



# MacKillop

St Mary MacKillop College Canberra

COLLEGE  
NEWSLETTER  
27 JULY 2018

NO. 11



## BUS ROUTES

PAGE 3

Mr Lee addresses the proposed bus changes and urges families to provide feedback through the yoursay website.

## COLLEGE MUSICAL

PAGE 4

Tickets are now available for the College Musical, *Mary Poppins Jr.* The show takes place at the beginning of August.

## URBAN CHALLENGE

PAGE 5

In the last week of Term 2, Year 10 students travelled around Sydney and took on a series of fun and interesting challenges.

## INSPIRE ART COMP

PAGE 9

The INSPIRE Art Competition is on again, with entries due by the end of August.

## PILGRIMAGE

PAGE 10

Mr Moyle invites families and friends to join St Mary MacKillop College on the Archdiocesan Pilgrimage to Eden next month.

**COMING**

**UP**

WED **01** AUG

- Year 12 Retreat departs

MON **06** AUG

- Musical (Matinee for Primary Schools)
- UAC Information Session

TUE **07** AUG

- College Musical

WED **08** AUG

- Semester 1 Awards Assembly (Wanniassa)
- College Musical
- Feast Day of St Mary of the Cross

THU **09** AUG

- Moderation Day (Pupil-free)
- College Musical

FRI **10** AUG

- College Musical

WED **15** AUG

- Semester 1 Awards Assembly (Isabella)

## 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)



[www.facebook.com/  
mackillop.act](http://www.facebook.com/mackillop.act)



[www.twitter.com/  
mackillop\\_act](http://www.twitter.com/mackillop_act)



[www.instagram.com/  
mackillop\\_act](http://www.instagram.com/mackillop_act)



[www.youtube.com/  
stmarymackillop](http://www.youtube.com/stmarymackillop)

# PRINCIPAL'S

# LETTER



Dear families, students and friends,

## GREETINGS FROM WASHINGTON DC

Welcome back to the MacKillop community to Term 3 and a particular welcome to a number of new students who have commenced this term. Pleasingly, I know of no accidents or hardship that have befallen members of our community over the break and indeed have had a number of reports of student success in sport and other endeavours.

I am aware that a number of members of MacKillop's Croatian community are still coming to terms with the FIFA World Cup Final, which I was able to watch in Cleveland, Ohio, from 11am CST. Although I'm not a soccer fan per se, the many of you who followed the tournament would have recognised that serious talent faced each other in the final. Disappointed though Croatia fans must be, it was the Les Bleus with emphasis on the day.

My study leave in the United States has included two presentations at the American Principals' Conference in Chicago, and several visits to cultural institutions in Cleveland, Richmond VA, and in Washington DC. Thank you to Ms Darley, who is acting as Principal until my return on 6 August.

## PROPOSED CHANGES TO BUS ROUTES

Thank you to the many families who have contacted me about these proposed changes. Should these changes go into effect, clearly many MacKillop families will experience real disruption. The College will make a submission strongly opposing these changes but I urge you to visit the link below to the consultation forum and encourage families to express their own concerns directly:

<https://yoursay.act.gov.au/rapid-bus-network>

## YEAR 10 URBAN CHALLENGE

Congratulations to Year 10 for their outstanding contribution to the Year 10 Camp. This was an expensive model that was discussed at length by the College Executive and the College Board. The feedback has been overwhelmingly positive and I look forward to talking with Year 10 upon my return for a more complete analysis. Year 10 displayed initiative, good will, energy, and responsibility in the Urban Challenge program and have gained as much as they put in. Their teachers, along with myself, are very proud of them.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE  
COLLEGE PRINCIPAL

*"Welcome back to the MacKillop community to Term 3 and a particular welcome to a number of new students."*

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## PRINCIPAL'S PRAYER

*Lord,*

*We give thanks for the start of a new term and the chance to again commit ourselves to our best.*

*Amen.*

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Disney and CAMERON MACKINTOSH's

# MARY POPPINS JR.



PADUA CAMPUS THEATRETTE  
7-10 AUGUST 2018, 7PM



**MacKillop**  
St Mary MacKillop College Canberra

\$20 Students/Concession • \$25 Adults • Available on Qkr! or at the Front Office



## YEAR 10 URBAN CHALLENGE

In the final week of the Semester 1, Year 10 embarked on Urban Challenge. Urban Challenge is a student-focused camp, in which students in small groups along with teacher supervision were in charge of leading one another through ever-unfolding challenges throughout Sydney. Not only did the camp encourage us to work, support and grow relationships with people outside our normal friendships, but it also taught us vital lessons going into senior school and eventually the work-force.



