



# MacKillop

St Mary MacKillop College Canberra

**COLLEGE  
NEWSLETTER**  
1 JUNE 2018

NO. 08

## IN THIS EDITION

### *VALE MICHELLE DA ROZA*

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Michelle da Roza was farewelled at a Requiem Mass on Wednesday this week.

### *VARIETY NIGHT*

PAGE 4

Students showed off their amazing talents in the area of performing arts at the annual Variety Night.

### *CROSS COUNTRY*

PAGE 7

Students at each campus took part in the College Cross Country - with record levels of participation.



**COMING**

**UP**

MON **04** J U N

• ASBA Information Evening

MON **11** J U N

• Queen's Birthday Holiday

TUE **12** J U N

• Year 10 Exams commence

MON **18** J U N

• Senior Exams commence

MON **25** J U N

• Year 7 Camp (Group 1) departs  
• Year 12 AST Trial

TUE **26** J U N

• Year 9 Career Focus  
• Year 12 AST Feedback

WED **27** J U N

• Year 7 Camp (Group 2) departs  
• Year 8 Pilgrimage & Coastlife  
• Year 9 Transition Day

## CONTACT DETAILS &

## SOCIAL MEDIA



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Tuggeranong ACT 2901



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,

## VALE MICHELLE DA ROZA

Assistant Principal Curriculum Michelle da Roza was farewelled from this life at a Requiem Mass on Wednesday this week. Michelle had been quite ill with cancer for some time and battled its ravages bravely and faithfully for two years. Michelle loved her job of leading curriculum at this school and made a significant impact on the staff, students, and on the curriculum leaders of the Catholic schools system in our Archdiocese. Michelle became a close friend as well as colleague to many of us here. Please know that the College is doing everything it can to support her husband, Michael, and her family – particularly her parents, Brian and Rosemary, and her brother, Craig.

The adjoining In Memoriam has been placed in the Canberra Times and the Western Advocate by the staff at MacKillop.

I would like to acknowledge the outstanding leadership of Mrs Maria O'Donnell and Mrs Clare Fletcher who have acted in the role of assistant Principal at MacKillop. It is rare for any school to be in a position to carry teaching and learning forward in such challenging circumstances.

## VARIETY NIGHT

This is always a night of high quality and entertainment and such was the case last night. The accent was on variety, ranging from singing, instrumental, recitation, and comedy, some of which was delightfully politically incorrect. An evening such as this is about more than what happens on the stage and the lighting, sound, backstage, audio/visual, and staff guidance helped to make a memorable community event for MacKillop.

Thank you to everyone involved and congratulations to each performer for their courage, confidence, and skill on stage. A special thanks to Mrs Petrina Mansfield and Performing Arts Captain Sophie Highmore who produced the evening, and to Sophie and Lochlan Hattch for their warmth and confidence as hosts.

It was pleasing to see so many former students return to MacKillop for the event.

## ENROLMENT PERIOD 2018/2019

Enrolment applications for Year 7 2019 have now closed. However, special circumstances for late applications can be placed on a waiting list.

For those of you who know families or have children looking for a place for Year 11 in 2019, applications are still being accepted.

I would like to take this opportunity to thank the hundreds of students and staff who have advocated for the College at our Year 7 and 11 Info Nights, Careers Expo, Try MacKillop Day, and school and tour visits. Each of the students involved has been personally written to by me, expressing my gratitude on behalf of us all.

## ESSENDON REVIVAL

Two weeks ago, I asked the Vicar General of our Archdiocese, Fr Tony Percy, to offer Mass for the Bombers, who were struggling with groundbreaking umpire decisions. Essendon's fortunes have immediately been revived – something to think about...

Yours in red and black,

MICHAEL LEE  
COLLEGE PRINCIPAL



In Memoriam

## VALE MICHELLE DA ROZA 1963 - 2018

The community of St Mary MacKillop College extends its love and support to Michael da Roza and Michelle's family, her wide circle of friends, colleagues and students who found in Michelle a teacher of substance, skill and intellectual integrity.

