



# MacKillop

St Mary MacKillop College Canberra



In this edition.

## Year 12 Retreat

Year 12 spent three days bonding along Sydney's Northern Beaches.  
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## Pilgrimage to Eden

SRC students and our A Cappella Choir joined in the St Mary of the Cross MacKillop Pilgrimage to Eden.  
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Year 11 Hospitality students toured Sydney to check out commercial kitchens, restaurants, and markets.  
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COLLEGE  
NEWSLETTER

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NO.  
18 AUGUST 2017

# Coming Up.

MONDAY

# 21 AUG

- Book Week begins

THURSDAY

# 24 AUG

- Variety Night  
7pm, Wanniassa Campus

TUESDAY

# 05 SEPT

- Year 12 AST

WEDNESDAY

# 06 SEPT

- Year 12 AST
- Year 11 AST Trial

FRIDAY

# 08 SEPT

- MacKillop Day Mass  
and Celebrations

FRIDAY

# 15 SEPT

- Year 10 Spring Zing

# Contact Us.



02 6209 0100



info@mackillop.act.edu.au



www.mackillop.act.edu.au



PO Box 1211  
Tuggeranong ACT 2901



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



Lord, We give thanks for the legacy of St Mary of the Cross MacKillop, whose Feast Day we celebrated last week. Amen.

## The Principal's Letter.

Dear families, students and friends,

### YEAR 12 RETREAT

Congratulations to Year 12 and Year 12 staff for a highly successful 2017 Retreat. It was a pleasure to be able to spend an evening with the staff and their students at the Salvation Army Centre, Collaroy (we're a Catholic school for everyone!), where we could share a meal, talk, and laugh outside of the school setting. The MacKillop community has just cause to be very proud of these fine young women and men, to be optimistic about the contribution they will make in the future, and to be very grateful for the substance and character – evident in great abundance – that they have gained from their families and this school over the last six years.

### MARRIAGE EQUALITY POSTAL VOTE

I had an opportunity to speak to Year 12 on Wednesday about the importance of being enrolled to vote so that they can participate in the postal survey. Students have been encouraged to engage in respectful conversation with their families and friends and to recognise that there are good and decent people on all sides of the argument. The last day of enrolment to vote is Thursday 24 August. <http://www.aec.gov.au/enrol/>

### MACKILLOP PILGRIMAGE TO EDEN

Thank you to Mrs Maloney, Mr Wood, and 18 students from our A Cappella Choir and SRC who contributed to the Mary MacKillop Pilgrimage to Eden last weekend. This was a joyful and pleasant experience and it was good to know that so many people from around our Archdiocese were so pleased to see the MacKillop uniform well represented in the crowd.

### AU REVIOR, JOBE WATSON

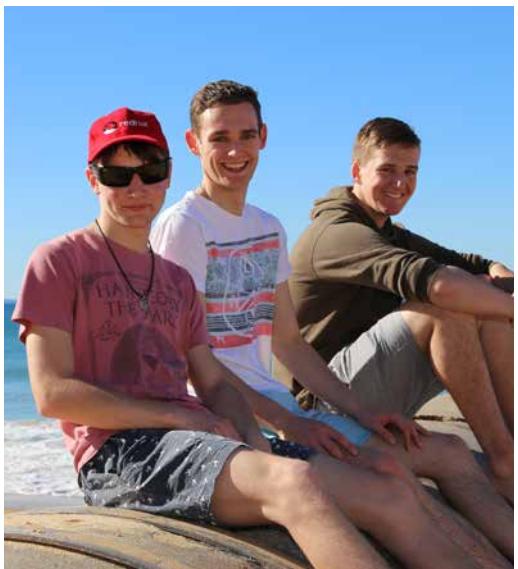
Former Essendon Captain Jobe Watson announced his retirement at the end of the 2017 AFL season. In his stellar career, which was richly littered with honour after honour, his greatest contribution was the grace and dignity he demonstrated on behalf of his colours and teammates at their lowest point. He was positive to everything but a drug test... he should have won a Brownlow!

Yours in St Mary MacKillop,

MICHAEL LEE  
COLLEGE PRINCIPAL

"The MacKillop community has just cause to be very proud of these fine young women and men."

# College News.



## Year 12 Retreat

The last time we stepped out onto the luscious green lawns of Collaroy was Year 7 camp 2012. We were just as excited now as we were then. Those feelings were confirmed as we looked out over the beautiful ocean vista.

