



## IN THIS EDITION

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Our Year 7 Info Night and Try MacKillop Day both take place next week!

**SINGAPORE TRIP** PAGE 6

Senior students visited Singapore for a mix of food, culture, history, geography, and commemoration.

**STUDENT RECOGNISED FOR COMMUNITY SERVICE** PAGE 7

Year 12 student Jasmin Statham-Smith is the Senior Snowy Monaro Region Youth Awards Person of the Year.

**COMING**

**UP**

MON **07** MAY

• Year 7 2019 Information Night

FRI **11** MAY

• Try MacKillop Day

TUE **15** MAY

• NAPLAN testing begins

WED **16** MAY

• Year 11 2019 Information Night  
• Careers Expo

FRI **25** MAY

• Final day of Enrolment Period  
• Cross Country

MON **28** MAY

• Reconciliation Day

TUE **29** MAY

• Year 7 Camp Parent Information Session

## CONTACT DETAILS &

## SOCIAL MEDIA



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



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www.youtube.com/  
**stmarymackillop**

# PRINCIPAL'S

# LETTER



Dear families, students and friends,

## WELCOME BACK TO SCHOOL FOR TERM 2

I welcome staff and students back to the College for what will be a busy Term 2. It was a pleasure to welcome the Padua Campus back from their holidays at assembly on Wednesday and to visit year meetings and groups of students at the senior campus.

Pleasingly, many students attended dawn services on ANZAC Day and have spoken quite movingly to me about their impressions of the event. Thank you to the six Year 12 student leaders who came with me to Melbourne over the holidays along with three staff. We joined 35,000 others at Melbourne's Shrine of Remembrance at that city's Dawn Service. The Ode of Remembrance and National Anthems of Australia and New Zealand prior to the umpire's whistle and the famous siren heralding the bounce of the Sherrin to start the Collingwood v Essendon ANZAC Day match at the MCG were also highlights – the rest of the game wasn't!

This is an opportunity to acknowledge the many families in our school community who serve in the ADF and the Emergency Services – putting themselves in harm's way to defend Australia's interests here and around the world and to keep us safe. Thank you.

Lest we forget.

## ENROLMENT PERIOD

The College is accepting Applications for Enrolment for Year 7, 2019. Our Information Nights for Year 7 and 11, 2019 take place over the next few weeks. If you have a child in Year 6 or know of people who do, please note the following dates for our Enrolment Information Sessions:

### YEAR 7, 2019 INFORMATION NIGHT - Monday 7 May 2018

Wanniassa (Padua) Campus, 6:30pm

### TRY MACKILLOP DAY - Friday 11 May 2018

Details and registration available now via the College Website. For Year 6 students only.

### YEAR 11, 2019 INFORMATION NIGHT + CAREERS EXPO - Wednesday 16 May 2018

Isabella (St Peter's) Campus, 4:30-7pm with Principal's Presentation at 6pm

### ENROLMENT PERIOD ENDS - Friday 25 May 2018

Forms due by 5pm at either campus.

## CONGRATULATIONS TO JASMIN STATHAM-SMITH

Over the holidays we received news that Jasmin Statham-Smith of Year 12 was the recipient of the Senior Snowy Monaro Region Youth Awards Person of the Year 2018. This award acknowledges a positive leader and role model in the community who volunteers, is selfless and dedicated, positively affects the community, and who demonstrates dedication and passion to their cause while serving or empowering others. Jasmin also received acknowledgement of her community achievements as a semi-finalist in the NSW/ACT Young Achiever Awards. Those of you who know Jasmin know that she is a very worthy recipient of these awards. Congratulations!

Yours in St Mary MacKillop,

MICHAEL LEE  
COLLEGE PRINCIPAL

*"I welcome staff and students back to the College for what will be a busy Term 2."*

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## PRINCIPAL'S PRAYER

*Lord,*

*We give thanks for those who serve this country in uniform.*

*Amen.*

---

*giving thanks for*  
**20**  
**YEARS**





# MacKillop

St Mary MacKillop College Canberra

## ENROLLING NOW

## FOR 2019

**7**  
**MAY** **Year 7 Info Night**  
6:30pm at the Wanniasa Campus  
Includes a presentation and tours

**11**  
**MAY** **Try MacKillop Day**  
For Year 6 students. Book online:  
[www.mackillop.act.edu.au](http://www.mackillop.act.edu.au)

**16**  
**MAY** **Year 11 Info Night**  
4:30-7pm at the Isabella Campus  
Includes a presentation at 6pm

More details at  
[www.mackillop.act.edu.au](http://www.mackillop.act.edu.au)



WHAT ARE YOUR OPTIONS AFTER YEARS 11 AND 12?

