



MacKillop

St Mary MacKillop College Canberra

COLLEGE
NEWSLETTER
24 AUGUST 2018

NO. 13



BUS ROUTE UPDATE

PAGE 3

Mr Lee provides an update on the proposed bus route changes for ACT school students.

SCIENCE WEEK

PAGES 4+5

The past few weeks have been all about Science at MacKillop, with a range of activities to celebrate National Science Week.

HOUSE CHARITIES

PAGE 6

Our Faith & Community Captain gives an update on fundraising after two successful House Charity Weeks.

THE INFINITE PROGRAM

PAGE 7

The Infinite Program provides extension opportunities for academically gifted students.

STUDENT EXCHANGE

PAGE 9

A MacKillop student and one of our recent visitors from France share their student exchange experiences.

COMING

UP

MON **27** AUG

• MacKillop 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

FRI **21** SEP

• Year 10 Spring Zing

WED **26** SEP

• Senior Student Leadership Elections

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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PRINCIPAL'S

LETTER



Dear families, students and friends,

PARENT SATISFACTION SURVEYS

Parents and caregivers will now be in possession of the satisfaction survey and I do encourage everyone to find the time to respond as thoughtfully as they can. A summary of the data this survey generates will be shared with the community via the newsletter in October. That data will be included in the generation of the three-year strategic plan that will be developed by the end of the year.

Student satisfaction surveys are now open for Year 11 and are being rolled-out via year group meetings over the next week.

STAFF PERFORMANCE REVIEWS

A number of staff members in leadership positions are currently undergoing a performance review process as part of their contracts. Although this can be an unsettling time, it should also be an opportunity for affirmation, constructive feedback, and renewed impetus and goals. I thank the staff who are involved in the process and look for transparency and integrity as guiding principles in the reviews.

It is the practice at MacKillop to advertise positions of leadership at the end of 10 years and there are a few positions held in an acting capacity. This situation may underpin a larger than usual number of advertised positions over the rest of the term.

PROPOSED CHANGES TO BUS ROUTES - UPDATE

Since I last wrote, there have been some developments about the proposed bus routes:

1. Transport Minister Meegan Fitzharris very generously telephoned me last week and gave me about 40 minutes of her time listening to my concerns – most of which have come to me from my staff, emails from you and from a meeting with Transport Canberra to which I have previously referred. I invited the minister to our school to observe students arriving and leaving and I understand that since that telephone call a number of employees of Transport Canberra have visited MacKillop and a number of our significant bus routes gathering data about numbers and usage. They have not yet consulted with the school directly about this.
2. The letter that I wrote to you (9 August) has been referred to by Liberal MLA Mark Parton in the Legislative Assembly in conjunction with the concerns of other constituents that had been raised with him. I thank Mark for raising the matter in the Assembly and make the point that the concerns of the MacKillop community are not particular to us but are representative of many schools and families.
3. College Business Manager Louise Davidson has generated considerable data about MacKillop students and the bus routes. I have written to Duncan Edghill, Deputy Director of Transport Canberra, seeking an urgent meeting with him, his people, Mrs Davidson and myself to fully advise Transport Canberra of the devastating impact of the proposals on many, many families of our school and no doubt elsewhere.

I am aware that many of you are dealing directly with your MLA and with Transport Canberra and would warmly encourage you to do so, emphasising individual cases and the impact on your children and family. Please feel welcome to continue to communicate with me on this matter and I will convey to you, via the newsletter or direct email, any further news.

It would seem to me that restricting every school to four designated bus routes is not equitable as some schools are under 400 and ours will be about 1800 next year. Any student of school age that will, in the future, be required to spend 160 minutes or more to go to and from school each day is not being well-served by the bus route or the people who develop them.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL



SCIENCE WEEK AT THE PADUA CAMPUS

National Science Week is Australia's annual celebration of science and technology. It provides an opportunity to acknowledge the contributions of Australian scientists to the world of knowledge and to encourage younger people to become fascinated by the world we live in.

