



MacKillop

St Mary MacKillop College Canberra



IN THIS EDITION

LETTER FROM BILL SHORTEN

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Federal Labor leader Bill Shorten has congratulated MacKillop on its first 20 years.

OPENING MASS

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The College celebrated its Opening Mass on 20 March, giving thanks for the first 20 years of MacKillop.

OPENING OF NEW BUILDINGS

PAGE 6

His Grace, Archbishop Christopher Prowse, blessed the new Fr Julian Tenison Woods Laboratories and Providence Building.

COLLEGE
NEWSLETTER

NO. 04

23 MARCH 2018

giving thanks for
20
YEARS

COMING

UP

TUE **27** MAR

• Athletics Carnival

WED **28** MAR

• Year 7 Community Day

THU **29** MAR

• Easter Liturgies

FRI **30** MAR

• Good Friday

MON **02** APR

• Easter Monday

THU **12** APR

• ANZAC Ceremonies

FRI **13** APR

• Last day of Term 1

CONTACT DETAILS &

SOCIAL MEDIA



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)



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mackillop.act**



**www.twitter.com/
mackillop_act**



**www.instagram.com/
mackillop_act**



**www.youtube.com/
stmarymackillop**



PRINCIPAL'S

LETTER



Dear families, students and friends,

MACKILLOP 20 YEAR MASS

Congratulations to everybody involved in the success of this important and moving Eucharist on Tuesday last. Particular thanks to Mr Jonathan Moyle, Mr Benjamin Bowman and Mrs Kim Maloney.

Many who were there have generously contacted me to offer their thanks and praise for what was an extraordinary event. Every student and staff member who was involved and who attended will be grateful that they were there.

Fr James Antony, new to Corpus Christi Parish and to the role of Chaplain of the College, very beautifully led a congregation of 2000 people. He has very quickly integrated himself into our community.

For each year of my 11 years as principal, the students at this school have filled me with pride, gratitude and affection. It is very easy to be an advocate for them and such a pleasure to be in their company.

BLESSING AND OPENING OF THE FR JULIAN TENSION WOODS LABORATORIES AND THE PROVIDENCE BUILDING

Thank you to Archbishop Christopher Prowse, Regional Leader of the Sisters of St Joseph Sr Mary Ellen O'Donoghue, and Federal Member for Canberra Gai Brodtmann who, with the CE Director Ross Fox and ACU Dean Dr Patrick MacArdle, participated in the the Blessing and Opening of our new buildings on the St Peter's (Isabella) Campus.

Organised with precise detail by Campus Head Ms Sandra Darley, this event celebrated the culmination of two years planning and building. The result is outstanding facilities for our senior students.

The cost of the buildings is \$9 million and they are completely paid for already. Some \$30 million has been spent on building and refurbishment in the past 11 years. Despite this, the College is entirely debt free.

This is a result of careful management of College finances by the Board and outstanding financial stewardship led by the College Business Manager, Mrs Louise Davidson.

LETTER FROM FEDERAL LABOR LEADER BILL SHORTEN

Canberra MP Mrs Gai Brodtmann kindly read out a letter from Bill Shorten at the Opening of the buildings. I have attached it on the following page of this Newsletter.

I have expressed my gratitude to Mr Shorten and Federal Labor for their courageous and correct decision to stand with Catholic Schools in the face of the Gonski 2.0 Funding Arrangements of the Turnbull Government.

Few of us would wish to see funding to government schools cut – many of MacKillop's families access public education at some point for their children, Most of us are appalled that \$750 per student, per year for 10 years, is going to be taken away from MacKillop so that \$787 per year, per student for 10 years, can be given to Grammar schools in other parts of Canberra.

Yours in St Mary MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

"For each of my 11 years as principal, the students at this school have filled me with pride, gratitude and affection."

PRINCIPAL'S PRAYER

Lord,

*Help us to better trust in
Your providence.*

Amen.





