

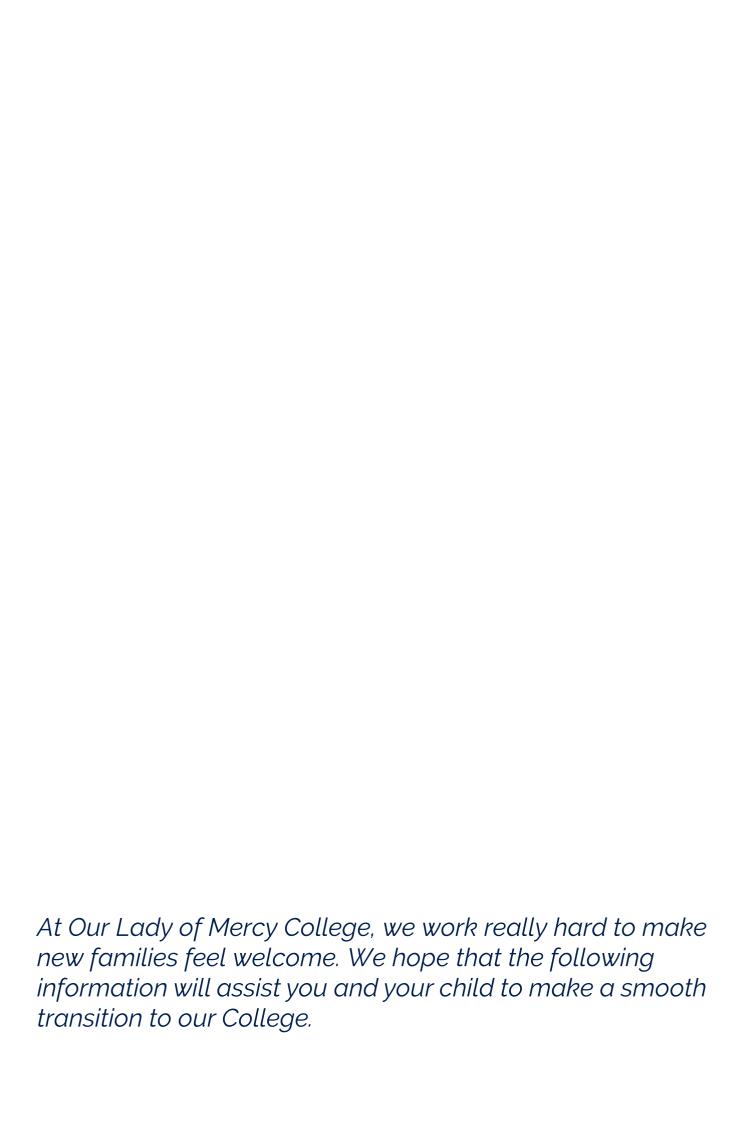


Year 7 2025 Parent Resources

Orientation Day - Friday, 22 November 2024



Embracing Life | Nurturing Faith | Inspiring Learning



Message from the 2025 Principal

Dear Parents and Caregivers,

We are delighted to welcome you and your child into our community. As we embark together on this new chapter, our focus is ensuring a seamless transition for your child. Our immediate objective is to make them feel truly welcome.

We firmly believe that the success of every student is of utmost importance. New students require time to acclimate to the routines and procedures of their new environment. Our dedicated teachers understand this and provide the support each child needs to assist

their transition into the College. Students begin to feel settled and comfortable after the initial few weeks of school.

During this transitional phase, parents and caregivers can play a significant role by helping their child to understand that it is perfectly normal to be a little nervous.

Our learning environments are thoughtfully crafted to facilitate a modern, adaptable, and dynamic approach to education, allowing students to foster skills such as collaboration, communication, critical thinking, problem-solving, and leadership.

Your child will have numerous opportunities to participate in various spiritual, athletic, cultural, leadership, and personal development programs. These experiences, coupled with the curriculum, make Our Lady of Mercy College an ideal school to assist your child to become the best they can be.

I look forward to working with you and your child as they transition into the next phase of their educational journey.

