

## Principal's Blog



Next Thursday 16 September we will be celebrating Mercy Day. This is one of the most important days in our year. The day is celebrated across all Mercy communities and commemorates foundress of the Sisters of Mercy, Catherine McAuley, who opened the first House of Mercy in 1827 in Ireland. Catherine opened the House of Mercy and it included a school. Her belief that education empowers women to achieve success and offer pathways for a future that they may not even have been dreamed of remains as true today as it did then. While we will be celebrating online, there is no less joy for all of us at OLMC in celebrating

the many and varied ways education has empowered us.

The words of Catherine McAuley can often be encouraging and inspiring. The words shared here I hope will offer some inspiration. In the midst of so much that is beyond our control we can “resolve to take short careful steps” each day and this may bring a sense of achievement and calm.

“The simplest and most practical lesson I know... is to resolve to be good today- but better tomorrow.

Let us take one day only in hands - at a time, merely making a resolve for tomorrow.

Thus we may hope to get on- taking short careful steps, not great strides.”

Catherine McAuley, Letter to Mary De Sales White, February 28, 1841

The Student Leadership Team has once again committed to support Mercy Works and in particular Papua New Guinea. The work of the leaders will go towards supporting communities living in the midst of a challenging social and economic climate. Later in the is newsletter the Head of Student Wellbeing, Ms Kilborn offers some insights into the works that students have chosen to support. You will also find a link to donate if you wish.

Once again, I would like to thank you for your support and patience during what has been a very trying term. We hope that Mercy Day brings a welcome opportunity to focus beyond ourselves, to have some fun and to give thanks for the small mercies that we enjoy.

This is our last newsletter for the term. I hope that the school holidays brings a chance to rest and regroup. I hope that you have the chance to get out and enjoy the warm Spring days. To all families, have a wonderful Term 3 break.

Article by Ms Judith Weir, Principal

## Faith and Mission Coordinator

Am I walking with my Mercy friends, as Mary walks with the suffering?

As we prepare to celebrate the Feast of Our Lady of Mercy next week, we seek to encounter Mary again; as the first disciple, the one who models for us the way of Mercy. In this challenging Lukan text (Luke 1:46-56) called the Magnificat or Mary's Song of Praise, we see Mary's response to her cousin Elizabeth - where she draws attention away from herself and focuses first upon the Mercy and Blessings of God and then to those who suffer, those in greatest needs of Mercy.

Luke 1:46-56

And Mary said,

I acclaim the greatness of the Lord,

I delight in God my saviour, who regarded my humble state.

Truly from this day on all ages will call me blest.

For God, wonderful in power, has used that strength for me.

Holy the name of the Lord!

Whose mercy embraces the faithful, one generation to the next.

The mighty arm of God scatters the proud in their conceit,

pulls tyrants from their thrones,

and raises up the humble.

The Lord fills the starving and lets the rich go hungry.

God rescues lowly Israel, recalling the promise of mercy,

the promise made to our ancestors, to Abraham's heirs for ever.

Let us join our prayers, with the Sisters of Mercy and with all Mercy people as pray together...

Mary, Mother of Mercy,

across the ages, you stretch out your protective mantle

to those most vulnerable

and whose need cries out for justice and mercy.

Show us, in these our times,

how to empty ourselves to receive God's mercy as you did,

so that we too can shelter and enable

those without voice or power.

We pray this in Jesus' name. Amen



Following in the footsteps of Mary, Mother of Mercy, of Catherine McAuley, and of the many Sisters of Mercy - may this 2021 Mercy Day inspire and challenge us to continue being that Mercy, that justice, that Compassion, that courage and that Joy in our world.

Article by Mr Shane Taylor, Faith and Mission Coordinator

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## Head of Student Wellbeing

### MERCY DAY - Thursday 16 September

“Are we working with our Mercy friends, as Mary walks with those who suffer?”

Mercy Day is a very important day in the College Calendar and one of the most loved by students. The origin of Mercy Day dates back to 24 September 1827 when the House on Baggot Street opened as a school for the education of poor young girls and as a residence for homeless girls and women and was placed in the patronage of Mary, Mother of Mercy, just as OLMC is. The House of Mercy, in Baggot Street was the place where much of Catherine McAuley's work occurred from here sprouted countless Sisters of Mercy, spreading Catherine's vision, spirituality and mission..

We may not be physically together but we can still celebrate and have fun together, honouring our tradition, seeking to encounter Mary as our model of Mercy, walking with others, especially the poor. This year, our focus is “Are we working with our Mercy friends, as Mary walks with those who suffer?”

