



ST MARY MACKILLOP COLLEGE
www.mackillop.act.edu.au • 02 6209 0100



The Principal's Letter

Lord, Thy word is a lamp unto my feet, and a light unto my path. Amen.

Dear families, students and friends,

HEATWAVE, MACKILLOP STYLE

Congratulations to all students for their maturity, common sense, and cooperation during soaring temperatures in our city last Friday. With very low absentee rates for the day, staff and students drank appropriate amounts of water, remained rested, and persevered. Interestingly, a number of staff chose not to use air conditioners in their offices as an act of solidarity with the rest of the school. Summer can be very hot in Canberra, as we know, and we must be thankful that with such catastrophic conditions, there were no fires in our region to cause loss of property and life.

WELCOME TO THE STUDENTS FROM INSTITUTION ST JOSEPH, FRANCE

Our guests arrived from France from freezing temperatures in Le Havre, to the furnace that was Saturday. Welcome to Monsieur Bertrand Sculler and Madame Carole Robert and their 20 students who will be participating in an exciting program carefully arranged by Mr Peter Johnson.

A huge thank you to families in our community who have generously donated a spare bed to billet a student whilst they are here.

PARENT INFORMATION EVENINGS 7-12

Thank you to Mr Lachlan McNicol, acting Campus Head Wanniasa, and to Ms Sandra Darley, Campus Head Isabella, and to their respective teams for organising successful information evenings for many of you. These evenings provide an opportunity to convey information and engage with our families about issues of compliance, but more importantly of engagement, motivation, and wellbeing. The positive atmosphere demonstrated by many of you was appreciated by me and the staff.

VISIT BY DR ANN CLEARY, ASSISTANT PRINCIPAL CURRICULUM, MERICI

Dr Ann Cleary will be in residence at MacKillop next week to have extensive conversations with our curriculum leaders and mentors, Campus Heads, and myself. She will be at both campuses and will, I hope, gain much data and insight into the education provided at MacKillop. It is very flattering for us that a curriculum leader of her significance within our archdiocese has chosen to spend time with us. We have much to learn from each other.

OPENING MASS 2017

St Mary MacKillop College invites members of the community to join us at our Opening Mass, which will be held at the Tuggeranong Southern Cross Stadium on 28 February. Guests are asked to be seated by 9.15am.

Yours sincerely in St Mary MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL



College News

Absentee Lines

If your son or daughter is going to be absent on any given day, please remember to call the Absentee Line for their campus, leaving the name of the student, PC class, reason for absence, and your name and relationship to the student. The Absentee Lines are:

Isabella Campus: 6209 0110
Wanniassa Campus: 6209 5240

Student Achievement

Maddie Banks (Year 12) has been selected to represent Australia at the Oztag Big Four Challenge at the start of March.

With only 15 places offered for the Department of Finance Graduate Program from over 2000 applicants, MacKillop has performed remarkably well. Five MacKillop applicants were successful in gaining a place in the program: Ismail Hammoud and Bailey Dark from the Class of 2015, and Angela Sullivan, Riley DeVoy, and Elizabeth Batten from the Class of 2016.

Parent communication with members of staff

St Mary MacKillop College is committed to the development of open, effective communication with parents and carers. Families are encouraged to make contact with relevant staff members to seek information or to discuss matters about the learning, achievement or pastoral care of their son or daughter. Depending on the circumstances, the best form of communication may be via a phone call, email or a meeting in person.

The format for staff email addresses is:
firstname.surname@mackillop.act.edu.au

We highly recommend that if the matter is of an urgent nature that a telephone call is made to College reception on 6209 0100. Matters that are less urgent, or if you are not sure who to direct your message to, can be emailed to info@mackillop.act.edu.au. Our administrative staff will direct your call and/or emails to the appropriate personnel who will action a suitable response.

Similarly, if you need to meet with a teacher in person, our protocol is to make an appointment that is mutually convenient to you and the school. Our teaching staff are committed to attending to your concerns. Please note that in addition to their teaching schedule they have playground supervision responsibilities, staff meetings, assemblies and professional learning responsibilities to attend to and may not be in a position to answer telephone calls or respond to email enquiries immediately. It is reasonable to expect a response from a member of staff to an email or phone call within 24 hours, during business hours, within a school week.

