



MACKILLOP NEWSLETTER

VOLUME 12 2015, 7 AUGUST

PRINCIPAL'S LETTER

Dear families, students and friends,

Year 12 Retreat

Congratulations to Mrs Anna Keppel and Mr Paul Durham, Year 12 Coordinators, and to Assistant Principal Faith Leadership and Pastoral Care, Mr Jonathan Moyle, and the Year 12 Pastoral Team, who have planned and conducted a deeply successful Year 12 Retreat in the hills of Kurrajong beneath the Blue Mountains, west of Sydney.

In the past, MacKillop has outsourced our Retreat to youth faith teams and the like, but for the past several years, staff have led these retreats themselves. It is a significant privilege to be able to spend time with our senior students and to help them explore the opportunities of community, courage, faith, and hope in the future.

I would like to congratulate the students for their willingness to participate in the activities and for the generous spirit that they brought to a memorable event in the College calendar.

During my remarks on Wednesday night, I showed a clip of Queen Elizabeth II delivering her 2001 Christmas Broadcast to the Commonwealth. Commenting on the tragic events of 9/11, she eloquently made a point that speaks to us here at MacKillop: "I believe open and fair communities matter; a shared belief in wishing to belong to an ordered society that welcomes everyone. Such communities help to satisfy the yearning to belong to a shared identity that exists within us all. Sadness is lessened and joy is heightened when it is shared."

Surely the Class of 2015 can be well pleased that the rich contribution they have made to this community and, as they face a future beyond MacKillop, be confident that the shared values and the collective identity they have gained from their school will help to sustain them in the life they lead for others and themselves.

Awards Assembly, Wanniasa

Thank you to a number of parents who have emailed their congratulations to the Wanniasa Campus, complimenting the quality and warmth of the Assembly. Among our many guests was the Director of Catholic Education, Mrs Moira Najdecki (past Principal 2004-2006) who spoke warmly about the progress of MacKillop.

Congratulations also to the many students who achieved academic and community awards, recognising their splendid academic achievement and fine contribution to the MacKillop community.

Yours in St Mary MacKillop,

MICHAEL LEE
PRINCIPAL

PRINCIPAL'S PRAYER

Lord, in this, the season of St Mary MacKillop's Feast Day, we give thanks for the example and legacy of her life, and pray that she continues to lead us to you. Amen.

UPCOMING EVENTS

AUG
THURSDAY

13

- Moderation Day
- Year 12 AST Trial

AUG
MONDAY

17

- College Musical begins

SEP
TUESDAY

01

- Year 12 AST Sessions 1 & 2

SEP
WEDNESDAY

02

- Year 12 AST Session 3

SEP
MONDAY

07

- Year 7 Electives change over
- Parent/Teacher Interviews (I)

COLLEGE NEWS

School Fees

Term 3 Fees are due to be paid by this Friday 7 August 2015 unless paying by Direct Debit or other approved method. If you would like more information regarding Direct Debit payments or have any queries regarding your fees, please contact the Fees Office.

Michelle Predovan, Fees Manager

College Musical: Legally Blonde Jr



The musical is on this August, with five shows running from Monday 17 August to Friday 21 August. All performances will take place at the Wannassa Campus Theatre and will begin at 7.30pm. Tickets are available NOW from the Front Office of each campus. Prices are \$10 for student/concession and \$15 for adults. The canteen will be available during the intermission and each show should be completed by 9pm.

ACF Dinner

The Australian Culinary Federation is holding a dinner at St Mary MacKillop College in support of Year 10 students Claire Lonie and Katelyn Twiss, who will go to Tahiti to compete in the International Secondary Schools Cooking Competition (ISSCC) in October. The dinner will be held on Thursday 27 August starting at 6pm and will cost \$55/per-head. The menu includes canapés, their panko-crusted ocean trout (the dish that made them ACT Champions), crispy skin chicken breast, and dessert. A booking form can be found at the end of the newsletter.

Justin Kain, Hospitality

UAC Recommendation Scheme

Year 12 students intending to go to university who are interested in applying for either the Schools Recommendation Scheme (previously referred to as the Principal's Recommendation) or the Educational Access Scheme (for students who have experienced long term educational disadvantage) can collect a College form from Mrs Cindy Dean in the Administration Block. If you need to discuss an application, then please make an appointment to see me through Mrs Dean.

