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.

From the Principal

NAPLAN
Throughout this week students in Years 7 and 9 will be sitting the various components of the NAPLAN tests. Whilst not directly influencing individual students’ achievement results, the data is used to provide diagnostic information that impacts on our teaching and learning program. The data is also used in various ways to underpin the funding we receive from the Commonwealth government.

I encourage our Year 7 and Year 9 students to make every effort to achieve their best results in these NAPLAN tests.

COLLEGE PHOTOGRAPHS
This Friday students will be having photographs taken for family, personal and College use.

Uniform and grooming standards need to be at the highest level so that the best possible image of students can appear in the photographs. This is especially the case with hair styles. A visit to the hairdresser or barber should be organised before Friday if necessary. The Uniform Shop is open at various times this week if items need to be purchased.

If a student is absent on Friday, there is a 'catch up' photo day next Monday.

YEAR 11 & 12 EXAMS
Our Year 11 and Year 12 students will be sitting the Semester 1 exams in the week beginning Monday, 25 May. With exams being only two weeks away, it is important that students focus on their studies in these coming days. Teachers can be approached to provide support where needed. Considerable time needs to be spent in study at home in order to be thoroughly prepared to sit the various exams.

TRAFFIC SAFETY
Students are reminded to observe road safety practices when crossing busy roads. Look multiple times to ensure it is safe to cross the road, especially when walking out from behind a parked bus or other vehicle.

Be sensible and be safe!

STUDENT LEADERSHIP POSITIONS
We are beginning the search for our next group of Student Leaders.

Nominations for the positions on the Student Executive, House Leaders and other various roles open this Friday. I would urge students to consider nominating for these important leadership roles within the College.

YEAR 7 2017 ENROLMENTS
Interviews for places in Year 7 2017 are well under way and will extend through to the early part of next term. Enrolment places are limited and, if you haven’t done so already, parents are urged to complete and submit an Application Form as soon as possible so that an interview can be scheduled. The Letters of Offer of Year 7 2017 places will be posted in the last week of June this year.

Mr Barry Alfirevich – Principal

INSIDE THIS ISSUE
Message from the Deans
Note from the Counsellor
College Life
College Noticeboard
Upcoming Events
Sports Arena
Careers Information
Community Events
College Contacts
SESSION 3: Essay Booster
DATE: Wednesday, 13 May, from 3.30 – 4.30 pm
COST: $10.00

Essay Booster
Essays or extended response questions make up a significant proportion of the method of assessment in the WACE and, accordingly, this seminar deals with the various issues and common difficulties that students encounter in the essay writing process. This seminar provides students with an essay template modelled on the top English students in the State.

TESTS AND EXAMS

Students in Years 7 and 9 sit their NAPLAN tests this week. Results will be available later in the year and will be mailed out to parents with the End of Year Report. The Exam schedule for Years 10, 11 and 12 was published last week.

LEARNING TIPS

1. Make an Effort to Remember
   **Interest:** The brain prioritises by meaning, value and relevance. To have meaning, you must understand what you are learning. In order to remember something thoroughly, you must be interested in it and think that it has value and relevance in your life.
   **Intention:** Your attitude has much to do with whether you remember something or not. A key factor to remembering is having a positive attitude that you get it right the first time. Attention is not the same as learning, but little learning takes place without attention.
   **Background:** Your understanding of new materials depends on what you already know that you can connect it to. The more you increase your basic knowledge, the easier it is to build new knowledge on this background.

2. Control the Amount and Form
   **Select:** You must determine what is most important and select those parts to begin the process of studying and learning.

3. Strengthen Neural Connections
   **Recite:** Saying ideas aloud in your own words strengthens synaptic connections and gives you immediate feedback. The more feedback you get, the faster and more accurate will be your learning.
   **Visualise:** The brain’s quickest and probably the longest-lasting response is to images. By making a mental picture, you use an entirely different part of the brain than you did by reading or listening.
   **Associate:** Memory is increased when facts to be learned are consciously associated with something familiar to you. Memory is essentially formed by making neural connections. Begin by asking, “What is this like that I already know and understand?”.

4. Allow Time to Solidify Pathways
   **Consolidate:** Your brain must have time for new information to establish and solidify a neuronal pathway. When you make a list or review your notes right after class, you are using the principle of consolidation.
   **Distribute:** A series of shorter study sessions distributed over several days is preferable to fewer but longer study sessions.

Mr John Sullivan  
Dean of Students

Mrs Teresa Cosgrove  
Dean of Students
Another busy term has commenced at Mater Dei and with it, the conversation of exam preparation, stress and worry has begun.

