to go out and explore the worlds of coding, programming and design.

Luke Harrison
Year 10 reporter and participant

YEAR 10 COORDINATORS UPDATE

The term has moved incredibly quickly for the Year 10 group, with students busy focused on their academic endeavours, as well as numerous extra-curricula activities that the school has offered.

This term has had a strong focus on opening students perspectives to opportunities and options as they fast approach Year 11. We have issued all students a LUI number, which all senior students in the state should have access to. It will be utilised over time to track progress towards their Queensland Certificate of Education (QCE), check eligibility for an OP, and eventually access their final results at the conclusion of Year 12.

The message we have delivered to the students is to keep their login details safe, and to pass on their Learning Account Details to their Parents/Caregivers.

We kicked off the annual Year 10 Battle of the Sexes contest last week. Round 1 saw the students competing in General Trivial. It was an extremely close result with the Girls taking it out 489-488 and taking an early 1-0 lead.

As a Year 10 group we would also like to acknowledge and congratulate Tom Weatherall who has been accepted into this years UNSW Nura Gili Winter school in the faculty of Performing Arts. This is a prestigious achievement, as only 100 students were accepted across the Nation. He will have an opportunity to experience Uni Life, where he will live on campus, attend lectures and workshops as well as attend excursions. We wish him all the best as he embraces this opportunity over the Term 2 Holidays.

We encourage all year 10 students to remain focused and determined in this busy time of their academic life. We hope that you give yourself every opportunity to do your best in this time of assessments.

Kevin Cornor & Simon Rezo
Year 10 Coordinators
YEAR 10 BUSINESS EXCURSION - MAGIC MILLIONS

It was an excursion with a difference – an international thoroughbred horse auction – the Magic Millions. We were welcomed and kindly supplied with sample bags, introduced to the auctioning process, and our attention drawn to the features a buyer may be looking for in a horse.

We roamed the stables, patting very expensive animals and chatting to the many patient people at the auctions. Some were from Australia, many were overseas buyers, and more still invested many millions in the purchases each year.

Much was learned during the morning – what is a foal? A mare? How long do horses stay pregnant for? Why have so many the same name: ‘bay filly’? What does ‘passed in’ mean?

One or two students with good eyes spotted the movements which indicated an auction bid, so subtle that they were, and became very aware of touching their hair lest they buy a horse. Another two found Gerry Harvey, owner of Magic Millions and Harvey Norman, asking him for a photo. They soon found themselves on the auctioning stage working for Mr Harvey, spotting bids of $180,000 for a nice young foal. It seems Mr Harvey has a healthy sense of humour.

Many thanks to Vin Cox (Magic Millions General Manager), Meghann Ruscoe Marketing Manager) and David, the bloodstock agent from Perth who made the visit a very worthwhile one.

Kylie Mathers
Business Teacher
YEAR 10 BUSINESS EXCURSION - SOFITEL BROADBEACH

Eyes lit up when business students were told they were to tour the Sofitel at Broadbeach. Amery Burleigh, the hotel’s General Manager welcomed the group, explaining the hotel brand, expectations, high standards and qualities she looks for when hiring staff.

The scent of the foyer, art, flower displays and the welcoming ‘bonjour!’ are the same in the Sofitel at Paris, London and Broadbeach.

A tour of the rooms, kitchens, restaurants, conference spaces and even the laundry chute was made. We restrained ourselves even though we wanted to jump on the bed with seven layers of down softness, and try out the heated pool.

That’s where the restraint ended, as we tucked into a sample of the treats from the pastry room!

Kylie Mathers  
Business Head of Department (Acting)
YEAR 11 - COORDINATORS UPDATE

Year 11s had the opportunity to focus on their future lifestyle and aspirations.

With separate specialised sessions for the girls and boys last Thursday, students learned about how to manage their lives to achieve the most out of each opportunity. We share the students’ reflections on this experience.

Contributing to the successful awareness of Rosies Have a Heart Day, were Year 11 RE students who were responsible for the promotion of the event as part of their RE assessment. Thank you to all students who shared their vision in making Social Justice come alive in our Marymount community. Special thanks also to Karla and Dom our STAC Reps for initiating the Year 11 Breakfast BBQ at the beginning of the day. It was a fantastic morning during which the Year 11s bonded as they set up, cooked, served and cleaned up as a team.

