



The Principal's Letter

Lord, we keep the city of Manchester and the United Kingdom in our hearts today.
May they know the comfort and grace of Your love. Amen.

Dear families, students and friends,

MANCHESTER, 23 MAY 2017

The wicked attack on a music concert killing, at this stage, 22 people – many of them children – would have given many of us cause to pause and shudder at the seemingly transient nature of community and personal safety.

Many of us will offer prayers for the victims of this attack and for the people of Manchester – others will find other ways to express their sympathy and regret.

The words of UK Prime Minister Theresa May offer real perspective: "The cowardice of the attacker met the bravery of the Emergency Services and the people of Manchester. The attempt to divide us met countless acts of kindness that brought people closer together, and in the days ahead, those must be the things we remember."

The powerful example of resolve, dignity, and compassion demonstrated by the people of Manchester, in the minutes and hours following the attack, reminds many of us of the powerful need to belong, to reach out and help, and to stand together that drives the communities of which we are part.

Prayers will be offered for the victims of this attack, and thanksgiving will be observed for the courage and skill of those who have so magnificently responded to urgent and dangerous need. All of us will be strengthened and inspired by the resilience of the community of Manchester.

ENROLMENT PERIOD

The Enrolment Period for Year 7 2018 has now concluded. Offers will be sent out via email on 21 June and acceptances will be due by 21 July.

Year 10 students must return their Student Intention forms for Year 11 2018 by Friday 2 June.

Yours in St Mary MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL



College News



Feeding the pandas

Have you ever seen members of the National Zoo and Aquarium hanging out around the maintenance yard at the Wanniassa Campus? That's because they visit regularly to cut down and use the bamboo that grows there to supplement the food for the pandas at the zoo.

Andrew Reay, Maintenance

Learning Conversations

Year 7 students and their parents/carers are invited to a Learning Exhibition of our students' Compostella Valley projects. This will be held in Water Block (Wanniassa Campus) on Wednesday 7 June from 5:30-6:30pm. All student research/creative tasks will be on display, and it will also be an opportunity to discuss your son or daughter's understanding of the learning process with his or her teacher. This exhibition has been designed to motivate and engage students in raising their personal expectations. It is an important part of the students' learning process and we look forward to sharing it with you.

Trent Wilson, IHum Coordinator & Mike Brennan, Science Coordinator (Wanniassa)

Hosting opportunity

Host families are still sought for students from Liceo Fermi, our Italian sister school. If you are able to host an exchange student (and in particular a male student) between 4-14 September, please contact Peter Johnson (peter.johnson@mackillop.act.edu.au or 6209 0155) for further information.

Peter Johnson, International Programs Officer

School Fees

Fees for Term 2 should now be finalised unless paying by Direct Debit or other approved arrangement. Any outstanding fees should be paid immediately.

Please note the College no longer accepts cheques.

If you would like to switch off paper statements and receive them via 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

Acting Up Drama Festival

Year 12 Drama students are competing in the Acting Up Drama Festival at Canberra Theatre Centre on Monday 29 May from 7pm. Anyone interested in seeing them perform can purchase tickets from the theatre.

The Acting Up Festival runs from 25 May - 6 June. Visit canberratheatrecentre.com.au for ticketing and information.

Upcoming Events

MAY
MONDAY
29

• ASBA Info Evening

JUNE
WEDNESDAY
07

• Year 7 Learning Conversations Evening

JUNE
MONDAY
12

• Queen's Birthday Public Holiday

JUNE
TUESDAY
06

• Year 10 Exams commence

JUNE
FRIDAY
09

• Senior Exams commence

JUNE
MONDAY
19

• Year 7 Camp (Group 1) departs
• Year 12 AST Trial

Learning Commons

Wanniassa Campus

Students in Year 8 and 9 Science have been participating in a **Library Program**, focusing on how to use LibGuide, Oliver and the reference generator. These resources are all available to students 24/7 on any device. Check out the Canvas Library Page to find out where students can get resources available to them.



The **MacTechies** have been eagerly playing with the LittleBits kits. The students have started creating Backpack alarms, electronic arm throwers and cars. Watch this space.