Michelle da Roza was a teacher held in the highest regard and deepest affection at this school for 6 years, as she was at St Edmunds, Marist College and St Stanislaus College, Bathurst prior to her appointment here.

Michelle was a powerful advocate for learning and will be much missed by people at this school, in this city and beyond.

"Faith and Courage"



## VARIETY NIGHT

The annual Variety Night took place at the Padua Campus Theatre on Thursday 31 May.

The near-capacity crowd was treated to a range of acts, with students performing songs, dance routines, calisthenics, instrumentals, monologues, musical theatre, and comedy.

All performances were of an extremely high standard.

Congratulations to all performers, and thanks to all who supported the production of an entertaining evening - especially the light and sound crew, backstage team, Mrs Petrina Mansfield, Sophie Highmore, and the Student Representative Council.

It was a truly enjoyable night!





## SISTER SCHOOL VISITS

Next week MacKillop will welcome four French exchange students - Louis, Mathilde, Florine and Manon - from our sister school Institution St Joseph's. The students will be with us for 2 months, attending classes and experiencing Australian culture. Thank you to the Fanning, Boulton, Scott and Staniforth families for hosting our guests.

In Term 3, 14 students from our sister school in Japan will travel all the way from the Oki Islands to MacKillop. Students will be with us for approximately 10 days in early August. Host families are needed. If you are interested in hosting a Japanese exchange student, please contact Peter Johnson by email [peter.johnson@mackillop.act.edu.au](mailto:peter.johnson@mackillop.act.edu.au) or phone 6209 0131.

*Peter Johnson*

International Programs Officer



## DEBATING

Congratulations to our senior and junior representative teams for two very successful debate days at the ACT Legislative Assembly.

The students representing the senior team were Ashy Kinsella, Ruben Mayenco, Dominic Strmota, Harleen Kaur, and Shelby Holland.

Representing the junior team were Olivia Boddington, Owen Lever, Oliver Bryson, Aiden Maher, Charnseya Wells, Portia Thompson, Ainsley Wellfare and Gabrielle Milgate.

The teams were brilliant, clever, well-spoken and looked fab! So wonderful the junior team won their debate on debut! Seniors you nearly got there...Thank you!

*Nicola McLennan*

English Coordinator - Isabella



## HARRY POTTER IN THE LEARNING COMMONS

Who would have thought that the first Harry Potter book The Philosopher's stone was published 20 years ago?! As a reminder and a celebration, the Padua Campus Learning Commons Team have set a challenge to read the whole series.

Every Tuesday and Thursday at recess, a teacher dons the robes, glasses and a black hat and sits in the corner to read. Guest readers are beginning to get on board, so the students are often surprised by who is reading to them. They are still waiting for Mr Lee to turn up, but we are sure that he will one day soon.

The space is magically changing into a small Potterland with curiosities and cushions all following the theme. Candles hang from the ceiling (don't worry they are not real), and there is a plan for a cardboard constructed fireplace to complete the scene. The response has been great, with some students bringing their own books from home to read along.

## RECONCILIATION LITURGY

On 29 May, more than 40 students from Year 9 gathered at Holy Family Church in Gowrie for a Reconciliation Liturgy. This liturgy was an opportunity provided to those students who are studying the CSYMA Youth Ministry Unit, as a part of the RE Curriculum. The Liturgy was focused on mercy and allowed all students from any faith background to experience and learn more about God's Love for all people. Students had the option to go to the Sacrament of Reconciliation, or to talk to a priest in a casual setting if they hadn't already made the sacrament, or to quietly pray or reflect on the theme of mercy.

Thanks to Fr James (College chaplain), Fr Praveen (Assistant Priest) and those college staff who assisted in the planning and running of the liturgy.

*Jordan Hodge*

Youth Minister

## SCHOOL FEES

Fees for Term 2 should now be finalised unless paying by Direct Debit or other approved arrangement. Any outstanding fees should be paid immediately.

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.