Michelle da Roza, AP Curriculum

Year 12 UAC Night

A highly successful UAC Information Night was held on Tuesday 4 August. Thanks to all the parents and students who attended. The PowerPoint Presentation used on the night is now available on the College Website in the Isabella Noticeboard section. This is relevant information for all Year 12 students who are intending to apply for a position at university in 2016.

Paul O'Callaghan, Campus Head (Isabella)



Future Stars/Student Achievement

Breanna Payten (Year 9) is part of the Aussie Sparks u15 Australian Softball Development Team travelling to Taiwan and the USA in September.

Chelsea Boulding (Year 8) has written a new book, *The Oceans around Australia*, which will be launched in September.

Stewart Barton (Year 7, pictured) was named Musician of the Year in the Gugan Gulwan 2015 Youth NAIDOC Awards.

Jessica Skeen (Year 7) competed at the GKR Karate World Cup in Liverpool, England, as one of two Australian representatives in her division in July. Jessica finished in the top 10 in the fighting event. Congratulations also to Jessica's dad, Peter, who became World Champion in the kata event.

Jack Armstrong and Jordan Gilbert (both Year 7) represented the ACT at the School Sport Australia AFL Championships in Geelong last month.

Savannah Kris represented the Australian Indigenous Netball Team in the World Sport Netball Championships on the Gold Coast in the holidays.

Leanne Golding (Year 11) attended the Australian Youth Climate Coalition on the 1st and 2nd of August.

Sarah Duck (Year 9) won the award of 'Best VR' at the HACT Winter 2015, a digital technologies and entrepreneurship event.

Additionally, here's some news from the Engarde Fencing Club: Lachlan Heslop (Year 8), Lachlan Manderson, and Jarrod Maher (both Year 9) took part in their first ever competition outside the club, competing in the ANU Sabre Comp against university students this week. Lachlan H and Jarrod finished equal third, while Lachlan M finished fifth.

Ancient History Excursion

On a cold Friday morning, 20 students from Year 12 Ancient History travelled to the Rocks Archaeology Centre and the Sydney University Nicholson Museum. The History students participated in a variety of hands on activities and archaeological practices, as well as a tour of the new exhibit on burial rites from ancient societies.

Hands on, enquiry based learning activities allowed students to handle and examine authentic artefacts and to develop their own interpretations of the history of The Rocks and archaeology in general. The experience included a tour of the archaeological ruins of some of the buildings, such as the properties of convict butcher George Cribb, Richard and Margaret Byrne and Berry's bakery.

The students then moved to the Nicholson Museum - Australia's oldest University museum and home to the largest collection of antiquities in the Southern Hemisphere. Of particular interest was a creation by the Brickman, Ryan McNaught, the only authorised LEGO designer in Australia who turned his hands to one of the most iconic archaeological sites of Ancient Roman - Pompeii.

The students enjoyed and discovered the value and impact of archaeology not just from ancient sites but more contemporary ones as well. As always, the students were outstanding ambassadors for the College community. Many thanks to the History Students and in particular to Mrs Anna Keppel for accompanying us on the excursion.

Michael Batten, SOSE Coordinator

WANNIASSA NEWS

Menslink speak with Year 8 and 9 boys

In Pastoral Program last week, the boys in Year 8 and 9 had a presentation from Menslink called "Silence is Deadly". They currently run the talks in partnership with the ACT Brumbies and so their visit included Brumbies rugby players Tom Staniforth and Rodney Iona. During the presentation they spoke to us about their experiences with helping mates through tough times.

Menslink shared some helpful tips of ways to get through tough times or when helping others. The message behind the talk was "Don't stay silent because silence is deadly". They gave us some valuable information on how to be there for a mate without taking their problems on as ours. It was a worthwhile experience and gave us good life lessons to build on.

Daniel Jenson (9A3)

Year 8 and 9 girls pastoral activity

On Wednesday July 29 during the Pastoral Program the girls of Year 9 and 8 participated in fun self-esteem activities that were led by Mrs Bailey. The girls learnt how to feel positive about ourselves and in particular, feeling confident. We talked about the importance of knowing who you really were and to have faith in ourselves. During the session we had to share traits about ourselves with our group such as our family, school and friends as well as individually writing a letter to ourselves about what we like about ourselves, our hopes, dreams and aspirations.

In this session we listened to songs and watched videos such as, "Try" from Colbie Caillat and "20 things we should say more often" by Kid President. These videos helped us understand that it's okay to be yourself and to motivate yourself to be the best you can. We were given creative tasks to complete, such as creating short stories with unplanned pictures and at the end of the mentoring session the Year 9 girls taught the Year 8's a dance to "Ain't No Mountain High Enough" by Marvin Gaye & Tammi Terrell.