*the*  
**CAREERS  
EXPO**

WEDNESDAY  
**16<sup>th</sup>**  
MAY 2018

ISABELLA CAMPUS • 4:30PM-7:00PM



Talk with universities, CIT, industry, employer groups, apprenticeship centres, and more...

INCLUDES THE **YEAR 11 2019 INFO NIGHT** (FOR YEAR 10) **AT 6PM**





## SINGAPORE TRIP

During the holidays, 18 students and 2 staff flew from Canberra to Changi Airport to begin our study tour of Singapore. The 10 day adventure began with a late night flight to Singapore, landing at about 5 am. We then travelled through the cityscape of a city/country/island of 5.5m people to our hotel destination, the regal Hotel Oxford on Queen Street. The next 10 days were a marvelous mix of food, culture, history, geography and commemoration.

The students were treated to such experiences as:

- The Singapore flyer - At 165m it is the world's largest Giant Observation Wheel
- A Clarke Quay ferry and guided cultural city tour
- Visiting Thian Hock Keng Temple, one of Singapore's oldest Buddhist temples, also known as the temple of the tooth, the magnificent Sultan Mosque, and viewing Singapore's oldest Hindu temple, the Sri Veeramakaliamman Temple
- Lunch at a Michelin one star restaurant, Crystal Jade Dim Sum Inc.
- Guided tours of Gardens by the Bay - 2 Domes of futuristic (and colossal) fantasyland of biodomes, super trees and themed worlds
- Shopping at Marina Bay Sands
- Fullerton Hotel High Tea
- A Singapore Cooking Experience creating Singapore Laksa, Otak otak (Grilled fish cake wrapped in banana leaves) and Ondeh Ondeh
- A Singapore Cooking Experience with Island Visit to Pulau Ubin to create Nasi Kerabu (Herbed rice), Sambal Belachan Tumis (Butter Prawns) and Ice Kachang
- Universal Studios at Sentosa Island
- A tour of the Battle Box at Fort Canning Park, scene of the greatest military disaster in British history
- The Singapore Night Safari
- and the Sentosa SEA Aquarium

A special highlight for the students was their participation in the early morning ANZAC Dawn Service held at the Kanji War Memorial Cemetery hosted by the Australian High Commission, in conjunction with the New Zealand High Commission and the Commonwealth War Graves Commission. A special thanks to the College students James Goodchild, Georgia Opie and Aiden Maher for laying the wreath at the cenotaph as representatives from Australia and MacKillop.

A very big thank you to all who attended and the staff who gave their time to accompany the students on this tremendous learning opportunity.

Favourite quotes . . .

'Rule 1 - No paperwork'

'You murdered my muffin!'

'Dense like a brick dipped in concrete'

'How about a coffee'

'Do we have to love stairs?'

'Do you want an ANZAC biscuit?'

**Michael Batten + Janelle Maas**

SOSE & Food and Textiles Coordinators



## JASMIN RECOGNISED FOR COMMUNITY SERVICE

Congratulations to Jasmin Statham-Smith (Year 12) who was the recipient of the Senior Snowy Monaro Region Youth Awards Person of the Year 2018. There were nine categories for this award and Jasmin took out the top honours.

The criteria for this award required the recipient to be:

- A positive leader and role model within the community
- A generous volunteer to help others
- Selfless and dedicated, expecting nothing in return
- Positively affecting the community
- Demonstrative of true dedication and passion to their cause, whether it be within the workplace, through community service, by overcoming personal difficulties or serving and empowering others.

Jasmin was also nominated for the NSW/ACT Young Achievers Award, where there were over 200 nominees. At a ceremony in Sydney, in front of the Deputy Premier, The Hon John Barilaro, and in a room filled with sponsors, judges, guests and VIPs, Jasmin was announced by The Hon. Ray Williams, Minister for Multiculturalism and Minister for Disability Services as a semi-finalist.

Jasmin credits her motivation for community service from the formative work done at both MacKillop and St Patrick's Cooma, where there is a strong focus on reaching out to others.

*Frances Robertson*

Principal, St Patrick's, Cooma

## LEADERSHIP TRIP TO MELBOURNE

Over the break, the Senior Portfolio Captains spent ANZAC Day in Melbourne with Mr Lee, Ms Darley, Mrs Keppel, and Mr Gapare. We arrived early on Tuesday and were treated to a tour of the MacKillop Heritage Centre in Fitzroy before walking through the Fitzroy Gardens towards the MCG. At the MCG we were given a tour of the grounds, change rooms and facilities as well as a trip to the MCG sports museum. We concluded our day with dinner on Lygon street.

