



MacKillop

St Mary MacKillop College Canberra

COLLEGE
NEWSLETTER
30 NOVEMBER 2018

NO. 19



FAREWELL, YEAR 12

PAGE 4

Year 12 have had their last day of school, celebrating and saying goodbye to the College at their Farewell Assembly.

ORDER OF AUSTRALIA

PAGE 5

Three students have received Order of Australia Student Prize Commendations at a ceremony at the Royal Canberra Golf Club.

LONG TAN AWARD

PAGE 6

Each year, the College presents two students, from Year 10 and Year 12, with Long Tan Youth Leadership and Teamwork Awards

ART MURAL

PAGE 8

Smalls, our Artist in Residence, has led Year 10 students in the creation of an art mural at the Padua Campus.

FOOD STUDIES

PAGE 9

What are we doing now that our Padua Campus kitchens are under construction? Find out on page 9.

COMING

UP

MON **03** DEC • Year 10 Community Day

WED **05** DEC • Year 10 Awards Assembly
• Last day for Year 10

THU **06** DEC • Market Day

FRI **07** DEC • Year 12 Graduation Mass
• Year 12 Formal

TUE **11** DEC • Year 7 2019 Orientation
• Year 10 2019 Transition Day

WED **12** DEC • Year 7 2019 Orientation
• Year 10 2019 Transition Day

THU **13** DEC • Year 7-9 Community Day

CONTACT DETAILS &

SOCIAL MEDIA



02 6209 0100



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www.mackillop.act.edu.au



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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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mackillop.act



www.twitter.com/
mackillop_act



www.instagram.com/
mackillop_act



www.youtube.com/
stmarmackillop

PRINCIPAL'S

LETTER



Dear families, students and friends,

FAREWELL TO YEAR 12 2018

Congratulations to the Class of 2018, for the tremendous spirit of dignity and goodwill they exhibited at the Year 12 Breakfast and Farewell Assembly. The assembly is a highlight of the graduation program, at which students exhibited good humour, gratitude towards their teachers, and goodwill to each other. I would also like to acknowledge the mature conduct of Years 10 and 11 for the way they allowed Year 12 to have their day and for the generosity they showed towards the Graduating Class. The Class of 2018 has had an interesting and rewarding journey through high school and all of us at the College wish them the very best for their futures.

I also congratulate our senior students on completing their exams this week.

The Graduation Mass will be at Holy Family, Gowrie at 10am on Friday 7 December and the Graduation Formal will be at the AIS that evening.

MATHEMATICS SUCCESS

My apologies to Jeremy Blick and Matthew Cawley (both of Year 10), who were omitted from my congratulatory remarks in the last newsletter for their success in the Australian Mathematics Competition.

Both of these students achieved High Distinction Certificates to place them in the top 3% of the country. Last fortnight, I mentioned that Patrick Dunn (Year 7) had also achieved a High Distinction, and, as mentioned, a number of students across the school achieved Distinction certificates in this competition.

FRANCE TRIP

Good luck to our students travelling to Le Havre on Saturday. Three staff and 20 students are visiting our sister school, St Joseph's, and will enjoy a home stay with French families and sightseeing in places like Paris and Normandy. I wish them a safe and happy journey and a safe return.

Please note that our final newsletter for 2018 will be released on Wednesday 19 December.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

"The Class of 2018 has had an interesting and rewarding journey and we wish them the very best for their futures."

PRINCIPAL'S PRAYER

Lord,

Nous prions pour que nos étudiants voyagent en toute sécurité en France.

Amen.





GOODBYE, YEAR 12

The College wished its Class of 2018 an emotional goodbye at the Year 12 Breakfast and Farewell Assembly on Tuesday 20 November.

The day began at 8am with breakfast in F Block, put on by Year 11 Hospitality and next year's senior SRC members.

The graduating class then marched into the Isabella Campus Gymnasium as a year group for one last time for the Year 12 Assembly, which started at 9.15am.



The assembly featured tributes, dance and song performances, humour, video clips, photo montages, and reflection. Mr Lee read the famous Dr Seuss book, *Oh the places you'll go*, which has become tradition over the years, before handing each member of Year 12 a copy of the book as a gift.

Staff then created a guard of honour for Year 12 as they exited the gymnasium for one last time, where they were able to personally thank the teachers and support staff who have helped make their time at MacKillop so memorable.

Throughout the assembly, there were tears of both sadness and joy at the accomplishment of 13 years of schooling.

The College thanks and congratulates the Class of 2018: we're proud of what you've achieved at MacKillop. Thank you for being part of the MacKillop journey, and best wishes for the future!





