

COLLEGE  
NEWSLETTER

NO. **11**  
21 JULY 2017



**MacKillop**  
St Mary MacKillop College Canberra

## The Japan Trip

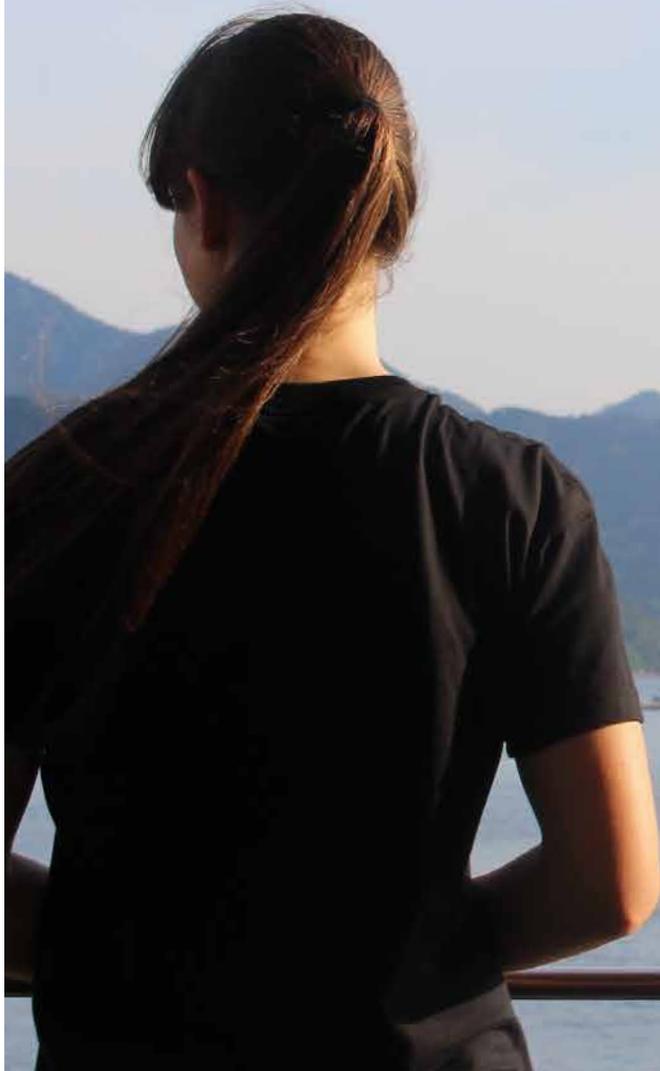
Students visit our sister school, Oki High.  
PAGE 3

## Hairspray Jr.

The Musical, *Hairspray Jr.*, takes place next week.  
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## Year 8 Pilgrimage

Students visit MacKillop Place, Sydney.  
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## Coming Up.

TUESDAY

# 25 JULY

- College Musical  
7pm, Wanniasa

WEDNESDAY

# 26 JULY

- College Musical  
7pm, Wanniasa

THURSDAY

# 27 JULY

- College Musical  
7pm, Wanniasa

FRIDAY

# 28 JULY

- College Musical  
7pm, Wanniasa

WEDNESDAY

# 02 AUG

- Semester 1 Awards  
Assembly, Isabella

MONDAY

# 07 AUG

- Year 12 Retreat begins

## Contact Us.



02 6209 0100



info@mackillop.act.edu.au



www.mackillop.act.edu.au



PO Box 1211  
Tuggeranong ACT 2901



Mackinnon Street, **Wanniasa** (Years 7-9)  
Ellerston Avenue, **Isabella Plains** (Years 10-12)



*Lord, we give thanks for the opportunities we have before us  
this term. Amen.*

## The Principal's Letter.

Dear families, students and friends,

### WELCOME BACK TO MACKILLOP

Although the weather was poor and mostly freezing for most of the holidays, the College has returned with a real sense of freshness and enthusiasm! Much of the energy in this school, of course, comes from the staff, but impetus driven by an enthusiastic Year 7 and the rest of the student body is at the heart of the dynamism of this school.

