WELCOME TO A NEW YEAR

As a new academic year begins I would like to welcome staff, parents and students to a new year at Mater Dei College, especially those students who are attending Mater Dei College for the first time.

This year is significant in that a new College structure, with two new Dean of Students positions, comes into being to oversee the academic and pastoral development of our students. We welcome Mrs Teresa Cosgrove and Mr John Sullivan to these new roles.

COLLEGE OPENING MASS 2015

On Tuesday, 17 February the College community will gather at 6.30 pm at St Anthony’s Parish in Wanneroo to celebrate our 2015 Opening Mass. We are encouraging all to attend, but, in particular, Year 7 students and their families, as we come together as a College for the first time in 2015. The occasion is also a chance to congratulate successful Year 12 students from last year and to acknowledge long-serving staff members in our College. Come and share in this opening celebration.

NEW YEAR 7 STUDENTS

This is an exciting time for our Year 7 students as they begin their journey through six years of secondary schooling. These first few days are a slightly amended timetable to provide students with the extra time needed to acquaint themselves with the operation of the College.

For parents, the Homeroom Teacher is the first point of contact and can I encourage new parents to speak with the Homeroom Teacher if there are any concerns in these first few weeks.

2015 YEAR 12 BALL

For Year 12 students, this year began with the celebration of the 2015 Senior Ball last Saturday night at the Duxton Hotel. I look forward to the Ball each year because it provides a glimpse of the young adults that our students will become in the very near future. It is very gratifying to see students formally attired and having a wonderful time. The Year 11 students organised a very successful pre-Ball gathering at the College as a prelude to the main event.

I would like to thank Mrs Lynda Curtis, Ms Davina Croasdale and the many staff, students and parents who assisted in making the event so successful.

2014 YEAR 12 RESULTS

Our Year 12 students from last year are to be congratulated on their excellent performance. Students were able to maximise their results through their commitment to study and through the support of parents and staff.
FROM THE COUNSELLOR

WELCOME BACK!!

A very warm welcome back to Term 1 at Mater Dei College. For many, the return to school is filled with great excitement for new beginnings or catching up with old friends and motivation to improve grades. However, for some students, this can be a time of stress and worry. The morning rush, a change of pace from the relaxation of school holidays, new teachers and classmates and the return of homework deadlines can result in an increase in stress levels.

Kidshealth.org recently surveyed 600 students on back-to-school worries, and the following results may surprise you:

According to the survey, one third of students worried about school work issues, which is to be expected, due to increased pressures and advanced academic material. An element of stress around school work and performance is healthy and provides motivation for young people to succeed. However, equally of concern for students are social and appearance issues. With such worries occurring in our young people’s lives, parents have an important role in helping children cope. The following tips for parents taken from the Reader’s Digest can help with the transition back to school and limit stress levels:

1. Listen
Listen to what is happening for your children, paying attention to not only what is being said, but the non-verbal cues. Trust your instincts if you feel something may be causing stress and open up channels of communication within the family.

2. Talk about homework
Take time to discuss homework with your children, focusing on their understanding and completion of the work, rather than the grades attained. Create a space in the home that is calm and stress-free to work. Managing their workload will be the key to their success.

3. Establish a routine
Set a routine that works for everyone both morning and evening. Try to make mornings calm and be enthusiastic about what’s planned for the day. Promote a balance in the evening between homework, family and relaxation time.

4. Know the rules
Understand the rules that school has in place. What happens if they are late to class? Are phones and devices allowed? Be attentive at parent meetings and understand the culture of the school so that you can have a solid grip on what’s expected of your child. Your understanding will help them better navigate demands and thrive at school.

5. “Un-Schedule” kids
There are wonderful extracurricular activities for your child, but it is just as important that kids take time to relax and have some unscheduled time at home or outdoors. Keep one weekday after school that is a “free day,” and stick to that schedule for the school year. Your child will be relaxed and prepared for the rest of the week when you allow him/her to have proper downtime.

