



MACKILLOP NEWSLETTER

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PRINCIPAL'S LETTER

Dear families, students and friends,

Mackillop Day Mass and Celebrations

Congratulations to Mr Jonathan Moyle and Mr Ben Bowman and all of the staff and students (and there were many) who worked to ensure a tremendous Mass featured in our MacKillop Day celebrations. The reverence of the students, the range of guests, and the quality of the music made for a faith-filled experience for the College. Eucharist is the summit of our faith and it is rare that a school like ours can have its entire community present. This was one of those occasions.

After Mass, the staff and students provided a varied and entertaining day on the senior campus for the whole school to enjoy. Although the weather had a touch of Melbourne about it, the spirit of cooperation and good will amongst the students and the creative energy of the teachers made for a memorable day anyway. Thank you to everybody.

A Cappella Choir - National finals in Melbourne

Congratulations to our A Cappella Choir which competed in the Australian A Cappella Championship Finals at RMIT in Melbourne last night. This choir, under the direction of Mrs Kim Maloney, regularly sings its way into the hearts of our community and did so again in Melbourne, finishing the Semi-Final in second place for the "People's Choice" Award. Whilst they did not win the competition, their qualification for the Grand Final is indeed worthy of much celebration and praise. Congratulations to Mrs Maloney and the students for their achievements!

Principal on Leave until 19 October

It is some time since I have taken leave from the school and have been granted study leave from Wednesday 21 September until 19 October. I will be visiting Bishop Ireton Catholic High School in Alexandria, Virginia (within the Washington, DC area), along with some specialist public schools in Washington, DC. The purpose of my visit will be to explore issues around Catholic Identity and curriculum assessment and reporting. For the last three days of my time in Washington, I will be able to join the Science Tour and spend some time with them. The balance of the trip will be spent at the Franklin D Roosevelt Presidential Library in Hyde Park, New York, and in Montreal.

I am pleased to advise that Mr Lachlan McNicol will be Acting Principal in my absence. I will be in regular communication with Mr McNicol, particularly around issues of staffing.

As this is the last newsletter for Term 3, I would like to wish the MacKillop community a safe holiday and thank the school for the progress that we have all enjoyed over the winter.

The mighty Blues vs those who would fly so high!

Thank you to the several Carlton supporters who have responded to the last newsletter - most of them quite graciously. I think we can all be pleased to learn that the presence of a number of Carlton supporters in the MacKillop community is yet another example of MacKillop being a Catholic school for all! Go Giants (sort of)!

Yours sincerely in St Mary MacKillop,

MICHAEL LEE
PRINCIPAL

PRINCIPAL'S PRAYER

Lord, we give thanks for the life and legacy of St Mary of the Cross MacKillop. We pray that she helps lead us to You. Amen.

UPCOMING EVENTS

SEPTEMBER FRIDAY 16	• Spring Zing
SEPTEMBER MONDAY 19	• Senior Leadership Speeches
SEPTEMBER FRIDAY 23	• Last day of Term 3
OCTOBER MONDAY 10	• Term 4 begins
OCTOBER TUESDAY 11	• AST Second Sitting

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, 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 the fees please contact the Fees Office.

Michelle Predovan, Fees Manager

Student Achievement

Mitchell Schmidt (Year 7) is one of 35 students chosen to participate in the inaugural YMCA Canberra Space Camp during the school holidays (30 Sept-3 Oct). Mitchell won a scholarship to attend this camp, which will include Robotics, an excursion to the Excited Particles exhibition at Questacon, and experiences at the Deep Space Observatory.

Congratulations to Kyle Venis-McQuade (Year 10) who won the "Best in School Award" for the Australian Mathematics Competition. The competition was held on 28 July and MacKillop had 98 students enter with Kyle taking out the prize for the student who achieves the top standardised score across each of the three divisions. Kyle's result earned him a distinction for the competition.

Congratulations to the many students who have managed to win grand finals with their club teams - there are too many to name, but you know who you are!

Reporting Review

We are currently holding a review into how we report on student achievement at MacKillop. If you would like to be part of a parent focus group into reporting, please contact Clare Fletcher by email: clare.fletcher@mackillop.act.edu.au. The focus group will be Wednesday 12 October 6:00-7:00pm in the Wanniasa IRC.