The highlights of the three day trip definitely reside in the opportunity for us to explore Sydney and its history along with our visit to Bondi. Alongside those, a truly humbling experience that Urban Challenge allowed us to do was to prepare and deliver warm meals to the homeless. As a cohort, we all benefitted from this camp, coming out of it with a depth of knowledge in independence, teamwork and communication; pivotal as we embark on our final years of school. Year 10 as a collective are all incredibly grateful for this experience that Mackillop provided us with.



*Sophie Wayne*

Year 10



## ENGARDE@MACKILLOP

During the recent school holiday break Darcy Kinsella (Year 10), Oliver Bryson (Year 10) and Ben Crowley (Year 8), competed in the Australian U15 & Cadet (U17) National Fencing Championships held in Sydney. The championship attracted competitors from Australia, Singapore, Japan & New Zealand with all the MacKillop students performing well in their respective weapons - Darcy (U17 Sabre), Oliver (U17 Epee) and Ben (U15 Sabre).

The three boys then combined in the ACT U17 Sabre team, finishing one match away from a podium result. Well done to these Engarde@MacKillop fencers.

## STUDENT ACHIEVEMENT

Lachlan Fitzpatrick (Year 8), Scarlett Kris, Stewart Barton (both Year 10), and Gabrielle Petersen (Year 11) received Archdiocesan NAIDOC Awards at the NAIDOC Mass on Friday 6 July.

Sam Robinson and Josh Fahey (Year 9) are representing the ACT at the AFL Nationals in Adelaide this week.

The following students have been selected to represent the ACT at the School Sport Australia Swimming Championships in Hobart this week: Jessica Lemon, Lucas Murray (Year 7), Cassiel Galvin, Riley Hulkonnen, Sophia Lemon, Jordyn Parritt (Year 9), Alex Amon (Year 10), Ethan Lowey, Zoe Strzelczykowski (Year 11), Jarrod Lee, and Ben Stokes (Year 12)

The following students have been selected to represent the ACT in the National Ice Hockey Championships: Joshua Mohr (Year 7), Ebony Brunt, Billy Margosis (Year 8), Lachlan Seary (Year 11).

Logan Stewart (Year 9) has been selected to represent the ACT at the National Hockey Championships at the Gold Coast.

Jake Keen (Year 8) is currently in China where he is performing at the International Children's Culture and Arts Festival.

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## STATUS AWARDS

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

### BRONZE STATUS

Xander Beale 7W2, Ryan Conroy 7EW, Joseph Larobina 7A3, Danica Mathias 7W3, Patrick O'Leary 7W2, Brinda Raju 7W2, Tegan Tawton 7F1, Elouise Timbery 7A3.

### SILVER STATUS

Edward Copland 9W2

*Lachlan McNicol*

Assistant Principal Pastoral Care



## ATTENDANCE CERTIFICATES

This week 160 students were awarded Attendance Certificates, recognising those who attended 100 per cent of school days in Semester 1.

Students who have an unbroken record of attendance over the course of a semester, have almost always demonstrated perseverance, commitment and the resilience not to miss a day of school. Good attendance provides the best possible chance of experiencing academic success, and assists in maintaining health wellbeing and connectedness with peers. The certificates are usually looked upon favourably by potential employers as students seek part-time work.

Congratulations to Pierce Craswell (12A2, pictured), who has achieved an Attendance Certificate in five consecutive semesters, having not missed a day of school since the start of Year 7.

## NEW PC TEACHERS

Due to the changing circumstances amongst staff there have been some changes to Pastoral Care Teachers for Semester 2.

7A/F – Hayley Fielding

7W1 – Gary Pickering

8A1 – Kate Goolagong (Term 3)

8A2 – Joel Coates

8F1 – Shevaun Doughton/Judith Gazy

9F3 – Bradley Selmes

10AF – Caroline Winslade

10E3 – Michael McPhillips

11E2 – Petrina Mansfield

## TERM 3 AFTER SCHOOL SPORT

During Term 3 Basketball will run as an after school 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 and supervised by a staff member.

The sessions will run from Week 3 until Week 10 from 3.30pm to 4.30pm in the Padua Campus gymnasium.

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. All students are invited to participate regardless of experience or ability.

Consent forms are available from Pastoral Care Coordinators, the PE staffroom and can be downloaded from Canvas.

