**Vision Statement**
Mater Dei College believes in the dignity and the nurturing of the individual and seeks to follow, with courage, Mary’s example of faith.

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**From the Principal**

This first term is only 9 weeks in duration because of the earlier occurrence of Easter this year.

Nevertheless, the normal range of College activities still needs to occur resulting in a very busy Term 1 Calendar. Even more reason for students to be vigilant and well-planned when it comes to their academic program. Formal assessments will be scheduled to commence in the coming weeks and students need to be well-prepared if they are to achieve their best results.

**COLLEGE OPENING MASS 2015**

On Tuesday the College community gathered at St Anthony's Parish in Wanneroo to celebrate our 2015 Opening Mass.

This was the first time we came together as a College to celebrate the Eucharist and the commencement of a new school year. The occasion was also a chance to congratulate successful Year 12 students from last year and to acknowledge long-serving staff members in our College.

I would like to thank our Chaplain, Fr John Daly, for presiding over our Eucharistic celebration and for offering the hospitality of St Anthony's Parish. As Chaplain, Fr John is available on Thursday each week should anyone wish to speak with him.

**ASH WEDNESDAY & LENT**

Today is Ash Wednesday - the occasion in our Catholic tradition that marks the beginning of the Lenten season and our preparation for the celebration of Easter.

Students gathered to receive the ashes on their foreheads as a sign of their acceptance of their failings and a desire to make amends for any wrongdoing. The Lenten period is a time of reflection and abstinence whereby, through foregoing some pleasurable activity, one can reflect and prepare for the coming Easter event. It is traditionally a time when no meat is eaten on Fridays. Our Cafeteria menu will reflect this element of our Catholic tradition.

**ANNUAL COMMUNITY MEETING**

The Annual Community Meeting for the election of members to the College Board and Parents & Friends Committee is to be held on Tuesday, 24 February. There is a separate note being distributed with this Newsletter asking for parents to consider nominating for either or both groups. Involvement of parents in the operation of the College is a vital element and I would encourage parents to serve on these groups.

**HOUSE SWIMMING CARNIVAL**

This year we are changing the arrangements and running a combined Years 7-12 House Swimming Carnival all on the one day – Friday, 20 February. The intent is to foster better House spirit, increase student engagement and minimise disruptions to teaching and learning programs. Please see Sporting Arena inside this newsletter for more details.

**LABOUR DAY HOLIDAY**

The College will be closed on Monday 2 March for the Labour Day long weekend.

Mr Barry Alfirevich – Principal

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**INSIDE THIS ISSUE**

- From the Counsellor
- College Life
- College Noticeboard
- Upcoming Events
- Sports Arena
- Careers Information
- Community Events

Attachments: Annual General Meeting Nomination Forms (College Board/P&F Committee)
As we commence Week 3 of Term 1, both returning students and new students of Mater Dei are beginning to get into the swing of the new school year and all that comes with it.

Throughout the school year, from Year 7 to Year 12, students are faced with a number of challenges and hurdles to overcome. Meeting and making new friends, peer issues, new teachers and subjects and consideration of future pathways are some of the issues our young people are faced with.

It is, therefore, at this point, that goal setting and motivation become important considerations for students and their families. By setting social, emotional and academic goals, young people are able to identify their strengths and areas that require some extra work. This in turn increases motivation to succeed and grow. According to reachout.com, there are 2 types of motivation that can be effective for young people in different circumstances:

**Positive motivations**, which focus on the positive things that will happen when you take action. For example, ‘Finishing this assignment means I’m only a step away from being qualified’.

**Negative motivations**, which focus on the negative backlash that will occur if you don’t take action. For example, ‘If I don’t finish this assignment in the next few hours I will fail’.

However, positive motivation can often be the most powerful for young people who are working towards an achievement or successful outcome that they want to happen.

**Tips for Finding and Keeping Motivation**
- Set goals.
- Choose goals that interest you – you are more likely to stay motivated.
- When goals are set for us, find something within that task that motivates you.
- Make your goal public by stating your goal or writing it down.
- Plot your progress. Seeing evidence of your progress will keep you motivated.

