17th June 2016

Dear Parents and all in the McAuley Community,

Practicing Forgiveness helps Wellbeing

Adversity is something which we all face from time to time during our lives. Some people depending upon where you are born in the world, face this far more regularly than most of us who live in the developed world. One of the challenges which we as humans face is to make good on such occasions. How do we manage to turn something around that from the outside we might find confronting or challenging? It is important when we find ourselves in such situations that we do not jump to conclusions, and be stereotypical in our approach. Stop. Slow down. Don’t rush to judge or condemn. Take a breath. Walk away.

Many people have experienced the predicament of attending an event we don’t really wish to for some reason. Take for example, a young adolescent who is required by his or her parents to attend a family reunion, which just happens to clash with their own social event. The parents will wisely advise their child they have an obligation to support the family and attend, and to keep ‘an open mind’, as they might even enjoy the function! It is so easy to convince ourselves of something by jumping to conclusions, but it is an important quality to look at everything objectively in life – otherwise we might miss out on opportunities!

Luke’s Gospel (7:36-8:3) on Sunday was a life giving reminder of the power of forgiveness and not judging others, as it was a practical example of how to forgive, regardless of gender, social status or religion. Simon the host Pharisee is seen to be passing judgment on a woman who comes to Jesus, believing she is a public sinner. In Jewish culture, a “sinner” would indicate someone who was not faithful to God’s law, and hence Jesus as a Jew should not allow her to touch him, as this would make him ritually unclean.
Jesus responds by reminding Simon of the values displayed by this woman; welcome, hospitality, courtesy, and respect to name a few. This Gospel story shows that the Pharisee Simon lived by a ‘love of the law’, and yet Jesus offered forgiveness because the woman showed her faith through the ‘law of love’. The woman’s love and faith in Jesus is central in this passage, as shown when Jesus says to her, “Your faith has saved you; go in peace.”

So as a Catholic community, it is important, that we teach our young men and women not to fall into the stereotypical habit of judging others, and ‘jumping to conclusions’ before trying to understand people and their situation. If we are consumed by judging others, negative thoughts or actions can do damage to our own self and our relationships with others. We can seriously harm our own wellbeing if we fail to forgive or if we make unfair judgments or show animosity towards others. The ability to forgive, and seek forgiveness is not a sign of weakness, but growing in maturity and wisdom which makes an individual a genuinely better person.

As Pope Francis said after Christmas last year, “Forgiveness heals the heart and revives love,” and “We must never tire of asking God’s forgiveness, because only when we are forgiven – when we feel forgiven – we learn to forgive.”

Take care and God bless

Mark O’Farrell, Principal
The end of Term 2 is always hectic and this year is no different. Many students have been working hard to complete their various assessment tasks and teachers have been very busy marking and reporting. In addition to these important activities a number of other educational events have been happening or are about to happen in the College and you can read about them in this newsletter. Great events that have happened include Year 8 Reflection Day, Year 6 Orientation Day, Year 10 into 11 Subject selection talks, Year 10 Stellar Careers Day, and various excursions and sporting events - particularly football (soccer). Events coming up in the next fortnight are The Sleep-Out - highlighting the plight of homelessness and raise awareness about helping others less fortunate; The Debutante Ball, Football Gala Day, various Year 11 subject specific excursions, World Youth Day Formation, Brainstorm for Year 7 & 8, NAIDOC Day awareness and presentations and MCC Athletics Carnival.

Sleep-out
Tonight we will be hosting our annual Sleep-out which connects with the theme for this term - Respect. The sleep-out has been organised by Tracey House, in particular Mr Aaron Kennedy, to highlight the plight of those less fortunate than ourselves to help develop empathy for those suffering in our society. Various parents and staff will be in attendance and a simple meal will be served. In conjunction with this event we are promoting the St Vincent de Paul Winter Appeal and asking students families to donate warm clothes and blankets.

Debutante Ball
Our annual Debutante Ball will be held on Saturday, 25th June at the South Grafton Ex-Services Club. The Year 11 students having been practising and perfecting their presentation and dances over the term under the dedicated guidance of Mrs Meg Bindon. We are looking forward to the evening which is always a wonderful event. Tickets are available from the College Office.