Thank you for your understanding. We look forward to ensuring that communication between College staff and parents and carers is open and timely throughout the year.

*Lachlan McNicol and Sandra Darley
Campus Heads*

Upcoming Events

<p>FEBRUARY MONDAY 20</p>	• College Photos (I)	<p>FEBRUARY TUESDAY 21</p>	• Honours Assembly (I) • College Photos (W)
<p>FEBRUARY WEDNESDAY 22</p>	• Swimming Carnival	<p>FEBRUARY TUESDAY 28</p>	• Opening Mass Year 12 • Mentoring Day
<p>MARCH THURSDAY 02</p>	• Photo Catch Day	<p>MARCH TUESDAY 07</p>	• Moderation Day (Pupil-free day) • Year 11 AST Trial

School Fees

Term 1 Fees

Term 1 Fees have now been sent out. Fees are to be paid by 3 March 2017 unless paying by Direct Debit or other approved method. If you would like more information regarding Direct Debit payments or have any queries regarding your fees, please contact the Fees Office.

If you would prefer to have your fees sent electronically please send an email to michelle.predovan@mackillop.act.edu.au from the email address you would like to have your statement sent to.

Please note we now accept payment through the QKR! App.

Michelle Predovan, Fees Manager

Year 11 Fees

Attention Parents/Carers of Year 11 Students: Year 11 Retreat is \$180 per student, however, you have only been invoiced \$80 on your school fees due to the \$100 refundable Commitment Fee you paid last year.

Michelle Predovan, Fees Manager

ACT Secondary Bursary Scheme

The ACT Government's Secondary Bursary Scheme provides assistance to low income earners in the ACT with dependent full-time students.

Eligibility requirements and application forms are available online at <http://www.det.act.gov.au> and by following the links located at the top of the home page - School education/starting school/financial assistance for families.

For further information please ring the Bursary Administrator on 6205 8262.

Michelle Predovan, Fees Manager

Careers Information

Charles Sturt University - MyDay

Do you want to get a real taste of uni life at CSU? CSU is running the 'MyDay' program in April, May, and June. Visit csu.edu.au/myday for information.

ASBA Certificate II in Construction

MBA Group Training is offering this evening construction program to Year 11 students. For information, visit <https://www.mba.org.au/training/apprenticeships/>.
Karen Hundy, Careers & VET Coordinator



Pastoral Care

Mrs Monica Bailey,
AP Pastoral Care

College Photos

College photos will be taken at the Isabella Campus on Monday 20 February and at the Wanniasa Campus on Tuesday 21 February. Students have received a photo envelope/order form to be returned on photo day with any money or payment and handed directly to the photographer at the time the photo is taken.

Boys will be required to wear the College tie in their photograph and are asked to bring this with them to school on the day. For students in Year 7 and 11 or others who are new to the College, who may not yet have their own tie, one will be provided for the photograph.

Assessment Schedules

As part of the Student Mentoring Program in Pastoral Care all Wanniasa students spent time this week updating Semester 1 assessment schedules in their Student diaries. This aims to assist students with an overview of tasks due throughout the semester, aiding in time management and organisation. All due dates are available for parents and students in Years 7-12 via the College's new learning management system, Canvas. Sound planning in the lead up to due dates is essential in meeting deadlines and in the completion of a high standard of work.

Parent access to assessment dates enables families to support their sons and daughter in their planning, time management and organisation. It provides parents with the ability to be informed when speaking with their sons or daughters about upcoming assessment and to support them in this process. If you are unable to access your son/daughter's assessment dates on Canvas please contact their Pastoral Care teacher.

Student2Student Program

The College has again been approached by The Smith Family requesting volunteers from Year 8-10 to take up the opportunity to become a buddy in their student2student Program. This peer to peer 18 week mentoring program invites students to provide an invaluable experience and the opportunity to help disadvantaged students improve their reading skills.