ORDER OF AUSTRALIA COMMENDATIONS

Congratulations to Year 10 students Ellen Scott and Caitlyn Williams and Year 11 student Maddy Garfath who received Order of Australia commendations at the ACT Student Citizenship Awards Ceremony on 22 November.

The girls were three of eight students recognised by the Order of Australia Association for the work they have done in the community over a number of years.

Ellen and Caitlyn were nominated by the College for their work in creating the SisterACT program, which is a program targeted at Year 9 and 10 female students with the aim of combating gender balance issues in the workplace and developing the leadership skills of young women. The College also nominated Maddy for her commitment to fundraising and charity work. Maddy's work with the Sweet ChariTea initiative for a number of years has been integral in the raising of over \$100,000 for the Paediatric Unit at the Canberra Hospital. Her dedication to charity work has also extended to packing kits for child birthing in third world countries and working with organisations like St Vincent de Paul and World Challenge.

All three girls are model students deserving of recognition for their initiative, drive, and passion to help others.

The College congratulates Ellen, Caitlyn, and Maddy on this fine achievement.

STUDENT ACHIEVEMENT

ACT and Engarde fencer Oliver Bryson (Year 10) was presented with an ACT Local Sports Champion award by Gai Brodtmann, Member for Canberra, on Wednesday 14 November at Parliament House. The awards were presented to young athletes from a range of different sports as acknowledgement of their individual achievements, commitment and future endeavours in their chosen sports.

Samuel Sergo (Year 11) will represent Australia in Squash at a tournament in USA and Canada in December.





CANBERRA AREA THEATRE AWARD NOMINATIONS

Congratulations to the cast and crew of Mary Poppins Jr for receiving several nominations for Canberra Area Theatre Awards. The College has been nominated for four awards with more nominations to be announced over the summer.

Congratulations to Mrs Petrina Mansfield (Best Director of a School/Youth Production), Sophie Highmore (Best Youth Actress in a Leading Role in a Musical), John Whinfield (Best Youth Actor in a Leading Role in a Musical), and the entire team for the nomination for Best Production of a School/Youth Musical.

The winners of the CAT Awards will be announced at the Awards Ceremony in 2019.



LONG TAN AWARDS

The Australian Defence Force (ADF) Long Tan Youth Leadership and Teamwork Awards recognise students who demonstrate leadership and teamwork within both the school and the broader community, and who display strong values, such as doing one's best, respect for others and "mateship".

This year, at our special Long Tan and Remembrance Day assembly, Caitlyn Williams (Year 10) and Aisling Kinsella (Year 12) received the Long Tan Award. Congratulations to these students.



GRIP LEADERSHIP

On Friday 16 November, the 2019 senior student leaders attended the GRIP Student Leadership Conference. The day focused specifically on training us for our role as the leaders of MacKillop next year. We learnt what it meant to be a leader as well as tools to help us in our journey. The conference allowed us to develop a clear vision and a solid understanding for our time as leaders. It also gave us a chance to build team chemistry as we commence our new roles as Captains.

Miguel Sanchez

2019 Communications and Connections Captain



ART WINNER

Last newsletter, we announced that Nadia McNeill (Year 10) had achieved a Highly Commended result in the 22nd Annual Photographic Competition. It has now been announced that Nadia has also won the People's Choice Award for the above photo.

Tamara Murdoch
Visual Arts Coordinator

2019 STUDENT REPRESENTATIVE COUNCIL

Following the election process that has taken place over this term, the 2019 SRC was announced at the week's Wanniasa Campus Assembly.

It is worthwhile noting that 101 students across the current Year 7, 8, 9 and 11 cohorts have stood for election in recent weeks. Standing for election and making a speech to peers, with the possibility of disappointment, takes courage. Each of the students who nominated are commended for making the most of the opportunity and encouraged to continue to seek opportunities to lead in the future, whether they have been elected to a formal position of leadership or not.

The successful candidates and 2019 SRC are listed below. Elections for Year 11 representatives will take place at the start of the new year and Year 7 elections will be held at the end of Term 1.

