



MacKillop

St Mary MacKillop College Canberra

COLLEGE
NEWSLETTER
10 AUGUST 2018

NO. 12



MARY POPPINS JR

PAGE 4

The College Musical, *Mary Poppins Jr* took place this week, with four breathtaking performances at our Padua Campus Theatre.

YEAR 12 RETREAT

PAGE 5

The Class of 2018 headed to Collaroy along Sydney's northern beaches last week for a few days of reflection at the Year 12 Retreat.

YOUTH HEALTH EXPO

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On Wednesday, senior students had the opportunity to learn more about mental health at the Youth Health Expo.

ARTIST IN RESIDENCE

PAGE 10

The Artist in Residence Program came to a close at the Junior Campus. Artist Smalls reflects on his time at Wanniasa.

MARY'S FEAST DAY

PAGE 11

Our Assistant Principal Faith Leadership, Mr Jonathan Moyle, discusses the Feast Day of St Mary MacKillop.

COMING

UP

WED **15** AUG

• Semester 1 Awards Assembly (Isabella)

MON **20** AUG

• Science Week

MON **27** AUG

• Book Week

TUE **04** SEP

• Year 12 AST
• Year 12 Breakfast

WED **05** SEP

• Year 12 AST

MON **10** SEP

• PE & Health Week
• Performing Arts Camp

FRI **14** SEP

• MacKillop Day Mass
• MacKillop Day Celebrations

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)



Absentee Phone Lines

Years 7-9: 02 6209 5240
Years 10-12: 02 6209 0110



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

PRINCIPAL'S

LETTER



Dear families, students and friends,

COLLEGE MUSICAL

Congratulations to Mrs Petrina Masnfield and all of the staff who again allowed our students to showcase their advanced performing arts talent at *Mary Poppins Jr* this week.

The large crowds have been treated to high quality entertainment again this year and I'm sure they have left the production (as I did) not only inspired but filled with the joy that Mary Poppins brings.

"Come along, children, spit spot!"

PROPOSED CHANGES TO BUS ROUTES

Thank you to the many parents who have sent me emails on the issue of the bus timetable issue. The link is attached here for you to respond by 12 August:

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

Please be assured that I have advocated on behalf of MacKillop against these changes with a number of politicians, Catholic Education, the Canberra Times, and ABC television and radio. These proposed changes are not in the interest of safety of school children in Canberra.

YEAR 12 RETREAT

Congratulations to Ms Anna Keppel, Mr Jonathan Moyle, Ms Sandra Darley, and their team for what was again a rich and memorable experience for Year 12. For only the second time in 11 years, I was unable to be at Retreat, returning as I was from the United States during that time.

I did manage to send in an audio/visual message that I recorded in Washington DC and had it played for the students on Retreat. The feedback from a number of Year 12 students was warm and generous, with a general appreciation that my message was unusually brief – thanks for the feedback!

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

"The large crowds have been treated to high quality entertainment again this year."

PRINCIPAL'S PRAYER

Lord,

We give thanks for the range of talents of our performing arts students. Their devotion and skill contributes greatly to our community.

Amen.





THE COLLEGE MUSICAL

The College Musical, *Mary Poppins Jr*, took place at the Padua Campus Theatre this week to rave reviews.

With four public shows and a matinee performance for primary school students, the cast and crew have had a busy week. Tonight's sold out show brings to an end months of hard work for the cast and crew.



The musical featured powerful songs, theatrical choreography, intricate costumes, and interesting characters. The talent that students brought to the acting, singing, and dancing made for a truly entertaining experience. Feedback has been extremely positive and word of mouth after the opening night led to a packed crowd on Wednesday night and a full house on both Thursday and Friday nights.

Congratulations to the entire cast, backstage team, sound and lighting crew, production team, choreographers, stage designers, costume and prop creators, hair and makeup team, front of house, and all students, parents, and staff who made the production possible. Particular thanks and congratulations to Petrina Mansfield and her core team of Bella van Doorn, Amanda Knott, Berenice Sidorko, Amelia Black, Colleen Kain, and Cate Robson.

The College also thanks the team from Infinite Lights and Sounds for their technical assistance at each show and in the lead up to the event.

It was great to see the MacKillop community enjoying the talents of our staff and students again this year. Congratulations!





