



MACKILLOP NEWSLETTER

VOLUME 14 2016, 2 SEPTEMBER

PRINCIPAL'S LETTER

Dear families, students and friends,

Mackillop Day 2016

Staff and students are once again looking forward to our annual celebration of the life of our patron, St Mary of the Cross MacKillop. This takes place on Friday 9 September, beginning with the MacKillop Day Mass at 9.30am at the Tuggeranong Basketball Stadium. We enjoy seeing past students, parents, friends, and families at our Mass and we warmly welcome you to share with us this special event in the College calendar.

Building Program

The College has had plans approved to commence a significant and overdue building program on the Isabella Plains Campus that will include brand new science facilities and six new classrooms. This will see the demountable classrooms on that campus fondly farewelled forever! Plans for the building program can be found in the News section of our website.

Building will commence, at this stage, in November and will be completed over 2017. Given that these are new buildings, rather than refurbishments, there will be no interruption to teaching and learning throughout next year.

This is an exciting development for MacKillop. Following the completion of these two projects, the College is planning to commence a Performing Arts Centre for music, dance, and drama, with a substantial theatre that will allow Performing Arts to vacate the gymnasium area and enhance the facilities for Physical Education.

There are no plans to increase the fees or to impose levies to pay for this program. Any rise in fees are planned to be kept within the usual CPI percentages.

The Blues stumble before the power of those who would fly so high!

There's been much rejoicing around the College at Essendon's glorious victory over Carlton in the final round of the AFL's home and away season. This victory was fully expected by some of us, and afforded many with a memorable end to our season. Of course, I acknowledge, that for eight teams, the season continues into the Spring, without Carlton – again! The final score, for those who missed it, was:

Essendon	15	13	103
Carlton	10	19	79

Short odds on Zach Merrett for the Brownlow?

Yours sincerely in Red and Black,

MICHAEL LEE
PRINCIPAL

PRINCIPAL'S PRAYER

Lord, may the change of season remind us of Your glory. Amen.

UPCOMING EVENTS

SEPTEMBER TUESDAY 06	• Year 12 AST
SEPTEMBER WEDNESDAY 07	• Year 12 AST • Year 11 AST Trial
SEPTEMBER FRIDAY 09	• MacKillop Day Mass and Celebrations
SEPTEMBER MONDAY 12	• Parent/Teacher Interviews (I) • Year 7 Elective Change-over
SEPTEMBER TUESDAY 13	• Parent/Teacher Interviews (W)

COLLEGE NEWS

School Fees

Fees for Term 3 should now be finalised unless paying by Direct Debit or other approved arrangement. Any outstanding fees should be paid immediately.

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 from the email address you would like to receive your statement.

If you require more information regarding Direct Debit arrangements or other approved payment methods or are experiencing difficulty paying fees, please contact the Fees Office.

Michelle Predovan, Fees Manager

Student Achievement

Zoe Strzelczykowski (Year 9) will represent the ACT at the Swimming Nationals in Darwin later this month.

Mykal Marsham (Year 8) will represent the ACT in Orienteering in Brisbane at the end of September.

Maddie Prescott (Year 10) has made the reserves for the Australian U18 Ice Hockey team, which will compete in the World Championships in Europe during the summer holidays. There are four spots left in the final squad.

And now for something a *little* different: Alison Staniforth (Year 7) competed in the 2016 Canberra Sled Dog Classic on 20-21 August. Alison ran with her Alaskan Malamute, Blaze, along a 3km trail and was the fastest malamute team in the Juniors class.



Soccer Success

On 18 August 2016, 13 boys from Years 7 and 8 represented the College at the ACT Southside Soccer Championship in Mawson. They beat Stromlo 5-0, Telopea 2-0, Chilsom 2-0, Namadgi 5-0 and drew with Orana 0-0 to reach the final of the competition where they had a great win against Melrose 1-0 to be Southside Champions.

Olivier Camus, PE

The Year 7/8 Girls were also involved in the Southside Soccer Day. The girls played six games on the day, scoring 13 goals. They showed great commitment and tremendous effort to finish top of their pool. In the final, the MacKillop team competed against St Clare's. Whilst the girls played extremely well, they lost 3-0. The three goals scored against the girls in this match were the only goals conceded by MacKillop all day. Special thanks to Mr Belcher for coaching and organisation of the day, as it was a great success.

