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

PAUL DILLON WORKSHOPS
Last Tuesday Mr Paul Dillon visited the College and offered a number of workshops for students in Years 10, 11 and 12. His focus was the pressures present for young people in today’s society, how to cope with external influences, avoiding risky situations, making good decisions and creating positive environments. From a parent’s perspective Paul’s workshop would be a good conversation point for the whole family.

PARENTING IDEAS
In these challenging times, parents are often asking for assistance in their role of being parent. The changing nature of teenage relationships is difficult to manage. If you are looking for some useful advice, the website www.parentingideas.com.au is worth a look. This website emphasises the importance of developing healthy relationships with your children and in partnering with the school to achieve a successful outcome.

SHOWCASE 2015
The annual College Showcase opens on 16 September and extends until 22 September. Students in Visual Arts, Design & Technology, Engineering, Photography, Media, Graphics, Music, Dance, Drama and Home Economics will have their efforts on display for parents and other students to view.

It is a wonderful display of our students’ talents and I would encourage attendance at one of the session times during the Showcase week.

ACC ATHLETICS TEAM
Training for the ACC Athletics Carnival is well under way. We look forward to successes in the Track and Field events as we compete against other Colleges in our Division on Friday 18 September at Challenge Stadium.

R U OK
Last week we began the MDC Well-Being Week 2015. This was a week of activities for students involving music, dance, theatre, sports, culminating in a whole R U OK? Day school event.

The purpose of the Well-Being Week was to encourage all staff and students to come together and connect as a school community and listen to and support those who may be experiencing challenges. The week’s activities have been planned by the senior students of the College.

The R U OK week’s activities will conclude on Wednesday this week. Watch out for the grand finale!

YEAR 9 CALENDAR CHANGE
The Year 9 Parent Evening mentioned in last week’s Newsletter for this week has been postponed until later in the year. The Year Coordinator, Mr Camuglia, will be keeping Year 9 parents informed of the new arrangements.

BLAZER FOR YEAR 10 STUDENTS
In an amendment to our Uniform Policy, from the beginning of next year, students in Year 10 will be required to wear the College blazer.

Year 10 is the start of senior secondary education and the additional responsibilities of being a senior student need to be acknowledged. The wearing of a blazer in Year 10 has always been optional but not often taken up. However, recognizing the rite of passage into the senior secondary years is an important first step and the wearing of a blazer in winter recognises this transition.

Shortly, parents of current Year 9 students will receive notification of blazer sizing days and times so that we can place our orders with the uniform suppliers.

Mater Dei College News
Top 10 Tips for Overcoming Procrastination

Procrastination is the act of putting off a task which you know you have to do, even though you know that putting it off will probably be worse for you in the long run. For example, when you procrastinate about starting an assignment it doesn't make the assignment go away, or the deadline change, it just gives you less time to get the work done. To manage this, try the following:

1. Become aware of the excuses you use - make a mental note when you procrastinate. What excuses do you give yourself? Too tired? Too difficult? Too boring? Being aware is the first step in changing your behaviour. Keep yourself honest by asking questions like "is this the best use of my time at the moment?” and “am I doing this as a way of avoiding what I really should be doing?”.

2. Reduce or eliminate distractions - creating a clear, uncluttered work environment which is free from distractions will help you avoid procrastinating. Turn off your social media or WiFi, turn off your music or TV, close the door. It's easy to get distracted and lose focus on what you are trying to do, or to procrastinate by surfing websites that are barely related to the topic you are meant to be researching. You can find out more in the Home Study Environment unit and Dealing with Distractions unit.

3. Make a prioritised list - before you start work (or procrastinating) take a few minutes to work out what your priorities for the session are, based on your deadlines. Take into account all the time you have available and make a prioritised list. Work on the most important thing first (see also tip 7 below). There is more information in the Time Management Skills unit on techniques for prioritising.

4. Break down projects into chunks - if you have a big task that you have to do, or something that you really don't want to start, have a think about how it can be broken up into smaller parts. A big assignment might need a plan, the purchase of resources, a trip to the library, internet based research, and then several days to write and edit each section. If you just focus on doing one of these tasks it's easier to commence.