Regards,

Vince Bellini Principal 2025

The Head of Year 7 2025

Dear Parents and Caregivers,

My name is Ms Meredith McCarthy, and I'm thrilled to join as the new Head of Year (Year 7) at Our Lady of Mercy College. I bring a genuine passion for creating an environment where each student's academic, social, spiritual, and emotional growth can flourish. With several years of experience in education and pastoral care, I am committed to nurturing a positive, supportive space where student wellbeing is at the heart of their learning journey. The basis of my teaching philosophy is simple; I want each and every student to feel happy and safe at school, and to experience joy in their learning.



Guided by the Mercy way, my approach centres on compassion, respect, and integrity, supporting students not only in their studies but in becoming kind, confident, and responsible individuals who contribute positively to society. I hope they wear the Our Lady of Mercy College uniform with pride, both within the College and in the wider community.

It is a privilege to begin the journey into Year 7 at Our Lady of Mercy College with the students, and I am committed to walking alongside them and supporting them every step of the way. I believe it's essential for Year 7 students to feel a strong sense of belonging and connectedness as they transition from primary to secondary school. My role is to make this journey as smooth as possible, not only for new students but also for parents and caregivers, so that together we build a foundation for success and growth. I look forward to a wonderful year filled with new friendships, authentic learning, and lasting memories.

Kind regards,

Ms Meredith McCarthy Head of Year 7, 2025

The Three College Pillars

To assist your child to become the best they can be, the College's learning environment has been designed around the three College Pillars of:

Embracing Life | Nurturing Faith | Inspiring Learning

Embracing Life

The first pillar of 'Embracing Life' encourages our students to become the best person they can be and to build healthy relationships with others. By facing challenges with a positive outlook, our young people can move with purpose towards achieving their goals. At Our Lady of Mercy College, support for student wellbeing is developed through a growth mindset that uses a 'strengths-based' approach. Helping students to know their strengths, and how to use them in working through challenges, assists them in developing greater resilience. The College's proactive approach to wellbeing is seen as an essential step in helping students to maximise their opportunities.

Nurturing Faith

To support the Religious Education program, Our Lady of Mercy College has adopted the Mercy Educational Values of Respect, Compassion, Justice, Courage, Service and Hospitality. Students are encouraged to integrate these values into all aspects of their lives. The Christian Service Learning programs in Years 7 – 10 provide home and community-based activities which further develop these values. Students also nurture their spirituality by attending an annual retreat with their year group. They regularly participate in school and class liturgies and celebrate House and College Feast Days alongside other important Catholic days.

Inspiring Learning

We want to develop learners who can thrive in turbulent and complex times, apply critical thinking to new situations and change the world by developing solutions to local and global issues.

At the heart of student learning are six global competencies which describe the skills and attributes needed for learners to flourish as citizens of the world. Often referred to as the '6 Cs', these global competencies are identified as Character, Citizenship, Collaboration, Communication, Creativity and Critical Thinking.

Deep learning occurs when we use these competencies to engage in issues and tasks of value to students and the world. This deep learning focus will ensure that Mercy students are well placed to successfully engage in an ever-changing local and global work environment.

All students attending Our Lady of Mercy College undertake courses in Religious Education. In addition to the core learning areas of English, Maths, Science, Religion and Humanities, Year 7 students engage in a broad rotation of elective courses. This approach is designed to give students experience in new learning areas and provide them with opportunities to identify subjects which appeal to both their strengths and interests. Throughout Years 7 – 12, the College provides a wide range of courses which span the following nine Learning Areas:

- Arts
- English
- Health and Physical Education
- Humanities
- Languages
- Mathematics
- Religious Education
- Science
- Technology.

Student Wellbeing



Student Wellbeing

The wellbeing of each student is the responsibility of the Head of Year and their team. As an additional support service, the College also employs two school counsellors. Their role is to provide mental health services to students, ensuring that they have access to the support required to facilitate success in their education. The counsellor also provides support to parents, caregivers and staff through provision of information, education and meetings.