Students in the program will receive free training by specialist staff, are provided with a complete tool kit and are fully supported during the program.

Interested students are asked to speak with Mrs Bailey for further details.



Elevate

This week Year 7 engaged in study skills workshop presented by "elevate education".

Topics covered include:

- Transitioning to secondary school
- Dynamic reading skills
- Effective note taking skills
- Conceptual learning techniques
- Independent Learning

To consolidate these skills, the Year 7 Pastoral Program in Term 1 will continue to investigate these concepts. This will assist students in meeting the challenges of planning and organising numerous classes and assessment tasks.

All students of the College (Years 7-12) have access to the elevate education student portal using the link below. The portal includes numerous study skills resources to enhance organisation and time management. Three resources that come highly recommended include:

- Science of Student Success
- Senior studies practice questions
- Video series

Access to portal via the url: <https://austudent.elevateeducation.com/>

Parenting ideas

This article for parents below, "Moving beyond 'How was school today?'" provides strategies to assist parents to effectively manage conversations with their sons and daughters about aspects of their life that impact their academic, emotional and social wellbeing.

French Trip

The school trip to France

In the Summer school holidays, 18 St Mary MacKillop students headed to France for a three-week adventure. Whilst in France, we explored Paris, which included visiting the Eiffel Tower, the Louvre, walked to Champs-Élysées, Arc de Triomphe, Notre Dame, chocolate factories and the catacombs. These were just a few of the many things we had the opportunity to see.

We visited our sister school, Institution St Joseph, in Le Havre for the next 10 days were the students stayed with host families and enjoyed attending school with them. We said goodbye to St Joseph and Le Havre and headed west to the Bayeux Tapestry before spending the afternoon at Mont Saint Michel. We made our way back to Paris slowly before spending one last night in Paris before heading home via Singapore.



Sally Cunningham



Academic News

The beginning of a new year is a positive place for students to think about the goals they have for the year ahead. It is a time when everyone starts afresh and can make changes to build on what they have learned about themselves as learners, together with building on their knowledge and skills from 2016. Engendering a belief in our students that they have choice and control over their learning is an important message that helps them to make a good start to the year. Each year level has its own set of experiences, and in partnership with our families, the staff of our College are looking forward to creating and sharing these experiences with your children.

Success in the 2017 school year comes from the combination of the elements below.

- Planning and Organisation - the use of the College diary, semester planners and Canvas to know what is due and when is important. These promote effective use of time.
- Regular Study Routines - students will almost always have work of some kind to complete. This may be homework, revision of class work, reading of a class text and assessment work. Breaking tasks and other work into smaller parts allows students to make use of time more efficiently, rather than having late nights rushing to finish assessments.
- Unit outlines- these outline the content, assessment and due dates for each subject. These are now available on Canvas.
- College Assessment Policy - this clearly states how assessment is conducted at the College. It is found in the diary, on Canvas and on the College Website.
- Extensions- all assessment must be completed at all year levels. When a student experiences illness or misadventure they can use the Application for Alteration to Assessment form to seek extensions on assessment work.
- Homework Club - Wanniasa students can access a teacher staffed homework club after school Monday-Thursday and to access help with homework, study and assessment tasks.
- Learning Common Teacher - at the Isabella campus, students have access to Mrs Mansfield during their study lines, to assist them with assessment tasks and other academic work.
- Faculty tutorials - teachers on both campuses offer tutorials at recess, lunch, in study lessons (seniors) and after school. These are freely available to all students.
- Class ready - students are expected to come to class ready to learn with the correct equipment (including fully charged digital devices) at all times.

Contact between home and school builds support for your son or daughter. Teachers will contact families to let them know when tasks deadlines have not been met, there is a concern about learning behaviours in the classroom or when there is positive news to share. When you have a concern, we encourage you to contact the College in a timely manner. The best person to contact is the teacher closest to the issue. If you are unsure of who to contact, the pastoral class teacher is a good starting point.

For parents of children in Years 7 and 9 NAPLAN will be taking place in May. This year all ACT schools are required to undertake the test using a digital platform. This will require your son or daughter to have a digital device (fully charged) for the testing. More details will be made available shortly.