5. Just start - stop focusing on getting it done perfectly, or even well, just make a start, even if it's just for a few minutes. Starting the task makes you realise it's not as daunting as you originally thought and allows you to make a small amount of progress which encourages you to keep going. Sometimes once you get started you can even do more than you originally thought you could or would.

6. Reward yourself - set yourself a small goal (to do with the task you are procrastinating about) and then reward yourself appropriately when you complete it. For example, write an outline for your essay and then have afternoon tea. You will be more motivated to complete the task to get the reward. Note: for extreme procrastinators you may need to get someone else to check you've done the work and to give you the reward! Learn more about this in the Goal Setting unit.

7. "Twofer Concept" - when you are working on a difficult or boring task, break it up by having a more interesting or easy task that you work on in the same study block. You get 2 lots of homework done, but when you are losing focus on the difficult one you can switch to the easier one for a bit of a break.

8. Create routines - establishing a routine can help you avoid procrastination as you get into the rhythm of working for a set time each day at a set time of the day. Making this routine known to your family and friends also helps keep you accountable and stops them interrupting you during your work time.

9. Find a study buddy - perhaps starting that difficult work will be easier if you have someone to work with. This could be a school friend or a sibling. You could share resources and help each other to get started with similar work.

10. Schedule in breaks - breaks give you time to think and process information that you have been working on and give you an opportunity to do the things you really enjoy. Plan them as much as you plan your work.

You can learn more about how to optimise your performance as a student in the Overcoming Procrastination unit at www.studyshandbook.com.au by logging in with these details:
Username: formaterdeionly
Password: 122results
Congratulations to the year 7 and 9 students on their attendance and participation this year. Year 7 and 9 NAPLAN results for 2015 have been mailed to parents. If you have any questions about your son or daughter’s NAPLAN results, please contact Mrs Cosgrove at the College.

SUBJECT SELECTION FOR 2016

All students have now been through the subject selection process for next year. If you have not returned your subject selection form, please do so as a matter of urgency, so we can finalise class lists for 2016. If you are not returning to Mater Dei College next year, please see Mr Sullivan or Mrs Cosgrove as soon as possible.

Mrs Teresa Cosgrove  
Dean of Students  
(Year 7, 9, 11)

Congratulations

The Australian Ballet School 2016

Year 9 Student, Leisel Rose, has been offered a full-time position at The Australian Ballet School, in Melbourne, for 2016. She was selected to attend the National Audition Finals in August and was one of the few dancers to be successful and offered a place at the prestigious school. She will be relocating in January ready to start the new school year.

We wish her a successful future!

International Competitions and Assessment for Schools (ICAS) - Spelling

Sophie Holly in Year 7 participated in the International Competitions and Assessment for Schools Spelling Competition and finished in the top 5% in the state. As a result Sophie has been awarded an ICAS Medal. Congratulations

National Hockey

Caitlin Barnard (Siena H - Year 7) has been selected in the WA State u/13 hockey team to compete in the upcoming u/13 National Hockey Tournament as the Goal keeper. This is being held at Sydney Olympic Park from September 24 to October 3. Caitlin plays with the Hale Hockey Club in the 7/8 A grade Girls and in the Senior Womens Provisional 4 Team.

We wish her all the best.

Australian Maths Competition

Congratulations to John Paul Acres in Benedict G, who achieved an outstanding result in the Australian Maths Competition on Thursday 30 July 2015. John Paul was placed in the top 0.05% of all Year 8 students in Western Australia. As a reward, he received free entry into another competition which he sat on Tuesday.

Well Done!
KENYA MISSION MULCH AND MANURE FUNDRAISER
Revitalise your lawns and gardens with weed-free and organic mulches and manures, AND support our Mission work in the Mukuru Slum, Nairobi, Kenya.

Bags of mulch and manure are $10 each and can be paid for with cash, cheque or debit/credit card at College Administration, or via online transfer.

All funds raised go directly to support the students of Songa Mbele School in Nairobi.