Learning Support Programs

We support every student's learning journey, helping them reach their full potential. Our Learning Support Team works closely with students, families and teachers to develop and deliver individual learning plans for students with learning difficulties and disabilities.

Students who require literacy support will be identified through consultation with primary schools and analysis of Progressive Achievement Testing results. These tests are conducted at the beginning of the school year.

The College will make contact with you, should your child be recommended for the Learning Support Program.

Students with Disabilities

Most information concerning disabilities is requested and provided throughout the enrolment process. In the case of a new or recent diagnosis, parents/caregivers are asked to provide a complete copy of the diagnosis documents to the College.

The Learning Support Coordinator will meet with parents/caregivers of students with disabilities to advise of their child's progress. These meetings will involve the ongoing development and review of individualised plans designed to support learning and inclusion.

First Day of School FAQs

When is the first day of school?

The new school year begins on Wednesday, 5 February 2025.

What time does school start?

The school day begins with Pastoral Care Group at 8.25am. Students should arrive by 8.20am and make their way to the Xavier Read Gymnasium.

What time does school finish?

The school day concludes at 3.00pm. During the first week, the Year 7 students will be dismissed at 2.50pm to ensure they have enough time to get to their designated pick-up area.

Where should I drop-off/pick-up my child on the first day of school?

Student drop-off is located on the ring road (entrance from Leisure Drive). For a smooth flow of traffic, please remain in your vehicle in the drop-off zone.

Please note that drop-off and pick-up are not permitted at the Kingston Drive entrance or in bus bays.

Starting secondary school can bring some initial nerves, but we encourage parents to drop students off and let them enter the College with their friends. Staff will be present to welcome your child upon arrival and guide them to the Year 7 building.

What do I do if my child is catching the bus?

If your child is catching a bus, they will be dropped off at the front entrance of the College on Kingston Drive. There will be staff waiting to meet your child and direct them to the Xavier Read Gymnasium.

Students utilising the TransBunbury service can order a Smartrider Card to access the concession fare. To apply, visit www.monitorwa.com.au/smartrider. To check what services are available to you please go to Transregional.wa.gov.au or call the Transperth info line on 13 62 13. If you are still not sure, please feel free to call your local Bus Depot on (08) 9796 9500.

Students who are living outside of the TransBunbury area can register with School Bus Services (SBS) online, at www.schoolbuses.wa.gov.au, click on the 'Apply Now' section.

School Bus Services (SBS) have commenced planning for the 2025 school year and are already experiencing an increasing volume of Transport Assistance Applications.

If you have any further queries, please phone School Bus Services (SBS) on (08) 9326 2625.

What to wear?

On the first day of school, your child should come dressed in their formal/academic College uniform. Please ensure your child brings a hat to school.

What to bring?

Your child should bring a school bag with a fully stocked pencil case, file paper, or a notebook. We recommend bringing booklist items gradually over the first week so they can be stored in their personal locker, ready for use in classes.

Teachers understand that students may not have all their books on the first day; this day is intended for students to settle into College life. However, all booklist items should be stored in lockers by the end of the week.

First Day of School FAQs

What does my child need for recess and lunch?

Your child will be able to bring a packed recess and lunch or order food from the College Café on the first day of school. Your child should bring a filled water bottle. This water bottle can be taken to class and refilled at a drink station.

Students will be able to choose an area in the Year 7 courtyard to sit and eat. Once students have finished eating, they are able to collect sports equipment from the Head of Year Office to use on the ovals or courts.

Students must bring a hat to school on the first day. If your child does not have a hat, they will need to remain in the shade for recess and lunch.

What Will the First Day Look Like?

At Our Lady of Mercy College, the first day is dedicated to helping Year 7 students feel settled and comfortable in their new school environment. This day provides them with the opportunity to familiarise themselves with the campus, meet their teachers, and get to know their classmates.

To make this transition smoother, only Year 7 and Years 11 and 12 students will be on campus on Wednesday, 5 February 2025. This staggered start creates a welcoming atmosphere for our Year 7s. During Pastoral Care Groups (PCG), Year 7 students will be paired with Years 11 and 12 students, who will be available to answer any questions and offer guidance. This supportive structure ensures all new students feel safe and secure, understand the secondary school schedule, and become familiar with the College environment.