We had an early wake up on Wednesday for the Dawn Service at the Shrine of Remembrance. After a moving service we had a delicious breakfast and made our short journey to the Melbourne Library where we visited the La'Trobe Reading room where we were in awe of the silence, amount of students, and the books stacked wall to wall. The silence of the Library was taken over by the crowds of people who attended the ANZAC Day match between Collingwood and Essendon at the MCG. The stadium was packed with a crowd of 91,000 people who all fell silent for the ANZAC Ceremony. Unfortunately the game was very one-sided with Essendon conceding a hefty defeat and resulting in a very unhappy Mr Lee. We all thoroughly enjoyed the trip and had a fantastic time, we would like to thank again the staff and Mr Lee for taking us with them.

*Tom Couper Logan + Elle Caldwell*

Year 12 SRC



## NEWS + NOTICES

### STUDENT ACHIEVEMENT

Monique Suraci (Year 12) has been selected to compete at the Youth Oceania Boxing Championships in Apia, Samoa at the end of the month. Monique is the current 51kg Youth National Boxing Champion.

Ariadne Stergiou (Year 8) represented the ACT at the Australian Little Athletics Championships, which were held on the Gold Coast during the holidays.

The following MacKillop girls will represent the ACT at the Australian Gymnastics Championships in Melbourne: Minski Quayle, Zoe Evans, Jenna Fisk, Georgia Bryant, Bella Cawse, and Maia Ergarac. They all won medals at the ACT Gymnastics Titles.

Josh Haynes (Year 8) won the NSW State Titles in Kart Racing at Coffs Harbour over the weekend.

### BOYS' DANCE CREW

The Junior Boys' Dance Crew is a hip hop dance crew with all boys in Years 7-9 invited to join. Rehearsals take place in the ACU room each Tuesday morning from 8.30-9.30am.

*Bella van Doorn*

Dance Teacher

### SCHOOL FEES

Term 2 Fees have now been sent out. Fees are to be paid by 25 May 2018 unless paying by Direct Debit or other approved method. If you would like more information regarding Direct Debit payments or have any queries regarding your fees, please contact the Fees Office.

From Term 3 2018 all fee statements will be sent electronically. This decision has been made due to the ever increasing costs of paper and postage. The benefits will help to keep fees down and reduce our environmental footprint.

Please note that if you are seeking a credit for non attendance at a Camp or Retreat you must provide the College with a medical certificate or seek approved leave from the Campus Head.

*Michelle Predovan*

Fees Manager



## NGUNNAWAL HEALING FARM

In the last week of Term 1, the Aboriginal and Torres Strait Islander students attended an excursion to the Ngunnawal Healing Farm. Whilst there, the students and staff were involved in a traditional welcome. The welcome included being ochred, a smoking ceremony and traditional music. The students were shown around the area and then sat in the yarning circle to listen to Uncle Jason, Uncle Billy and Auntie Charmaine share a range of cultural information. The students shared their own cultural heritage with the group and there was discussion about how the group could recognise NAIDOC week at MacKillop this year. The students enjoyed some free time to have a BBQ and to chat to the aboriginal elders before heading back to school. A great time was had by all and we hope that we can have further contact with these members of the local community.

*Caroline Winslade*

Aboriginal and Torres Strait Islander Mentor



## 9/10 GIRLS OZTAG

The Year 9/10 Girls Oz Tag team attended Southside Oz Tag Gala day on Tuesday 1st May, everyone was pumped and ready to play, and we started really well. We won our first game against Alfred Deakin 11-0. In our next game against Calwell we won 7-1. The third game was against Stromlo and we won 6-3, then we won 4-2 against Chishom. Since MacKillop was undefeated and had finished first overall in the ladder, we moved into the semi final against Stromlo. At the end of full time it finished 2-2, we went into sudden death golden point, and the teams were limited to 5 players each. After a tough and tense few minutes Stromlo scored to win the game. Even though MacKillop didn't win we were all still very happy with how we played and happy to be a part of the team and represent MacKillop. A huge thanks to our coach Mrs Jewell because without her we wouldn't have been able to play as well as we did.

*Brittney Sellars + Kizalee Eppelstun*

Year 10 students



## LANGUAGE+ARTS @ANU

On Thursday 12 April, around 30 students from the Isabella/St Peter's Campus attended the Languages and Arts Showcase at the ANU. For many of us this was our first visit to the University so we weren't sure what to expect. There were many different showcases to attend, with multiple seminars on languages we had never even heard of, let alone spoken. These included Persian, Ancient Greek, and Urdu. These courses showed us how learning a language (or studying Linguistics) can present new perspectives of the World. We were also educated on the many job opportunities that come from studying languages and heard first-hand from ANU students studying a language about what the programs entailed and the exchange opportunities. We met many other like-minded students from other schools around Canberra who were also passionate about languages. We all had an enjoyable day and were shown many opportunities about how we could convert our passion for language into a career.