I hope all families had something of a break and are looking forward to Term 3. The Musical, Variety Night, MacKillop Day, Year 12 Retreat to Collaroy, Book Week, and some significant Professional Learning opportunities for staff are headline events in the Term 3 calendar.

### PRINCIPAL'S LEAVE

Many of you would be aware that I had some study leave owing to me so I took the opportunity to travel to the United States to attend two conferences and to catch up with some principals of Catholic and public schools around the Chesapeake DC area. A highlight speaker at one of the conferences was Ronald J. Daniels, the 14th and current president of Johns Hopkins University, based in Baltimore, Maryland. Johns Hopkins is America's first research university and enjoys a deserved, outstanding reputation in many disciplines but particularly for medical research. Ronald Daniels is indeed, therefore, an extraordinarily impressive man.

In his remarks to the conference, he outlined three areas of endeavour for Johns Hopkins, which underpin its academic integrity and excellence and its role in the progress of the United States:

1. Equity of access for all who are able intellectually and willing to attend Johns Hopkins.
2. A quest for diversity of talents and backgrounds amongst the faculty and the student profit.
3. Community and social engagement of Johns Hopkins beyond the academic community to better integrate into the broader society of Baltimore and surrounding areas.

There are lessons for MacKillop in this. If we wish to be a place of creativity, imagination, relevance, and opportunity for our students and teachers, we would do well to consider how we can further extend our reach in these three areas. We will always be a Catholic school and carry with us over 1500 years of the academic and intellectual life of the Church. Under that umbrella, with Christ as the great teacher, we have an obligation to be confident in our identity and purpose and to carry that beyond our own boundaries by welcoming others and engaging in the wider community of this city, country, and world.

Yours in St Mary MacKillop,

MICHAEL LEE  
COLLEGE PRINCIPAL

*"The College  
has returned  
with a real  
sense of  
freshness and  
enthusiasm."*



# College News.



## Japan Trip

During the Semester break, 15 MacKillop students from Years 9 - 12 traveled to Japan. The students spent 10 days exploring Tokyo, Kanazawa, Kyoto, Hiroshima and Matsue before embarking on a nine day homestay with families of our Japanese sister school, Oki High, located on a remote island in the Sea of Japan.

The focus of the trip was cultural immersion, with students also having the opportunity to practice their Japanese language skills.

If you are interested in the traveling overseas with the College or hosting an exchange student, please contact Mr Peter Johnson, International Programs Officer ([peter.johnson@mackillop.act.edu.au](mailto:peter.johnson@mackillop.act.edu.au)).

*Peter Johnson*  
International Programs Officer





## College News.



## Engarde News

On Sunday 25 June, MacKillop's Wanniasa Campus was the venue for the 2017 ACT Schools Fencing Championships. Ten schools were represented, with St Mary MacKillop winning the overall Championship.

Individual MacKillop student achievements included Oliver Bryson (Year 9) 1st place in Epee, Aiden McLachlan (Year 10) 2nd place in Epee, and Ashy Kinsella (Year 11) 3rd place in Sabre, while Edward Copland (Year 8) was a strong competitor in Foil.

Congratulations to our Engarde@MacKillop fencers.

What's been happening?

TERM 3

### WE RETURNED FOR SEMESTER 2

After the winter holiday break, staff and students have returned to school for Term 3. Some highlights for the term ahead include the Musical, Year 12 Retreat, Variety Night, Year 12 AST, MacKillop Day celebrations, Book Week, and the Year 10 Spring Zing.

## Student Achievement

On Wednesday night, Joshua Fahey (Year 8), Sam Frost, Jordan Gilbert, Andrew Ryan, Mitch Thomas (all Year 9), and Luke Adamson (Year 10) were presented their representative playing jumpers. They'll represent the ACT U15s (and MacKillop) at the AFL Nationals in Fremantle next week.