YEAR 12 RETREAT

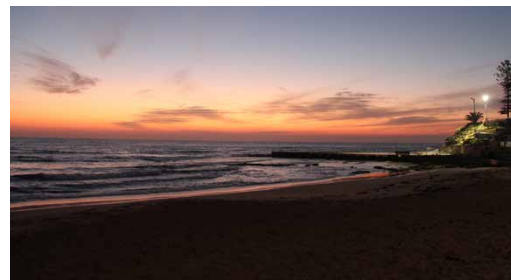
Last week, Year 12 spent three days on Retreat. Based at beautiful Collaroy, we connected as a year group, reflected on our time at MacKillop thus far and relaxed before beginning the final leg of our schooling journey.

The trip offered the opportunity for Year 12 to affirm each other and connect with our teachers in heart-warming group sessions. We also received letters that we wrote to ourselves in Year 9 containing personal messages full of meaning to each of us.

On our final night, our Year Coordinator, Ms Keppel, led an inspiring and deeply heartfelt session for all of Year 12 about her life experiences.

We'd like to thank all the PC teachers, Executive staff and Ms Keppel for their hard work and for giving up their time to come on Retreat with us.

Sarah Purcell + Tom Couper Logan
College Captains





YOUTH HEALTH EXPO

The Youth Health Expo at the St Peter's Campus this week was an opportunity for students in Years 10, 11 and 12 to learn more about mental health, avenues for support and to break down negative stigmas associated with mental illness. Representatives from a variety of local and national organisations attended, such as Menslink, Lifeline, Mental Illness Education ACT and Headspace providing information for students to access in our new Julian Tenison Woods and Providence buildings.

We also welcomed Isobel Wynd, an ambassador from Beyond Blue to speak to the Campus about her personal mental health journey. As students engaged with representatives from the organisations, they received information about how to use the available resources they provide to our community. The Year 11 SRC designed and organised the expo with support from the Year 11 Coordinators Ms De Ambrosis and Mr Johnson.

Teah Livingstone, Gabby Petersen, Zachary Robb + Ashley Scensor

Year 11 SRC

STUDENT ACHIEVEMENT

Lauren Phillips (Year 11) and Clare Levings (Year 8) were recently selected to represent Australia in the Junior Indoor Cricket World Cup that will be held in New Zealand in October this year.

Zoe Evans (Year 11) has been selected to represent Australia at the upcoming New Zealand National Gymnastics Championships being held this October in New Zealand.

Josh Fahey (Year 9) was selected for the Australian Merit team at the conclusion of the recent AFL Nationals in Adelaide. He was the only ACT player selected. Josh will represent Australia in South Africa over the Christmas holidays.

Emma Schirmer (Year 9) has been selected to participate in the mass ensemble for the Grease Arena production coming to Canberra in 2018.

Simeon Truter (Year 12) has qualified for the National Interschools Snowsports Championships in September.

Marcus Bateup (Year 7) headed to Adelaide this week to represent the ACT at the National Rugby League School Sports Championships.

Year 12 students Jarrod Lee (3) and Ben Stokes (1) managed to achieve bronze medals at the recent School Sport Australia Swimming Championships in Hobart.

Laura Monterosso (Year 9) has been away this week representing the ACT at the National Secondary School Sport Hockey Tournament.

EXCHANGE STUDENTS

Our four exchange visitors from France left our shores last Friday, heading home to Le Havre. A huge thanks to the Scott, Staniforth, Boulton and Fanning families for their generosity in hosting an exchange student.

Our Japan sister school Oki High, were scheduled to visit us in Term 3. Unfortunately they had to postpone their visit to Australia. A silver lining is that in 2019 MacKillop will receive a visit from all three of our sister schools. MacKillop families who are interested in hosting an exchange student next year from France, Italy or Japan are invited to contact Peter Johnson to register their interest.

Peter Johnson

International Programs Officer



YOUTH MINISTRY

ST CLARE OF ASSISI EUCHARIST RETREAT

As part of the Youth Ministry class we assisted at the St Clare of Assisi Eucharist Retreat day. We played some drama games that helped them understand what the Eucharist means and how it represents the body and blood of Christ. This was a great experience being able to share our faith and to talk to young people about the gift of Eucharist.