*Julia Del Bianco, Angelia McLeish + Darcy Kinsella*

Year 10 students

## HOUSE BADGES

Following the development of House crests during 2017, House badges have now been produced. The badges are available for purchase and may be worn with the College uniform. The cost of the badges is \$5. This can be paid for via Qkr (<http://mackillop.act.edu.au/qkr/>) or in cash at the front office at either campus. If paying via Qkr, please allow 24 to 48 hours before collecting from either Front Office.

*Lachlan McNicol*

AP Pastoral Care



## STATUS AWARDS

Congratulations to the following students who have been presented Status Awards at this week's Padua Campus Assembly:

Bronze Status:

Lachlan Baldan 7F2, Tiana Boots 7W2, Ashley Bryson 8F2, Stephanie Crowe 7F3, Adrian Georgiadis 7A2, Kalan Hair 7A1, Rory Kennedy 7A1, Clare Levings 8A1, Oscar Luck-Cameron 7EW, Leira Merriman 7EW, Jade Targett 7AF, Casey Thomas 7F1, Serena White 7F2.



## SCIENCE AT ISABELLA

It was a busy and exciting end to Term 1 for the St Peter's (Isabella) Campus Science Department. Not only did we have the privilege of moving into the wonderful new Fr Julian Tenison Woods Laboratories but we also had the opportunity to participate in a range of educational activities.

### THE NEW DISPLAYS

In honour of Fr Julian Tenison Woods' commitment to Biology and Geology we thought it important to set aside two of the new display cabinets to specifically showcase these subjects. We sourced a number of interesting and beautiful specimens and models to serve as both teaching aids and eye-catching exhibits. We are grateful for the advice offered by the National Dinosaur Museum (where we sourced our fossils and Australian minerals) and greatly appreciated the expert input of Oscar Hesse of the Canberra Lapidary Club who also provided a range of mineral samples (including outstanding amethyst, celestine and vanadate samples) at considerable discount.

*Tristan Burg*

Science Coordinator - Isabella



## EES EXCURSION

It was all garbage, complete trash, absolutely rubbish - but also a renewable energy source! Our senior Earth and Environmental Science class took a trip to the NSW Biomass reactor to see how energy is made from rubbish. The rubbish comes from NSW/ACT by train and trucks, is sorted and stored before being used to make energy. The rubbish is then transferred to a big hole in the ground where the rubbish is layered. Its break down releases gas which is distributed to generators to make energy. Heat is also being produced which they proceed to use for aquaculture to farm fish to sell to the public.

The next stop blew us away: we must say we're really big fans of wind turbines. One of the company managers toured us around a turbine and explained the mechanics of how they work. We discussed the positive benefits of wind turbines to the environment, but also saw some of the disadvantages.

We'd like to thank Mrs Rangwalla and Mr Burg for taking us on the trip

*Georgia Opie + Audrey Kent*

Year 11 Students



## BIOLOGY + OCEANOGRAPHY

As part of Year 11 Biology, the two Biology classes participated in a day excursion to Eden investigating the Sapphire Coast Marine Discovery Centre rock pools.

Once at the Sapphire Coast Marine Discovery Centre, the two classes listened to a presentation on the different animals discovered at the rock pools, including different food webs and chains. We were required to record all measurements and observations that were made during this time, including a food web of oceanic organisms. Investigating the rock pools allowed us to test the water salinity, depth, oxygen rating, pH levels, topography and temperature. Additionally, we discovered different species of organisms, including starfish, seaweed, seasnails, hermit crabs and an octopus using quadrant racks.

Written work was also completed on the excursion as a part of our assignments on the way back to MacKillop. This work allowed us to apply our knowledge of biology and gave us a deeper understanding on the studied areas.

*Alyssa Smith, Sarah Boyd +  
Zoe Strzelczykowski*

Year 11 Students



## COSMETIC SCIENCE

On Monday 9 April, Janelle Tarrant, Sales Director for Nutrimetics, visited the new laboratories to run a Cosmetic Chemistry workshop for the Senior Science class. The hands-on workshop covered a range of course outcomes including: sustainable and ethical use of chemicals; skin tone and colour matching; the role of different types of makeup; and correct application of cosmetics. It was an enjoyable way to put the theory into practice and we thank Janelle for volunteering her time and expertise.

*Tristan Burg*

Science Coordinator - Isabella



## FORENSIC SCIENCE

On 22 and 23 March, Year 8 students participated in an interactive Forensic Science Inursion - A Case of Identity. Students were given the opportunity to examine evidence from a crime science. They were able to analyse digital evidence, impressions, fingerprint evidence, glass evidence, toxicology, DNA, trace evidence and the autopsy report. Using this evidence, students were required to figure out the sequence of events to solve the crime.

