WHAT’S ON AT MERICI
Term 1 Weeks 4 and 5 (23 February – 8 March)

WHOLE SCHOOL ACTIVITIES

Lenten Message from the Principal
The penitential season of Lent is the period of forty days (excluding Sundays) beginning on Ash Wednesday. It is a season of the Church year that observes the days Jesus fasted and prayed in the wilderness before He began His public ministry. Lent should be a very special time of giving, sharing and a time when you can look within. The outward forms of prayer and fasting are signs that we acknowledge that we sometimes need renewal: we need a new heart, we need to look and listen with deeper compassion.

The Archdiocese of Canberra and Goulburn have developed a Lenten Reflection Program – Out of the Desert. It is available to read online (http://intothedesert.org.au/) or listened to by PodCast on iTunes (http://tinyurl.com/krlum5p).

In 2015 our Lenten focus will be on supporting Project Compassion and Caritas Australia. Please visit their website (http://www.caritas.org.au/) for more information.

Semester 2 Awards Ceremony – Tuesday 24 February (10.20am – 12.30pm)
Academic Awards for Semester 2 2014 will be presented to students on Tuesday 24 February in the Auditorium. Please note that students receiving awards have been notified through their Pastoral Care groups and correspondence has been sent home to parents. Parents of students receiving an award are welcome to attend the Awards Ceremony. The ceremony for Penola, Seiwa and Tullow commences at 10.20am. Balgo, Brescia and Ningil awards will commence at 11.40am.

Could parents of students receiving an award in the second session (11.40am) please be seated for the commencement of the ceremony by 11.35am. Please keep in mind that parking may be difficult as parents attending the first session (10.20am) may still be at school on your arrival.

Light refreshments will be served after the ceremony in the restaurant. To assist with catering, please contact Ros Parisi on 6243 4178 or email ros.parisi@merici.act.edu.au if you are attending the ceremony.

Bridge Restaurant – Wednesday 25 February (12.30pm-1.30pm)
The Bridge Restaurant will be open on Wednesday 20 February from 12.30pm – 1.30pm. Please contact Reception on 6243 4100 to make a booking.

Moderation Day #1 – Tuesday 3 March
Please note that Year 7-10 students will have a Pupil Free Day on Tuesday 3 March. Year 11 and Year 12 students are required to attend an AST Practice.

Bridge Restaurant – Wednesday 4 March (12.30pm-1.30pm)
The Bridge Restaurant will be open on Wednesday 4 March from 12.30pm – 1.30pm. Please contact Reception on 6243 4100 to make a booking.

Swimming Carnival – Thursday 5 March
The Merici Annual Swimming Carnival will be held on Thursday 5 March at the Dickson Pool. The Carnival is an opportunity for all members of the school community to gather together and celebrate the talents of Merici students. It is also an opportunity to promote the health and fitness of the girls. All parents are very welcome and encouraged to attend. Students are expected to wear appropriate clothing such as shorts, T-shirt, hat and runners. House colours should be worn and students are encouraged to dress in the theme for their assigned House. The use of body paint or coloured hair spray is not permitted.
This year we will be having a ‘Caritas corner’, a new and exciting opportunity to raise money for Caritas – stay tuned for more information.

All students are expected to attend the swimming carnival as it is a compulsory school day and parents will be asked to explain their daughter’s absence in writing in a note to their PC teacher. All students will be required to return a permission note or no participation will be allowed. Notes will be emailed to all students and via parent alert.

**Cross-age tutoring**

Cross-age tutoring begins in Week 4 of this term. This voluntary service is available from students in Years 10, 11 and 12 for students in the junior years. Older students are paired with junior students according to academic interests and needs. Students may meet before school, at lunch time or after school. If you feel your daughter would benefit from receiving tutoring in a particular subject area please fill out the attached form and return it via the PC rolls. Please direct any enquiries to Mrs Helen Maybin, Inclusive Education Coordinator, or to Mrs Sarah Cusack, Inclusive Education Assistant on 6243 4100.

**Student Information and Medical Information forms**

Student information and medical information forms have been given to students in PC groups. Parents are reminded that this information must be kept up to date and returned to your daughter’s PC Teacher as soon possible, by Friday 20 February.