- Break down the goal into manageable tasks, working your way up to bigger challenges.
- Promise yourself a reward each time a step is completed.
- Do not do it alone, encouragement from other people can be a big boost to your motivation.
- Positive Self-Talk.

**Difficulty Finding Motivation**
Where young people are finding it difficult to get motivated, despite trying the above, this may be an indication that they need some extra support.

Talking this through with an adult they can trust or someone from their support network can be helpful when working through challenges. It is, therefore, important to encourage young people to recognise where they can go for help.


Have a great week!!

Mrs Sally Stott - College Counsellor
Congratulations to Olivia Patmore, Year 12, who was a finalist at the WA final of Miss Teen Galaxy Australia 2015 held at Forrest Centre on 29 January. Olivia was one of 6 finalists who were chosen to take part in the National Finals in the Gold Coast from the 26 to 28 March.

As part of her Galaxy experience Olivia has made many appearances including being a guest on a radio station, Make A Wish Foundation High Tea, Arbonne Australia events and other public outings. Olivia has also volunteered at the Christmas Pageant, horse stables and senior citizen homes in her area. She has made numerous fundraising efforts through Arbonne Australia, garage sales, swap meets, horse stables, raffles, and is currently organising an ‘Amazing Race’ event.

So far through Every day Hero, Olivia have raised over $1600 for Australia Zoo’s Wildlife Warriors.

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**YEAR 11 ELEVATE SEMINAR**

On Thursday, 12 February the Year 11s had the enthusiastic presenters from Elevate talk to them about the importance of study and how to develop a study routine.

They had some excellent tips including:

- Working smarter not harder
- Making group study successful
- Balancing priorities
- Effective study timetable design

All students that attended were given log-on details to access the Study Skills Handbook on the Elevate website. [www.elevateeducation.com](http://www.elevateeducation.com)

Miss Davina Croasdale – Year 11 Coordinator

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**COLLEGE NOTICEBOARD**

**STUDENT ABSENCES**

Parents are strongly discouraged from taking their children on holidays during Term time. Opportunities for this exist through the more than 12 weeks of scheduled school holiday time. Students miss out on valuable learning experiences as well as assessments.

If parents deem it absolutely necessary to remove students from school for recreational holiday purposes, adequate prior written notification must be given. Forms are available from Student Services.

Teachers are not expected to prepare extra work for these students; however, outlines of work and assessments to be covered are provided for in the Subject Outline distributed by the Learning Areas and available on Seqta.

The appropriate form is available from Student Services.

Mrs Erika Hancock – Deputy Principal
On Wednesday, 18 February 2015 a representative from the RAC will be at Mater Dei College from 6.30 to 7.30 pm in the Catherine Seminar Room. This is to help Students from Years 10 and 11, and their parents, wishing to learn to drive and find out the rules and regulations. Everything you need to know in one hour, this is a great opportunity before your children get behind the wheel.

If you are able to attend please e-mail anne.woods01@bigpond.bigpond

FEE STATEMENTS AND HEALTH CARE CARD FORMS

A reminder that all Fee Instalment Agreements must be returned to the College by no later than Friday, 20 February. Families selecting the direct debit option will need to complete the appropriate direct debit form for both new and amended arrangements. These forms are located on the College website or from Reception in the Administration Building.

Parents who are holders of either a qualifying Health Care Card or Pension Card should be reminded that the closing date for the Government rebate is Monday, 2 April.

Please contact the College to make an appointment to see Mr Sean McDonagh to discuss arrangements. The Department of Education requires your bank account details for completion of these forms so please bring these details together with your card, to Reception at your appointment time.

Thank you.

Mrs Kerry Davidson - Business Manager

THE KENYAN OUTREACH MISSION PILGRIMAGE 2016

ENGENDERING HOPE

If you are a current Year 10 or Year 11 student and wish to have an experience with the marginalised in Kenya, application for the 2016 Mater Dei College Kenyan Outreach Mission Pilgrimage is now open.

