



MACKILLOP NEWSLETTER

VOLUME 18 2016, 11 NOVEMBER

PRINCIPAL'S LETTER

Dear families, students and friends,

The Class of 2016 - saying goodbye

Year 12's Farewell Assembly will occur on Tuesday morning following a breakfast with their teachers. This will be their last day before exams. Over the last ten years, this day has been one with an accent on gratitude, dignified farewell, hope, and fond wishes. The days of "mucking up" and disruption are well past us now. Year 10 and Year 11 have their day to look forward to and are encouraged to find Year 12 students that they know and to farewell them at the assembly and in their own way privately.

The Graduation Mass will be at Holy Family Church, Gowrie at 10am on Friday 2 December, where senior awards will also be presented. The Graduation Formal and Presentation will be that evening at the Australian Institute of Sport.

I would like to take this opportunity to express my gratitude to Year 12 for the manifold contribution they have made to the school, for most of them over the past six years. Their substance and character, the quality of the relationships they have built with each other, with their teachers, and indeed with myself, have been rich, life giving, and I'm sure, enduring.

ISART Exhibition Opening

Thank you and congratulations to Visual Arts Coordinator Tamara Murdoch and the staff and students who were involved in ISART 2016. The exhibition opened last night at the Isabella Campus' Phoenix Gallery and featured fashion, music, food, film, and art. The large crowd was impressed with the imagination, quality, and variety of student talent that was showcased on the evening.

Remembrance Day 2016

At 11am today, the College paused and reflected on the lives of those who served and died in our country's uniform during World War I and indeed in all conflicts and peacekeeping missions over our history. All staff adorned their attire with a poppy, the traditional way of remembering in the English-speaking world. The two College Captains for 2017, Sam McDonough and Grace Bowyer, joined me at the service at the War Memorial. Lest we forget.

Yours sincerely in St Mary MacKillop,

MICHAEL LEE
PRINCIPAL

PRINCIPAL'S PRAYER

Lord we pray for Year 12 as they face their last few days as high school students. We give thanks for their growth and change from girls and boys to women and men as they have moved through our school. Amen.

UPCOMING EVENTS

NOVEMBER
TUESDAY

15

- Year 12 Farewell Assembly

NOVEMBER
WEDNESDAY

16

- Senior Exams commence
- Year 7-9 SRC elections

NOVEMBER
TUESDAY

29

- Year 10 Semester 2 Awards Assembly

NOVEMBER
WEDNESDAY

30

- Year 10 Community Day
- Year 10 last day of school

DECEMBER
FRIDAY

02

- Graduation Mass
- Graduation Formal

COLLEGE NEWS

Career Starter Success

Three students from St Mary MacKillop College have been appointed to the Department of Finance Career Starter Program. From a field of hundreds of applicants, Elizabeth Batten, Angela Sullivan and Riley Devoy successfully navigated a rigorous recruitment process to become 3 of only 17 young people appointed for 2017. Providing candidates with the opportunity to work in a variety of areas within the Department, the program is designed to assist school leavers to find their passion in a supportive environment. Career Starters are provided with extensive training and mentoring, as well as being given the opportunity to undertake tertiary study. With the Department of Finance being central to the government's agenda, the Career Starter Program is highly regarded within the community. These appointments stand as a great achievement for these young women and a compliment to their school.

Michael Batten, SOSE Coordinator (Isabella)

GRIP Leadership Conference

In October the College's 2017 Student Leaders attended the GRIP Leadership Conference at the AIS. The theme for the Conference was "responsibility". Together with student leaders from other ACT Colleges, the students from St Mary MacKillop College attended presentations, and participated in leadership activities and discussions.

Peter Johnson, SRC Facilitator

NAIDOC Poster Competition

Aboriginal and Torres Strait Islander artists are encouraged to start working on their entry for the 2017 National NAIDOC Poster Competition. Entries must reflect the 2017 National NAIDOC theme, *Our Languages Matter*.

The NAIDOC Poster competition is open to all Aboriginal or Torres Strait Islander peoples who are aged 13 years and older.

The winning artwork will be used to create the 2017 National NAIDOC Poster which will promote NAIDOC Week 2017 around the country. The winning entry also attracts a \$5000 cash prize and is a wonderful opportunity for artists to be recognised Australia wide for their artwork. Visit www.naidoc.org.au for details. Entries close Monday 20 March 2017.

Tamara Murdoch, Visual Arts Coordinator

AFL Umpiring Program

This year, the AFL launched an Umpiring Program at MacKillop. A total of 12 students undertook the program and moved into the AFL Canberra competitions as paid umpires. There is now a strong push to grow female participation in umpiring.