**Tullow House Working Bee for Swimming Carnival - Wednesday 25 February**

Tullow House will be holding a working bee to prepare for the 2015 Swimming Carnival. The theme is ‘Tullow Turns Wild’ and Tullow members would like to create banners, streamers, posters, etc. The working bee will be held in the OYC on: Wednesday 25 February from 3.30pm-5.00pm (Week 4).

Please follow the link [http://tinyurl.com/lmebgyy](http://tinyurl.com/lmebgyy) to find more information and the permission note to be returned to Ms Amy Connellan Tullow House Coordinator as soon as possible.

**Parent Forum on the College Masterplan – Tuesday 10 March (5.30pm-7.00pm)**

A parent forum will be held in the Catherine Rey Learning Centre on Tuesday 10 March commencing at 5.30pm and concluding at approximately 7.00pm. The forum will address big picture ideas for the Merici College Master Plan and invite parents to be a part of the Parent Consultation Group. The forum will be led by William Ross Architects. Themes may include: ICT, Sustainability, Pedagogy/Flexible Learning Spaces, Outdoor Spaces, Circulation and Movement, Social and Community Life, Student and Staff Experience and there may be other key areas parents may wish to discuss.

Refreshments will be provided and it would be greatly appreciated if you could advise your attendance to Mrs Ros Parisi, Public Relations Office on telephone 62434178 or email [ros.parisi@merici.act.edu.au](mailto:ros.parisi@merici.act.edu.au) before Thursday 5 March. Please follow the link [http://tinyurl.com/nt5ejgc](http://tinyurl.com/nt5ejgc) to find an invitation which is extended to all our parents and carers.

**Merici Science Series 2015 – First Talk Wednesday 18 March**

In 2015 Merici will host a variety of researchers who will talk about what they do and the impact it has on the world. All intereste students, staff, family and friends are welcome. The talks will be held in the Science flexi-learning area. The talks begin at 4.00pm and run until about 5.00pm, questions included.

Afternoon tea will be served in the restaurant at 3.40pm. For further details please contact Dr Kathryn White on email [Kathryn.white@merici.act.edu.au](mailto:Kathryn.white@merici.act.edu.au). Please follow the link [http://tinyurl.com/ov8sngg](http://tinyurl.com/ov8sngg) to find dates and times for talks scheduled to occur in Semester 1. The first talk will be held on Wednesday 18 March: Professor Brian Schmidt, ANU: Topic – the Universe!
**SRC AND SOCIAL JUSTICE NEWS**

**Students wishing to donate blood in Terms 1 and 2**
In light of the recent health concerns regarding imported frozen berries, the Australian Red Cross Blood Service has placed a 2-month waiting period on any person who has eaten the affected product.

The product concerned is **Nanna’s Frozen Mixed Berries 1 KG** since November 2014 up until the day of donation. If your daughter has eaten the product (pictured right) please could you call the **Blood Service on 13 14 95** so they can ascertain whether your daughter is able to give blood within the next few months. For further information please contact Sonia Conte (SRC and Social Justice Facilitator) at Sonia.Conte@merici.act.edu.au.

**Social Justice: DonateLife Walk: Wednesday 25 February**
On Wednesday 25 February students and their families are invited to take part in the DonateLife Walk which is being held for the ninth year here in Canberra. The purpose of the walk is to promote increased organ and tissue donation awareness. One donor can transform the lives of up to 10 people and significantly improve the lives of many more. This event is organised by Gift of Life and sponsored by the Australian Government’s Organ and Tissue Authority which promotes the national reform program in this sector.

**Event details:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Wednesday 25 February 2015.</th>
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<tbody>
<tr>
<td>Location and time</td>
<td>6.30am – 8.30am at Lake Burley Griffin.</td>
</tr>
<tr>
<td>Transport</td>
<td>Students are expected to arrange their own transport to and from the event.</td>
</tr>
<tr>
<td>Cost</td>
<td>FREE with a complimentary breakfast and t-shirt, to be provided on the morning of the event</td>
</tr>
<tr>
<td>Who’s invited</td>
<td>Students and their families, friends and pets</td>
</tr>
<tr>
<td>Contact</td>
<td>Sonia Conte  0428 661507</td>
</tr>
</tbody>
</table>

Participants are asked to meet at 6.30am under the flagpole on Regatta Point Hill. The bridge-to-bridge walk begins at 7am sharp and will be followed by a free breakfast organised by the Lions Club of Belconnen. Students will then be expected to make their own way back to school at 8.30am.