The school theme for National Science Week in 2018 was Game Changers and Change Makers. The Padua Campus celebrated Science Week in Week 5 with a number of activities held during recess and lunch. Students were given the opportunity to make sherbet and honeycomb, watch Science movies, make paper planes and parachutes and participate in Science Kahoots and guess the famous scientist.

Kate Goolagong

Science Coordinator - Padua



DR KARL SCIENCE SHOW

On Friday 17 August, 38 students attended the Dr Karl Science Show at the National Convention Centre. Dr Karl discussed future careers in genetics, engineering, basic physics, computer science and the environment. He spoke of three messages for the future: we can fix global warming, today's students are on average nine IQ points smarter than their parents and teachers, and we are living in the most peaceful time in human history. Joining Dr Karl on stage was materials scientist Professor Veena Sahajwalla. She recently launched the world's first e-waste micro-factory and is changing the way we think about recycling.



DR GRAHAM WALKER

As part of Science Week celebrations on the Wanniasa Campus, students in Year 9 were fortunate to see a Science show by Dr Graham Walker. Dr Walker gave a very engaging and educational show on forces, pressure, chemical reactions and states of matter.



SCIENCE WEEK AT THE ST PETER'S CAMPUS

The Celebration of "Science Week" is stretching across three weeks at the St Peter's Campus. In Week 4, we had a number of Year 11's join students from Padua to enjoy a talk by Dr Karl at the Convention Centre and also had a group of keen Year 10 students visit ANU with Mrs Rangwalla to take part in the GEMS workshop.

Week 5 saw students come to the Science labs at lunchtimes to take part in a variety of events including the 'Catapult Sharpshooter Challenge', a Science Trivia quiz, a virtual Reality expo and a Chemical Reactions show. Science Week was also celebrated by running events in class, such as the special 'crime scene' scenario that tested the CSI skills of the Senior Science students as they analysed possible homicide in the old Science Building.

In Week 6 the celebration will continue in Year 10 classes where each class will have their practical skills tested while trying to complete a tricky chemical challenge involving the amazing "Chemical Clock" reaction.

Tristan Burg

Science Coordinator - St Peter's

GEMS WORKSHOP - ANU

On Wednesday August 15, four girls from Year 10 attended the first annual GEMS (Girls into Earth and Marine Sciences) Workshop Day at the ANU School of Earth and Marine Sciences. We started off the day with learning about geology and having an up close and personal look at some fossils. We then looked at a life timeline that started when the universe showed the first sign of life billions of years ago. We learnt about the slow increase and decrease in sea levels and what causes them, and we watched on in fascination as we saw how different salt concentrations in water react with each other. The ANU provided us with a wonderful day, where we all learned new things and made new friends.

Angelia McLeish

Year 10



OUR NEW LABORATORIES

It has been wonderful to start the semester in the new labs and we have been taking full advantage of the new facilities to emphasise ICT, collaborative and practical-based learning. This is most evident in Year 10, where the students are completing their own chemistry research projects. As a cohort they are undertaking over 75 different experiments, working in small teams to gather data and then individually using cloud-based software to analyse their data.





HOUSE CHARITY FUNDRAISING - SRC UPDATE

This term The SRC has been busy planning their House Charity weeks.

Mindygari was first off the bat, raising money for the Cancer Council ACT. Cancer Council ACT offers support to people affected by cancer, funds cancer research, and aims to prevent cancer as well as advocating to change laws and policies to reduce cancer risks and improve cancer care. All the funds raised in Canberra are used to support the Canberra community, meaning all funds we raised stay in our community.

Ngadyung House Charity Week was last week. The charity they supported was Mission Australia, which has been helping vulnerable Australians move towards independence for over 155 years. Every day, Mission Australia supports people nationwide by combatting homelessness, assisting disadvantaged families and children, addressing mental health issues, fighting substance dependencies, and more. Their fundraising included a Senior Talent Show.