Tyra Petersen (Year 8) will attend the World Indigenous Peoples' Conference on Education (WIPCE) in Toronto, which begins on Monday. Held only every three years, this conference brings together highly regarded Indigenous education experts, practitioners, and scholars.

In the last week of the school holidays, Maren Fields and Josie Dubbert (both Year 8) represented the ACT at the Football Federation Australia National Youth Championships in Coffs Harbour. Their team finished as the Pool B Champions!

In late June, Ashley Bryson (Year 7), Isabella Simon (Year 8), Maddy Watson (Year 10), and Sophee Watson (Year 11) represented the Canberra Physical Culture Club in the BJP 125 Years Dance Spectacular at Qudos Bank Arena at Sydney Olympic Park.



### NAIDOC WEEK

While NAIDOC Week officially took place during the school holidays, schools celebrated Aboriginal and Torres Strait Islander history, culture, and achievement during the first week back. MacKillop sent over 50 students to today's NAIDOC Mass, while Wednesday's assembly at the Wanniasa Campus had a distinct NAIDOC theme.

## The Musical.



**JULY 25-28, 2017**

 WANNIASSA CAMPUS THEATRETTE • 7PM

TICKETS FROM FRONT OFFICE OR [WWW.MACKILLOP.ACT.EDU.AU](http://WWW.MACKILLOP.ACT.EDU.AU)  
STUDENT/CONCESSION: \$20 | ADULT TICKETS: \$25

## The Musical is on NEXT WEEK!

*Hairspray Jr* will be performed at the Wanniasa Campus Theatrette during Week 2 of Term 3, on Tuesday 25, Wednesday 26, Thursday 27, and Friday 28 July. Each show will commence at 7pm.

Tickets are \$20 for students/concession and \$25 for adults. They can be purchased through Qkr! ([www.mackillop.act.edu.au/qkr](http://www.mackillop.act.edu.au/qkr)) or at the Front Office of each campus. Tickets will also be available at the door for any shows that are not sold out prior to the performance.

### **The story:**

The family-friendly show captures the spirit and turmoil of 1962 Baltimore through laughter, dance, romance, and tuneful songs. The story follows Tracy Turnblad, a full-figured girl with full-figured hair and a big heart, who has only one passion – to dance. When her determination and rock 'n roll moves land her a spot on a local television dance program, The Corny Collins Show, she is transformed from an outsider to an irrepressible teen celebrity. This trendsetter in dance and fashion uses her fame to win the affections of heartthrob Link Larkin, challenge the program's reigning princess Amber, and rally against racial segregation... all without denting her 'do.

## Admin News & Notices.

### 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

### School Fees

Term 3 Fees have now been sent out. Fees are to be paid by 4 August 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 prefer to have fees sent electronically, please email to [michelle.predovan@mackillop.act.edu.au](mailto: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

### Transport for NSW online portal

MacKillop has partnered with Transport for NSW to use the new online School Portal for endorsing school travel applications and submitting School Drive Subsidy and Private Vehicle Conveyance Scheme attendance checks. You can now manage your school travel needs online, including applying for school travel passes, tracking the status of your application and tracking the status of your School Drive Subsidy application and payments.

The application process has also been simplified so that a new or updated application for school travel passes is only needed when a student is:

- applying for a school travel pass for the first time
- requesting an additional pass as a result of a new shared parental responsibility situation (e.g. joint custody).
- changing school or campus
- changing home address
- receiving an expiry notification
- repeating a school year
- changing their name
- requesting a new transport operator.
- This means students who are progressing to Year 3 and Year 7 only need to reapply if they are changing circumstances.

Parents, carers and students can apply or update their details online at: [www.transportnsw.info/school-students](http://www.transportnsw.info/school-students). If you do not have access to the internet, contact 131 500 for assistance.

