



# MACKILLOP NEWSLETTER

VOLUME 20 2016, 15 DECEMBER

## PRINCIPAL'S LETTER

Dear families, students and friends,

### Year 12 results 2016

Congratulations to the Class of 2016 who, in many instances, achieved well beyond their (and our) expectations in the pursuit of an Australian Tertiary Admissions Rank throughout their studies in a tertiary package. Congratulations should also go to those who achieved a Year 12 Certificate and valuable VET qualifications via our accredited package program.

Whilst the median (middle mark) ATAR of the College was, like a number of other colleges, lower than last year, it is pleasing to note that 55% of our students pursuing an ATAR achieved a score above the five-mark predicted range and all but one of the remaining 45% achieved an ATAR within their predicted range.

I make the following points:

- Almost all students achieved their predicted ATAR or more this year.
- 61% of the Class of 2016 pursued a tertiary package. This resulted in a full range of ATARs on our merit list, including some of the highest achieved by any students in the ACT. The philosophy of the College is that, should a student wish to pursue a tertiary package and complies with a genuine attempt, the College will allow them to pursue the package. This is not the policy in some other places. Some of these students with below-median ATARs will gain entry into a university course and will achieve well in them. The national debate about university cutoff scores and undergraduate capabilities is successfully being played out on MacKillop's merit list!
- Those of you who annually review this particular measure of college performance would recognise that our median for 2016 is within 1.5% of several other colleges with which we are regularly and favourably compared.
- 146 vocational qualifications were awarded to the Class of 2016. This is the fourth highest number for any ACT college and has been achieved with a much smaller cohort of students than most. This is a worthy accomplishment for any college and points to the integrity of the comprehensive nature of MacKillop.
- Congratulations to our Dux for 2016, Elizabeth Batten, on achieving the highest ATAR for the College. Elizabeth was a holder of a MacKillop academic scholarship and was Sustainability Captain this year. Her intellect, self-discipline, and generosity reflected all that we would wish for in our Dux.

The College will, as we do every year, examine the rich data provided by the BSSS and from our own staff and incorporate our analysis into our teaching and learning.

The Class of 2017, commencing next February, will be undertaking their studies with teachers, facilities, and in an environment that is geared to recognising the achievements of all and optimising success.

Thank you to the staff for their dedication and skill in helping the students towards their achievement again this year.

### Mr Paul O'Callaghan's temporary move to St Clare's

The Director of Catholic Education, Mrs Moira Najdecki, has advised the College of some significant news for MacKillop and St Clare's College. Wanniasa Campus Head Mr Paul O'Callaghan has generously agreed to move to St Clare's College for the 2017 school year, which will be welcome news to St Clare's, I'm sure, and sad news for MacKillop.

The MacKillop executive staff is a very strong body of women and men and with the return of Ms Sandra Darley from the beginning of 2017 it will only be strengthened. I wish Paul a rich and exciting year and wish the new principal of St Clare's College, Mr Brad Cooney, very best wishes in his new role.

