



MacKillop

St Mary MacKillop College Canberra

COLLEGE
NEWSLETTER
7 SEPTEMBER 2018

NO. 14



FIVE MORE YEARS

PAGE 4

Mr Lee has been successful in gaining a new five-year contract with the College, taking his stint with MacKillop through to 2023.

MACKILLOP DAY

PAGE 5

The College will celebrate the feast of our patron with MacKillop Day celebrations on 14 September. All are welcome to join us for Mass!

PILGRIMAGE TO EDEN

PAGE 6

Students took part in the Archbishop's Pilgrimage to Eden to learn more about our patron, St Mary of the Cross MacKillop.

HOSPITALITY TRIP

PAGE 10

Year 11 Hospitality students visited Sydney last month to check out markets, restaurants, and other aspects of hospitality.

COLLEGE SPORT

PAGES 12+13

MacKillop students have been busy representing the school in a range of sports during Term 3, with many teams qualifying for ACT finals.

COMING

UP

MON **10** S E P

- PE & Health Week
- Performing Arts Camp

FRI **14** S E P

- MacKillop Day Mass
- MacKillop Day Celebrations

FRI **21** S E P

- Year 10 Spring Zing

WED **26** S E P

- Senior Student Leadership Elections

FRI **28** S E P

- Last day of Term 3

MON **15** O C T

- Term 4 begins
- Parent/Teacher Interviews (I)

TUE **16** O C T

- Parent/Teacher Interviews (W)

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



**www.facebook.com/
mackillop.act**



**www.twitter.com/
mackillop_act**



**www.instagram.com/
mackillop_act**



**www.youtube.com/
stmarymackillop**

PRINCIPAL'S

LETTER



Dear families, students and friends,

REAPPOINTMENT AS PRINCIPAL OF MACKILLOP

Attached is an announcement from the Director of Catholic Education, Mr Ross Fox, carrying the news that my contract as Principal of St Mary MacKillop College has been renewed. This is a source of relief and excitement for me.

The next five years of education in general and MacKillop in particular will not be free of challenge. There is cause for great hope and I look forward to placing mine in the Vision of the College and the strength and diversity of our community. There is much goodwill, talent and energy to bring to our future here at MacKillop.

MACKILLOP DAY MASS AND CELEBRATIONS

This annual event commences with Eucharist at a whole-school Mass at the Tuggeranong Basketball Stadium. It is one of only two occasions where the entire College community meets as a school and it is appropriate that we do so with Eucharist at its centre. All parents, friends, and past students are welcome to join us for a Mass that will be celebrated by our Chaplain, Fr James Antony (Parish Priest, Corpus Christi) and which will feature our splendid choir.

This will be the last occasion for the whole school to farewell Year 12 and bid them our best for the rest of their time as school students and for their future.

**MacKillop Day Mass: Friday 14 September
9.30am, Tuggeranong Basketball Stadium**

STUDENT LEADERSHIP

Thank you to the many Year 11 students who attended my leadership workshop and to the six who conveyed their apologies. This was a robust and respectful experience, where everybody was on their best behaviour! At the meeting, we unpacked (sorry for the 1980s terminology) the College Vision and our school community's expectations of its student leaders. Nominations for 2019 senior leaderships are now open and speeches and elections will take place on 26 September.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

"There is much goodwill, talent and energy to bring to our future here at MacKillop."

PRINCIPAL'S PRAYER

Lord,

We give thanks for the example of Mary MacKillop's life.

Amen.





CATHOLIC EDUCATION
Archdiocese of Canberra & Goulburn

Record No: R450740
Container No: 2018/103-01-03

TO: ST MARY MACKILLOP COLLEGE, TUGGERANONG COLLEGE COMMUNITY

Dear Colleagues and Friends

**RE: APPOINTMENT OF PRINCIPAL, ST MARY MACKILLOP COLLEGE,
TUGGERANONG**

I am pleased to announce that following a panel selection process, Mr Michael Lee has been reappointed as Principal of St Mary Mackillop College, Tuggeranong from the start of the 2019 school year.