Students obtained their Exam Timetables last week. We ask that Parents and Guardians assist their young charges to identify and record their exam times and dates. The Exam Block began yesterday, June 11 and goes until Friday June 19. There are strict policy procedures to follow if students do not or are unable to complete their work or sit their exams. This period will then be followed by the Work Experience Week. Best wishes to all our students.

Our Year 11 Retreat is scheduled for the first week of Term 3. Teams have been identified and a request has been issued to all students to locate and be ready to bring in an object suitable for the Sacred Space, which will be created at each location. A dinner party theme has been decided upon by each of the five groups.

Preparation for this incredible event has begun and we encourage students to get themselves ready during the holiday period with appropriate clothing.

Matt Carroll and Irene Scott
Year 11 Pastoral Coordinators

Have a Heart Day Year 11 BBQ Breakfast

To celebrate Rosie’s Have a Heart Day, Year 11 students united together last Friday morning and had breakfast.

This idea evolved through many enthusiastic students who were all very willing to get involved and contribute to our Year level’s theme for the year, which is Bonding.

Since the beginning of the year, I have noticed a significant change in the way our grade interacts and the BBQ, held was a great way to help enrich our purposeful theme. With approximately 60 students turning up and all willing to help where possible, it was a very successful morning with bacon, eggs, hash browns, juice and entertainment from talented people throughout Year 11.

It was a very positive morning and everyone seemed to thoroughly enjoy it. We therefore plan to have another one in the future. Thank you again to everyone who was happy to help and get involved.

Karla Macpherson
Year 11 STAC Rep

Marymount College Policies
YEAR 11 - GIRLS' FORUM

Last Thursday Year 11 girls and boys were given the opportunity to speak with some influential leaders on the vitality of our choices, positivity, motivation and always giving everything 110 percent.

In place of periods three and four, the girls and boys were split up and taken to separate areas for a motivational hour and a half that shed some light on the importance of taking opportunities. Mrs Scott was the organiser of the female guests - three successful women in each of their businesses.

We were all excited when Charli Robinson from Hi-5 and now 90.9 SEAFM came out in a bright pink dress and up beat attitude to talk about her constant search for opportunities and her motivation to grab at every possible audition.

Lizzie Halikos, in her final year studying a double degree in Arts and Law at Bond and the university’s Sports Clubs Director then followed with a story of her own that really inspired us all. She spoke of her journey from Darwin to Tasmania through Melbourne and now at the Gold Coast! At College she grabbed the opportunity to attend and learn what was on offer. She also explained how the more she got involved at her university, the more she started questioning her career path and now she is happy with what she is doing because she followed her heart to fulfill what she found she wanted to do. Lizzie inspired me to be confident in my decisions and I learnt that it’s okay to leave your roots and take initiative for your own life.

Lastly, Licensee of six McDonalds stores Michelle Dessai, spoke to us about the abrupt turns she had had in her life, her lack of desire for education and how her motivation and opportunist personality resulted in her success in a business she was happy with and from which she derived a great deal of satisfaction.
I've learnt that I will make mistakes and I will struggle but it’s how I handle those experiences and what I take from them, that’s going to make me a more virtuous and wiser young woman.

YEAR 11 - GIRLS’ FORUM

The Year 11 girls were very inspired and motivated by these speakers as the questions most of us asked afterwards reflected our interest in our guests’ happiness and success and their tips and tricks on how to be as happy with our lives and career paths as they are with theirs. It was an inspiring and motivational opportunity we were lucky to be apart of.

Shiralee Sweeny

When the guest speakers walked through the door, one particular in particular caught my attention, and instantly I went from a 16-year-old Year 11 girl, back to a 6-year-old Hi-5 fan! Charli Robinson was and still is one of the most amazing and inspiring people in my life. All three women had a huge affect on all the Year 11 girls. A few things we were taught were to believe in ourselves, to love ourselves and to always be kind to one another. There was the realization that the girls here in our year group are the girls with whom we could make life long friendships. We were also told that life isn’t always going to be easy, and you really have to work hard for what you want to be when you are older; you will get knocked back a couple of times (because that’s part of life), but it’s essential to develop resilience and continue to aim for what you want to be. Without a doubt every single girl from Year 11 walked out not only being inspired, but also with a new way of seeing ourselves and our lives for the better.