On the first morning, students should go to the Xavier Read Gymnasium, where they will be greeted by the Head of Year. Staff and PCG teachers will be on hand to assist with directions. Students will participate in a Year 7 assembly, where they'll learn their PCG assignments. They will then move to their PCGs to receive printed timetables, planners, lockers, and locks.

Day One Schedule - Wednesday, 5 February 2025

8.25am – 9.45am	PCG. Students will get to know their PCG, set up their lockers and organise their school planners and timetables.
9.45am - 10.25am	House activities
10.35am – 11.05am	Recess
11.05am – 1.25pm	Attend Period 3, 4 and 5 classes as indicated on their timetable – Students will need a fully-stocked pencil case.
1.25pm – 2.00pm	Lunch
2.00pm – 2.50pm	PCG. Students have the opportunity to talk about their first day with other students in their PCG. They can then pack up for the day.
2.50pm – 3.00pm	Students move to designated pick-up area (either student or bus pick up).

Day Two Schedule - Thursday, 6 February 2025

8.25am - 9.45am	PCG
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9.45am – 3.00pm Students will follow their timetable attending all classes; Period 1 to Period 6.

School Times

School starts at 8.25am and concludes at 3.00pm, Monday to Friday during school terms.

What happens if your child is late/does not come to school

When a student is absent from school, it is required that on the day of the absence, a parent contacts the College before 9.30 am. A medical certificate is required if a student is absent for a period of more than three consecutive days. Contact to the College may be made by:

SMS: 0481 883 568

Absences Notification in the SEQTA App

Phone: (08) 9720 3300, Option 2 Email: admin@olmca.wa.edu.au

If your child arrives after Pastoral Care Group begins, they will need to sign in at Administration/ Student Services to ensure the College is aware of their arrival. This process is essential for accurately tracking attendance in case of an emergency.

Booklist

Booklists for each year group will be posted on the College website. Each family is supplied with information detailing the process of ordering subject books prior to the student commencing at the College. A copy of the Year 7 2025 booklist is included in the Orientation Day information pack.

Activity Days

At the beginning of Term 1, Year 7 students will participate in Activity Days at Pelican Point. These days are an essential part of the transition process, offering students the chance to build connections with their peers and strengthen self-awareness, personal growth, teamwork, problem-solving, and environmental awareness. All water activities are conducted in sheltered waters for added safety.

Adventure Works will facilitate the activities, with staff certified in Senior First Aid and holding Bronze Medallions.

These Activity Days are part of the Year 7 learning program, and student participation is expected. Further details will be provided at the start of the 2025 school year.

Communications

The College uses the following tools to ensure clear communication with parents and guardians:

- 1. **SEQTA Direct Messaging** This is the main communication tool for students and families to connect with teachers and staff. Information on SEQTA logins will be distributed at the start of the 2025 school year.
- 2. **Email/Letters** Important updates from our Principal will be sent to you via email.
- 3. **SMS** The College uses a phone SMS system to send out short important reminders or urgent alerts. Parents can also use SMS to advise the College of absences on 0481 883 568.
- 4. Phone (08) 9720 3300
- 5. **Website** https://www.olmca.wa.edu.au Our website is being updated progressively. Families are encouraged to use the College website as a reference for important information, relating to e.g. the Uniform Shop, Student Calendar, Term Dates, Mercy Stories & Mercy Snapshot.
- 6. Mercy Snapshot (on our website) provides an easy access to key information.
- 7. **Mercy Stories** (on our website) invites you to discover your child's learning journey and life forming experiences.
- 8. **Facebook** www.facebook.com/olmcaustralind: This is the official College Facebook page. The College uses this page as a Social Communications tool. Please follow and like our page. It is a great way to connect with us and see some action snaps of your child. Please do not rely on this channel for important reminders. Important College information and reminders will be sent out via SEQTA, email and or SMS. Please note that there is also an independent community Facebook page. This page is not run by the College. The main purpose of this page is to provide a platform for families to sell second-hand uniform and book sales.
- 9. Instagram: The College has two Instagram accounts: @olmcaustralind and @olmca_sport

Devices

Our Lady of Mercy College offers to loan students a new laptop, so the learning environment is equitable. To ensure that all students have access to a quality laptop, excellent technical support and the required software, the College provides all students with a designated device.