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 Predoran*

Fees Manager



## SISTERACT

On Tuesday 22 May, a selection of Year 9 and 10 students from MacKillop, St Clare's College and Merici College came together to participate in the SisterACT program. The program has been developed and led by two Year 10 MacKillop students, Caitlyn Williams and Ellen Scott, with the support of the National Council of Young Women Australia.

The program builds a network of young women who are developing their leadership skills. Three workshops will take place during Term 2, with each workshop having a different theme. Workshop one focused on Self Awareness, the next workshop will focus on Communication with the final workshop having a focus on Leadership. The program is a great opportunity to build on our own skills and connections with other like-minded students.

*Micaela Mewburn + Lauren Russell* (Year 9)

## 13 REASONS WHY RESOURCE

*13 Reasons Why* (Season 2), a fictional show depicting the death of a teenager by suicide and its impact on those around them, officially launched on Netflix on Friday 18 May. Headspace has collaborated with Netflix to develop supporting resources and discussion guides for young people and parents. These include; tips for discussing the show safely, points to consider before watching the show and questions to help start a conversation

The designated webpage [13reasonswhy.info](http://13reasonswhy.info) contains various resources including:

- Videos - One features the cast of the show (coming out of character) to address issues depicted in the show, and the other features Australian young people talking about the importance of reaching out to family and friends and seeking help on mental health issues.
- Resources - Tailored discussion guides for young people and parents
- Help seeking information - for young people.

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## PATHWAYS

As a part of the Student Mentoring process last week, students in Years 10, 11 and 12 accessed a Pathways website that assists students to plan for their future, including career planning, and aims to support them in times of transition.

The learning tool encourages students to:

- think about, and plan, their future
- learn about themselves and explore their personal strengths, interests, goals and aspirations
- develop self-awareness and self-management
- share their plan with others, including parents and PC Teachers

Students on the Padua Campus will access the program in Semester 2.

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## THINK U KNOW CYBER SAFETY

Year 8 students were the first cohort to experience a ThinkUKnow Cyber safety presentation last week. The program will also be delivered to Years 7, 9 and 10 students in Term 3. It provides information on the technologies young people use, the challenges they may face, and importantly, how they can be overcome.

The presentations delivered by the AFP cover topics such as social media reputation management, cyberbullying, 'sexting', online grooming, online gaming, inappropriate content, privacy management, identity theft, how to protect your devices, and how to report matters when things go wrong.

*Lachlan McNicol*

Assistant Principal Pastoral Care



## CROSS COUNTRY

The College Cross Country took place last week on Friday 25 May, with races at each campus. The participation rate set a new record. The College has 85 students participating at the ASC Cross Country at Stromlo today. The top performer at the ASC in each age group will be crowned the College Age Champion.

## STUDENT ACHIEVEMENT

Adrian Georgiadis and Lewis Bell (Year 7) have been selected to represent the ACT at the National Judo Competition, which will be held in the Gold Coast during June's long weekend.

Sean Edwards (Year 7) represented the ACT at the Australian Gymnastics Championships in Melbourne last month.

Brianna Hosie (Year 7) will represent the ACT at the Australian Little League Baseball Championships in Lismore next week.



## SENIOR AFL

Our Senior boys and girls AFL teams competed in two friendly matches against Erindale College on Wednesday afternoon. Whilst the two boys teams have played against each other in recent years, this was the first time the girls had played.



## 7/8 BOYS AFL

The 7/8 boys AFL team took out the Southside AFL Competition yesterday, beating Stromlo, Alfred Deakin, and Trinity. They won the day despite playing with only 15 players against full squads! As southside champions, they progress to the ACT Finals.

## YEAR 10 EXAMS

The Year 10 exam timetable is included in this newsletter. As part of preparation for senior studies, Year 10 students will undertake their exams in the gymnasium. These exams will be longer than class tests and formal in nature. Students will undertake the scheduled exams. At the completion of the exams, students will return to their normal lessons.

As part of the exam block, all Year 10 students will undertake an AST style multiple choice exam using their laptops. This exam is designed to provide the College with information for the upcoming Course Counselling interviews.