Best wishes for a holy and peaceful Christmas,

MICHAEL LEE  
PRINCIPAL

# PERPETUAL AWARDS FOR THE CLASS OF 2016

**ANGELA SULLIVAN**

THE PRINCIPAL'S AWARD

**EMMA TURTON**

TENISON WOODS STUDENTS' CHOICE AWARD

**LEANNE GOLDING**

ST MARY MACKILLOP AWARD FOR CHRISTIAN LEADERSHIP

**EMMA TURTON**

TEGAN BLUNT SOUTHERN CROSS SPORT AWARD

**KIANA MAIN**

ROHAN SCHULTZ 'PER ARDUA AD ASTRA' AWARD

**ELIZABETH BATTEN**

SR NOELENE QUINANE AWARD FOR ACADEMIC EXCELLENCE

**HUGH MAGRI-BULL**

JODIE HIGGINS CALTEX BEST ALL-ROUNDER AWARD

**JOSEPH SIMPSON**

JODIE HIGGINS CALTEX BEST ALL-ROUNDER AWARD

**CLAIRE MACKEY**

ST MARY MACKILLOP COLLEGE CREATIVE ARTS AWARD

**KESLEY SHAKESPEARE**

THE ACU CEO TEACHING SCHOLARSHIP

## BSSS AWARDS

**EMILY THOMPSON**

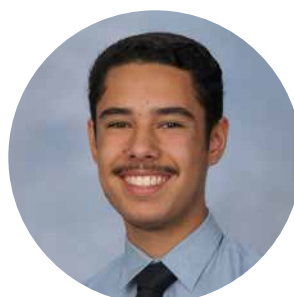
VOCATIONAL STUDIES AWARD

**LEANNE GOLDING**

COMMUNITY SERVICE AWARD

**CLAIRE MACKEY**

PERFORMING/VISUAL ARTS AWARD

**ETHAN SAVAGE**

ABORIGINAL + TORRES STRAIT ISLANDER AWARD

**ELIZABETH BATTEN**

ACADEMIC ACHIEVEMENT AWARD



# COLLEGE NEWS

## Uniform Shop

We will be accepting second hand uniforms in good condition starting in the new school year. They can be dropped off at the Front Office. The second hand uniform shop is located at Wanniasa campus.

The uniform shop is open by appointment only. Please contact the Enrolment Officer at [enrolments@mackillop.act.edu.au](mailto:enrolments@mackillop.act.edu.au) to make an appointment.

All clothing items will be provided to families in exchange for a contribution to the Tegan Blunt Fund.

*Cristi Hawtin  
Enrolment Officer*

## Host families urgently needed

In February 2017, MacKillop's French sister school, Institution St Joseph's, will once again visit the College. Students will be here from 10 February until 24 February. Host families are required to provide the students with somewhere to sleep (their own room is not necessary), three meals a day, transportation to school and the opportunity to see some of Canberra and participate in Australian family life. If you would like to participate in this rewarding experience, please email [peter.johnson@mackillop.act.edu.au](mailto:peter.johnson@mackillop.act.edu.au) as soon as possible so that host families can be organised before the end of the year.

*Peter Johnson, Project Officer Languages*

## Music opportunities for 2017

### IN-SCHOOL INSTRUMENT TUITION

Bellchambers Music School will continue to run its in-school instrument tuition program at MacKillop in 2017. Information and bookings are available by calling Bellchambers on 6281 6270.



**BELLCHAMBERS**  
*Music School*  
The Beat Goes On

**Join Us in 2017!** ✓ Call us on 6281 6270 to enroll

Bellchambers currently have some vacancies in piano at St Mary MacKillop College for 2017.

Enjoy the convenience of having your piano lesson during school time with Camilo, our wonderful, caring and experienced teacher.

Lessons are available on Tuesdays and Thursdays. We rotate the timetable to ensure you miss a minimal of school lessons.

### YEAR 7 CONCERT BAND

Do you play a band instrument? Were you in a primary school band? Come along in 2017 and join the Year 7 Concert Band.

Never played a band instrument before? This is your chance to learn! Hire an instrument from the college, start lessons on your instrument and join the band!!

Play flute, clarinet, trumpet, trombone, saxophone, violin...

Wednesday Mornings: 8.30am - 9.30am

If you are interested please fill out the form at the back of this newsletter and return to Mrs Jiear (Performing Arts Coordinator) or email: [Kerrie.jiear@mackillop.act.edu.au](mailto:Kerrie.jiear@mackillop.act.edu.au).



## Student Citizenship Award

Congratulations to Ben Jenkins of Year 12, who received a 2016 Order of Australia Student Citizenship Award on 1 December. At a ceremony at the Royal Canberra Golf Club last Thursday, Ben was presented with his award by the Governor General, Sir Peter Cosgrove.