Students in Year 7 will receive their laptops within the first three weeks of Term 1, provided a signed laptop agreement has been received. Students must read and adhere to the Code of Conduct for Students (on our website) as they are responsible for their actions when using Information Communication Technology.

The Information Communication Technology levy covers the laptop, software, hardware, ongoing maintenance, licenses and warranty cover. The College does its utmost to ensure the costs borne by parents are minimal, yet effective, efficient and productive. Should the student leave the College at any time the laptop and all its ancillary items will need to be returned to the College on their final day as per the Student Laptop Agreement.

Electives

Your child will participate in two elective classes each term, giving them the chance to explore a variety of subjects before selecting electives in Year 8. Term 1 electives have already been assigned to students.

Healthcare

If your child becomes unwell at school, they can go to the medical bay in Administration, where they will be monitored. If they are too unwell to remain at school, we will contact a parent.

If your child is feeling unwell before school, please keep them home and inform the College of their absence. You can notify us via:

Absences Notification in the SEQTA App

• **SMS**: 0481 883 568

Phone: (08) 9720 3300, Option 2

• Email: admin@olmca.wa.edu.au

Please ensure that the College has updated medical information for your child and is aware of any medications they need to take.

The College will only administer analgesics, such as paracetamol, with parent consent. The College is unable to supply or administer any other medication unless previously arranged with written consent by a parent/guardian.

Houses

At Our Lady of Mercy College, our College Houses bear the names of five remarkable Catholic women who were Sisters of Mercy: Angela Costello, Catherine McAuley, Placida Hayes, Xavier Read, and Ursula Frayne.

The sixth House, Champagnat House, recognises Marcellin Champagnat, the visionary founder of the Marist Brothers. This addition holds special significance as it pays homage to our origins as Bunbury Catholic College, where the Marist Brothers made a profound impact.

Together, these Houses embody our rich heritage and celebrate the enduring values and legacies of these inspirational figures.













Instrumental Music at Our Lady of Mercy College

The Instrumental Music Program offers a wide selection of instruments for students to learn and play.

Instruments are available to hire through the school (subject to availability).

For more information or to register an interest in the music program, please contact Ms Amelia Kaitani, via email amelia.kaitani@cewa.edu.au or via phone (08) 9720 3300.

IT Help Desk

Our IT Help Desk is located in the Ursula Frayne building. Opening hours for both parents and students are Monday to Friday 8.00am – 4.00pm.

IT assistance can be requested through the following options:

1 - Log a ticket via email: ithelpdesk@olmca.wa.edu.au

The IT team will attend to your request as soon as they can.

- 2 In person, at the Help Desk in the Ursula Frayne building.
- 3 Students can also connect with the IT Help Desk on Microsoft Teams: OLMC Helpdesk Team
- 4 By phone: (08) 9720 3300

Library

The Library, also known as the Learning Commons, is located in the Ursula Frayne building. After ID cards have been provided, students can easily select and take out a book. There is always someone available to help students to find a book that they will enjoy.

The Library is open before PCG every morning, every lunchtime, and after school until 4.00pm (except on Friday afternoons when it closes at 3.15).

Lockers

On the first day of school, each student will be assigned a locker for storing their books and personal belongings throughout the day. If your child brings a personal device (e.g., mobile phone), it must be switched off and securely stored in their locker from the start until the end of the school day.

Each Year 7 student will receive a lock with a personalised code to keep their belongings safe. They will have time during Pastoral Care Group (PCG) to learn how to use the lock effectively.

Personal Mobile Devices

The use of personal mobile devices is not permitted at the College between the hours of 8.25am and 3.00pm. The personal mobile devices need to be turned off and placed in personal lockers to ensure a productive learning environment. If parent contact is required, students can seek assistance from 'Student Services' in Administration, not use personal mobile devices.