The bags will be available for pickup on the 10 October, 2015. Last orders are due by 1 October, 2015. Order forms are available on the College website and at student services.

Miss Vanessa Hollis
English Teacher

Grandparents Morning Tea

RSVP: To book your place at the Grandparents Morning Tea please follow the link: http://www.trybooking.com/IWPK
Showcase 2015

Mater Dei College

Conducts invites you to the official opening of Showcase 2015.
Wednesday, 16 September, 6:00-9:00pm
Bernie Bess Hall, 1019 Treetop Avenue, Edgewater.

The students and staff from the creative core of the College welcome your presence to this exciting event.

Our Music ensembles will begin the evening. In addition enjoy listening to the refined “Wonderful with Wine” ensemble as you sample the Hospitality students delicious cocktail food.

Special Guest Artists from CASH (Contemporary Australian Surrealists Movement).
Enquiries: pr@mdc.edu.au
*Cover Artwork by Yirra Mara McGuire

Don’t forget to mark the Showcase exhibition dates into your calendar.
Give
A can
Give
A damn

Next week the Year 7’s will start donating and collecting cans for Shop-Front. The appeal is only for Weeks 8 & 9. We would like to see everyone donating a minimum of 2 cans and our goal is to reach over 1000 cans! The person who collects the most cans will receive a prize.
Thank you, Year 7s 😊
THANK YOU TO THE FOLLOWING ORGANISATIONS FOR DONATING PRIZES TOWARDS TONIGHT’S EVENT

[Images of logos representing the organisations mentioned in the text]
SSWA Champion Schools Touch Rugby Tournament for Years 10 -12

Last Thursday 3 September, one female and one male Senior Touch Rugby Team represented the College and travelled to George Burnett Park, Karawara, to participate in this difficult to win one-day tournament.

Our girls played four games against strong opposition during the day with mixed results. They drew against a team from Applecross High, defeated Seton College convincingly and narrowly lost their other two matches. Unfortunately, they finished third in their ‘pool’ and therefore did not qualify for the finals. The squad was made up by mostly Year 10 students who gained a lot of confidence from the day which will hold them in good stead for future tournaments. Stand out performers included Georgia Charles, Rachel Durrani, Jessica Devlin and Fiona Barr.

Our boys played five games, also against strong opposition, winning three matches convincingly but losing the other two games narrowly to teams who both qualified for the finals. They can count themselves unlucky though not to have won at least one of these other matches against Clarkson High. Like the girls, the male team finished third in their ‘pool’ and so did not qualify for the finals. Stand out performers included Bailey Chalmers, Nathan French, Tristan Hobley, Alex Reeves, Blayke Coad and Corey Rocchicioli.

A big thank you must go out to Mr Gray and Mrs Janse Van Rensburg for their coaching and support leading up to the tournament and on the day itself. Congratulations to all who participated and represented the College with distinction. We look forward now to participating in the 2016 SSWA Champion Schools Touch Rugby Tournaments at the same venue.

Mr G Byrne
House Coordinator

Junior Girls Basketball

The Junior Girls Basketball had a successful day out at the Wanneroo Wolves Basketball stadium on the 1st September. Schools they played against included Butler, Carine, Woodvale and Clarkson. They are playing again at Challenge Stadium/Perry Lakes on the 8th September in the next round. A huge thank you to Mr Geoff Westlake for coaching these girls!

Mrs Ilanie Janse van Rensburg
# Mater Dei College Athletics Training Program

## Term 3: Mater Dei College Sports

### BEFORE SCHOOL SPORT ACTIVITIES

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td></td>
<td>ACC Athletics Training Middle Distance 7.10am – 8.00am 800m &amp; 1500m</td>
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### AFTER SCHOOL SPORT ACTIVITIES

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td></td>
<td>ACC Athletics Training Sprints, Jumps, Throws 3.30pm – 4.30pm Specialist Coaches &amp; Physical Education Staff</td>
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Mr T Wynne - SPORT COORDINATOR: email - troy.wynne@mdc.wa.edu.au

