



MacKillop

St Mary MacKillop College Canberra

COLLEGE
NEWSLETTER

NO. 20

19 DECEMBER 2018



YEAR 12 RESULTS

PAGE 3-5

Year 12 Tertiary students received their ATARs on Friday last week, with some extremely positive results for the Class of 2018.

GRADUATION

PAGE 6

To celebrate their graduation from the College, Year 12 took part in the Graduation Mass and Formal on Friday 7 December.

FRANCE TRIP

PAGE 7

Students are about to return home from their trip to France. Find out what they've been up to while they've been away.

UNEDJAMACATED

PAGE 8

Students will team up with Mr Margosis to perform at the Canberra Comedy Festival in 2019. Tickets are now on sale!

MERRY CHRISTMAS!

PAGE 11

With the school year over, we look forward to the holiday period. Mr Moyle provides us with a brief Christmas reflection.

2019 TERM

DATES

Dates are provided by Catholic Education and are subject to change.

MON 04 FEB

- Year 7 commences
- Years 10, 11, 12 commence

TUE 05 FEB

- Years 8 and 9 commence

FRI 12 APR

- Term 1 ends

MON 29 APR

- Term 2 begins

FRI 05 JUL

- Term 2 ends
(Years 11 and 12 finish after Exams)

MON 22 JUL

- Term 3 begins

FRI 27 SEP

- Term 3 ends

MON 14 OCT

- Term 4 begins

THU 19 DEC

- Term 4 ends
(Years 10-12 will finish by early December)

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



Lord, keep us close to Your manger this Christmas. Amen

Dear families, students and friends,

YEAR 12 RESULTS 2018 - YIPPEE!

Regular readers of the last newsletter of the year may well be accustomed by now to analysis and reflection on our Graduating Class' Year 12 academic achievements and the regular presentation of data showing numbers and placings, etc. However, this year, the shared joy of the year group has rubbed off on me.

Readers would also know that I am enormously proud every year of the achievements of the Graduating Class and the reflection of those achievements on our staff and culture. The Class of 2018, by their hard work, respectful relationships with teachers, their contribution to academic competition, and their refusal to accept less than their best, have achieved well beyond their own expectations. **Many of the class now have a greater range of options for higher education and workplace training beyond Year 12.** The importance of this should not be underestimated!

As importantly, each of those students has now left school in the certain knowledge that when every effort is made, when perseverance has been employed, when their best has been regularly given, achievement beyond statistical and personal expectation is found.

I would like to congratulate every Year 12 student and their teachers for the many positive outcomes they achieved:

- **College Dux: James Crispin (ATAR 99.90)** achieved the highest ATAR in Catholic education in the ACT (shared). This is the second highest possible rank in Australia. We wish James every success in Medicine at the university of his choice.
- **Lauren Crispin (ATAR 99.70)** got the 2nd highest ATAR this year for MacKillop and one of the highest in the city. Lauren will be pursuing Veterinary Studies at the university of her choice.
- 8% of the tertiary cohort achieved an ATAR of 95+
- 14.6% of the tertiary cohort achieved an ATAR of 90+
- 37% of the tertiary cohort achieved an ATAR above 80
- The College median of 75.35 is up four points on last year
- Again, MacKillop students have achieved a huge number of VET certificates, off a smaller cohort than usual.

Among these results are some of the highest ATARs in the country. We also had some students achieve ATARs in the 60s who now have the option of tertiary study open to them. This is what we would expect and want for a Catholic school for all.

I would like to congratulate students right across the city on their achievements. Importantly, they got there by their own endeavours and ability, through the support of those who love them and the talented and dedicated teachers in their schools.

SOPHIE HIGHMORE - OFF TO NIDA!

The Performing Arts Captain, Sophie Highmore (Mary Poppins 2018), has been invited to study at the National Institute for Dramatic Arts (NIDA), commencing in 2019. This is a splendid invitation rarely offered to students straight out of school and Sophie is warmly congratulated indeed. For those of us who have watched Sophie perform in College musicals and Variety Nights, as well as general public productions, we know of the depth and maturity of her talents. What is not widely recognised is the extensive leadership in the performing arts that Sophie provided many younger students at MacKillop and in our Catholic primary schools. I'm sure the entire MacKillop community thanks Sophie for her contribution to the vibrant performing arts program at the school and wishes her well for her future on stage and screen. I look forward to boring everybody I know stupid when I'm in a nursing home by telling them all about her when we were at MacKillop together (and you know I will)! No doubt, so do many of you!

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL



STUDENT REACTIONS TO THEIR ATARS



JAMES CRISPIN

"I'm incredibly happy and overwhelmed - I never thought I would get a score this high. While this has changed my preferences, in terms of the university I might go to, I will still study Medicine to become a doctor. I put in lots of hard work but the AST results of our year group also made a difference. You can do really well at MacKillop and the marks really suggest that. Huge thank you to everyone for all the support."