For further information regarding the semester exams, please contact Maria O'Donnell on 62090140 or via email at [maria.odonnell@mackillop.act.edu.au](mailto:maria.odonnell@mackillop.act.edu.au).

*Mazia O'Donnell*

Assistant Principal Curriculum (Acting)

## SENIOR EXAMS

Semester 2 exams will commence shortly for our Year 11 and 12 students. The timetable of exams is presented in this newsletter. These exams form part of the assessment package for all students and are an opportunity to demonstrate learning and achievement. Preparation and careful study for exams is important.

The following exam guidelines are in place to provide the best opportunities for success for all students.

- Students are responsible for ensuring they know when and where their exams are on.
- If a student believes they are entitled to special provisions they are responsible for completing the required form (see Canvas) and making supporting documentation available to Mrs. Anderson (Inclusive Education). This is to be done in a timely fashion.
- If a student is absent from an exam due to misadventure (eg illness or accident), they must provide documentation to substantiate their absence. This may be in the form of a doctor's certificate or a pharmacy certificate. Arrangements will be made for exam re-sits as required.
- If a student is absent without a valid reason they will be permitted an exam re-sit, but will receive the Notional Zero for their attempt regardless of result.
- Late students will not be allowed additional time to complete their exam unless they have appropriate documentation.
- Students will need to bring their student identification card to all exams.
- Mobile Phones
  1. Students are NOT allowed to have their mobile phones out before, during or after entering an exam venue.
  2. Students are to ensure that their mobile phone is switched off and remains in their pocket for the duration of any exam. Failure to do so is in breach of exam conditions.
- Smartwatches are not permitted within the exam venues. Clocks will be used to display the time in all venues.
- Students must remain in the exam venue for the duration of the exam.

*Mazia O'Donnell*

Assistant Principal Curriculum (Acting)

### BRAZILIAN JIU JITSU FOR KIDS AND TEENS

Sessions are held every Wednesday between 6:30 - 7:30pm at Elite Physique Phillip, corner of Townshend and Botany streets. Brazilian Jiu Jitsu is a martial art where students use submission grappling techniques to overcome larger or stronger opponents. No special equipment or clothing required, no locked in term fees and the first lesson is free! Great for building confidence, fitness and promoting respect, BJJ is always more fun with friends so spread the word.

### AITA TAEKWON-DO

AITA Taekwon-Do is the first and only class with a fully adapted curriculum for all abilities, ensuring what you learn is effective and you reach your full potential. Open to adults and teens, with all ability levels welcome. Classes are held every Tuesday from 6:30-8pm at Miles Franklin Primary School, Evatt. Two free trial lessons are available. Contact 0409 386 462 or [aitacanberra@gmail.com](mailto:aitacanberra@gmail.com)

### BELLCHAMBERS MUSIC SCHOOL

Bellchambers Music School has individual and group music lessons for all levels, all ages, and all styles. Visit [bellchambersmusicschool.com.au](http://bellchambersmusicschool.com.au) for class details and times or call 6281 6270.

### MENTAL HEALTH ISSUES AND YOUNG PEOPLE: FREE PARENTING FORUM

Carers ACT is hosting a unique opportunity for parents, carers and friends to learn how to recognise the warning signs and better understand depression, suicide, eating disorders, deliberate self-harm and other mental health problems in young people. Mental illness in our youth – often known as the 'invisible disease' - is growing at an alarming rate with many parents at a loss on how to deal with it. The speaker will be Dr Michael Carr-Gregg, one of Australia's leading experts in parenting and child and adolescent mental health and founder of CanTeen for teenagers with cancer. Bookings essential.

When: Tues 19 June 2018, 7-9pm, Hellenic Club, Woden

More info: Ph 6296 9900 or email [mhcarers@carersact.org.au](mailto:mhcarers@carersact.org.au)

Register : through Eventbrite <http://bit.ly/2HIqSiy>

Cost: free

### POP IN ART CLASSES

FREE art classes for ages 10-25 are held each Tuesday from 3:30-5pm at the Tuggeranong Arts Centre. Paint, draw, sculpt, and play music! Materials included.