Meup Meup is coming in hot, with their House Charity Week to be held in Week 7. Meup Meup is raising money for New hope for Cambodian Children, their charity is our international charity that raises funds for Cambodian children with HIV, they provide medication and medical check-ups to give children the opportunity to live a normal life, they also provide loving and nurturing care, as well as quality education.

MEUP MEUP HOUSE CHARITY WEEK (WEEK 7):

St Peter's Campus:

- SRC will be selling bacon and eggs at lunch on Wednesday for \$3 (add a hash brown for \$1)
- Thursday uniform variation - wear slippers or ugs for a gold coin donation
- All week, tickets will be sold for a raffle drawn on Friday - tickets are \$1 each or \$3 for 5.

Padua Campus:

- There will be a BBQ, uniform variation of hoodies and jackets (gold coin donation) and a raffle for a \$50 gift voucher.

Gurabang will end Term 3 with a bang, fundraising for the Ricky Stuart Foundation. The Ricky Stuart Foundation raises awareness for autism; their goal is to raise funds to directly support the after-care for autistic people and help families who struggle daily with autism.

Congratulations to Mindygari and Ngadyung for their hard work so far in raising money for their charities. Good luck to Meup Meup and Gurabang - all your hard work will come to light in just a few weeks. Don't forget that all the money is divided evenly and shared between four fantastic charities.

Elle Caldwell

Faith & Community Captain



STUDENT ACHIEVEMENT

Josephine Dubbert (Year 9) was selected to attend the Under 17 Women's National Football/Soccer Team (Junior Matildas) camp that took place at the AIS this week.

Billy Margosis (Year 8) and Josh Mohr (Year 7) represented the ACT at the Ice Hockey Nationals in Melbourne last week. Josh was the ACT's leading point scorer and Billy was second.

WORLD CHALLENGE - BORNEO 2019

After several successful expeditions in the past, another exciting World Challenge program is being launched, offering current Year 10 students the opportunity to plan and ultimately lead their own three-week expedition to Borneo in late November 2019.

The details of an information evening for Year 10 students and parents are:

Date: Wednesday 5 September, 2018

Time: 6.00pm

Venue: Library, St Peter's (Isabella) Campus

Lachlan McNicol

Assistant Principal Pastoral Care



THE INFINITE PROGRAM - SEMESTER 2 PROGRAM TRIAL

This semester, we are piloting The Infinite Program at St Mary MacKillop College. It is a student-directed learning experience for academic extension in a particular field of study. It is currently available to students in Years 7, 8 and 9 who are working significantly above their current academic year level.

Incorporating the pedagogies of the 21st century to deliver project-based learning opportunities where students think critically, create, collaborate and communicate, learning is individualised through negotiation between students, staff and parents.

Features of The Infinite Program:

- Individualised curriculum
- Academic mentoring
- Tailored timetable
- Tailored assessment
- Regular supervised study sessions

Entry into The Infinite Program is by application and will be considered case by case. It is important that all applications are supported by the student, parents/carers and the College. Applications will be evaluated based on attitude, aptitude and suitability to work in a self-directed situation.

Application forms and FAQs are available via the St Mary MacKillop College website:
<https://www.mackillop.act.edu.au/index.php/education-care/special-programs>

Further information is available from The Infinite Program Facilitator, Eugene Lehmensich.

Phone: 0262090100

Email: eugene.lehmensich@mackillop.act.edu.au

Eugene Lehmensich

Infinite Program Facilitator

CANTEEN PRICE LISTS

The Canteen Price Lists have been added to the school website. They can be found in the Isabella/Wanniassa Noticeboards under the News & Events heading.

Please note that price differences between campuses are due to differences in product or serving size.

LAWN MOWERS NEEDED

The Technology faculty is looking for the donations of old lawn mowers so that Year 10 students can work on them. The College thanks families that have been able to donate so far. If you would like to donate, contact John on 6209 0164 or via email at john.solari@mackillop.act.edu.au.

