



MacKillop

St Mary MacKillop College Canberra

COLLEGE
NEWSLETTER

NO. 15

21 SEPTEMBER 2018



MACKILLOP DAY

PAGE 4

The College celebrated the feast of our patron with MacKillop Day Mass and Celebrations on 14 September.

INSPIRE

PAGE 5

The annual College art competition, Inspire, was held in Term 3. The winners have been announced and selected works are on display at Tuggeranong Arts Centre.

PERFORMING ARTS CAMP

PAGE 6

Students from all year groups spent two days by the Cotter to take part in a number of workshops run by staff and past students of the College.

PE+HEALTH WEEK

PAGE 10

To celebrate PE and Health Week, each campus ran activities, including staff v student games at the Padua Campus.

TRIPS TO MELBOURNE

PAGES 12+13

Senior students from a number of subjects visited Melbourne this month for a range of educational experiences.

COMING

UP

WED **26** SEP

• Senior Student Leadership Elections

FRI **28** SEP

• Last day of Term 3

MON **15** OCT

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

TUE **16** OCT

• Parent/Teacher Interviews (W)

WED **17** OCT

• Parent/Teacher Interviews (I)

THU **18** OCT

• Parent/Teacher Interviews (W)

WED **24** OCT

• Outdoor Ed Camp departs

CONTACT DETAILS &

SOCIAL MEDIA



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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,

FUNDING ARRANGEMENTS ANNOUNCEMENT

Yesterday, Minister Tehan and Prime Minister Morrison announced a \$4.6billion increase in Commonwealth funding for non-Government schools. As importantly, the Government has accepted the six recommendations of the Chaney Review into how Commonwealth funding for Australian schools is calculated – a move away from postcodes to parents' capacity to pay.

This announcement is in its early days and it is not yet clear the extent to which St Mary MacKillop College will be enhanced over the Gonski 2.0 funding proposal of 2017 – or indeed the position of other schools in our Archdiocese and around Australia. What is clear is that we are in an improved position on where we were yesterday, which is good news for the long term financial security and quality of education that MacKillop wishes to deliver to our families.

It will be for our families to decide what they think of the funding proposals, particularly as many of you access different sectors for the education of your children. As information becomes available, it will be immediately communicated to you. In the meantime, I give thanks for a new funding model that recognises that ripping \$4.5m out of the budget of a school like ours to give a further \$8.8m to a high-fee charging independent school is not public money following need.

MACKILLOP DAY 2018

Congratulations to everybody involved in a Mass of real dignity (other places are forgiven their sin of envy for the quality of our choir!) which was marked by a reverence, respect, and engagement of our students and staff in Eucharist. A particular thanks to Fr James Antony for his celebration of the Mass and to Mr Jon Moyle, Mr Ben Bowman, Mrs Kim Maloney, our maintenance crew, and the rest of the staff for their contribution to the Mass. MacKillop Day itself was blessed with fine spring weather, a great sense of community and fun – an established red-letter day for the College calendar!

DANCE FEST AND INSPIRE

The visual and performing arts at MacKillop are opportunities for talent, enthusiasm, participation, and community building. This term, we have enjoyed an outstanding College musical, a memorable performing arts camp, a splendid choir, and last night, Dance Fest and the opening of the Inspire Art Exhibition. Inspire is on display at the Tuggeranong Arts Centre until 29 September. Congratulations to Mrs Murdoch, Mrs van Doorn, and to other performing and visual arts staff who are making these opportunities possible for our students.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

"MacKillop Day itself was blessed with fine spring weather, a great sense of community, and fun."

PRINCIPAL'S PRAYER

Lord,

We give thanks for Your presence in our community.

Amen.





MACKILLOP DAY 2018

The College was blessed with beautiful spring weather for its annual MacKillop Day Mass and Celebrations on Friday 14 September.

Taking place just over a month after Mary MacKillop's official Feast Day on 8 August, students were able to celebrate as a whole school and our Class of 2018 could take time to relax after completing the AST in Week 7.

The day commenced with Mass at the Tuggeranong Basketball Stadium and concluded with a range of fun activities and stalls at the Isabella Campus.

