



# MacKillop

St Mary MacKillop College Canberra

**COLLEGE  
NEWSLETTER**  
15 JUNE 2018

NO. 09

## IN THIS EDITION

### *HOUSE CHARITY FUNDRAISING*

PAGE 4

Mindygari kicked-off the House Charity Fundraising last week, as it raised money and awareness for Cancer Council ACT.

### *STRESS LESS WEEK*

PAGE 8

With Senior Exams fast approaching, the St Peter's Campus aimed to keep stress to a minimum this week.

### *ACT FOOTBALL CHAMPIONS*

PAGE 9

The Senior Boys Football team went undefeated on its way to becoming ACT Champions last week.

**COMING**

**UP**

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

THU **28** J U N

- Year 8 Pilgrimage & Coastlife
- Year 9 yLead

FRI **29** J U N

- Year 10 Course Preview Day

MON **02** J U L

- Year 11 2019 Parent Information Session
- Year 10 Camp (Group 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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stmarymackillop**

# PRINCIPAL'S

## LETTER



Dear families, students and friends,

### COLLEGE BOARD ELECTIONS

Thank you to a number of parents who have expressed interest in standing for election for a position on the College Board. For those of you who missed it, the process is as follows:

|                   |                                  |
|-------------------|----------------------------------|
| Friday 22 June:   | Nominations close                |
| Tuesday 26 June:  | Ballot circulated electronically |
| Tuesday 3 July:   | Ballot closes                    |
| Wednesday 4 July: | Votes counted                    |

If you would still like to nominate yourself, please see the email that was distributed by the MacKillop Media Desk on Thursday 7 June.

You will hear more from the College about the next phase of the Board elections in the near future.

### EXAMINATION AND ASSESSMENT PERIOD

Best wishes to everyone involved with the assessment and examination period over the next few weeks. Students would know that preparation, revision, and shared learning are always key ingredients to optimum achievement. This is an opportunity for students to achieve their best and for staff to carefully assess and moderate student work.

Student performance and assessment provides staff with strong feedback to incorporate into teaching programs and resources and so I look forward to a productive period for the College.

### YEAR 7 CAMP

Year 7 students will head to Collaroy in Week 9 for Year 7 Camp.

I look forward to spending a couple of days on camp and express my gratitude to the staff for their extensive planning and organisation in advance of what is always a highlight of the first year of high school.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE  
COLLEGE PRINCIPAL

*"Best wishes  
to everyone  
involved with  
the assessment  
and examination  
period."*

### PRINCIPAL'S PRAYER

*Lord,  
We give thanks for God's  
Providence.  
Amen.*





## HOUSE FUNDRAISING

Fundraising for the House Charities commenced in Week 16, with Mindygari raising money and awareness for Cancer Council ACT.

Last week the Student Representative Council on each campus organised charity events to for Mindygari's charity, the Cancer Council ACT.

The events proved a success raising over \$870 on the Padua Campus and \$520 on the St Peter's Campus.

Thank you to students for their generosity in contributing to the events and congratulations to the Mindygari SRC leaders for their initiatives and organisation, supported by Mr Margosis and Mr McCombe.

**Lachlan McNicol**

Assistant Principal Pastoral Care



## ACT UP! FESTIVAL

Year 12 Drama joined other students from across the ACT performing original 10 minute plays at the Youth Fringe Arts Festival 'Act Up!' on Tuesday 5 June.

**Bella van Doojn**

Performing Arts

## STUDENT ACHIEVEMENT

Liam Rogers (Year 10) and Keira Rogers (Year 9) have been selected to represent the ACT at a NSW/ACT Junior Green Shield Squash Tournament.