### Bus Changes

Transport Canberra has advised that the intersection of Clift Crescent and Ashley Drive will be closed from Monday 31 July 2017 for up to 6 weeks. Road works will require temporary bus stop closures during this time.

School services will be diverted via surrounding roads. Maps of the diversion for the below dedicated school services are available on the Transport Canberra website (<https://www.transport.act.gov.au>) and for more information please call 13 17 10.

**Morning routes:**

Serving Wanniasa - 650, 851

**Afternoon Routes:**

Servicing Isabella - 877

Servicing Wanniasa and Isabella - 687, 877

*Monica Bailey*  
Assistant Principal Pastoral Care (Acting)

### Homework Club

Please note that Homework Club will not run on Tuesday 1 August, as staff will be attending an important Professional Learning session at the conclusion of school.

*Cathryn Thomas*  
Teacher Librarian

### UAC Info Night

Year 12 students and parents are invited to the UAC Information Night (university) on Monday 31 July from 5.30pm at the Isabella Campus. Representatives from ANU, UC, and ACU will be available.

*Maria O'Donnell*  
Assistant Principal Curriculum (Acting)



## Pastoral Care.



## Year 8 Events

During the final week of Semester 1, Year 8 participated in a variety of exciting and enjoyable activities. This included the Year 8 pilgrimage to Sydney to visit MacKillop Place and St Mary's Cathedral. Many of the students appreciated the opportunity to learn more about St Mary of the Cross MacKillop, such as the struggles she encountered in her life, her enthusiasm for education and her desire to make education accessible to all. Visiting and praying alongside her tomb was a special moment for many of the students. The pilgrimage also included a visit to St Mary's Cathedral in Hyde Park. Here students learnt more about the history of the Catholic Church in Australia and were able to reflect on the architecture and art of the cathedral.

Back at school students also participated in 2 valuable half day workshops. Students worked with Coastlife staff, who ran teamwork, leadership and communication building activities in the gym. The activities challenged the students at an individual and collective level.

The students also participated in a First Aid workshop ran by the St John's Ambulance school education unit. Students learnt about basic first aid, went through the steps of DRSABC and how to dress or support certain types of injuries. The students thoroughly enjoyed the workshop and learnt valuable life skills.

The Pilgrimage and workshops were positive experiences and were a great way to finish a very successful semester for Year 8.

*Phil Belcher*  
Year 8 Pastoral Care Coordinator

## Year 10 Events

### REFLECTION DAYS

The Year 10 Reflection Days were stuffed full of fun and positivity! In class groups, we took part in a wide range of enjoyable activities which challenged us all, such as wheelchair basketball, personality quizzes, building a community out of straws, singing and meditation to name a few, as well as attending two presentations by guest speakers. These presentations focused on examples of resilience through real life experiences. Ben Jenkins, a recent graduate from MacKillop detailed his experience as he travelled to Tanzania with the Gap Medics organisation. Here he assisted in a hospital ranging from obstetrics, gynaecology, surgery in ED and paediatrics. Additionally, an Australian boxer from Canberra, Bianca 'Bam Bam' Elmir inspired us with her resilience and determination to achieve her personal and sporting goals. The day then concluded with a reflective Mass. Reflection Day presented us with great wraps and snacks during the breaks, which were purchased with the efforts of the teachers who helped organise the two days; which was definitely appreciated by every student who took part.

*Jonty Yeo*

Year 10 student



### PARTY PROGRAM

A group of Year 10 Students were lucky enough to be chosen to attend the P.A.R.T.Y. Program (Prevent Alcohol and Risk-Related Trauma) at the Canberra Hospital in Week 9 of last term.

This offered us many experiences and interesting facts to take with us in the future of our adolescent lives and beyond. We split into two groups and completed numerous activities which enabled us to experience first-hand rehabilitation processes after car accidents, for example. We also had the opportunity to visit patients on the ward about their rehabilitation process, both physical and mental, which was both alarming but educational. Additionally, we were addressed by a number of hospital staff members, ambulance officers and victims themselves about the impacts of driving under the influence of drugs and/or alcohol may have. Whilst some of the images and stories themselves were confronting, it offered us direct insight about the consequences of these poor choices. Overall it was a fun and very informative experience and we thank the Year Coordinators for allowing us to all to experience this great day.