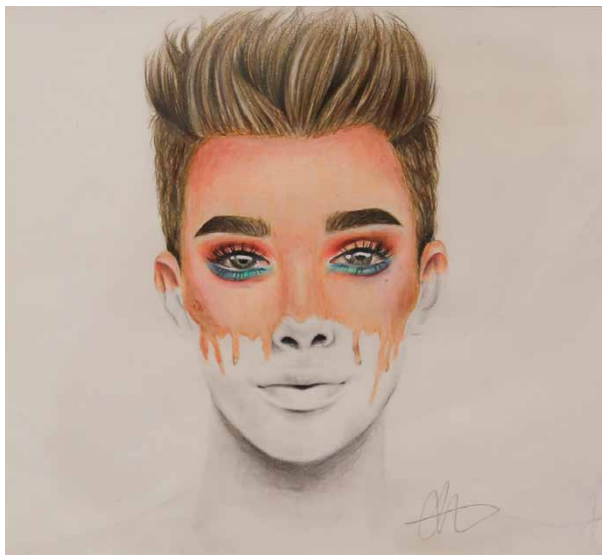
The Mass was a moving occasion, with the College Choir creating a reflective and reverent mood and Fr James Antony from the Corpus Christi Parish spending his first MacKillop Day Mass with us since becoming our College Chaplain.

The activities at the Isabella Campus were festive, with activities like bumper balls, an obstacle course, the bungee run, NERF games, face painting, video games, upbeat music, and a wide range of food and drink.

The winners of the College-wide INSPIRE Art Competition were also announced at the exhibition in F Block.

All students are to be congratulated for their participation, dignity, reverence, and the spirited sense of community, which helped to make MacKillop Day a fantastic celebration of the Feast of our patron, St Mary of the Cross MacKillop.





INSPIRE ART COMPETITION

Congratulations to all students who entered work in this year's competition! All entries were displayed at MacKillop Day on Friday and they looked fantastic. Special congratulations to all the award winners:

Overall winner: Jessica Fox - Year 7
Sculpture prize: Valeria Volkova - Year 12

Year 7/8:
1st - Alicia Trevethan - Year 7
2nd - Adrian Georgiadis - Year 7
Highly Commended - Nathan Craft - Year 8

Year 9/10:
1st - Harrison Lye - Year 9
2nd - Lana Malone - Year 9
Highly Commended - Rachel Manangan - Year 10
Highly Commended - Aaron Hilborn - Year 9

Year 11/12:
1st - Grace Spratt - Year 11
2nd - Sarah Muir - Year 11
Highly Commended - Lani Bevan - Year 11

People's Choice: Abi McIntyre - Year 9

A big thank you to our judges for this year: Aidan Brunkill from MacKillop, Smalls our Artist @ MacKillop and Narelle Phillips from the Tuggeranong Arts Centre.

The Inspire exhibition officially opened at the Tuggeranong Arts Centre on Thursday 20 September and runs until Saturday 29 September.

Tamara Murdoch

Visual Art Coordinator





PERFORMING ARTS CAMP

Performing Arts: forms of creative activity that are performed in front of an audience, such as drama, music, and dance.

Camp (excursion): a short journey or trip, especially one taken as a leisure activity.

What a combination! This year's Performing Arts was held in the picturesque setting of Green Hills along the Cotter road. 95 students across Years 7 to 12 participated in a variety of workshops designed to develop and support their confidence and skills in all areas of Performing Arts.

Mr Jeremy Margosis and ex-Mackillop students Harry Hattch and Natasha Brittain led workshops in improvisation, drama games and magic! Mrs Bella van Doorn and ex-MacKillop student Liam Jackson ran sessions on monologues, audition tips as well as performing an abridged version of 'I hate Shakespeare'.

Our dancers were treated to several workshops delivered by super talented ex-students Angela Sullivan and Mitchell Cridland who designed and taught choreography for Hip-Hop and Musical Theatre. Over in the music wing, Mrs Kerrie Jiear and Mr Tony Lazzaratto led our concert band and rock band. Students had the opportunity to engage with several side groups including a percussion ensemble and a chamber group. Mrs Petrina Mansfield ran a choir workshop where students were taught Latin and Aboriginal pieces and ex-student Elsa Huber led our advanced vocals group through her own arrangement of MJ's 'Thriller'.

As the sun began to sink on Tuesday afternoon, 150 plus parents were treated to a concert with a twist: A progressive performance allowed the audience to move between the common halls of Green Hills to the stunning purpose built outdoor amphitheaters to watch and listen to the results of two days of hard work and fun by both students and teachers.

Petrina Mansfield

Director of Performance



MACKILLOP JUDO CLUB

Nine competitors from the MacKillop Judo Club entered the ACT State Titles on the weekend. Our representatives dominated the entire competition winning five gold medals, three silver, and one bronze across all weight and age divisions. All nine athletes practice judo at MacKillop Judo Club and two of them, namely Adrian Georgiadis (who finished second in his weight division) and Lewis Bell (who came first), are Year 7 students at the College.

Our competition team is heading off to Sydney this Saturday to participate in the NSW International Open Judo competition.