COLLEGE STUDENT LEADERS

College Captains

Gabrielle Petersen & Chris Caruana

Faith and Community Captain
Sports Captain
Performing Arts Captain
Sustainability Captain
Communications and Connections Captain

Alexis Lanuza
Jacob Church
Flynn Gibbs-Patterson
Connor Maclachlan
Miguel Sanchez

Padua Campus Captains

Carly Lyons & Jonathon Silver

Mindygari House Captains
Gurabang House Captains
Meup Meup House Captains
Ngadyung House Captains

Tayla Harnas & William Granger
Ashley Scensor & Harry Dube
Lauren Phillips & Noah Cairnduff
Kate Caruana & Zachary Robb

Year 10 SRC Tyla Hardy, Lilly Vassallo, Steven McGowan, Alison Staniforth

Padua Mindygari Captains
Padua Gurabang Captains
Padua Meup Meup Captains
Padua Ngadyung Captains

Marcus Murphy & Clare Levings
Ben Sullivan & Natalie Beere
James Vandermees & Jessica Baker
Amy Scott & Jordan Thurling

Year 8 SRC Ishan Ahmed, Ewan Goodchild, Kristelle McGowan, Ben Symington

Lachlan McNicol

Assistant Principal Pastoral Care

MACKILLOP SCHOOL SHOES

In preparation for the 2019 school year, many students may be in a position of needing to purchase new school shoes. The policy regarding school shoes is outlined on the College Website and in the Student Diary. It states the following expectations:

- Traditional, black, leather, lace up, polishable school shoes.
- Suede shoes and black joggers are not acceptable for safety reasons.
- Elevated shoes and platform heels are not a part of the College uniform.
- The sole should be no more than 2 cm high and the heel 3 cm.
- Buckle shoes, canvas shoes, ballet shoes, cloth shoes, and slip on shoes are NOT permitted.

As we approach the holidays, students in Year 7 to 10 have been reminded of this at Year Assemblies in preparation for the new year. The information page later in this Newsletter is designed to assist parents and students in clarifying what is suitable in order to avoid any confusion.

Lachlan McNicol

Assistant Principal Pastoral Care

STATUS AWARDS

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

BRONZE STATUS

Toby Barber 7F3, Lewis Bell 7W3, Lleyton Deng 7W1, Hannah Dunn 7E3, Chloe Francis 7E3, Rylee Gibbons 7E3, Shaylan Gilligan 7A1, Mikayla Gonzalez 7A1, Katie Haigh 7EW, Isabella Krithinakis 7E3, Kiara Mackie 8E2, Chloe McGrath 7E3, Ava Morrison 7A1, Pip Niven 7A1, Bridie Quigg 7E1, Lily Watson 7E3

SILVER STATUS

Isabella Pinzon 7A3

GOLD STATUS

Lilly Vassallo 9E3



SCIENCE NEWS

STEM PROJECTS

Since the Semester Examination, Year 10 Science classes have been completing mini-STEM projects to put into practice the Science skills they have developed throughout their time at school.

Under the encouragement and supervision of the Year 10 Science teachers they have been designing and constructing a range of devices to achieve competitive goals: catapults for range and accuracy; accurate time-delay switches; rigid flat pack furniture models; lightweight and strong spaghetti bridges; speedy balloon powered boats; and dexterous bionic hands.

Their careful and collaborative efforts ensured it was a successful hands-on way to celebrate their achievements in Science and finish the school year.

STUDENT SUCCESS

James Crispin (Year 12) has just been awarded the Australian Institute of Physics (AIP) Certificate of Achievement for his outstanding achievement in Senior Physics. Well done James!

Karli Box, Arabelle Eve, Danita Brittain, Georgia Russell and Toby Henderson (Year 10) had great success in one of the STEM challenges: building (in less than 90 minutes) a spaghetti bridge that spanned 35cm and supported over 1.35 kg - a new MacKillop record!

Tristan Burg
Science Coordinator

MURAL PAINTING

On Monday 26 November our Artist @ MacKillop, Smalls and a team of Year 10 students created a mural next to the road that runs between Technology and Visual Arts and the tennis courts at the Padua campus. Thank you and congratulations to Gabrielle Milgate, Liam Vandepol, Rachel Manangan and Miguel Fernandez de Canete Nieto for working with Smalls to add further vibrancy and colour to the junior campus.

Tamara Murdoch
Visual Arts Coordinator



FOOD CLASSES

While the kitchens are being renovated on the Padua Campus, the food classes from Year 8 and 9 from Semester 2 are experiencing different learning opportunities. We have travelled during our double lessons to various Erindale restaurants such as La Piazza, Ali Baba, Punjabi Hut, Turkish Grill, China Tea House and Goodberries. We were given the opportunity to see how a restaurant is run and were able to eat the food that was presented to us. Year 8 visited Woolworths to explore sustainability and storage practices. Other activities that students were able to participate in were blind taste tests like in MasterChef challenges, where you must guess the ingredients given. Although our cooking experiences were cut short, we found that the substituted activities were loads of fun and very educational. We thank the Erindale restaurant owners and staff for providing us with new, amazing experiences and the food staff and food teachers for providing us with fun activities!