Clare Fletcher, Assistant Principal Curriculum (Acting)



Science News

National Science Week, held from the 13-21 August, is an annual celebration of Science in Australia. The Isabella Science Department celebrated with a number of different activities - science trivia, dry ice experiments, science movies and games. Harleen Kaur and Aaron O'Leary also performed a science show for students, parents and staff from Saint Clare of Assisi Primary School. The students were given the opportunity to extract DNA from strawberries, make slime, colourful milk and elephant toothpaste. The show was engaging and very well-received by the students. Congratulations Harleen and Aaron.

On Thursday 21 July, 37 Chemistry students sat the Australian National Chemistry Quiz. Students at MacKillop received 1 High Distinction Excellence, 1 High Distinction, 5 Distinction and 6 Credit awards. Congratulations to Ryan Walls who received an Award of Excellence for outstanding performance and places him in the top 1% of Chemistry students nationally.

Kate Goolagong, Science Coordinator (Isabella)



INSPIRE Art Competition Winners

Overall Winner (Senior Campus): Joseph Simpson
 Overall Winner (Junior Campus): Vy Hoang
 Sculpture Award: Malcolm Fortaleza

Year 11/12 1st Place: Elsa Huber
 Year 11/12 2nd Place: Monique Norton
 Year 11/12 Highly Commended: Larissa Bascunan

Year 9/10 1st Place: Jordyn Maher
 Year 9/10 2nd Place: Tom Opie
 Year 9/10 Highly Commended: Erin Trevillion

Year 7/8 1st Place: Ysis de Gans
 Year 7/8 2nd Place: Sam Meffert
 Year 7/8 Highly Commended: Lachlan Geerdink
 Year 7/8 Highly Commended: Alicia Hurst

People's Choice: Riley Shield

A selection of artworks are on exhibition at the Tuggeranong Arts Centre until 24 September. An exhibition celebration event will take place at the Arts Centre on Thursday 22 September from 6pm.

Tamara Murdoch, Visual Arts Coordinator



AFL Umpire Training

This year St Mary MacKillop College collaborated with NSW/ACT AFL Umpiring to offer students at the College the opportunity to undertake training in umpiring and then progress to officiating matches around the Canberra Region. Students who took part had the opportunity to work with very experienced and high profile AFL Umpires while learning what it takes to be the best.

Students including Anthony Marando, Jackson Keen, Renee Hayter, Ethan Bates and James McIntyre have received extremely positive praise from players, spectators and NSW/ACT AFL Officials, which is great for each of the students.

Of special mention is James McIntyre who was nominated for and won the Best First Year Junior Field Umpire for the ACT Region. This is a tremendous achievement and great recognition for James.

Students through this program have developed their communication and decision making skills as well as learning how to build resilience, all while keeping fit and earning some money for their work.

The College will continue to work with the AFL and are currently looking to again deliver this opportunity to students in 2017. Prior to this though is the opportunity to learn how to be an AFL9's (the non-contact modified game) Umpire. Interested students can email cameron.black@afl.com.au for more information.

Nathan Wood, Sports Facilitator

COLLEGE NEWS

Careers Information

MBA APPRENTICESHIPS

Master Builders Group Training is now recruiting full time apprentices for 2017. This year, they are particularly looking for those who are interested in the following trades:

- Carpentry
- Plumbing
- Civil Construction

Applications for these positions close 28 October 2016. MBA asks that each applicant submits a completed application form, attached to a current copy of their resume, a covering letter, and any supporting documentation. Information and application forms can be found at www.mba.org.au/employment/apprenticeships.

UNSW CANBERRA AT ADFA UNDERGRADUATE PROGRAMS

Specialised undergraduate engineering programs in Aeronautical, Civil, Electrical and Mechanical are now available to non-defence students at UNSW Canberra at ADFA. If you would like information, email studyunswcanberra@adfa.edu.au.

Karen Hundy, Careers and VET Coordinator



Alzheimer's Australia Breakfast

On Friday 2 September, Mr Johnson and Mrs Henry took six Year 11 and 12 students to attend the Alzheimer's Australia ACT Business Breakfast.