This is a unique and exciting time in the game where the AFL is looking to invest in and develop local female umpiring talent who can officiate on the national women's stage. At MacKillop, the aim in 2017 will be to run Canberra's first Female Umpiring Academy that will focus on developing talented umpires who can transition into the elite umpiring pathway to the AFL Women's competition.

If you are interested in being a part of the Female Umpire Academy or commencing umpiring in 2017 please speak to Mr Nathan Wood or contact Cameron Black, the Umpire Development Coordinator, at cameron.black@afl.com.au.



2016 ADF Long Tan Awards

The Australian Defence Force (ADF) Long Tan Youth Leadership and Teamwork Awards recognise students who demonstrate leadership and teamwork within both the school and the broader community, and who display strong values, such as doing one's best, respect for others and "mateship". The award recognises some of Australia's best young leaders. The awards program supports the funding of two award recipients each year from participating schools, one from Year 10 and one from Year 12. Long Tan award recipients are selected using the ADF selection criteria, which encapsulate the behaviours and attributes expected of its leaders by the ADF and Australian society. The St Mary MacKillop College Long Tan Award recipients for 2016 were presented at the final regular Isabella Campus Assembly for the year by Captain Scott Owens to Amber Brophy in Year 10 and Leanne Golding in Year 12.

Lachlan McNicol, Campus Head (Isabella)

School Fees

Fees for Term 4 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 send an email to me at 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



Boys Dance Crew

The boys dance crew is a new initiative in 2016 that provides hip hop dance lessons for boys. The program challenges a common stereotype that boys don't dance as much as girls in schools and it facilitates an opportunity for boys to get involved. 19 boys have taken up the opportunity led by ex-student Tim Walshe. Each Tuesday morning they work on technique and learning routines for performances. So far they have performed at Dancefest and they are working towards a performance at assembly.

Bella van Doorn, Performing Arts

WANNIASSA NEWS

Homework Club

Homework Club on the Wanniassa Campus will finish for the year at the end of Week 6. It will resume in Week 2 Term 1 2017. Thank you to everyone who attended this year we hope it was beneficial to your studies.

Campus Captain Election

Congratulations to the Year 8 students who stood for the position of 2017 Campus Captain. The election process demonstrated the depth of talent and leadership capacity of the cohort and we congratulate Maddison Coles and Darcy Kinsella on their success in gaining these important positions in the College for 2017.

The coming fortnight will start the focus on elections for the Year 8 and 10 SRC positions for 2017 as well as the Wanniassa House Captain roles. Best of luck goes out to all students who have put their names forward in this election process. Elections for these positions will take place on 17 November and announced at the Week 7 Wanniassa Campus Assembly on 24 November.

Status Awards

Congratulations to the following students who have this week been presented Status Awards at the Wanniassa Campus Assembly:
Bronze Status - Xavier Egan (7A2), Aakriti Mehra (7A2), Emily Stirzaker (7AF), Samuel Svager (8E3), Millie Raymond (7W1), Fallon Neill (7W1), Jacob Downes (7W1), Mikayla Boots (7W3), Cameron Moore (7W3).

Silver Status - Dylan Hair (7A2), Joseph Kiraly (7E1), Noelle-Alexis Bowles (8E3), Caitlyn Williams (8EW), Julia Del Bianco (8EW), Emily Croft-Sharp (8EW), Kate Caruana (9W1), Chris Caruana (9W1), Sophie Riley (9W3).



Year 7 Guest Speaker

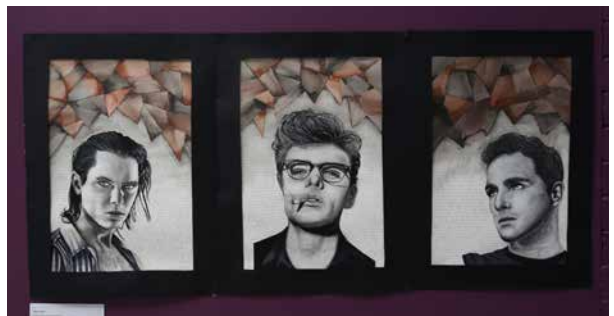
On Wednesday 2 November, Year 7 had the privilege of listening to a presentation from Kate Seselja. Kate is the founder of the HOPE Project, a World Kindness Australia Ambassador, an advocate for the UN Sustainable Development Goal #3 Health and Wellbeing and was recently a finalist in the ACT Business Woman of the Year. Kate shared her story about struggles she had encountered in life and negative thoughts that had held her back. Kate's HOPE project aims to give people the skill set to recognise, understand and overcome their own life challenges through using the AWAKE and SENSES acronyms. The students really connected with Kate's message and left with a better understanding on the importance of being self-aware. For more information on Kate and her work, visit www.thehopeprojectnow.com

