



# MACKILLOP NEWSLETTER

## VOLUME 12 2016, 5 AUGUST

### PRINCIPAL'S LETTER

Dear families, students and friends,

#### Year 12 Retreat

Over the past three days, Year 12 have engaged in activities of reflection, relaxation, and bonding at the Year 12 Retreat at the Salvation Army's Collaroy Centre in Sydney. The retreat is an important part of the life of a senior student and we recognise the important part it plays in preparing our students for life beyond MacKillop.

I would like to congratulate the students for their generous spirit, mature manner, and willingness to participate. Thank you to the Year 12 Coordinator, Mr Simon Kelly, for his planning and management of the retreat and to the Year 12 PC teachers who generously donated their time to help provide our graduating class with such a rich and valuable experience.

#### Wanniassa Awards Assembly

Congratulations to the many students who achieved academic and community certificates at Wednesday's Awards Assembly, which recognised their splendid academic achievement and fine contribution to the MacKillop community. We hope that the awarding of certificates serves as motivation for all students for the term ahead. The Isabella Campus will hold their Awards Assembly next Wednesday.

#### Welcome to Oki High School

Welcome to the staff and students of Oki High School, our sister school in Japan, who have been with us this week and depart next Tuesday. A particular welcome to the staff, Mr Shigeo Ohata, Mr Masahiro Wakatsuki, and Ms Teresa Sadkowsky. The relationship between our two schools continues to build warmth and understanding and adds to a richness in both our communities. I extend my thanks to the many MacKillop families who are so generously hosting students from Oki. The success of this program relies on your hospitality and MacKillop benefits in many ways.

#### College Board Meeting and new members

Thank you to members of the College Board and to other parents and friends who came to the Study of Catholic secondary schools meeting on Tuesday night. Those in attendance participated in a lively discussion around the value of Catholic education, the strengths of MacKillop, and ways forward for our school and for the system to which we belong. It was regrettable that the event clashed with the Year 12 UAC session. The consultant will be returning to the school later this month and when that date is determined, an opportunity will be made for those who were unable to attend to come along and have their voice heard.

The meeting was the first for new members Mr Sam Walton (support staff, IT) and Mr Braden Longo (teacher of RE and PE) who have been elected by the staff to serve as their representatives on the College Board. Mr Walton and Mr Longo are both past students of the College and will bring continued energy and ideas to the important work of the Board. I would like to thank Mr Nathan Wood and Mrs Maria O'Donnell for their dedication and contribution during a very busy time to the College Board. With the planning for the new building program, significant curriculum changes, and new leadership positions in teaching and learning, Nathan and Maria's contribution was timely and wise indeed.

Yours sincerely in St Mary MacKillop,

MICHAEL LEE, PRINCIPAL

### PRINCIPAL'S PRAYER

Lord, we give thanks for the abundant talent we see all around us. Amen.

### UPCOMING EVENTS

<b>AUGUST</b> MONDAY <b>08</b>	• Feast Day of St Mary of the Cross
<b>AUGUST</b> WEDNESDAY <b>10</b>	• Semester 1 Awards Assembly (I)
<b>AUGUST</b> THURSDAY <b>11</b>	• Moderation Day (Pupil-free)
<b>AUGUST</b> TUESDAY <b>16</b>	• Opening Night of the Musical (runs 16-19 August)
<b>SEPTEMBER</b> TUESDAY <b>06</b>	• Year 12 AST

# COLLEGE NEWS

## School Fees

Term 3 Fees are due to be paid by this Friday 5 August 2016 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.

We are now able to email Term Statements. If you would like to switch off your paper statements and receive Fee Statements by email, please email [michelle.predovan@mackillop.act.edu.au](mailto:michelle.predovan@mackillop.act.edu.au) from the email address you would like to receive your statement.

*Michelle Predovan, Fees Manager*

## Crafter of the Year finalist

Year 12 Art student Claire Mackey's painted guitar, 'Coloured Melody' has been chosen out of more than 600 entries as a top 10 finalist in the Better Homes and Gardens Australia 'Crafter of the Year' Competition 2016! As part of her prize, she will receive \$250 and her artwork will also be on display at the upcoming Sydney and Melbourne LIVE events in September and October. Her work is soon being sent to Sydney for the judges to make their final decision on the overall winner.

Voting has now opened for the People's Choice category. You can vote once every 24 hours through [www.bhg-crafter.com.au](http://www.bhg-crafter.com.au).