Our athletes would be happy to see you at one of MacKillop's judo classes, held every Tuesday and Friday during school terms at the Wanniasa/Padua campus.



Q+A HIGH SCHOOL SPECIAL

On Monday 10 September, four Year 12 students along with Mr Batten and Mr Lee went to Llewellyn Hall at the Australian National University to watch the third Qanda High School Special. Close to 1000 students and teachers packed Llewellyn Hall to watch the first Qanda broadcasted in Canberra. There were 6 panellists, two of which were politicians, Penny Wong and Bridget McKenzie and four high school students, Holly Cooke, Dylan Storer, Joanne Tran and Rueben Davis.

High School students from not only Canberra but across Australia, asked the panel about their views on topics such as Climate Change, Refugees, Disability Awareness, Indigenous Education and more. The discussion presented different perspectives on events such as Serna Williams at the US Open. MacKillop students were able to witness some amazing articulate answers but also some incredible question dodging by seasoned professions, in typical Q and A fashion.

At the end of the broadcast, the student panellists left the audience with great hope for our future along with the future of politics and leadership in this country. Feedback about the panel from the wider public has been extraordinary. In the Canberra Times (Wednesday 12th September), a letter to the editor stated that they believed voluntary voting should be open to anyone 16 years old or older because they had faith that the youth of today "...actually know what they are doing. We need everyone to be as politically engaged as these young people are".

The four students who attended enjoyed not only the event but the theatrics surrounding it. Students were able to see some of the behind the scenes on the production side of Q and A and all the preparation that goes into producing a show like it. Some insider knowledge for the folks at home; the people who watch across the stage in the Q and A promo that runs 5 minutes before the show, they are just there for show, they serve no actual purpose! We had an incredible time pondering the issues of today and fantasising about policies for tomorrow. Let's hope next time Q and A comes to Canberra, we can have even more MacKillop students attend.

Ruben Mayenco + Ashy Kinsella

Year 12 students



SWEET CHARITEA

The annual Sweet Charitea fundraiser was held over the weekend which raises money for the Paediatrics unit at the Canberra Hospital. This year, our very own Chelsea Boulding volunteered to share her story of her experience within the Canberra Hospital Paediatrics and adolescent services. Sweet Charitea asks for volunteers to share their story to demonstrate to the community how their support and contributions to this charity helps the Canberra Hospital Foundation use the much needed funds to make the lives of young people in hospitals a little more comfortable. In previous years, donations were used to build a sensory garden, purchasing up to date equipment as well as the Delta dog service of visiting young people in hospital.

Not only was Chelsea supported by her family, but also by Year 11 volunteers at the fundraising event including: Maddy Garfarth, Eleni Halikiotis, Georja Dickie, Gemma Jones and Tara Hoppe. Year 10 student, Stewart Barton, also volunteered his time and talents to provide entertainment at this memorable event.

Lyndall de Ambrosis

Year 11 Coordinator



GURABANG HOUSE CHARITY WEEK

In Week 10, Gurabang will be holding their house charity week and will be raising funds for the Ricky Stuart Foundation. Their goal is to raise funds to directly support the after-care for autistic people and help families who struggle daily with autism.

During Week 10, Gurabang will be raffling off a special edition autism jersey that is signed by the Canberra Raiders. Raffle tickets will be \$2 each or \$3 for 5. These will be sold at both campuses.

ISABELLA CAMPUS ACTIVITIES:

- During the week, Zooper Doopers will be sold at recess and lunch.
- Students can wear their favourite sporting team's jersey on Wednesday over their uniform for just a gold coin donation.
- There will be a staff band performance at lunchtime on Thursday for a gold coin donation.

WANNIASSA CAMPUS ACTIVITIES:

- On Monday, students can wear crazy socks for a gold coin donation.
- Softdrinks will also be sold on Monday for \$2 at lunch.
- Goodberry's will be sold at lunch on Wednesday 26 September. There will be four flavours available for \$5 each.
- A raffle will be held for a \$50 gift voucher.

We would greatly appreciate it if you could support us during this week by donating and getting involved for this good cause. All money raised will go directly to the Ricky Stuart Foundation.

Amber Brophy + Brad Jones

House Captains



SCHOOL FEES

Term 4 2018 fee statements will be sent electronically in the upcoming holidays.

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

Thank you to the families who have paid Term 3 fees. Any outstanding fees should be paid immediately unless paying by Direct Debit or other approved arrangement.

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



SUMMER UNIFORM

A reminder that from the beginning of Term 4 all students are to wear the Summer Uniform.