Athletics Carnival
The Athletics Carnival is Thursday, 30 June at Barnier Park, Junction Hill. House colours may be worn and a letter will go out to all families outlining the details next week.

Term 3
A reminder than Term 3 starts on Monday, 18 July with a Staff Development Day, so students will return on Tuesday, 19 July. This will be Day 2 of week A of the timetable.

Parent Teacher Interviews
The interview date for Year 7 – 11 Parents is Tuesday, 26 July from 3.40 – 6.30. Booking will be through the website schoolinterviews.com.au. Details will be sent home with the Semester reports. Parents unable to access the booking site can ring the College Office for assistance.

Don't forget - College scarves are available from the office - $20

Kate Thomson, Assistant Principal
Year 7 students enjoyed a fieldwork trip to Dorrigo on Friday, 3 June. The timing of this excursion was a little ominous with the East Coast Low pressure system building. The daytrippers were very fortunate enough to have fine weather without a single drop of rain. Students were treated to a guided tour of the rainforest by National Park rangers including a skywalk and visit to a waterfall.

A great deal of information was offered in-situ and students gained an appreciation of the uniqueness and value of one of Australia’s rainforest areas. All three rangers agreed that McAuley’s 2016 Year 7 students were one of the most attentive, polite and respectful groups they have had visit the National Park. Congratulations to our junior geographers. Thank you to Mr Tait and Mrs Farrell for a well organised field trip.

Mrs McLennan, Leader of HSIE
Year 9 students relished a fieldwork trip to Wooli on Friday, 10 June. The timing of this excursion fell post the East Coast Low and provided McAuley students with a fresh example of local dune erosion and coastal management issues. Students were addressed by various members of the Wooli community including a National Parks Ranger, Justin Kreis; SES commander, Anne Mara; Wooli Postmaster, Bruce Bird; and Marine Rescue Officer, Steve Redding.

A stroll down the ‘busy’ main street of Wooli exposed students to the rare beauty of this old fishing village, with the ocean on one side and the Wooli River on the other side. Students surveyed local residents and quickly became aware of the attractions of living in this beautiful area, which is surrounded by national parks. A walk along the beach to the point, to sketch the unique Coffee Rock, concluded a great day of learning. Congratulations to our Stage 5 geographers who behaved admirably and produced high standard fieldwork notes. Thank you to our guest speakers and to Mr Carruthers, Mr Tait and Mr McLennan for a memorable excursion.

Leanne McLennan, Leader of HSIE
CAREERS NEWS

Year 10

Year 10 were fortunate to have representatives from Southern Cross University and University of New England at their Year 11 subject selection meeting on Wednesday.

If you were unable to attend the meeting and are seeking guidance for your child go to the College webpage under Teaching and Learning and in the Careers section click on Universities and TAFE Courses.

You are able to research the prerequisites needed for both University and TAFE courses and this gives you an idea of what subjects are needed in the future.

On Tuesday Southern Cross University provided a hands on careers opportunity at our school. This was part of their STELLAR program that gave the students a chance to discuss 10 future careers with both local and regional workers in occupations such as engineering, nursing, robotics and marine biology.

Year 11 and 12

Year 11 and 12 are reminded that the Post Options School Career Expo will be held in Coffs Harbour on Wednesday, 27 July. A note with further details will be sent home later this term.

Rod Paton, Careers Adviser

VET NEWS

In the last few weeks Year 11 Metal and Engineering have been studying and practicing Manual Metal Arc Welding and Gas Metal Arc Welding. The students have spent many hours running down-hand welds, pad welds, butt welds and fillet welds.

All VET frameworks are currently organising their first week-long work placement in industry. The picture below shows Kane Rose doing a fillet weld using a Gas Metal Arc Welder.