Following recent Year Assemblies and discussions with students, it has become clear that many of our students are currently experiencing varying levels of stress about school, future pathways and upcoming exams and appear to be unsure of the best ways to manage this. Stress is a normal response to stressful or threatening situations, which everyone faces at some point. Stress can feel very different for each person and can incorporate a physical, emotional or mental response.

As such, we have spent some time focusing on how we, as a school community, can respond to these escalating stress levels and best support our students in developing self-awareness, emotional intelligence and strategies to manage any such challenges.

A great deal of research has highlighted the benefits of using Mindfulness in schools. But what exactly is Mindfulness?

“Mindfulness is a special way of paying attention on purpose, in the present moment. This can help with how you cope with everyday life or deal with tough times and there are great benefits for your physical and mental health.” (http://au.reachout.com/what-is-mindfulness)

It has been shown that mindfulness can help reduce symptoms of anxiety for young people by remaining purposefully focused on the present moment, rather than things that have occurred in the past or could potentially occur in the future.

Mindfulness can be taught through a number of simple meditation exercises, which in turn assist young people in becoming aware of their thoughts and feelings and developing alternative ways of managing stressful situations in the present moment.

Therefore, over the last two weeks and for the remainder of the term, we will be running ‘Relaxation 101’ for our senior students, in an effort to provide a moment in the week for students to practice mindful awareness.

Mindfulness sessions will run each Thursday morning from 8.15 am in the Japanese Culture Room in the Benedict Building.

For more information on mindfulness, please see: http://smilingmind.com.au/
http://au.reachout.com/how-to-be-more-mindful

Have a great week!!!!

Mrs Sally Stott – School Counsellor
Year 9 Student, Leisel Rose has been shortlisted for a full time position at the Australian Ballet School in Melbourne for 2016.

This will involve moving to Melbourne with her family to live on a full time basis and study ballet as well as her normal school subjects. She will know the result in August after her final audition.

We wish her all the best and congratulate her on getting this far. Well Done!

Mr Adam Camuglia - Year 9 Coordinator

Semester 1 Examinations are occurring this term from 25 May and we are looking for volunteers who would be interested in supervising these examinations.

Supervisions are not necessarily needed for the whole of the examination period. We can organise rosters to suit parent availability.

If you would like to participate in this, please contact me with details of when you would be available.

My email address is erika.hancock@mdc.wa.edu.au.

Mrs Erika Hancock - Deputy Principal

On Friday, 15 May, Academy Photography will be at the College to take the annual photographs of individual students, Homerooms and optional family groups. A package will be distributed to each and every student this week with all the details.

Every student will have their photo taken, irrespective of whether a photo is being ordered or not. This assists the College Administration to manage the student database and in the compilation of the College Annual. There will be an opportunity for students who are absent on the day to have their photograph taken. This will occur between 8.15 am and 9.00 am on Monday, 18 May.

The photograph envelope distributed to all students must be returned no matter what decision parents guardians make regarding the purchase of photos. As a matter of course, it is expected that students will be attired and groomed impeccably on the day, according to College requirements.

Mrs Erika Hancock - Deputy Principal
P&F HIGH TEA

Mark your diary now!

Sunday 14 June - Annual High Tea from 2.00 pm

This event is open to all Ladies associated with the College — Students, Mothers, Grandmothers and Staff.

The theme this year is The Roaring Twenties!

Think Great Gatsby, Flappers, Feathers & Pearls...

More details next newsletter...

100 YEARS OF ANZAC

100 YEARS of ANZAC

Poppies flowering on the battlefields of Belgium, France and Gallipoli during World War I in 1915 became symbolic of the time. They signify the great loss by the families who lost their loved ones and friends as well as the terrible conditions and sights these brave soldiers had to endure during their struggle with the enemy.

To show our respect and remembrance for all the Australian and New Zealand men and women who fought in all wars and conflicts, the Mater Dei College Library is hoping to have all our students, staff and families make and contribute a poppy in whatever fabric to be included on our Wall of Remembrance located in the library.

We are hoping to have our walls filled between 25th April and 11th November 2015 with the many sized and textured poppies. Poppies can be knitted, crocheted and in paper or material of any description.

Our wall has begun to flower with some students hanging the first of what hopefully will be many hundreds of poppies.

We are asking that all our Mater Dei College community help us to make this remembrance wall successful and show how much we appreciated the sacrifices of these soldiers.

https://5000poppies.wordpress.com/poopypatterns/

MATER DEI COLLEGE CAFETERIA

St Catherine’s Cafeteria needs volunteers for 2015.

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

Contents
Student Smartrider Card, EFTPOS and Credit Card facilities available

Telephone: Mrs Linda Caporn on 9405 0539
Email - linda.caporn@mdc.wa.edu.au

LATEST RECIPIENTS OF MERIT CERTIFICATES 8/5/15

McCormack House
Dylan Edwards (Year 8) - 2 merit certificates

Congratulations Dylan.