## STATUS AWARDS

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

### BRONZE STATUS

Evangeline Bisseker 7W1, Claire Boschert 7E2, Max Christensen 7W2, Madeleine Field 7W3, Zoey Hamer 7A2, Izabella Hayes 7E2, Amelia Healy 7A3, Monique Hilborn 7A2, Freia Huber 7EW, Caitlin Koch 7W2, Sophie McInerney 7F1, Corey O'Leary 7W1, Billy Perrott 7A3, Kathleen Quinlan 7E2, Nila Ranjith 7W2, Abbey Robb 7W3, Alicia Trevethan 7W1, Sarah Tyhuis 7E2

### SILVER STATUS

Oscar Morgan 8A1

**Lachlan McNicol**

Assistant Principal Pastoral Care



## JAPAN INFO EVENING

Current Year 8-11 students are invited to apply to join the Japan Study Tour, departing in July 2019.

An Information Evening will be held on Monday 25 June 2018 from 5:30pm to 6:30pm for interested students and their parents. The venue for the presentation is the F-block building at the Isabella Campus.

Whilst in Japan, students visit the large metropolises of Tokyo and Osaka, and the historic cities of Kyoto, Kanazawa and Hiroshima. Students are immersed in Japanese culture and traditions, as well as experiencing some more modern attractions such as Universal Studios and a baseball game at the Tokyo Dome. The highlight of the trip is a homestay with a Japanese family on Oki, on a small, isolated island in the Sea of Japan and home to our sister school, Oki High School.

For more information about the Japan Study Tour please contact Peter Johnson, International Programs Officer.

### Student quotes from the last trip:

- "This has been a very rare and precious experience that I will remember forever."
- "I enjoyed experiencing the Japanese culture and lifestyle 'up close and personal'."
- "It was great meeting the Oki students and experiencing a Japanese school."
- "Initially I was worried about the cultural exchange, but my host family was so kind, they welcomed us so well and I had so much fun visiting Oki Island."
- "I want to come back to Oki!!"

*Peter Johnson*

International Programs Officer



## JAPAN SISTER SCHOOL VISIT

Our sister school have confirmed the dates of their visit to MacKillop. Host families are still sought for the visit. Please contact Peter Johnson if you are interested in hosting a Japanese Exchange student.

*Peter Johnson*

International Programs Officer



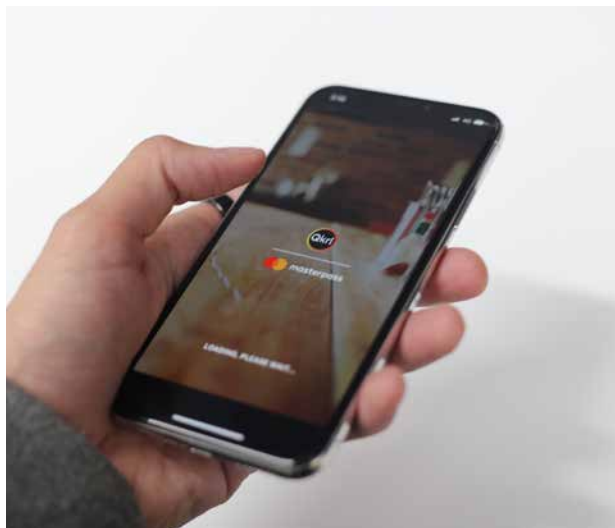
## LEARNING COMMONS HOURS FOR EXAM WEEK

The opening and closing times for the Learning Commons at the St Peter's Campus will be changed during Week 8 to allow the students to study or complete assessments before and after school. As such the hours will be 8am to 6pm from Monday 18 June to Friday 22 June, 2018.

Year 11 and 12 students are welcome and encouraged to make use of this opportunity.

*Cathryn Thomas*

Teacher Librarian



## IMPORTANT CHANGES TO THE QKR APP

The Qkr team make continued updates to the app, so that it is more stable and easier to use for everyone.

In order to continue using Qkr, it is critical that you update to the latest version of the app in the Google Play store or Apple App store, as some older versions of the app will no longer be supported.

