



# MacKillop

St Mary MacKillop College Canberra

COLLEGE  
NEWSLETTER

NO. **14**  
1 SEPTEMBER 2017

## In this edition.

### Variety Night

Students showcased their talents in front of a packed crowd on Thursday 24 August.  
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Wanniassa Campus students worked on their music skills during a Blue Mountains getaway.  
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### MacKillop Day

It's coming up! We invite members of our community to join us for Mass on Friday 8 September.  
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## Coming Up.

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

FRIDAY

22 SEPT

- Final day of Term 3

MONDAY

09 OCT

- Term 4 begins
- Parent/Teacher Interviews (Isabella)

## Contact Us.



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PO Box 1211  
Tuggeranong ACT 2901



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



Lord, help us to trust in your Providence always. Amen.

## The Principal's Letter.

Dear families, students and friends,

### VARIETY NIGHT 2017

Congratulations to Mr Johnson, Mrs Jiear, Natasha Brittain (Performing Arts Captain), and the many staff and students who worked to ensure that Variety Night was a highly memorable affair. Those of us in attendance saw a healthy and welcome blend of talent from a wide range of year groups with boys and girls well represented. Coming close on the heels of our successful musical, the energy of our kids was again in abundant evidence. The College community is fortunate to have such a variety of talent adding to our sense of community and diversity.

### SATISFACTION SURVEYS

Thank you to the hundreds of staff, students, and parents who have taken the time to work through the Satisfaction Surveys, which were sent to the community via email on Tuesday 22 August. If you have not yet completed it, it takes about seven minutes but your voice and comments would be most welcomed into the mix. As the survey closes today, I would be very grateful if those who have not yet completed the survey find just seven minutes to do so this afternoon.

### MACKILLOP DAY MASS AND CELEBRATIONS

The College is once again looking forward to our annual celebration of the life of our patron, St Mary of the Cross MacKillop. This takes place on Friday 8 September, beginning with the MacKillop Day Mass at 9.30am at the Tuggeranong Basketball Stadium (students are to arrive by 9am).

We enjoy seeing past students, parents, friends, and families at our Mass and we warmly welcome you to share with us this special event in the College calendar. We hope to see many of you there.

Yours in St Mary MacKillop,

MICHAEL LEE  
COLLEGE PRINCIPAL

*"The College community is fortunate to have such a variety of talent."*

# College News.

## Variety Night

As mentioned by Mr Lee, Variety Night took place at the Wanniasa Campus Theatre on Thursday 24 August, with students delivering a range of stunning vocal and instrumental performances, breathtaking dance pieces, emotional drama routines, gymnastics, and good humour!

The talents of students from across all years of the College were of an extremely high standard.

Congratulations to all involved - the performers, the sound and lighting crew, the backstage team, the Performing Arts faculty, the Student Representative Council, and those who came to support our students!





# College News.



## Performing Arts Camp

In Week 5, approximately 35 students from Years 7-10 went to Winmalee Christian Conference Centre in the Blue Mountains for MacKillop's premier Performing Arts Camp. Whilst at camp, we were split up into different group (Vocals group, Concert Band and Year 7-9 Rock Band) and each group rehearsed a selection of songs in their chosen field. We also ran activities each night, a Trivia Competition on the first night and a Talent Show on the second. In our down time, we'd take a break from music by playing air hockey or pool in the games room, shooting some basketball hoops outside or drinking tea and coffee by the fireplace as someone played guitar. With friendly hosts, enthusiastic teachers and entertaining activities, Performing Arts Camp was certainly my most rewarding school camp, and one that we hope MacKillop continues to run in the future.

*Callum Dohersty*

Year 8 Student

Music camp gave students from Years 7 to 10 an exciting experience to sing and play music with other musicians. It took four hours to drive out to the Blue Mountains where the camp was held. We stayed in cabins and the friendly staff generously made all the meals for us. During the days, we split up into different groups such as bands, instrumentalists and vocalists. The group work included perfecting skills, practising together and lots of laughs. There were many opportunities to catch up with friends or make some new ones. During the evenings, we participated in activities including trivia, talent quest and singing games. On the last day, all the groups came together to perform the songs that we learnt on the camp. I learnt new skills, made new friends, shared laughs and had a great time.

*Gemma Barclay*

Year 9 Student



## College News.



### Gurabang House Charity

This week was Gurabang's House Charity Week, so we spent the week raising money with all the fun events that Mr Johnson, Mr Kelly, Mrs Bailey and both Junior and Senior Gurabang SRC teams had organised.

Gurabang's chosen charity was beyondblue, which raises awareness and support for those who suffer from depression, anxiety, and other mental health issues, relying on fundraising of local communities such as ours. A representative from beyondblue, Isobel Wynd (pictured with members of the SRC), attended this week's Wanniasa Campus Assembly to talk about what they do.