*Sharn Soldo + Shawna Gray*

Year 10 students



## Pastoral Care.



## Status Awards

### STATUS ACTIVITIES AFTERNOON

Congratulations to all the students who received Bronze and Silver Status in Semester 1 and celebrated with the afternoon activities on the final afternoon of Term 2. It was a positive and fun way to finish the term with students involved in team building, problem solving and sporting activities.

### STATUS AWARDS

Congratulations to the following students who were presented with Bronze Status Awards at this week's Campus Assembly:

Emily Bermingham (7E1), Mia Catanzariti (7A3), Zach Coleman (7A2), Alexander Del Bianco (7W1), James Gibbons (7E1), Tom Grant (7W1), Mikayla Lukban (7A1), Ashlee McInnes (7E2), Aaron Nguyen (7E1), Brandyn Ross (7F3), Deion Trinidad (7F3), Kai Viljakainen (7W1).

*Monica Bailey*

Assistant Principal Pastoral Care (Acting)

## Pastoral Notices

### NEW PC TEACHERS

There have been changes to Pastoral Care teachers for Term 3. They include:

- 7E2 Elspeth Richardson
- 7F3 Hannah Baillie
- 7W3 Gary Bowen
- 9F3 Edward Larkin (Term 3 only)
- 10A2 Owen Hamerton
- 10E3 Trevor Fritzlaff (temporary)
- 10EW Amelia Black/Felicity Seselja
- 12E1 David Henry (temporary)

### ATTENDANCE CERTIFICATES

During Year group assemblies over the coming weeks over 135 students across the College will be awarded attendance certificates, recognising those who attended 100 per cent of school days in Semester 1. This accomplishment recognises the determination and perseverance of these students as well as their good physical and mental health. Consistent school attendance assists in building relationships and support networks at school that aid student's academic achievement and wellbeing.

### TERM 3 AFTER SCHOOL SPORT

During Term 3 Wednesday after school sports will continue at the Wanniasa Campus from 3:30-4:30pm for all students in Year 7 to 9. This is again being organised by College Sports Captain Jack Adamson with assistance from other Year 12 student volunteers and supervised by a staff member.

The sessions will run from Week 2 until Week 10 in the Wanniasa Campus gymnasium.

The afternoon sports activities provide a great opportunity for students to involve themselves in the school community, enjoy a social sporting environment and build friendships. All students are invited to participate regardless of experience or ability.

Consent forms are available from Pastoral Care Coordinators, the PE staffroom and can be downloaded from Canvas.

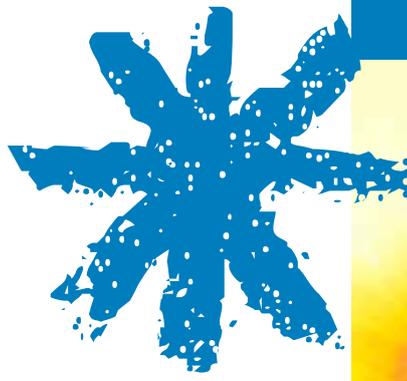
Students who have attained Bronze or Silver Status may count the hours that they attend towards their application for the next level of Status, as Community Involvement time.

## Parentingideas.

This week's Parentingideas article, "Building self-esteem away from the screens" discusses how social media has the ability to ignite a flourishing self-esteem but as it can also have a negative impact it highlights the role families can play in helping to ensure a child's sense of self-worth.