Students from previous pilgrimages have stated that the experience went beyond their expectations and gave them a newer insight into mission and pilgrimage to the marginalised.

If you are interested in outreach, cultural encounters, social activities and faith formation then this could be an adventure for you. Please see Ms Dawson for further details.
Salvado House
Jamie Ferguson (Year 8) has been awarded his Bronze level card.

Siena House
Charlotte Lyons (Year 8) - merit certificate
Melissa Hemetsberger (Year 7) - merit certificate

Congratulations to these students.

MATER DEI COLLEGE CAFETERIA

St Catherine’s Cafeteria desperately needs volunteers for 2015.

If you can spare some free time ANY DAY
please contact Beryl Lythgoe, Cafeteria Manager, on 9405 0528.

MATER DEI COLLEGE UNIFORM SHOP

TERM 1 2015
Weeks 2-10 Opening Times
Monday 8.00 am - 12.00 pm
Wednesday 8.00 am - 12.00 pm
Thursday 8.00 am - 12.00 pm/12.30 pm - 4.30 pm

Mrs Linda Caporn - Uniform Shop Manager - 9405 0539

UPCOMING EVENTS

18 February
RAC Keys for Life

20 February
Inter-House Swimming Carnival

24 February 2015
The P&F/Board Community Meeting at 7.30 pm

25 – 27 February
Biology Camp
Certificate II Outdoor Education Camp

Please click on here to view the full Term 1 Planner
Please click HERE for details about the extra-curricular clubs and activities are happening around the College in 2015.

<table>
<thead>
<tr>
<th>Club Name</th>
<th>Year</th>
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</thead>
<tbody>
<tr>
<td>ACC Cross Country Training</td>
<td>Year 7 – 12</td>
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<tr>
<td>Art Studio &quot;Time&quot;</td>
<td>Year 11 – 12</td>
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<tr>
<td>Certificate II Visual Arts</td>
<td>Year 11 – 12</td>
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<tr>
<td>Choir</td>
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<tr>
<td>Clarinet Ensemble</td>
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<tr>
<td>Clay Club</td>
<td>Year 10</td>
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<tr>
<td>Club Red Blood Donor Group</td>
<td>Year 11 – 12</td>
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<tr>
<td>Culture Club</td>
<td>Year 7 – 12</td>
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<tr>
<td>Dei to Dance Team</td>
<td>Year 7 – 12</td>
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<tr>
<td>Design Technical Graphics Stage 3</td>
<td>Year 12</td>
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<tr>
<td>Dixieland Band</td>
<td>Year 10 - 12 depending on ability</td>
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<tr>
<td>Engineering Club &amp; Lego Competitions</td>
<td>Year 7 – 10</td>
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<tr>
<td>Film Club</td>
<td>Year 7 – 10</td>
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<tr>
<td>Flute Ensemble</td>
<td>Year 7 – 12</td>
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<tr>
<td>Games Club</td>
<td>Year 7 – 12</td>
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<tr>
<td>High School Cup Netball</td>
<td>Year 7 – 12 3 Teams Only (Year 7 &amp; 8, 9 &amp; 10, 11 &amp; 12)</td>
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<tr>
<td>Homework Club</td>
<td>Year 7 – 12</td>
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<tr>
<td>Junior Concert Band</td>
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<td>Maths 3AB</td>
<td>Year 12</td>
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<tr>
<td>Maths 3CD</td>
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<td>Maths Help</td>
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<td>Maths Help</td>
<td>Year 11 - 12</td>
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<td>Outdoor Education ATAR Mid Semester Examination Tutorials</td>
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<td>Photography Competition Club</td>
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<td>Physical Education Studies Revision Tutorial</td>
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<tr>
<td>Physics Unit 1 Tutorial</td>
<td>Year 11</td>
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<td>Rock Climbing</td>
<td>Year 7 – 12</td>
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<tr>
<td>Rugby Union Team</td>
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<tr>
<td>Saxophone Ensemble</td>
<td>Year 7 – 12</td>
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<tr>
<td>Scribble Club</td>
<td>Year 7 – 10</td>
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<tr>
<td>Senior Concert Band</td>
<td>Year 7 - 12 depending on ability</td>
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<td>Senior Girls Football</td>
<td>Year 10 – 12</td>
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<td>Sing Club</td>
<td>Year 7 – 12</td>
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<tr>
<td>Skateboarding Club</td>
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<tr>
<td>Soccer Junior Boys</td>
<td>Year 7 – 9</td>
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<tr>
<td>Soccer Junior Boys Team</td>
<td>Years 7 – 9 (NB, due to strength and size issues, Year 7’s usually do not get through the trial sessions)</td>
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<tr>
<td>Soccer Senior Boys</td>
<td>Year 10 – 12</td>
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<tr>
<td>Soccer Senior Girls</td>
<td>Year 9 – 12</td>
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<td>Social Action Committee</td>
<td>Year 7 – 12</td>
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<tr>
<td>Social Tennis</td>
<td>Year 7 - 12</td>
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<tr>
<td>Swing Band</td>
<td>Year 10 - 12 depending on ability</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>Year 7 – 12</td>
</tr>
<tr>
<td>Technical Graphics Studio Sessions</td>
<td>Year 11 – 12</td>
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</tbody>
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INTER-HOUSE SWIMMING CARNIVAL 2015
Friday 20 February