Leader of the Opposition

Mr Michael Lee
Principal
St Mary MacKillop College
P.O. Box 1211
Tuggeranong ACT 2901

Dear Michael and the St Mary MacKillop College Community

I regret that I am unable to be at the Blessing and Opening of your two new buildings on Tuesday, 20 March 2018. I know that a previous Labor leader and Prime Minister Julia Gillard visited your school to open the Trade Training Centre and that she was very warmly welcomed.

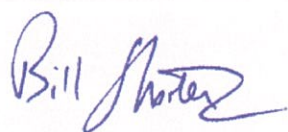
I would like to congratulate your school on the successful completion of the building program and trust that your community will enjoy these facilities which will enhance teaching and learning at MacKillop.

The naming of the buildings honours the name of St Mary MacKillop and the inspirational work of the Sisters of St Joseph. Their work and sacrifice has done much to contribute to our country for over 150 years.

Michael, please be assured of Labor's firm commitment to a just funding model for schools of all sectors. Labor will continue to be a powerful advocate for quality education for all Australian students everywhere.

I would like to congratulate you and your school on completing 20 years of secondary education in the Tuggeranong Valley under the banner of MacKillop. Federal Labor wish you every success for your 20th year celebrations and into the future.

Yours sincerely



Bill Shorten MP
Leader of the Opposition
Shadow Minister for Indigenous Affairs and
Aboriginal and Torres Strait Islanders

19 March 2018



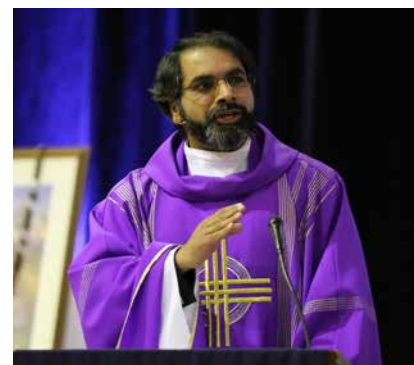
OPENING MASS

St Mary MacKillop College paused to reflect on its first 20 years at Tuesday's Opening Mass, with several guests from the College's past helping to celebrate its relatively short but rich history.

Guests included all three past principals of MacKillop – Sr Noelene Quinane, Moira Najdecki, and Rita Daniels – as well as several past students, visitors from other schools, parents, politicians, and representatives from Catholic Education. The presence of several members of the Sisters of St Joseph gave the College an opportunity to honour the contribution of the Josephites to MacKillop and other schools around Australia.

During Mass, the College presented its new Liturgical Theme for 2018, "Trust in God's Providence." (Mary MacKillop, 1874)

MacKillop also welcomed the new College Chaplain, Fr James Antony from the Corpus Christi Parish, who celebrated his first whole-College Mass since taking over from Fr Warrick Tonkin.





OPENING OF OUR NEW BUILDINGS

St Mary MacKillop College has celebrated the Official Blessing and Opening of its new Providence Building and Fr Julian Tenison Woods Laboratories at the Isabella Plains Campus.



The unveiling of the two new buildings took place after the College's Opening Mass on 20 March, with both events coinciding with MacKillop's 20-Year Celebrations. Both buildings honour the work of Fr Julian and Mary MacKillop and the Sisters of St Joseph of the Sacred Heart, the religious order they founded.

The buildings have provided the College with six modern science laboratories and six new classrooms, as well as collaborative learning areas, flexible study spaces, a new senior courtyard, and staff facilities.

A range of guests came to celebrate the event, including several members of the Sisters of St Joseph. His Grace, Archbishop Christopher Prowse, led the blessing and Sr Mary Ellen O'Donoghue, the Regional Leader of the Sisters of St Joseph, opened the buildings.

MacKillop congratulates and thanks the staff, builders, architects, curators, and designers who worked on the development, especially College Business Manager Louise Davidson, who led the project.