*Tamara Murdoch  
Visual Arts Coordinator*



Mackillop presents

# THE LIVING END

THE MUSICAL

Tuesday 16 August  
Wednesday 17 August  
Thursday 18 August  
Friday 19 August

At the Theatrette,  
Wanniassa Campus  
Show starts at 7pm

TICKETS ON SALE NOW  
\$15 - students  
\$20 - adults

## Musical Tickets on sale NOW!

Tickets are on sale now for the 2016 College Musical, The Living End - The Musical, which will run over four nights from Tuesday 16 August to Friday 19 August. Each show will begin at 7pm and will take place at MacKillop's Wanniassa Campus Theatrette.

Tickets are available from the front office of either campus or on the Qkr App on your smart phone at a price of \$15 for students/concession or \$20 for adults. Tickets will also be available at the door for any shows that are not sold out prior to the performance.

## ANU 2017 Extension Program

ANU offers a range of extension courses for students in Year 11 and 12. A flyer with information regarding 2017 offerings is on page 4 of this newsletter. Please contact Maria O'Donnell for further information.

*Maria O'Donnell, Assistant Principal Curriculum (Acting)*

## Student Achievement

James Daly (Year 10) is set to participate in a voyage upon the Young Endeavour from 22 August to 2 September. He will be sailing from Gove, NT to Darwin.

Stephanie Brettargh (Year 7), Oliver Holdway (Year 8), Jackson Holdway, and Sarah Purcell (both Year 10) represented the ACT and the Canberra Waterpolo Academy in the Pan Pacific Games in New Zealand. Jackson's team won gold, while Oliver's team won silver in their respective age groups.

# UNIVERSITY ADMISSION

## Schools Recommendation Scheme

The SRS is an early offer scheme for current Year 12 students seeking admission to university for 2017 as an undergraduate. The SRS uses criteria other than (and including) the ATAR to make early offers to Year 12 students.

Students wishing to access this scheme must:

**Step 1:** Access the Schools Recommendation Schemes (SRS) 2016 booklet online at the following address: <http://www.uac.edu.au/documents/srs/SRSbooklet.pdf>. Carefully read the booklet to determine your eligibility for the scheme. Please note that the SRS is not available for all universities and all courses. Specific conditions exist for all institutions.

**Step 2:** Make an online application using their UAC Personal Identification Number (PIN) at [www.uac.edu.au/srs/apply/](http://www.uac.edu.au/srs/apply/). Applications open 3 August 2016. Applications close on 30 September 2016.

**Step 3:** Complete a 'Request for Statement of Support for Schools Recommendation Scheme 2016' form available from Mrs Hannon (near the front office). The form must be completed in detail and returned to Mrs Hannon by 12 September 2016.

Once a student has made an online application, UAC invites the College to provide an online assessment of student ability in areas of study and aptitude. This is called a 'school rating'. The form completed by students ('Request for Statement of Support for Schools Recommendation Scheme 2016') provides information from which to make this assessment or school rating.

If students and parents/care givers have any questions, please contact Maria O'Donnell at [maria.odonnell@mackillop.act.edu.au](mailto:maria.odonnell@mackillop.act.edu.au).

## Educational Access Scheme

The EAS is a scheme for Year 12 UAC applicants seeking university admission who have experienced long-term educational disadvantage as a result of circumstances beyond their control or choosing. Some of the disadvantage considered include:

- Disrupted schooling
- Financial hardship
- Home environment and responsibilities
- English language difficulty
- Personal illness/disability
- Refugee status

Information about the scheme is available at <http://www.uac.edu.au/eas/>. Applications open 3 August 2016 and close for main round eligibility letters on 30 November. See the EAS booklet for more details.

Students and parents/care givers who like to discuss eligibility for this scheme can contact Maria O'Donnell or Karen Hundy: [maria.odonnell@mackillop.act.edu.au](mailto:maria.odonnell@mackillop.act.edu.au) or [karen.hundy@mackillop.act.edu.au](mailto:karen.hundy@mackillop.act.edu.au)

*Maria O'Donnell  
Assistant Principal Curriculum (Acting)*

# WANNIASSA NEWS

## Year 8 and 9 Boys Menslink Presentation

On Wednesday 27 July, Menslink gave a presentation to Year 8 and Year 9 boys. They told us how reaching out is very important when problems persist and that keeping things in can be deadly. They taught us that 1 in 4 young men suffer from mental illness but only 1 in 10 get help for it and how to approach a mate who you think is going through depression or other mental illnesses. The presenters started by talking through some of their stories and how they had suffered from mental illness and had then overcome the obstacle by speaking out. They opened up the floor to us for any questions we had about how we can help our friends or family if we think they are experiencing mental illness. At the end we were given wristbands and cards that gave us steps in seeking help and useful websites. It was great to see so many questions from Year 8 and 9 boys about various things such as how to help a mate, how to approach someone and ways to help them be happy. The presenters answered all our questions and hung around for some time afterwards to answer further questions. We are grateful to Menslink for taking the time to speak with us.