If you are interested in attending this event, please come to a meeting on Friday 6 February (Week 1) in the Catherine Rey Learning Centre at 12.40pm to sign up and get a permission note. Please follow the link [http://tinyurl.com/lbd7z4c](http://tinyurl.com/lbd7z4c) to find the permission note. For more information please contact SRC and Social Justice Facilitator, Sonia Conte (Sonia.Conte@merici.act.edu.au).

**Social Justice: Vinnies Doorknock Appeal**
The Vinnies Doorknock will take place on Thursday 26 February. If you are in Years 7, 8, 9, 10 or 12, please contact your local Catholic church to organise this. For Year 11 students, please liaise with Mrs Tolfree, Head of Mission and Community.

**International Women’s Day 2015 – Sunday 8 March**
As a College for young women, Merici recognises the importance of empowering girls through education to build futures more wondrous than they dare to dream. Yet, in Australia, women can still expect to earn 18% less than men for doing the same job. All over the world, the disparity between the abilities of women and the opportunities they are given is astounding.
To show the College’s support of the global gender equality movement, Merici’s students, staff and wider community are encouraged to participate in International Women’s Day (Sunday 8 March). Through this United Nations’ initiative, a great amount of change has already been achieved for the women of the Pacific Islands and around the world. Through the display of a purple item (a ribbon, a scarf, a handkerchief etc.) on Monday, 9 March (Week 6) the College’s community can show their support of women around the world. For more information, please visit: https://unwomen.org.au/international-womens-day.

iC NEWS

Welcome back to school for 2015. The Judith Follett Information Centre (iC Merici) opening hours are: Monday – Thursday 8.30am – 5.00pm (closed recess Monday) and Friday 8.30am – 4.00pm for students. Students are welcome before and after school to study or read. Information Centre staff are available to help locate and access resources.

Overdue, lost or missing items
Books are available for two weeks and we do appreciate the prompt return of items. All equipment – cameras, Kobos, tripods, ipods etc must be handed to an iC staff member to return. Overdue notices are sent to students in Week 8 of each term. Parents will be contacted if the overdue resource is not returned by the end of term. If a resource is lost a replacement charge may be incurred.

Merici Libguides available through the web page or Moodle is our online library. Please feel free to have a browse and let us know what you think. We have new books in the collection please follow the Oliver link in Moodle to see the new titles. You can follow us on Twitter as well @Mericiic. Finally here is an interesting article on libraries of the 21st century http://www.edutopia.org/blog/21st-century-libraries-learning-commons-beth-holland

Happy Reading
iC Merici

YEAR 7 NEWS

Year 7 Skills Day – Monday 23 February
Skills Day will involve a variety of sessions to assist Year 7 girls make a transition from study in primary school to the demands of study in high school. It will also be an opportunity for girls to meet other students in their year group, to work with a select group of senior student leaders and have an opportunity to forge new friendships, ahead of their exciting Year 7 camp experience.

In keeping with our resilience program sessions will include the importance of health and strategies for dealing with anxiety and stress. There will also be sessions involving organisation, learning to learn and how to approach assignments and tests. Girls are reminded to bring their unit outlines from their subject areas and a pencil case. If your daughter has a smart phone could they please download a free QR code reader for the afternoon session. It is not essential as students will have access to this technology in the iC. Recess will occur 15 minutes earlier to allow for an extended morning tea with their House Coordinator. Lunch will be as normal. Students are required to wear their PE uniform for the entire day.

If you require further information about Skills Day please contact Megan Keogh, Head of Junior School, email megan.keogh@merici.act.edu.au.

Year 7 2015 Transition Evening ‘Tips and Tricks for Surviving High School’ Parent Workshops – Monday 2 March (5.30pm)
Year 7 students and parents/guardians are invited to attend the ‘Tips and Tricks for Surviving High School’ workshops on Monday 2 March commencing at 5.30pm in the Canteen for refreshments. Please follow the link http://tiny.cc/5x5hbx to find more information on the workshops.

Follow us on @MericiIC, @MericiSport, @MericiCanberra, @MericiMusic
Year 7 Integrated Humanities Excursion – Wednesday 4 March

A visit to the National Museum has been arranged for Year 7 Integrated Humanities students on Wednesday 4 March. The purpose of the excursion is to enable students to investigate and interpret historical sources of evidence. Students will need their Integrated Humanities teacher in the New Quad at the start of Period 1 and have their attendance recorded. At 9.30am students will catch a bus to the National Museum and depart from the Museum at 2.45pm. Students will be required to wear their school uniform. For more information and to find the permission note, please follow the http://tinyurl.com/notrxno.