STEM/MATHS AWARD

On 8 March, UNSW Canberra presented awards for the 2017 Best Female Student in Mathematics to two MacKillop Students; Caitlin Williams (Year 9, 2017) and Samantha Urbaniak (Year 8, 2017), along with students from across the region.

Science, Technology, Engineering and Mathematics (STEM) is one of the fastest growing industries in the world, however, females only represent a fraction of this workforce. UNSW, in conjunction with its industry partner and prize sponsor, Northrop Grumman, recognise the achievement and contribution of female students in Mathematics through this award.

Each prize winner received a \$250 prize and certificate and will receive a \$5000 scholarship if they enrol in a Bachelor of Engineering at UNSW Canberra in the future.

We congratulate Caitlin and Samantha, as well as the runners up in each year level; Kira Tawton, Clara Van Puyvelde, Olivia Boddington & Ellen Scott on their achievement.

Frances Sargeant

Maths Coordinator - Wanniasa



BIRRIGAI TRIP

On Tuesday 13 March, 10 students from Years 7 and 8 attended the Defence students Birrigai camp. Students had a 'scream' participating in leaps of faith, vertical playgrounds, and giant swings. Throughout the day students had the opportunity to meet up with previous friends from past postings and primary schools and make new friends with a similar background of Defence. When we arrived back at school, we had a chat outside about what challenges had been overcome throughout the day. All students shared similar experiences where they felt they had been able to push further, because of the support of their friends and teachers on the course. A key tenant of the day, this increased resilience will hopefully support these students into the future. Year 9 and 10 you haven't missed out – a day at the end of the year will be organised for you, just come and see me if you have any ideas!

Are you a student of a fulltime uniform Defence member? If so, make yourselves known to Mr. Bowen (Padua campus Humanities staff room or St. Peters/Isabella campus IRC at lunchtime Day 3). We meet regularly for Pizza and cake to talk about all things life, and to let each other know that we are there to support through all those experiences uniquely Defence.

Gareth Bowen

Defence Transition Mentor



NEWS + NOTICES

STUDENT ACHIEVEMENT

Jake Quilter (12W3) and Stratton Kris have both been selected to represent Australia in Tag20. The Australian side of 14 players were selected from a number of competitive teams across Australia. Both Jake and Stratton will play in the 2018 Anzac Cup on Sunday 22 April.

TERM 1 SCHOOL FEES

Fees for Term 1 should now be finalised unless paying by Direct Debit or other approved arrangement.

Any outstanding fees should be paid immediately.

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 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

ENGARDE FENCING CLUB

Would you like to try the sport of Fencing? Engarde@MacKillop Fencing Club is having a free 'Come and Try' night.

When: Monday 26 March

Where: St Mary MacKillop College Gym (Wanniasa Campus)

Time: 7.00pm – 8.30pm

Cost: Free



All fencing equipment is supplied. Training is fully supervised and provided by qualified coaches. No booking required. Boys and girls are all welcome.

All you need is joggers, trackpants, t-shirt and a drink bottle.

If you require more information, email contact@engardemackillop.club



YEAR 11 PASTORAL PROGRAM

Throughout Term 1, Year 11 students have been engaged in Pastoral Program with a focus on developing their study and organisational skills. Key themes that have been explored include: forming good study habits, balancing academic, social and work commitments, as well as accessing the support and resources available to students at MacKillop.

Year 11 group were fortunate to be visited by former MacKillop students Molly Philpot, Kyle Howson, Dominique Tse, Samuel McDonough, Brianna Cayirlyls and Jack Adamson. They, along with some of our current Year 12 students, spent time with the current Year 11's, offering tips and advice about how to survive, and thrive in their senior studies at MacKillop. Year 11 students found the session very beneficial and particularly valued hearing from students with such recent and relevant experiences.