Isabella Campus

The **assessment period** has peaked with huge numbers of students accessing the available resources from the Learning Commons at the Isabella Campus. Most students are now getting ready for Exam week. Discuss with your child how they can utilise the Learning Commons resources and staff.

The **ANU Schools Enrichment Program** has been presenting great learning sessions this term. Students have experienced guest lectures on Graphics, Robotics and Astrophysics. We are looking forward to the rest of the workshops in the areas of Engineering, Solar Energy and Human Centered computing.

Students have been eagerly engaging in the weekly **MACTalks** (think TED talks). Each week they have brought new discussion topics to the panel. This term we have had student lead talks on: The impact of animal agriculture on the environment, The Turkish referendum and How humans identify themselves including 'Otherkins'.

*Jessica Stokman,
Learning Commons Coordinator*

Year 7/8 Girls AFL

On Wednesday 17 May, 12 Year 7 and 8 girls represented St Mary Mackillop College in the AFL gala day held in Hughes. The girls competed in a round robin against Daramalan College, St Francis Xavier, Lyneham High, and Stromlo High. The girls showed great sporting courage and are to be congratulated on their performance.

Sally Cunningham





Pastoral Care

Mrs Monica Bailey,
AP Pastoral Care

Student Mentoring

At this crucial point of the semester, students of Years 7-12 have taken time this fortnight to reflect on their progress this year and how this has aligned with the personal goals they had set for themselves last term. Pastoral Care teachers discussed these reflections with students in Pastoral Care Classes as well as strategies and support they could employ to assist with reaching these goals.

All students are encouraged to discuss their progress of class and assessment work and with classroom teachers and seek assistance where required. Pastoral Care teachers are a great support for overall organisation and support.

Year 7 Immunisation

All Year 7 students will continue the Year 7 immunisation schedule on Thursday 8 June. Students are encouraged to eat breakfast on the morning, if asthmatic to carry their inhaler and to remain well hydrated throughout the day.

Year 8 Pastoral Program

This term in Pastoral Program, Year 8 boys have been discussing what it means to be a man and how they should act. We have discussed the meaning of being a man from society's point of view and watched clips that describe what some men think they should be like vs what they are really like. One video investigated how age impacts males understanding of what we think a man should be like. We have learned that being outside the "Man Box" is okay and that it is normal for men to show emotion. Some boys from Year 12 also came and shared their ideas with us. This has helped us with who we think we are and how we should view ourselves. When we show emotion we are also showing that we trust the people around us.

Aaron and Callum, 8A3

During Pastoral Program, Year 8 girls participated in a workshop about healthy relationships and how to identify what makes a relationship/friendship healthy. Our two guest speakers showed us a PowerPoint presentation and put us in groups to discuss scenarios on whether the relationship was healthy or unhealthy. The following week we combined PC classes with other Year 8 girls to do workshop on positive body image. We discussed what we like about ourselves and each other. Then we drew self-portraits reflecting the positive traits of our body. We also watched a few inspirational video clips that made us think about how much we put our bodies down, showing us that it is okay to be proud of our bodies.

Elizabeth and Lilly, 8F1

Parenting ideas

The article for parents, "Mental health tips for teenagers" acknowledges that as parents we can equip our young people with the knowledge and skills to protect their own mental health.



Year 9 Pastoral Program

The Year 9 Pastoral Program this term focuses on mental health and the first aspect explored were steps to building resilience. Last week our College counsellors tailored a presentation that was particularly relevant to issues relating to boys. The girls heard a presentation from the Beyond Blue organisation which in part focused on identifying and dealing with anxiety, the most common mental health condition in Australia.

This following link is a presentation by Jane McGonigal, an online game designer, who struggled with depression and anxiety after a traumatic event. Her message is a powerful one, and we encourage you to watch it and discuss with your children. Jane shared four simple tips to building post-traumatic strength. These include building physical resilience (not sitting still), mental resilience (focus and will-power), emotional resilience (images that promote curiosity and love) and social resilience (getting strength from showing gratitude and love). <https://www.youtube.com/watch?v=5t3y7EeBhxg>

Other useful links that were shared are:

- The Check-in App: <https://www.youthbeyondblue.com/help-someone-you-know/thecheckin>
- The 'Brain Quiz': <https://www.youthbeyondblue.com/understand-what's-going-on/the-brain-quiz>
- The BRAVE Program <https://brave4you.psy.uq.edu.au/>
- SUPERBETTER <https://www.superbetter.com/> (developed by Jane McGonigal).