Students who have attained Bronze or Silver Status may count the hours that they attend towards their application for the next level of Status, as Community Involvement time.

*Lachlan McNicol*

Assistant Principal Pastoral Care

## YEAR 9 AND 10 PISA TESTING

PISA is the Programme of International Student Assessment. This testing is an initiative of the Organisation for Economic Co-operation and Development (OECD) and is run every three years. 15-year-old students across the world are tested to see what they have learned at school and how they can apply this learning.

This year St Mary MacKillop College has been randomly selected to run the PISA testing on Wednesday 1st August (Year 9) and Thursday 2nd August (Year 10). ACER, the agency running the test on behalf of the OECD, have randomly selected approximate sixty 15-year-old students to participate in the testing. Students are not expected to prepare or study for the testing. As a school we are obliged to be part of the testing.

If you would like more information about the PISA testing, please go to the website: [www.acer.org/ozpisa](http://www.acer.org/ozpisa).

*Mazia O'Donnell*

Assistant Principal Academic Care

## LEARNING COMMONS NEWS

### WANNIASSA:

The Homework club is up and running Monday to Thursday 3:15 to 4:30pm. This is a great time for students to utilise the Library resources and get assistance from a staff member.

### ISABELLA:

Students in Year 10-12 are currently involved in an EBSCO database orientation session that will assist with their academic studies. Other lesson sessions are available to students and teachers.

Homework club is also available every afternoon at the Isabella Campus for students. The Library staff are available to assist students with critical research, information literacy, assessment tasks and resources.

*Jessica Stokman*

Learning Commons Coordinator

## DIGITAL RESOURCES

### FACTS ON FILE

A database for students in Years 7-12, Facts on File can be found on the Library Canvas page. The username and password can also be found there. Facts on File and the associated video's, articles etc. can be embedded into your Canvas Page. Currently there is a database for English, SOSE, IHUM, and Science. Soon there will be additional database for Issues and controversies. Please see the Learning Commons team about how you and your students can utilise Facts on File.

### EBSCO

This is a database for students in Years 10-12. EBSCO can be found in the MacKillop login portal. Students will not need to use a username and password. Currently there is a database for Science, English, Physical Education, Psychology and a Australian/New Zealand points of view. We are currently investigating a Religious Education database within EBSCO.

### LIBGUIDE

LibGuide is a Library of texts selected by the Learning Commons team and other SMMC staff. The LibGuide can be found on the Library Canvas page or the URL: [libguide.mackillop.act.edu.au](http://libguide.mackillop.act.edu.au). The aim of the LibGuide is to provide students with curated material. This can include websites, videos, Facts on File, EBSCO, DVC and books from our collection. In Years 7-9 we aim to provide material that links to their assessment in order for the students to build ideas and concepts before using Google. In years 10-12 we aim to provide material for their assessment tasks that may be difficult to find and challenge their ideas.

*Jessica Stokman*

Learning Commons Coordinator

## CANVAS NEWS

Canvas is accessible for all students and their families. You will find it a great resource for you and your son/daughters. It will have the unit outlines, assessment task and even a calendar for each class they are in. Don't forget to check your notification settings and see if they are meeting your family needs. (Hint: Due dates and announcements are a great one to turn on).

If you are yet to login to Canvas and are wondering what your Username and Password is you can recover your User name or reset your Password.

To reset your password or recover your username:

Go to <https://password.mackillop.act.edu.au/sspr-family> and click on "forgotten username" or "forgotten password", the username or password for your account will be emailed to your designated email address.

If you do not receive the email within an hour please check your spam folder or contact [enrolments@mackillop.act.edu.au](mailto:enrolments@mackillop.act.edu.au) to verify or make the necessary changes to your family email address.

*Jessica Stokman*

Learning Commons Coordinator





PRODUCE ONE ARTWORK ON ANY THEME USING AN ART MEDIUM OF YOUR CHOICE.

ALL ENTRIES WILL BE DISPLAYED IN AN EXHIBITION ON MACKILLOP FEAST DAY IN SEPTEMBER. A SELECTION OF THE BEST ENTRIES WILL THEN BE EXHIBITED AT THE TUGGERANONG ARTS CENTRE FROM 18 - 24 SEPTEMBER.

PRIZES AWARDED TO Y7, 8, 9, 10 AND Y12. THERE WILL ALSO BE OVERALL WINNER, PEOPLE'S CHOICE AND SCULPTURE PRIZES. PRIZES ARE ECUERSLEY'S GIFT VOUCHERS FOR ALL CATEGORIES AND A HEAD'S MEMBERSHIP AT THE AGFA FOR THE OVERALL WINNER.