Ella Black

Year 9

SHINE GATHERING

On Monday 6 August, 40 students from the Youth Ministry classes went to Marist College to participate in the Shine Student gathering with more than 450 other students from the Archdiocese. One of the many workshops that we could participate in was Music Ministry. We spoke about what music makes us feel and the types of music that we listened too. The Youth Ministers in charge of this workshop then spoke to us about music and how it can bring us all together as a community. When we weren't in the workshops we were all gathered as a group. During this time we heard talks from the Archbishop, watched a Drama performances, played fun Icebreakers and more. It was a fun day and a great opportunity to develop our faith.

Olivia Smits and Taylah Scowcroft

Year 9



ENGARDE NEWS

On Saturday 28 July, Oliver Bryson (Year 10) represented St Mary MacKillop College in the 2018 Australian Schools Fencing Championships in Sydney. 96 students from 20 schools competed in this National championship. Oliver finished 9th in the Senior Boys Epee (Years 10 -12).



ASC NETBALL CHAMPIONS

Congratulations to our Year 7/8 and Senior girls netball teams which both became ASC Netball Champions at the ASC Carnival at Lyneham on Tuesday. Both teams finished the day undefeated, with the 9/10 team finishing 3rd.

Last week, the College had eight teams compete in the Archdiocesan Netball Carnival. The Year 7/8 girls had five teams, with one winning and one finishing 2nd. The Year 9/10 team also won their division. A number of students also contributed to the day as officials or coaches.

STUDY TOUR TO ITALY AND GREECE

Students who are in Years 9-12 in 2019 are invited to join the College on a Study Tour to Italy and Greece.

The Study Tour will have a focus on exploring the wonders of the ancient world as well as visiting our Italian sister school, Liceo Fermi. The Study Tour will appeal to students who have a particular interest in Classical History and Italian language, however the trip is open to all students.

A Parent Information Evening will be held next week:

Study Tour Parent Information Session

Monday 13 August 2018

6:00-7:00pm

Isabella (St Peter's) Campus IRC

Please contact Mr Johnson or Ms Williams if you have any questions about the Study Tour.

Peter Johnson

International Programs Officer

ABSENTEE PHONE LINES

If your son or daughter is going to be absent from school, please call the phone line for their corresponding campus:

Years 7-9: 02 6209 5240

Years 10-12: 02 6209 0110

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 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

GOAL SETTING

Students in Years 10 and 11 have recently engaged in reviewing their approaches to learning and results from Semester 1 to inform and revise their scholastic goals for Semester 2. This is a process that all other students will participate in over the coming two weeks.

The purpose of this process is to assist students to:

- achieve to their potential
- continually strive to improve
- better engage with their school work

The simple tips in the adjacent graphic have assisted students setting effective goals. This is a continuous process and students will be supported by PC Teachers in developing skills, maintaining focus and where necessary encouraging flexibility throughout the semester.

ASSESSMENT PLANNERS

Students will also spend time accessing Unit Outlines in order to complete an Assessment Planner for Semester 2 which contains the due dates of all assessment tasks.

The Assessment Planner can be an effective organisational tool for students in managing their time. It can also assist parents in monitoring work completed at home, having a knowledge of due dates and in taking a proactive role in ensuring that their sons and daughters complete assessment tasks and meet deadlines.

All Unit Outlines have been uploaded on Canvas and are accessible to parents.

The Semester 2 Assessment Planner is on pages 74 and 75 of the Student Diary. Semester 2 Goals have been (or will be) recorded on page 76 of the Student Diary.

Lachlan McNicol

Assistant Principal Pastoral Care

11 Ways to Improve Your Goal Setting

by @inner_drive | www.innerdrive.co.uk



Have a Long Term Goal

Gives your motivation a boost.



Have a Short Term Goal

Helps you maintain focus.



Make it Challenging but Realistic

Aim high so that you really push yourself.



What's the Why?

Give a reason why your goal is important.



Make it Specific

Specific not vague terms make it easier to monitor progress.



Focus on Skills

Focus on developing your skills, not just on the end outcome.



Be Flexible

If the situation changes, tweak your goals.



Share Your Goals

If other people know about them, they may be able to help you.



Ensure There is Trust

People work harder on achieving a goal if they trust the person who has set them that goal.



Consider Potential Obstacles

This allows you to come up with a plan, ensuring that you are fully prepared.