Peter Johnson + Lyndall deAmbrosis

Year 11 Coordinators



ST PAT'S DAY AT ST PAT'S

On St Patrick's day four wonderful MacKillop College students joined us at St Pat's: Chloe Bottom, Fergus Barrett, Damon Battye and Erin Dodd. They were fabulous and so helpful and encouraging. They were recognised in a special part of the liturgy.

Frances Robertson

Principal, St Patrick's Parish School, Cooma



LEAD CONFERENCE

The Canberra Goulburn LEAD Conference is a yearly opportunity presented to senior students involved in youth ministry leadership across the Canberra/Goulburn and Bathurst Diocese. 250 students gathered from across 500km for the Conference this year which is run by YMI (Youth Ministry International) in partnership with the ACU.

The Conference started with a youth mass held at St Christopher's Cathedral, where a congregation of over 500 commissioned the YMI (Youth Ministry International) team made up of over 50 youth ministry leaders from the Oceania region. Archbishop Christopher Prowse encouraged all present to take up their cross and join in spreading the gospel message across our Archdiocese. The Mass was followed by a huge Youth Rally lead by the YMI Team, Stephen Kirk and other musicians from around Australia. The Rally was an opportunity to worship together, listen to stories of people who have encountered Christ and to celebrate the Year of Youth with the abundant joy and energy that is a characteristic of young people in the Church.

"I really enjoyed LEAD, the sessions were upbeat and fun and I liked how the program was able to open people up to new experiences. Seeing what other schools had running terms of youth ministry gave me inspiration for the future at MacKillop." - Aisling, Year 12

Four students from St Mary MacKillop College attended the student leadership conference on Monday the 5th of March, where along with leaders from other schools they were empowered to become the fresh face of the church in Australia. This year's LEAD conference was particularly special as it opened the Year of Youth within our Archdiocese. 2018 has been made the Year of Youth by the Australian Catholic Bishops Conference, its purpose is to empower youth to become leaders of faith and listen to them as the church opens new horizons for spreading joy within Australia.

"Lead had a positive atmosphere and I was pleasantly surprised at the energy of the participants" - Sarah, Year 12

St Mary MacKillop College is especially committed to the Year of Youth through new youth ministry initiatives already established within Year 9 and more planned for the senior campus.

If you are interested in youth ministry initiatives at MacKillop or would like more information, you can email me, your College Youth Minister and/or our Assistant Principal Faith Leadership Jonathan Moyle at: jordan.hodge@cg.org.au | jonathan.moyle@mackillop.act.edu.au

God bless

Jordan Hodge

College Youth Minister



SEASONS FOR GROWTH

LEARNING TO LIVE WITH CHANGE AND LOSS

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 Term 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, 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 Lachlan McNicol on 6209 5226 or by email at lachlan.mcnicol@mackillop.act.edu.au.

CHEWING GUM

Chewing gum has been brought to school by a number of students on both Campuses. This has leading to increasing issues of chewing gum not being disposed of correctly, being left in various locations around the school.

All students have been reminded that chewing gum is not permitted at school and that after-school detentions will be issued to repeat offenders.

STATUS AWARDS

Congratulations to the following students who have been presented with Bronze Status Awards at the Wanniasa Campus Assembly: Chloe Barden 7E1, Isaac Brettargh 7A1, Emily Moszt 7E2, Joel Stiles 7AF.

FREE PARENT WEBINAR

DRIVEN TO DISTRACTION: HELPING FAMILIES KEEP DIGITAL DEVICES UNDER CONTROL

This webinar will discuss how families can incorporate technology and devices into their homes in a way that allows for positive use and engagement, providing balance for the many other elements that we need to fit into our lives.

Date: Monday 26 March 2018

Time: 7:30pm-8:30pm (AEDT)

Price: The webinar is \$37 per person to attend, and is free of charge to MacKillop families as a Parenting Ideas member.