ENTRY FORMS WILL BE AVAILABLE ON CANVAS IN TERM 3.

ENTRIES DUE FRIDAY, 31 AUGUST.

SPECIAL PRIZE  
FOR BEST  
SCULPTURE

POSTER DESIGN BY  
RACHEL MANANGAN  
YEAR 10

## INSPIRE ART COMPETITION

It's the Inspire Art Competition time again! This is MacKillop's annual art competition and entries are due Friday 31 August.

Students in Years 7 - 12 can enter an artwork in any medium (drawing, painting, digital art, sculpture, mixed media, photography) with any theme - just inspire us! This year there will be a special prize for Sculpture - sculpture can be made from ceramic, stone, paper, wood, recycled materials, found objects, mixed media, anything really!

All entries will be displayed in an exhibition on MacKillop Feast Day in September. A selection of the best entries will be exhibited at the Tuggeranong Arts Centre in the last two weeks of Term 3. Further details and entry forms are available on Canvas. Good luck!

*Tamara Murdoch*

Visual Arts Coordinator

## MACKILLOP JUDO CLUB

The MacKillop Judo Club has now commenced operation at the Wanniasa/Padua Campus and is looking for new members!

The club is being overseen by Stephanos Georgiadis (4th Dan Judo Black Belt), a former Australian and Greek National champion and representative of both countries at work level competitions and an ACT State coach. Stephanos also has a bachelor degree as a PE and classroom teacher.

MacKillop Judo club will operate on Tuesdays and Fridays and will offer classes for Juniors and Seniors, along with self-defence for all (with or without uniform) and self-defence specific for women and teenage girls.

**For more information about the Judo club and classes, please contact Stephanos at [Judo\\_mackillop@hotmail.com](mailto:Judo_mackillop@hotmail.com) or call 0411 105 449.**

## SCHOOL FEES

Term 3 Fees were electronically sent to family email addresses on 12 July 2018. Fees are to be paid by 10 August 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.

It is most important that you notify the College regarding any changes to your email address as this is our primary form of communication.

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

## INVITATION TO PILGRIMAGE

In 1886, a passenger steamer sank off the coast of Eden. Along with 70 others, Mary MacKillop's mother Flora was amongst those who perished. Despite this tragedy, Mary was deeply moved by the way in which the town of Eden cared for her mother's body before it was transported to Sydney for burial. In gratitude, Mary set up a Josephite convent and school in Eden in 1891, and visited herself on two occasions in 1899 and 1901.

Pilgrimage is as old as the Church itself and not exclusive the Catholic tradition. If we understand the meaning of pilgrimage to be "sacred journey" then it harks back to ancient cultures, be it as "walkabout" or a "vision quest" for example; it pulls us back thousands of years to a universal phenomenon as old as humanity and still practiced by all religions around the world. There is something innate in pilgrimage and being human. We do not wander aimlessly, although we can all attest that it can feel like it at points in our lives. This innate something, this pilgrimage, is that we seek. Our lives are full of journeys and many of them deeply sacred, even if we do not recognise it.

As we know a pilgrimage, rather than a simple journey, carries with it the sacred. Within a generation of Christ's ministry, people began pilgrimages to see where Jesus walked, where He was possibly crucified, entombed and the like. Yet as significant as reaching these end points were, they were (and still are) only conduits for a greater focus on faith and the journey it entails.

As magnificent as seeing places like the Holy Land would be, we do not need to look so far away, as we have a conduit to faith both through our patron St Mary of the Cross MacKillop and the town of Eden, held warmly in Mary's heart, and an important historical landmark for the Sisters of St Joseph in this region. The physical sacred is right on our doorstep.

The Archdiocesan pilgrimage to Eden is approaching in August. St Mary MacKillop College will have representatives in attendance, but as friends and families who are part of the St Mary MacKillop College community and Archdiocese, you are also warmly welcome to join the congregation as we celebrate our patron's life, legacy and sainthood; to bring into reflection our sense of the sacred, our faith journey, our pilgrimage.

### Archdiocesan Pilgrimage to Eden

**Saturday, 11 August 2018:**

- **11.00am: (Optional) Pilgrims walk from Eden AFL grounds to Our Lady Star of the Sea Church. Refreshments will be available at Church.**
- **12.00pm: Concelebrated Mass with Archbishop Christopher Prowse**
- **1.00pm: Lunch following Mass**

*Jonathan Moyle*

Assistant Principal Faith Leadership

### ANU SCHOLARSHIPS

A range of scholarships are available at the Australian National University for students wishing to gain entry. Visit [www.anu.edu.au/study/scholarships](http://www.anu.edu.au/study/scholarships) for information.