Research and experience tells us that students learn best when they are connected with their learning, their peers and teachers. Good nutrition, sleep habits and balance are also important ingredients for success at school. As a College staff we are looking forward to working with you and your boys and girls to have a successful and happy 2017 school year.

*Maria O'Donnell and Clare Fletcher
Assistant Principals, Curriculum (acting)*

Community News

Canberra School of Tennis

CSOT is supporting Ronald McDonald House with the Tennis Carnivale at the Pines Tennis Club, Chisholm, from 1.30-4.30pm on Saturday 25 February. This event includes free adult and junior coaching clinics, as well as prizes and giveaways. To book your spot, contact Robert Jamieson: robert@csot.com.au.

CSOT is also holding a 24-hour Rally for Kids to raise money for Ronald McDonald House, starting at 4pm on Friday 24 February. Visit csot.com.au for information.

Tuggeranong Lions AFL

The Tuggeranong Lions are recruiting players for the 2017 season. If you're a boy or girl looking for a great experience this winter, where you'll learn new skills and meet new friends, Google 'Tuggeranong Lions' for information about the 2017 season.

Girls Rugby

Girls interested in playing Rugby Union can contact their local club:

- Queanbeyan Whites - Simon: 0438 612 808 or president@whitesjuniorrugby.org.au
- Tuggernong Vikings - Andrew: vikingjuniors1@gmail.com
- Royals - Trevor: president@royalsjuniors.com.au or 0438 774 560.

South Tuggeranong Knights

The South Tuggeranong Knights are a small friendly, family-orientated rugby league club which operates with Gordon Playing Fields as our home ground and Conder Ovals as our training fields, with teams in U6-U16. For information, visit <http://southtuggeranongknights.leaguenet.com.au>.

Tuggeranong Buffaloes

The Tuggeranong Buffaloes Junior Rugby League Club are holding their registration day on Sunday 19 February at their home ground Kambah No 1 Oval in Chirside Crt from 10 am to 1 pm. Players from U6 - U16 boys and girls, and also U17 girls and Open girls, are welcome.

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Valley Dragons Rugby League

Registrations are now open for the 2017 season for U6-U16 and 13-17 years girls, as well as an Open women's team. Registration days at Gowrie Playing Fields on 19 and 26 February from 10am-2pm.

Woden Weston Rams

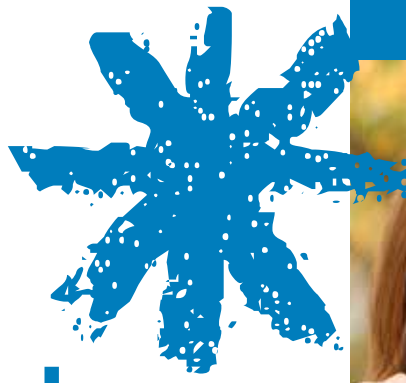
The Woden Weston Rams Junior Rugby League Club is now registering players for the 2017 season! An information and registration day will be held on Sunday 19 February at the Mawson Club between 10am and 1pm. For any enquiries, email ramsjuniors.web@gmail.com.

Divas Netball

Divas Netball is looking for players, coaches, and umpires for the new season. All ages and experience welcome. Training takes place on Thursdays from 5.30-6.30pm at the Arawang Netball Courts, with games held on Saturdays. Contact Kim on 0419 494 036 for information.

parenting * ideas

insights



Moving beyond “How was school today?” with your adolescent

By Michael Grose

Traditionally parents are far more involved in their children's education in primary school than in secondary school. While secondary schools still welcome parent engagement they generally offer fewer opportunities for hands-on parent involvement particularly in curriculum areas.

Also, secondary school students generally want to put some space between them and their parents when it comes to their schooling.

But that doesn't mean that parents should take a backseat when it comes to being involved in their young person's education. It means you need to be pro-active and perhaps smarter about how you go about it than in the primary school years.

One of the best ways to get a window into the world of your young person's school-life is through robust conversations about school, education and life in general.