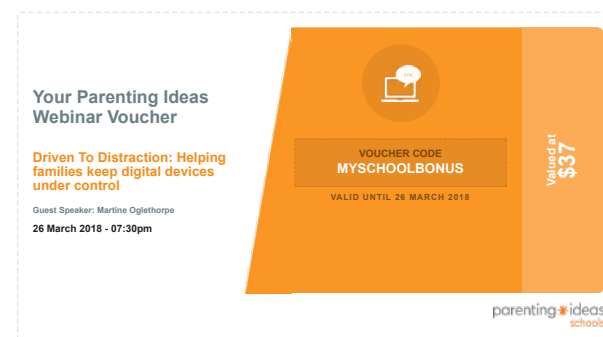
This webinar will be hosted by Dr Jodi Richardson with guest presenter Martine Oglethorpe.

Key areas of the webinar:

- Understand the way the brain works when using devices and how we can help our kids take back control
- Switching off the distractions with actionable strategies that provide balance and harmony and avoid the 'techno tantrums'
- Look at the individual needs of your child and how they are affected by the role the devices play
- The gamer child: incorporating video games into your lives in a way that works for you and your child
- Ensure you are helping your child's social, emotional and cognitive development with positive screen time interaction

Register via the following link and redeem the voucher code below.

<https://www.parentingideas.com.au/product/driven-distraction-helping-families-keep-digital-devices-control>



PARENTING IDEAS

Anxiety can prevent many teenagers from achieving their goals. The approach outlined in the Parenting Ideas article below, assists teens to experience success rather than being side-tracked by anxiety.

Lachlan McNicol

Assistant Principal Pastoral Care

ENGLISH NEWS

"If people cannot write well they cannot think well and if they cannot think well others will do their thinking for them." (George Orwell). This quotation provides the inspiration for us to continue to develop and refine teaching programs that engage students and build the skills necessary to face a challenging and complex 21st century. Through English classes we aim to develop student's communication skills to empower students, promote equity and develop confident and creative individuals (Melbourne Declaration 2008).

It is predicted that technological advancements will result in a redundancy of 41% of existing occupations. This is the sign of a new age. Companies such as IBM have revealed that the ability to think creatively, communicate effectively and initiate and sustain collaboration are three desirable traits in potential employees of the 21st century. Current research clearly signals to school administration and government that education is not about information but pedagogical experiences which further students' skills in critical thinking, communication, collaboration, creativity, culture and connectivity.

Critical thinking allows for the management of information. Students must learn to process information from a variety of media. The English team is actively developing assessment and class activities which teach students that information must be filtered, analysed, authenticated and processed.

Communication must always be clear and concise. Students must develop effective and engaging communication skills through a variety of forms. This is why from Years 8 to 12 English no longer focuses on just writing essays but learning to articulate thoughts, ideas and opinions through feature articles, speeches, blogs, slam poetry, prezis, developing and presenting podcasts, pre-recorded oral presentations and of course presentations before peers.

The introduction of the Learning Commons has been instrumental in developing students' skills in **collaboration**. Individuals must share ideas and work in teams even when people do not agree. Collaboration must necessarily promote leadership, team work and problem solving for the benefit of a wider community. An enormous number of students are spending more of their time engaging in activities within the Learning Commons.

Creativity provides the avenue for expression. An individual must have the means to create something with the knowledge they have obtained. Research tells us that creative writing is stimulating for the brain, but we cannot expect people to "think out the box" without some practice. This year the English team has introduced "Shut Up and Write!" – a creative writing initiative which we hope will result in the first SMMC publication of pieces from the student body from Years 7-12.

The teaching of Literature, introduces students to a range of texts which provide a sense of culture. It encourages students to appreciate where we have come from, who we are now and how we can move into the future. It also provides a means of connectivity and places the individual in touch with their world. Understanding that connections are personal and humanity must remain intact despite the ways technology may change us.

English is spoken by over 2 billion people around the world. It is the main language of business. Most films, books and music are published in English and over 50% of the content on the internet is in English. It is not a subject, it is a necessary tool for life!