### MBA GROUP TRAINING WOMEN IN TRADES PROGRAM

This four-week program introduces participants to a career in the construction industry. Apprenticeship opportunities will be available to those who successfully complete the program. An information session will take place next week on Wednesday 1 August from 4pm at Master Builders, 1 Iron Knob Street, Fyshwick.

### MBA OPEN DAY

Master Builders ACT opens its doors for the first time and invites you to experience the benefits of working in the building and construction industry. The Open Day takes place on Saturday 25 August from 10am to 3pm at the Master Builders Skills Centre, 1 Iron Knob Street, Fyshwick.

# COMMUNITY NEWS

### CATHOLIC SCHOOLS WEEK FILM FEST COMPETITION

The Film Fest Short Film Competition, run by Catholic Education, is on now. Create a video to the theme "celebrating my school" up to a five-minute duration. Submit your video to your Principal by 30 August. The best ACT and NSW video will feature in the local media. Good luck!

### 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.

### 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.

### ATO TAX, SUPER & YOU COMPETITION

The Tax Office want to see your creative ideas! Think outside the box and pitch your creative idea on how you would encourage your friends to see the value of tax and super in the community. You can Write It, Make It or Film It. Visit [taxsuperandyou.gov.au/competition](http://taxsuperandyou.gov.au/competition) for details and an entry form.

# insights

## Five forgotten skill sets that contribute to student success

by Michael Grose



At a time when we hear a great deal about growth mindsets, good mental health habits and creating digitally savvy students, we can easily overlook the skill sets that form the building blocks of long-term school success. These are skill sets that are also easily forgotten when we narrow our focus onto numeracy, literacy, performing arts, STEM and other academic areas.

While all these other mental skills and academic areas are important, the skills I want to focus on here are ones that can be taught, or at the very least drawn out, alongside every other skill when we as parents and teachers know what to look for.

Following are five skill sets that contribute massively to overall student success and contentedness at school.

### 1. Friendship skills

The ability to get along with others is hugely important for children and teenagers. Those students with a strong set of friendship skills are easy to like, easy to relate to and easy to play with. The skills they possess include knowing how to win and lose well, how to approach others to join in a group and how to lead rather than boss.



### 2. Organisational skills

The ability to organise your time, your space, your items and other aspects of your life is a massive plus for any student. The best way to help children who are organisationally challenged is to introduce them to systems and processes to help them organise themselves. These processes include the use of visual reminders, anchoring (i.e. linking new behaviours to habitual behaviours) and the mapping out of activities.

### 3. Optimism skills

It may seem strange to see optimism as skill set, but as leading psychologist Professor Martin Seligman discovered through his research, optimism can be taught. Seligman found that while some children are more inclined by nature to see a glass as half empty than half full, all children are capable of developing an optimistic explanatory style through exposure and direct teaching. The skills of optimism include being aware of self-talk, reframing negative events into positive events and the practice of perspective-taking.

## 4. Coping skills

Kids will generally face a number of challenges during the course of their school lives including overcoming the disappointment of not being picked on a team, working their way through difficult learning situations and dealing with rejection. The impact of these challenges will depend on each kid's own spirit, the support they receive and their coping skills. The good news is that coping skills can be taught or, at the very least, encouraged if adults know what to focus on. Coping strategies include parking problems for a while, normalising difficult situations and accepting and moving on. Some kids will use coping strategies quite naturally, while others need parental and teacher input to help them cope with even seemingly minor challenges.



## 5. Relaxation skills

The ability to relax and get away from it all is vital for the maintenance of mental health, which in turn affects a student's ability to perform. Many of today's kids live with pressure. That pressure needs to be released through relaxation and play, otherwise it can lead to anxiety and other mental illnesses. The ability to relax and unwind is paramount to your child's school success. Relaxation techniques include mindfulness and meditation, participating in hobbies and enjoying creative pursuits.

These skills are part developmental and part environmental. That is, kids will naturally develop many of them as they mature but the skills also need to be nurtured environmentally. They need to be recognised, encouraged, taught and modelled by adults who children and teenagers respect and admire. That makes parents and teachers 'Very Important People' in the process of acquiring them.



### 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*.