Participate and Build School Spirit

The Years 7 - 12 Inter-House Swimming Carnival will be held at the HBF Arena in Joondalup. The carnival is COMPULSORY for all students in Years 7 - 9. Selected students in Years 10 - 12 will be invited by their respective House Advisors to participate in the carnival. All remaining students in Years 10 - 12 are required to attend the College as per normal (Day 6).

Students are expected to make their own way to and from the HBF Arena. Students are required to be at the venue by 8.30am sharp for normal Homeroom duties. The carnival will commence at 8.45am and conclude at 3.00pm.

For those students unable to make their own way to and/or from HBF Arena and for those students relying on Path Transit, bus shuttle services will depart the College at 8.00am and return to the College at 3.15pm.

To indicate if you child/children needs to access this shuttle service click on the Swimming Transport Survey Link on the College website (www.mdc.edu.wa.au) and log in using your child’s College ID (refer to SmartRider Card. College Academic Report or Homeroom Teacher). The site will be closed at 8.00am Wednesday 18 February 2015. Please finalise bookings by this time. The password for all students is swim2015

The program of events is designed to accommodate all swimming ability levels. If any parents/guardians would like to be an official on the day, please contact me at the College.

A flyer is also included in this Newsletter concerning parental assistance.

Attendance is Compulsory: Please refer to the Student Planner Page 10.

Uniform Requirements:
- House shirt and College Sports shorts/skirt, socks and shoes
- Bathers: Modest and practical design

Personal Requirements:
- College Sports Bag
- Lunch and drinks
- Café facilities at the HBF Arena will NOT be available for students to access. Students will need to bring their own food and drinks for the day.

Note: Items such as personal music devices, mobile phones and magazines are NOT to be brought to the carnival.

Mr Mark Golding
Head of Faculty - Health and Physical Education
University of Western Australia: Year 12 Information Session
Tuesday, 10 March, 6.00 pm – 7.00 pm @ UWA Arts Building, Alexander Lecture Theatre.
If you are a Year 12 student (or a parent of a Year 12 student), this session will provide information about UWA’s courses, admission requirements and how to achieve your study and career goals. http://www.studyat.uwa.edu.au/about/events/year-12-students/yr12-info

Australian Defence Force Academy
Applying for ADFA is a competitive process, which can take 12 months or more, therefore it is recommended that students apply in Year 11. Students are able to apply any time after their 16th birthday, with parental consent. Here is a breakdown of the application time line that we recommend for applicants who are in Year 12 now and who will commence ADFA studies and training in January 2016:

June 2014 - March 2015: Submit an application for ADFA by calling 131901 or by visiting www.defencejobs.gov.au

June 2014 - March 2015: Attend a YOU session in Perth to check eligibility.