### Android Users:

Version 4.9.2 and older versions on Android will no longer be supported. (The Current version on Android is 4.9.3)

### iOS users:

Version 5.3.2 and older versions on iOS will no longer be supported. (The current version on iOS is 5.3.3)

Downloading the latest version of the app will ensure that you can continue to use Qkr as normal.

*Jayne Limbrick*

Accounts Receivable



## 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. Electronic fee statements 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 if you are experiencing difficulty paying the fees please contact the Fees Office.

*Michelle Predovan*

Fees Manager



## YLEAD ALTITUDE DAY

Last week a group of Year 9 students attended the University of Canberra to participate in the yLead Altitude day. The leadership seminar provided the opportunity to be spoken to by three inspirational speakers and engage in lots of fun activities.

A presentation was made by an amazing woman, Nip Wuewickrema, who taught us to "make a difference". We were then inspired by the amazing Zack Bryers who talked to us about how we can do anything we put our minds to "against all odds". Finally, we were spoken to by Rowie McEvoy, who told us to "make every day wow". We learnt to keep following our dreams, to hang around the people that won't put your dreams down, to have a healthy mind and to make a difference in people's lives.

*Samantha Muller*

Year 9 Student

## END OF SEMESTER EVENTS

As the end of semester approaches, below is a summary of the activities for students in Years 7 to 10.

### YEAR 7 CAMP

- Monday 25 June to Wednesday 27 June – Students in Mindygari and Meup Meup
- Wednesday 27 June to Friday 29 June – Students in Gurabang and Ngadyung

### YEAR 8

Wednesday 27 June

- Pilgrimage to Mary MacKillop Place in Sydney for students in Gurabang and Ngadyung
- Coastlife program and first aid workshop for students in Mindygari and Meup Meup

Thursday 28 June

- Pilgrimage to Mary MacKillop Place in Sydney for students in Mindygari and Meup Meup
- Coastlife program and first aid workshop for students in Gurabang and Ngadyung

### YEAR 9

- Tuesday 26 June: Careers focus session
- Wednesday 27 June: Transition day at the Isabella Campus
- Thursday 28 June: yLead leadership seminar

### YEAR 10

- Monday 2 July to Wednesday 4 July: Urban Challenge trip to Sydney, Group A
- Monday 2 July: Reflection Day, Group B
- Tuesday 3 July: Course Counselling, Group B
- Wednesday 4 July to Friday 6 July: Urban Challenge trip to Sydney, Group B
- Thursday 5 July: Course Counselling, Group A
- Friday 6 July: Refection Day, Group A

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## REPORTS OF STUDENTS BEING APPROACHED

There have been several reports in Canberra in recent weeks of students being approached, followed or feeling threatened by strangers. While these incidents have not involved MacKillop students, our students have been reminded this week of some safe practices, listed below, which may assist in keeping them safe. Reminders from parents/carers about how to keep safe will also serve as a reminder and re-iterate the messages given at school.

- Under no circumstance should a student ever get into a car unless that student has already received previous permission by a parent. No exceptions. Even if that person is an acquaintance.
- Stay away from any person or car that tries to engage in conversation. No need to be polite, or help people you don't know. Safety is of greater importance.
- Understand that in the case of teenagers, a predator is going to be friendly and outgoing.
- Use a buddy system whenever possible.
- Stay alert. Walking with headphones on, texting or talking on the phone can create a distraction and make students an easier target.
- Report anything that seems suspicious or unusual. Tell a trusted adult immediately.

*Lachlan McNicol*

Assistant Principal Pastoral Care



## STRESS LESS WEEK

With Year 10 exams taking place this week and Year 11 and 12 students in final preparations for exams next week, students at the St Peter's Campus have enjoyed a 'stress less week'. Fresh fruit and vegetables were provided for students free of charge. This encouraged healthy eating during the exam period. Music was played at recess and lunch all week to relax students outside, and free warm drinks were handed out in the mornings before school and at recess for students to enjoy. A 'positivitree' was set up where students were able to write a positive quote on a piece of paper and display it to the school. Students embraced these activities and it resulted in a more relaxed environment at recess and lunch giving students some down time from their study.