Tealiah Haines-Willis, Sophie Dunn and Hannah Zaja, Year 11

On 26 August, boys and girls teams participated in the 9/10 Southside Soccer Day. Both teams performed well during the day, with the boys topping their pool by winning all their games except for a shock last-minute loss to Orana. The girls were top of their pool until their last game against Melrose, which they lost 2-1. This knocked them down to third and out of the competition – an unlucky result given their dominance throughout most of the day. The boys now go on to play in the ACT finals on 7 September.

Peter Johnson and Danaí Gapare



Oki High School Exchange

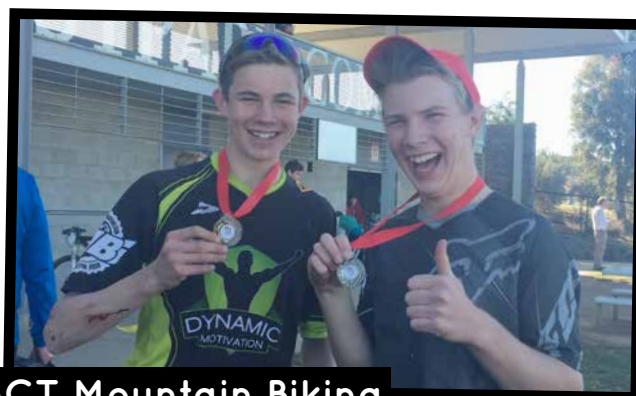
During Week 3 and 4 of this term, the College had the opportunity to host 10 students from our Japanese sister school, Oki High School. The students come from a small, isolated island in the Sea of Japan and a school of only 200 students.

During their time with us, the students were hosted by MacKillop families and enjoyed participating in Australian family life. The presence of the Japanese students in our language classes was a welcome addition, and our students enjoyed their interaction with them. The Year 10 Japanese class were able to be tour guides for the group around the Parliamentary Triangle. This was a challenge to their Japanese skills; however, all students did a wonderful job at communicating about their home town to our guests in Japanese.

Host students were also able to accompany our guests to Sydney for a day trip to experience some of the major sights in Sydney. It was exciting to listen to the students communicating in the languages they are learning and teaching each other new expressions in these languages.

I wish to thank all host families for their kind hospitality shown to the students. I hope that many more families are able to participate in these opportunities in 2017.

Andrew Mitchell, Project Officer - International Programs



ACT Mountain Biking

On Friday 26 August, students from all year groups participated in a four-hour cross country mountain bike race. The sun was shining and there was no wind making for a glorious day of bike riding. The format of the race was a relay, with riders in groups of four, one rider completing a lap at a time. The winning team was the team with the most laps completed at the end of the four hours.

MacKillop had a very strong representation with seven teams and 23 riders. All riders gave it their best all day. A big congratulations to Joseph Simpson and Jack Grieve who, despite only having two riders in their team, managed an outstanding 16 laps to miraculously come second in the College Male division.

Well done to everyone else who represented the college on the day: Aiden Battison, Will Granger, Connor MacLachlan, Dylan Blewitt, Alexander Nesbitt-Heelan, Tory Henson, Cameron Wood, Cooper Dube, Jayden Ellery, Stephan Ficovic, Casey Plater, Harry Ryan, Zak Santek, Nicolas Bencich, Jason Maatouk, Joey Mastrocinque, Diego Noveras, Jake Hansen, Dane Osborne, Ryan Badowski and Lochlan Chancellor.

Sam McCombe, PE

ISABELLA NEWS

Migrant and Refugee Week

From 22 to 28 August, the Church celebrated Migrant and Refugee Week, culminating in Migrant and Refugee Sunday Mass around the world. It is not only recognition of the diverse richness that those from other nations bring to our own, but a call for us to help those in desperate need of our support. In this the Year of Mercy, it gives us pause to consider this need even more deeply. Pope Francis reminds us: "Mercy is that love which embraces the misery of the human person".

Sometimes the concept of 'refugee' can be reduced to a headline or political argument. There has been a robust debate for many years in this country over the rights, responsibilities, safety and needs of both refugee and nation. It appears there is no easy solution given that valid points can be mounted on both sides. But between both sides of the refugee debate stands the human person. And the dignity of the human person supersedes any other position.

The personal story is a most powerful agent to raise awareness. How blessed we were at St Mary MacKillop College that Lulu Mitshabu, head of Caritas ACT, not only agreed to speak to our students at the senior campus assembly, but also agreed to spend two other mornings with Year 11 Social Justice classes to tell her story. Hers is a moving and profound story around her escape with her family from the Democratic Republic of Congo (DRC). To hear her leaves one with a mixture of deep sadness at the situation in the DRC, but also great happiness as she speaks so warmly about the opportunities that have been made for her, and the opportunities that she is now making for others through her work with Caritas.