We had a delicious country breakfast and listened to guest speaker Hon Dr Brendan Nelson discuss the importance of Alzheimer and Dementia awareness across all ages throughout Australia. Dr Nelson, as Director of the Australian War Memorial, made particular reference to the impact of Post-Traumatic Stress Disorder (PTSD) on the mental health of Defence personnel. We also listened to the Royal Australian Army Band and were able to meet fellow students from other Colleges.

It was great morning to bring attention to an important cause. Clair Schofield, Nikala Speed, Hugh Magri-Bull, Manning Copeland, Enya Cafarelli and Nicola Pearce represented the College very well.

Peter Johnson and Millicent Henry, SOSE

INTERNET SAFETY

Information from the AFP

Following the recent reports of the website hosting explicit images of young women, as advised by Mr Lee in his letter to parents on August 17, Commander Lisa Gale, Manger of Victim Based Crime AFP, has written to us with the following advice that may be of use to students who are concerned they may be named or have images posted on inappropriate websites.

1. Google your name to check what else might be out there.
2. Keep evidence of inappropriate images of abuse by taking screenshots and noting the web addresses of the content. You can also use another device to take photos of the content.
3. Contact all websites it is hosted on and ask them to delete it. (If a student had registered with the website in question, they are able to login using their account details, and directly remove any images they have posted of themselves, or others. Students who have uploaded images will have these details)
4. Contact the person who has shared the photo or video and ask them to remove it and delete all copies.
5. Google can stop specific revenge porn pages appearing in Google search results. (This will only help with Google searches. The videos and photos will still be searchable using other search engines such as Yahoo.)
6. Make sure webcams are covered when not in use, and make sure social media profile and the apps you use are set to 'private'.

Commander Gale advises that offensive and illegal content can also be reported to the Office of the Children's eSafety Commissioner, who can investigate and take action on content that is likely to be prohibited under law. She adds "Many children and young people are unaware of the legal and ethical consequences of sexting. Under Commonwealth law, an image of someone under the age of 18 in which they are naked, in a sexualised pose, or engaged in a sexual act may constitute child pornography. The taking, sending and receiving of these images may be offences carrying a maximum penalty of 15 years' imprisonment, even if it is an image of them."

I trust this information is of use to you. For more information, visit thinkuknow.org.au.

Paul O'Callaghan, Campus Head

Office of the eSafety Commissioner

The Office of the eSafety Commissioner will hold a presentation at St Clare's College on Monday 24 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/>

WANNIASSA NEWS

Summer Uniform

A reminder that from the beginning of Term 4 all students are to be wearing the summer uniform.

- For boys this means that tailored mid-grey school shorts are an option in addition to the trousers. Grey or black socks may be worn with the trousers, however if shorts are worn the socks must be grey.
- Girls may wear the teal check summer dress with plain short white socks, or the tailored navy slacks with MacKillop monogram and a white over-blouse with MacKillop monogram.
- Any holiday 'variations' such as facial piercings or fashionable extremes to hair such as colours or styles should be rectified before returning to school for the new term.
- School shoes are to be traditional, lace up, black and polishable

More detailed information is available in the Student Diary, on the College website and on StudyWiz.

If there are circumstances that prevent students from wearing the correct uniform, they are required to bring a signed note from their parents to explain the situation. They need to present this to their Pastoral Care Coordinator during PC time each morning to obtain a uniform pass.

Attention Year 7 Parents

The following vaccines will be offered free as part of the ACT School Immunisation Program in Term 4 on 10 and 11 November:

- Human Papillomavirus (HPV) Dose 3
- Varicella (chickenpox)

If your child missed a vaccine during the year you will receive a letter in the post with information on catching up through the GP. Varicella is recommended for all students who have not had the vaccine, including those that have previously had the disease.

More information is available at:

<http://www.health.act.gov.au/our-services/immunisation/high-school-immunisation-program>



Battle for Australia Ceremony

On Wednesday the 7th of September three Year 9 students, Charlette, Connor and Georgia represented the College at the Battle for Australia Commemoration Ceremony. Veterans, Members of Parliament and several Canberra and NSW schools attended the ceremony. During the service all students laid a sprig of wattle on a wreath to pay tribute to the ANZAC men and women who served in World War Two. It was a moving ceremony and offered another opportunity for our Defence students to build relationships within the Defence community.