Nicola McLennan + Lyndall Baker

English Coordinators, representing all teachers of English language, literacy and literature



FRENCH EXCHANGE

In Weeks 3 and 4, a group of 23 French exchange students from St Joseph's school in Le Havre came to Canberra to experience everyday life of MacKillop students. They went to a variety of classes such as English, Maths, Science, PE and some students even attended French class, where they shared their knowledge and experience of French life. Whilst in Australia, French hosts taught them slang, showed them natural wildlife and fed them vegemite, which they spat out in disgust. Long lasting friendships were formed with many tears shed as we said our final goodbye. Until December, À bientôt!

Teah Livingstone + Kate Casuana

Year 11 Students

FRENCH FILM FESTIVAL

On 14 March, the Year 8, 9 and 10 French classes went to the Palace Theatre for the French Film Festival. There, we watched the movie *Belle and Sébastien*, the next chapter. Many of us had seen the previous film in the series at school last year. The Year 10 French Class (all 10 of us!) enjoyed the movie immensely and we are thankful for this experience, next stop France in December!

Le quatorze mars, 80 étudiants des années 8-10 sont allés au Théâtre du Palais pour Le Festival de Film Français. Là, nous avons regardé le film *Belle et Sébastien*. Nous avons regardé le premier au collège l'année dernière.



Chariseya Wells

Year 10 Student

UPDATE FROM ACU

I recently attended a Careers Advisor's information session at the ACU Canberra Campus and the following information on changes was discussed. I also recently received the new ACU undergraduate Course Guides for 2019 and students are able to collect a copy from the Career Office in C Block. Please feel free to contact me if you have any question regarding the information below via email karen.hundy@mackillop.act.edu.au or by phone on 62090127.

NEW COURSES: (SUBJECT TO APPROVAL)

In 2019 – The Canberra Campus will be introducing a new course, the Bachelor of Human Services. This is a three year undergraduate degree in the community welfare sector. Students will learn to apply skills from areas such as policy and law, sociology, psychology and ethics in order to meet the needs of people, and help solve personal and social problems. Further information can be found on the ACU website. http://www.acu.edu.au/about_acu/faculties_institutes_and_centres/health_sciences/course_updates/new_in_2019_-_bachelor_of_human_services

NURSING/PARAMEDICINE DEGREE AT ACU, CANBERRA

The lowest selection rank for the Bachelor of Nursing/Paramedicine degree, as published in the Undergraduate Course Guide for 2019, is 90 with adjustment factors applied (previously known as bonus points) and 95 without any adjustment points applied. To be eligible for adjustment points students can apply for the Community Achievement Program (CAP), Elite Athlete and Performer Program, Aboriginal and Torres Strait Islander Admission program and/or Schools Recommendation Scheme (SRS). Students from our college automatically received five adjustment points due our strong relationship with ACU. Information on adjustment factors can be found via the following link https://www.acu.edu.au/study_at_acu/pathways_and_entry_schemes/year_12_student_entry/accessacu#subject

EDUCATIONAL DEGREES – NON ACADEMIC ASSESSMENT

Based on recommendations from the Teacher Education Ministerial Advisory Group (TEMAG) and Australian Institute of Teaching and School Leadership (AITSL) guidelines for entrance to Initial Teacher Education courses have been developed. From 2018, applicants are assessed on both academic requirements including their ATAR and course entry requirements and are required to complete a non-academic assessment. This assessment is to demonstrate the student's suitability for teaching and will form part of their application through University Admission Centre (UAC) when applying for admission into this course. Students will be required to complete a Teacher Selector Statement describe their work and life experiences and their understanding and motivations for applying for the course. Below is a link to the UAC website and questions that may assist students to develop their own personal statement <http://www.uac.edu.au/undergraduate/admission/teaching-personal-statement.shtml>. The personal statement will be uploaded onto the UAC website when applications for universities open in August 2018.