Ben was nominated by the College for the work he did with the Gap Medics organisation in Tanzania in December 2015 and January 2016. During his time there, Ben completed a four-week medical mission at the Morogoro Regional Referral Hospital working in a variety of areas, ranging from obstetrics and gynaecology, internal medicine, surgery and paediatrics. He also volunteered at an orphanage. Since returning, Ben has been proactive about organising a shipping container that he would stock with supplies for both the orphanage and the hospital. Ben has already acquired some stock from Capital Linen Service, consisting of both materials for the hospital such as scrub suits and barrier gowns, and sheets.

Ben is a model student deserving of recognition for his selfless work to assist others in less fortunate circumstances. Congratulations, Ben!

## Student and Staff Achievement

Maddie Prescott (Year 10) has been selected for the Australian Women's U18 Ice Hockey team to play in the 2017 World Championships. She will travel to Denmark in January next year for a training camp before heading to San Sebastián, Spain, to compete in the World Championships.

Mark McMillan, our Wanniasa Technology assistant, had a successful weekend at the Challenge Bathurst Festival. He qualified 20th from 45 cars and achieved a 3rd and 4th place finish in two of the four races.



## Visual Arts

Top 5 'arty' things to do in Canberra during the holidays:

1. Check out 'College Create' at the Tuggeranong Arts Centre which includes video, paintings, photography, graphic design and sculpture by six MacKillop students
2. Visit 'Versailles: Treasures from the Palace' at the National Gallery of Australia
3. Complete a summer digital or analogue photography workshop at Photo Access in Manuka
4. Have a look at the 'Popular Pet Show' exhibition at the National Portrait Gallery
5. Visit the 'Hotshop' at Canberra Glassworks in Kingston to watch glass artists in action - check the calendar on their website for dates and times.

Have a great holiday!

*Visual Arts*

# WANNIASSA NEWS

## Market Day

On Thursday, 1 December, the Wanniassa Campus held their annual Market Day. This is always a great opportunity to enjoy a fun afternoon of food stalls and games after a long and tiring year. Each year it gets better and better due to the imagination and involvement of all the Wanniassa campus Pastoral Care classes. There was the usual BBQ, hotdogs and drinks stalls as well as sporting competitions, a "freakshake" stall, Haunted House, Santa photos and jewellery stall! With music pumping on Northside and a beautiful sunny day, it was only topped off by the staff band that entertained us in the afternoon.

All money raised from the selling of tokens goes directly to our House Charities. Without the staff and students coordinating the event behind the scenes it would not be as successful as it was, so a big thanks goes to Mr Wood as SRC facilitator, the Maintenance staff, the Sound Crew and all PC Classes and teachers for all the hard work.

## St Vinnie's Christmas Appeal

Thank you to all families that have kindly donated to the 2016 St Vinnie's Christmas Appeal. The staff of St Vincent de Paul were grateful for the generosity of the MacKillop community when collecting the gifts this week and were keen to distribute them to many needy families in the Canberra region.

## School Shoes

In preparation for the 2017 school year, many students may be in a position of needing to purchase new school shoes. The policy regarding school shoes is outlined on the College Website and in the Student Diary. An information page in this newsletter is designed to assist parents and students in clarifying what is suitable in order to avoid any confusion.



## Status Afternoon

As a reward for achieving Bronze, Silver, or Gold status this semester, over 80 students across Years 7, 8 and 9 took part in an afternoon of activities on Friday 25 November.

The Bronze Status recipients participated in fun activities on the oval organised by some of the teachers instead of going to period 5 and 6. They all really enjoyed the games that had been organised and some of them even won small prizes.

Due to the recent hot weather, Silver Status recipients chose to go to Tuggeranong pool as their reward. After being given a pizza lunch to share with a few friends, we all took the bus to the pool with Mr Wood and Mrs Campbell. We spent a while in the water, and really enjoyed the time we spent with the other silver status students. We are sure all the students who took part in the afternoon activities had a lot of fun, and found it to be a great reward for all our hard work. From all the students who earned status this semester, we would like to thank the teachers who helped organise this reward, especially Mrs Bailey.