Michael has been in leadership roles within the Archdiocese of Canberra and Goulburn since 1999, when he joined as the Principal of Mount Carmel School, Yass. Michael also held the position of Principal at Hennessy Catholic College, Young from 2003 until 2007, before becoming Principal of St Mary Mackillop College in 2008. Prior to 1999, Michael gave leadership service in a variety of schools beyond our Archdiocese.

Michael holds the tertiary qualifications of Bachelor of Arts (Australian National University); Graduate Diploma of Education (Charles Sturt University, Bathurst); Graduate Diploma of Religious Education (Catholic Studies) (Charles Sturt University, Wagga Wagga); Masters of Education (Australian Catholic University).

I congratulate Michael on his appointment and wish him every continued success as he undertakes this role.

Yours sincerely

Ross Fox
DIRECTOR

7 September 2018



MACKILLOP DAY 2018

A CELEBRATION OF MARY MACKILLOP'S FEAST DAY
JOIN US TO CELEBRATE MASS
9.30AM • TUGGERANONG BASKETBALL STADIUM

FRIDAY 14 SEPTEMBER



MacKillop
St Mary MacKillop College Canberra

giving thanks for
20
YEARS



THE ARCHBISHOP'S PILGRIMAGE TO EDEN

On Friday 10 and Saturday 11 August, a group of Year 9 students took part in the MacKillop Pilgrimage to Eden and it was definitely an unforgettable experience. So many memories were made throughout the trip and it was a great learning experience. We were able to meet some incredibly kind students from Lumen Christi School, build sand castles on the beach, explore the history of Eden at the Killer Whale Museum and visit Mary MacKillop Hall. But the Mary MacKillop pilgrimage itself was what really stood out as being an unforgettable experience.

As we walked up to the church, we were surrounded by many unfamiliar faces, but somehow it was like we were all connected as we were listening to prayers and words of God. In the church, we listened to passages, songs and most importantly, a beautiful story about Mary MacKillop and her mother, Flora. After the Mass we enjoyed a wonderful lunch with the other people who had participated in the pilgrimage, and then unfortunately it was time to depart. Overall, I had an amazing time with the other students and I would definitely do it again.

Katryn Parker

Year 9 student



CARBON CHALLENGE WINNER

Congratulations to Sabina Morgan (Year 10) who created a video entry for the Acts smart Carbon Challenge competition. Sabina's entry won Best Video, winning the College \$1000 to put towards some of the College's sustainability initiatives.

Ummehani Rangwala

Science



YOUNG AUSTRALIAN OF THE YEAR VISITS MACKILLOP

Year 11 students were fortunate enough to have Young Australian of the Year, Zack Bryers, speak with us about relationships and influences. Zack spoke about his tough experiences growing up and how he overcame these experiences to build a life for himself. He did some inspiring things on his own, when he had no support from the people he was surrounded by. His story and advice inspired our year group, and made us re-examine relationships and decisions, as well as reminding us to strive to achieve our dreams. The cohort is extremely grateful for the time that Zack took to inspire us, as well as the opportunity he gave us to talk with him about his experiences after his presentation.

Emma Bignell, Chris Casuana + Bri Evans

Year 11 students



YEAR 12 COMPLETES AST

Congratulations to our Year 12 tertiary students who completed the ACT Scaling Test this week. The AST consists of a multiple choice test, short response test, and writing task and the results provide the basis for scaling course scores for students in their pursuit of an Australian Tertiary Admission Rank.



MACKILLOP BOOK WEEK

A range of activities were held at each campus last week for MacKillop Book Week. As always, the highlight for students was the dress up day, with students coming to school as their favourite book characters.



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

ARTIST IN RESIDENCE FEEDBACK

Some parents reported that the link for the Artist in Residence Feedback Survey that was shared in the previous newsletter did not work for them. We apologise for any inconvenience caused by this!

If you wish to provide feedback, you can now do so at:
<https://www.surveymonkey.com/r/H3KQMBJ>

The Artist in Residence, Smalls, will soon be at the St Peter's Campus, commencing next week. 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 Murdoch

Visual Arts Coordinator

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



MOBILE PHONE PROCEDURES AT THE PADUA CAMPUS

The College policy on mobile phones at the Padua Campus is that no students are to use mobile phones at school, from their time of arrival until 3.15pm.