Kija Tawton, Lucija Filipovic, Zoe Wright, Teresa Pham

Year 9

NEW KITCHENS

The Food Technology department at the Padua Campus are eagerly awaiting the refurbishment of the new architecturally designed kitchens due to be completed in February 2019. Staff and students have been busy preparing alternative activities for Yr 8 and 9 students. Some of these activities have taken them to Erindale. Thanks to the many restaurants in our local area who have agreed to host our students while their new learning spaces have been under construction.



Janelle Maas

Food & Textiles Coordinator



LANGUAGES FOOD ACTIVITY

A Food Technology and Language cross-curricular class was conducted under the supervision of Janelle Maas and instruction of Taichi Ishikawa on Friday 16 November.

Year 11 and 12 Japanese students enjoyed their last Japanese class learning how to cook Takoyaki (octopus dumplings). Takoyaki is a Japanese festive snack and also a popular family dish. Lachlan Fisher, Darcy Lynch, Han Tran, Annabelle Morton, Zanya Bandebel, Pierce Craswell, and Ashleigh Keating participated in and enjoyed this learning experience. Students made 50 takoyaki balls and they were all eaten very quickly!

Many thanks to Ms Maas for her support and safety instructions.

Taichi Ishikawa

Languages

STUDENT EXCHANGE PROGRAM

Early in Term 1 2019, MacKillop will welcome exchange students from our sister schools in Japan and France to the College.

Our Japanese sister school is located on the Oki Islands, Japan. MacKillop will have 13 students visit us for approximately one week during February. Our French sister school is located in Le Havre, France. MacKillop will have 25 students visit us from 12-26 February.

If your family is interested in hosting an exchange student please email Peter Johnson at peter.johnson@mackillop.act.edu.au to express your interest.

Peter Johnson

International Programs Project Officer

SCHOOL FEES

It is now time to review all existing Direct Debit payments for 2019. If you currently pay fees by Direct Debit please email jayne.limbrick@mackillop.act.edu.au in the Accounts Office for a new calculation of payments.

Bpay calculations are also available for parents choosing to pay by this method.

Please finalise any outstanding 2018 fees immediately.

Michelle Predovan

Fees Manager

HOMEWORK CLUB

Thank you for your participation in Homework Club at the Padua Campus this year. Thursday 29 November was the last day for Homework Club. Homework Club will be closed for the remainder of the Year.

On behalf of the Learning Commons team, see you next year!

Jessica Stokman

Learning Commons Coordinator

COMMUNITY NEWS

DON'T MISS OUT!



INDIGENOUS ART MARKET - 7 AND 8 DECEMBER

The AIATSIS Indigenous Art Market takes place at Acton Peninsula on 7 December (10am-6.30pm) and 8 December (10am-4pm). Don't miss out! More information is available at aiatsis.gov.au/iam2018

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.

BELIEVE EQUINE COACHING AND TRAINING

A school holiday workshop takes place on 8 and 9 January 2019. This is equine assisted training where horses provide a humbling experience through real time, honest feedback. Horses demand respect due to their size and strength and they are emotionally intuitive as their survival depends on it. Participants have the potential to learn from these intelligent creatures. The participants learn through practical application in the horses' environment where they become part of the herd. They are challenged through a series of practical exercises as individuals and as part of a team. The emphasis is on being present, mindful and respectful of their surroundings. Activities are from the ground and not about riding or horsemanship.

Target group: Young adults in high school outdoor education and leadership programs, community groups/ organisations, individuals interested in personal development programs.

Aim: To give participants opportunity through experiential learning with horses, to develop life skills for personal and social development.

Objectives:

- To identify personal values
- To identify and develop good leadership qualities
- To develop greater awareness of self, others and the environment
- To explore, identify and practice effective communication
- To develop trust and work co-operatively with others

FB: Believe Equine Coaching and Training • Email: believeequinetraining@gmail.com
Call Lisa on 0411558604 for more information.



SIBLING DISCOUNT FORM

Catholic Education offers a discount on Tuition fees to siblings who are attending St Mary MacKillop College and one or more of the following schools:

- Merici College
- St Clare's College
- St Francis Xavier College
- St John Paul College

If you have a student attending any of the above Colleges, as well as having a student at St Mary MacKillop College, please complete the section below and return it to the Accounts Office for the sibling discount to be applied to your account in 2019.