*Julia Del Bianco and Caitlyn Williams, 8EW*

## Parentingideas

The final Parentingideas article for the year, "BFF Forever: when friendships go sour," discusses strategies to assist our children in dealing with relationship issues considering their age and emotional maturity.

*Monica Bailey, AP Pastoral Care, Wanniassa Campus*

# COMMUNITY NEWS

## Corpus Christi Christmas times

**Advent 2nd Rite of Reconciliation** will be held at St Thomas the Apostle Kambah on Wednesday 21 December at 7pm.

**1st Rite of Reconciliation** will be held each week at Holy Family Church Gowrie:

Saturday 10am - 10.30am  
Saturday 5pm - 5.30pm  
Sunday 5pm - 5.30pm

Christmas Masses:

**Christmas Eve - 3 Masses**

- 6pm (outside) Sacred Heart Church, Calwell (if it rains then inside SFA school hall)
- 9pm Holy Family Church Gowrie (carols from 8.30pm)
- Midnight Holy Family Church Gowrie (carols from 11.30pm)

**Christmas Day - 1 Mass**

9am, Holy Family Church Gowrie

## Ready Set Trot

Ready Set Trot teaches young people about horses. Ready Set Trot Stable Skills is a beginner riders program allowing children with an interest in horses the opportunity to have fun and to get started in equestrian sport. It takes place on 18-20 January 2017 from 10.30am-1.30pm at Pegasus RDA in Holt. For information, call Mary on 6254 9190 or visit [www.pegasusact.com.au](http://www.pegasusact.com.au).

## Air Force Cadets

The 315 Squadron Australian Air Force Cadets will be recruiting again in January 2017. There will be two information sessions for parents on 31 January and 7 February commencing at 7pm.

If parents would like further information, they are more than welcome to email [315sqnaafc@gmail.com](mailto:315sqnaafc@gmail.com) and someone will respond to their questions.

## Canberra School of Tennis

Join in the 2016-17 summer of tennis with the Canberra School of Tennis Holiday Camps!

- December: Monday 19 - Friday 23 December (XMAS CAMP)
- January: Monday 16 - Friday 20 January and Monday 23 - Wednesday 25 January (Week 2 in January is three days only).

### 4 VENUES

- Weston Creek Tennis Club, Dillon Cl, off Namatjira Dr
- Pines Tennis Club, Cnr Norriss St and Goldstein Cres, Chisholm
- Gold Creek Country Club, Curran Dr, Nicholls
- Radford College, College St, Bruce

For information and bookings, visit [csot.com.au](http://csot.com.au) or call head coach Robert Jamieson on 0432 118 204.

# SCHOOL FEES + PAYMENTS

## End of year details

It is now time to review all existing Direct Debit payments for 2017. If you currently pay fees by Direct Debit please email the Accounts Office at [jayne.limbrick@mackillop.act.edu.au](mailto:jayne.limbrick@mackillop.act.edu.au) for a new calculation of payments.

Bpay calculations are also available for parents wanting to pay by this method.

The 2017 fee schedule is on the College website and can be accessed at <http://www.mackillop.act.edu.au/index.php/enrolment/school-fees-schedule>.

Fees for 2016 not paid by Direct Debit should now be finalised. Any outstanding fees should be paid immediately.

*Michelle Predovan, Fees Manager*

## Qkr! Payment System

Qkr! is now available for payment of fees, excursions, school items, and event tickets!

St Mary MacKillop College has a new, more convenient way for parents and guardians to make various payments to the school. Qkr! (pronounced 'quicker') is a mobile payment app which enables consumers to order and pay for school fees, excursions, uniforms and event tickets directly from their smart device.