The environment was a contrast from our day to day lives, allowing us to enter a completely different head space and change our perspective. We all walked to the beach as a year group and it was at this moment that I said, "I'm so glad to be here".

The highlight of the retreat was the writing of 'gratitude letters' to, and from, our peers. They were happy, unexpected treats that truly warmed our hearts and they really outlined the purpose of the retreat and brought us all together as a year group, allowing us to reflect on the friendships we have made at MacKillop.

Our last night was a disco. Nothing binds like a boogie on the dancefloor. New moves, old grooves and the returning beat that drives us closer together. A bit like MacKillop. Reliable, constant and resonates through each member of its community.

Our paths are not yet set. It's unclear if we should be nervous or excited about the next chapter of our lives, but what retreat gave us was the chance to sit one dance out to observe the party and be grateful for the invitation.

*Natasha Brittain*

Year 12 student

# College News.



## Pilgrimage to Eden

Students from the College A Cappella group and Wanniassa SRC travelled with Mr Lee, Mr Wood and Mrs Maloney to Eden to take part in the Pilgrimage of St Mary of the Cross MacKillop to Eden.

Students met with students from Lumen Christi Catholic College, Pambula Beach and spent time in a Year 3 classroom working with some younger students. They were also given the opportunity to walk to the beach to engage in conversations with students from Year 10 about their differing education experiences.

Local historian, Mr John Liston, spoke to the students at MacKillop Hall in Eden, a place where Mary MacKillop herself had been and set up a school in the church building. Mr Liston spoke of Mary's contribution to the local community in response to the way the community looked after her mother Flora who died tragically off the coast of Eden on the Lyee Moon. Students also stood on the oldest known walking track, the Bundian Way and visited the local Killer Whale Museum where they were able to learn more about the community and Mary MacKillop's impact.

Our Wanniassa SRC students walked the final stages of the pilgrimage to the Mass and our A Cappella led a reflection after communion. The whole experience was moving for staff and students, where they were able to represent the College and learn more about our patron saint.

*Nathan Wood + Alexis Lanuza*

Year 9 Coordinator

Year 10 Student

## Student Achievement

Olivia Hart (Year 7) has been selected to represent the ACT at the Australian National Hockey Championships in Perth next month.

## What's been happening?



### THE YOUTH HEALTH EXPO

The largely successful Youth Health Expo of 2016 made its triumphant return on Wednesday 16 August 2017 with a brand new theme of 'Safe Partying'. It was comprised of three rotation sessions - an expo, an expert panel and a PC challenge. With over 10 organisations attending the expo in the gym, students were exposed to a wide variety of information and sources to assist in ensuring their safety in social, community, personal and party environments. The panel consisted of 6 ex-MacKillop students from the class of 2015 who gave the senior campus their hot tips and tricks about managing college life and ways that they stay safe while partying. Finally, the PC challenge introduced students to the Take Kare Safe Space initiative that helps people stay safe when out in Civic and challenged them to come up with their own initiatives. This activity challenged students to think about staying safe and helping others and motivated them with the illustrious prize of a \$400 gym membership to Club Lime. The Year 11 SRC would like to thank Mr Durham for his support and assistance in their organising of the event as well as everyone who attended and made the expo such a success.

*Sarah Purcell*

Year 11 SRC



### WANNIASSA AWARDS ASSEMBLY

On Wednesday last week, student achievement from Semester 1 was recognised at the Wanniassa Campus Awards Assembly. Students received awards for academic excellence, application to studies, or contribution to the community.



### MASS AT CORPUS CHRISTI

On Sunday 6 August, MacKillop joined with Corpus Christi to celebrate Mass at Holy Family Church. Staff and students engaged in the liturgy as readers, with music, and the Prayers of Intercession.

# Admin News & Notices.

## NAPLAN Reports

NAPLAN reports will be sent home this week. To assist parents in interpreting the student reports, ACARA has published a parent information brochure and video which can be accessed through the ACARA Student Reports webpage (<http://nap.edu.au/results-and-reports/student-reports.html>). If you have any queries about the reports, please contact Maria O'Donnell or Clare Fletcher, Assistant Principals Curriculum (Acting).

**Maria O'Donnell + Clare Fletcher**

Assistant Principals Curriculum (Acting)

## ANU Extension Courses (Year 11 2018)

The Australian National University (ANU) is holding Information Evenings about the extension courses it offers to Year 11 students. These courses allow successful applicants to undertake studies in specialised areas of interest. Successful completion of their studies in ANU Extension may lead to an early offer for entry to ANU that will allow them to articulate into an ANU bachelor degree program and receive credit towards this bachelor degree. ANU Extension programs contribute to the Senior Secondary Certificate and toward the calculation of their ATAR.