John Solari

Technology Assistant - St Peter's Campus

SCHOOL FEES

Fees for Term 3 should now be finalised unless paying by Direct Debit or other approved arrangement.

Any outstanding fees should be paid immediately.

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

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 Predovan

Fees Manager



HOW PARENTS CAN HELP IMPROVE GRADES

A 2015 study [Parental involvement on student academic achievement: A meta-analysis](#) examined research on the most effective things parents can do to help their child get the highest grades they can. The results showed that the parental models most linked to high achievement are those focusing on general supervision of their son or daughter's learning activities. The best thing that parents can do to help their children improve their grades were identified as:

Have High Academic Expectations – Out of all the things parents can do, having high aspirations and expectations of your son or daughter has the biggest impact on their grades. Parental expectations include how important school is, their attitude towards teachers, and the value of education.

Regular Communication – This includes developing and maintaining communication with your boys and girls about their school life. This helps parents to prevent any potential problems before they manifest into bigger issues. If the communication includes open-ended questions, this has been found to be particularly effective in some situations.

YEAR 11+12 VACCINATIONS

The ACT Schools Health Team are offering free Meningococcal vaccinations to all Year 11 and 12 students at the College between Monday 27 and Wednesday 29 August. Students have been given a consent card and these should be signed and returned at the time of the immunisation. Students will have access to the immunisation program during their timetabled study lines.

QCITY BUS CHANGES

Qcity Transit have advised that the route numbers for school bus services operating to and from MacKillop will change, taking effect from Monday 3 September 2018. A list of the changes impacting school services to and from the College are listed below.

During a one-month transition period, all Qcity school bus services will display the current/old bus number and the new bus number to ensure students can clearly identify them.

Padua / Wanniasa Campus

Current Bus No.	New Bus No.	AM/PM	Coming from (AM)/Going to (PM)
21	S198	AM	Jerrabomberra
22	S210	AM	Queanbeyan Interchange
52	S251	AM	Royalla
21	S207	PM	Jerrabomberra
22	S209	PM	Queanbeyan Interchange
52	S251	PM	Royalla

St Peter's / Isabella Plains Campus

Current Bus No.	New Bus No.	AM/PM	Coming from (AM)/Going to (PM)
44	S152	AM	Queanbeyan Interchange
50	S160	AM	Jerrabomberra
58	S256	AM	Royalla
44	S162	PM	Queanbeyan Interchange
50	S171	PM	Jerrabomberra
58	S256	PM	Royalla

A full listing of the new school route numbers is available on the Qcity Transit website, www.qcitytransit.com.au

Lachlan McNicol

Assistant Principal Pastoral Care



THE STUDENT EXCHANGE EXPERIENCE

Ali, MacKillop student

"Meeting Manon at the airport on 6 June was the start of a pretty big adventure for both me and Manon. Our first trip was to Shepparton in Victoria for Australia's biggest dryland dog sledding race, and then afterwards we headed north to the Gold Coast to escape Canberra's "Arctic Blast" cold fronts. Our weekends are very busy, with sport on both Saturday and Sunday. Manon was fully immersed in this, so much so she joined my AFL team; playing and training with us. I had an amazing two months, and I hope she did too."

Manon, French exchange student

"I've been back in France for more than a week now, and I already miss Australia even though in France it's 32 degrees. I had a wonderful experience in Australia and I think I really improved my English. My host family showed me so much while I was there and we saw so many kangaroos. We went to the Gold Coast for holidays and I got to hold a koala, and also to try surfing for the first time. I got to practice an Australian sport: AFL in the Lions' team. I chose an AFL team to support and I bought a football and a guernsey. GO RICHMOND!! I ate so many Tim Tams while I was there, and waffles from Oliver Brown, and now I'm back in France with vegetables and salads. I had such a great time in Australia, thank you everyone!"

ARTIST IN RESIDENCE FEEDBACK

Parents and carers of students in Years 7 - 9 are invited to complete a short survey about our Artist @ MacKillop for 2018, Smalls. Your feedback will help us to plan future artist residencies for MacKillop.