**Ryan Badowski**

College Sustainability Captain

## 7 Ways That Parents Can HELP

A Parent's Survival Guide to Revision  
by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)



- 1 Have high expectations and provide plenty of support**  
Both are needed to help your child improve, perform and develop resilience
- 2 Help them work smarter**  
Not all revision techniques are equal. Spacing out their revision and quizzes are better than cramming and highlighters
- 3 Cope well with their setbacks**  
There will be highs and lows. How you react to their lows will impact how many highs they have
- 4 Minimise distractions**  
Provide a revision area with minimum distractions (this include mobile phones!)
- 5 Rise and dine**  
Make sure they eat breakfast. It plays a big role in concentration and memory
- 6 Regular bedtimes and lots of sleep**  
If they sleep right, they will think right the next day
- 7 Avoid cabin fever**  
Encourage them to get fresh air each and every day



## SENIOR BOYS FOOTBALL - ACT CHAMPIONS

The Senior Boys Football team won the ACT Football Championships at Lyneham Playing Fields on Tuesday 5 June, going through the competition undefeated.

MacKillop won its opening three games against Melba-Copland/Hawker, Gungahlin, and Narrabundah before a draw against Burgmann saw the College finish top of Group B.

After a goalless semi-final against Canberra College, victory in the resulting penalty shoot-out booked MacKillop a place in the final against the tournament favourite, Lake Ginninderra College. A disciplined defensive effort and the ability to counterattack at pace gave MacKillop two second-half goals and a 2-0 win. Congratulations!

**Peter Johnson + Aidan Brunskill**

Coaches



## OUTDOOR ED CAMP

On Wednesday 2 May, the Year 9 Outdoor Ed classes went to Tathra for camp which was an experience to remember. On Camp we participated in a range of activities including, surfing, raft building, bivvy pitching, hiking, river crossing, wilderness cooking and a night walk along the beach to the Tathra wharf. We were separated into two groups Mr Belcher and Miss Connelly taking group one and Mr Kelly and Mr Coates taking group two.

We were challenged in many ways both physically and mentally, having to actually socialise as our phones were taken from us so we could experience camping first hand. Many of us made new friends and found out how easy it is to go without a phone. One of the more challenging activities was the hike; this gave us the opportunity to take on leadership roles such as navigation and medical support. Outdoor Ed is an amazing class and should be considered by the future year 9s.

We'd like to thank the teachers who put the camp together and made it possible for us to have the best experience we could ask for. Another thanks to the CoastLife staff who took the time out of their lives to take care of us for three days. We're pretty surprised that they managed to put up with us.

**Taylah Scowcroft, Linzi Moszt + Chris Lazzari**

Year 9 Outdoor Ed students

## JOIN THE PE PATHWAYS PROGRAM! YEAR 10 2019

The St Mary MacKillop College PE Pathways Program is a stream of Physical Education that has been designed to support student athletes in Years 10, 11 and 12.

A specialised curriculum has been developed to allow students to learn and experience new content that is not covered in Physical Education. The program focuses on improving students' knowledge, skills and understanding of elite performance, physical development, injury prevention and recovery.

Applications for the program are now open and due by Friday 24 August (Week 5, Term 3).

Year 9 students who would like to apply for program can find an application form and further information on the program at:

<https://www.mackillop.act.edu.au/index.php/education-care/special-programs/item/pe-pathways>

*Dominic Lenarduzzi*

PE Pathways



## A TALENTED SPORTS COLLEGE

Congratulations to the following St Peter's Campus students who have represented the ACT and Australia in a variety of sports throughout Semester 1. As a College we are extremely proud of your efforts and the way you represented the St Mary MacKillop Community whilst away. Well done and we wish you all the best for the future.