MacKillop thanks Lulu for her time to bring the story and dignity of the human person to us during Migrant and Refugee Week. If you care to know more about Lulu's story, the work of Caritas or Migrant and Refugee Week, the links below may provide you with more information:

- <http://www.abc.net.au/local/stories/2013/03/27/3725024.htm>
- <https://www.youtube.com/watch?v=xPKOzM8JgTO>
- <http://www.caritas.org.au/>
- <http://www.acmro.catholic.org.au/>

*Jonathan Moyle
Assistant Principal Faith Leadership*

"Dusted Off"

On Wednesday 17 August, Mr Johnson's Year 10 History class and a few Year 10 Defence Students went to see Brett Hunt perform Dusted Off at the Australian War Memorial. The students really enjoyed the moving performance about the Vietnam War and the climate of social climate of post-war Australia. The students then spent some time walking along ANZAC Parade in Reid looking at the different memorials. They came back to the College inspired by the stories they heard and memorials they saw.

Peter Johnson and Millicent Henry



Artist in residence at MacKillop

MacKillop currently has its very own artist in residence!

Edwin Ride has his own studio space in the Visual Arts Block on the senior campus where he is developing a body of work utilising photography and jewellery making techniques. The artist will be at our College every Monday and Tuesday for ten weeks working on his own art making, giving presentations, engaging in discussions about his art making practice and demonstrating various photography and/or jewelry making methods. Every Tuesday lunch time, the Art Block will be open for any students to visit the artist and watch him working in his studio.

The aim of the program is to give young people and the MacKillop community the opportunity to observe a practising artist working and to learn more about the creative thinking process, as well as increasing awareness of the role of artists in the community and the work they do. It is a trial program this year which we will evaluate and hopefully develop into a regular component of the Visual Arts learning experience at MacKillop.

Tamara Murdoch, Visual Art Coordinator



Year 10 Debating

On Friday 26 August, four Year 10 students - Harleen Kaur, Aisling Kinsella, Ruben Mayenco and Dominic Strmota - attended the ACT Legislative Assembly to take part in a parliamentary debating competition against other schools from around Canberra.

The students debated on topics such as the housing market, the education system and kangaroo culling. They debated with sophistication and passion and won their debate on greyhound racing in the ACT. The students are congratulated on their success. Well done team!

Danielle Logue, English

ANU 2017 Extension Program

ANU offers a range of extension courses for students in Years 11 and 12. There is an information evening for this extension program on Tuesday 6 September 2016 from 6.15pm. This will take place at the ANU Campus, Manning Clark Building, Lecture Theatre 1. The session is for students (and their parents) commencing Year 11 in 2017.

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

WANNIASSA NEWS

Status Awards

Congratulations to the following students who have this week been presented Status Awards at the Wanniasa Campus Assembly:

Bronze Status: Aidan Taylor 7E1, Sarah Minchin 7AF, Steven McGowan 7F1, Daniel Delahunty 7F3, Tyla Hardy 7A2, Charlotte Coghlan 8AF, Jayaharsha Divi 7F1, Toby Mayne 7F1, Isabella Wood 7F3, Amelie Gold 7AF, Genevieve Taylor 7E3, Alyssa Hamilton 7F2, Katherine Boulton 7W1, Edward Copland 7W2, Isabella Terracini 7W2, Cameron McDonald 7W1, Emma Smith 8F2, Mia Cachia 7W1, Brianna Gray 7E3, Abigail McIntyre 7A1.

Parentingideas

The article below "Just say NO to sexting" provides parents with an understanding of sexting, why some students engage in this behavior as well as support parents can provide their children before an issue arises.

The recent well publicised social media issue is a timely reminder of the importance of staying safe online. To be safe we must be well informed to protect ourselves and others. The "Just say NO to sexting" article rightly addresses an individual's release of control when sending or posting material online. Our students are often reminded that once an image is posted it is no longer the property of the person and free for distribution. Commonly, images are shared with trust but this can easily be exploited as the sender unwittingly relinquishes this control. It is important that our teens are well informed and look beyond the present moment in both their actions and words. The other side of this issue is the lack of respect for others demonstrated through the sharing of this trusted material and education around this is equally important. If a student feels that their trust has been breached, support is available from the College.