*Kate Goolagong*

Science Coordinator - Wanniasa

# VISUAL ARTS NEWS



## ROSIE BATTY PORTRAIT TABLE LUNCH

On Friday 6 April Mrs Murdoch and Mrs Prestipino accompanied six Year 12 Photography students (Hannah Rosin, Amelia Magri-Bull, Ryan Badowski, Jack Symington, Josh McConkey and Bastijn DeRuijter) to the National Portrait Gallery for a very special lunch. The lunch event focused on the recently acquired photographic portrait of 2015 Australian of the Year, Rosie Batty. Rosie Batty was present and spoke to the audience about the experience of the photo shoot with photographer Nikki Toole and what it is like to have her portrait featured in the National Portrait Gallery. She also took the time to speak personally with our Year 12s. She was so impressed with our students that she has since sent each of them a signed copy of her book, *A Mother's Story*. I know the students would like me to thank Mr Lee for giving them the opportunity to engage in this powerful and moving experience.

### STUDENT THOUGHTS

**Ryan:** Being able to meet Rosie Batty was an amazing opportunity, she was an extremely humble and empowered woman. The portrait was a display of amazing skill shown by Nikki Toole.

**Jack:** A once in a life time opportunity. Rosie Batty was extremely inspirational and empowering as she shared her view on her portrait, created by the talented photographer Nikki Toole.

**Hannah:** The Rosie Batty lunch was an insightful, educational and an amazing experience, one which I was overjoyed to attend. Rosie Batty is an inspirational woman who displays great courage and tenacity. She encourages us to remain positive even when we may have to endure tragedy or loss.

*Tamara Murdoch*

Visual Arts Coordinator



## ARTIST@MACKILLOP 2018

This program is now in its third year and our artist for 2018 started on the Padua campus on Monday, 30 April. James Small ('Smalls') is a local graffiti and street artist who has had lots of experience sharing his passion for art with young people at youth centres and art centres around the ACT. In Week 9 of Term 1 three of our students worked with Smalls and fellow street artist Mystery on a mural project at the Tuggeranong Arts Centre. Jewel East and Lana Malone from Year 9 and Lachlan Geerdink from Year 10 spent four days developing their stencilling, painting and typography skills along with 6 other students from southside high schools.

Smalls will now be with us on the junior campus every Monday during Term 2. He will spend time with Visual Arts classes and will be available in the Learning Commons during Recess and Lunch for students who would like to have a chat, get feedback from him on their own art, sit and create or ask questions. 'Smalls' will also be working on some murals around the campus and is keen to have some students work with him. Students in Years 7 - 9 are invited to submit an Expression of Interest to Mrs Murdoch by Monday, 7 May via email at [tamara.murdoch@mackillop.act.edu.au](mailto:tamara.murdoch@mackillop.act.edu.au). They will need to outline the following: (1) What you think you can gain from working with a graffiti/street artist (2) What you think you can offer a mural project in terms of skills and/or creativity (3) Two .jpeg images of artworks you have created. There are limited places and Mrs Murdoch and Smalls will decide which students will participate.

Smalls will also spend time at the St Peter's campus later in the year.

*Tamara Murdoch*

Visual Arts Coordinator



## YEAR 7 SRC

Late in Term 1, Year 7 students engaged in a process to elect a member of the Student Representative Council for each House. 36 students nominated to stand as candidates for the 4 leadership positions.

The elected Year 7 student representatives were announced on the final day of Term 1. They were then inducted into the SRC and presented with their Leadership Badges at this week's Wanniasa Campus Assembly.

Congratulations to the elected student leaders in Year 7 for each House: Ihsan Ahmed (Mindygari), Luke Olivier (Gurabang), Lachlan Baldan (Meup Meup) and Abbey Robb (Ngadyung).

## PROJECT COMPASSION

Each year the College raises money for Project Compassion during Lent. Project Compassion is Caritas Australia's annual fundraising and awareness-raising appeal, supporting the poor in both Australia and around the world. The SRC led the fundraising campaign throughout Lent informing students of how their contributions would assist others, leading fundraising activities and encouraging donations. These donations by far made up the majority of the final total raised.

Just over \$18,000 was raised across the College. Students have been commended for their generosity and willingness to make a difference to the lives of others who are less fortunate.

## 100% ATTENDANCE

Regular attendance at school enhances a student's academic progress, increases their chances of future success, ensures continuity in social interactions with peers and also assists in preparing them for the workforce where they will be expected to turn up each day ready for work. It is reassuring then that 381 students (over 21 per cent) did not miss a day of school during Term 1 this year. Those who maintain that record throughout Term 2 will be awarded an Attendance Certificate for Semester 1.

## MINDFULNESS

Mindfulness is a practical and simple practice of being present, involving relaxation and self-awareness. Many people find that mindfulness can assist them to experience less stress, anxiety and worry as well as greater happiness and more self-acceptance.