### NATUREART YOUTH ART CHALLENGE

New! NatureArt Challenge for talented young people 13-18 years old who have an interest in art and science! Designed specifically for young people interested in drawing and exploration of scientific concepts, this program will allow students to experiment with a number of illustration mediums. Taught by award-winning artist and science communicator, Dan Power, students will explore ideas, sketch, study and depict their chosen subject in detail. Realise your full potential as an artist!

Details: 8, 15 & 22 June 2018, 4.00 - 7.00pm \$125.00 for 3 sessions.

Held at Workspace A, M16 Artspace, 21 Blaxland Cres, Griffith ACT.

For bookings and further information please visit: [www.natureartlab.com.au](http://www.natureartlab.com.au)

## Year 10 and Senior Exams - Semester 1 2018

Year 10 Exams S1 2018		
Wednesday 13 June	Period 1-2	Year 10 Science
Thursday 14 June	Period 1-2	Year 10 History
Friday 15 June	Period 1-2	Year 10 Mathematics
	Period 3-4	Year 10 Skills Test

- Students are to attend normal scheduled Year 10 classes for all other periods.
- All other Year 10 assessment will be scheduled in normal class time.

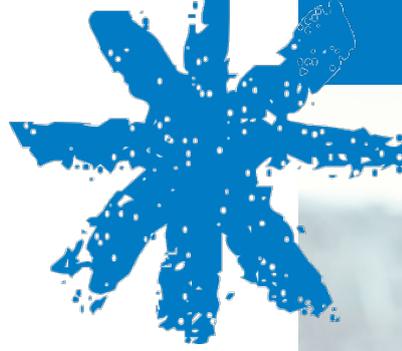
Senior Exams S1 2018		
	Year 11	Year 12
Monday 18 June Morning (9.00am)	English T	Hospitality T Economics Psychology A/T Physics
Monday 18 June Afternoon (1.15pm)	Literature Business A/T	English T
Tuesday 19 June Morning (9.00am)	Essential English Chemistry Global Studies A/T	Essential English Chemistry Global Studies A/T
Tuesday 19 June Afternoon (1.15pm)	Mathematical Applications Mathematical Methods Specialist Methods	Specialist Mathematics Ancient History A/T Exercise Science A/T
Wednesday 20 June Morning (9.00am)	Psychology A/T	Mathematical Applications Mathematical Methods
Wednesday 20 June Afternoon (1.15pm)	IT A/T Ancient History A/T Exercise Science A/T Earth Science	IT A/T Legal Studies A/T Earth Science
Thursday 21 June Morning (9.00am)	Sociology A/T Physics Business Administration Oceanography	Sociology A/T Business A/T Modern History A/T Business Administration Oceanography
Thursday 21 June Afternoon (1.15pm)	Legal A/T Biology	Biology
Friday 22 June Morning (9.00am)	Hospitality T Economics Modern History A/T IT DM Geography A/T Senior Science	Literature IT DM Geography A/T Senior Science
Friday 22 June Afternoon (1.15pm)		

Please Note: Some courses do not have a final semester exam

- All Year 11 and 12 students will receive a personalised examination timetable indicating session start and finish times and locations.

Enquiries regarding exam schedule should be directed to Janine Hickson, Student Records in the first instance on 62090129.

# insights



## Four reasons why your child or teen may be anxious

by Michael Grose

*Increasingly, Australian children and teenagers are experiencing anxiety at levels that are affecting their mental health, school achievement and happiness. As a loving parent you naturally want to prevent your child or young person from being overwhelmed by anxiety.*

There are four main reasons your child may be experiencing anxiety.

### 1. You are passing your anxiety and stress on to your child

Anxiety is a function of groups – it rarely happens in isolation. Many parents I meet in my work are stressed by their lives and fearful for their children. The contagious nature of anxiety means that parents often pass their stresses, worries and fears on to their children. Legendary psychologist Martin Seligman found through his research that children have a significant propensity to copy their primary parents' explanatory style by eight years of age. If parents see events through the frame of stress, anxiety and fear then they are passing this same frame on to their children.