Qkr! accepts all major credit and debit cards accepted by the school (Visa and MasterCard) and you can register more than one card within the app. The Qkr! app is available from the Apple App Store and Google Play. If using an iPad you can download the iPhone version of Qkr!. You can download and register for Qkr! now and start making payments right away.

*Michelle Predovan, Fees Manager*

## ACT Secondary Bursary Scheme

The ACT Secondary Bursary Scheme can provide ACT residents on low incomes with financial support for students in Years 7-10.

Eligibility: Holders of a Pensioner Concession Card or a Health Care Card with means tested 'payment codes'.

Application forms are available at: [http://www.education.act.gov.au/school\\_education/starting\\_school/financial\\_assistance\\_for\\_families](http://www.education.act.gov.au/school_education/starting_school/financial_assistance_for_families)

Enquiries can be made to the ACT Department of Education and Training on 6205 8262.

*Michelle Predovan, Fees Manager*

## SIBLING DISCOUNT FORM

The Catholic Education Office offers a discount on Tuition fees to siblings who are attending St Mary MacKillop College and one or more of the following schools:

- Merici College
- St Clare's College
- St Francis Xavier College
- St John Paul College

If you have a student attending any of the above Colleges, as well as having a student at St Mary MacKillop College, please complete the section below and return it to the Accounts Office for the sibling discount to be applied to your account in 2017.

**Please note that you do not need to fill in the form below if all siblings are attending St Mary MacKillop College as they automatically receive the sibling discount.**

If you have any concerns regarding this matter, please contact the Fees Manager on 6209 0147.

*Michelle Predovan, Fees Manager*

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

STUDENT'S FULL NAME	SCHOOL ATTENDING IN 2017	YEAR GROUP 2017

Please return this form to the Accounts Office

## **Year 7 Concert Band Application Form**

Name: \_\_\_\_\_ PC (if known) \_\_\_\_\_

Email Address: \_\_\_\_\_

Do you own your own instrument or would you like to hire one?

☐ I own my own instrument. It is a \_\_\_\_\_

☐ I would like to hire an instrument. Instrument you would like to play:

First choice: \_\_\_\_\_

Second choice: \_\_\_\_\_

Third choice: \_\_\_\_\_

☐ Please enrol my child in the school instrumental tuition program

☐ My child has tuition outside of school and does not need to be enrolled in the school program

Students will try out each of their three choices (depending upon availability). The instrument that is most suited to the student will be allocated to him/her. Hired instruments will be issued on a 'first-in, first-served' basis. If the school does not have the instrument you wish to hire, you can arrange hire or purchase through a music store.

For parents: I give permission for my child to join St Mary MacKillop Year 7 Concert Band. I agree to enrol my child in tuition and to assist him/her to arrive at school in time to attend band rehearsals. I agree to my child's participation in future band performances. I understand that there is a fee attached to the hiring of College instruments.

Parent/Caregiver signature: \_\_\_\_\_ Date: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone No: \_\_\_\_\_

*Forms should be returned to Mrs Jear - Performing Arts Coordinator.*





# St Mary MacKillop College

## School Shoes

*In terms of footwear, the expectation is traditional, black, leather, lace up, polishable school shoes. Suede shoes and black joggers are not acceptable for safety reasons. Elevated shoes and platform heels are not a part of the College uniform. The sole should be no more than 2 cm high and the heel 3 cm. Buckle shoes, canvas shoes, ballet shoes, cloth shoes, and slip on shoes are NOT permitted.*



Traditional school shoes are leather, have a heel, a sturdy upper and a sole of sufficient density to ensure safety in the differing learning areas where students work.