*Dale Argall*

PE Coordinator - St Peter's Campus

| Name               | Sport                     | Event   |
|--------------------|---------------------------|---|
| Nick Hosie         | Baseball                  | Australian School Sport National Championships. Nick has also been selected to represent Australia and will travel to the US next Semester. |
| Luke Wright        | Baseball                  | Australian School Sport National Championships  |
| Sarah Nolan        | Softball                  | Australian School Sport National Championships  |
| Madeline Bennett   | Rowing                    | International Rowing Regatta  |
| Ben Stokes         | Swimming                  | Swimming Australia National Championships   |
| Amber Brophy       | Netball                   | Under 19 National Championships   |
| Taylah Chancellor  | Netball                   | Under 17 National Championships   |
| Monique Suraci     | Boxing                    | Youth National Boxing Championships. Monique has also just returned from the Oceania Titles where she was won the 49kg division.            |
| Josh Dezman        | Muay Thai                 | Australian Titles   |
| Harry Grant        | Australian Rules Football | National Academy Division 2 Championships   |
| Lauren Thomas      | Cycling                   | National Road Series  |
| Amber Thornton     | Golf                      | Australian Junior Amateur Golf Championships  |
| Zoe Evans          | Gymnastics                | Australian National Championships   |
| Minski Wade Quayle | Gymnastics                | Australian National Championships   |



## BIOLOGY EXCURSION

On 25 May, Year 12 Biology visited the ANU to take part in a parasitology experiment, a first for both MacKillop and the ANU. The task was to use common DNA analysis methods to identify the 'parasite' our leaders had been bitten by! The four leaders had each written up mock case studies and we used DNA samples that had been infected with different parasites, which then each group had to find out what their leader had based on this. We were able to use new equipment and technologies, such as micropipettes and gel electrophoresis, we had never been exposed to before and it gave us all a taste of what studying Science at uni would be like. It's safe to say I think we all found it really interesting and relevant!