It is anticipated that in 2018 advanced courses will be offered in **Chemistry, Physics, Biodiversity, Astrophysics, Specialist Mathematics, Engineering** (all these subjects are classified as STEM), **Japanese, Indonesian, Chinese, Korean, and Advanced Music**.

- **STEM Subjects Information Night:** Monday 4 September, 6-7pm, HC Coombs Lecture Theatre, HC Coombs Building (8a), Fellows Road
- **Asian Languages/Advanced Music Info Night:** Tuesday 5 September, 7-6pm, Copland Lecture Theatre, Building 25

For additional information, please visit <http://extension.anu.edu.au/> or contact helen.kaye@anu.edu.au.

**Maria O'Donnell + Clare Fletcher**

Assistant Principals Curriculum (Acting)

## Variety Night

The talents of MacKillop's student body will be on display at Variety Night, which takes place at the Wanniassa Campus Theatrette at 7pm on Thursday 24 August.

Tickets are now available from the Front Office of either campus or on the Qkr! App/website:  
<http://www.mackillop.act.edu.au/qkr>

Ticket prices are \$10 for students/concession and \$15 for adults.

We look forward to another successful Variety Night!



## Lawn mowers

Thank you to the families who have recently donated old lawn mowers to the College. The Technology Faculty is hoping to seek out more old lawn mowers so that Year 10 students can work on them. Contact John on 6209 0164 if you would like to donate.

**John Solari**

Technology

## School Fees

Fees for Term 3 should now be finalised unless paying by Direct Debit or other approved arrangement.

Any outstanding fees should be paid immediately.

From Term 4 all families that pay by Direct Debit will automatically receive their Fee Statements Via email to their home email address.

If you would like to switch off paper statements and receive Fee Statements via email, please send an email to [michelle.predovan@mackillop.act.edu.au](mailto: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

## Year 12 Info

Year 12 students have been sent information through Groupwise from the University of Wollongong (early admission information) and the Department of Finance Career Starter Program. If you require more information, please see Ms Hundy.

**Karen Hundy**

Careers + VET Coordinator

## Teaching+Learning.



## Year 11 Hospitality Trip

Year 11 Hospitality students were given the opportunity to participate in an excursion to Sydney on Thursday 3 and Friday 4 August. We met at the Isabella Plains Campus bright and early at 4.45am to board the bus to Sydney. We began our hospitality adventure at Sydney Tower. Our tour guide gave a short but informative talk about the tower and its hospitality operations. We were taken on a tour through the commercial kitchens on the ground floor where the Head Chef was able to explain the duties and roles he had in the kitchen. He explained that one of the tasks they were undertaking today was to make 300 litres of pumpkin soup! He also explained that to maintain excellent food safety hygiene they would then have to blast chill the pumpkin soup. Each day they serve up to 700 people in the Sydney Tower Buffet. Students were given a tour of the 360 Bar and Dining restaurant which has the capacity to seat 140 people per session. Students were then able to enjoy a buffet lunch in the revolving restaurant while taking in the views of Sydney cityscape.

David Jones Food Hall was the next destination and was an experience with students finding cured meats that were up to 18 months old and costing in excess of \$300 per Kg. Other delights included unusual and expensive fruit and vegetables, the noodle bar, the grill bar and many grocery items from around the world. A short walk away was the Queen Victoria Building, which did not disappoint with Zumbo's display of desserts tempting and exquisite as usual. I could hardly imagine eating after our "all you can eat buffet" at the Sydney Tower but my students were still eager to fill themselves with the flavours of Sydney and many more sweets were purchased and consumed. The Zumbo staff were swarmed with teenagers desperate for their delicious macrons. A welcome rest was had at the YHA in Rawson Street, but not for long as of course Year 11 were keen to experience some hot and cold beverages at Starbucks, a short walk from the YHA. Everyone chose something entirely different varying from sweet fruit drinks to coffee and chocolate creations. Some of these drinks may make an appearance in Café Bella soon! Darling Harbour provided an excellent venue for dinner in the evening, and even a rainstorm could not dampen the student's enthusiasm. Many of the locals were treated to the site of teenagers walking back to our accommodation donned in white garbage bags haggled from an unsuspecting cleaner.