With the increased self-awareness that occurs with long term mindfulness practice, people are able to make decisions that are better for them, rather than reactive decisions based on anger, fear or stress. People don't feel so threatened and have more capacity to respond to a situation, rather than just react. Regular mindfulness practice assists in developing a greater capacity to deal with challenges such as relationships, family difficulties, school and assessment.

Mindfulness sessions have commenced this week on the Wanniasa Campus and will continue to be available for students to participate in at lunchtimes each Tuesday and Thursday. Sessions will commence next week at the Isabella Campus.

## TERM 2 AFTERSCHOOL SPORT

During Term 2 Oz tag will be run as an afterschool sports activity, available to all students in Year 7 to 9. This is again being organised by College Sports Captain Lochlan Hattch with assistance from other Year 12 student volunteers.

The sessions will again take place on Wednesday afternoons from Week 2 until Week 7 from 3.30pm to 4.30pm on the Wanniasa Campus oval. Year 12 students will be coordinating the activities with a staff member will be present to supervise.

All boys and girls are invited to participate including those who may play Netball and Basketball competitively as well as those who may have limited experience in these or other organised sports.

The afternoon sports activities provide a great opportunity for students to involve themselves in the school community, enjoy a social sporting environment and build friendships. Students who have attained Bronze or Silver Status can count the hours that they attend towards their application for the next level of Status, as Community Involvement time.

Consent forms for students interested are available from Pastoral Care Coordinators, the PE Staffroom or they can also be downloaded from Canvas.

## PARENTING ANXIOUS KIDS

As a Parenting Ideas schools member, MacKillop parents/carers have access to a new online course, Parenting Anxious Kids, created to help the parents and teachers of children with anxiety. Conducted over six online sessions ranging from 30 to 40 minutes in length, further information is on the page below and a course introduction video is also available online: [CLICK HERE](#)

*Lachlan McNicol*

Assistant Principal Pastoral Care

## PARENTING YOUNG ATHLETES

As many winter sporting competitions commence, parents may ask what they can do to help their young athletes improve. Following years of scientific research examining which parental strategies are most likely to help children thrive when it comes to their sporting endeavours, there are now clearer ideas about how parents can optimise their involvement in their children's sport.

A recent survey (<https://www.bbc.com/sport/cricket/32336058>) found that 45% of children said that bad parental behaviour made them not want to take part in sport.

Summarised from the work of Psychologist Dr Chris Harwood and Dr Camilla Knight are 8 tips that parents should consider to better help and support their children.

**8 Tips** by @inner\_drive | www.innerdrive.co.uk  
for parenting children involved in sport

- Develop goals with your children for their sport:** Communicate about what they want to achieve and what you are hoping they will achieve, make sure they align.
- Create an environment in which your child feels that you understand them and their sporting involvement.**
- Talk to your child about what they would like you to do at training and competitions.**
- Be there to support and guide your child, but limit conversation about outcomes and expectations.**
- Develop positive relationships with your child's coach, work with them not against them.**
- Socialize with other parents and create wider support network for you and your child.**
- Recognise what you find challenging about your child's sport and develop strategies to manage your emotions.**
- Model healthy attitudes towards sport and physical activity.**

Ref: Based on research by Dr. Camilla Knight and Dr. Chris Harwood

**Lachlan McNicol**

Assistant Principal Pastoral Care



# CURRICULUM NEWS

## NAPLAN ONLINE TIMETABLE

Please note the following timetable changes to allow for adequate preparation and introduction.

- Period 1 lessons will conclude at 10:00 am each day.
- Period 2 will commence at 10:05 am to allow for IT set-up and test admin.
- Day 3 will run to normal times (i.e. period 3/4 will conclude at 1:15).

	Tuesday 15 May Day 2 YEAR 7	Wednesday 16 May Day 3 YEAR 9	Thursday 17 May Day 4 YEAR 9	Friday 18 May Day 5 YEAR 7
Period 2	Writing 42 minutes  (plus 6.5 minutes for special provisions = 48.5 minutes total)	Writing 42 minutes  (plus 6.5 minutes for special provisions = 48.5 minutes total)	Language Conventions 45 minutes  (plus 7.5 minutes for special provisions = 52.5 minutes total)	Language Conventions 45 minutes  (plus 7.5 minutes for special provisions = 52.5 minutes total)
Period 3/4	Reading 65 minutes  (plus 11 minutes for special provisions = 76 minutes total)	Reading 65 minutes  (plus 11 minutes for special provisions = 76 minutes total)	Numeracy 60 minutes  (plus 10 minutes for special provisions = 70 minutes total)	Numeracy 60 minutes  (plus 10 minutes = for special provisions 70 minutes total)

The time allocation in brackets for each session accommodates students who are entitled to special provisions. This will occur automatically for these students.

Catch-up sessions will run on Monday and Tuesday of the following week.