Shoes which do not meet the College criteria:

- do not cover all of the upper foot
- are not polishable
- do not have a heel
- have a thin sole
- are not robust enough to protect the top of the foot





## *Building parent-school partnerships*

WORDS Jenny Brockis

# BFF Forever: When friendships go sour

Emotional intelligence remains a work in progress throughout our lives. Dr Jenny Brockis offers parents tips to help children deal with emotional pain

The four girls, or the 'Four Musketeers' as they called themselves, had been really close friends since Primary School. They did everything together. They shared the good times and the bad; they slept over at each other's houses (frequently at ours), and seemed really happy.

Then one day it all fell apart.

Noticing our daughter seemed unusually quiet I asked, "Is everything OK, you seem a little down?" Then it all came tumbling out.

One of the four had decided it was time to say goodbye. She didn't want to be part of that friendship group anymore and had already made overtures to another group that she wanted to be best friends with instead.

But rather than explaining her decision, she chose to break all contact with her former best friends and spread rumours that they had been mean to her and it was they who had outed her from the group. Bewildered and hurt the three

girls attempted to rebut the accusations, to no avail. Their frustration led to resentment and anger along with grief that the happy band of four was no more.

Helping our kids deal with relationship issues is an important part of growing up; at any age. As adults we have our previous experience, logic, and reasoning which helps us to keep things in perspective, without resorting to catastrophising or experiencing those intense emotions that can be difficult to contain. That's because the fully mature adult brain uses the pre-frontal cortex (PFC), the thinking part of our brain, to help regulate emotion and behaviour.

But a child does not attain full brain maturity until approximately the age of 24 when cognitive development is complete (boys can be a bit later!). This means our kids see their world through a predominantly emotional lens, they feel emotions more intensely than we do and they react more strongly to those emotions because they lack

the regulatory mechanisms of a fully developed PFC.

Helping a child through a difficult time helps them develop a higher level of emotional intelligence (EQ), which helps them to handle those more complex interpersonal relationships as they get older.

It's hard seeing your child in pain, whether emotional or physical, and it's natural as a parent to want to fix it. What matters though is to not intervene with all guns blazing, as this can make matters worse and doesn't teach our children how to work through a tough time and find their own solutions. It's difficult too if we have a pre-existing relationship with the other parents involved, because the fallout from our children's friendship issues impacts everyone.

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







### ... BFF Forever: When friendships go sour ...

#### Helping your child deal with emotional pain

##### Allow them to grieve

Pain hurts and that's normal. Social pain hurts as much as physical pain because they share common neural pathways. Share with your child that you're sorry they are hurting to help them learn that emotions are normal, and that it's normal too to feel that their whole world has temporarily turned upside down.

##### Encourage them to step away from the situation

When up close it can get very personal. Encourage your child to look at the situation from the other person's perspective to ease their pain; even though they may not fully understand why the other person acted in the way they did or said those horrid things. This helps them to **reframe** what happened, elevates **empathy** and builds **resilience** to future hurts. What doesn't work is returning fire with fire or blocking communication routes. A nasty comment on Facebook is best not responded to. However, telling your child to not use social media or to ban access to Facebook or their phone isolates them further and means they can't reach out to their other friends for support.

##### Offer time and an open ear

Sometimes what helps the most is to just be there. Offering support so they know you care with a kiss or a cuddle and encouragement to do some 'normal' things is what counts, as well as being available to just listen when required. It's about understanding, not interrogation. They don't necessarily want our advice!

##### Move forward with respect and dignity

A great friendship is a thing of joy, but many will wax and wane for a variety of reasons. Helping your child to celebrate what makes them feel good about any relationship leads to greater acceptance and tolerance of difference.

Emotional intelligence remains a work in progress throughout our lives. It's something that can always be built on and added to. Helping our children develop their EQ equips them to know they will survive when a relationship goes pear shaped, and increase resilience to life's knocks. This has to be one of the greatest gifts as parents we can give to our kids.

*Jenny Brockis*

Dr Jenny Brockis is the Brain Fitness Doctor, author of *Future Brain: The 12 Keys to Create Your High-Performance Brain* and mother to two young adults.



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