If mobile phones are sighted by staff, they are confiscated and stored securely at the front office. They may be collected at the end of the school day on the first or second occasion. In these situations, an email will be sent to parents informing them of the incident. If a student's phone or mobile device is confiscated on a third, or further occasions in a year, parents will be contacted by a Pastoral Care Coordinator. The phone will remain secured at the Front Office and will either be:

- stored at the College until it is collected by a parent, OR
- returned to the student once an after school detention has been agreed to and scheduled.

If there is a pressing issue requiring a student to use a phone they may do so at Student Reception or their Pastoral Care Coordinator's Office. Parents may also get in contact with their son or daughter during the school day by contacting Student Reception

All students have been reminded of the policy and procedures at recent Year Assemblies and at the Campus Assembly this week. The options available to students, should they need to use their phone or other mobile devices for a valid reason, have been reiterated.

YEAR 11 AND 12 MENINGOCOCCAL IMMUNISATIONS

Last week the ACT Schools Health Team visited MacKillop to offer the free Meningococcal ACWY vaccine to all Year 11 and 12 students. 76% of students took up the opportunity to be vaccinated.

For any Year 11 and 12 students missed the opportunity, they can still receive the free vaccine by phoning the Community Health Intake line on 6207 9977, and booking into one of the Meningococcal ACWY Immunisation Catch Up Clinics being offered at the City Health Centre in October and December 2018.

For further information visit:

<http://www.health.act.gov.au/our-services/immunisation/adolescents>

STATUS AWARDS

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

BRONZE STATUS

Mia Akehurst 7EW, Jack Brown 7F2, Heath Davis 7W1, Elise Dredge 7A1, Taylor Green 7W2, Kiarra Jones 7W3, Elizabeth Locke 7E3, Holly Marsh 7W2, Georgia Miners 7W2, Victoria Moroglou 7A1, Jasmine O'Neill 7W3, Claire Robinson 7E2, Lauren Smits 7A3, Chelsea To 7E3, Charlie Vrankovic 7F3, Matilda Wormald 7E2

Lachlan McNicol

Assistant Principal Pastoral Care

Your phone is a great tool but it can also hurt your performance unless it is managed

- Students who perform a task just in sight of their phone (regardless of if they are using it) do about 20% worse as it still distracts them
- Phone use every day for longer than 20 minutes at a time leads to poor sleep quality and duration
- Being on your phone within an hour before bed means that you are almost three times as likely to get less than five hours sleep
- Students who are on their phone more get worse grades, regardless of gender or previous grade average



YEAR 11 HOSPITALITY EXCURSION SYDNEY 23 + 24 AUGUST 2018

Year 11 Hospitality students were fortunate to participate in an excursion to Sydney on Thursday 23 and Friday 24 August to investigate various aspects of the hospitality industry. We met at the Isabella Plains Campus bright and early at 4.45am to board the bus to Sydney. We began with a tour at Sydney Tower. After a short talk about Sydney Tower and its hospitality operations, students were taken on a tour through the commercial kitchens on the ground floor. The Head Chef was able to explain the duties and roles he has responsibility to oversee and I am very proud to say that our students were able to answer all the food hygiene questions which were directed at them. Students were given a tour of the 360° Bar and Dining restaurant which has the capacity to seat 140 people per session. Students were then able to enjoy a buffet lunch in the revolving restaurant while taking in the views of Sydney.

David Jones Food Hall was the next destination and was quite an experience with students finding various seafood varieties at extremely high prices and some in-season produce. After a short walk to the Queen Victoria Building and down George Street along the edge of Chinatown we checked into the YHA for a welcome rest. Darling Harbour provided an excellent venue for dinner in the evening with a wide variety of foods to eat.