Parenting ideas

The article at the end of this newsletter, "Helping young people manage exam stress," provides strategies to assist children in navigating the busy exam period. Young people respond differently to the pressures that exams present. Some will see an exam as a challenge, others will be nervous because they haven't done enough work and many will experience real stress as they see exams as that time of the year that determines their future. So as much as possible we need to help young people to take a realistic view of examinations and remind them that they shouldn't pin all their hopes on one option.

Monica Bailey, AP Pastoral Care, Wanniassa Campus

ISART EXHIBITION



COMMUNITY NEWS

St Clare of Assisi Fete

At Heidelberg Street, Conder, on Saturday 19 November from 10am - 2pm. Come along and join the fun. There will be: Rides - Cha Cha, Hurricane, Music Trip, Merry-go-round, Gift baskets, Craft Stall, Cake Stall, BBQ, Chocolate Wheel, Show Bags, Plant Stall, Jumping Castle, Indian Food Stall, Pre-loved Books and Toys and more!

St Thomas the Apostle Fete

The St Thomas the Apostle School and Parish Fete, "The Arts," takes place on Saturday 12 November at 39 Boddington Cct, Kambah from 10am-2.30pm. There will be show bags, cake stall, trash 'n' treasure, craft stalls, plant stalls, community displays, tombola, dodgem cars, competitions, prizes, great food, and more!

Corpus Christi Anointing Mass

The November Anointing Mass will be held on Friday 25 November at 10:30am in HFC. Everyone is invited to attend Mass and stay for morning tea which will follow immediately after in the Parish Centre.

Corpus Christi Sacramental Stole

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 Lisa-Marie Ciuffetelli on the email below before 11 NOVEMBER, 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

Communities@ Work Traineeship

Communities @ Work is offering unique, paid-for, world-class traineeships in early education and care that will open up exciting career and personal development opportunities for successful applicants. Selected trainees will be paid to study and gain experience for the duration of the 12 month program and, if all requirements are met, graduate with a Certificate III in Early Education and Care (CHC30113) valued at \$5,560.

Unlike many other trainee ships, financial and practical support is offered every step of the way. This opportunity is open to anyone who is passionate about working in the early education and care sector and who is energised by being part of an elite team - whether you are commencing a new career or interested in making a career change. Please visit our website www.commsatwork.org/careers/ascend-program/ or contact Michelle Napier on 6293 654.

CatholicCare Traineeships

CatholicCare Canberra & Goulburn is launching an exciting new initiative, offering traineeships to school leavers in the ACT. We are looking to hire enthusiastic people who are seeking a career supporting people with a disability and their families to live independently and access services across the community. Interested applicants should call Mary-Anne on 6295-4312 for more information.

ORIENTATION DAY SPECIAL OFFER

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*Not in conjunction with any other offer.



Building parent-school partnerships

WORDS Michael Grose

Helping young people manage exam stress

Top tips for parents to help their young person manage stress and prepare well for coming examinations.

Now that we are coming to the pointy end of the year many young people will start to experience the stress that comes with impending examinations. Young people respond differently to the pressure that exams presents. Some will see an exam as a challenge that they need to rise to; some will be nervous because they haven't done enough work; and many will experience real stress as they see exams as THAT time of the year that determines their future.

The notion of exams, particularly final year exams as life-defining events can be very real for students who've spent 13 years of schooling all leading to this time. At least, that's how many see it. So as much as possible we need to help young people take a realistic view of examinations and remind them that they shouldn't pin all their hopes on one option. As generations of young people have found, life after finishing school doesn't always take the path they

imagined when they were students. Parents too need to keep our options open and be flexible about the future pathways for our young people.

Nevertheless exam stress can be very real so let's look at some ways you can help your young person manage their stress and prepare well for their coming examinations.

1 Help them study smarter

Your young person's teachers will more than likely spend time helping them to develop smart study habits so you might want to check in and follow their advice. However, you can also pass on some of these smart study tips:

- Minimise the clutter around their workspaces.
- Plan each study period and identify what they want to cover.
- Use mind maps and other aids to assist memory and organise thoughts.

- Take regular five minute breaks to refresh.
- List issues they are unsure about and ask for help at school.