*Monica Bailey*

Assistant Principal Pastoral Care (Acting)



## Building self-esteem away from the screens

By Martine Oglethorpe

*As so much of a young person's social world revolves around their online feeds and connections, it is no wonder that 'likes' and comments have become a social currency and a reflection of where young people see themselves amongst their peers.*

Whilst social media has the ability to ignite a flourishing self-esteem with glowing comments, hundreds of likes and thousands of followers, it can also have a negative impact. A lack of likes, followers or comments, or even just a small number of nasty or negative comments, can do irreparable damage to a struggling self-esteem.

In addition, because many of the social networks kids are using centre around the sharing of visuals, this can lead to an over representation of aesthetics as the yardstick of popularity. Instagram, Snapchat and musical.ly are some of the popular networks right now and all are based on photos, video and performance. Which is all well and good if you have a good sense of who you are and are not relying on the feedback from these networks to decide your worth. But for many, putting themselves out there can mean they open themselves up to judgement and even ridicule.

And even if they get hundreds of likes or lots of lovely comments, it is often the one nasty one they remember the most.

We need kids to know they are worth more than their likes and followers. We need them to know their sense of self is not based on what others, and even strangers, may think of them.

But how do we do that in a world that sees kids so attached to their screens and their online social connections?

Well, like all things in parenting today, there is no one simple solution. However there are certainly ways we can help ensure that a sense of self-worth is based on the achievements, the values and the qualities that make each and every child unique.

### **Build their independence and resilience early**

From a very early age, provide them with opportunities to build their independence, have responsibilities, learn to fail, make mistakes and problem solve when things don't go to plan. These skills will become invaluable in a world that sees constant comparison and the inevitable negative interactions of the online world.



## Building self-esteem away from the screens

### Stay relevant

Don't resort to the "in my day we...". We may well reminisce about the more carefree days where we got to switch off and hangout with mates in the neighbourhood oblivious to what the rest of the world thought of our latest picture. But that's not particularly relevant to our kids today. And shutting down their account, turning off their computer and walking away from social media altogether is really not an option for most. Be sure your kids know that you understand the role the technology plays and the challenges they face. That way you put yourself in the best position to have the right conversations and put in place the right boundaries.

### Provide other role models and community

Getting involved in outside pursuits and interests away from the screens can help them form connections with other parts of the community. Coaches, youth leaders and other role models can all play a part in mentoring a child about the importance of balance whilst reminding them that there is a life beyond the screens.

### Give them opportunities to help

There is no better way to feel better about oneself than to feel useful.

Helping at home, helping in the community and volunteering can be great ways for kids to build self-worth away from the screens. It may be helping coach some kids at the local sports club or getting involved in a cause or issue that matters to them. This will give them a sense of purpose that revolves around their actions and their input and not just what others perceive about them.

### Family rituals

Regular meals and time where no devices are present can be crucial to providing the stability and security young people need. Mealtimes have been proven to be an effective way of letting kids know they always have a place that is familiar, secure and unconditional. This may not be a reality for every family every night, but trying to incorporate any sense of ritual into a family, especially one where screens are not involved, will certainly provide a positive impact.

We know that the technology and the devices are going to continue to play a huge role in the social and emotional lives of our children. Therefore we need to ensure that we are doing all we can to give them a balanced, true and positive view of themselves that continues to flourish both in real life and online.



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



**Martine Oglethorpe** is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Devices and the online world will continue to play an increasing role in the lives of our families for much of their information, education, entertainment and socialisation. It is imperative therefore, we have the skills, understanding and strategies to help them navigate the challenges and make the most of the opportunities that the technology has to offer. Martine is available for student workshops focused on positive online behaviours, for teacher professional development on how the digital world affects what happens in the classroom and for corporate and parent information sessions. If you would like to book Martine for a presentation or to get more ideas on dealing with the digital world then head to her website [themodernparent.net](http://themodernparent.net). Contact details: [info@martineoglethorpe.com.au](mailto:info@martineoglethorpe.com.au) [themodernparent.net](http://themodernparent.net) [facebook.com/themodernparent](https://www.facebook.com/themodernparent)

