



SAPSASA CROSS COUNTRY CHAMPIONSHIPS
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MOUNT CARMEL COLLEGE

R-12

Belonging ~ Diversity ~ Excellence ~ Relationship



From the Head of Primary Campus

Dear Families

Staff Reflection Day

Last Friday, Father Richard Leonard facilitated a Staff Reflection Day. His authentic story telling engaged and challenged staff to reflect on both their personal core values and the professional and moral responsibilities each has to the students at Mount Carmel College. To acknowledge the dignity of every human being is paramount; 'to see Jesus – in – action is to see God – in – action: healing, reconciling, confronting, challenging, forgiving, loving and sacrificial'.

As educators, we nurture, influence, and build capacity in every student to become thriving individuals, who believe they have the capabilities to make a positive contribution to our world.

SAPSASA Cross Country Carnival

Congratulations to the 38 students who participated in the Port SAPSASA District championships. We acknowledge individual achievements and thank all students for their good sportsmanship throughout the Carnival. Well done!

Disco

The Primary Campus annual Disco was on Wednesday. A 'Bop til You Drop' DJ ensured all students had memorable dance experiences. We acknowledge and thank the Parents and Friends for their time and creativity in transforming our Hall into an amazing Disco space.

SAPOL Visit

This Thursday, 14 September, the Reception – Year 2 students are

looking forward to a visit from SAPOL. The students will develop their understanding of the importance of parent / carer supervision, explore the concept of personal information, the difference between online and offline friends, and identify trusted adults who can help them if needed.

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Diary Dates

From the Head of Primary Campus...



SEPTEMBER 2023

- 14 1pm Dismissal for Year 7-12
- Year 7-11 Parent-Teacher-Student Interviews (1:30pm-7:30pm)
- 21 Primary Campus Assembly 9am
- 29 End of Term 3 (3pm dismissal)

OCTOBER 2023

- 2 Labour Day - Public Holiday
- 16 Start of Term 4

Further dates are available from our website at www.mcc.catholic.edu.au

This is a valued opportunity to engage SAPOL in class visits; the safety and wellbeing of every child is our priority.

Year 5 Excursion

On Friday 15th September, the Year 5 classes will visit the Adelaide Central Market. During this term, students have been learning about the importance of Healthy Eating and Living, as part of their Health

curriculum. Students will acquire increased knowledge in reference to fresh produce, multi-cultural cuisine, and finance / business operations. They will work in small groups on a 'scavenger hunt' to discover new foods, whilst experiencing the Market atmosphere. A healthy lunch using their groups' allocated budget will celebrate the day!

Jenny DeGilio
Head of Primary Campus

2023

TERM DATES:

- Term 1: 30 Jan - 14 Apr
- Term 2: 1 May - 7 Jul
- Term 3: 24 Jul - 29 Sep
- Term 4: 16 Oct - 12 Dec



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www.facebook.com/mccadelaide
and click 'Like'.



Student Absences/ Late Arrivals

When a student is absent or going to be late, parents should notify the school by 9am on that day by texting the **Absentee Line on 0438 368 846 (SMS) or phoning (08) 8447 0500**. You will need to state the following:

NAME OF CHILD, YEAR LEVEL, REASON FOR ABSENCE eg *If late approximately what time will your child arrive etc.*

A medical certificate is required if a student is away for more than 3 days. For any planned extended absence, an explanatory letter to the Principal requesting permission to be exempt from school is required.

OSHC Opening Times Leading up to Christmas

For OSHC our opening times leading up to Christmas are:

Monday 11 December and Tuesday 12 December - Before and After School Care

Wednesday 13 December - Vac Care

Thursday 14 December - Closed

Friday 15 December - Vac Care

Monday 18 December-Thursday 21 December - Vac Care

Friday 22 December - closed for Christmas Break

We re-open on Monday 8 January 2024!

Port SAPSASA Cross Country Championships

Thank you to the 38 students across Years 3-6 who participated in the Port SAPSASA Cross Country Championships 2023 on Tuesday, 12 September at Point Malcolm Reserve/Semaphore Surf Life Club, Military Road, Semaphore Park. Students challenged themselves over a 2km

course, running on different surfaces including grass, sand, and bike tracks.

We are extremely proud of how you all represented Mount Carmel College by showing resilience, encouragement, and sportsmanship.

Special mentions to the following students on their fantastic results:

- Manaia 3rd Place U10 (Div 2)
- Nikolas 2nd Place U11 (Div 1)
- Top 10; William (Div 2) Valentino (Div 2), Baraka (Div 2), Emilia (Div 2), Alex (Div 1).

Kathy Dang
Sports Coordinator (R-6)



Let's Celebrate Mathematics



ESSI Money Challenge

Recently, in Mathematics classes, Year 7 to 10 students were provided an opportunity to participate in the ESSI Money Challenge. This is an Australian wide competition designed around the concepts of Earning, Saving, Spending, and Investing. It was pleasing that so many students participate and try to make the highest possible total balance at the end of a simulated twenty-six-week game.