*Breanna Pascoe*

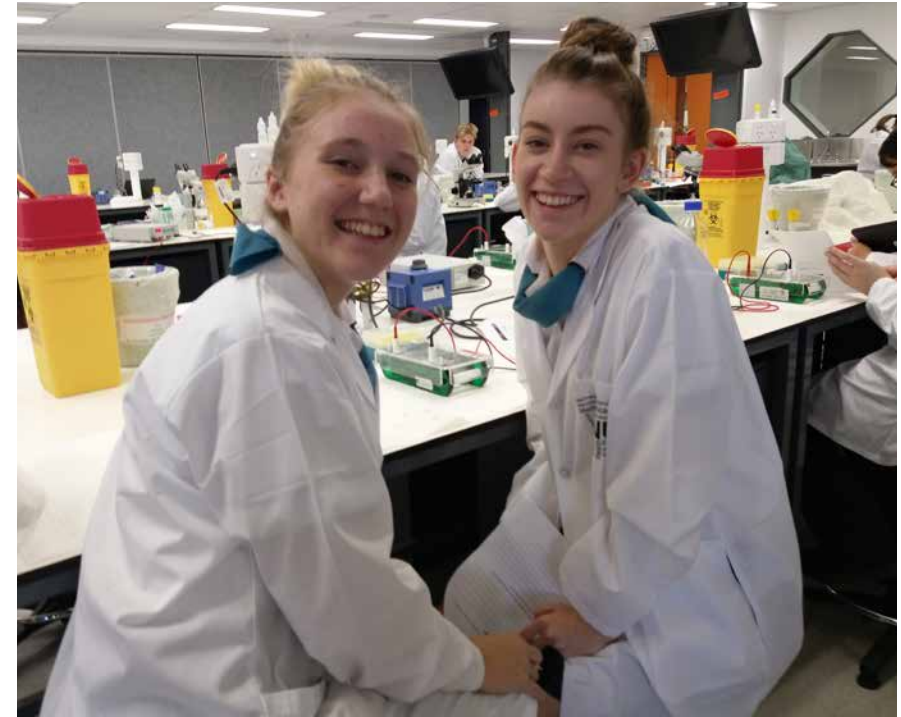
Year 12 Biology student

## PHYSICS VISIT

On Wednesday 6 June, Professor Paul Francis from the ANU came to visit the Year 12 Physics class. He engaged us with his knowledge of astrophysics and covered a range of topics including: the derivation of Pi, black holes, solar sails and the scientifically named 'space blobs' which were his most recent research project. We gained new knowledge regarding our unit on gravity and learned about spaghettification, orbits around black holes and how our frame of reference can drastically alter our observations.

*Sarah Purcell*

Year 12 Physics student



## GEOGRAPHY EXCURSION

On 22 and 24 May, 100 Geography students travelled to the South Coast to explore two distinct biomes, Rainforest and Mangrove, in Minnamurra (near Kiama) as part of their Geography assignment on human management practices. Students had the opportunity to learn about NPWS support and human impacts, including issues such as climate change and past practices of logging as they walked along the raised boards of the Minnamurra Rainforest. Later in the day, students canoed along the lower reaches of the Minnamurra River exploring the Mangrove environment, learning about the importance of such an environment to the cleanliness of our waterways and the support they offer to various ecosystems. A big thank you to Ms Sullivan, Mr O'Callaghan, Mr Larkin, Ms Durham, Mr O'Connor and Mr Lazzarato for supporting this excursion.

*Gareth Bowen*

Geography Teacher





## DA VINCI DECATHLON

I went to the da Vinci Decathlon at Canberra Grammar School on 31 May and I really enjoyed it. The work you engage with kind of feels like you are doing a test but when one is in a team, that helps, and makes the experience much more fun. The hardest bit was the maths section as some of the questions were quite hard and I didn't know how to solve the problems. One of the best sections was at the end when we had to do code breaking and the general knowledge quiz. I answered some of the general knowledge questions and we had a good time. We had pizzas for lunch which was also good and sitting in the sun was fun. On the whole it was a good experience and I would do it again and of course the best part is...it gets you out of school!

**Jacob Loughlin**

Year 7 student

When we entered the gymnasium hall at Canberra Grammar School, the first thing we saw was at least 30 big round tables. On each table there was a large yellow envelope and our table had our team name on it. The speaker took us through how much time we had for each section and what exactly was happening. When she said 'GO!!' we ripped open the envelope and started working on our assigned tasks. By the time 30 minutes had passed we were just passing the activities around the table and who ever could do the next question just went ahead and did it. At lunch the 7 & 8 teams all shared pizza before we headed in for our final session. It was a wonderful and exciting experience and we can't wait for next year.

**Keija Deahm**

Year 7 student



## ATOM 1-MINUTE FILM COMPETITION

Entries for 2018 are now open! This year's theme is 'Memory'. Create and submit your 1-minute film for a chance to win one of four \$500 prizes! Entries close midday AEST, Friday 3 August 2018. The 1-Minute Film Competition 2018 is free to enter, and is open to all primary and secondary school students in Australia and New Zealand.

For more information, or to enter, visit: [1-minutefilmcompetition.org](http://1-minutefilmcompetition.org)

## 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. Visit [www.epicbjj.com.au](http://www.epicbjj.com.au) for information.

## 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.

## 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.

## CORPUS CHRISTI: PLENARY COUNCIL 2020

Please consider attending one of the four "Dialogue and Listening Sessions" held in Canberra. Archbishop Christopher Prowse will be attending.

