



MOUNT CARMEL COLLEGE

R-12

Belonging ~ Diversity ~ Excellence ~ Relationship

YEAR 5 & 6 SPORTS DAY AWARDS
Refer to page 6



From the Principal

Dear Families

Ash Wednesday and Lent

Last week Ash Wednesday marked the beginning of Lent. The Early Christians used ashes to show repentance as well, but not just on Ash Wednesday! After going to confession, it was common for the priest to give the person ashes on their forehead. Lent is the season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter.

Primary VIP Morning

Friday morning's VIP visit again proved very popular with parents and grandparents. Students love talking about their work and showing family members what they have done. Student agency and building students' confidence by talking about their learning

are important parts of students' growth. Thank you to everyone who attended.

Primary Playground

In the next fortnight the old playground equipment will be removed, including the concrete in the ground used to support the equipment. We will then make the area safe for students to use under the sunshade. Meantime we have consulted school playground specialists and have finalised the design for the new playground equipment. It takes several months to manufacture the various pieces of equipment for the new playground so later this year we are looking forward to students being able to use the exciting new playground equipment.

Sports Day

On Thursday 27 February Year 5 to 12 students participated in a fabulous Sports Day at the

SA Athletics Stadium at Mile End. Our students thrived in the mixture of strong competition in traditional athletics events, along with fun activities including tug of war. Our House Captains and assistants did a great job in organising their teams and in generating House spirit. Congratulations to Jospher on winning the overall trophy.

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Diary Dates

MARCH 2025

- 19 St Joseph's Day
- 20 Primary Sports Day
(Port Adelaide Athletics Club)
- 20 Year 7-12 (1pm Dismissal)
- 20 Open Day: Secondary Campus
4pm-7pm
- 21 Primary Assembly 9am
- Year 4 hosting
- 24-26 Year 9 Camp (Adare, Victor Harbor)

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

2025 TERM DATES:

- Term 1: 28 Jan - 11 Apr
- Term 2: 28 Apr - 4 Jul
- Term 3: 21 Jul - 26 Sep
- Term 4: 13 Oct - 5 Dec



Like us on Facebook!

Stay up to date with all the latest Mount Carmel College news and events!

Visit us at 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, a letter to the Principal is required to explain circumstances.

From the Principal Continued...



It was the first time in 16 years that Joseph (blue team) have won the overall trophy, so it was a particularly pleasing win for the House. Thanks to Ms Jocelyn Teggerth, Ms Claire Christie, the PE staff and all staff who ensured this was an enjoyable and safe day.

Senior Formal

On Friday 28 February, Year 11 & 12 students traded running shoes from the Sports Day the previous day, for elegant and glamorous outfits for the Senior Formal. The night involved formal sit down dining, lots of dancing, and of course many photos taken. Well done to everyone and thanks to the staff who gave up their Friday evening to enable this wonderful experience for our students.

Open Day

On Thursday 20 March from 4-7pm the Secondary Campus will be holding our annual Open Day. A highlight of the Open Day for many visitors is the confident way our students are able to proudly talk about their learning and why they love being a student in our Mount Carmel College community.

We are experiencing strong demand for both primary and secondary places, so if you have family or friends interested in sending their daughter or son to our College, please encourage them to visit us and to complete an Application to Enrol Form (available from our website) as soon as possible.

NAPLAN

NAPLAN testing commenced this week for Years 3, 5, 7 & 9 students. It is important to remember that NAPLAN is just one of a range of assessment tasks. Your son or daughter's teacher is the person best placed to have a discussion with you about your child's literacy and numeracy strengths and areas for growth.

Upcoming Events

- Wednesday 19 March: Feast of St Joseph
- Thursday 20 March: Primary Sports Day
- Thursday 20 March: Open Day 4-7pm at the Secondary Campus
- Friday 21 March: Primary Assembly (Year 4 hosting)

Be a person of hope to others.

John Konopka
Principal



Caritas AUSTRALIA

PROJECT COMPASSION

This Lent, we are called to Unite Against Poverty through Caritas Australia's Project Compassion. By taking home a Project Compassion donation box or envelope, you'll be answering the Gospels' call to care for our global family and walk alongside the most vulnerable.

Your generous support this Lenten Season will enable Caritas Australia to provide life-changing support to communities facing poverty, food insecurity, lack of education, and water shortages, while building resilience against future challenges. Together, through faith and action, we can bring hope and opportunity to those most in need.



Please donate today.

You can support Project Compassion 2025 through the donation boxes, envelopes or by scanning the QR code above.

Or online at: caritas.org.au/project-compassion
Or by calling: 1800 024 413

Thank you for standing with us, as we Unite Against Poverty this Lent.