*Christopher Caruana and Noah Cairnduff*

## Year 8 and 9 Girls Pastoral Presentation

On Wednesday 27 July, Year 8 and Year 9 girls combined in the gym for a session titled, "All That I Have". The morning started with team building activities involving a hula-hoop that needed to make its way around our combined PC circles whilst we all held hands. Following this, we completed a series of activities that were based around self-confidence and relationships with our peers, teachers, family and the wider community. One of the activities we participated in was a fun 'getting to know you' task. This involved sharing 2 things about our lives based on what colour M&M's we received. Each colour represented a different part of our lives: friends, family, hobbies, school and dreams. After this, we created a "Wall of Words" made up of post-it notes with words describing the individual qualities we bring to our school community and we also wrote love letters to ourselves to take home and reflect on. We finished with a few Year 9 leaders teaching all the girls the dance to "Ain't No Mountain High Enough" by Marvin Gaye which was a fun way to end our Pastoral Program together. It was awesome to see the Year 9 and 8 girls mixing together, getting to know each other and having a bit of girly fun. There was a lot to learn from this experience!

*Alli Bruce and Juliette Bunge*



## Semester 2 Assessment Planners

Students of the Wanniasa Campus have this week spent time with Pastoral Care teachers compiling a semester assessment planner using the unit outlines uploaded to Studywiz to transfer assessment due dates onto an easy to read document.

Students are asked to email this completed planner to parents and Pastoral Care teachers so they can support them in the time management and organisation around the completion of quality assessment tasks.

If you have not received a copy of your child's individual assessment planner please speak with them about providing you with a copy.

## Year 7 Pastoral Program - resilience

On Wednesday 27 July, Year 7 Pastoral Program focused on resilience. It centred on what makes a resilient person, and how you can seek help if you're struggling to pick yourself up after a crisis or trauma. The presentation was explained with YouTube clips, writing and group discussions on resilience characteristics and how and where you can seek help. The presentation was worthwhile, giving us "What if" scenarios of resilience, and we were able to discuss ways we could support those in the scenario. Resilience is a great topic to focus on and we were presented some eye-opening information.

*Emma Downes and Makayla Bowring*

## Parentingideas

The article for parents below, "10 mindsets to improve your parenting" highlights that often there is no difference between one parent and another in terms of skills, knowledge and understanding of kids. However, the biggest difference can be found in parents' mindsets, rather than their parenting skills and understandings.

*Monica Bailey  
AP Pastoral Care, Wanniasa Campus*

# COMMUNITY NEWS

## Eagle's Baseball

The Eagles Baseball Club is holding a "Come and Try Day" on 14 August from 1.30-3pm at the Kambah No 2 Oval at Laidlaw Place. All ages. Free sausage sizzle and jumping castle. For more information, contact Tracy on 0410 048 032.

## Woden Valley Youth Choir

Do Your Children Love to Sing? Come join the Woden Valley Youth Choir! Auditions will be held on Saturday, 20 August.

If you are interested in joining this community please contact: Rachael Saint on 0417-835-130 or email russrach@live.com.au for more information.

## Lanyon Little Athletics

Lanyon Little Athletics aims to involve young people aged 5-16 in regular activity that promotes fitness, fun, and low key competition. Registrations available from 5 August at [www.actlaa.org.au](http://www.actlaa.org.au). More information at [www.lanyonlittleathletics.org.au](http://www.lanyonlittleathletics.org.au).

## Savvy Schoolwear

The College's school uniform provider, Savvy Schoolwear, is having a 20% off sale on Thursday 11 August.

## St Joseph's 60th Anniversary

Save the date for St Joseph Primary's 60th anniversary on 5-6 November. Contact [joeysis60@gmail.com](mailto:joeysis60@gmail.com) for information.

## Marymead programs

The Kids and Youth Are Kool post Separation (KAYAKS) program aims to support young people aged 4-18 within the context of their family to deal with family separation through 6-8 counselling sessions. The New Horizons program provides services for families with children and young people who are showing early signs of, or are at risk of developing mental health issues.