Isaac Day, VET Coordinator
**SPORT NEWS**

**Girls Bill Turner Soccer** – Mid North Coast Area Champions

The under 15’s girls side have been crowned Mid North Coast area champions after an intense match against Bishop Druitt College in Coffs Harbour. The 2 teams could not be separated with the score locked at 2-2 after a period of extra time. The girls won the game 4-3 on penalty shots. A big congratulations to the whole side on their effort, with a special mention to our goal keeper Katelyn Warby for her brilliant saves both in the game and in the penalty shoot-out. The girls will now play the Lower North Coast champions in the final 32 of the competition. Well done!!

*Adam Bancroft*

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**Diocesan Senior Boys and Girls Soccer**

The McAuley College Senior Boys and Girls played in the Diocesan Carnival Northern Division on Wednesday. The girls travelled with no subs and found the going tough but battled hard throughout all their matches with a 3-2 loss their best result.

The boys had it tough being the only team with three of their matches on the heaviest pitch but gave a gutsy effort all day having a 2-2 draw with Trinity and beating Woodlawn 2-1 with 10 players. It was our boys best result in many years. They played quality football and worked hard as a team in every match. In their fourth match they played Xavier College who were only playing their third game and first one on the heavy pitch. The players could hardly run, so goalkeeper Aaron Ashby made several weaving dashes with the ball from his own penalty box to create scoring opportunities at the other end much to the delight and amusement of his teammates and spectators. Our teams showed courage, determination and sportsmanship and were worthy ambassadors of the College.

*Rob Barselaar*

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**Girls under 16’s Rugby League**

On Thursday, 9 June, McAuley competed in a Girl’s Rugby League 9 a side competition in Coffs Harbour. After some training sessions with NRL development officers, the girls were ready to tackle this challenge. The length of games were increased and they were playing international RL rules because of the late withdrawal of a school. The girls were a little shell shocked in game one against Toormina. Running into a strong breeze and having to kick off after tries scored against them (a late rule change), McAuley struggled to gain any momentum. Their performance in the second half improved and the girls held their own.

McAuleys second game against St Pauls Kempsey, was a much improved outcome. Strong defence and hard running was evident with the girls committed performance. McAuley played better football but were unlucky to go down again. Some future Jillaroos in the making were Lateeka Currie, Grace Clark, Sharmaine McKenna, Jess Kempnich, Elsie Clarke, Lillian Doyle and the mighty Skye Blake. A huge thank you from the team to our busso, Miss Nicholls.

*Craig Nipperess*
YEAR 7 IMMUNISATION DATES 2016
19th October
Gardasil (HPV) Dose 3
Boostrix, Varicella and HPV - catch ups if required

Birthdays Wishes

UNIFORM SHOP
The Uniform Shop has Moved to
Gate 3, 170 North St, Grafton.
(Old Brewery Site. Enter via the white gates, turn left, and go as far as you can (in the last shop).
For Enquires, call U-Design Sportwear and Schoolwear on 6643 2989 OR Jacko on 0488 025 781
Also, Jumpers in sizes 12, 14 and 16 have arrived!

DATES TO REMEMBER
June
Fri 17 Sleep - Out
Mon 20 Street Retreat
NSW All School Hockey
Tue 21 P & F Meeting 5.30pm
Wed 22 Mass P1
Sat 25 Debutante Ball
Thu 30 Athletics Carnival (Long Distance events from 7.30 AM)
July
Fri 1 Last day of Term 2
Tue 19 Students Return for Term 3
Tue 26 Year 7-11 Parent-Teacher Interviews

STUDENT ATTENDANCE
Changes to Government regulations relating to school attendance means that family holidays and travel are no longer considered an exemption from school procedures and any absence, as a result of a holiday and travel, will be recorded as an approved absence from school. As such, the duration of these absences will now appear on the student’s report as explained absences. For absences relating to a medical reason no form is required. Please email or write to the student’s Year Coordinator and/or Homeroom teacher and provide a medical certificate for an extended period of time.

LIKE US ON FACEBOOK

CAFEatem ROSTER

Mon 20 HELP NEEDED
Tue 21 L. Lougher
Wed 22 S. Parker
Thu 23 K. Barnett
Fri 24 S. McPherson

Mon 27 HELP NEEDED
Tue 28 L. Lougher
Wed 29 HELP NEEDED
Thu 30 B. Walker

JULY
Fri 1 A Geary