The main thing to remember is that some stress and anxiety is a completely natural part of the process of returning to school. Eventually, with support and understanding, this feeling should fade. However, if these feelings persist or get in the way of your child’s ability to attend school or participate in activities, then it is important to seek further support.

Where to get help:

- **Lifeline** – 13 11 14 (cost of a local call; 24 hours)
- **Kids Help Line** – 1800 55 1800 (free call from a land line; 24 hours)
- **Beyondblue** – [www.youthbeyondblue.com](http://www.youthbeyondblue.com) - Information on depression, anxiety and how to help a friend
- **Headspace** – [www.headspace.org.au](http://www.headspace.org.au) - Information, support and help near you
- **ReachOut.com** – [www.reachout.com](http://www.reachout.com) - Information and support for young people going through tough times

For further information/support/assistance, please don’t hesitate to contact me at any time.

Mrs Sally Stott - College Counsellor
I warmly welcome all Year 7 students and their families to Mater Dei College and the 2015 academic year. Thank you for all your support to date. Please note the important points below:

- To assist with communication, I will be sending out test emails to make sure our records are accurate, please respond.
- Previously used presentations will be available on the Mater Dei Website.
- Your child can access ConeqtS via student.mdc.wa.edu.au using their College login details. This will also provide detailed information for you as parents.

A reminder that this Friday, 6 February students will be at school until 4.30 pm participating in House Activities, parents are welcome to come and watch and there will be an opportunity for a short question and answer session from about 4.15 pm. On this day students will wear their House uniforms for the entire day.

Once again welcome and please do not hesitate to contact the College if you have any concerns.

Mr Shane Clarke - Year 7 Year Coordinator

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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 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

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Mater Dei College is protecting you from some of the financial burdens of children’s accidents, by making an important choice regarding students’ personal accident and disability insurance for your child. We have chosen the CCI School Care – 24 Hour Cover from Catholic Church Insurances Limited (CCI).

Should you wish further information, have any queries or would like assistance, please ring CCI on 1300 655 001.

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There will be a Parent Information Night for Year 10 on

**Wednesday, 11 February 2015**

Commencing at 6.30 pm in the Bernie Boss Hall
YEAR 7 TEA TOWELS

Thank you to all the Year 7 students and parents who have already handed in their tea towels to the Home Economics Department.

If you have not donated your tea towel as yet, please try and do so as soon as possible. Simply bring it down to the Home Economics Department or give it to your Homeroom Teacher.

Many thanks.

Mrs Bella Biagioni
Home Economics Subject Co-ordinator

TOUR TO ITALY & UK 2016

Are you ready for the adventure of a lifetime?

Tour to Italy & UK 2016

Information Session
Date: Monday 16th February 2015
Time: 6.30pm
Location: Salvado 14 (Nuna Room)

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.
McCormack House
Emily Matta (Year 9) has been awarded her GOLD Level card. Congratulations.

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

MATER DEI APP

***NOW AVAILABLE ON iPAD!***

Download Our Free Mobile App

Search for Mater Dei College in the app store or scan the QR codes!

THE BEST WAY TO STAY IN TOUCH IN 2015
DIARY DATES

The next P&F Meeting will take place on Tuesday, 10 February 2015 at 7.30 pm

The P&F/Board Community Meeting will take place on Tuesday, 24 February 2015 at 7.30 pm

SPORTS ARENA

STATE SCHOOLBOYS 12s AUSTRALIAN FOOTBALL TEAM

Alex McLennan, Tour Leader/Manager for the State Schoolboys 12s AFL Team has let us know that this year's State Team trials will take place during Term One and the April School holidays.

Any student born in 2003 may trial for the State Schoolboys AFL Team. Please note that only players turning 12 years of age in 2015 are eligible to nominate.