- For boys this means that tailored mid-grey school shorts are an option in addition to the trousers. Grey or black socks may be worn with the trousers, however if shorts are worn the socks must be grey.
- Girls may wear the teal check summer dress with plain short white socks, or the tailored navy slacks with the MacKillop monogram and a white over-blouse with the MacKillop monogram.
- Any holiday 'variations' such as facial piercings or fashionable extremes to hair such as colours or styles should be rectified before returning to school for the new term.
- School shoes are to be traditional, lace up, black and polishable

More detailed information is available in the Student Diary, on the College website and on Canvas.

If there are circumstances that prevent students from wearing the correct uniform, they are required to bring a signed note from their parents to explain the situation. They need to present this to their Pastoral Care Coordinator during PC time each morning to obtain a uniform pass.

Lachlan McNicol

Assistant Principal Pastoral Care



CHEAP THRILLS PRESENTATION

Last week Year 9 watched a one man show by Brainstorm Productions. The show was called "Cheap Thrills" and covered a variety of relevant topics, including substance abuse, drink driving, theft, peer pressure and family relationships. The show was very powerful, causing Year 9 to think deeply about their personal choices and the consequences of their actions, how to support their friends and family, and when it is okay to let go. The show allowed all of Year 9 to gain something from watching it.

Cameron McDonald

Year 9

YEAR 11 BATYR PRESENTATION

This week the Year 11 Pastoral Program included a presentation from Batyr, a preventative mental health organisation, to help "give a voice to the elephant in the room". The university student presenters enlightened the year group on the importance of recognising the symptoms of mental health, but also the importance of reaching out to help the people around us in need. One of the presenters shared her story with the year group of a tough year battling anxiety and stress at university. Scared to ask for help and scared to burden her friends she was stuck in a situation by herself, until her friends pushed her to get the help she needed. Through her supportive friends pushing her to get out of her house and find the help she needed, she was eventually able to take charge of her anxiety and live a positive functional life again.

This was a helpful story to understand the significant role friends play in helping others through tough situations. The Batyr presenters also highlighted the easy access to other support programs, including Lifeline, Menslink, Beyond Blue and Headspace, including the Beyond Blue's "Check-in app" and information found at the Beyond Blue and Headspace websites.

- <https://www.beyondblue.org.au/the-facts/supporting-someone/supporting-someone-with-depression-or-anxiety>
- <https://www.headspace.org.au/young-people/helping-a-friend/>

Batyr have been continuously reaching out to our community to offer support, talking to us a year ago in our Year 10 PCs. They spoke this week in more detail about depression symptoms and how to recognise them in ourselves and others. The program was informed by the feedback from our year group from last year. This week's presentation informed Year 11 of the importance of looking out for others, talking about issues, listening up, reaching out and taking charge of our lives as well aiding the people around us.

Audrey Kent

Year 11





PE+HEALTH WEEK

National PE and Health Week activities took place at both the St Peter's and Padua Campuses with teachers and students involved in games and activities to promote health and well-being. The teachers of the Padua Campus took on the students in a number of highly competitive lunchtime games including Netball and Basketball while students at St Peter's had the opportunity to win prizes in shooting, kicking and passing competitions. Thank you to all the students and teachers who took part in the activities and made the week so much fun.

MY AIS BASECAMP PROJECT

Twenty of our up and coming Year 9 student athletes attend the Australian Institute of Sport to complete their engagement in the myAISbasecamp research project. These students have been actively participating in the online and at school training programs developed by the AIS designed to improve strength and conditioning in young athletes. During the final testing the students completed an array of tests using the world class facilities we have here in Canberra at the AIS with many clearly benefiting from this fantastic opportunity. Congratulations to each participant for their efforts and commitment to the program and for the wonderful way they represented the St Mary MacKillop College community.



TOUR OF CALIFORNIA

The coming October holidays will see the inaugural PE Tour of California taking place with 13 Senior Students traveling to the US for 10 days. The itinerary is full to the brim with visits to a number of leading universities including UCLA and USC where students will have the opportunity to meet coaches and recruiters, discuss pathways to study and play as well as undertake physical training and testing. Students will also be watching a variety of sports including NBA preseason games, NHL and College football along with visiting the Nike headquarters and touring the Rose Bowl. This is shaping up to be a fantastic opportunity for the students and one which we hope will be available to Year 10 -12 students every two years.

We wish the students and teachers all the best and look forward to hearing about the experience on their return.

Dale Argall + Ben Antoniak

PE and Health Coordinators

STUDENT ACHIEVEMENT

Congratulations to the many students that have represented the ACT and Australia in their chosen sport. We are very proud of each of their efforts and the manner in which they also represented the College. Well done! The following students have recently had success:

Kye Cossettini, Joel Stiles, Imogen Badham, Audrey McLaren (all Year 7) and Ethan Barac (Year 8) have been in Sydney this week where they have represented the ACT at the National Football Championships.