Students were introduced to Seasonal Produce suitable for breakfast and brunch. They then had to plan, prepare and present a breakfast or brunch dish that could be featured on any contemporary menu. The dish could be either sweet or savoury, and seasonal produce should be the main dish. In addition, a dairy alternative should be utilised to support the rising popularity of alternatives. Students experimented with Oat, Almond and Soy milk, as well as dairy free cheese and yoghurt. Overall, students enjoyed this assessment and dishes were presented well, using edible flowers and microgreens to lift their dishes to the next level.

Ingrid Howard
Food & Hospitality Teacher



Art and Music News...



SALA Festival

This year, Mount Carmel College students are joining forces with Southern Cross Mount Carmel Residential Care to prepare portrait submissions for the 2025 SALA (South Australian Living Arts) Festival.

Over the next few weeks, Year 9 Visual Arts students will work with our Visual Arts staff to create expressive portraits of residents for Mount Carmel Residential Care. These portraits will be part of the SALA exhibition at the Migration Museum.

In getting the process started, a small group of students travelled to Mount Carmel Residential Care last Wednesday, where they had the opportunity to meet and get to know the residents taking part. They were able to hear some of their stories and get to know them better and will now be tasked to create a portrait that suits their personality.

We can't wait to see what they create.

Meet Our Tutors

After a couple of years without a Saxophone teacher, we were very excited to welcome our new tutor, Olivia Marton. It's fantastic to have students taking up this instrument and I'm sure that they will love their lessons with Olivia. If your child would like to take up the Saxophone or any other instrument, enrolments remain open. Please click on the link below to find out more, or click [HERE](#) to learn more about our highly skilled tutors.



<https://www.mcc.catholic.edu.au/learning/instrumental-music-program>

Years 5-12 Sports Day 2025



Years 5-12 Sports Day 2025 Continued...



Adelaide Festival Excursion



On Friday 21 February the Stage 1 and 2 Drama class viewed a performance of 'The Giant's Garden' by Slingsby Theatre Company, as part of the Adelaide Festival. Over a span of three years, Slingsby is creating a new flat-pack theatre to travel the world sustainably with a triptych of plays under the banner, 'A Concise Compendium of Wonder.' 'The Giant's Garden' is the second work-in-progress performance.

Students were immersed in the production and there were specific moments where they had to engage

with actors both prior to entering the Theatre and during the performance. Due to this show being a 'work-in-progress', students were able to participate in a post-show Q+A session with the director and actors. Students were able to ask questions and offer feedback for the cast to take into consideration during rehearsals.

It was a rewarding experience for all students as they were able to engage both as audience members and as emerging theatre artists.

*Kristina Perkas
Drama Teacher*



Year 5 & 6 Sports Day Awards



Congratulations to the following Primary Campus students for their outstanding achievement during our 5-12 Sports Day:
U11 B James Dell (MacKillop)
U11 G Tayah Hammond (Agius)
U12 B Noel Kadisha (Joseph)

During the week a Year 5 & 6 Assembly was held where students were presented with a medal by John Konopka. The winning House for 2025 was Joseph who was overdue for a win as it has been 16 years since they last received the Trophy!

Primary Campus students were presented with the winning Trophy by Student Leaders from our Secondary Campus. Well done to all students and their fantastic contribution on the Day.





UCAT REGISTRATIONS



UCAT Registrations are now open!
<https://www.ucat.edu.au/>

Students considering a career in medicine or dentistry, during Year 12 will need to sit a compulsory entry exam known as the UCAT (University Clinical Aptitude Test) before they can apply for relevant placements in the aforementioned fields of study within [most universities](#) in Australia.

The first time a candidate is eligible to sit the UCAT is during their final year of school. The UCAT is held once a year.

UCAT registration is available only via the UCAT ANZ website - [ucat.edu.au](https://www.ucat.edu.au/)

UCAT ANZ BOOKING OPENS via [ucat.edu.au](https://www.ucat.edu.au/)
4 March 2025

Concession application deadline
9 May 2025

Access Arrangements application deadline
16 May 2025

UCAT BOOKING DEADLINE
16 May 2025

Late UCAT booking deadline
30 May 2025

Late Access Arrangements application deadline
30 May 2025

FINAL late booking deadline
6 June 2025

Cancellation deadline
11 June 2025

Testing begins
1 July 2025

Last testing date
5 August 2025

Results delivered to universities
Early September 2025

TRY-A-TRADE CONSTRUCTION - TERM 2



Year 10s have the opportunity to enrol in Try-a-Trade Construction for Term 2. If you have not completed the Expression of Interest form then please do so asap as classes are filling up fast. Expression of Interest forms can be found at www.wtc.sa.edu.au. Click on Register and then Expression of Interest form. Students will also need a Unique Student Identifier (USI) this can be created at www.usi.gov.au.