House Charity Fundraising

On the back of the tireless and generous fundraising efforts of MacKillop students in raising over \$20,000 for the Caritas fundraiser Project Compassion, each House across both campuses is now focusing their individual energy in Terms 2 and 3 in support of one House Charity. The College SRC recently decided upon the charitable organisations that each House will be raising money for during Terms 2 and 3. These are:

Mindygari	Cancer Council
Gurabang	Legacy
Meup Meup	New Hope for Cambodian Children (NHCC)
Ngadyung	Canberra Hospital Foundation

The Musical - Hairspray Jr.

Student Profile: The "hot shot" - Liam Jackson

MACKILLOP'S UPCOMING PRODUCTION has a lot to offer: passionate and dedicated performers, singing, dancing, and acting on a vibrant stage with sets that amplify their pizzazz!

Year 12 student Liam Jackson takes on the role of Corny Collins, Baltimore's "Mr Hot Shot" – the good looking, smooth talking host of the Corny Collins show who is a genuinely nice guy both on and off camera. Whilst Liam has been in many productions and portrayed many roles, Corny Collins is a role he is most definitely excited about.

"I really feel like I can relate to my character, which makes it easy for me to portray," Liam said.

"Corny's over dramatic nature and confidence is appealing to me and is why I auditioned for the particular character. I also like that he is all for the civil rights movement in Baltimore; he is an inspirational character."

Liam's role as Corny Collins includes three solo songs and a lot of acting and dancing. He also choreographed a dance for "Nicest Kids in Town".

Performance comes as second nature to Liam. Over the years, Liam has been in *Legally Blonde Jr*, *The Music Man*, *Wicked*, *the Addams Family* and *Sweeney Todd the Demon Barber of Fleet Street*. Musical Theatre is a great passion of Liam's and one that he wishes to pursue in life.

"Some auditions are extremely nerve racking and tense but the audition process for our school's musical was calm with a very supportive environment," he said. "I felt as though I was not being judged at all and I was comfortable in performing in front of my peers and teachers who were looking on. The production team of this musical are very considerate of the busy life people have going on outside of school and rehearsals."

Liam wishes all the best to all members involved with *Hairspray Jr*. "I can't wait to perform the final product and show everyone what Performing Arts at MacKillop has to offer. I'm sure everyone is going to love it!"



Annagh Weston, Year 12 Journalism



Curriculum News

Mrs Clare Fletcher & Mrs Maria O'Donnell,
Assistant Principals Curriculum

Year 12 AST Workshops

Having now completed four cycles of AST Workshops, it's a good time to remind our Year 12 ATAR-seeking students and parents why these workshops are being run.

The AST is a difficult exam to prepare for, it is not content specific and it requires the student to work swiftly, think critically and solve problems with the data they are presented with. Gaining regular exposure to the types of questions they will encounter helps train them to not only feel prepared for the test but to provide strategies they can call on when the exams come around on September 5 and 6.

We wrote to parents and students at the beginning of the year about Senior Studies and AST preparation. Part of the Assessment Policy Agreement that all families signed at the beginning of Year 11 mentions attendance at all trials and workshops being compulsory and up until this point, it is fair to say that not all students are meeting this requirement.

While we recognise that students often prioritise the work that needs their immediate attention, forward planning regarding which one of their 18 study periods each cycle they would forfeit to attend one of these workshops is necessary. In our experience, the maximisation of the individual performance of each student in AST has a very positive effect on the achievement of the whole year group and ultimately the opportunity for each student to gain their optimum ATAR and so it is imperative that all students attend the workshops.

It is also a good opportunity to remind students that Monday 19 June and Tuesday 20 June are set aside for their last set of AST trials before the actual AST exams. We look forward to a full complement of ATAR-seekers for these important days.

Colby Cruwys, Senior Studies Coordinator



Artist@ MacKillop

After a successful trial program last year, MacKillop welcomes a new Artist @ MacKillop in 2017. Chelsea Agno, past student of the College, will be with us one day a week. She is a graphic designer, illustrator, and artist and her current passion is 3D graphics. Chelsea has been making presentations to senior Visual Arts, Photography, Media and Graphic Design classes and will spend some time on the Wanniasa campus towards the end of this term. We look forward to having Chelsea to mentor, collaborate with and inspire our students during time with us.