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## MATER DEI COLLEGE

### ACC ATHLETICS TRAINING PROGRAM 2015

<table>
<thead>
<tr>
<th>Week 8</th>
<th>TUESDAY</th>
<th>THURSDAY</th>
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</thead>
<tbody>
<tr>
<td>7.10am</td>
<td>Middle Distance 800/1500 8/9/14</td>
<td>Middle Distance 800/1500 10/9/14</td>
</tr>
<tr>
<td>3.30-4.30pm</td>
<td>High Jump Sprints 100/200/400 Hurdles Shot Put Javelin</td>
<td>Sprints 100/200/400 Hurdles Long Jump High Jump Discus</td>
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<table>
<thead>
<tr>
<th>Week 9</th>
<th>TUESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7.10am</td>
<td>Middle Distance 800/1500 15/9/14</td>
<td>Final Team Meeting</td>
</tr>
<tr>
<td>3.30-4.30pm</td>
<td>Sprints 100/200/400 Shot Put High Jump Hurdles Javelin</td>
<td>NO TRAINING 17/9/14 ACC ATHLETICS CARNIVAL Friday - SEPTEMBER 18</td>
</tr>
</tbody>
</table>

* Light Breakfast provided after morning training*

* Students will be advised no later than 1.00pm if afternoon training is cancelled due to inclement weather.*
**Mater Dei College Cafeteria**

**Breakfast**
The Canteen is open at **7am** and offers 2 slices of buttered toast for $1.00 along with a special if they buy toast and hot milo for $2.50.

**Please Help!!** The canteen needs some helpers, if you can spare a little of your time we would really appreciate it.

To put your name down on the cafeteria roster, please contact:

**Beryl Lythgoe**, Cafeteria Manager, on **9405 0528**.

**Mater Dei College Uniform Shop**

**Term 3: Trading Hours**

<table>
<thead>
<tr>
<th>Week 5 - 10</th>
<th>Monday: 8.00am-12.00pm</th>
<th>Wednesday: 8.00am-9.30am</th>
<th>Thursday: 8.00am - 12.00pm/12.30pm-4.30pm</th>
</tr>
</thead>
</table>

**Payment options**

Student Smartrider Card, EFTPOS and Credit Card facilities available

**Please note:** Uniform shop does not accept cash.

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

**Latest Recipients of Merit Certificates**

**Sienna**

Holly Boyer (Year 7), 3 merit certificates
Bailey Tuckey (Year 7), 1 merit certificate

**Extra Curricular Clubs & Activities 2015**

A list of extra-curricular activities is 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/
A Practical Guide to University Preferences
If you’re preparing to submit your uni preferences, it’s likely you’ll have a few questions about choosing a course and institution. This article explores some of the questions that are probably on your mind. http://www.hobsonscoursefinder.com.au/Latest-news/Getting-into-university/A-practical-guide-to-university-preferences

The Indigenous Australian Engineering Summer School (IAESS)
10 – 16 January 2016 @ Curtin University
The Indigenous Australian Engineering Summer School (IAESS) provides Aboriginal and Torres Strait Islander students from around Australia with the opportunity to experience engineering studies and careers. Open to Aboriginal and Torres Strait Islander students entering Years 10, 11 and 12, the six-day live-in summer school gives these students a taste of engineering as a university course and career. It involves hands-on and challenging activities within the Faculty of Science and Engineering as well as site visits to engineering companies.
Applications close Fri 13 November.
For more information, contact Tim Keely: 08 9266 7884 or engineeringoutreach@curtin.edu.au

City of Joondalup Asia Experience Scholarship
In partnership with the Foundation for Young Australians, the City of Joondalup is offering community funded partial scholarships, to local residents age 18-20, to Experience Asia through three to six month volunteer placements in Asia.

The University of Notre Dame: Admissions Information & Expo Evening
Tuesday 15 September @ 5:30pm @ The University of Notre Dame, ND1, 19 Mount Street, Freemantle
Find out everything you need to know about applying to Notre Dame. There will be staff and current students on hand to answer any questions and help guide you through the application process.