Day 2 saw the students up early again at 5.00 am to partake in a quick breakfast before travelling to the Sydney Fish Markets for a guided tour at 6.30 am. The SFM is the largest market of its kind in the southern hemisphere. There were many unique and unusual species of fish, crustaceans and shellfish from across Australia and New Zealand. (Unfortunately no photography was allowed on the floor). Our tour guide, whom the students nicknamed "Jack Black", was full of information about the seafood industry, particularly sustainable fishing and how we should value the life of fish we eat.

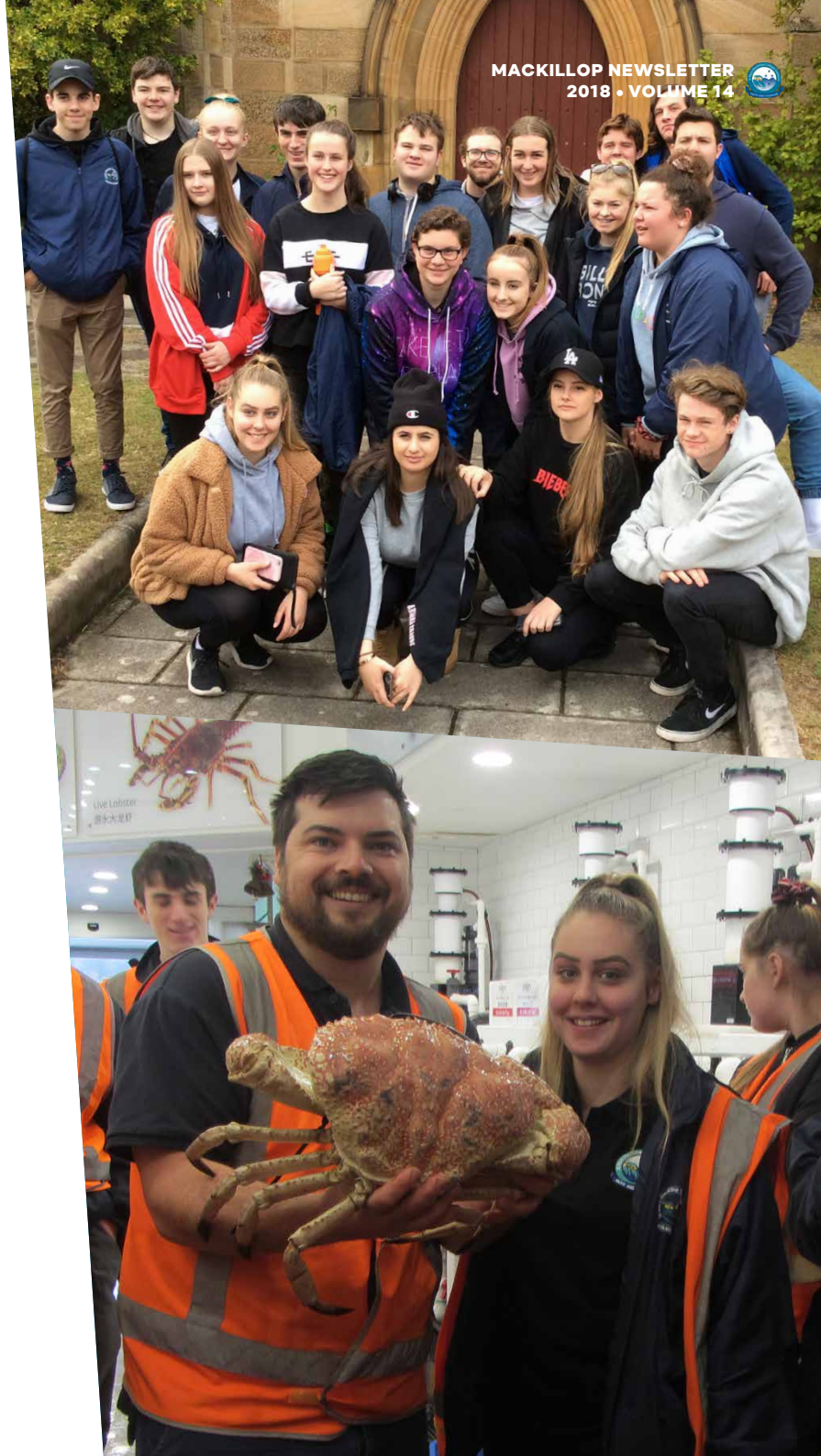
The next stop was a visit to The Rocks to experience the Friday Foodie Markets where a wide variety of multi-cultural and local foods were available. Choices included Italian dessert pizza, Turkish gozleme, Australian kangaroo and crocodile skewers, local hand-made chocolate, olive oil and vinegars and fresh bread and confectionary. Splendid views of the harbour were taken in as students strolled around the iconic area while trying not to get wet.