Jonathon Silver (Year 8) won the AFL Canberra Umpire of the Year Award.

Brodie Maguire (Year 7) will represent the ACT in touch football at the Pacific School Games in Hobart this October.

Josh Dezman represented Australia at the Muay Thai World Championships.

Nick Hosie was selected for the School Sport Australia U18 Baseball team that is currently touring the United States of America.

Tahlia Williams (Year 7) will represent the ACT in Otago at the Junior Australian Championships in Coffs Harbour next month.

Valeria Volkova (Year 12) and former student Samantha Thomas were crowned Australian Senior Duo champions at the National Calisthenics Championships back in July.

Isabella Simon (Year 9) and Ashley Bryson (Year 8) represented the Canberra Physical Culture Club at the Junior Zone Championships in Sydney last weekend.

THE COMPLEX SIMPLICITY OF THE CONTEMPORARY WORLD

What sort of world do we wish to live in? I'd like to think as self-reflective, open minded and tolerant people we might give an answer which reflects, in general terms, some of the great thinkers who wrote articles and declarations to address this; one in which the inalienable dignity, freedoms and equality of all is recognised and upheld. Quite simple really. How do we do this? It only takes the second question to find ourselves in the complex difference between thinking, or 'theory', and doing or 'practice'. So in theory the answer is simple, in practice far more challenging.

Why do we hit a snag so quickly? Putting aside the outrageous material inequality that exists in our world as an impediment to achieving the above as obvious, there is also the more abstract notion of ideologies, or 'isms'. At this moment I pause and wonder whether the challenge and complexity begins not of theory put into practice, but somewhere in the transition between the two.

Individualism, utilitarianism, liberalism, even nihilism or fascism (!) as examples; do 'isms' not shape how we interpret the "dignity, freedoms and equality of all" and therefore shape our practice to achieve their ends? How do we find common ground between our own and/or collective 'ism' and that of 'other'? By preserving our own 'isms', what 'freedoms' do we have the right to express without impinging on those 'isms' and 'freedoms' defined by 'other'? What limitations do we set on differing 'isms' as a result? Which of these subjective 'isms' hold the greatest 'truth'? Or have I just now fallen into the subjective approach of postmodern 'ism' in which 'truth' itself is under scrutiny? I become trapped in an ideological quagmire between validity and contradiction.

Then I take a moment on MacKillop Day and view nearly two thousand of those who will soon take the mantle for this world gather together in reverence and respect in a stadium which has turned into a sacred space, no matter what their faith persuasion. I then take another moment later to see these same young people appreciating the sun and fun in each other's company. Sure, they are forming their own 'isms' and may need guidance to become "active and informed citizens". Sure, they have their own personal trials within a very small, subjective and at times naïve space, but this is also a tremendous liberation by them living in the 'now'. This may frighten we older folk who carry excess and other baggage of life. To them, it's not about dismissing the issues of the world; quite the contrary. Students in our classrooms give us clear indications that they are engaged with and want to actively contribute to making the paradigm between theory and practice possible, without the burden of abstract notions.

It draws me back to Christ when he rebuked the apostles for holding back children from interrupting his ministry. He saw the naïve simplicity in which they saw the world, unhindered and uncluttered by 'existential white noise': "Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of heaven belongs" (Mtt 9:14). And in the Gospel reading for our feast day, so appropriate to how Mary MacKillop lived, Jesus reminds us "do not worry about tomorrow; tomorrow will take care of itself. Today has enough trouble of its own" (Mtt 6:34). Young people can see things with such simplicity and have great skill in putting worries aside for the 'now'. Seeing them together on our most precious calendar day made me pause and forget—even for a fleeting moment—such existential noise and to live in the 'now', with faith, hope and love for the future.

"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

MONTH OF THE ROSARY

The Rosary has a rich sometimes disputed history. Some believe that its origins stretch back as far as the late 3rd Century and gradually developed into its current form over time. Others believe it was a gift from St Dominic in the 13th Century, revealed to him through an apparition of the Virgin Mary. Others still claim that its origins lie further to the East in the same period. One thing is certain however; prayers contained within it are as old as Christianity itself, the most obvious being the prayer Christ gave us (Our Father/Lord's Prayer) and the prayer of devotion—or more appropriately the "angelical salutation"—to Mary (Hail Mary). The Rosary is recognised as a uniquely Catholic form of prayer.