The day will begin at 10am (Thursday 16 September) in Pastoral groups. We want students to get a sense of gathering together for Eucharist, to give thanks for all the many blessings we have received, to hear the beautiful voices of their peers, and to challenge each other in our living of Mercy. Our Mercy Day Eucharist is always a formal event, so we are encouraging the students to ensure that they are dressed and ready to have their camera on for all of the liturgy. There are fewer opportunities to 'dress up' at the moment so we hope the students will make the most of this chance to have an event for which to be well presented.

Our Eucharist will be followed by what may now be a new tradition - The Staff vs Student Leader battle of Family Feud.

After a short break a range of virtual activities will run until 2pm. This program will be shared with students prior to the day. Mercy Day is known for its laughter, loudness, sense of community and for service. We want the students to have a day of fun. Every year the things they love the most are the simplest and most childlike - a sausage in bread, the jumping castle and the disco. Please encourage them to take this time to do just that:

- be a kid again

- forget the stress of online learning
- forget the sadness of not seeing their friends face to face
- use the time to laugh and find joy.

The activity options will soon be on PAM for you to consider. Some activities may need the collation of some resources, and some you may prefer your young person to do only with adult supervision at home. There are also some viewing options and we have included the ratings for you to consider. Importantly we want the students to talk with their peers about what they want to do and do some things together - so they can 'hang out' just like they would on Mercy Day. Please also encourage them to think about what they would love to do and to do it as they may meet some new people through the activity, and this is an opportunity that has been difficult in some ways this year.

Mercy Day is not only a day of celebration, but it is also a reminder of our responsibility for others. We have been blessed with Catherine's life, her vision, spirituality and service, along with the example of countless Sisters of Mercy. As Mercy people, we commit to living the Gospel in the tradition of Catherine. The monies raised on Mercy Day, will go to supporting the ministry of Mercy Works. Mercy Works is a part of the Australian and Papua New Guinean Sisters of Mercy, and their mission is inspired by Catherine McAuley's vision of change and empowerment of the poor and disadvantaged. Mercy Works supports a wide range of long term development projects that work with some of the most disadvantaged people in Australia, Papua New Guinea and Timor-Lester. The aim is to empower vulnerable and marginalised individuals and to transform their future.

This video helps explain Mercy work and may give you an insight into their important impact

[https://www.youtube.com/watch?v=T4MzHH-SxEM&feature=youtu.be&ab\\_channel=MercyWorks](https://www.youtube.com/watch?v=T4MzHH-SxEM&feature=youtu.be&ab_channel=MercyWorks)

This year's focus is on Papua New Guinea, where we are raising funds for projects that support the health and education of many people from disadvantaged backgrounds living there, and specifically supporting women. Two particular projects in Papua New Guinea aim to empower challenged communities and improve lives. Both projects are centred in Kiunga. Situated on the Fly River near the border with Indonesia, Kiunga has become a significant port for the growing mining and liquid nitrogen gas industries. This has led to a rapidly expanding population – from 7,000 in 2002 to as much as 30,000 today. In turn, this has led to the problems of crime and unemployment.

Communities such as Kiunga are working to overcome issues and problems that are a result of their remote location, lack of infrastructure and minimal access to education and skills training.

### **Village Health**

Mercy Works funds a program that trains people working in health centres and aid posts in the Kiunga region. Many of our trainees go on to become birth attendants and travel to remote regions assisting women in labour. This has helped to significantly reduce maternal and infant mortality rates.



### **Remote Girl's Hostel**

The La Sagesse Girl's Hostel in Kiunga is providing much needed safe accommodation for young women who would otherwise not be able to commute to and from school safely due to living in remote and often isolated villages. The hostel facilities now enables female students aged in their 20s to complete secondary education and vocational training courses in Kiunga.



If you wish to donate (and there is no obligation) you may do so here.

<https://www.givenow.com.au/donation/mercyworks/donate>

Enter your amount, and click on the Give Now button

You will be asked to enter your contact details

Tick yes for - Are you donating on behalf of a business?

Enter - OLMC Heidelberg

Enter credit card details

We hope a virtual Mercy Day brings times of reflection, connection, joy, laughter and some great memories at your house this year. In whatever format it takes Mercy Day is still a key day in the life of OLMC and our broader community.

Article by Ms Brooke Kilborn, Head of Student Wellbeing

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## Curriculum Coordinator

### Assessments

The last few weeks of Term 3 are a busy time for assessment for students and teachers. There are challenges for undertaking assessment remotely, but over the last eighteen months we have had to think differently, and use new methods to undertake assessment of student learning. Sometimes this may mean changing the focus of an assessment task and in other cases this may mean looking at how technology can help bridge the distance of the remote learning environment.