Da Vinci Decathlon

Is your daughter interested in, or in need of, a challenge?

The Da Vinci Decathlon is a one-day competition for teams of students in Years 7 and 8. It is an Australia-wide competition, and the ACT event is hosted by Canberra Grammar School. The competition comprises ten challenges: English, Science, Mathematics & Chess, Engineering, General Knowledge, Philosophy, Art and Poetry, Codebreaking, Cartography and Creative Producers (drama).

The competition combines individual talents with teamwork. One of the most important aspects is the ability of team members to recognise one another’s strengths, accept their own weaknesses and work cooperatively to complete the various challenges.

Merici has returned strong results in the last few competitions, consistently placing in the top 10 teams overall. In 2012, our Year 7s won the silver medal.

The 2015 competition will be held on Wednesday 27 May. Over the course of Term 1 we will be looking to identify eight Year 7 girls to make up the team. In order to be considered for selection, your daughter should go to the Da Vinci Decathlon Moodle page and start downloading and solving the Selection Problems. When she solves a problem, she should upload her solution (each problem has a separate upload link) and then watch for my feedback.

The more problems she solves, the greater her chance of getting into the team. If you have any questions about this competition, please contact Dr Kathryn White on email kathryn.white@merici.act.edu.au.

YEAR 11 AND 12 NEWS

Senior Absence Information

Attendance is a compulsory component of achieving a Year 12 certificate. To assist students and parents in tracking senior absences, we aim to regularly email summary details of any absences from school. These absences may be within the required period (5 days) for explanation and our email is simply a reminder to you that a note, with an explanation for the absence/s, is needed.

Parents with daughters in Year 12 may have noticed that we have changed the ‘report’ that we send home via email. Our intention is to clarify the time of the absence and the specific subject that was missed. It is important to note that all absences are recorded, although we may be aware of the student’s whereabouts. This is valuable information for parents and teachers about potential impacts on student learning. Another change is that there is no longer space on the report to sign off against an absence. A separate parental note is needed.

The full Attendance policy for senior students is available from the College website, http://www.merici.act.edu.au/node/393. Briefly, for an absence to be ‘Explained’ for the purpose of Merici’s compliance with BSSS policy and procedures, we require a handwritten or emailed note within FIVE (5) school days of returning to College, detailing the reason for the absence. This note can be signed by a parent/guardian for absences of THREE (3) consecutive days or less.

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A medical certificate is required for absences longer than three days.

Absences that are outside of the five-day timeframe still require acknowledgement from the parent that the student was absent. Such absences will remain ‘BSSS-Unexplained’ for the purposes of BSSS requirements, however, the record is needed to fulfil our legal obligation of ensuring that all absenteeism is explained through a written format by a parent/guardian. All senior absences letters will be reviewed to determine whether the absence reason is valid for BSSS purposes.

Please note, the tally of lessons at the end of the absence report is not an accurate measure of overall attendance, as the senior long lesson accrues as a full 60 min lesson instead of its actual 15 min – this is a limitation of the system that cannot be amended. Students and parents will be notified if we have a concern about an accumulation of Unexplained absences.

A key to the major absence reasons as noted on the absences reports is provided below:

<table>
<thead>
<tr>
<th>Absence recorded as:</th>
<th>Explained Absences: no action required</th>
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</thead>
<tbody>
<tr>
<td>Explained</td>
<td>Absence acknowledged by parental note</td>
</tr>
<tr>
<td>Alternate lesson</td>
<td>School sanctioned activity</td>
</tr>
<tr>
<td>Early departure from school</td>
<td>Note received prior to student leaving for appointment</td>
</tr>
<tr>
<td>Late arrival - explained</td>
<td>Note received on student’s arrival</td>
</tr>
<tr>
<td>Leave - approved</td>
<td>School approved leave (negotiated prior to departure)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Absence recorded as:</th>
<th>Unexplained Absences:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unexplained</td>
<td>No parental acknowledgement of the absence; may still be explained if within 5 school days</td>
</tr>
<tr>
<td>Absent Phone</td>
<td>Phone call acknowledged, but a parental note within 5 days still required</td>
</tr>
<tr>
<td>BSSS-Unexplained</td>
<td>Acknowledges receipt of note, but reason is deemed not valid: slept in, missed bus, traffic, travelling to a concert, preparing for a Formal, outside of 5 days; cannot be cleared</td>
</tr>
<tr>
<td>Early departure unexplained</td>
<td>Absent after having been present at school; cannot be cleared</td>
</tr>
<tr>
<td>Late arrival - unexplained</td>
<td>No parental acknowledgement of the absence; may still be explained if within 5 school days</td>
</tr>
<tr>
<td>Leave - unapproved</td>
<td>Student absent from school without seeking approval or approval not given; cannot be cleared</td>
</tr>
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</table>