School Fees

For information relating to school fees and payments of school fees, please refer to the pages at the back of this booklet.

Sport & Physical Education

Students will take part in Physical Education for two periods a week. Students will be able to change into PE uniform using the Xavier Read Gymnasium changerooms and will come to school each day in the formal College uniform.

Throughout the year, students have the chance to participate in College Swimming, Athletics, and Cross Country Carnivals, representing their House. Additionally, there are numerous opportunities for students to engage in team sports, including netball, football, volleyball, touch rugby, hockey, and more.

Year 7 students can represent the College at both the Lightning Carnival and ACC Carnival. As they progress into upper school, they will also have the opportunity to represent the College at Country Week.

Sports Program – Leadership and Performance Program (LEAP)

The LEAP program is available to students in Year 8 to Year 10 and provides a pathway to upper school Sports Science based subjects.

The Leadership and Performance Program is an academic and sport-based initiative aimed at students with an interest in health, sport and performance. The program provides talented and dedicated students with a pathway directed towards sport science, health and fitness.

Selection for the program is based on expression of interest and by invitation. Selection will be made annually by the Physical Education staff based not only on performance across sporting skill and game play but also on student attributes, sportsmanship, and dedication.

Uniform Shop and Uniform

The Uniform Shop is located in the Mercy Centre at 101 Leisure Drive, Australind. Our Uniform Shop Coordinator can assist you with all of the unform requirements and can be contacted via phone: (08) 9720 3324 (during opening hours) or via email: uniformshop@olmca.wa.edu.au. For current opening hours and the College Uniform Policy please visit the College website: https://www.olmca.wa.edu.au/uniforms



Vertical Pastoral Care Groups

At Our Lady of Mercy College, we seek to provide the very best pastoral care for our students. Our belief is that vertical house Pastoral Care Groups (PCG) will better prepare and support the development of the whole child.

The vertical house PCG system groups students from Years 7-12 into the various PCGs according to their house. In this setting, the mixed-age PCG becomes much more like a smaller and intimate family unit whilst remaining part of a larger house family.

The key advantage of vertical house PCGs is that it enables the College to look after our students better academically, pastorally and spiritually – building on the emerging strength of our house system.



Submit
a payment
arrangement and
go in a draw to
have \$750 credited
to your 2024
fee account.

SCHEDULE OF FEES AND CHARGES 2024

(Use as a reference only. Subject to change.)

APPLICATION FEE \$50

ENROLMENT ACCEPTANCE FEE \$400

The Enrolment Acceptance Fee will be refunded back to the Family School Fees account after your child commences at the College.

Families who wish to benefit from the HCC Discount Scheme are required to provide evidence of a means-tested HCC, PCC or Veteran Affairs card, which must be valid for the duration of the academic year in which the card is provided. The cardholder must complete a standard CEWA HCC Discount form available from the College office.

ANNUAL FEE	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11	YEAR 12
Tuition	\$3200	\$3200	\$3200	\$3200	\$3200	\$3200
HCC Tuition	\$1500	\$1500	\$1500	\$1500	\$1500	\$1500
Curriculum Levies	\$1030	\$1030	\$1030	\$1030	\$1030	\$1030
HCC Curriculum Levies	\$0	\$0	\$0	\$0	\$0	\$0

AMENITIES LEVY	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11	YEAR 12
Student Insurance	\$35	\$35	\$35	\$35	\$35	\$35
IT Device	\$500	\$500	\$500	\$500	\$500	\$500
Year 7 Activity Program	\$225	-	-	-	-	-
Year 10 Adventure Camp	-	-	-	\$1,260*1	-	-
Adventure Camp Deposit	\$300	\$300	\$300	(\$900)*2	-	-
Year 12 Retreat	-	-	-	-	-	\$350
Work Exposure Program	-	-	-	\$50	-	-
Total	\$1060	\$835	\$835	\$945	\$535	\$885

ELECTIVES (HCC & NON HCC STUDENTS)	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11	YEAR 12
Work Place Learning	-	-	-	-	\$50	\$50
Certificate Courses (each)	-	-	-	\$250	\$250	\$250
Certificate II Outdoor Education	-	-	-	-	\$420	\$520
Curtin UniReady	-	-	-	-	\$170	\$170

LEVIES	FAMILY	HCC FAMILY
Building	\$360	\$300
P&F	\$45	\$45
Yearbook	\$35	\$35
Total:	\$440	\$380

Music Tuition

Music Tuition options available - please enquire if interested.