Both campuses were busy with a range of activities to raise funds for beyondblue. There was a lolly-guessing competition, pick-a-pop, food stalls, uniform variations, and a sponge throw at some of our favourite teachers, including Mr McNicol. This was a great laugh for the students and we ended the week with a gura-BANG! Thanks for supporting such a worthy cause.

*Jessica Bui + Connor Ingram*

Gurabang House Captains

## Student Achievement

### ART PRIZE

Year 12 student Samantha Thomas gained second place in the 'Innovation and Execution' category of the ANU Blueprints competition. Samantha's work, titled 'Versatility in Fashion' was a collection of photos (one example to the right) and had to be "a design that represents innovative thinking and expert execution". Samantha's work was exhibited from the 10-23 August in the ANU School of Arts gallery with a prize of \$250.

### STATUS AWARDS

Congratulations to the following students who have this week been presented with Bronze Status Awards at the Wanniasa Campus Assembly:

Nick Dowling (7F2), Neika Henson (7F3), Miranda Kemp (7A2), Isaac Leonard (7W1), Lachlan McGee (7W3), Oscar Morgan (7A1), Montana Mundy (7W2), Emily Rasheed (7AF), Anna-Jane Ryan (7W2), Jessica Ryan (7EW), Isabella Salazar (7EW), Eloise Stephens (7W3).

### INDIVIDUAL ACHIEVEMENT

Harry Grant (Year 10) won the AFL Canberra Rising Stars TA Wharton Medal at the AFL Canberra Mulrooney Medal Presentation Night.

Max Adamson, Joshua Fahey, Cameron Moore (all Year 8), and Jordan Gilbert (Year 9) have been selected for the Giants AFL Development squads.



## What's been happening?



### BOOK WEEK

There was lots on at both campuses for Book Week, but the highlight for all students was having the chance to dress up as book characters on Friday. At the Wanniasa Campus, students were able to walk in a Book Week Fashion Show to show off their costumes.



### SCIENCE WEEK

Prior to Book Week, MacKillop held Science Week with a range of activities at each campus. Wanniasa students were fortunate to be able to view a range of 'explosive' presentations.

# Admin News & Notices.

## Changes to ACTION Timetables

On Saturday 7 October 2017, Transport Canberra will be introducing a revised network and timetable. Some dedicated school services have changed and the new timetables and maps are now available for parents and students to view on the schools page of the Transport Canberra website, you can choose to search by Route Number or School Name. Visit [transport.act.gov.au](http://transport.act.gov.au) for information.

*Monica Bailey*

Assistant Principal Pastoral Care (Acting)

## ANU Extension Courses (Year 11 2018)

Year 10 families have been sent information regarding the ANU extension courses for Year 11 students. 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**. Please remember that information nights take place next week.

- 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](mailto:helen.kaye@anu.edu.au).

*Maria O'Donnell + Clare Fletcher*

Assistant Principals Curriculum (Acting)

## 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 your paper statements and receive Fee Statements via email, please send an email to me at [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

## Qkr! Payment App

The College offers a convenient way for parents and carers to make various payments to the school. Qkr! (pronounced 'quicker') is a mobile payments app which enables parents to pay for school fees, excursions, ticketed events etc directly from their smart device. Qkr! accepts all major credit and debit cards accepted by the school (Visa and MasterCard), you can also register more than one card within the app. The Qkr! app is available from the Apple App Store and Google Play. Download and register for Qkr! now at <http://mackillop.act.edu.au/qkr/> and start making payments from the comfort of your home or office.

*Jayne Limbrick*  
Accounts Receivable

## Careers News

### UNIVERSITY OF MELBOURNE

The University of Melbourne would like to invite students to attend an Information Day for interstate students and their families at the Parkville Campus on Monday 2 October from 9am – 5pm.

The day will focus on aspects of the university that are of interest to interstate students such as the application process, scholarships, student services, the student experience and accommodation options. Participants will have an opportunity to ask current University of Melbourne students who have come from interstate about their experience and how they managed the transition. The program will also include a campus tour and residential college tour. Lunch will be provided on the day.

### JOHN MCGRATH APPRENTICESHIPS

John McGrath Auto Group would like to extend an invitation to students and parents to attend an Apprenticeship Information Evening on Thursday 7 September, commencing at 5.45pm at the Woden ACT Dealership on Melrose Drive, Phillip.

The presentation will provide information about applying for an Automotive Apprenticeship, the structure of the apprenticeship, expectations, rates of pay, hours and conditions. It will also provide an opportunity to meet Service Managers from across the John McGrath Group.

If you are interested in attending please contact the Alexandra Sawyer by Tuesday 5 September on 6122 2213 or by emailing [hr@jmcg.com.au](mailto:hr@jmcg.com.au).