Nikita Hatzismalis (9W3)



AFP Cyber Safety Presentations

Over recent weeks the Australian Federal Police have visited the College to deliver cyber safety presentations to students in Years 7, 8 and 9. The presentations focused on the safe use of social media, reputation management and being good digital citizens.

Students were reminded of the fact that when something is sent digitally, you lose control over who sees it or what they do with it. The image or text may never be able to be permanently deleted and students were encouraged to consider the impact this could have on them, family and friends and even future employment opportunities.

Semester 2 Assessment Planners

Teachers at the College sometimes receive feedback from parents that their son or daughter has reported that they have not been given any homework to complete. Students are often reminded that "Homestudy" consists of homework (or specific work set by teachers) and study (regular revision of class work and assignments).

This week students have spent time accessing Unit Outlines in order to complete an Assessment Planner for Semester 2 which contains the due dates of all assessment tasks.

Taking time to complete an Assessment Planner can be a great organisational tool and set students up for a successful semester. The Semester Planner can also be used by parents to assist in monitoring work completed at home, having a knowledge of due dates and in taking a proactive role in ensuring that their sons and daughters complete assessment tasks and meet deadlines.

If you have not received a copy of your son or daughter's Assessment Planner, please speak with them about providing you with a copy.

Lachlan McNicol, AP Pastoral Care (Wanniassa)

COMMUNITY NEWS

Eagles T-Ball & Baseball

Eagles will be holding a registration day on 30 August 2015 at Kambah Village Shops between 11am and 3pm. Come along and say g'day, meet some of the players and enjoy the sausage sizzle.

If you have any questions, visit <http://www.acteagles.baseball.com.au> or email Jeff Quirk (Secretary) at jeffquirk59@gmail.com.

Woden Valley Youth Choir

Join over 100 singers in three choirs as they perform at some of Canberra's premier events, including Carols by Candlelight, the Canberra International Music Festival and Voices in the Forest. Sing from a repertoire that includes Contemporary, Broadway, Folk, Classical and Sacred. There's sure to be songs you'll love to sing! Develop your musical skills and enjoy friendships to last a lifetime! If you are 8-21 come and join Woden Valley Youth Choir NOW! Applications for the next round of auditions close on 15 August. Visit wvyc.org.au and fill in the form on the JOIN page.

Concert for MyHome in Canberra

This fundraising event takes place at Holy Trinity on Theodore St, Curtin on Saturday 29 August from 2.30pm-5pm. Tickets are available at www.wodenrotary.org.au/ and are \$25. Refreshments provided.

School Reunion

Class of 1975 Reunion. A 40 year reunion will be held for students from Catholic Girls High School Braddon and Daramalan College who finished Year 12 in 1975 (including those from that group who finished before Year 12) from 6.30pm on Saturday 12 September at the Mercure Canberra. Finger food will be provided; drinks and bistro meals at own cost. RSVP by Friday 28 August on facebook: Dara-Braddon 1975 or email Mich: mcollopy@bigpond.net.au.

Think U Know

A community presentation for adults on Internet Awareness takes place on Tuesday 22 September from 6pm at Merici College, Braddon. RSVP by 14 September to ros.parisi@merici.act.edu.au. Attendance is free of charge.



The Australian Culinary Federation is hosting a dinner at St Mary MacKillop College in support of students representing the ACT in the International Secondary Schools Cooking Competition in Tahiti

You are invited to join us for an enjoyable evening where you will be served mocktails, canapés and a 2 course dinner featuring the winning ocean trout dish

When: 6pm on Thursday 27 August

Where: F Block St Mary MacKillop College, Isabella

Cost: \$55 per head payable at student reception

RSVP: Monday 24 August

Please return the slip below or contact student reception on 6209 0136 to book your place and inform us of any specific dietary requirements.

I would like to reserve a place for _____ people at the ACF Dinner to be held at St Mary MacKillop College under the name of _____.

I have enclosed \$_____

My Credit Card Details are: Master Card or Visa Name On Card _____

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Expiry Date ____/____

Dietary Requirements



Menu

Canapés on arrival

Main

Ocean Trout

Panko crusted oven baked Petuna ocean trout served with a lemon and chilli gel, miso foam and coriander caviar.