Day 2 saw the students up early again at 5.00 am to partake in a quick breakfast before travelling to the Sydney Fish Markets for a guided tour at 6.30 am. The SFM is the largest market of its kind in the southern hemisphere. There were many unique and unusual species of fish, crustaceans and shellfish from across Australia and New Zealand, which we could see firsthand. (Unfortunately no photography was allowed on the floor). Our tour guide was full of information about the seafood industry particularly sustainable fishing. Unfortunately due to industrial action the Dutch Auction system was not in operation.

The next stop was a visit to The Rocks to experience the Friday Foodie Markets where a wide variety of multi-cultural and local foods were available. Choices included Italian dessert pizza, Turkish gozleme, Australian kangaroo and crocodile skewers, local hand-made chocolate, olive oil and vinegars and fresh bread and confectionary. Splendid views of the harbour were taken in as students strolled around the iconic area.

The two days concluded with a Korean BBQ lunch, where students were able to cook their own meat on an open grill as they sat at their tables. Kimchi was popular with those who liked chilli as were the marinated mets, sauces and sides called banchan. A cultural tour of Chinatown finished the afternoon but it's not a visit to Chinatown without purchasing "Emperor Puffs" - a delightful morsel of pastry and custard, a perfect way to finish.

We can be proud of our Year 11 Hospitality students as they represented our school with great pride and have shown a keen interest in the industry and all it has to offer.

*Janelle Maas*  
Food + Textiles Coordinator

## Teaching+Learning.



## The Exchange Program

Alison Staniforth (Year 8) and her exchange student, Lola, reflect on the opportunities provided by the College's Exchange Program with Institution St Joseph's in France.

**Alison:** Lola's plane touched down in Canberra on 7 June. This was the start of a massive adventure, not only for Lola but for me as well. I was introduced to small part of the French cuisine and learnt some tips on speaking French. I saw Australia in a different light and learnt to appreciate the small things. I learnt more about my country than I already knew, and did so many things that I would never have done. We smashed four capital cities from Melbourne to Brisbane and everything in between. We made some of the best memories, and I hope her experience was just as good as mine.

**Lola:** For me, visiting Australia was like a dream come true. It's impressive that to think that I visited a country on the other side of the world. I had the chance of visiting Australia with real Australians that were able to share their culture with me and their way of life. Australia is a country that has both incredible modern cities and a very dangerous and wild outback. Having this chance to come on an exchange was really incredible and helped the improvement of my English very much.

*Alison Staniforth*  
Year 8 Student

## Book Week

Book Week takes place next week (21-25 August). On Friday, students will have the opportunity to dress as their favourite book character.

Once a year we celebrate,  
An event that cannot wait.  
Grab your imagination and make it work  
Try to recreate yourself and don't be a "...",  
Find a character in which you can immerse.  
Try on clothes and then rehearse,  
An imitation of a 'look', that you have found  
In a book.

The library is full of things to do,  
Come on in and you can view;  
Be Romeo to your Juliet.  
Get a lolly pop in a serviette.  
Or fight a dragon until you sweat,  
Write on a house from the land of Oz  
Or take on the spider, just because.  
Check out the posters on the walls,  
Then place a secret bid at the poster stall.  
Watch out for war of the worlds,  
The creatures can make your hair curl,  
In fright.

So...The DAY is Friday of next week  
Dress up well so you look chic.

*Marilyn Veech*  
Teacher Librarian, Isabella Campus

## Performing Arts News

### SINGING AND INSTRUMENTAL LESSON VACANCIES

Would you like to learn to sing or improve your already fabulous vocal technique? Would you like to learn to play Flute, Clarinet, Saxophone, Trumpet or Trombone? Limited vacancies currently exist in these tuition programs, so email or chat to Mrs Jiear if you would like to sign up.

### DO YOU PLAY A STRINGED INSTRUMENT?

If you play violin, viola, cello, double bass or harp expressions of interest are now open for a College String Ensemble. If you would like to join other string players and prepare for performances email Mrs Jiear to register your interest. A group will be formed at a time that best suits those involved. Don't sit back - get in tune with one of the fantastic instrumental ensembles on offer at MacKillop!

Email: Kerrie.jiear@mackillop.act.edu.au

*Kerrie Jiear*  
Performing Arts Coordinator

# Pastoral Care.

## Hope Express

On 11 August, Year 8 and 9 were fortunate enough to hear a presentation by Glen Gerry, founder of the HopeFull Institute. After receiving news at age 17 that due to a medical condition his dream of becoming an Olympic athlete were ruined he drew inspiration from the book *Long Walk to Freedom* by Nelson Mandela and created a Youth Centre in suburban Brisbane and began living his new dream. Throughout his speech he reflected on the Power of Purpose; an analogy of starting out as a seed that proceeded through various phases to become a blossoming tree.'