## Clare Fletcher

Assistant Principal Curriculum (Acting)

# COMMUNITY NEWS

### TENNIS CANBERRA

The Autumn/Winter Tennis Season has launched. If you want to get involved, visit [www.tenniscanberra.com.au/](http://www.tenniscanberra.com.au/) coaching

Contact:  
play@tenniscanberra.com.au  
0416 186 121

### BRAZILIAN JIU JITSU

This is on at Elite Physique, Phillip on Fridays from 5:45pm for kids and teens. Great for building confidence, fitness and promoting respect.

Contact:  
Jeremy.margosis  
@mackillop.act.edu.au

### QUEANBEYAN WHITES RUGBY

Junior players are wanted for the 2018 rugby season: U14+15 boys and U18 girls. Training on Mondays and Wednesdays from 5:30pm at Campese Oval, Queanbeyan.

Contact:  
info@whitesjuniorrugby.org.au

### WARRIORS BASKETBALL

Registrations are open for boys and girls in all junior competition age groups.

Contact:  
warriorsbasketballact@gmail.com  
or call Widury on 0433 763 415

# NAPLAN Online – information for parents and carers



2018

## Why do students do NAPLAN tests?

The National Assessment Program – Literacy and Numeracy (NAPLAN) assesses literacy and numeracy skills that are essential for every child to progress through school and life.

Students in Years 3, 5, 7 and 9 participate in the annual NAPLAN tests in reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy.

The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests. NAPLAN tests are just one aspect of a school's assessment and reporting process; they do not replace ongoing assessments made by teachers about student performance.

NAPLAN tests also provide schools, education authorities and governments with information about how education programs are working and whether young Australians are meeting important educational outcomes in literacy and numeracy.

## What will be tested?

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum. All government and non-government education authorities have contributed to the development of NAPLAN materials.

In 2018, for the first time, some students will sit NAPLAN online. To get an idea of what the tests look like, visit the public demonstration site at [nap.edu.au/online-assessment/public-demonstration-site](http://nap.edu.au/online-assessment/public-demonstration-site)

NAPLAN Online will not be a test of keyboard skills. There are variations in how fast and well a student can type – just as there are variations in how fast and well a student can write by hand. Year 3 students will continue to complete the writing test on paper.

## How can I help my child prepare for NAPLAN?

Help your child prepare for NAPLAN by reassuring them that the tests are just one part of their school program, and by reminding them on the day to simply try their best. Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance. Ensuring students are familiar with using devices, typing on them and navigating through programs are a part of student learning and a requirement of the Australian Curriculum from the first year at school.

ACARA does not recommend the use of services by coaching providers or excessive preparation. NAPLAN is not about passing or failing, but about assessing learning progress.

## Will my child sit NAPLAN on paper or online?

Your child will sit the NAPLAN online tests in 2018.

However, children in some other schools across Australia will sit the NAPLAN paper tests this year. Federal, state and territory education ministers have agreed that NAPLAN will move online over the next two to three years. State and territory education authorities will determine when their schools move online.

NAPLAN Online uses an adaptive test design, which presents questions that better match student achievement levels and provide more precise results for teachers and schools. As students are presented with questions that test the same range of difficulty, regardless of whether they complete the test online or on paper, results for both formats will be reported on the same NAPLAN assessment scale.

To find out more about NAPLAN Online, visit [nap.edu.au/online-assessment](http://nap.edu.au/online-assessment)

## Participation in NAPLAN

All students in Years 3, 5, 7 and 9 are expected to participate in the annual NAPLAN tests.

Students with disability may qualify for adjustments that reflect the support normally provided for classroom assessments. Where applicable, you should first discuss the use of any disability adjustments for your child with your child's teacher.

A formal exemption may be granted for a student with significant intellectual disability and/or significant coexisting conditions, or for a student who has recently arrived in Australia and has a non-English speaking background.

Your school principal and your local test administration authority can give you more information on NAPLAN Online disability adjustments or the process required to gain a formal exemption.

## NAPLAN Online 2018 tests timetable

The test window for NAPLAN Online is extended from three days provided for the paper test to nine days to give schools more flexibility in scheduling and accommodate schools that may have fewer devices. The NAPLAN Online test window starts on Tuesday 15 May and finishes on Friday 25 May.