January 2015 - May 2015: Attend an Assessment Session in Perth to receive a recommendation to attend an Officer Selection Board.

April 2015 - September 2015: Attend an Officer Selection Board in Canberra and, if successful, receive a job offer (pending completion of Year 12 subjects and university entrance ATAR requirements).

August 2015 - September 2015: Apply through Universities Admissions Centre (UAC - www.uac.edu.au) for entrance to UNSW at ADFA. At the same time, you can also apply to study at another university at your own cost (through TISC if you wish to study in WA), in case you do not receive an ADFA job offer for January 2016.

January 2016: Attend your appointment Ceremony and start your career in the Australian Defence Force as an Army or Air Force Officer Cadet or a Navy Midshipman.

Parents of students in Years 10, 11 and 12 are invited to attend Notre Dame’s Parent Information Evening to discuss subject selection, course information, the transition from high school to university, and how to apply to Notre Dame. Guest speaker, Robyn Smith (Director of Curriculum, Assessment and Moderation at SCSA) will present on how changes to the WACE curriculum will impact students applying to university from 2017. Tuesday March 10, 6.30 pm at 19 Mouat Street, Fremantle

Mrs Tara Hill – Careers Coordinator
COMMUNITY EVENTS
SEASONS FOR GROWTH

Seasons for Growth is an adult grief and loss programme to help people cope with death, separation, divorce or any loss in their lives. The programme will be held on Wednesday, 11, 18, 25 March & 1 April at Mater Dei College, Edgewater from 7.00 - 9.30 pm.

There are only six participants in each programme so if you are interested, please contact Sr Margaret Kane rsj as soon as possible on 9440 3914, email margk2@bigpond.net.au

IGNITE LIVE - CATHOLIC YOUTH EVENT

Ignite Live is a large concert event coming to Perth for the first time this month.

This is a Catholic Youth event totally different to anything held before and has been very popular on the east coast of Australia. Anyone and everyone is welcome to attend.

The first event is on Friday night, 27 February 2015 at Prendiville College Performing Arts Centre.

To get an idea of what to expect, check out the website: www.igniteyouth.com/Perth

COLLEGE CONTACTS

Please note College Administration and Student Services office hours are 8.00 am - 4.00 pm

College Administration – 9405 4777
Students Services – 9405 0563
Absentees – 9405 0599
Uniform Shop – 9405 0539
Cafeteria – 9405 0528
ANNUAL GENERAL MEETING

COLLEGE BOARD

7.30 pm
Tuesday 24 February, 2015
College Administration Building

The College Board provides an opportunity for parents to have greater involvement in the operation, management and capital development of the College.

The Board carries out the following functions:

- Plans for the present and future operation of the College
- Disseminates information about the College to the College community
- Manages the College finances
- Liaises with other groups within the College community
- Advises the Principal with respect to College policies

If you wish to nominate for the College Board, please complete the details below including a brief reason why you wish to put your name forward and return to Mrs Barbra Moyle in the Administration Block

Nominations close Monday 23 February, 2015

Name ..................................................................................................................
Address ................................................................................................................
Telephone  (H) .................... (B) ............... (M) ........................
Reason for Nomination ............................................................................................
..............................................................................................................................
ANNUAL GENERAL MEETING

P & F COMITTEE

7.30 pm
Tuesday 24 February 2015
College Administration Building

The Parents & Friends’ Committee meets monthly to consider how they can lend support to the College, parents and students.

The Committee aims to:

- Encourage parents to develop a strong sense of community through various social functions
- Support parents in the education of their children
- Provide resources for students
- Contribute to the Capital development of the College
- Provide a forum for parents’ perspectives to be communicated to the College Board and principal

If you wish to nominate for the Parents & Friends’ Committee, please complete the details below including a brief reason why you wish to put your name forward and return to Mrs Barbra Moyle in the Administration Block

Nominations close Monday 23 February, 2015

Name ..............................................................................................................

Address ...........................................................................................................

Telephone (P) ............ (B) ............... (M) .........................

Reason for Nomination
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