Dreams can always become a reality if our minds are set towards it. A positive attitude will not create talent, it will release it. Life is like a roller-coaster and our journeys will always travel through paths of highs and lows. The two most important days of our life start with the day we were born to when we finally discover why. Everybody has a reason to breathe. If the small things in life have a purpose, so do we. Nothing satisfies the human spirit more than purpose. If we find the courage to believe, others will also. Your hard work will always beat talent, never let success go to your head or failures go to your heart.

It takes three steps to be successful: a talent, opportunity and drive. We have to be willing to pay the cost of these dreams in order to fulfil them. Dreams will never be cheap. Nothing is ever considered safe, so pursue the dream that begins a spark. The more doors you knock on the more yes' you will gain. One step a day will bring you closer to anchoring these dreams. We're sure Year 8 and 9 were driven by inspiration and motivation to dream big.

Stop talking, get in the game, get started!

*Katrina Lasobina, Isabella Allende, Charlotte Breen + Sophie Healy*

Year 9 students

## Seasons for Growth

Change and loss are issues that affect all of us at some stage in our lives. Changes occur in families through death, separation, divorce or related circumstances and young people can benefit from learning how to manage these changes effectively. In Semester 2, the College will be offering the successful education program called Seasons for Growth.

This program is facilitated in small groups and is based on research which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings and problem-solving, decision-making, effective communication and support networks.

MacKillop is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved. If you think your son or daughter would benefit from participating in the Seasons for Growth program please contact Monica Bailey on 6209 5226 or by email at monica.bailey@mackillop.act.edu.au

*Monica Bailey*

Assistant Principal Pastoral Care

## Parenting ideas.

The article for parents, "Staying relevant in a digital world" investigates ways that parents can support children to engage positively with technology whilst avoiding the negative elements.

## Community News.

### LANYON LITTLE ATHLETICS

Lanyon Little Athletics offers the following activities for ages 5-16: Sprints, Middle and Long Distances, Hurdles, Relays, Walks, Shot Put, Discus, Javelin, High Jump, Long Jump and Triple Jump. Competition days are held on Saturday mornings at 9am, from 14 October 2017 to March 2018. Register online at [www.lanyonlittleathletics.org.au](http://www.lanyonlittleathletics.org.au) or in person at Lanyon Marketplace, Conder on Sunday 17 September 10:30am – 1:30pm. A Come 'n' Try will be held on Saturday 7 October (9-11am) at Banks Oval.

### CALWELL LITTLE ATHLETICS

Do you like to Run, Jump and Throw? Are you aged between 5 and 17? Don't miss out on the action! Join Calwell Little Athletics! Register online at <http://actlaa.org.au/> or come along to one of our registration days: 26 Aug and 23 Sept at Calwell Shops from 10am-2pm. Contact Bernie on 0402090178 for further information.

### ACU OPEN DAY

The ACU Open Day takes place on 26 August from 9am-4pm at 233 Antill Street, Watson. Tour the campus, meet staff and students, discuss entry opportunities, and talk to experts about your study options and career goals.

To view more information on Open Day or to register, visit [openday.acu.edu.au/Canberra/Open-Day](http://openday.acu.edu.au/Canberra/Open-Day)

### DRAMA CLASSES IN CALWELL

The Canberra Academy of Dramatic Art has opened a second Footlights Drama Class for students aged 10-14 at Calwell on Monday evenings (6.30-7.30pm). Classes are held at St Mary's in the Valley, 17 Webber Cres, Calwell. Visit [www.cada.net.au](http://www.cada.net.au) for information.

### SAVER PLUS PROGRAM

Can Saver Plus assist you with high school costs? Join Saver Plus and match your savings, dollar for dollar, up to \$500 for education costs including school uniforms and text books; computers, laptops and tablets; excursions and camps; sports equipment, uniforms and lessons; and music tuition and instrument hire. You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), and have a child at school or study yourself.

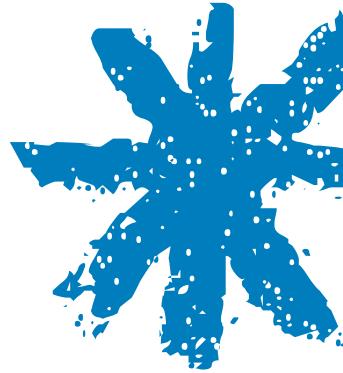
Contact Kathleen Watson, your local Saver Plus Coordinator at [kathleen.watson@thesmithfamily.com.au](mailto:kathleen.watson@thesmithfamily.com.au) or (02) 6283 7606 or enquire online at [www.saverplus.org.au](http://www.saverplus.org.au).