COMMUNITY ACHIEVEMENT PROGRAM (formerly known as the Early Achievers' Program)

Have you volunteered in a sporting or cultural group, parish or community service activity? ACU's Community Achiever Program is designed to acknowledge commitment to our local communities. Regular volunteer work in your community – through a social justice organisation, sporting, performance, cultural or religious group – may be rewarded through our Community Achievers' Program with entry into an undergraduate degree.

For more information and how to apply, visit http://www.acu.edu.au/study_at_acu/pathways_and_entry_schemes/year_12_student_entry/early_entry/how_to_apply

Karen Hundy

Careers + VET Coordinator



SMITH FAMILY 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. For information and eligibility requirements, visit www.saverplus.org.au or contact Kathleen Watson at kathleen.watson@thesmithfamily.com.au.

PARENTLINE ACT

Parentline ACT is a confidential and free telephone and face-to-face counselling and information service. Phone Parentline if you would you like:

- To talk with someone about those parenting issues.
- Help with some ideas on raising children.
- Support in the important job you are doing.
- To know what is available for parents, teenagers and children.
- To build better relationships in your family.
- Help to understand your child or teenager's behaviour.
- Make an appointment for a counselling session.

Call Parentline on 6287 3833 on Monday-Friday from 9am-5pm.

C S O T
Canberra School of Tennis

TENNIS HOLIDAY CAMPS

AUTUMN

Wk 1 Mon 16th-Fri 20th April
Wk 2 Mon 23rd-Fri 27th April
(4 DAYS ONLY, excludes Wed 25th)

All Day 9AM-5PM
Tennis & Chess 9AM-5PM
Hot Shots Coaching 9AM-1PM
Hot Shots Play 1-5PM
Pee Wee (4-7yr olds) 9-11AM

ALL CAMPS INCLUDE PROFESSIONAL, CERTIFIED AND ACCREDITED COACHING FOR ALL AGES • **FRUIT AND DRINKS DURING BREAKS** • ALL EQUIPMENT PROVIDED
TENNIS AUSTRALIA ENDORSED HOTSHOTS DELIVERERS
TENNIS COACHING RAIN, HAIL OR SHINE!
PLUS! BALL MACHINE • **SPEED SERVE RADAR** • LOTS OF PRIZES

8.30AM DROP OFF FOR A 9AM START

3 GREAT VENUES
Gold Creek Country Club, Curran Dr, Nicholls
Weston Creek Tennis Club, Dillon Ct, off Namatjira Dr (Behind McDonald's)
Pines Tennis Club, Cnr Norris St and Goldstein Cres, Chisholm

ENQUIRIES
Email robert@csot.com.au or Call 0432 118 204
Head coach Robert Jamieson, Tennis Australia accredited

BOOK NOW!
[Visit csot.com.au](http://www.csot.com.au)

insights

5 steps to helping your anxious teen achieve their goals

by Dr Jodi Richardson



Anxiety and avoidance go hand in hand. Since anxiety is a response to a perceived threat or danger, it's perfectly natural that when your teen is feeling anxious, turning away from whatever is provoking that feeling feels like the logical thing to do. However, while this might feel like a helpful strategy in the short term, it only serves to make the anxiety worse over time. Helping your teenager to identify what matters most and to set goals is a way to help them turn in the direction of what's important, taking their anxiety along for the ride.

We all have things we want to do and achieve, and teenagers are no different. Helping them formulate their goals, plan how they're going to achieve them and then supporting their progression will do wonders for their mental health.

Foundations of a flourishing teenager

In addition to building their self-confidence, striving towards a goal creates opportunities for your teen to engage in activities that hold meaning, experience the positive emotions that come from progress, enjoy the sense of pride and achievement that comes from accomplishing their goal, and experience opportunities to connect with you and others on their journey, building relationships. Each and every one of these outcomes are the foundations of flourishing.