EXTRA CURRICULAR CLUBS & ACTIVITIES 2015

A list of extra-curricular activities are on our website. Please click on the link below for details about the extra-curricular clubs and activities that are happening around the College in 2015.

http://www.mdc.wa.edu.au/programmes/co-curricular/

UPCOMING EVENTS

15 May
College Photographs

19 May
Board Meeting – 7.00 pm

25 May – 5 June
Year 11 and 12 Examinations

28 May
ACC Cross Country

1 June
WA Day

8 – 10 June
Year 10 Examinations

14 June
P&F High Tea

16 June
Board Meeting

Please click here to view the full Term 2 Calendar
Congratulations to Tayla Campbell who recently graduated from the AFL SportsReady Sporting Traineeship Scheme with a Certificate III in Sport and Recreation.

Tayla was the recipient of the traineeship offered by the College in 2014, where she was employed on a full-time basis as an assistant within the Health and Physical Education Faculty.

Tayla is currently enrolled at the University of Western Australia, pursuing a Bachelor of Science Degree majoring in Sports Science.

We wish Tayla all the very best for the future.

Mr Mark Golding
Head of Faculty – Health & Physical Education
Event Details
Perth Convention Exhibition Centre

Thursday, 14 May - 9.00 am to 3.00 pm
Friday, 15 May - 9.00 am to 3.00 pm
Saturday, 16 May - 10.00 am to 4.00 pm
Sunday, 17 May - 10.00 am to 4.00 pm

Entry is free
careers-expo.com.au

AIE Online Open Day
16 May, 10.00 am – 3.00 pm
The Academy of Interactive Entertainment are holding an open day for prospective students to find out about their full and part-time courses in areas such as game development, 3D animation, and visual effects.

University of Notre Dame: Course Info & Expo Evening
Wednesday, 20 May, 5.30 pm at Tannock Hall of Education (ND4), corner of Cliff Street and Croke Street, The University of Notre Dame Australia, Fremantle.
Find out more about the courses offered by Notre Dame. The evening will feature presentations and the opportunity to speak with academic staff to get the most up-to-date information. Register online:

Murdoch University: Undergraduate Information Evening
Wednesday, 20 May, 6.00 pm at Murdoch University, South Street Campus.
Learn about our wide range of undergraduate course opportunities at Murdoch as well as our admission requirements. Staff will be on hand to answer course enquiries, questions on admission and application requirements, as well as support services.

ECU SAE Institute Information Day
Monday, 23 May, 11.00 am - 3.00 pm. Level 1, 3-5 Bennett Street, East Perth, WA.
This information day is an opportunity to check out the facilities at SAE Perth and to meet with academic staff, view courses and general presentations and have your questions answered. T: (08) 6217 4100 or email: perth@saed.edu

Teacher Education Information Evening
Tuesday, 26 May, 6.00 pm @ ECU Mount Lawley Campus.
ECU invites secondary students to find out more about undergraduate teaching courses in Early Childhood, Primary and Secondary Education. There will be an opportunity to speak to academics and get any questions answered. Find the details online:
http://www.ecu.edu.au/future-students/events

ECU: WAAPA Production Tour
Wednesday, 27 May, 6.00 pm at ECU Mount Lawley Campus
The West Australian Academy of Performing Arts is organising a production tour for prospective students who are interested in Live Production specializing in Costume, Design, Lighting, Props, Stage Management and Sound.
http://www.ecu.edu.au/future-students/events

Curtin University: Psychology Information Evening
Wednesday, 27 May, 6.00 pm – 7.00 pm @ Building 500, Room 1101, Curtin University, Kent Street, Bentley Campus. Attend Curtin’s Psychology Information Evening to gain a unique insight into their accredited courses and careers in Psychology.
http://news.curtin.edu.au/events/psychology-information-evening/

University of Western Australia: Year 12 Information Sessions
Tuesday, 2 June, 6.00 pm & Wednesday, 3 June, 6.00 pm at Social Sciences Lecture Theatre, UWA
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

Curtin University Parent Information Evening
YEAR 10 – Monday, 8 June
YEAR 12 – Sunday, 2 August
These two events are intended to help demystify university preferences and the TISC process. There will be an opportunity to speak with Curtin experts from admissions, scholarships, university support services and faculties.

University of Notre Dame: Course Info & Expo Evening
Tuesday, 9 June, 5.30 pm - Drill Hall (ND25), corner of Mouat Street and Croke Street, The University of Notre Dame Australia, Fremantle.
Find out more about the courses offered by Notre Dame. The evening will feature presentations and the opportunity to speak with academic staff to get the most up-to-date information.
Register online: http://www.nd.edu.au/events/2015-freo/course-info-evening-and-expo
**Curtin University: Pharmacy Information Evening**
Tuesday, 26 May, 5.30 pm @ Building 300, Room 219, Curtin University, Kent Street, Bentley Campus.