Yet over the over the centuries the Rosary has become much more than a request for intercession, albeit that it remains its primary purpose. MacKillop itself has utilised the Rosary's distinct tradition for intercession but also to come together as community, especially in times of sorrow. As 'Christian Meditation' has increased in popularity once more, there is also recognition of the 'mantric' nature of the Rosary and its powerful effect to calm the mind (and heart).

October is the month of the Holy Rosary and St Mary MacKillop always celebrates this tradition by saying the Rosary in October on Thursday afternoons in the chapels of both the Isabella and Wanniasa campuses from 3.30 pm. The Rosary takes between 15 and 20 minutes. Whether you are staff, a student or a parent, with no knowledge of Rosary, or of a completely different faith or no faith at all; all are most welcome to come to this reflective and prayerful moment together.

Jonathan Moyle

Assistant Principal Faith Leadership



MELBOURNE ECONOMICS TRIP

On 6 to 8 September the Year 12 Economics, Business, Hospitality and Year 11/12 Fashion classes went on a trip to Melbourne. That Thursday started like many people's normal Thursdays I imagine. We awoke at 3am before downing enough coffee to stun a hippo and flew down to the sporting capital of the world - Melbourne. Upon arriving, the classes split into their own groups of varying degrees of attractiveness, ranging from the incredibly handsome Economics class to the other classes.

The Economics class started off the trip with a bang- it was perhaps the most exhilarating, heart pumping experience a human being could possibly hope to endure in their life- we walked to the National Gallery of Victoria to view the MOMA (Museum of Modern Art) Exhibition from New York. Here we saw Salvador Dali's The Persistence of Memory or the dripping clocks painting. A truly inspiring experience second only to the thrill of rooftop cricket at eight in the night.

Thursday was completed with a trip to the ACMI (Australian Centre for the Moving Image) which basically devolved into our own brand of lovable stupidity and playing video games on the 1970's consoles they had set up for Space Invaders and Pong. The evening's dinner was at Lentil as Anything, a restaurant where you pay what you think the meal is worth. Another look into the world of poverty as it is run and staffed by volunteers and migrants who don't have any other means of income. After dinner, as became the theme of every night, the boys got around some rooftop cricket where we, quite remarkably, had a proper game on the roof of our hotel without losing the ball!

The trip to the NGV and ACMI was designed to create a contrast between the rich (you'd need to sell a few kidneys to buy one of these art pieces) and the poor. On the Friday, the Economics class went to the Big Issue call centre. The only publication in Australia designed to be sold by disadvantaged and homeless people. There we met Phil, a legend of bloke, who had been homeless for a good portion of his life (about 32 of 45 years). The trip to the Big Issue really showed just how prevalent homelessness and relative poverty is in Melbourne and Australia as a whole. Just because you don't see it doesn't mean it isn't there.

Day two also saw a tour of the Queen Victoria Markets and shopping around the Melbourne CBD, around either side of the trip to the Big Issue, before we descended on the State Library. The Library was a very beautiful structure filled with, as you would expect, people studying. Much more importantly however, it had Ned Kelly's armour and other Ned related artifacts lurking around. Say what you will about Ned, but any structure containing artifacts related to the Kelly Gang is a national icon.

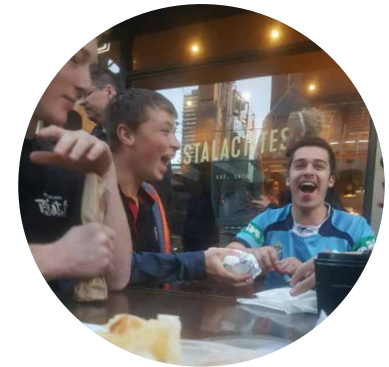
One of the most interesting parts of the trip came on the Friday evening. There was a free slot to fill in with an activity and there were several options. First was going to the Aerial Ping Pong, but the game ended up being between Geelong and the Demons, so not worth it. The second failed option was watching the NRL game between Melbourne Storm and another team, but interest was dwindling. In that event, the gang went to the Old Melbourne Gaol for the evening and the two groups' stories varied wildly in enjoyment. One of the groups said it was the most boring thing since golf, whilst the other had more fun than a game of rooftop cricket with the boys.

The final day was free time at the Queen Victoria markets and a visit at the Shrine of Remembrance, which was a remarkable tribute to our soldiers' sacrifice during war. The flight home followed what was overall a pretty radical trip and I heartily recommend the Economics excursion to all future students.

Just a word of advice: don't try to take photos of Mr Batten.