Chicken

Crispy skin chicken breast served with crushed avocado and quinoa, Chinese black vinegar reduction, daikon and cucumber salad

Dessert

Deconstructed Eton Mess

Crisp meringue shards served with vanilla cream, passionfruit gel, champagne poached strawberries, strawberry sorbet, fresh berries and raspberry coulis.

Violet Crumble

Chilled chocolate fondant with a raspberry gel centre, served with honeycomb crumb and mascarpone ice cream.

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Be careful what you wish for as a parent

The focus on success and achievement doesn't have to come at the expense of our children's empathy and wellbeing.

What would you wish for? A caring child or a successful child?

If pressed to choose, which would you prefer?

If you were like the parents of kids in a recent study you'd go for successful rather than caring.

In a fascinating Harvard study referred to in a recent *Age* article, 10,000 kids were asked whether achievement and success, rather than caring for others, were their parents' main priorities. The kids overwhelmingly said their parents opted for success rather than caring.

I suspect Australian kids would come up with a similar response if asked. In my work with parents and schools over nearly 40 years I've never seen the educational and parenting landscape so competitive as it is today. The standard belief of 'Everyone can get ahead and be successful' has been replaced by 'my child needs to get ahead and be successful.'

Parents rightfully will go to great lengths to make sure their kids don't get left behind, but now academic success increasingly means achieving at any cost. Even at the expense of a child's well-being, and in extreme cases, at

the expense of other children's success.

A sign of the times

This is very different from even a generation ago when caring and respect for others were drummed into kids. "Do the right thing by others"; "Respect your elders"; "Take good care of each other" were common mantras that many of today's parents grew up hearing.

Now that these kids have become parents themselves they use achievement mantras rather than the empathetic statements they were raised on. "Always do your best"; "Think confident thoughts"; "Set your goals and work hard to achieve them" are typical of the comments that kids hear in today's more competitive environment.

The price of success at all costs

Washington Post parenting writer Ashley Trexler argues that putting happiness and success before caring and empathy is raising a generation of bullies. She claims that parents unknowingly encourage bullying through their focus on success at all costs, as kids are being encouraged to pursue power at the expense of empathetic behaviour.

We can have both

This is a controversial view based on the assumption that you can have either successful kids or caring kids. I believe you can have both. Parents and teachers can encourage kids to achieve, but also emphasise the importance of looking out for your mates, and taking care of others. Individual success doesn't have to come at the expense of well-being and the success of others. It does mean that we need to put caring for others firmly on our parenting agendas.

Here are five ways to do this:

1 Develop a language for caring

Parents invariably develop a deep language around the things they value. If caring is important then you need to develop language for caring (look after your brother; do the right thing; do unto others) just as you have probably developed a language around success (persist, work hard, do your best).

more on page 2 >>



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



... Be careful what you wish for as a parent ...

2 Model caring behaviours

Parents need to model caring, relational behaviours if they want children to develop these behaviours. Positive displays of intimacy such as a kiss and a hug for every family member as they walk out the door each day is a great way to teach healthy caring behaviours. It's the small acts of kindness and caring that happen on a consistent basis that has the most lasting impact on kids.

3 Focus on co-operation rather than competition

It's easy to develop competition between kids. As a parent all you need to do is praise one child and criticise another and you've established the conditions for competition. It's far harder to develop cooperative behaviours, but it's worth the effort. Encourage kids to help each other; ask them to do jobs in pairs so they learn to work together; and teach older children to give way to younger children rather than always have their own way. Caring kids learn that not everything goes their way and that they need to compromise and give way to others in the name of being social and getting on.

4 Encourage nurturing behaviours

In the past families were larger than today and they had a natural advantage in developing caring and empathy. Elder kids would invariably have to look out

for, or look after younger siblings, often at the expense of their own interests. In an era of small families kids have fewer natural opportunities to look after each other. However parents can develop nurturance by encouraging children to look out for younger friends and relatives; to care for pets and also to be respectful of older relatives and friends.

5 Pay attention to children's emotions

Now more than ever it's important for parents to be attentive to children's emotional lives, and also to develop an awareness of their own feelings and the feelings of others. Empathetic kids rarely use power and bullying to get their own way. Empathy always starts with an awareness of a child's own emotional state.

As parents we want our kids to grow up to be successful and achieve their full potential. It's the default position for most parents. But that doesn't have to come at the expense of caring for others. In these times of small families and a more competitive landscape parents need to work harder than ever to develop nurturance, caring and respect for others in kids.

Michael Grose



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.