Tamara Mudoch, Visual Arts Coordinator

ACU University Experience Day

Registrations are now open for ACU's University Experience Day in Canberra on 4 July. The day is a free event held at the ACU campus for students to sample two degrees of their choice and get a taste of life at ACU. Students can meet academic staff and current students, participate in practical workshops, explore facilities, and enjoy the entertainment and campus atmosphere. For those considering tertiary study for next year or in the future, University Experience provides the perfect chance to explore study options by living a day in the life of an ACU student. Visit acu.edu.au for information.

Senior Exam Guidelines for Students

The upcoming senior exams form part of the assessment package for most students. They are an opportunity to demonstrate learning and achievement.

The Exam Timetable is included in this newsletter for your information.

The following guidelines are in place to provide the best opportunities for the success of all students.

- Students are responsible for ensuring they know when and where their exams are on.
- If a student believes they are entitled to special provisions they are responsible for completing the required form and making supporting documentation available to Mr Cruwys. This is to be done as soon as possible.
- If a student is absent from an exam due to misadventure (eg illness or accident), they must provide documentation to substantiate their absence. This must be in the form of a doctor's certificate or a pharmacy certificate. Arrangements will be made for exam re-sits as required.
- If a student is absent without a valid reason they will not be permitted a re-sit on missed exams.
- Any late student is to follow the normal sign in procedures at student reception.
- Late students will not be allowed additional time to complete their exam.
- Students will need to bring their student identification card to all exams. This will be placed on the top right hand corner of their desk for the duration of their exam.
- Mobile Phones
 - a. Students are NOT allowed to have their mobile phones out before, during or after entering an exam venue.
 - b. Students are to ensure that their mobile phone is switched off and remains in their pocket for the duration of any exam. Failure to do so is in breach of exam conditions.
- SMART watches are not permitted within the exam venues. Clocks will be used to display the time in all venues.
- Students must remain in the exam venue for the duration of the exam.
- Only permitted equipment is allowed into the exam venue. Such items are prescribed calculators, bibles and writing equipment.
- Eating is not allowed during exams; students may bring a water bottle.
- Communication with other students is strictly prohibited during exams. If a student has a question they are to raise their hand and wait for a supervising teacher to come to them.
- Students should make genuine attempts on all exam questions and endeavour to provide detailed responses to all questions.

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

Year 10 and Senior Exam Timetable

Year 10 and Senior Exams - Semester 1 2017

Year 10 Exams S1 2017		
Tuesday 6 June	Period 1-2	Year 10 History
Wednesday 7 June	Period 1-2	Year 10 Mathematics
Thursday 8 June	Period 1-2	Year 10 Science

- Students are to attend normal scheduled Year 10 classes for all other periods.
- All other Year 10 assessment will be scheduled in normal class time.

Senior Exams S1 2017		
	Year 11	Year 12
Friday 9 June Morning (9.00am)	English T	Literature Social and Community Work Exercise Science A/T
Friday 9 June Afternoon (1.15pm)	Literature Business A/T Geography A/T	English A/T
Tuesday 13 June Morning (9.00am)	RE A/T	Business A/T Biology
Tuesday 13 June Afternoon (1.15pm)	Mathematical Applications Mathematical Methods	History A/T – Ancient Legal A/T Economics
Wednesday 14 June Morning (9.00am)	Social and Community Work History A/T – Ancient Chemistry	Mathematical Applications Mathematical Methods
Wednesday 14 June Afternoon (1.15pm)	Economics Psychology A/T Senior Science	Psychology A/T General Science A/T Physics
Thursday 15 June Morning (9.00am)	IT A/T Exercise Science A/T RE DM Earth Science	RE A/T - Mr Moyle and Miss Jacobs Classes Only
Thursday 15 June Afternoon (1.15pm)	Biology Physics History A/T – Modern Business Administration	History A/T – Modern Hospitality T IT A/T Business Administration
Friday 16 June Morning (9.00am)	IT DM Hospitality T Specialist Mathematics Legal A/T Music A/T	IT DM Geography A/T Music A/T
Friday 16 June Afternoon (1.15pm)	Sociology A/T	Chemistry Sociology A/T

Please Note: Some courses do not have a final semester exam

- All Year 11 and 12 students will receive a personalised examination timetable indicating session start and finish times and locations.