Please follow this link: https://docs.google.com/forms/d/e/1FAIpQLSeaD-qYEJIUtOpWkSgSaHF1LPLJ3qICu2HaR13IXjutO4dODA/viewform?usp=sf_link

Smalls will soon be at the St Peter's campus, commencing in Week 8. Parents and carers of students in Years 10 - 12 will be given the opportunity to complete the survey towards the end of Term 4.

Tamara Musdoch

Visual Arts Coordinator

CAREERS - APPRENTICE EVENING

On Thursday 30 August 2018, John McGrath Auto Group is holding an Apprentice Information Evening at their Phillip Dealership from 6:00 pm to 7:30 pm. The presentation is aimed at students and their parents interested in finding out about apprenticeships in Light Vehicle Mechanical Technology for 2019. They are again planning to engage 20 new First Year Apprentices across dealerships in the ACT and Queanbeyan to commence training in January 2019.

If you are interested in attending please contact their HR Department by Tuesday 28th August 2018 on the details below:

Leah Saunders – HR Officer

Phone: 6122 2213

Email hr@jmccg.com.au

Kazem Hundy

Careers/Vocational Education and Training Coordinator

POSTMODERN PARADIGM

Barring further adaptations made since it was first used as an academic phrase, it is very easy to find evidence to support the notion that we are living in a postmodern world. The idea that there are no absolute truths, or that any truth is relative, can seem to gain increasing traction when we look both locally and globally at institutional "sacred cows" that were once the bastions of stability and service are now looked upon with skepticism and disdain. As such, institutions that were once seen as designed to look after the spiritual, ideological or financial wellbeing of its citizens have come under scrutiny or attack.

Not that negative aspects of humanity have been a modern phenomenon only. One only needs to read the odd play by Shakespeare or study virtually any period in History to know that, amongst many other things, corruption, deceit, the thirst for power or control at any cost, goes as far back as the collective memory can recall. Or we can look to our patron Mary who was caught up in a political storm which led to her excommunication from the Church she loved and wished to serve.

The essential difference is that the postmodernist view does not deny the existence of these elements in our past, rather it examines the zeitgeist (or loosely "spirit") of the age, in this case one of skepticism and cynicism towards anything holding the banner of "truth". Add into the equation the blessing and curse of technology—a blessing because it provides a more instantaneous means to search out and reveal "untruths" and a curse in that we have in our age so much "information" and so little "knowledge"—and that material gain is the measure of success. Perhaps it is not that surprising that the collective consciousness ironically talks less of "we" and more about "me".

So do we throw in the towel, "throw the baby out with the bath water"? Do we join the conveyer belt of pessimism amidst the morass of crises in the 21st Century? We do not. At St Mary MacKillop College we are in a privileged position. Those of us fortunate to work with young people see daily that they are deeply spiritual beings who are searching for what it means to be fully human and to make a difference, though they may not have the language or the means at this time to be able to fully articulate it.

At MacKillop our students know one absolute truth: that they and we all are loved by God. We are in a privileged position to let them know, in the words of our patron: "do all you can with the means at your disposal and calmly leave the rest to God" (1888); to trust in God's providence. We are in a privileged position to create spaces for silent reflection sorely lacking in the 21st Century; "be still and know that I am God" (Ps 46:10). These words are not an imposition but an invitation; they are not restrictive but rather tremendously liberating. God is always with us. In our physical stillness and in the stillness of hearts, we can open ourselves up to what truly makes us human; that we are connected by the divine light within us all as "light of the world" (Matt 5:14). It is important to find those still moments and amongst the noise of contemporary culture to always remember that we are not human beings on a spiritual journey, rather we are spiritual beings on a human journey.

St Mary of the Cross MacKillop, pray for us.