Aiden Marvity

Year 12





YEAR 12 HOSPITALITY TRIP TO MELBOURNE

Year 12 Hospitality Students had the opportunity to travel to Melbourne in the first week in September to explore the hospitality industry from a multi-cultural perspective. A coffee tour started off our activities. Maria Paoli took us around the hidden treasures of Melbourne and we found hidden coffee bars and haunts only the locals know about. We learnt about the history of coffee in Melbourne including Pellegrini's Espresso Bar where the first coffee machine arrived in 1954. A few doors down we were lucky enough to meet Guy Grossi, a well-known Melbourne chef and media personality. He graciously allowed us to have a short tour of his Melbourne restaurant "Florentino", including The Cellar Bar and The Grill, all located at 80 Bourke Street Melbourne. As our coffee tour progressed, we visited unique tucked away cafes and learnt about Clover coffee, single origin coffee and coffee blends. After a lunch stop at the food court in the Emporium where students were tasked with finding lunch for under \$10, we ventured into the State Library of Victoria to view the Reading Room and explore the incredible stories and information on display.

A short food tour followed which consisted of a visit to Max Brenner, Lupicia World Tea Shop, The Greek quarter including Stalactites and Tsindos where students bought cakes and sweets as a dessert after their \$10 lunch. We then went across the road to the Curry House, the oldest Indian Spice Store in Victoria. Students heard about Indian spices and cuisine and enjoyed a vegetarian samosa before moving on to the Royal Arcade. A short walk took us to The Bank on Collins, a restaurant & bar located in an old heritage listed bank which used to be the Bank of Australasia. We looked in the window of the Hopetoun tea rooms to see late 19th century charm still being enjoyed in our modern society. High tea will set you back \$55 per head but you will have to wait for several months as bookings are tightly held. A quick visit to the Chocolate Ganache store ended our tour for the day.

Lentil as Anything at the Abbotsford Convent was the venue for dinner, where students experienced a not-for-profit dining experience where you pay what you think the food is worth. The restaurant is a part of a chain of restaurants where training and volunteer jobs are available for those with diverse backgrounds and looking to find employment and skills development. A little rain did not dampen spirits as we made our way back to Brunetti's in Lygon St, Carlton. Here we enjoyed a variety of desserts from pastries to gelato. Little Italy is alive and well.

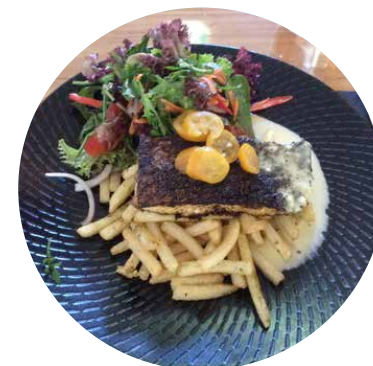
Friday started with an early morning walk for those who were keen to see more of Melbourne. A tour of the Queen Victoria Markets was the first tour of the day. We learnt all about the history of the markets, met some of the market traders and tasted a variety of dips, breads and cheeses available. Students were commended on not leaving any food behind! A visit to the American donut van was a must. Yummy.

We then ventured on the tram to Richmond. At least we tried to. An accident on the tram line meant we had to rethink our route as the way was blocked. A train, bus and tram ride saw us arrive in Richmond somewhat late but with time to still enjoy a Vietnamese Iced coffee and a chicken banh mi as a late mid-morning snack. A tram ride brought us to Charcoal Lane, Fitzroy, a restaurant that provides training in hospitality jobs for indigenous youth who have had troubled or underprivileged lives. The restaurant specialises in using indigenous produce in all their meals which is very impressive. Our lunch involved a talk from the chef which included the native berries, spices and plants used in the menu. For lunch, the choice was difficult. On offer was the Cajun Spiced Barramundi with garden salad, pepperleaf fries, creamy wasabi reduction and sunrise limes or Crumbed Wallaby Wings bunya nut potato cake, and pepperberry sauce poivrade. After arriving back in the Melbourne CBD, we visited the Crown Casino and walked along the South Bank restaurant precinct. Friday night dinner was at the Stalactites restaurant and Nitro Lab for dessert. It was time for some relaxation so a visit to the Old Melbourne Gaol provided a way to learn about the gaol's history with a Night in the Watch House tour. That felt like we really were in jail for the night. Well worth the visit.

Saturday morning was spent with an early morning walk past Mary MacKillop Heritage Centre and a coffee visit. After breakfast we packed up and set out for the War Memorial where an hour spent looking at the museum was very informative and well worth the walk. Afterwards we went back to the Queen Victoria Markets for some last-minute shopping and lunch. Overall, students were excellent in their behaviour but, most importantly, they were keen to learn and participated in all events with enthusiasm.