The following Try-a-trades will be open mid Term 2 for enrolment for Term 3 or 4 courses:

- Engineering
- Hair and Beauty
- Electrotechnology
- Plumbing
- Automotive
- Screen and media

Congratulations to the following Top Performing MCC VET Students in 2024:

LEILA IAMAN
Certificate III Individual Support

STAVROULA KREMASTIOTIS
Certificate III Business

ESTHER MARKOS
Certificate III Individual Support

DANIELLE ROSITASNO
Certificate III Early Childhood Education & Care

HANNA WATKINS
Certificate III Early Childhood Education & Care

Please see Mrs Kelly Peucker in the Transition Pathways Office for more information and application forms if you are interested in these or any other VET programs.



CANTEEN MENU AND PRICE LIST 2025

EFTPOS AVAILABLE

TERM 2 & 3 - Weekly Soups

Sandwiches, Rolls and Wraps Please choose from our display

Wholemeal or Multi Grain

All sandwiches	\$4.00
All Rolls & Wraps	\$5.00

If you have specific requirements, please make sure you order at the Canteen.

For the Vegetarians

Spinach & Ricotta Rolls	\$4.00
Pasties	\$4.00
Quiche	\$4.00
Veggie Burger	\$5.00

Our on site Bakery

Sausage rolls	\$4.00
Quiches (Bacon, onion etc)	\$5.00
Lasagne	\$6.00

Pizza	
Ham & pineapple, Marguerita and other varieties	\$4.00

The above items are made fresh on site.

Salads

Salad bowl – choice of chicken, ham, beef or tuna with garden salad, egg, cheese & Caesar.

Salad Bowl	\$5.00
Fresh Fruit salad	\$3.00
Jellies	\$2.00
Mousse	\$2.00
Yoghurt	\$3.00

We vary the salads daily so please order or check our refrigerated display.

GLUTEN FREE – Please order with 2 hours' notice.

Can be made to order. Lasagne, Chicken salad or toasted sandwiches.

Daily Specials

Varies daily

See specials board in Canteen.

Chicken stir-fry	Small \$3.00	Large \$6.00
Penne Carbonara	Small \$3.00	Large \$6.00
Spaghetti Bolognese	Small \$3.00	Large \$6.00
Butter chicken with rice	Small \$3.00	Large \$6.00
Curry chicken with rice	Small \$3.00	Large \$6.00

Chicken Yiros	\$6.00
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Look out for specials.

Hot Food

Chicken Schnitzel burgers	\$6.00
Cheeseburgers	\$6.00
Hamburger with cheese, tomato, lettuce & mayo	\$6.00
Fish burger	\$6.00
Roast beef or chicken roll with gravy	\$6.00
Sweet chilli chicken wrap	\$6.00
Chicken & mayo rolls	\$6.00
Hot ham & cheese roll or croissants	\$5.00
Meatball subs	\$6.00
Fish wedges & tartare	\$6.00
Fried rice	\$4.00
Pies, Pasties	\$4.00
Potato pies	\$5.00
Snag bags	\$5.00
Pizza pies	\$5.00
Toasted sandwiches	\$4.00
Nachos	\$3.00
Wedges – from	\$3.00
Garlic Bread	\$3.00
Potato gems	\$3.00
Hash browns	\$2.00
Hot dogs – from	\$4.50
Sauces – BBQ, Sweet chilli or Sour cream	\$0.50

Drinks and Ice Creams

Check in canteen for drink varieties. Assorted Streets Ice Blocks and Ice Creams.

R-6 Primary Campus
17 Pennington Terrace, Pennington
Phone: 8447 0500

7-12 Secondary Campus
33 Newcastle Street, Rosewater
Phone: 8447 0500



WESTERN TECHNICAL COLLEGE
44 Russell Street, Rosewater
Phone: 8447 0500
Email: info@wtc.sa.edu.au
Website: www.wtc.sa.edu.au