Jonathan Moyle

Assistant Principal Faith Leadership

COMMUNITY NEWS

TUGGERANONG VALLEY CRICKET CLUB

Tuggeranong Juniors field teams in all age groups up to U18s including girls teams. Registration is only via Playcricket.com.au – type in your postcode and select 'Juniors'. For more information, contact TVCC Juniors Registrar Tim Pike at registrar@tvccjuniors.org.au or 0416431096, or visit www.tvccjuniors.act.cricket.com.au.

TUGGERANONG VIKINGS BASEBALL

Come and try baseball! No experience necessary, just a willingness to give baseball a try. A Come and Try day will be held on 15 September 2018 between 11am and 1 pm at Viking Park at Erindale.

For more information, visit <http://vikings-baseball.blogspot.com> or email vikingsbaseballtuggeranong@gmail.com.

PARENTLINE

Parentline ACT is a confidential and free telephone and face-to-face counselling and information service. Phone Parentline if you would you like:

- To talk with someone about those parenting issues.
- Help with some ideas on raising children.
- Support in the important job you are doing.
- To know what is available for parents, teenagers and children.
- To build better relationships in your family.
- Help to understand your child or teenager's behaviour.
- Make an appointment for a counselling session.

Contact Parentline ACT on 6287 3833 on Monday to Friday (except on public holidays), between 9am and 5pm.



insights

How independence-building is the pathway to your teen's resilience

by Michael Grose



Parents and teachers often ask me how to build resilience in teens.

My response is always the same: “Start by building independence and resilience will follow.”

Here's how.

Children are hardwired for independence

Some time around the age of fifteen months, give or take three months, most children will make a strong case for self-sufficiency. They demand to do things their own way. This demand is soon backed by a strong voice – “NOOOO!” – and then more articulate cries of “I can do it!” as their third birthday approaches.



This is the time to harness your child's push for independence and self-sufficiency. Their desire for independence and mastery over their immediate environment will see most children take incredible physical risks in the form of play and exploration of that environment. Concerned parents will naturally minimise risks by moving furniture around, keeping doors closed and hiding sharp implements, to name a few protective measures.

But parents can't eradicate all risks. Kids will fall and hurt themselves but they'll also get up and go again. In time, they'll learn to assess situations, stare down their fears and test themselves out in new situations. Falling down, brushing yourself off and trying again is part of the natural learning experience for most young children. Parents don't have to do much more than assess a situation for real dangers, then stand back and allow their kids to explore their environments, pulling them up only when their play and explorations transgress the rights and peace of others.

So what's this got to do with resilience?

Well, everything really. Independence is the pursuit of mastery over one's self and one's environment and rarely happens without mishaps and mistakes. It nearly always involves hurt, hardship, frustration and fear. That's where resilience comes in. Resilience is the art of bouncing forward after experiencing these hurts, hardships, frustrations and fears. Resilience is what comes from seeking out self-sufficiency and independence.



The language of independence

The fact that there's a whole genre of language devoted to resilience (mostly cloaked in cliché) is no accident. Terms such as "Get back on the bike/horse when you fall off", "Come on, brush yourself off and get on with it" or "What doesn't kill you makes you strong" are built into the psyche of past generations. Many parents today will cringe at these terms as they appear a little callous and out of touch. Conversely most current parents' relationship with risk and adventure – both required for independence-building – is very tenuous at best, non-existent at worst.

Therein lies the challenge. I haven't met a parent, carer or teacher who doesn't want the teenagers in their care to develop resilience that will last a lifetime. Yet many of those same adults will block the pathway to teen's resilience by over-indulging them, solving their problems and not giving them real responsibility. In doing so they deny kids the sense of mastery that comes from sorting out their own problems, getting themselves out of jams and getting up after a fall.



You can never love your kids too much, but you can love them helplessly. That's what happens when we deny teenagers the opportunity to become truly independent and self-sufficient. Deny self-sufficiency and you block a teen's resilience. Develop real independence and you open a pathway to resilience that will last a lifetime.

Find out how to develop real independence and resilience in your child in my latest book [Spoonfed Generation: How to raise independent kids](#).



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*.*