The online tests must be taken in the following order:

Test	Duration	Order	Details
Writing	Year 3: 40 min. Year 5: 40 min. Year 7: 40 min. Year 9: 40 min.	To be completed in the first two days	Year 3 students do a paper-based writing test
Reading	Year 3: 45 min. Year 5: 50 min. Year 7: 65 min. Year 9: 65 min.	To be completed before the conventions of language test	Students read a range of informative, imaginative and persuasive texts
Conventions of language	Year 3: 40 min. Year 5: 40 min. Year 7: 45 min. Year 9: 45 min.	To be completed after the reading test	This test includes spelling, grammar and punctuation
Numeracy	Year 3: 45 min. Year 5: 50 min. Year 7: 60 min. Year 9: 60 min.	To be completed after the conventions of language test	This test includes number and algebra; measurement and geometry; and statistics and probability

## What if my child is absent from school on test days?

Where possible, schools may arrange for individual students who are absent at the time of testing to complete missed tests at another time during the school's test schedule. Individual students are not permitted to sit NAPLAN online tests after Friday 25 May 2018.

## How is my child's performance measured?

Individual student performance is shown on a national achievement scale for each test. A result at the national minimum standard indicates that the student has demonstrated the basic literacy and numeracy skills needed to participate fully in that year level. The performance of individual students can be compared to the average performance of all students in Australia.

A NAPLAN report will be issued by your school later in the year. If you do not receive a report, you should contact your school.

## How are NAPLAN test results used?

- Students and parents may use individual results to discuss progress with teachers.
- Teachers use results to help them better identify students who require greater challenges or additional support.
- Schools use results to identify strengths and weaknesses in teaching programs and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- The community can see average school NAPLAN results at [myschool.edu.au](http://myschool.edu.au)

## Where can I get more information?

For more information about NAPLAN:

- contact your child's school
- contact your local test administration authority at [nap.edu.au/TAA](http://nap.edu.au/TAA)
- visit [nap.edu.au](http://nap.edu.au)

For information about how personal information for NAPLAN will be handled by ACARA, visit [nap.edu.au/naplanprivacy](http://nap.edu.au/naplanprivacy)



# parenting anxious kids

**New** Parenting Ideas online course for parents and teachers

## Make anxiety 'like, whatever'

Today, more and more children are affected by anxiety to the point of it impacting on their happiness and quality of life. Although anxiety can be a major problem, it doesn't have to be a lifelong struggle.

*Parenting Anxious Kids* is the new online course from Parenting Ideas, created to help the parents and teachers of children with anxiety. Designed by author and award-winning parenting speaker Michael Grose and wellbeing expert Dr Jodi Richardson, the course provides parents and teachers with a detailed understanding of what anxiety is and ongoing ways to respond and adapt.

*Parenting Anxious Kids* is conducted over six online sessions ranging from 30 to 40 minutes. It features

interviews and information from world-leading experts in child anxiety and mental health, as well as practical exercises that parents can run through with their kids. From mindfulness to breathing techniques, there are exercises designed for when kids are experiencing a moment of anxiety and to foster long-term change.

*Parenting Anxious Kids* is designed to be completed at any pace and can be revisited as often as needed. The end goal of the course is to reassure parents and teachers that they can respond to anxiety in a safe and meaningful way.

The cost of the course is \$197 including GST, with the option to pay 4 x instalments of \$49.25 inc GST.



Visit [parentingideas.com.au](https://parentingideas.com.au) and sign up for our online course today.



parenting \* ideas

# insights



## Five forgotten mental health habits to promote in young people

by Michael Grose

*Young adolescents are at increased risk of experiencing mental health problems including anxiety and depression. Now is the time to make good mental health habits a priority for your young person. And while there's been a great deal written about mental health habits recently, here are five habits worth developing that often go under the radar.*

### 1. Maintain at least two friendships groups

Navigating social groups can be hard work for children at this stage. It helps to have a set of friends outside school to act as a buffer if friendship difficulties arise at school. Encourage your young person to maintain different friendship groups rather than opt for just one or two special friends.

### 2. Provide a space of their own

Young people of this age need a space of their own at home – somewhere that they can reflect on and process events. We all need this, but the need seems greater during this stage.

### 3. Talk about their troubles

A problem shared is a problem halved. Talking about what's worrying you is a great way to remove the burden of worry and reduce anxiety. Gently encourage your child to be open with you, or to at least share their concerns with a trusted friend.



### 4. Develop interests that energise rather than drain

Encourage your young person to have a hobby or activity that energises them, refreshes them and takes them away from the stresses of everyday life. These types of activities include sport, art, music and collecting. They are generally physically healthy or creative activities that enable a young person to relax and get away from their normal routines. Having opportunities to relax and get away from the stress of everyday life is essential.

## 5. Make mealtimes regular

There's a strong correlation between good mental health in young people and families that have a minimum of five shared mealtimes each week. As their life becomes busier and increasingly taken up with peers, school and outside interests, a regular meal with the family provides young people with the opportunity to catch up with their parents and siblings. Shared meals also provide parents with the chance to assess their young person's mental health in an unobtrusive way.



There's never a better time than the present to foster good mental health habits in young people. But of course if you're concerned about your young person's ongoing mental health, see your GP, a school councillor or a health professional.



### 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.*