Office of the eSafety Commissioner

The Office of the eSafety Commissioner will hold a presentation at St Clare's College on Monday 24th October from 5:30-7:30pm supporting parents keeping their children safe on line. It will include information on reporting cyber bullying as well as support around removing serious cyber bullying material. All families of the ACT are welcome. To register, visit <https://stcc.act.edu.au/esafety-presentation-attendance-registration/>

CatholicCare Support

CatholicCare Canberra and Goulburn offer support for families and individuals of the area to manage the struggles of everyday life through a variety of support services including the counsellors at the school. They have also provided details regarding an upcoming parenting program designed to support families of adolescent children:

The Resourceful Adolescent Program for Parents (RAP-P) is a program for parents and carers of students in Years 5-12. RAP-P will help you:

- Help your teenager to develop a healthy self-esteem
- Help your teenager gain independence while still feeling safe and part of the family
- Manage your stress so you can do your best job as a parent
- Prevent and manage conflict with your teenager
- Promote harmony in your family

The course is offered three-hours per week over a three-week period.

Dates and Time: 7, 14, 21 September, 6-9pm

Venue: 57 Hicks Street, Red Hill

Fee: \$80 (concessions available), covers light supper and course materials

Bookings essential: 6162 6100

*Monica Bailey
AP Pastoral Care, Wanniasa Campus*

COMMUNITY NEWS

Marymead NDIS Planning

Does your child have an NDIS plan? Do you need assistance connecting to services and implementing their plan? Did you know that Marymead is an NDIS registered provider and can provide support with the following:

- Pre and Post NDIS Planning
- Coordination of Services/Supports
- Funds Management
- Transition Planning
- Short Term Accommodation (Respite)
- Vacation Care

Please contact Jody or Hayley via jody.sliwka@marymead.org.au, hayley.mcclellan@marymead.org.au, or on 6162 5800.

Canberra City Band

Check out the Canberra City Band as they spend "A Day on the Lawn" at Floriade! Hear all CCB Music Ensembles on 18 September between 10am-3pm.

Tuggeranong Valley Cricket Club

A come and try day will take place at the TVCC Clubhouse, Chisholm, on Saturday 3 September from 11.30am-3pm. There will be cricket coaching sessions conducted by senior players and a barbecue will be running. Registration is via www.playcricket.com.au - type in 'Tuggeranong' and select 'Juniors'. For information, contact Trish Coughlan on 62319527 or visit www.tvccjuniors.act.cricket.com.au.

Canberra School of Tennis

The CSOT Spring Holiday Camps take place these holidays! Camps include professional coaching, fruit and drinks during breaks, and all equipment provided. For more information, visit www.csot.com.au.

Spring AFL Umpire Registrations

Interested in Umpiring AFL 9s Competitions? You can earn \$25 per game (accredited) over 10 weeks starting in October. Games are at Dickson and Phillip Ovals. To find out how to register, contact Cameron on 6214 2301 or cameron.black@aflnswact.com.au.

Active Rides

Discover various ways of riding, maintaining and having fun on your bike. Each week we will focus on trying different riding techniques: Bike safety skills, BMX, Bike Polo, MTBing, and Basic bike mechanics. The Active Rides program takes place once a week for six weekday afternoons for boys and girls at three locations across Canberra: Stromlo Forest Park, Lake Tuggeranong College, Campbell High School. Bring your own bike and helmet, spaces are limited. It starts the week of Monday 17 October 2016. To register or for more information visit: pedalpower.org.au

Woden Valley Youth Choir

The Woden Valley Youth Choir invites you to its Annual Concert on Saturday 17 September from 7.30pm at Tim Murray Theatre, Canberra Grammar School. Ticketing: <https://www.trybooking.com/MLTI>



Building parent-school partnerships

WORDS Catherine Gerhardt

Just say NO to 'sexting'

We have all done something that we later regretted. I am sure we can all think of a time when we have done something that, in hindsight, we realised was not a great idea. What has changed is the speed with which these things can spread, and the size of the audience that can see it. The digital world brings with it a new set of challenges.

Parents are panicking about teens' sexting and it can be a hard topic to navigate. It is important to get a good understanding of how and why sexting can be problematic. The more knowledge we have, the better decisions we are going to be able to make for ourselves and to educate our children. Start those difficult conversations today; it may be difficult, but it is far easier than dealing with the worst case scenario after it happens.

What is sexting?

"Sexting" is the term used to describe the sharing of intimate images or video with another person. Very often it occurs between couples, people who are dating, but it can also happen between friends or groups. Australian teens, boys and girls, are sending and receiving sexually suggestive nude or nearly nude pictures

and videos. According to a recent ACMA report 13% of 16-17-year-olds said they or a friend sent photos or videos to someone else, while 18% of 16-17-year-olds said they or a friend had received photos or videos of someone else. So we can say, based on real data, that no matter how it might feel, it's just not the case that everyone is doing it; however, those statistics feel very high if your child happens to be in the catchment area of those statistics.