Mount Carmel College is proud to announce that we had students placed in the top ten for each age group. In the 12–15-year-old age group Manraj Sidhu placed 4th, Ricky Tran in 9th and Tony Nguyen finished 10th. In the 16–18-year-old age group Lochlan Clarke placed 4th

and Kurt Caitor finished 6th. A special congratulations to Kristoff Pelagio who placed first in South Australia. He will be rewarded with \$250 for his efforts from the Suncorp Bank.

The Mount Carmel Mathematics Faculty also run a competition for each year levels, awarding the top three students with canteen vouchers. Congratulations to the following students:

Year 7:

3rd – Adriel Vitug \$32368.08
2nd – Halen Ozolins \$32426.81
1st – Reid Scott \$34866.70

Year 8:

3rd – Hao Hang \$34976.59
2nd – Cillian Kent \$36030.43
1st – William Clough \$36166.17



Year 9:

3rd – Tony Nguyen \$37795.21
2nd – Ricky Tran \$38220.05
1st – Manraj Sidhu \$38996.34

Year 10:

3rd – Lochlan Clarke \$36730.44
2nd – Riley Pascoe \$37684.18
1st - Kristoff Pelagio \$39164.11

*Deborah West
Mathematics Coordinator*

Australian Mathematics Competition

In August students in Years 7 – 12 participated in the Australian Mathematics Competition. First run in 1978, this competition is the longest running, largest and most well-known maths competition for school students. The competition contains unique problems designed to challenge and extend students' problem solving skills. Students can receive different awards based on their correct answers.

This year students from Mount Carmel College received the following awards and were acknowledge in a recent assembly for their achievements.

Junior - Year 7	Alna	Ajai	Participation
Junior - Year 7	Tyson	Dinh	Credit
Junior - Year 7	Maya	Herbert	Participation
Junior - Year 7	Eve	Karchinsky	Proficiency
Junior - Year 7	Adithya	Nair	Distinction
Junior - Year 7	Khoi	Phan	Credit
Junior - Year 7	Kayla	Vuong	Participation
Junior - Year 8	Daisy	Astley	Credit
Junior - Year 8	Olive	Charleson	Credit
Junior - Year 8	Zarah	Devirgilio	Proficiency
Junior - Year 8	Leila	Guerinet	Participation
Junior - Year 8	Amber	Tyler	Proficiency
Junior - Year 8	Coralie	Workolo	Proficiency
Intermediate - Year 9	Acacia	Blocki	Participation
Intermediate - Year 9	Raiden	Ho	Participation
Intermediate - Year 9	Gillean	Ramos	Credit
Intermediate - Year 9	Anubhav	Sabu	Distinction
Intermediate - Year 10	Zoe	Walter-Badounas	Participation
Senior - Year 11	James	Boyd-Norman	Credit
Senior - Year 11	Minh	Bui	Participation
Senior - Year 12	Chuong	Pham	Credit

Bell Shakespeare Plays



On 1 September, the Bell Shakespeare Company visited Mount Carmel College to perform two classic Shakespearean plays for our Year 10 and 11 students. Before lunch, the Year 10s watched a truncated version of the classic Romeo and Juliet – where, after a chance meeting, an intense but forbidden love is ignited between the titular characters. Despite the unending, violent feud between their families, they risk everything to be together, only to seemingly be tricked by fate. Then, after lunch, the Year 11s watched a condensed version of the equally classic Macbeth. Again, in this play, ideas of fate and destiny are explored as the titular character stumbles upon the evil witches who can see into the future. Seized by his own lust for

power and prestige, Macbeth seeks out the dark forces wielded by the witches, only to see his very humanity stripped from him as he loses all that he holds most dear.

These plays were performed by extremely talented actors who would sometimes ‘break the fourth wall’ and provide explanatory commentary for our students. In addition, the Shakespearean actors called for volunteers from our students to perform minor but key roles in the plays. Riley Gillick in Year 10 played a forceful Prince Escalus from Romeo and Juliet, while in Year 11 Teresa Iuliano and Quan Mai, who played two of the evil witches in Macbeth, were instrumental in causing the on-stage ‘death’ of a very cool King Duncan, played by Eddie Gahe.

Finally, Astin Lu was quite spooky, as he played a stoic version of the ghost of Banquo character, provoking the character of Macbeth to lose his composure in dramatic fashion.

In closing, Bell Shakespeare’s stage plays of Romeo and Juliet and Macbeth were experiences that were undeniably enjoyed by our Year 10 and 11 students, respectively. At one hour in length each, the relatively short but authentic live Shakespearean performances were a wonderful opportunity for students to experience live theatre performed by highly trained, specialist actors.