Attend Curtin’s Pharmacy Information Evening to gain a unique insight into their accredited courses and careers in Pharmacy. [http://healthsciences.curtin.edu.au/pharmacy-event.cfm](http://healthsciences.curtin.edu.au/pharmacy-event.cfm)

**ECU Entry Pathway**
ECU’s Portfolio entry pathway assesses prospective students’ ability to succeed in higher education based on a portfolio of evidence. This pathway caters for school leavers with a near-miss ATAR for their chosen course and school leavers who did/will not obtain an ATAR. Not available for all courses. [http://www.ecu.edu.au/future-students/year-12s/how-to-get-into-ecu/entry-pathways/portfolio-entry](http://www.ecu.edu.au/future-students/year-12s/how-to-get-into-ecu/entry-pathways/portfolio-entry)

**Studentbox**
Powered by Curtin University, Studentbox is an online community for students in Years 10, 11 and 12 that provides useful tools such as study tips and past WACE exams. [http://www.studentbox.com.au/](http://www.studentbox.com.au/)

**Perth Metropolitan Apprenticeships**
The following apprenticeships are available through GTSW:
- Cabinet Making
- Carpentry & Joinery
- Timber Furniture Finisher
- Wood Machinist


**Career Interest Explorer**
This resource on the Australian Apprenticeships Pathways website helps students identify possible career interests as a tool to narrow down potential career pathways and areas where they could develop skills. It also shows specific courses that can be taken in the areas the student expresses interest in. [http://www.aapathways.com.au/Search/Career-Interest-Explorer/](http://www.aapathways.com.au/Search/Career-Interest-Explorer/)

---

**Engineering information evenings**

Our upcoming UWA ‘Engineering Information Evenings’ will provide high school students with course and prerequisite advice, information on career paths and guidance on the different areas of engineering you can specialise in.

We will also have some friendly students on-hand to answer any questions about university life or being a member of one of the faculties exciting student clubs.

Attendees will be given a folder of course information and a special gift from the Faculty.

Our Engineering Information Evenings will run on the following dates in 2015:

- Tuesday, 19 May, 6:30 - 7:30pm, [Weatherburn Lecture Theatre](http://www.uwa.edu.au/), Room G40, Mathematics Building
- Tuesday, 16 June, 6:30 - 7:30pm, [Monadelphous Integrated Learning Centre (MiLC)](http://www.uwa.edu.au/), Monadelphous Design Studio, Room 1.52, Mathematics Building
- Monday, 27 July, 6:30 - 7:30pm, [Weatherburn Lecture Theatre](http://www.uwa.edu.au/), Room G40, Mathematics Building
- Sunday 9 August - as part of UWA Open Day
- Thursday, 3 September, 6:30 - 7:30pm, [Weatherburn Lecture Theatre](http://www.uwa.edu.au/), Room G40, Mathematics Building


---

Mrs Tara Hill – Career & VET Coordinator
Dr Arne Rubinstein
An Evening for Parents

Dr Rubinstein’s presentation will provide clear guidelines regarding what boys and girls need at different ages and provide practical solutions to help them deal with the issues that teens are confronting today, including technology, drugs, alcohol, porn and mental health issues.

Topics Covered:
- How parenting needs to change once children become teenagers.
- How to help teenagers become motivated and inspired about life.
- Latest research around adolescence.
- How to help teenagers avoid going off the rails.
- The impact of technology.
- How parents can help their teenagers develop a healthy personal identity.
- The need to create appropriate coming of age rites of passage ceremonies.

RNDM Performing Arts Centre
Sacred Heart College
Tuesday, 2nd June 2015
7:00pm to 8:30pm
Cost: $10

Dr Rubinstein is a global expert on Rites of Passage. He worked as a Doctor for 15 years specializing in Adolescent Health, Preventative and Emergency Medicine, before selling his practice in 2000 to work full time with young men and women. The programs and seminars Dr Rubinstein created have been attended by over 25,000 people around the world and his book, ‘The Making of Men’, a practical handbook for parents and teachers of boys and the culmination of over 30 years experience in working with teenagers has become a best seller. In 2008 Dr Rubinstein was nominated for Australian of the Year for his groundbreaking work with youth and he has worked with many schools. Dr Rubinstein was the CEO and cofounder of the Pathways Foundation and more recently the founder of Uplifting Australia, a not for profit, set up to improve the emotional wellbeing and resilience of children and their families around Australia.

To book tickets please visit:

Enquiries: Please contact Mrs Nola Fraser; fraser@sacredheart.wa.edu.au
Please note the 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