Millicent Henry, Defence Transition Mentor

Library and Homework Club

As advised through Student Messages, the Wanniasa Library will be closed after school from Friday 16 September to Friday 23 September. There will be no Homework Club in Week 10.

Parentingideas

The article, "What bullying isn't, and what to do when it happens," provides parents with an understanding of how bullying differs from other forms of negative behavior and practical ways to support and empower their children to move through this challenging time. As highlighted in the article it is important to engage the assistance of the College, through the Pastoral Coordinators, in a team approach. The College does not condone bullying behavior and want to work with students and families to provide a safe learning environment for all students.

*Monica Bailey
AP Pastoral Care, Wanniasa Campus*

COMMUNITY NEWS

Corpus Christi Stole Archive

At Corpus Christi Parish, each child who celebrates First Reconciliation, First Eucharist and/or Confirmation within our Parish creates a sacramental stole which is worn at the celebration of the sacrament. These stoles are kept by the Sacramental Co-Ordinator after each sacrament, until Confirmation when they are sent home with the child.

Occasionally, and for various reasons, children do not celebrate Confirmation at our Parish and therefore, do not take their stole home. This has resulted in a large number of stoles in the stole archive. If you believe a member of your family has a stole in the archive please contact me on the email below before 31 October 2016, after which date all uncollected stoles in the archive will be destroyed.

If you know of another family who this may be relevant to, please contact them with this information. Further details are available on the Corpus Christi Parish website: www.ccp parish.org.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.

Tuggeranong Lions GIRLS AFL

The Tuggeranong Lions are looking for players for their girls Australian Rules teams. The six week season kicks off on 19 October. Contact Sean on 0437 470 582 for information. A registration day will also be held at Namadgi School, Kambah on Saturday 24 September between 1-2pm.

Monaro Panthers Football

Monaro Panthers are holding trials for their Women's Premier League Program (U11-Open) on Tuesdays and Thursdays from 18 October to 10 November at Wright Park Upper, Queanbeyan. Register for trials at bit.ly/MPWPLTrials2017 by 17 October.

Monaro also has a Summer Sixes program on Wednesday night and a Monday Night Football Clinic. Visit <http://monaropanthers.com.au> for more information.

Woden Thunder Athletics Club

Come and join a new athletics club for athletes aged 12 and up! Open to all athletes, regardless of ability. Home ground and FREE training at Woden Park Athletics Centre. Affiliated with Athletics ACT and partnered with Woden Little Athletics Club. Join now! Call 0407008605 or email wodenathleticsclub@gmail.com

ACT Schools Road Cycling

Come and experience the excitement of road racing in a safe and friendly environment. Race against your mates and represent your school! Any bike can be used - Road, Mountain, or BMX.

Wednesday 26 Oct, 11:30-3:30 at Stromlo Forest Park Criterium Course. Visit act.cycling.org.au for information.

Lanyon Little Athletics

A "Come 'n' Try Day" takes place on Saturday 8 October at Banks Oval from 9-11am. Registrations for Lanyon Little Athletics are also available through the website: www.actlaa.org.au.

INSIGHTS

by Michael Grose – No. 1 parenting educator



What bullying isn't, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.



Bullying is a word that's wrapped in emotion. For many people bullying is associated with **bad childhood memories**. It's been estimated that around 40% of people have experienced some type of bullying in the past.

Bullying is an insidious behaviour that transgresses children's natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including, physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyberbullying now means that kids can't escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the *selective, uninvited, repetitive oppression* of one person by another person or group.

If you think your child is being bullied then handle with care as children often don't want to admit that they are on the receiving end of bullying.

Some kids keep it close to their chests so it helps to be on the lookout for **warning signs** such as: items being stolen, changing the route to school and withdrawal from usual activities.

If your child is being bullied:

1. Listen to their story: Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn't constitute bullying.

2. Deal with their feelings: A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to 'think' language) and feel. It's normal to feel sad, scared or just plain confused.

3. Get the facts: Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

4. Give them coping skills: With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

5. Get the school involved: Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your schools' anti-bullying procedures and programs, and be willing to work within these guidelines.

6. Help build your child's support networks: Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

7. Build their self-confidence: Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It's worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.