Why young people sext

There are a number of reasons why young people may find themselves involved in this behaviour. More and more, sexting is used as a sign of collateral for trust within a relationship. Consider it like the new modern version of truth or dare, and as a way to get to know each other better. We do know that as teens progress through high school they can feel more and more pressure to engage in this behaviour. For girls, it is often the pressure around not being seen as a 'prude', or even the expectation to look or act like their friends do. For guys, it's often pressure from peers around humour and just having a joke, to feeling the pressure to have girls send

photos to prove to friends that girls are throwing themselves at them.

I'll show you mine if you show me yours

There is a really ugly double standard when it comes to sharing naked pictures, and the consequences for girls far outweigh the consequences for boys. In reality, it is not an even playing field: if you're the kind of girl who sexts, you're often seen as 'easy', 'slutty', the kind of girl who 'puts out'; girls often incur a great deal of judgement. More troublingly yet, boys are less likely to be held responsible for their actions. Boys demanding sexually explicit photographs of girls can walk away from their responsibility and actions without comment; often with the attitude that 'boys are just being boys'.

Just say "NO!"

This seems like a no-brainer. If someone pressures you for a sext 'just say no!' After all, when you say no and you stick to your no, then you will always have control.

more on page 2 >>



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.





... Just say NO to 'sexting' ...

When someone is trying to talk you out of your no, then they are trying to control you and the situation. Even if you make an exception once, for that one person, who you think you truly trust – once you press send that picture is out of their control forever. People who have trouble saying no, often find themselves saying yes. The media tends to normalise sexting behaviour and minimise the consequences, but the reality is that the aftermath is far from normal or desirable.

Teenage choices

Experimentation and risk taking is a normal part of adolescent behaviour, this is how young people develop their identity and discover who they are. There are often a lot of emotions and hormones attached to risk taking behaviours like sexting. The choices teens make often have more to do with the situation or mood they are in than following the rules. They all know the rules, but they don't follow them. Making a decision based on emotion does not allow them to think things through clearly. They are capable of making good decisions, but don't always do so.

It is about consent

Poor choices and mistakes will be made, especially in spur of the moment decision making. Most sexting is deliberate, meaning that the person who sent it means for it to be sent; a deliberate effort is made to send it to the person they want to see it. There are plenty of risks with deliberate sexting. However, sometimes it isn't deliberate,

pictures and videos can be captured, saved and distributed without an individual's knowledge or consent. When sexts happen accidentally, the larger consequences and privacy issues really come to the surface.

Places to go for help

Using humour and a lighthearted response can work. Many apps have been created to do such a thing. Check out apps such as Send this Instead and Zipit. Apps like these are free and give kids an alternative strategy to deal with it if asked to send an inappropriate image.

If an image has already been sent then finding a trusted person to support is crucial – an older sibling, a family member, a teacher or a coach.

Organisations like Kids Help Line and Headspace are also available to support youth in this area. The first step of asking for help is a difficult one; real friends and professionals trying to help can only do so when they know all the facts.

We all need to remember that making mistakes is a normal part of growing up, and the teen years is when a lot of these happen. These incidents become learning experiences for future years. Anything that happens on the world wide web means the potential for a huge audience. When we are online, WWW, the Whole World is Watching.

Catherine Gerhardt

TOP TIPS FOR PARENTS

- 1 **REMINDE** your child that everyone needs to say no sometimes, even to the people they care about.
- 2 **EDUCATE** your child to understand that when someone accepts their refusal without question, they show them respect.
- 3 Take advantage of **TEACHABLE MOMENTS**; it may be difficult to start that conversation today but it is far easier than dealing with the worst case scenario after it happens.
- 4 Remind your child that anything shared online means WWW – the **WHOLE WORLD IS WATCHING**.
- 5 Set **HIGH EXPECTATIONS** around your child's digital presence; managing their image is paramount. A private self is a valued asset.
- 6 **HELP** them to "Know their NO".



Catherine Gerhardt, Director of *Classroom Connections*, is a dedicated advocate of critical thinking skills in children and young people. As a parent of school aged children she understands the commitments and challenges parents face ensuring they provide the right information to young people in a way that empowers them to develop their personal and social capabilities. Catherine is a certified training provider through the Office of the Children's eSafety Commissioner. www.classroomconnections.com.au



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.