Carlie Rached

These empowering women were very influential to all of the year 11 girls and taught us many helpful life skills to help strive to reach our dreams and unlock our potential.

One thought that stood out for me was, “love yourself and surround yourself with positive people to become a positive being.”

Karla Macpherson

The Marymount Girls’ Forum was a great experience for all of us. I was so privileged to hear their points of view on society and how they dealt with everyday problems encountered in life. What I definitely took away from the event is the inspiration to do well in the real world, be organised and just simply be friendly to everyone around you. Such a wonderful event, thanks Mrs Scott! Shamini Perera

It was so inspiring learning about the different journeys the three women had to go through in order to achieve their dreams.

They have a confidence that I aspire to have as well as their resilience at times when they were knocked back.

They were truly inspirational. Ashley Pade

I always aspire to do things wholeheartedly. But I’m not one to recognise and grasp opportunities, which is going to be my downfall, if I don’t start taking the chances that come my way. I want to become the best person I possibly can be, and with the advice from Charli, Lizzie and Michelle, I’ve learnt that I will make mistakes and I will struggle - maybe more so than others - but it’s how I handle those experiences and what I take from them, that’s going to make me a more virtuous and wiser young woman! Dani Lanci

It was a wonderful session that you organised for us Mrs Scott. It made me more ambitious, although I don’t know what I want to do yet.

Bella Cantoni
Breaking Free Lifestyle Tips

These 8 lifestyle changes have been proven to significantly reduce your chances of getting a mental illness, as well as improving your overall mental health. By following these 8 lifestyle tips everyday, you will ensure that your life is more attune and in balance with how we are genetically and biologically meant to live.

1. Avoid and manage stress
2. Exercise for at least 15 minutes a day
3. Sleep for at least 8 hours a night
4. Spend at least 30 minutes in the sun a day
5. Interact with people as often as possible
6. Practice and use anti rumination strategies
7. Supplement diet with Omega 3 fatty acid tablets
8. Seek help early

Read the full explanation for Breaking Free Tips at [http://www.breakingfree.info/#1the-8-lifestyle-changes/c1pg8](http://www.breakingfree.info/#1the-8-lifestyle-changes/c1pg8)

We believe in life.
We believe in peace of mind.
We believe in healthy living.
We believe in the outdoors.
We believe in adventure.
We believe that mental illness needs to be taken seriously.
We believe in helping people to breakFree

YEAR 11 - BOYS BEING THERE FOR OTHERS

The Year 11 boys all got to hear from James Peterson, the founder of Breaking Free Charity which is dedicated to preventing and helping people who suffer from mental illness.

James was an amazing person to listen to, having gone through watching his father, Grant Peterson suffer depression and then tragically take his own life. He was very aware of what a problem mental illness is today.

James spoke to us about simple ways we can change our lifestyle to reduce the chances of mental illness. His eight steps included recognising times when we are stressed and having a plan in place to manage these times, as well as making sure we seek help earlier, rather than later. He also gave advice on what to do and who to contact if we ever feel like we have our own mental illness problems. James reiterated the need for everyone to say something if one of our mates is feeling down and help them if they have a problem.

James was an amazing person to hear from and it was encouraging to learn about how we can be there for one another.

James Peterson’s videos are available to watch on [youtube](http://www.youtube.com)

Joshua Muir
Year 11 reporter and participant
YEAR 12 - BUSINESS STUDENTS GET ‘BREWING’ AT XXXX

It was Thursday 28 May when Year 12 Business Management students left the school carpark at 8:00am to visit the XXXX Brewery at Milton.

The purpose of the excursion was to gain a rare insight into the operations of a brewery, which will then be used to help the students with their upcoming assignment.

The assessment addresses location choice, inventory management, quality control, workplace health and safety, maintenance and sustainability for a fictional brewery on the Gold Coast. Students must then identify issues within the business and form recommendations to improve the current situation for the business.

It was a worthwhile experience as we learnt how businesses in the ‘real world’ operate and the importance of operations management.

Nicole Keating
Year 12 Business Management Student

A brief overview of the well known, iconic brewery gave students a timeline of how the company has developed to where it is today – one of the most known brewers in Australia.