We welcome any feedback on the new absence report format and information. Please contact Head of Senior School, Mr Coe if you have any concerns.

**Sport and Recreation Camp – Wednesday 25 February – Friday 27 February**

All Sport and Recreation students will be attending Camp on the South Coast on Wednesday 25 February and returning on Friday 27 February. The bus will leave Merici at 8.45am and return approximately at 3.30pm.

While on this excursion students will be focusing on developing their communication, teamwork and leadership skills. Students will have an assessment task to complete on certain aspects of organising and leading teams and groups, whilst looking at safety and Risk Management procedures related to some of the activities on camp. Students will participate in a number of activities including Kayaking, surfing, and beach activities.
Senior Art Excursion to Strathnairn Community Arts – Friday 27 February
An excursion has been arranged for Senior Art students to experience paper-making at Strathnairn Community Arts in Holt. Students will experience the making of paper from basic materials such as 100 cotton rags. This material will then be utilised in their Ceramic and Mixed Media classes. For more information and to find the permission note, please go to http://tinyurl.com/p6h85g9.

SPORT NEWS
To stay updated on all sporting activities, please ensure your daughter checks our Sports Moodle page and/or Twitter @MericiSport.

Volleyball 2015 – Registration forms and fees due Friday 27 February
A reminder to students interested in representing Merici College in co-curricular Volleyball that registration forms and fees are due on Friday 27 February and payment should be made to Mrs Christine Collins at the Front Office. For more information please follow the link http://tiny.cc/yveqax to the College’s website.

Netball 2015 – Registration forms and fees due Friday 27 February
For those students interested in playing for the Merici Netball Club this year, please follow the link http://tinyurl.com/kcelp8z to find the permission note and forms needed to register. ALL forms must be completed, payment made at the front office and stamped forms given to me by Friday 27 February. The final grading day will be held on Thursday 19 February 3.30pm – 5.00pm.

Duke of Edinburgh Silver Award Hike – Friday 6 March – Sunday 8 March
For students completing their Duke of Edinburgh Silver Award there will be a hike in Kosciuszko National Park, from 6 March to 8 March. The camp will leave Friday afternoon after school. If you are interested in attending please follow the link http://tinyurl.com/kpqm9jt to find a permission note. If you have any questions please contact David Rodda, email david.rodda@merici.act.edu.au

Merici College Sports Awards
Merici College values the participation of students in sport at Merici College and as such recognises their efforts through the Sports Awards. The awards raise the profile of and to encourage participation in sport at Merici College, and recognises the achievements of the students in various sporting endeavours. Please follow the link http://tinyurl.com/nguuleg to find more information on sport awards and the criteria for receiving awards.

MUSIC NEWS

New to this year: Year 7 Beginner Band!
Have you ever wanted to learn a new instrument, in a fun, supportive and exciting enrolment with your friends, does your brother own an instrument that he never plays anymore and you would like to try, perhaps grandma or grandad own an instrument that’s never been played. This could be ideal for you. Please see Ms Way, Music Teacher to sign up.

Rehearsal Times
All ensembles will begin rehearsals at the beginning of Week 2. The schedule is as follows:
- Jazz Band - Tuesday 8-8:45am Jubilee Centre
- Choir - Tuesday lunch time Music Room
- Orchestra - Tuesday 3:30-4:40pm Jubilee Centre
- Beginner Band - Wednesday Lunch time Jubilee Centre
- Senior Band - Wednesday 3:30-4:40pm Jubilee Centre
- String Ensemble - Thursday 8-8:45 Jubilee Centre
- Advanced String Ensemble - Thursday lunch time in the Jubilee Centre
- Junior Band - Thursday 3:30-4:40pm Jubilee Centre

Follow us on @MericiC, @MericiSport, @MericiCanberra, @MericiMusic
Please visit the music page on the website at http://www.merici.act.edu.au/music for more information.