Janelle Maas

Food and Textiles Coordinator





MATHS ACTIVITY - YEAR 7

Two of our Year 7 classes were combined to participate in a Probability Task on Wednesday 12 Sep 2018. For this task, students were divided into groups of 4. They used M &Ms to determine the theoretical and experimental probability of the colours in a packet. There was a lively interaction between the students of both classes. They learnt from their peers and gained a fair understanding of the concepts covered.

Some reflections from students:

- "I thought it was good because you got to work with people you don't normally work with."
- "I feel like I learnt that some people need to learn self-restraint."
- "I liked this activity because you had to get more involved."
- "I liked it because it was pretty easy and we got to eat the M&Ms."
- "The experiment helps me grow a better understanding of division."

Sonali Kansal + Neelima Gupta

Mathematics teachers

COMMUNITY NEWS

PARLIAMENT HOUSE OPEN DAY

The APH Open Day takes place on Saturday 6 October from 9am to 5pm. It includes a range of activities to celebrate 30 years of Parliament House. Visit www.aph.gov.au/openday for information.

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.

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.

insights



How do you show up for your kids?

by Dr Jodi Richardson

Every now and again a meme pops up on social media from a mum who delights in sharing the joys of her trip to the shops alone. No kids. Just her and her handbag. The caption always reads something along the lines of ‘You know you’re a mum when going to Target alone feels like a holiday’. I always chuckle when I see those, because I can relate. A lot of us can. And not just the mums.

Parenting is incredibly fulfilling and the most important ‘job’ any of us will ever do, but it can also be demanding, frustrating and exhausting.

I can’t tell you the number of times I’ve arrived home only to be bombarded with requests, questions, stories of what I missed – or all three – before I’ve even taken my key out of the door. I’m not joking. I tried to implement some sort of buffer for myself so I didn’t feel so stretched within the first minute of getting home but it never worked. They’d always be so happy to see me and it didn’t seem fair to not be immediately available, despite the fact that it was quite overwhelming. It’s not as though I was ever gone that long either. I wasn’t even working. I’d only ever been to the supermarket, or Target, lol.

I always found the contrast of time alone and all of the quiet that comes with that, and the – is chaos too harsh? – of walking in the door really difficult to manage, especially because the kids always had stuff absolutely everywhere by the time I got back. I knew they’d always had heaps of fun because the family room always resembled a toy shop. There was never any “Let’s put things away as we’re finished with them” on Dad’s watch!

Whether our kids are little and jump on us the minute they see us or they’re that bit older and don’t necessarily even come to the door when we get home, it’s worth taking time to think about how we want to show up when we see them. It never occurred to me all those years ago that I could better prepare myself for the homecoming. Not once. Sometimes we were just taking each day moment by moment. What I know now is that if we use the time between leaving one place and arriving at another, it can make an astounding difference to how we feel, and to what we bring to our family at the same time.

The Third Space

Dr Adam Fraser calls it the ‘Third Space’. It’s the space between two places or spaces such as between work and home, between being home alone and the kids arriving home after school, or even between going to the supermarket and home. Tuning into the Third Space is also a brilliant practice to incorporate into a work day, say between your desk and a meeting, or a meeting and an interview.

In the Third Space, we can do three things to ensure we show up the way we want to, every time: reflect, rest and

reset.

Reflection is time spent looking back over the day and contemplating what you've achieved and what went well. It could be that you accomplished something you're proud of, or ticked off a few things on your list. It could be something big or small you reflect upon. It really doesn't matter, it's just about reflecting on a handful of good things about your day.

Rest is downtime. You can spend it how you like! You might have a long commute and decide to rest by listening to music, watching a movie, reading the paper or a book. Your rest time might be brief on some days and longer on others. It doesn't matter what you do or for how long, it's just about doing something that recharges your batteries and helps you feel relaxed.

Reset is all about how you're going to show up. How do you want to feel and act when you walk through the door to your home?

When Dr Fraser taught people to use the Third Space model as part of a research project, he measured a huge 41 per cent improvement in behaviours in the home, inevitably having a wonderful impact on relationships and the family as a whole.

In a recent presentation I heard Dr Fraser deliver, he told a story of a dad whose kids would make themselves scarce whenever they heard him come home. He was always like a tornado ripping through the house and they didn't want anything to do with him. When he found out, he was understandably devastated. He made a change and put the Third Space model into practice and turned things around.

It's so easy to let the events of the day affect our time with our family, but they don't have to. Our relationships with our kids and our partners play an important role in our kids' development, happiness and mental health. Let's do what we can to show up for them as our best possible selves. They deserve it, and we do too.



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au