Enquiries regarding exam schedule should be directed to Janine Hickson, Student Records in the first instance on 62090129.



Mental health tips for teenagers

By Dr Jodi Richardson

For the first time in 15 years, thousands of Australian teenagers named mental health as one of the top three national issues in the *2016 Mission Australia Youth Survey*. Personally, they're concerned about coping with stress, school, body image and depression.

I know that reading this is enough to raise our own anxiety levels as parents, but the fact that mental health is on the radar for our young people is a good thing. It means that there's increased awareness around issues like anxiety, depression and suicide. This awareness will help reduce the stigma around mental illness and the subsequent

discrimination which can stand in the way of young people seeking help and support when they need it most.

First and foremost, we want to help protect our young people from mental illness, but we also want to know that they can recognise when they need help, and ask for it. The Youth Survey shows that when young people do need help, overwhelmingly, they turn to their friends and their parents.

If we can equip our young people with the knowledge and skills to protect their own mental health, in doing so, they're better prepared to support friends who turn to them for help too.

The following tips help promote flourishing mental health in secondary school kids:

1. Help them find a sport or physical activity they love

Physical activity is essential for flourishing mental health. Young people who play sport are more fulfilled and feel healthier and happier about life. The key is helping them to find an activity they love. Physical activity instantly improves mood and can even lift symptoms of depression. This is because it ticks so many of the 'psychological wellbeing boxes' including movement and all of the 'feel good' hormones that go hand-in-hand, social support, opportunities for them to engage in an activity that captivates them so they experience 'flow' and helping them to maintain a healthy weight to name a few. Secondary school kids need 60 minutes of moderate to vigorous activity every day but even 15-20 minutes will help improve their mood.

2. Make sure they get plenty of face time

Not FaceTime, face-to-face time! Positive in-person relationships promote psychological wellbeing and happiness. The research clearly shows that people with a variety of strong social relationships live longer, and are healthier and happier.



Mental health tips for teenagers

3. Work with your teen to set screen time limits

A recent *National Stress and Wellbeing in Australia Survey* revealed over half of Aussie teens connect five or more times a day (heavy social media use) and 15 minutes before sleep every night. Incredibly, the wellbeing of one in two teens is also affected by their fear of missing out or FoMO, causing them to feel burnt out because they're constantly connected. Work with your teen to set limits; consider no screens in bedrooms, tech-free zones in your home, limiting your own screen time and ensuring screen time doesn't encroach on time for physical activity, socialising and relaxation.

4. Teenagers need plenty of sleep

A challenge to get your teenager out of bed in the morning? You're not alone! Teens need around 9 to 10 hours of sleep yet most sleep only around 7 to 8 hours on average. The trouble is that the sleep hormone melatonin only begins to rise in their brains around 11pm and so they can't get to sleep until late. When woken for school they're not happy about it and want nothing more than to go straight back to bed! Too little sleep affects concentration, alertness, academic performance and mood. Consistently getting enough sleep is one of *the* most effective ways of protecting against depression.

These practices can help:

- Getting up at the same time each day
- Daily physical exercise, preferably outdoors
- Avoiding caffeine after 4pm
- No screens one hour before bed
- Winding down around 30 minutes before bed

5. Help your teenager develop mindfulness skills

In a nutshell, mindfulness is about paying attention in the present moment. That's it! Sounds easy, but like any skill it takes practice but is worth the effort. Our teens' minds are constantly overstimulated. A regular mindfulness practice will help them to regulate their attention and emotions; and teaches them to create a lifelong practice of taking time out to become calm, relaxed and in the moment. I highly recommend the *Smiling Mind* app for mindfulness meditations.

Or get them to try this simple breathing exercise: sitting comfortably with eyes closed, gently breathing in through the nose for two counts, holding the breath for one count and breathing out through the nose for four counts, for around 5 minutes. The longer exhale compared to inhale helps calm the nervous system and settle the mind.



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



Dr Jodi Richardson: Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au