One of the ways this has been done is through using the platform Exam.Net. This platform allows tests to be released at the same time, for student progress to be monitored, as well as restricting the ability for students to navigate to other websites during the test. In some cases, this is not necessary, as some assessments are 'open book' but for others this functionality is quite important.

When doing assessments remotely students are required to have their cameras on so they can be monitored, as if they were in the classroom.

We started using Exam.Net last year for our senior students, but such was the ease and the functionality that this platform is now being used by students from Years 7-12.

During any assessment, we ask students to put their phones in another room, to make sure their laptop is fully charged, put their notes away (if not an open book task) and to find a quiet space, if possible.

We have been heartened as to how students have transitioned from assessment in the classroom to using this platform. While there are certainly many challenges that the frequent lockdowns have brought, the adaptability of our students and teachers in undertaking tasks with different platforms is to their collective credit.

Article by Mr Andrew Gibson, Curriculum Coordinator

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## Health & Physical Education Learning Leader

### Year 9 Self Defence classes

COVID 19 may mean that we can't be back at school just yet, but it has not stopped the Self Defence classes we offer to our Year 9 students in Semester 2 as part of their HPE curriculum. Despite the fact that we can't be altogether as a class to do these sessions, our students have still found this to be a valuable experience.

Across PE lessons this term, our class participated in multiple 'Self Defence' incursions. We worked with a taekwondo instructor to learn some simple, confidence-building skills that aimed to improve fitness, balance, coordination and mindset. The course included training in a variety of skills such as the hammer strike, jab straight and front kick; these techniques may be helpful in a situation where self-defence is necessary. The classes were reflected upon by many students as being both challenging, yet very rewarding! Our class is very thankful to have received this opportunity in order to sharpen our personal awareness towards safety and understanding how to prevent violent or dangerous situations.

Charlotte Daffey 9DCA

The self-defence session was great! It was heaps of fun and very informative. I now know a lot of different techniques and how to properly defend myself. It was also a great way to get some exercise and break a sweat during lockdown. I have never done something like this but I really enjoyed it and am excited for more sessions in the future.

Olivia Abela 9DCA

In this self defence unit, Trent taught various moves in order to protect ourselves when getting attacked. This is beneficial since one in three women may experience violence. One day we could be in a similar situation, making it crucial to know how to guard and protect ourselves. In our first lesson, we learnt the basic self defence punches such as hammer strike, jab, straight, and front kick.

Gillian Phelan 9SBR

Due to Covid19 and lockdown, unfortunately we had to take this course online. However, this did not stop our class from contributing and using this opportunity to their advantage. In fact, Trent himself says that we were one of the best classes he's had this lockdown! Trent made the online workshop not only educational but engaging, as he gave us challenges and continuously encouraged students who put their best effort. We are very grateful for this opportunity and are excited for the next two workshops to come!

Sharanka Perera 9SBR



Article by Ms Megan Edwards, Health & Physical Education Learning Leader

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## Humanities Learning Leader

### Year 10 Civics Incursion

As part of the Year 10 Civics Core unit, Representative Democracy, students participated in an excursion with local Federal representative for Jagajaga, Ms Kate Thwaites.

The girls were keen to learn about life in Parliament, what the role of a parliamentarian is and whether women's voices really are heard inside Parliament.

Having written some questions the online session was chaired by three students who posed a range of interesting and at times challenging questions to our guest.

Kate's passion for community and providing a voice to advocate for others was the clear message that came through in this session. It was interesting to hear how Kate had come to be in politics and some of the challenges she faced in juggling the needs of her personal and professional life.

This was a great opportunity to hear first hand about life in politics and despite the lockdown a wonderful experience to maintain our connection with our local community.

Listening to Kate Thwaites, the federal member for Jagajaga speak this week was a very inspiring experience. Especially as a woman in parliament, hearing her talk about the challenges and privileges that she experiences each day in her job was very interesting. I loved hearing about how she got into politics and how instead of critiquing what politicians were doing as a journalist, she realised she wanted to be the one making changes. I really look up to her as she is someone who stands up for women's rights and rights for disabled people as well as her sense of action and urgency regarding climate change. It was especially valuable to gain a bit of insight into how the government is being affected by the coronavirus and to hear some of her views regarding the decisions being made around covid.