CAREERS NEWS
Please follow the link http://tinyurl.com/mo67yus to find the latest Careers Newsletter.

DANCE NEWS

Merici Dance Troupe perform at Royal Canberra Show – Saturday 28 February and Sunday 1 March
We congratulate our dancers on a wonderful performance at the Multicultural Festival on Saturday 14 February. The Troupe’s next performances will be at the Royal Canberra Show on Saturday 28 February and Sunday 1 March in the Ikea Leisure and Lifestyle Pavilion. The group’s performance times and program has not been finalised as yet and will be advised closer to the date.

Senior Dance and Drama Excursion to Sydney – Tuesday 10 March and Wednesday 11 March
An overnight excursion to Sydney has been arranged for Senior Dance and Drama students. Students will have the opportunity to participate in valuable activities which will enhance their skills and appreciation of their subject and expose them to professional performances and practitioners’ work. Please follow the link http://tinyurl.com/lddlrwn to find the more information and the permission note.

CONGRATULATIONS

Royal Canberra Show – Students submit Textile Entries
We congratulate students who have entries in the Canberra show in the sewing and craft sections and wish them well in the competition.

2015 Dual in the Desert Cheerleading Competition USA
We would like to congratulate Jess Drury (Year 8), Olivia Henssen (Year 8), Emily Henssen (Year 9) and Megan Elphick (Year 10) who participated in the 2015 Dual in the Desert Cheerleading Competition in Palm Springs, USA from 27 January 2015 to 6 February 2015. The girls performed well scoring 92/100 for the first day of competition up against the top USA teams. They finished up 8th overall which is a huge achievement for a local Canberra club and for Australia. During the competition the girls had the opportunity of meeting various coaches and cheerleaders from around the USA, with Megan and Jess meeting the coach of the California Allstars (SMOED team). We wish the students all the very best in their cheerleading endeavours this year.

OTHER NEWS

Archdiocesan Assembly - Embrace 2015: The Joy of the Gospel in Marriage and Family Life - Friday 20 March – Saturday 21 March

Friday, 20 March at 7.00pm - Mass at St Christopher's Cathedral led by Archbishop Christopher Prowse. All married couples and families present will receive a blessing by the Archbishop. If you are unable to attend the Assembly on the Saturday, you are most welcome to attend the Mass only. Register at www.embrace2015.org.au.

Saturday, 21 March - St Clare's College, Griffith
The doors will open at 8.00am at St Clare's College where you will be able to browse the Expo, enjoy a coffee and pick up your program for the day. Proceedings will commence at 9.00am with prayer. The Archbishop will follow with his keynote speech on The Joy of the Gospel in Marriage and Family Life.
Morning tea will be followed by two more keynotes. Professor Greg Craven, Vice Chancellor, Australian Catholic University and local couple, Tim and Lara Kirk will deliver their insights into Catholic life today and what that really means for modern day couples and families. Lunch will be at 12:15pm where once again you can explore the exhibitions and connect with people from around the Archdiocese and beyond.

Children of all ages will be catered for. A program for pre-school, primary and secondary students will be facilitated by our Youth and Young Adults Team. A crèche will be running, but there are only a few spaces left. Registration is essential.

A special part of the afternoon will include various and diverse Catholic stories from peers experiencing different challenges in their daily lives while still being able to embrace the joy of the gospel in family and married life. The Assembly will conclude at 4.00pm with a final blessing and prayer from the Archbishop. Register at www.embrace2015.org.au.

COST: This event is free. A donation will be collected at the end of the day. For more information and to register please visit www.embrace2015.org.au

Gungahlin Wildcats Gridiron Club
Wildcats are recruiting for the 2015 ACT season. Is your new year’s resolution to try something new...What about Gridiron...Whether your 14 or 40, male or female, there's a spot for you on the field...Don't want to play, why not coach or officiate...Don't know the game, we'll teach you...If you want to be a Wildcat, or would you like to sponsor the Wildcats, then PM us on Facebook or email us at gridiron@gungahlinwildcats.org.