*Karen Hundy*  
Careers + VET Coordinator



# MACKILLOP DAY '17

**FRIDAY 8 SEPTEMBER**

**JOIN US FOR MASS TO CELEBRATE THE FEAST  
OF ST MARY OF THE CROSS MACKILLOP**

**9.30AM AT THE  
TUGGERANONG BASKETBALL STADIUM  
(STUDENT ARRIVALS BY 9AM)**



**MacKillop**  
St Mary MacKillop College Canberra



## Pastoral Care.

### Year 8+9 Girls Pastoral Program

Brianna Thomas, a former College Captain in 2009, gave a motivational speech on 23 August to the Year 8 and 9 girls. She spoke about pride, personal struggles and self-care, referring to the four different types of pride; internal battles, relationships, achievements and bucket list/sentiment. Brianna discussed how she became addicted to winning and succeeding, being 1 of 7 children in her family, and her struggle to get attention. This led to her becoming disappointed even when she came second place and she then accepted that she needed help.

Brianna shared with us one of her favourite quotes: "It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood." (Theodore Roosevelt.) Often others judge too quickly and critically because they are not the ones in the arena. In the arena you are going to struggle – but that is OK. Brianna taught us that women typically don't appreciate themselves as much as they should and that we are constantly feeling the need to help others, compare ourselves to others, lowering our self-esteem when we should be proud of ourselves. What Brianna is doing is "teaching hearts to stand up for themselves" to help reach our goals. She has numerous ways of reaching women who are struggling and all of her social media pages feature inspirational and helpful information for anyone who needs it.

You can reach Brianna through the My Colourful Mind website: [www.mycolourfulmind.com](http://www.mycolourfulmind.com) or Instagram: @mycolourfulmindmovement. A Whole Lot More is the new podcast for women and can be found at: [www.awholelotmore.com](http://www.awholelotmore.com).

Katryn: "The presentation, Pride and Strength gave everyone a unique perspective on how we see ourselves in certain situations. I learnt what being proud of yourself is truly about and small achievements are just as important as the big achievements."

Aakriti: "Pride and Strength gave me an interesting way of looking at tricky situations in life and how to deal with them. This presentation made me think critically about people around me and how they will impact me in a given situation."

*Danielle Hewitt, Kasey Galloway, Emma Smith, Nour Issa + Sophie Bone*

Year 9 students

### Year 8+9 Boys Pastoral Program

Last Wednesday, year 8 and 9 boys were involved in a presentation from Menslink. This presentation showed us what we need to do if we ever find our self in a situation where the pressure gets too much and we cannot take it anymore. This could include things like not being respected by peers or 'Here is ten tips from breakdown of a relationship that leaves you with a feeling of helplessness'. Any young man can contact Menslink or any other mental health hotline.

In the presentation, we were given solutions to remove the tension in your brain and how to get help from men who have gone through times of hardship. All young men are encouraged to reach out to someone during these difficult times and have their voice heard rather than staying silent. The strategies offered by the speaker were very practical and helpful. "Don't stay silent because silence is deadly".

Suggested contacts for struggling teens and young adults include:

Menslink- [Menslink.org.au](http://Menslink.org.au) 6287 2226

Lifeline - [Lifeline.org.au](http://Lifeline.org.au) 13 11 14

Headspace - [Headspace.org.au](http://Headspace.org.au)

Beyond Blue- [Beyondblue.org.au](http://Beyondblue.org.au)

*Jamie Ginman*

Year 8 Student

## Parentingideas.

The article below "The agony and ecstasy of teenage peer groups" recognises the important role peer groups have in the lives of teenagers and highlights ideas for parents that may assist them to help young people resist unwanted peer pressure.

## Community News.

### TUGGERANONG LITTLE ATHLETICS

Tuggeranong Little Athletics Rego Day takes place on 16 September 2017 from 9am-12pm, at Kambah #3, Kett Street Kambah. For information, visit [www.tlaa.org.au](http://www.tlaa.org.au).

### CANBERRA SCHOOL OF TENNIS

CSOT is holding two four-day Tennis Holiday Camps at The Pines Tennis Club, Chisholm or Weston Creek Tennis Club. A range of camps and courses are available. All camps include professional, certified, and accredited coaching. For information, visit [www.csot.com.au](http://www.csot.com.au) or contact Robert Jamieson on 0432 118 204 (email: [robert@csot.com.au](mailto:robert@csot.com.au)).

### DA VINCI MACHINES

Delve into the mind of the master of innovation, Leonardo Da Vinci at the Da Vinci Machines exhibition at the Temora Aviation Museum, Temora. The exhibition runs from 1 September to 29 October. For information, visit [www.aviationmuseum.com.au](http://www.aviationmuseum.com.au).

### ST PATRICK'S COMMUNITY FAIR

Save the date for St Patrick's Parish School Community Fair, which will take place on Saturday 4 November from 8.30am-2.30pm in Centennial Park, Cooma.