This year's team will be travelling to Geelong in Victoria from 17 - 26 July. The trial dates can be found on the School Sport WA website (www.schoolsportwa.com.au).

In order to nominate for the trials, access the School Sport WA website and locate the 'Interstate' menu button which is located at the top of the page. All relevant details can be found on this website.

If you have any queries please do not hesitate in making contact with me or the School Sport WA office.

Mr T Wynne - Sports Coordinator

2014 SOFTBALL GRAND FINAL

The Year 8 Physical Education classes of Mrs Martin, Mr Wells, Mr Green and Miss Wheeler/Mr Cartmell, concluded Term 4, 2014 with a Softball Grand Final between Team 1 “Ready Steady Cook” and Team 7 “The Hornets”.

Outstanding sportsmanship was demonstrated by several players, including Aiden Boonnark, Ben Rounsevell and Emma Pryce and Layne Wilson.

The final score was 4 runs to 2, taken out by Team 1, “Ready Steady Cook”.

Congratulations to all involved.

MATER DEI COLLEGE EX-STUDENTS TO WATCH

Brandon O’Neill

Look for these Ex-students representing Perth Glory, currently on top of the ‘A’ League competition.

Rostyn Griffiths

Mr T Wynne – Sports Coordinator
MATER DEI COLLEGE
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.mde.edu.wa.edu.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
CAREERS INFORMATION

Mrs Tara Hill – Careers Coordinator

RECRUITING NOW!
507 ARMY CADET UNIT (JOONDALUP)

FRIDAY NIGHTS
from 6.45 pm till 10.00 pm
Where: Belridge Senior High School

For more information contact
Captain (AAC) Jackie Parks 0419 041 606
fourparks@bigpond.com

COMMUNITY EVENTS

MARANATHA CENTRE FOR ADULT FAITH FORMATION

Looking for some soul-food now the kids are back at school? Married to a Catholic, but not one yourself? Just want to explore something new? Why not take a course at the Maranatha Centre for Adult Faith Formation.

Many courses are during school time, there are no exams or assignments, and you don’t have to be a “good” Catholic (or a Catholic at all!).

Topics for Term One include “Exploring Faith: Theology for Beginners,” and “Ways of Praying”.

For more information or to register for a course, visit www.maranathacentre.org.au or call 9241 5221.

ST GERARD’S PRIMARY SCHOOL

Celebrating our Golden Anniversary in 2015

St Gerard’s Primary School is celebrating 50 years of Catholic Education in Westminster.
The Official Opening of the Anniversary Year will begin with a Mass officiated by Bishop Donald Sproxton on Sunday, 22 February 2015 at 11.00 am

A Family Fun Day and display of school memorabilia will take place at the conclusion of the Mass on the School grounds.

All current and former students, their families and staff are invited to attend this opening celebration.

Please RSVP to: The School Secretary on 6241 8500, by email to admin@stgerards.wa.edu.au or message us through Facebook https://www.facebook.com/stgerardscatholicprimaryschool.
Remember to ‘like’ and ‘share’ our page to help to spread the information.

If you have any photos or memorabilia we could display on the day, please contact us via any of the methods details above. Any items to add to the display would be appreciated.
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
........................................................................................................

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ANNUAL GENERAL MEETING

P & F COMMITTEE

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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The Mater Dei College Health and Physical Education Faculty are seeking the assistance of parents and previous students, to fulfill various official duties on the day of the carnival. No previous experience required.

Your help would be greatly appreciated in the following areas:
- Timekeeping
- Recording event results
- Assisting in the marshalling of competitors for events

If you are available to assist on the day, please register your interest below and return the form to Mr M Golding, Head of Faculty - Health and Physical Education by Wednesday 18 February.

REPLY SLIP

I am available to assist at the Years 7 - 12 Inter-House Swimming Carnival on Friday 20 February 2015.

Parent Name(s): __________________________ Date: ____________

Contact No: __________________________

Friday 20 February 2015