### 2. Your child is overloaded

Few would argue that an active child is a healthy child. However it seems that we now have too much of a good thing as Australian kids have a smorgasbord of organised pre-school and after-school activities to keep their minds and bodies active. Many of these activities have a high performance element attached (get that badge, win that game, attain that level) so that kids are always striving or attaining. The pressure to perform is always there. Activity overload is a particular problem for achievement-driven, anxious types of kids – classic first-born child characteristics.



### 3. Your child doesn't play enough

Play is the release valve for the pressures of a high performance, serious life. It's the way kids have always relaxed and let off steam. The best type of play for relaxing and letting off steam is generally physical play that takes place outside. Your child may play a great deal on a digital device, but this activity stimulates the brain rather than rejuvenates it.

Organised sport doesn't fit the play category if it adds to their anxiety rather than releases it. Kids need to be involved in play that's fun, rejuvenating and enjoyable. They need to look forward to it rather than fear it.

## 4. Your child focuses too much on the future

Some children are born to worry. They fret about seemingly simple activities such as starting a new school term, going to a birthday party or who's picking them up from school at the end of the day. Worriers are future oriented, anxious about things that haven't happened yet. These type-A anxious types don't know how to stay in the present. Their minds constantly wander ahead to what may happen. They benefit from learning relaxation techniques such as mindfulness and deep breathing that anchor them to the present, temporarily releasing them from their worries and anxieties. When kids learn these techniques from a young age or even during adolescence they are likely to become hard-wired for life.



There is so much we can do to equip children with the tools they need to manage their anxiousness and worries, and to prevent these from accelerating into full blown, debilitating anxiety. We can start by looking at our own lifestyles and make changes that may alleviate the stresses that inevitably trickle down to our kids. We can also take a look at our kid's lifestyles and activities and make sure they contain a healthy balance between high performance and fun. Most importantly, we can provide kids with the tools and skills to recognise, manage and cope with anxiousness so that they have autonomy over their own mental health and wellbeing, both now and into the future.

[You can attend our upcoming webinar, \*Understanding Anxiety\*, at no cost!](#)

As your school is a Parenting Ideas Schools member, you can attend our upcoming webinar *Understanding Anxiety: How it impacts kids and the important role of parents* at no cost! Use the voucher code below to register for the webinar valued at \$37 per person.

### About the webinar

When a child experiences anxiety it can be really hard for parents to understand what's happening and how best to respond. In this webinar, Dr Jodi Richardson helps parents to recognise and understand anxiety, how it affects learning and happiness, and the practical steps to lessen its impact on your child and your family's quality of life. Listeners will also learn:

- the origins of anxiety
- signs and symptoms of anxiety
- practical strategies to help anxious kids
- the importance of validation
- when and where to seek help

### When

Tuesday 5 June 2018 7:30pm – 8:30pm AEST.

Catch up available: If you can't make the scheduled webinar time, you don't have to miss out — simply register for it and a recording will be made available for you to catch up anytime. This recording will be available to everyone who registers, which also means those who attend can listen to it more than once.

### Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a Parenting Ideas membership.

## How to use the voucher

1. Go to [www.parentingideas.com.au/product/understanding-anxiety-webinar](http://www.parentingideas.com.au/product/understanding-anxiety-webinar)
2. Click 'Add to cart' and proceed to the cart when you are ready.
3. Enter the coupon code and click 'Apply'. Your discount of \$37 will be applied to the order.

**Your Parenting Ideas Webinar Voucher**

**Webinar: Understanding Anxiety**

Guest Speaker: Dr Jodi Richardson  
05 June 2018 - 07:30pm

**VOUCHER CODE  
WELLBEING**

VALID UNTIL 06 JUNE 2018

Valued at **\$37**

parenting\*ideas  
schools



### 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*.