The two days concluded with a Korean BBQ lunch, where students were able to cook their own meat on an open grill as they sat at their tables. Kimchi was popular with those who liked chilli as were the marinated meats, sauces and sides called banchan. A cultural tour of Chinatown finished the afternoon but it's not a visit to Chinatown without purchasing "Emperor Puffs" - a delightful morsel of pastry and custard, a perfect way to finish.

The Year 11 Hospitality students proudly represented our school with great pride and have shown a keen interest in the industry and all it has to offer.

Janelle Maas

Food and Textiles Coordinator





BREAKING IT DOWN TO A SINGLE TERM

As the College draws closer to the biggest day it celebrates together on the calendar, it seems natural to contemplate a reflection on the life and legacy of St Mary MacKillop. Yet as I pondered, my fear of repetition grew since I had already written thoughts on this for the newsletter around the time of our pilgrimage to Eden and the actual feast day of 8 August. Surely there aren't enough words to encapsulate the charism of St Mary MacKillop?! Perhaps, but articulation through words instead of a visceral reaction in our hearts can risk rendering them redundant or contrived. Nothing was coming to me.

It's funny how moments can hit you as both a visceral response and an amalgam of words, both written and from others, and washes over you all at once while your meagre mind hopes it can capture its essential nature. Such times happen here or there in my love/hate relationship with being a drive away from work. One of these moments came the other evening as I drove home from a presentation by our principal Michael Lee to the potential captains of 2019. In the presentation, he spoke to the students about our College vision, telling them "that's it, that's who we are..." That is who we are.

Contemplation on the presentation suddenly flashed in my mind numerous experiences at school or at Mass or from words of Scripture, which then paradoxically started to recede to such simplicity as to come down to one thing. I recalled a homily which spoke "creed, code and cult"; to put basically "what we believe, how we live and who we are". Taking away the broader 'village' of our Church and looking at the little 'hamlet' we have at St Mary MacKillop College, it occurred to me that our College vision is all three of the above "Cs" from the perspective of a school.

While I encourage anyone to look at and further consider our entire College vision, I stopped short after our first line: "We are a dynamic, welcoming community based on the Gospel values of Faith, Hope and Love". A further wave of thoughts washed over me as a homily from another priest who said "strip away all that other noise and nonsense, and get down to what it's all about...love". St Paul gave us the above theological virtues in Corinthians and then reinforces "the greatest of these is love" (1 Cor 13:13), or "God is love; let us love one another, for love is from God" from 1 John 4:7.

As I have previously written, saints like those of Mary MacKillop are merely conduits to an encounter with Christ who leads us to the loving arms of God. To draw on the concept of "providence", whose Latin roots mean "to attend to", Mary MacKillop attended to those in need, Christ instructed us to attend to each other, and God attends to us. God's providence is the deepest expression of love, how we attend to each other is that outward sign of love.

What an oversight, what a search for words which ends so simply in a single term which carries both word and a visceral response in the heart: love. On our special day at St Mary MacKillop College, "May the spirit of unity and love reign amongst us" (1874)

St Mary of the Cross MacKillop, pray for us.

Jonathan Moyle

Assistant Principal Faith Leadership

JOIN US FOR MASS AT CORPUS CHRISTI

As we build up to MacKillop Day next Friday, our student leaders will be participating in the Parish Mass of our Chaplain, Fr James, at Holy Family Church this Sunday 9 September at 10am. There will also be light morning tea afterwards. All MacKillop families are warmly welcomed to attend as part of the College community in partnership with Corpus Christi.