Walking around the establishment allowed students to see first hand the process in which beer transforms from raw materials to a liquid consumed by so many. The day concluded with a Question and Answer section with the tour guide. This enabled students to ask their prepared questions which will now assist in developing recommendations for their assignment.

On behalf of the Year 12 Business Management class we would like to thank Mr Simon Rezo (Year 12 Business Management Teacher), Mrs Kylie Mathers (Acting Head of Business Studies) and Miss Ziems (Practical Student) for coordinating and attending the visit to the brewery.

Lachlan Grant
Cultural Captain and Year 12 reporter

Family and friends are welcome to come and view the arrivals, which will take place from 5:30pm. Anticipation is building to see our Year 12 students, looking their best on the red carpet. The theme of the evening is Hollywood Glamour.

Invitations have been sent and preparations are well underway.

Year 12 students will use sport time for the next week to learn the formal dance that is a tradition of the Marymount Formal and finalise the details of the function. Table allocation sheets must be submitted to the coordinators office by 5 May. Please email any special dietary requirements to Ms Anderson at aanderson@marymount.qld.edu.au.

Amy Anderson and Nigel Ward
Year 12 Coordinators

The Year 12 Formal is right around the corner. The annual event will take place on Friday 26 June at the Marriott Resort in Surfers Paradise.
MARYMOUNT COLLEGE ANNUAL CAREERS EXPO

Final plans are being made for one of the biggest and most widely attended events on the College Calendar. Each year, we bring together over 100 exhibitors from a wide range of industry and institutions to the College on one night, and invite students, parents and care givers to come along and speak one-on-one with these experts.

The hope is provide our young people with direction and advice in terms of their area of interest. This event was initiated over a decade ago by our very own P&F and is unique in that we invite our parents to represent their area of expertise and exhibit. If you’re an engineer, hairdresser, dentist, artist, educator, small business operator, truck driver, sign writer, builder, childcare worker etc, we need you!!

The evening is being held on Tuesday 28 July 2015 – from 6:00pm-8:00pm (Term 3 – Week 3) in our Doyle Centre. If you are available to assist, please feel free to contact Ms Leesa Lutze for further details and to register on llutze@marymount.qld.edu.au or 55861 063.

YEAR 12 ENGLISH COMMUNICATION MOCK INTERVIEW PROGRAM

This week, we thank some special individuals from our Marymount College community who assisted with conducting Mock Interviews here on campus for our Year 12 English Communication students. Without their help, our young people would not have the opportunity to practice these very important skills.

Our thanks to:
• Sheldon Lemusu – Busy At Work
• Jake Barwick – Jupiters Casino
• Calvin Masson – Bond University
• Silvia Ulloa – Jupiters Casino
• Alison Mazey – Bond University
• Kathrin Klute – Jupiters Casino
• Jodie Fitzpatrick – Careers Australia
• Kelsey Macsporran – Jupiters Casino
• Andrew Webber – Lloyds Actions
• Melanie Dale – Oscars
• Jessica Kurtzer – Aurora

2015 AVIATION CAREERS EXPO

The 2015 Aviation Careers Expo is back for its 15th year, offering aspiring aviation professionals the chance to get one step closer to their dream career in the sky. Held on Saturday 22 August between 10:00am-4:00pm at Aviation Australia’s state-of-the-art training facilities in the Brisbane International Airport Precinct, the Aviation Careers Expo is set to showcase the biggest and best in aviation industry, with training demonstrations, seminars and a world class static aircraft display for all to enjoy.

With over 2000 attendees last year, this year’s expo will offer non-stop action, with a unique experience offered to the general public. To register your attendance, go to http://bit.ly/1AKf0Yb.
SPORTS NEWS

Semester 2 AGCC Interschool Sport

For the last two Thursday afternoons all students in Year 7 – 11 have been trialing for Semester 2 AGCC Interschool Sport teams. (Although due to the wet weather yesterday’s trials had to be cancelled). Round 1 of the Semester 2 AGCC Interschool Sport competition will begin in Term 3 on Thursday 23 July. Our Year 12 students have been using this time to prepare for their QCS test in Term 3.

For the next two Thursday afternoons, the 18 and 25 June, students in Year 8 – 10 will participate in track and field trials for the Track and Field Carnival in Week 3 next term.