Please refer to the College School Fee Information Sheet.



SCHEDULE OF FEES AND CHARGES 2024

Family Finance Arrangements

The Mercy Family Finance Arrangements have been created to assist families to manage the payment of their school fees. Working in partnership with the College, families choose an arrangement to best suit their personal circumstances. The payment of school fees may be spread across the whole calendar year to minimise the regular payment amount.

The default payment structure is **Mercy Set-and-Forget Easy Pay - Direct Debit**. However, the College provides multiple payment options to assist families, namely:

- 1. Pay the account in full before Friday, 1 March 2024 (Week 5, Term 1) and receive a 5% discount.
- 2. Mercy Set-and-Forget Easy Pay, the following arrangements are available:

A - Direct Debit

Arrangements can be made to have school fees debited from your savings or cheque account on a weekly, fortnightly or monthly basis.

B - Credit Card

Arrangements can be made to have school fees debited from your credit card account on a weekly, fortnightly or monthly basis.

C - BPay

For your convenience payments can be made via BPay. The Our Lady of Mercy College BPay biller code is 319764. Your family's BPay reference will be emailed from our Finance Department and can also be found on the bottom left-hand corner of your statement.

To set up your Mercy Family Finance Arrangement please complete a Mercy Family Finance Arrangement Form, which can be downloaded from our website https://www.olmca.wa.edu.au/college-fees and returned to accounts@olmca.wa.edu.au.

Families who submit a payment arrangement by Friday, 2 February 2024, are included in a draw to have \$750 credited to their tuition fee account. (To be drawn in Terms 1, 2 and 3)

If you have any questions relating to College fees, please do not hesitate to contact our Financial Services staff on (08) 9720 3300 or email accounts@olmca.wa.edu.au.

Please read the directives and policies as outlined on the CEWA website (https://www.cewa.edu.au/our-schools/find-a-school/fees-and-enrolments/), Subject to change at anytime.

Secondary Assistance Scheme (Closing Date: Thursday, 28 March 2024)

The Western Australian Department of Education provides an allowance to assist eligible families with secondary school costs.

To be eligible the parent/guardian must hold a

- Centrelink Family Healthcare Card,
- Centrelink Pensioner Concession Card or
- Veterans' Affairs Pensioner Card.

The assistance is available for students currently enrolled in Year 7-12 (not eligible if child is born in 2005 or before).

If eligible you will receive:

- \$115 Clothing Allowance (payment made to parent/guardian).
- $\boldsymbol{\cdot}$ \$235 Educational Program Allowance (payment made to the College.)

The Mercy Way

COMPASSIO



We show COMPASSION when we:

Are sensitive to the needs of others

Display empathy

Walk in someone else's shoes

Act with gentleness

Speak kindly

Offer support



We show COURAGE when we:

Embrace opportunities to learn new things

Persevere when things are difficult Resolve to do the best we can

Stay true to our beliefs and values

Stand up for what is right and just



We show HOSPITALITY when we are:

Welcoming

Helpful

Friendly

Generous in sharing what we have

Neighbourly



We show RESPECT when we:

Consider the environment around us

Behave honestly

Value the opinions of others

Are courteous

Display appreciation

Take care of ourselves

We show JUSTICE when we:

Stand up for those who are disadvantaged or excluded

Act with integrity by choosing to do what is right Are fair-minded

Display equity in the way we treat others Recognise the rights of others



We show SERVICE when we:

Expect nothing in return for our actions

Lend a helping hand

Offer to assist others

Show kindness

Put others before ourselves