Steve Jelonek
English Coordinator



This week we welcomed MATES in Construction to Western Technical College. Students enjoyed a sausage sizzle and then attended a general awareness training session on mental health wellbeing, focussing on Suicide prevention in the Construction industry.

In Australia in the Construction Industry, we lose someone every second day to suicide. Furthermore, young construction workers are three times more likely to take their own lives than other young Australians.

The MATES in Construction Life Skills Toolbox Program is fixing this problem by helping young people entering the construction and allied industries develop resilience – that inner strength that enables us to deal with life challenges. It teaches students what to look out for when someone is not doing so well and as importantly what to do if they notice someone is struggling, as well as who they themselves can turn to if they need help.

Developing resilience is important because it helps to develop mechanisms to protect ourselves against overwhelming situations and experiences and helps to protect us from some mental health issues. It also helps find balance when life is difficult.

We thank Marilyn, Janine and Mitch for coming out and speaking with our students and giving them important life skills.



EXPRESSIONS OF INTEREST ARE NOW OPEN FOR 2024

Places are filling fast for Certificate II and III courses for 2024. If you are considering a pathway in any of our courses, please complete an expression of interest online today.

<https://www.wtc.sa.edu.au/enrol/expression-of-interest-form>

**CERTIFICATE II IN AUTOMOTIVE SERVICING TECHNOLOGY [AUR20516]
CERTIFICATE II IN CONSTRUCTION PATHWAYS [CPC20220]
CERTIFICATE II IN COMMUNITY SERVICES [CHC22015]
CERTIFICATE II IN PLUMBING [PRE-APPRENTICE][22569VIC]
CERTIFICATE II IN ELECTROTECHNOLOGY [UEE22020]
CERTIFICATE II IN ENGINEERING PATHWAYS [MEM20413]
CERTIFICATE II IN RESOURCES INFRASTRUCTURE WORK PREPARATION [RII20120]
CERTIFICATE II IN SALON ASSISTANT [SHB20216]
CERTIFICATE II IN RETAIL COSMETICS [SHB20121]
CERTIFICATE III IN INFORMATION TECHNOLOGY [ICT30120]
CERTIFICATE III IN SCREEN AND MEDIA [CUA31020]**

FOR 2024 SEASON

JUNIORS TRIALS & MINIROOS OPEN TRAINING SESSIONS

WWW.PORTPIRATES.COM.AU/EVENTS/176745/

MID-OCTOBER, SPECIFIC DATES ON THE WEBSITE

FOR ENQUIRIES:
minirooms@portpirates.com.au

SCAN HERE FOR MORE INFO



The Lakes Junior Academy 2023/2024

Welcome to the 2023/24 triathlon season!

Academy places are open to anyone aged 12 to 23 years. To be involved participants must be a member of Triathlon SA, own a bike and be keen to be involved in as many of the following sessions as possible. The weekly program involves:

Monday night open water swim/ run where we'll hone skills including sighting, drafting, porpoising, turning buoys, open water and beach race starts as well as aquathlon specific events. Over the weeks athletes can graduate to longer group sessions.

6-7pm Tiranna Way, West Lakes

Wednesday night velodrome sessions will build skills for riding in groups in a safe environment, gearing, technique, pacing, while improving their cycling fitness with some fun hard riding. With time we will include runs off the bike and duathlon practice.

6.15pm for a 6.30pm start at Hanson Reserve Velodrome, Sixth Ave, Woodville Gardens

Thursday night interval running

6-7.15pm Findon High School, Drummond Ave, Findon

Saturday morning ride

Including rides around Outer Harbor or around West Lakes, including bike handling skills. Please note sessions dates and times will vary through the season.

The opportunity is available for Juniors to also participate in the general Lakers training sessions.

If you would like further information, please contact Verity Pietsch on 0412 678 942 or email vedotcom@hotmail.com

Parent Engagement Evening - Helping children and teenagers respond to friendship difficulties and bullying

When: 20 September 2023 (6:00pm - 8:00pm)

Cost: Free

Location:

St Mary's College, Veritas Centre, 253 Franklin Street Adelaide

Catholic School Parents South Australia is pleased to present.

Helping children and teenagers respond to friendship difficulties and bullying - presented by Madhavi Nawana Parker

Social and friendship challenges are common. Learning how to have a good relationship with others, regulate emotions when socially isolated, and respond proactively to bullying are crucial life skills.

This workshop will help parents and carers identify the difference between bullying and social clumsiness, whilst also providing practical and constructive ways for young people to cope with confidence and resilience.

The event will have online and in person attendance options.

Madhavi Nawana Parker, Director of Positive Minds Australia is one of Australia's leading experts on Mental Health and Wellbeing.

Register via:

<https://registrationcentre.cesa.catholic.edu.au/event-5309077>



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