SPORTS REPORT

Gold Coast 2018 Commonwealth Games Schools Connect Program Welcome Breakfast

In 2011 our College adopted the Commonwealth country, Guernsey, as part of the Gold Coast communities’ involvement in the bid to host the 2018 Commonwealth Games. Our connection with Guernsey and the games continued on Tuesday morning with our Sports Captains, Tara Heggie and Steven Racki, attending the Commonwealth Games Schools Connect Program welcome breakfast at Carrara Stadium with many other student representatives from other Gold Coast schools.

The program will provide opportunities for Marymount to participate in key GC2018 Commonwealth Games initiatives such as Commonwealth Day, mascots, ticketing, volunteering, the Queen’s Baton Relay and the Commonwealth Games Village athlete welcome ceremonies. It will also include opportunities for our students to enhance their cultural awareness about the 71 member nations and territories of the Commonwealth, and to engage with schools in other Commonwealth countries.

With less than three years to go until our city hosts the XXI Commonwealth Games, there is much to be done, and we are very fortunate to be involved in the process.

Cherie Andersen
Head of Sport

STUDENT ACHIEVEMENTS

Queensland School Sport 18 Years Boys Touch Football Championships:

Last week from the 4 – 7 June, Year 12 student, Matt Egan, participated in the Queensland School Sport 18 Years Boys Touch Football Championships at Bald Hills in Brisbane. Matt and his South Coast Region team performed brilliantly over the 4 days to win the grand final, becoming Queensland Premiers. Matt’s exceptional touch football talents were rewarded with him being named the ‘Player of the Final’, and as a member of the Queensland 18 Years Boys Touch Football Team! Congratulations Matt on these awesome achievements! Matt will now compete in the National Youth Championships in Kawana Waters in September. We wish you all the very best Matt!

South Coast Region Cross Country Champion:

Last Tuesday, thirteen of our finest runners competed at the South Coast Region Cross Country Championships at Runaway Bay. All students performed very well over the challenging course. Our stand-out performer of the day was Year 12 student, Greta Petersen. Greta stormed home to win the 18 Years Girls 6km race! Just brilliant Greta! What a wonderful year you are having with your running and Surf Life Saving results! Greta will now compete at the Queensland School Sport Cross Country Championships at Runaway Bay on the 19 and 20 July. Best of luck there Greta!

Queensland IRB Team:

Congratulations to Year 12 student, Talor Marshall, for his recent selection in the Queensland IRB Team! Talor was selected in the state team due to his outstanding competition results achieved in Surf Life Saving Queensland’s recent Ocean Roar Series. As a member of the state team, Talor will now compete at the National Surf Life Saving IRB Championships in Mooloolaba in late July. Talor will all represent his club, North Burleigh, at the Queensland State Championships, also in Mooloolaba, during the upcoming school holidays. Well done Talor! We wish you the very best at both championships!

AGCC Sports Draw - Click Here
**TRAINING:**
ALL boys from both open Mako sides need to continue to train for each week’s game.
Training sessions take place on Monday, Wednesday and Friday mornings between 6.30-8:00am.

**MARYMOUNT 2ND XIII**

The 2nd XIII have played their last game for the 2015 Titans challenge.

They were tasked with the challenge of facing a second place Beenleigh SHS away at Ormeau. It was a tricky start for the boys, giving away a 22 point start to a bigger Beenleigh side. The boys were faced with an uphill task of salvaging something from the game, and after some soul searching at half time, they came out strong and sent a shock through the Beenleigh side. After being camped on their line for a good period of time, the boys posted points through a Dom Larkin try. Moments later, after continually dominance, they again went over, with Matt Egan muscling his way over.

The final score was 30-8, with the boys showing huge amounts of character and pride in the jersey. It drew to an end a tough season, where week in week out, the boys (mostly made up of Year 10s and 11s) gave up a lot of size to compete well and work hard for each other. Most of these young men will feature prominently in next years first XIII squad, and will remain working hard until then.

Simon Rezo & Matt Hurley
2nd XIII Coaches

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**ALL Rugby League boys (Years 8-12) are invited to attend the**

**Marymount Makos’ Annual Skills Morning**

**When:** Sunday 21 June
**Time:** 9:00am – 12:00pm
Followed by a free sausage sizzle and soft drink
**Where:** College Main Field (MAKOLAND 1)
**Cost:** Nil
**Bring:** Hat, sunscreen, water, mouth guard, footy gear
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