2 Develop a relaxation strategy

Your young person needs to take a break from the pressure and resultant stress of pending examinations, which is code for rest and relaxation. In a perfect world your young person would have already established a healthy relaxation habit that recharges and replenishes his or her batteries but importantly allows them to take a break from the pressure and grind of work. If not, it's never too late to encourage your young person to exercise each day; relax to music or even practise meditation and mindfulness to clear their mind of mental clutter.

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.





... Helping young people manage exam stress ...

3 Make sure they look after themselves

Good physical health impacts on exam performance as well as well-being. So make sure your young person gets 30 minutes exercise each day; eats regular, healthy meals; and takes care of their sleep. Having enough sleep is so important to well-being and exam performance. These sleep tips may help:

- Set a routine for going to bed and waking up.
- Aim for between 7 and 9 hours of sleep.
- Take 10 minutes timeout before bed to process the day and put thoughts aside.
- Drink warm milk or chamomile tea to help relaxation.
- Play gentle, slow music to slow their heart beat down before bed.

4 Steer clear of stimulants

It's tempting for a young person to take stimulants such as cigarettes, caffeine, no-doze, alcohol, marijuana, Dexamphetamine and other drugs to lift study performance. Reinforce to your young person that these short-term fixes inevitably lead to poor performance in the long term.

5 Make sure they don't drop out of the family

Keep your young person connected to the family at this stage by expecting them to join you for family meals; to help out at home, and not to spend all their time in their bedrooms. Mealtimes can be therapeutic as they provide

the opportunity for them to talk and also a good chance for parents to keep an eye on their well-being and mental health.

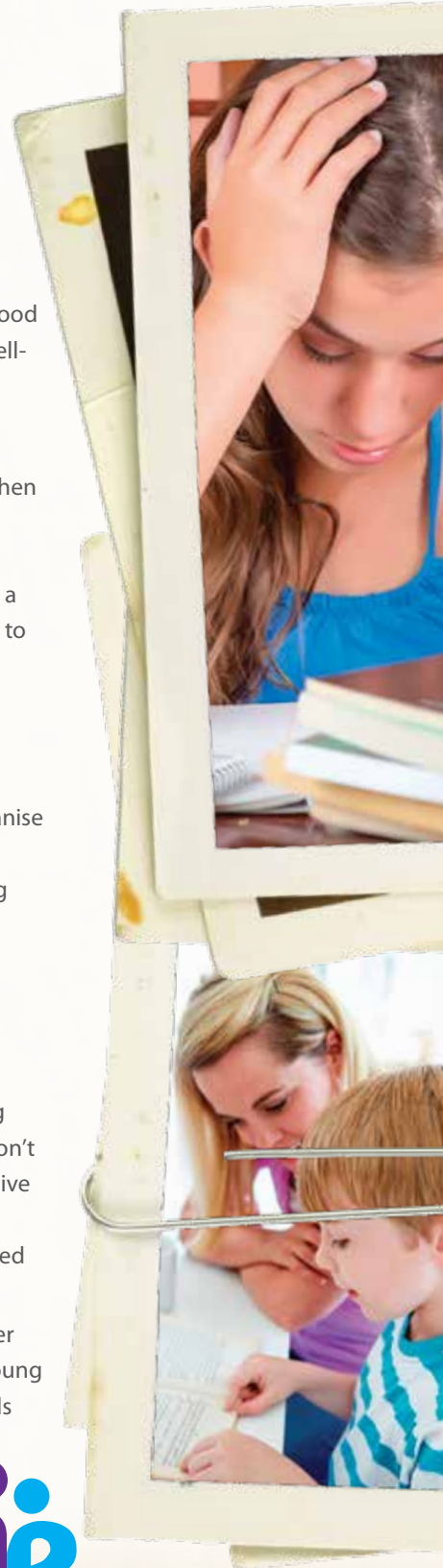
And on the day of the first exam...

If you're a veteran of young people's exams then you'll probably know how a low key, matter-of-fact, the-sun-will-rise-tomorrow approach will help. If you are new to the exam game as a parent then you can help your young person to be calm and positive by taking this approach yourself. Kids of all ages take their cues from their parents, particularly so when they are under stress.

Also encourage your young person to organise what they need the night before, to focus on relaxation techniques such as deep breathing to deal with the butterflies and steer clear of speaking to nervous, anxious friends on the morning of the exam to minimise their own anxiety.

And do a little reality check to make sure your expectations are in line with your young person's interests and abilities so that they don't leave home with the added burden of excessive parent expectation. The pressure that many young people places on themselves to succeed is often high enough as it is.

And of course, hearing "I love you no matter what..." should be the last words that your young person hears from you before he or she heads off to their exams.



Michael Grose 



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.