2015 YMCA of Canberra Women and Girls Fun-Run/Walk – Sunday 1 March
The Fun-Run is being held on 1 March, and covers a 5 km course from Stage 88. This is a safe and supportive event for women and girls, and we particularly encourage schools to register. There is a $500 prize for each of the primary and secondary schools with the highest number of team members relative to their female student enrolment. Team members can include students, teachers, parents and other community members. Participants are also automatically entered in age group categories, and can also enter family categories.

The YMCA of Canberra Runners Club believes this Fun-Run/Walk represents a great opportunity for school communities to generate some school spirit, spur interest in healthy activity and potentially boost fundraising early in the year. The Fun-Run is organised by volunteers with the support of the YMCA, and proceeds from the run will be used to support OvCan, a small Canberra based ovarian cancer support and awareness group.

Further details, including individual registration, frequently asked questions and how to set up a team, are available at www.wgfunrun.com.au.

Australian Military Wives Choir
Are you a woman connected to a currently serving member of the ADF? Do you love to sing? The Australian Military Wives Choir Canberra welcomes new members, and would like you to join us! No experience required, no audition necessary, just come to enjoy singing together. Rehearsals are at the Duntroon Chapel on the 1st, 3rd and 5th Thursday of each month, 7.00pm to 8.30pm. For more information, check out the Facebook page, Australian Military Wives Choir or email amwc.canberra@gmail.com.

Sirens Cheerleading
Sirens Cheerleading is located in its own gym in Mitchell, ACT and is founded by Rianna McDonald both a coach and athlete. The club is very family orientated and runs classes for 3 year olds to adults - age is not a limiting factor. No background in cheerleading is necessary, all skills and techniques are taught by the coaches.

Follow us on @MericiC, @MericiSport, @MericiCanberra, @MericiMusic
The club undertakes recreational training, promotional activities and competes to national level. Just recently two coaches accompanied a group of girls from 10 to 16 to their first international competition in America. The experience was awesome and the team did themselves and the club proud.

Boys and girls from junior to senior levels are most welcome. Prices for coaching/classes are competitive and due to the wealth of experience across the coaching stream, students not only become extremely fit, but establish confidence, self-esteem and friendships. For more information please follow the links www.cheerleadersaustralia.com.au and http://tinyurl.com/l6m68k3.

headspace
Please find below an overview of headspace Canberra’s upcoming programs and events. Please forward to family, friends, young people, and contacts who may be interested. Further details and information is available at www.headspace.org.au/canberra, by phone on (02) 6201 5343, or by email headspace@canberra.edu.au.

Expression of Interest – Clowning/performance workshop
Melbourne International Comedy Festival is partnering with headspace and we can apply to hold a workshop here. It would:
- Help young people develop their comic writing and performance skills
- Provide recognition and exposure of budding comedy talent
- Enable young people to work with and learn from professional comedians

If you are interested in being involved in this workshop, please contact headspace on (02) 6201 5343 or email headspace@canberra.edu.au. Expression of Interest will indicate program being offered.

Tuning in to Teens
Tuning in to Teens supports parents and carers to help your adolescent develop emotional intelligence. Research shows that adolescents with higher emotional intelligence may:
- be more aware, assertive and resilient;
- have greater success with making friends and managing peer conflict;
- be more likely to have stable and satisfying relationships as adults.
When: Tuesdays 5pm – 7pm, from 17 February to the 31 March. Taking EOI for future programs
Where: headspace Canberra
Who: Parents and carers
Cost: $150 (half-price for second parent/carer - $225 total per couple). Fees are negotiable if cost is a barrier. If you are interested in being involved in this program or future programs please contact headspace by phone (02) 6201 5343 or email headspace@canberra.edu.au

Keep an eye out for some headspace Canberra health tips in Fuse Magazine, Canberra’s leading lifestyle publication for the LGBTI community.

ed-space @ headspace – information seminars
What: Free information and education seminars about mental health and wellbeing.
Who: For family and friends of young people between the ages of 12 to 25 years. All welcome.
Where: headspace Canberra
When: On the last Tuesday evening of the month, starts at 5:30pm for 6pm presentation. Each presentation will run for 1 hour. Tea & coffee provided.
Next Topic (24th Feb) - Anxiety