- 10am-12pm and 7pm-9pm Tuesday 19 June at Eastlakes Football Club, Gungahlin.
  - 10am-12pm and 7pm-9pm Thursday 21 June at Eastlakes Football Club, Kingston.
- [www.plenarycouncil.catholic.org.au](http://www.plenarycouncil.catholic.org.au)

## GIRLS MAKE YOUR MOVE CAMPAIGN - FERNWOOD FITNESS

The Department of Health's *Girls Make Your Move* campaign is about inspiring, energising and empowering young women to be more active regardless of ethnicity, size or ability.

Young women aged 14-21 can enjoy a FREE 10 Class Pass at Fernwood Tuggeranong by downloading the voucher and presenting it when they come in to the club:

[campaigns.health.gov.au/girlsmove/free-10-class-pass-fernwood-fitness-voucher-girls](http://campaigns.health.gov.au/girlsmove/free-10-class-pass-fernwood-fitness-voucher-girls)

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

## Dealing with video game crazes: Fortnite and fanaticism

by Martine Oglethorpe



Working with kids in schools these past weeks, and indeed having five children of my own, has alerted me to the seemingly unprecedented obsession with the new online game Fortnite. Not since Pokémon Go has something seemed to take the world by storm, leaving parents wondering when it will ever stop.

The answer to that last question is probably that it will stop when the next big thing comes along. These fads may well be a modern day version of the Rubik's Cube, elastics or swap cards, though of course the effects of the obsession can be much more pervasive than with my childhood obsession with PacMan.

**If Fortnite is the latest craze to hit your household, or you are being nagged and cajoled to let them have the game “that everyone else is playing”, then here are a few things you should know:**

- It is violent. The aim of the game is to be the last person standing, and in order to do that you must kill all the other players.
- However the violence is portrayed as less real and almost cartoonish. There is no blood and gore as such, and so the violence is not comparable to that portrayed in other games such as Call of Duty or Grand Theft Auto.
- You can work in a team or on your own; working in a team can develop some effective teamwork skills.
- You can chat to team members but also random strangers who make up the remainder of the 100 players who are playing at the time.
- You can turn the chat function off by going to the settings and clicking on Audio options. This limits chatting to a player's friends or team members.
- Kids will be very loud playing this game so there is little chance of them playing it behind your back!
- Each game goes for about 20 minutes so it is an easy one to put time limits on by stipulating the number of games.
- It is frequently described as addictive so it is unlikely they will leave a game midway through.

As with any new game, social network or fad, it is crucial that we familiarise ourselves with it. Have a game with them, play around with the app or read about what the possible dangers may be so that you can have the right conversations and put the right boundaries in place.

Whilst there are certainly many areas of video gaming to be concerned about, it is also important to recognise that most video games can build skills and can also have social, emotional and cognitive benefits.

Now of course in order to enjoy these benefits parents need to ensure that gaming remains under control and that the games being played are at an appropriate level for their child.



## Five things to keep in mind

1. Discuss any themes or concepts you are concerned about to see if your child has a grasp on the reality (or lack thereof) when it comes to certain games.
2. Monitor how your individual child is coping with a game and the amount of time they are playing. If their mood is changing, they are having a fight to come to the dinner table or they are staying up all night and neglecting other areas of their lives, then you will need to step in and make some changes.
3. Remember it is your house and your rules. But making these rules and boundaries from a place of knowledge and understanding makes them a lot easier to enforce.
4. If a child is struggling with time limits, warnings may help and you may wish to slowly reduce the time being played (rather than go cold turkey). However, some parents have had success with giving their kids a total break from games when things were getting out of hand.
5. Always go to the settings area of any game or network as there you will find ways to make the experience as safe and positive as possible. Minimising the number of people they have the ability to connect with and who can make contact with them is a good place to start.



Remember that every child is different and so the effects that gaming has on each child will be different. The key to enjoying a positive experience with whatever game or craze comes your way is to ensure your child maintains control over their play, that they are playing safely and that they are still leaving plenty of time to do all of the many other things they need to experience on any given day.



### Martine Oglethorpe

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