Jonathan Moyle

Assistant Principal Faith Leadership

CORPUS CHRISTI PARISH TRIVIA NIGHT

Corpus Christi Parish is holding a Trivia Night to raise funds for the parish. The event takes place on Friday 2 November from 7:30pm at Vikings, Tuggeranong Town Centre. Tickets are \$25 per person or tables of 10 can be booked for \$230.

For information, visit <http://www.ccp parish.org.au>.



9/10 SOUTHSIDE SOCCER

There was a huge turnout for the Year 9/10 football day on 28 August. MacKillop fielded one girls' side and two boys' sides that were choc-full of talent. All three teams were extremely competitive throughout the day. At the end of the day, one of the MacKillop boys' teams qualified for the ACT Finals, a just reward for the skill, effort and fair play shown throughout the competition.

Peter Johnson

Coach



7/8 BOYS' OZTAG

After closely losing to St Edmund's College in the finals of the Southside OzTag Day, the Year 7/8 boys OzTag team participated in the ACT OzTag Finals. This combined the top two teams from both the Southside and Northside gala days, and had them face off in an extremely competitive day. The 7/8 boys, led by their co-captains Owen McCaghton and Luke Cargill, put on an excellent display of athleticism, making numerous comebacks throughout the day. While once again were beaten by St Edmund's and coming second overall in Canberra, the MacKillop boys displayed a high standard of character, acting as fantastic representatives of St Mary MacKillop College.

Edward Larkin

Coach



SENIOR GIRLS' VOLLEYBALL

On Friday 24th of August our senior girls descended on Lyneham courts for the Yr 11/12 Volleyball Competition. It was the second year our team had competed together and it was great to see the improvement in communication and teamwork as a result of this. A highlight of the day was an all-in rally between the boys and girls at lunchtime when we managed to commandeer a free court. There was a lot of laughter and comradery between the two teams, who supported each other well from the sidelines throughout the day, ensuring a very strong MacKillop presence at the event.

Alyce Stratigos

Coach

STUDENT ACHIEVEMENT

Josie Dubbert (Year 9) has been selected to represent Australia in football/soccer at the 2019 AFC Championship qualifiers in Kyrgyzstan this month.

Harry Menham (Year 7) will represent the ACT at the National Youth Football Championships at the end of September.

Kate Squire and Sophie McInerney (Year 7) will represent the ACT at the U12 School Sport Netball Championships in Darwin later this month.



MOUNTAIN BIKE CHAMPIONSHIPS

It was the last day of winter and we had 31 students from Year 7 through to Year 12 representing the College at the ACT Schools Mountain Biking Championships. The forecast said 100% rain all day and it was not wrong! From the moment students arrived the heavens opened providing a cold wet muddy track for all riders. This did not deter anyone; MacKillop students showed what they were made of, getting out and completing the course without any complaints. The event was scheduled to be a 4 hour relay race but due to the weather organisers decided to shorten the duration to 2 hours in order to preserve the track and prevent injuries. All who participated are congratulated for the way they represented the College in some very tough conditions.

Sam McCombe

Coach



ACT NETBALL

The St Mary MacKillop College 7/8 Girls' Netball team took part in the ACT Netball Championships this week, where they qualified for the Grand Final against St Clare's College. Unfortunately, their efforts on the day fell just short, losing the final by just one goal.

We congratulate the girls on achieving 2nd place in the ACT.

COMMUNITY NEWS

CAREERS: CIT HAIR AND BEAUTY

CIT hair and beauty educators would like to invite students interested in hairdressing and beauty to view our facilities and discuss their range of courses. If you are looking into an Australian Apprenticeship or an Australian School-based Apprenticeship, CIT are also able to provide guidance in finding salons that are taking on apprentices. The event takes place in Block C, CIT Reid on Monday 17 September from 5-6pm. More information is available by contacting cithairandbeauty@cit.edu.au.