If you are interested in being involved in this program or future programs please contact headspace by phone (02) 6201 5343 or email headspace@canberra.edu.au. For more information, stay up date and check out the full range of our programs at www.headspace.org.au/Canberra or follow us at www.facebook/headspaceCanberra
**Chilled Anxiety Program**
The Chilled Anxiety Program is an evidence-based group therapy developed by Macquarie University (Cool Kids). The program aims to teach young people and their parents how to better manage anxiety, by teaching clear and practical skills.
When: Thursdays 4:30 – 6:30 (for 10 weeks), beginning in March.
Where: headspace Canberra
Who: 13 – 17 year olds and their parents.
Cost: $180 (includes manual, materials, and snacks)

If you are interested in being involved please contact headspace by phone (02) 6201 5343 or email headspace@canberra.edu.au

**Mental Health First Aid**
Mental Health First Aid is a Certificate Course that teaches adults to assist others who are experiencing a mental health crisis or developing a mental health problem. The course covers developing mental health issues such as depression, anxiety, and substance use. It also covers responding to crises: suicidal thoughts, panic attacks, traumatic events, psychotic states, aggressive behaviours and severe effects from alcohol and drug use.
When: Wednesdays 6:30 – 9:30 (for 4 weeks), beginning on March 18th 2015
Where: headspace Canberra
Who: Family and Friends
Cost: $180 (includes manual and certificate)
If you are interested in being involved please contact headspace by phone (02) 6201 5343 or email headspace@canberra.edu.au

**Rock Climbing @ headspace Canberra**
Are you interested in improving your fitness? Don’t really want to join a gym and not sure where else to start? Want to learn more about how being physically active can improve your mental health? Why not come and try out indoor rock climbing with headspace Canberra?
When: Friday March 27
Where: Canberra Indoor Rock Climbing, Mitchell
What: Learn the basics of rock climbing under the supervision of trained instructors. Chat with headspace Canberra youth workers in a relaxed environment. Get fit and have fun!
How: No experience needed. Speak with your practitioner or give Jeremy a call on 6201 5343 to register your interest.
For more information, stay up date and check out the full range of our programs at www.headspace.org.au/Canberra or follow us at www.facebook/headspaceCanberra

**All brochures and flyers are available online at www.headspace.org.au/Canberra for programs mentioned above. Follow us on www.facebook.com/headspaceCanberra for regular updates and information.**

**Piano Lessons**
Over 14 years’ experience in successfully teaching piano playing and theory. -Canberra School of Music (ANU) trained teacher. All ages welcome, from beginners to experienced. Preparation of all levels of practical and theory exams. Teaching from Classical to Modern styles. For students wanting to learn for fun, AMEB or other exams, performance or for school are welcome. $31 per half hour. Please call 0414788380.

**National Disability Services ACT Conference- Change, Challenge and Choice 23-24 March**
A major conference on the National Disability Insurance Scheme (NDIS) will be held on Monday 23 March and Tuesday 24 March at the National Convention Centre, Canberra.
As the ACT community transitions to the NDIS, people with disability, their families, carers and supporters are being faced with new processes, new supports, new people and roles, new opportunities and new risks. With these changes, challenges and choices come many questions!

This conference will provide people with disability, their families, carers and the frontline workforce for disability with a current and clear understanding of the nature and pace of the NDIS and what it is bringing to people in the ACT.

By attending the conference, you will hear first-hand from people with disability, families and workers who have been experiencing the changes, challenges and choices in the ACT trial site and beyond. You will have the opportunity to engage with and ask questions of NDIS experts, the senior leaders of the National Disability Insurance Agency and the ACT Government.

The program includes workshops that will provide you with practical information, tools and resources that you can put into practice immediately. This conference will help you get the best out of the NDIS. You can’t afford to miss out – the NDIS is here!


**UPCOMING EVENTS (WEEK 6)**

Canberra Day Public Holiday – Monday 9 March
Catholic Schools Week – Monday 9 March – Sunday 15 March
Dance/Drama Excursion (Years 10-12) – Tuesday 10 March
ACT 13 Years and Over Water Polo – Wednesday 11 March
Combined Catholic Colleges Music Festival Rehearsal – Wednesday 11 March
Year 9-10 Success Evening – Wednesday 11 March
Combined Catholic Colleges Music Festival Rehearsal and Performance – Thursday 12 March
Year 7 Immunisations – Thursday 12 March
ACT 13 Years and Over Softball Finals – Friday 13 March
Penola Excursion Year 7 – Mary Mackillop Place – Friday 13 March