Skills One
Skills one is a video platform with over 1500 short video stories about getting a trade or skill. Videos are intended for career counselors, parents and students. Check it out by visiting the website: http://www.skillsone.com.au/

HIA youthBUILD Adviser Program
HIA youthBuild offers advice on a range of different trades including typical duties, training requirements and desirable personal qualities. http://www.hiayouthbuild.com.au/

MTA WA Apprenticeships
The Motor Trade Association of WA Group Training Organisation recruits and places the following apprenticeships:
• Light Vehicle Technician: Cert III in Light Vehicle Mechanical Technology
• Heavy Vehicle Technician: Cert III in Heavy Commercial Vehicle Mechanical Technology
• Vehicle Body Technician: Cert II in Automotive Refinishing Technology
MTA trains the applicant and finds them an external employer to gain experience with.

WAAPA Production, Arts Management and Live Production Information Evening
Are you interested in Arts Management and/or Live Production specialising in Costume, Design, Lighting, Props and Scenery, Stage Management and Sound?
Wednesday, 16 September, 6.00pm, ECU Mount Lawley Campus
http://www.ecu.edu.au/future-students/events
https://www.surveymonkey.com/r/?sm=bGq4Q%2f%2bUPMugKp6x2yV6og%3d%3d

Murdoch University Science Careers and Industry Evening
Wednesday 16 September, 6pm @ Murdoch University, South Street Campus
Attend Murdoch’s Science Careers evening to find out about courses and careers in the Agricultural Sciences, Molecular and Biomedical Sciences, Environmental and Conservation Sciences and Veterinary Sciences.
http://www.experience.murdoch.edu.au/event/sciencecareers/
The Health & Physical Education Faculty is seeking a suitably qualified Mater Dei College Year 12 Graduate to join our teaching staff commencing in 2016.

The successful applicant must be able to demonstrate and execute the following:

- high interpersonal skills and self-management skills
- sound communication skills
- an enthusiastic and energetic approach
- maintain professional standards in accordance with the College ethics and expectations

Application Form and Resume to be received no later than Friday 25 September 2015 addressed to:

Mr Mark Golding
Head of Faculty - Health & Physical Education

Further details on the role and responsibilities of this position including remuneration package, can be obtained from Mr Mark Golding.

Please follow the link to download an Application Form:
Community Events

Parents & Friends Golf Day

Prizes required!!

The Golf Day is due to take place on Sunday 29 November, but we need sponsors and/or prizes for on the day. If you are able to donate a prize then please drop it into the Administration office or if you have any queries please phone our Public Relations Officer, Mrs Paula Trevor 9405 0514 or email: pr@mdc.wa.edu.au

Social Justice Statement

We celebrate Social Justice Sunday on 27 September. This year’s Social Justice Statement is titled: ‘For Those Who’ve Come Across the Seas: Justice for refugees and asylum seekers’.

The Statement addresses the divisive national debate over asylum seekers, especially those who arrive by boat. It reminds all Australians of the need to welcome and comfort those who have fled here from terror and danger, and to live out the example of Jesus, who never turned his back on those who were lost or suffering.

For further details about the Social Justice Statement, visit the Australian Catholic Social Justice Council website (www.socialjustice.catholic.org.au) or call (02) 8306 3499

Free Dental Service

All children are entitled to free dental treatment up until the age of 17 or year 11 – many parents may not realise this and their children are not seen regularly, only when they have toothache.

“Have you moved house recently? Then please do remember to contact us to update ALL your details otherwise you may be missing your appointments and your children may not have been seen for a couple of years. All appointments are sent to your home address, not through the schools. We are not connected to the schools so any new phone numbers etc, you do need to tell us as well. We are open Monday to Friday, 8-4.15; telephone: 9307 1425.

Thank you.”

Rosemary & Kas

Beldon DTC|Dental Health Services
North Metropolitan Health Service| Public Health and Ambulatory Care
10 Pacific Way Beldon 6027
Ph 08 9307 1425
Beldon dct@dental.health.wa.gov.au
Community Events

Perth Catholic Youth Ministry

Ignite Youth Perth

Retreat Ministry to be held on Friday 16 October at Prindiville College, Ocean Reef.
igniteyouth.com/perth

College Contacts

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