Monitor Progress

This helps you stay on the right track and to adjust as needed.



TEACHING AND LEARNING

THE ARTIST IN RESIDENCE PROGRAM

My artist residency here at the SMMC junior campus has been such a pleasure. I'd like to say a huge thank you to every teacher and student that made me feel so welcome. I go to a lot of schools with my job and MacKillop is definitely a special one. Every student and staff member involved in the creation and maintenance of the school's culture and standard should be proud.

I'd like to give a special thank you to each student who allowed me the opportunity to teach and share my art and who were kind enough to share theirs. The legends who worked with me on the murals and came to draw in the library are "da real MVP's!" I hope you hold your heads high every time you see what you created on the walls of your school and know no bounds to where your skills can take you. I was continuously impressed with your talents and commitment and hope you all pursue your creative paths and let nothing prevent you from bringing your art to the world. A day you create something new is never wasted.

Keep drawing, keep painting, keep creating. I look forward to the day I'm looking to your work for inspiration.

Chase it and you'll catch it, peace!

Smalls

The 2018 Artist in Residence



STUDENT COMMISSION

Congratulations to Lachlan Geerdink in Year 10 who was commissioned by the Visual Arts department to paint a mural on a wall outside the art rooms on the Padua Campus. Lachlan is a keen, aspiring street artist who has been mentored by Smalls throughout this year. The mural looks great and has definitely livened up the Visual Arts area on the junior campus!

Tamara Murdoch

Visual Arts Coordinator



MARY MACKILLOP FEAST DAY SOMETHING TO CELEBRATE

On Wednesday 8 August, Australia celebrated the Feast of St Mary of the Cross MacKillop, the first patron saint of this nation. In our College, sometimes this specific day can be overshadowed by our own "MacKillop Day" in September. Anyone who has lived in Canberra for more than a couple of winters needs no explanation as to why we would delay activities and stalls for just a bit longer! So while our MacKillop Day Mass and the following festivities are a colossal day on the College calendar, the Feast Day itself is certainly not forgotten.

Not that this would bother Mary. It would be a fairly safe bet to suggest that Mary would be far more concerned with getting on with the job she and her sisters felt compelled by God to do—that of supporting the contemporary marginalised—rather than any self-seeking pedestal, either sought or put before her.

The readings for St Mary MacKillop's Feast Day exemplify her and her order's work and are a foundation to any community (and perhaps most poignantly, a school) to develop a culture of inclusivity, wellbeing and success. Colossians informs us that we should "be clothed in heartfelt compassion, in generosity and humility, gentleness and patience", and that we are to "put on love, the perfect bond". In this manner, we are "called together in one body" (Col 3:12-15).

Further, the Gospel reading from Matthew epitomises Mary's unwavering trust in God's providence when Christ tells us "do not worry" (Matt 6:25); to set our "hearts on the kingdom first" (Matt 6:32) and God will take of the other concerns of this world for us. We can hear the voice of Mary MacKillop in these readings, which is a timely reminder to us and one Mary MacKillop would insist upon: her voice was always and only a conduit for us to hear the voice of Jesus Christ. Likewise, the vision and actions of any Catholic organisation is the same.

So whilst Mary may have scoffed at the idea of a day in her honour, she certainly would look kindly on our MacKillop Day celebrations as we come together in one body to see the "spirit of unity and love reign amongst us" (1884). Commencing with our Eucharistic Celebration our day culminates in student stalls and activities to raise funds in a carnival atmosphere of inclusion. Including the day-to-day focus of this College, to provide a rich and rewarding educational experience, to equip our students to face the future with faith and courage and to make a difference in this world, we hope we always remain worthy of St Mary of the Cross MacKillop's legacy and good reasons to celebrate her feast day both now and in September.

St Mary of the Cross MacKillop, pray for us.

Jonathan Moyle

Assistant Principal Faith Leadership

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!

TKD MARTIAL ARTS

Lessons in TKD Martial Arts for children and families are held every Wednesday from 6:30pm at Arawang Primary School, Weston Creek.

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. For information, visit www.epicbjj.com.au.