Website: www.mcc.catholic.edu.au | Email: mcc@mcc.catholic.edu.au



Parent Calendar - Key Dates for Term 1, 2025

	TERM 1, WEEK 3
Fri 14/02/25 – Tue 18/2/25	JJAMM conference (College Captains)
	TERM 1, WEEK 4
Tue 18/02/25	Finance Meeting
Thu 20/02/25	Year 7-12 DUX Assembly
Fri 21/02/25	9 am Primary Assembly (Year 5 hosting)
	TERM 1, WEEK 5
Mon 24/02/25	Year 7-12 Individual Swimming Carnival (some students)
Tue 25/02/25	Board Meeting
Thu 27/02/25	All Year 5-12 Sports Day (SA Athletics Stadium, Mile End)
Fri 28/02/25	7:00 pm Senior Formal (Krystal Function Centre)
	TERM 1, WEEK 6
Tue 04/03/25	Shrove Tuesday
Wed 05/03/25	Ash Wednesday ; 9:15 am Primary Ash Wednesday Mass
Fri 07/03/25	9:00 am R-6 VIP morning
	TERM 1, WEEK 7
Mon 10/03/25	Adelaide Cup Public Holiday
Wed 12/03/25	NAPLAN 12/3-24/3/2025
Wed 12/03/25 – Fri 14/03/25	Year 6 Camp (Woodhouse)
	TERM 1, WEEK 8
Tue 18/03/25	Finance Meeting
Wed 19/03/25	St Joseph's Day
Thu 20/03/25	Primary Sports Day (Port Adelaide Athletics Club)
Thu 20/03/25	Year 7-12: 1:00 pm dismissal (Open Day)
Thu 20/03/25	4:00 pm - 7:00 pm Open Day (Secondary Campus)
Fri 21/03/25	9:00 am Primary Assembly (Year 4 hosting)
	TERM 1, WEEK 9
Mon 24/03/25 – Wed 26/03/25	Year 9 Camp (Adare, Victor Harbor)
Mon 24/03/25 – Wed 26/03/25	Primary Learning Conversations
Tue 25/03/25	Catholic Co-ed Secondary Athletics Carnival
Tue 25/03/25	Board Meeting AGM
	TERM 1, WEEK 10
	TERM 1, WEEK 11
Wed 09/04/25	4:00 pm College Tour Secondary Campus
Fri 11/04/25	1:00 pm R-12 End of Term 1
	TERM 1 HOLIDAYS
Fri 18/04/25	Good Friday
Sun 20/04/25	Easter Sunday
Mon 21/4/25	Easter Monday
Fri 25/04/25	ANZAC Day
	TERM 2, WEEK 1
Mon 28/04/25	R-12 Student-free day
Tue 29/04/25	R-12 Term 2 begins

R-6 Primary Campus
17 Pennington Terrace, Pennington
Phone: 8447 0500

7-12 Secondary Campus
33 Newcastle Street, Rosewater
Phone: 8447 0500



44 Russell Street, Rosewater
Phone: 8447 0560
Email: info@wtc.sa.edu.au
Website: www.wtc.sa.edu.au

Website: www.mcc.catholic.edu.au | Email: mcc@mcc.catholic.edu.au



MOUNT CARMEL COLLEGE



Register for
OPEN DAY
today!

OPEN DAY:

Secondary Campus

Thursday 20 March

4pm - 7pm

Visit www.mcc.catholic.edu.au or phone **8447 0500**



NORTH HAVEN FOOTBALL CLUB JUNIOR PROGRAM



WHERE JUNIOR FOOTY IS FUN AND INCLUSIVE - ALL PLAYERS WELCOME

Girls and boys between the ages of 7 and 18 and interested in playing Aussie Rules Football, join the North Haven Football Club in 2025!

- ✓ U7 TO 17.5 BOYS TEAMS
- ✓ U8 TO U16 GIRLS TEAMS
- ✓ AUSKICK IN TERM 2

Players of all skill levels are welcome including first year players!

Our home ground and trainings are held at Largs North Reserve, Victoria Road, Largs North. Matches are mostly played Sunday and some Friday evenings during winter.

JUNIOR REGISTRATIONS & CLUBROOM OPENING NIGHT

Celebrate with us from 4PM on 22nd March 2025 for the opening night of our newly renovated clubrooms! We'll also be setup for junior registrations.

For more information or to register:
www.northhavenfc.com.au/juniors

Follow us @Northhavenjuniorfc

Payment plan options are available at registration, and SA Sports Voucher can be applied to season fees.



MOUNT CARMEL COLLEGE

PLAYGROUP ^{R-12}

All welcome

ENROL NOW!



"The wider the range of possibilities we offer children, the more intense will be the motivations and the richer their experiences."
Loris Malaguzzi

Children's brains develop rapidly in the early years of life. Positive play experiences will help children develop early literacy and numeracy skills. At Playgroup you will have the opportunity to talk, sing, play, laugh, look and learn.

Please bring your own child's healthy snack for fruit time and a hat in warmer weather.



PLAYGROUP
(all ages)
Thursday 9am - 11am
FREE

Early Years Centre
Mount Carmel College Primary Campus
17 Pennington Terrace, Pennington

DURING SCHOOL TERMS ONLY

FOR FURTHER DETAILS CONTACT:
Phone: 8447 0500

Email: info@mcc.catholic.edu.au

Website: mcc.catholic.edu.au