### LIVING THE GOSPEL TODAY - GALA DINNER

St Gregory's Parish, Queanbeyan is hosting the 'Living the Gospel today - Next steps to re-imagining our Parish communities' Gala Dinner on Tuesday 28 November (7pm for 7.30pm) at the Queanbeyan Roos Club. The keynote speaker is renowned journalist Geraldine Doogue AO. Contact St Gregory's Parish on 6299 4611, email [queanbeyan@cg.org.au](mailto:queanbeyan@cg.org.au), or visit <https://www.stgregorysparishqueanbeyan.com>. Tickets are \$60 (early bird price until 1 September, normally \$65).

# parenting\*ideas

# insights



## Staying relevant in a Digital World

By Martine Oglethorpe

*As technology continues to advance and our lives become more immersed in everything digital, the challenges faced by parents can often feel overwhelming.*

We know that the technology is here to stay and we also know the many benefits that we can reap from the digital world. There are amazing ways we can connect and collaborate, raise awareness, create, learn and share. We are also frequently made well aware of the dangers and pitfalls of this connected world..

We hear often about the predators, the pornography, the paedophiles, the gaming obsessions, the screen-time addictions and the cyberbullying.

So how do we ensure that our kids are getting the very best that the technology has to offer whilst avoiding those negative elements?

One of the best ways we can do this as parents is to remain relevant. But how do we stay relevant in a world that seems to move so fast? In a world where our kids already seem to know so much?

It starts by taking the time to get to know the world your children are growing up in and work to understand the challenges they face. Because kids do face challenges and they will make mistakes. We need to ensure that those mistakes are ones they can learn from and aren't life changing.

### Be the Wise ones

Well they may well have a lot of knowledge when it comes to all things technical. But they are not necessarily wise like us. Now I use the word 'us' very loosely here in referring to the adult population, because anyone who has spent any time online knows there are many adults who are not wise. But generally speaking, adults have a lot more understanding of the intricacies of interactions, relationships and the complexities of human behaviours than kids do. Our kids are interacting and connecting with others in a world that is often beyond what they are developmentally and emotionally ready for. We need to help them with that.

### Play and interact

Sure we all love the lure of an iPad to ensure we can finish our coffee whilst it's hot or get the dinner cooked uninterrupted. But if we also take the time to play and interact with our kids and their devices, we get a different perspective about what they enjoy. We get the bonus of the interactive element as well as time to bond and enjoy something together. We also put ourselves in a much better position to set relevant boundaries and help them understand those boundaries.



## Staying relevant in a Digital World

### Listen to others and listen to your child

If your friend's child is playing a game, has an account on social media or enjoys certain websites, then there is a good chance your child does too. Just as we would play at the park or hang out at the milk bar where our friends were when we were young, so too our kids will hang out where their mates are playing. So listen to those parents in the playground. Listen in to which popular apps and games are spoken about in the media. Listen to your child. Ask them what they like to do. Ask them about their concerns or their challenges. You may never keep up with every single app or site that your child visits, but if you have a good understanding of the ways kids are using technology and the sorts of things the technology is capable of, then you are in a much better position to help them use it safely and smartly.

### Be open and honest about what is out there

Whilst there are times we certainly lament the passing of the good old days where screens, and social media were not such an integral part of our lives, we cannot afford to be in denial about the role technology is and will continue to play in the lives

of our children. So rather than shut it down and try to avoid it, we need to be ready to have conversations that we may prefer not to have. We need to know that the average age a child first sees pornography is about 11, so we should understand that this is a very real possibility for our children. So how are we going to prepare them for that? What conversations would we need to have if we suspect this has happened? Because we do want to make sure that the education they are getting comes from us and not from the online world itself.

So seek out knowledge, interact, talk to your kids and put yourself in the best position to remain relevant to your child's world. Be the one they come to should things go wrong. Be the one they come to to share the positive experiences they have online.

Our role as parents is not to shut down the accounts and take away the screens, but rather to ensure we are giving them the skills, the understanding and the thinking to make the very best decisions every time they go online.



**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 facebook.com/themodernparent](http://facebook.com/themodernparent)

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