WODEN VALLEY YOUTH CHOIR

Woden Valley Youth Choir will hold auditions on Saturday 1 September for young people of school age wishing to join in Term 4 2018. WVYC consists of two Primary aged choirs, a treble voice choir for High School up and a new choir for young men with changing or changed voices. The choir also has two selective a cappella ensembles and rehearses on Tuesday afternoons and evenings in Molonglo. For more information go to wvyc.org.au. You will find a JOIN link which allows you to download an application form.

insights



You can say no to teenagers. Here's why

by Michael Grose



Two mums came to me recently, fretting over a decision they had to make.

Their daughters, who had both just turned 13, had asked for permission to go on a Saturday night party bus with over forty 16- and 17-year-olds.

The two girls put huge pressure on their mothers to let them go – pester power had been alive and well in their homes in the preceding days. However both mums admitted that the alarm bells were ringing and they didn't feel good about letting their daughters go on the party bus. It was the first time they had been put on the spot in such a way so they sought my advice.

My response was simple and straightforward: “Say NO!”

The age gap between the girls and the rest of the party, their experience gap and the mothers' lack of knowledge about who was attending and the exact nature of supervision were the main issues. Both girls are in the early stages of adolescence where they think they are three years older than they are. It is an age where they tread a fine line between child and emergent teen.

The emergent teen desperately wants to act 'older' and be older than they are. The child wants to be protected and have their parents decide for them.

So what did the mums decide?

Despite their gut instincts both mums let their kids join the Saturday night party bus. Fortunately, their kids showed some common sense!

The young teens didn't like what they saw when their parents dropped them off to start the evening. They didn't feel safe so they returned home with their parents. After all their fuss they didn't go after all!

There are three salient lessons from this scenario

First, it was evident that these mothers didn't feel confident enough to assert their authority over their daughters. They were confused about how they should respond even when their gut instinct was giving them a strong message. Their job was to keep their daughters safe and their gut instincts told them that this situation was unsuitable for their daughters.

Second, like many parents they were working in isolation. Despite the fact that they were good friends it wasn't until the morning of the party that they spoke to each other. By this time their daughters' pestering had worked a treat. Next time they should call for second, third and fourth opinions.

Third, as both these girls were the eldest in their families it was the first real experience for both parents of the adolescent push for independence. The parents were unaware of the developmental stages of adolescence and the approach that is needed in each stage. They were flying blind and this is not a good way to raise teens.

Lack of basic knowledge about teen development, confusion about the best approach to take with kids at this age and solitary decision making were the real issues here for the parents.

There is nothing like experience but it helps to have an understanding about teen development, a knowledge about the best approach to raising teens and a number of allies and friends whom you can swap ideas with and – more importantly – draw strength from when your resolve and patience are put to the test.

And of course, you can just say NO!



[You can attend our upcoming webinar, *Win kids' cooperation without fears, tears and cauliflower ears*, at no cost!](#)

As your school is a Parenting Ideas Schools member, you can attend our upcoming webinar *Win kids' cooperation without fears, tears and cauliflower ears* with Michael Grose at no cost! Use the voucher code below to register for the webinar valued at \$37 per person.

About the webinar

Let's face it, many discipline measures of the past just don't cut it anymore. That doesn't mean that raising respectful, well-behaved and cooperative kids isn't important. In this era of digital distraction, shifting society norms and changing attitudes toward authority, discipline has just become a whole lot harder. In this webinar, experienced parenting educator Michael Grose will share the best of his tried and true techniques to help you get more cooperation and better behaviour from even the most challenging kids.

In this webinar you'll learn:

- the parenting style that's best suited to raising cooperative, well-behaved and successful kids in the 21st Century
- the most important question to ask yourself when kids repeatedly misbehave, that will lead to behavioural improvement
- an easy-to-apply approach to help you get more cooperation from kids without repeating yourself, raising your voice or bringing kids to tears
- a practical definition of misbehaviour that you can use in any situation
- two types of consequences to use to get more responsible behaviour and the secret to making them stick
- when kids need to be listened to and when their behaviour needs managing.

When

Tuesday 14 August 2018 7:30 PM – 8:30 PM 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/win-kids-cooperation-without-fears-tears-cauliflower-ears/
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: Win kids' cooperation without fears, tears and cauliflower ears

Guest Speaker: Michael Grose

14 August 2018 - 07:30pm



VOUCHER CODE
GREATKIDS

VALID UNTIL 14 SEPTEMBER 2018

Valued at
\$37

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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.