Lara Hart LBCO

In August, Year 10 Civics classes were given the opportunity to listen to and question our local MP Kate Thwaites, the Member for Jagajaga. Kate spoke about a variety of topics, ranging from COVID 19 and lockdown restrictions, to the climate crisis and women's equality in Australia. Kate's eagerness to engage in these conversations provided a refreshing view of politics, as we were able to listen to somebody in front of us who was actively involved in Federal Parliament, making the role which they play for us in their everyday life feel much clearer, and rather less detached than it had previously. The experience gave us a great insight into the way in which our MPs are tackling issues facing our communities, and was overall incredibly valuable to be involved in. -

Julia Gasiamis LJRE

Article by Mr Russell Ives, Humanities Learning Leader

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## Sport Coordinator

### Sport

Week 1 of Term 3 GSV kicked off with a bang, 6 out of the 8 matches played were all very impressive wins, shaping up to be what we thought would have been a very successful term full of wins, maybe even a couple of premierships! That was until the dreaded Lockdown 6.0 announcement.

With that, all GSV Sport came to a halt and remote learning began again. Because of this, the OLMC House Exercise Challenge was revamped and reborn.

Students and staff record all of their weekly kilometers they complete through walking, running and riding. If kilometers aren't their vibe, they also have the opportunity to participate in the OLMC Alternate House Challenge Activities that consist of weekly workouts, recipes, brain breaks and stretching to earn points for their house.

Each week we have an abundance of staff and students recording all of their weekly data and it is shaping up to be a competitive race to see which House can complete the most kilometers each week. Carmel House was the reigning champion for the first 2 weeks of the competition but for Week 3 Loreto House snuck in to knock them down from first place. However, in the overall kilometers completed, Carmel is absolutely smashing it. The overall kilometers completed ladder is below:

1st: Carmel House has completed a combined total of 1,056.33kms

2nd: Loreto House has completed a combined total of 549.82kms

3rd: McAuley House has completed a combined total of 225.74kms

4th: Mercy House has completed a combined total of 185.05kms

If you would like to participate information can be found on Simon. Some pictures below of our competitors in action:





Article by

## OLMC Raffle for McAuley Community Services for Women

### OLMC Raffle for McAuley Community Services for Women

Purchase your tickets at <https://www.trybooking.com/BTULZ> or go to [Trybooking.com](https://www.trybooking.com) and search OLMC.

## OLMC Supporting McAuley Community Services for Women in 2021



McAuley Community  
Services for Women  
a ministry of the Sisters of Mercy

Normally the College hosts a High Tea in September to raise funds to support **McAuley Community Services for Women (MCSW)**. Each year, MCSW helps over 1300 women and children confronting family violence to rebuild their lives, supporting them on their journey towards independence and a safer future. To learn more about the work of MCSW go to <https://www.mcauleycsw.org.au>

As you will all understand, the restrictions this year means that we are not able to run this event. However, we would still like to support MCSW as they are very much in need of funds. Instead, we are running an online raffle. Our goal is to raise over \$5000. We hope that you will be able to offer your generous support by purchasing a ticket.

### TICKETS \$10

- 1<sup>st</sup> Prize: 2 nights accommodation in the Penthouse Suite  
Wytonia Beachfront Accommodation Port Fairy  
Donated by The Wilson Family
- 2nd Prize: Asylum Seekers Resource Centre Catering Feast for four people.  
Meals will be delivered to your door (20km radius of Melb CBD) cold and ready for reheating. You will be able to choose from the delicious menu available.  
Value \$150  
Donated by OLMC Staff
- 3<sup>rd</sup> Prize: Natio Hamper Value \$150  
Donated by Natio

**Buy your ticket here: <https://www.trybooking.com/BTULZ>  
or go to [Trybooking.com](https://www.trybooking.com) and search OLMC**

Raffle will be drawn on 8 October 2021 at the College. Winners will be notified by phone and/or email and results will be in the College newsletter.

Article by

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## OLMC Parent's Association

The OLMC Parent's Association hopes everyone celebrated their Dads, Grandfathers and special men in their lives on Fathers' Day. While the PA was not able to run a Fathers' Day event this year, the students were sent an email with some inspirational ideas on how to celebrate the day. Every student was also placed into a complimentary raffle draw. The winners are:

1st Prize: \$100 Bunnings Voucher (Donated by Bunnings, Preston)

Nadiya Schmidt Year 8

2nd Prize: \$100 Bunnings Voucher (Donated by Bunnings, Preston)

Chiara Vonella Year 8

3rd Prize: \$50 Poultry Voucher (Donated by Orosio Poultry)

Ashleigh Toscano Year 10

4th Prize: \$50 Meat Voucher (Donated by Peter's Meats)

Alyssa Licastro Year 10

We look forward to hosting Mothers' Day and Fathers' Day with you all in 2022.

Article by

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[^ RETURN TO TOP OF PAGE](#)