For referrals and enquiries, contact Stephanie Stephens on 6162 5800 or email [stephanie.stephens@marymead.org.au](mailto:stephanie.stephens@marymead.org.au)



# ANU Extension

## For year 11 students in 2017

ANU Extension is an academic program that is designed to provide an enhanced learning experience for Year 11 and 12 students. The program is open to all domestic students that will have a concurrent full-time enrolment in year 11 or 12 at an Australian secondary school in 2017. Successful completion of their studies in ANU Extension may lead to an early offer for entry to ANU that will allow them to articulate into an ANU bachelor degree program and receive credit towards this bachelor degree. ANU Extension programs contribute to the Senior Secondary Certificate and toward the calculation of their ATAR.

It is anticipated that in 2017 advanced courses will be offered in

**Chemistry, Physics, Biodiversity, Japanese, Indonesian, Chinese, Astrophysics, Specialist Mathematics, Engineering and Advanced Music.**

An Information Evening will be held

**Tuesday 6<sup>th</sup> September 2016**

ANU Campus, Manning Clark Building

Lecture Theatre 1

6.15 pm

All interested prospective students and their parents and friends are invited to attend.

For additional information please visit our website <http://extension.anu.edu.au/>

Or you can contact [helen.kaye@anu.edu.au](mailto:helen.kaye@anu.edu.au)

# Parenting *ideas*


## INSIGHTS

### Building parent-school partnerships

WORDS Michael Grose

# 10 mindsets to improve your parenting

The best intentions may not be enough to raise happy kids. Here are 10 mindsets to help you on the path to parenting success.



All parents want to be successful and raise kids to be happy and contributing members of our community. Good intentions are not enough. Often there is no difference between one parent and another in terms of skills, knowledge and understanding of kids. However, the biggest difference can be found in parents' mindsets, rather than their parenting skills and understandings. Here are 10 mindsets for parenting success:

#### 1 Believe in your child

This is easy if you have an early maturer, a child who has talents you value, or one who easily achieves anything he or she puts his mind too. But it's a different story if you have a child who struggles at school or to make friends, or just has a different interest to you. Your belief in your child's abilities is revealed through your expectations, your body language, even the expression on your face.

#### 2 Look for the best

What you focus on expands so if all you see is misbehaviour, weakness and poor performance than you'll get more of those things. Set your antennae for children's strengths, abilities and social behaviours and you'll invariably get more of those.

#### 3 Think long term

If you want your child to become independent then don't do everything for him or her; you need to teach them some skills so they can become self-sufficient.

**Awareness, teaching and opportunity** are the main requirements for kids to pick up these skills. They need to be aware of what can be done. They need to acquire the skills- some take more teaching than others. They also need the opportunity to put things into practice.

#### 4 Be brave

Parents of large families invariably give their later born children more freedom than they gave their first-born. We are always stricter with our first-born than later born as by the time you have 4 or 5 kids you've worked out what's worth worrying about. So if you are parent of one or two kids give them more freedom and responsibility; you need to be brave!

#### 5 Think family

Successful parents have found a way to lead their family in one direction. To do this you must think in terms of parenting 'the gang' rather than individual children. "What's in the best interest of my child?" has replaced "What's in the best interest of the family?" as the guiding family principle. This has partly come along as a result of small families, and partly it's a social imperative that is common among aspirational parents where wanting the best for your kids means wanting what's best for each child as an individual, rather considering what may be in the best for the entire gang.

#### 6 Accept challenges

There are always challenges raising kids. It's important to embrace these challenges whether they are behavioural, or a child has struggles at

school, or he is moving into puberty. It's these challenges that will make you a better parent.

#### 7 Build your community

Parents don't raise kids well in isolation yet there is often a reluctance to share the parenting with others. Successful parents know they haven't all the answers so they build a community of support and expertise around them.

#### 8 Trust the process

Sometimes the desire to want the very best for our child can lead us to interfere at school, pre-school, childcare, even when kids are at their grandparents. It's best to trust the process and allow people to educate, care for and look after your child in their own way.

#### 9 Adversity builds character

It's natural to want life to be easy for our children, but sometimes in an effort to ensure their well-being we smooth things over for them. It is through the small hardships that kids experience that they build the persistence and resilience necessary for continued success.

#### 10 This too shall pass

The hardest part of parenting is supporting kids when life doesn't go their way. There is plenty of research that suggests that kids benefit from having parents who have a positive parenting style that gets the balance right between protecting, teaching and nurturing kids when life gets hard. This starts with the belief that "This hardship too shall pass."

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](http://parentingideasclub.com.au). You'll be so glad you did.