That means we need to move well beyond “How was your day at school?” to hold interesting conversations about a wide range of topics and issues that are pertinent to your young person.

Here are some topics that you may want to cover that will give you a broader view of your young person and his or her life at school:

Talk to young people about achievement

If your main achievement message for young people is along the lines of “You need to apply yourself” you may find that it begins to fall on deaf ears. Young people tend to tune out from these simplistic, single track messages that perhaps past generations of parents used. Better to have interesting conversations about success and achievement that don't necessarily focus on your young person. For instance, a discussion about how their favorite sports star or performer would prepare for an event or performance can provide them with great insights and can have significant application to their own lives. Success and achievement comes in many shapes and forms, not just in simple academic performance. Broad discussions about the strategies, attitudes and mindsets that contribute to success are great for young people to hear at home.

Talk about their mental health and well-being

“How's your mental health?” is a question your young person should hear regularly from you. However you need to create some context around good mental health otherwise this question will be met with a meaningless one word reply.

Good mental health covers areas such as sleep, emotional well-being, friendships, relaxation and the ability to switch off from the stresses of every day school life.

Talk about friendships and relationships

Social success is a significant contributor to a young person's well-being so it's a topic close to their hearts. However talking to young people about their relationships is always challenging. You need to walk a fine line between being interested in their friends without being seen as invasive and over-controlling. One conversation that most parents should have with young people involves the differences between being in a friendship group and being a member of a clique. The latter is controlling and feels restrictive, while the former is inclusive and generally feels right. It's also a good idea to talk about the adult relationships that they have including how they get on with their teachers, coaches and others in mentoring roles.

Talk about values and attitudes

“You need to do what's right, not what's easy.” This is an integrity statement that my children heard a great deal from home during the secondary school years.



Moving beyond "How was school today?" with your adolescent

Values are the moral compass that guide young people's behaviours when you are not around so it's important that young people know what their parent's values are. Sometimes we can be subtle, "Is that showing respect to your teachers?", while at other times we need to be firm and upfront about the values and subsequent behaviours we expect from young people. This can be tricky ground, but an area we shouldn't neglect.

Talk about their interests

It's imperative to talk to young people about their interests such as music, hobbies and leisure activities as well as their life at school. Most young people are focused on the present (I want to hang with my friends today and homework gets in the way), while parents usually take a long term view (you need to study hard so you can get a good job). These built-in tensions can be alleviated by focusing on a young person's current interests and will allow you to have more difficult conversations when needed.

Mix up your conversations

Author of *Ten conversations you must have with your son*, Dr. Tim Hawkes maintains that the secret to success for adults when talking with teenage boys is to get a balance between banter and serious stuff.

I agree.

But the balance between banter and heavy, light and shade, fun and serious is just as pertinent when talking with girls.



Special note: I'm thrilled to announce that my latest book *Spoonfed Generation: How to raise independent children* is out. It's available at parentingideas.com.au

The key I believe is to take a genuine interest in your young person's life right now; to talk about your own life in ways that are interesting and reveals the real you; and not to take yourself too seriously. That way young people will more easily relate to you and listen to what you have to say.

How to get conversations started with young people.

1. Get moving together

One way to get a conversational clam to open up is to do something together. A walk, a game or shared activity can sometimes loosen a young person's tongue.

2. Make the most of mealtimes

Shared mealtimes should be non-negotiable for everyone in a family. Turn all digital devices off and start talking about stuff. If mealtimes are just a pit stop then it maybe time to slow down and get some conversation going.

3. Create a talking space

It's useful to have at least one place you know that you can have a chat with your young person. Whether it's a favourite chair, a particular part of the house or just in the peace and quiet of their bedroom. Work out the best place for personal conversation with your young person and get in the habit of spending some time with your young person there.



4. When all else fails, drive!

The humble automobile can make a great conversational space for parents and teens, particularly when you sit shoulder to shoulder. Keep the radio off and buds out of ears and you'll increase the likelihood of some idle chatter.

Visit our website for more ideas and information to help you raise confident and resilient young people.