Please note that you do not need to fill in the form below if all siblings are attending St Mary MacKillop College as they automatically receive the sibling discount.

If you have any concerns regarding this matter, please contact the Fees Manager on 6209 0147.

NAME: _____

Address: _____

STUDENT'S FULL NAME	SCHOOL ATTENDING IN 2019	Year Group 2019

PLEASE RETURN THIS FORM TO THE ACCOUNTS OFFICE **BY 7 December 2018**



St Mary MacKillop College

School Shoes

In terms of footwear, the expectation is traditional, black, leather, lace up, polishable school shoes. Suede shoes and black joggers are not acceptable for safety reasons. Elevated shoes and platform heels are not a part of the College uniform. The sole should be no more than 2 cm high and the heel 3 cm. Buckle shoes, canvas shoes, ballet shoes, cloth shoes, and slip on shoes are NOT permitted.

Traditional school shoes are leather, have a heel, a sturdy upper and a sole of sufficient density to ensure safety in the differing learning areas where students work.

Shoes which do not meet the College criteria:

- do not cover all of the upper foot
- are not polishable
- do not have a heel
- have a thin sole
- are not robust enough to protect the top of the foot



THIS CHRISTMAS, YOUR SUPPORT CAN MAKE WISHES COME TRUE.



Get involved through your school.

Support the Vinnies Christmas Appeal at school
or visit vinnies.org.au/getinvolved

 **Vinnies Christmas Appeal**
St Vincent de Paul Society
good works

insights

Technology holiday guide for parents

by Martine Oglethorpe



As holidays approach, the role that screens and devices will play becomes an increasing concern for parents. Days when kids are usually tied up with school and activities make way for many an idle hour and, as such, parents fear those hours will be spent largely engaged with a screen or gaming console. While there is certainly no harm in some well-balanced screen time and developmentally appropriate online activities, we must remember that, as parents, we have an important role in helping our kids manage and balance that screen time. Here are a few things we can do:

Understand the battle

It is important parents know the beast they are dealing with. It is easy to shout from another room to get off a screen or whinge to our friends that 'kids of today' are all addicted to their phones, but we need to recognise the pull that many of these devices have. The social networks are designed to keep us liking, commenting and sharing. The games cajole us into having 'just one more' turn at being the last man standing. These technologies tempt us to reach just one more level, or to scroll for just a few minutes more. Our brains experience a dopamine release and a sense of insufficiency when we use a device. There is always something else to do or something else to scroll through, or one more YouTube video to watch. So our kids are up against it when trying to control their time on a device. We need to help them with that.

Get outside

We can complain that kids never go outside and play anymore, but sometimes we have to physically get out there with them or offer opportunities in which being outside and active play are appealing. We have to work a little harder at this today because we are competing with a device that answers many of our kids' perceived needs. We need them to know that their needs are greater and more varied than what their screens can offer.

Have some rules

Despite their apparent dislike of rules around technology, kids will (one day) appreciate having boundaries to help them manage their screen time. Rules can be established regarding time limits, devices in bedrooms, device-free meal times, etc. Whatever you decide is important, be sure that you have those discussions with your kids. And any discussion around rules or consequences should happen away from the screens so they are clear on the expectations. (Talking about their screen-time habits while they are just about to be the last man standing on Fortnite is probably not going to make for engaging conversation.)

One console on one television outside the bedroom

Having only one television that is connected to a gaming console or to Netflix is a good way of ensuring that the

device gets shared and one child doesn't monopolise the screen. And leave consoles out of bedrooms where the appeal of just one more quick game can very quickly rob them of important sleep time.

Role model

Make sure you are showing your kids how you want them to be. Have times when the devices are put away and you give full attention to the people around you. Don't answer calls or emails at the dinner table. Don't fall asleep with a device landing on your forehead. Take time to get outside and do things active and in nature. Don't ever use a phone while driving. Use the Screen Time feature on iOS products to monitor just how you are using your technology and whether you could be making some changes. Kids learn more from what we do than what we say.

We know the technology isn't going anywhere, and we know there are many wonderful benefits that screens provide. But ensure that holidays and downtime hours can be filled with many different experiences and in ways that leave your kids in control, even if you have to work a little harder to give them that.



Martine Oglethorpe

Martine Oglethorpe is an accredited speaker with the Office of the eSafety Commissioner and has presented to numerous parent groups, schools and teachers. She is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Contact details: info@martineoglethorpe.com.au, themodernparent.net, facebook.com/themodernparent