Instead of waiting for the anxiety to pass

The process of setting goals and then setting out to achieve them is going to help your anxious teen practice what's called 'goal-directed action'. Instead of waiting for anxiety to pass, goals empower teenagers to choose behaviours that move them in the direction of what they care about, despite their anxiety or other obstacles. All along this will build in them the strength, courage and confidence to live a vibrant, meaningful, rich life.

1. Start with values

To create meaningful goals it's important to start with values. We all have them. They're the things in life that matter to us most. Our values are our principles and the standards of behaviour that we uphold ourselves to. They come from within us, and we're free to choose them. Teenagers each have their very own set of values, though if you start by asking them what they are, you're bound to be disappointed. Being able to name your values is a really hard thing to do without any resources. It's much more effective to give your teen an opportunity to choose their values from a list. Get them to start by casting a wide net. Here's a list to get you both started.

Values

Acceptance	Accuracy	Achievement	Adventure	Altruism	Ambition
Assertiveness	Authenticity	Belonging	Being the best	Boldness	Calmness
Caring	Cheerfulness	Challenge	Commitment	Community	Compassion
Competitiveness	Connection	Contentment	Contribution	Control	Cooperation
Courage	Curiosity	Creativity	Dependability	Determination	Diligence
Discretion	Discipline	Elegance	Empathy	Encouragement	Enjoyment
Enthusiasm	Equality	Excellence	Excitement	Expertise	Fairness
Faith	Family	Fitness	Flexibility	Forgiveness	Freedom
Fun	Generosity	Gratitude	Health	Honesty	Honour
Humility	Independence	Industry	Inquisitiveness	Intimacy	Joy
Justice	Leadership	Legacy	Love	Loyalty	Make a difference
Mastery	Mindfulness	Obedience	Openness	Order	Originality
Patriotism	Perfection	Persistence	Preparedness	Professionalism	Prudence
Quality	Reliability	Resourcefulness	Respect	Responsibility	Rigor
Safety	Self-control	Selflessness	Self-reliance	Sensitivity	Serenity
Success	Skilfulness	Speed	Spontaneity	Stability	Strategic
Tolerance	Supportiveness	Thankfulness	Thoroughness	Thoughtfulness	Timeliness
Understanding	Uniqueness	Unity	Usefulness	Vision	Vitality

2. Evaluate top values

When your teen has circled the values that are important to them it's time to start a conversation about what was chosen and why. You'll know whether or not to carve out time to talk or to casually throw a question their way. Open-ended questions are always good. You could simply start by saying, "Tell me a little about why you chose 'originality' as a value " and then see where the conversation goes. It's a good idea for you to create a values list too, then compare lists. Sharing your values and showing your teen you remember and respect their values and why they matter is a wonderful way to strengthen your bond and understanding of each other.



3. Choose a value to work towards

With a clearer understanding of what's important to them, your teen can begin to look at their values and contemplate what they can do to live more fully by them. It's natural at this stage for some teens to feel disconnected from their values, now that they can see them in black and white. This is their opportunity to start reconnecting with their values by choosing a value to 'work on'. A value to align their behaviour with as they move forward.

4. Time to set a goal

Say your teen chose 'adventure' as a value but struggles to do adventurous things because their anxiety gets in the way. Have them name something adventurous that they can set themselves as a goal. With their recognition that adventure is one of their carefully chosen values combined with a willingness to move in the direction of this value, your teenager is already taking a step towards doing what matters despite their anxiety. In his work with anxious teenagers, Dr Chris Peterson talks to teens about considering 'the good stuff' and 'the challenging stuff' as two sides of the same coin. You can't have one without the other. Talk to your teenager about the challenging 'stuff' they might encounter as they pursue their goal and how they might handle any challenges that arise.



5. Start Small

Small, achievable goals are the place to start. Your adventurous teen might like to start by walking to the local shops alone to build confidence step-by-step towards the ultimate goal of an overseas gap year after school finishes. Remind them to reward themselves for achieving small goals, and to be kind to themselves if they don't quite get there the first time.



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