ACT JUNIOR CHESS LEAGUE

ACT Junior Chess League presents a range of tournaments, boot camps, and coaching this October. For information, visit www.actjcl.org.au/actjcl/

CANBERRA ACADEMY OF CHESS

This October, the Canberra Academy of Chess will host the Fun Chess Tournament and Canberra Chess Challenge as well as a number of coaching clinics. For information, visit <https://canberraacademyofchess.com.au>.

CANBERRA SCHOOL OF TENNIS

Holiday camps take place during the October school holidays at Gold Creek, Weston Creek, and Chisholm. Visit csot.com.au for information.

OZCODE CODING AND ROBOTICS PROGRAM

OzCode Academy presents a range of workshops at Taylor Primary School, Kambah on 8-10 October. For information, visit www.ozcodeacademy.com.

HOLIDAY ACTING COURSE: CANBERRA TEEN WORKSHOP

Off The Beaten Track presents a three-day acting course in Canberra for ages 10-16 during the upcoming school holidays. Visit www.offthebeatentrack.biz for information.

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, visit www.tvccjuniors.act.cricket.com.au.

TUGGERANONG VIKINGS BASEBALL

Come and try baseball 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 counselling and information service. Contact Parentline ACT on 6287 3833 on Monday to Friday (except on public holidays), between 9am and 5pm.

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.

BLACKFRIARS LECTURE AT ACU

Danielle Dal Cortivo will present a free lecture on 'Ideas' at ACU Watson on Wednesday 19 September from 5.30pm. RSVP by 14 September: OCD.Canberra@acu.edu.au.

insights



Kids need good men in their lives

by Michael Grose



While rummaging through my bookshelves at home recently I stumbled across *Romulus, My Father* by Raimond Gaita, a book that had a huge impact on me as a father.

Romulus, My Father is a lovingly told memoir of a hard-working father who remained faithful to his family and friends despite his wife's affairs, her mental illness and dealing with the hardships of earning a living in 1950s and '60s rural Australia. It's a tale of love, friendship and character.

One line in the book, "*I know what a good man is because I saw it in my father,*" struck an instant chord with me. It was a reminder that kids need to have close experiences with men who have real depth of character and strength if they are to adopt those qualities themselves and also look for them in partners.

Role models of quality

Sadly, children and young people are less likely to see these qualities in many of our current political leaders and other public figures. Self-interest and shallowness of character, at least in a public sense, seems to be standard fare at present.

Like Gaita, I had the good fortune to have a father who was also a good man. He wasn't wealthy, famous or ambitious. Rather he was kind, considerate and generous. He had experienced an unhappy and – I suspect though he never spoke of it – abusive childhood but he was determined that his children would never experience the same treatment that he received.

As a disciplinarian he was soft but that didn't mean he was a pushover. He'd stand his ground with his children over issues that really mattered, such as how we siblings treated each other, displays of dishonesty and disrespect, and taking shortcuts in our studies or with work. He was a community-minded man who, through his example, taught his children the importance of serving and giving to those who didn't have the same serving of luck that we did. He was also an involved father who, despite being busy, always had time to play cricket and football after work with my brother and me. He was never too busy for his children.

A compass and a map

Significantly, my father gave me my moral compass in the form of the value system that he lived by. His many sayings including his most popular mantra: "If you can't say a good word about anyone don't say anything at all". That still rattles around in my head today. Through his active community involvement, his devotion to family and

his propensity to have a good laugh, he gave me a map to follow on how to live a good life.

I don't have a monopoly on being raised by a good man. If you were raised by a good man then count your blessings because you had a wonderful head start in life. Your task is to make sure your father's legacy lives on in your own children. You'll do that by being a man of strength and character, and by being a wise, loving presence in your children's lives whatever their age.

If, through whatever circumstance, you didn't have a good man close to you in your life as a child, then start the process with your own kids. Many men who have gone before you weren't close to their own fathers, or had fathers who were ineffectual, but they became great fathers despite their circumstances.

With public life increasingly producing male role models of dubious quality, it's up to dads and other significant males in the lives of children and young people to be good men, strong men and men of honour.

That's the legacy that we leave.

Happy Father's Day!



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*.