### TUGGERANONG VALLEY CRICKET CLUB

Tuggeranong Juniors field teams in all age groups from U10-18, including girls' teams. Register by visiting [www.playcricket.com.au](http://www.playcricket.com.au) - type in 'Tuggeranong' and select 'Juniors'. For more information, visit [www.tvccjuniors.act.cricket.com.au](http://www.tvccjuniors.act.cricket.com.au) or contact the TVCC Juniors Registrar, Rod Chancellor, at [registrar@tvccjuniors.org.au](mailto:registrar@tvccjuniors.org.au) or call 0415 105 036.

### 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).





## The agony and ecstasy of teenage peer groups

by Michael Grose

*Young people generally want to fit into their various social groups so peer approval is a significant driver for their behaviour. For a young person, resisting peer influence can mean isolation or instant ostracism so it sometimes takes great strength of will to refuse to follow the crowd.*

Having a group of friends is one of the most important parts of being an adolescent. It is how teenagers learn to get on in the world of their own age group and to gradually become independent. It is important for parents to understand the value of peer groups for young people and also to remember that peers can be positive influences.

### Positive peers

Peer groups can give young people a sense of belonging, which gives them an increased sense of self-confidence. These groups also provide safe testing grounds for attitudes and values outside their family at a time when young people are trying to define their identity. By and large, peers can be very supportive of each other. However, they can also be judgemental and can be the cause of heartache when conflict or alienation occurs.

### Unwanted peer pressure

While the increased influence of peers is a normal part of a young person's development, they can sometimes use some help to resist any pressure to conform that is placed on them.

**The following ideas may assist you to help young people resist unwanted peer pressure:**

#### 1. Talk about peer influence with your young person

Be open and frank about the subject. Call peer pressure out for what it is: unwanted pressure to conform to the views or behaviours of others. Let him or her know that while much of the influence of their friends is positive, some is definitely not in their best interests.

#### 2. Help young people say 'no' while still saving face and status among their friends

Ask them how they would refuse an offer of a cigarette, an illegal substance or an invitation to behave in a way that they felt uncomfortable with. How could they say no? What words could they use? How could they react if they were pestered? How can they refuse and still be 'cool' and accepted by others? Be upfront with them – after all, their peers will be.

#### 3. Be the scapegoat that they need

Many young people in the 11 to 14 age group are frequently pressured by early maturers to act older than they are. They are often asked to go to places or behave in ways that make them feel unsafe or uncomfortable. In these situations, kids need a scapegoat and that should be you. Allow them to blame you for not letting them

do something they don't feel comfortable with but can't admit to.

#### 4. Go easy on praise

Parents who use praise like a nervous tic are setting their kids up to be susceptible to peer pressure. When we continually praise kids for their good behaviour, good marks at school and good performance in any of their leisure activities we are inadvertently making their sense of self-esteem dependent on the approval of others. Peers replace parents as the source of approval in adolescence.

#### 5. Teach your young person to shrug

Sometimes an attitude of nonchalance is a young person's best friend, particularly when a peer makes a snide remark about their choice of clothes, their appearance or their friend. An 'I-don't-care-what-you-think' attitude conveyed with a shrug of the shoulders and a 'whatever' look may be the best weapon to use against such unwanted peer pressure.

#### Peers and parents

Belonging to a peer group is a significant stepping stone away from their family for most teenagers. While friends can never replace family, they help young people start the transition from being a compliant member of their family to eventually starting a family of their own in adulthood. Peers can have their own code of conduct, their own set of rules and their own expectations which maybe different to those experienced in the family. So what's a parent to do? Embrace their young person's friends. Here's how:

- Make them welcome in your home. Take an interest in them and get to know them.
- Set some house rules regarding what's acceptable in your house, but don't be too heavy handed as you want your home to be a welcoming place for young people.
- Provide space and privacy for your teenager and their friends in your home.
- Keep some food available and encourage them to make their own snacks and clean up their own mess.
- Be firm about your views on acceptable videos, alcohol use and sexual activities at home.



#### Disapproval of friends

It is common for parents to disapprove of their young person's choice of friends, due to those friends' behaviour or poor reputation, or the adverse influence they may have. This is a testing issue for many parents as it very often means they need to trust their young person's judgement. Criticising a young person's choice of friends is like criticising them personally so parents need to be careful how they handle these issues.

#### Finally

Peer groups are generally a positive influence but it is natural to have concerns about a young person's choice of peers. Get to know your children's friends and make your home a teenager friendly place. Give your young person some skills to recognise and resist adverse peer pressure and display your trust in his or her ability to make smart choices.



#### Michael Grose

*Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including Thriving! and the best-selling Why First Borns Rule the World and Last Borns Want to Change It, and his latest release Spoonfed Generation: How to raise independent children.*