SARAH PURCELL

"I was really nervous because I was banking on getting over 90 for my first preference of doing Engineering at ANU. I like that Engineering is mentally engaging but also caters for creativity. I like the idea that I could invent things that might make our lives better. I think a lot of our success comes down to our year group doing well in the AST. I'd like to give a massive shout out to some of my teachers and to thank them for getting me over the finish line."



NICOLE MORRIS

"I've got some life choices to make! I have lots of options now - I just don't know what to do with those options! I chose subjects because I liked them and then I did really well in those subjects. There have been a few teachers who really pushed me to achieve. They had really high expectations of me and I felt like I needed to do well for them. I'm really glad they did push me to do my best because without that I wouldn't have achieved this score."



AISLING KINSELLA

"I got my 2018 ATAR results and they were significantly better than I thought they would be! I would have been happy with something in the 80s but I managed to get a 95.7! I want to do journalism but I will probably go to ANU to do an Arts/Science double degree. I've had such amazing teachers who have been rooting for me and have dedicated so much time to helping me draft and helping me fix assignments. Without that I might not have had the drive to put so much effort into my assignments. I'm so happy!"



LAUREN CRISPIN

"I was hoping to get a 97, but didn't necessarily expect to get that high, and I ended up with 99.7! I want to do Veterinary Science and my ATAR will help me get into that degree at Sydney University. I put in hard work and had lots of support from my friends and teachers and I chose courses that I enjoyed. Everyone worked together to do well in the AST. Thank you to everyone for your help and support!"



ISAAC MILNES

"I found out my ATAR online and realised all my hard work had paid off. I'm excited for the future. My score went up 16 points and it's changed what I can do next year. I want to do Teaching but this has definitely opened more doors. Year 11 was a massive change for me and when I realised I needed to do more I met with my teachers and they told me what to focus on. I think I met that criteria and then I just tried my hardest and I got there in the end. I'm very happy!"



HARLEEN KAUR

My ATAR ended up around 14 points higher than my estimate. My teachers could see I was disappointed with my first ATAR estimate and I started doing tutoring and also kept doing community service, which helped me get an early offer into a course. Now I can do something even better! I'm feeling overwhelmed - I had to go home and change all my preferences for university! I was going to study a Bachelor of Science but now I can do Medical Science at a university of my choice.



DANIEL WALLIS

"I put in a lot of hard work so I am pretty happy with my result - getting 96 is pretty good! It means I can get into courses that have Honours and this has just given me more options. I plan on doing a Bachelor of Science. I want to say thanks to MacKillop for being an awesome school!"



SOPHIE HIGHMORE

"I was expecting 73-78 and ended up with 88.3. I was shocked and surprised, but very happy! Even though I'm moving to Sydney to study at NIDA to study Musical Theatre next year, which was based off auditions, I worked hard for my ATAR. MacKillop has been the best school, especially the teachers. My close relationship with the teachers has been one of the reasons I've enjoyed my time here as well as the close community and friendships - it's been amazing."

YEAR 12 RESULTS



YEAR 12 PERPETUAL AWARDS 2018



Sophie Highmore

THE PRINCIPAL'S AWARD
(JOINT-WINNER)



Lochlan Hattch

THE PRINCIPAL'S AWARD
(JOINT-WINNER)



Elle Caldwell

ST MARY MACKILLOP AWARD
FOR CHRISTIAN LEADERSHIP



James Crispin

SR NOELENE QUINANE AWARD
FOR ACADEMIC EXCELLENCE



Richard Liang

ROHAN SCHULTZ 'PER
ARdua AD ASTRA' AWARD



Aisling Kinsella

TENISON WOODS STUDENT
CHOICE AWARD



Sarah Purcell

JODIE HIGGINS CALTEX BEST
ALL-ROUNDER AWARD



Sophie Highmore

ST MARY MACKILLOP COLLEGE
CREATIVE ARTS AWARD



Amber Brophy

TEGAN BLUNT SOUTHERN
CROSS SPORT AWARD

BSSS AWARDS



James Crispin

THE BSSS AWARD FOR
ACADEMIC ACHIEVEMENT



Aisling Kinsella

THE BSSS AWARD FOR
VOCATIONAL STUDIES



Jasmin Statham-Smith

THE BSSS AWARD FOR
COMMUNITY SERVICES



Sophie Highmore

THE BSSS AWARD FOR
PERFORMING/VISUAL ARTS



Dominic Holgate

THE BSSS AWARD FOR ABORIGINAL
& TORRES STRAIT ISLANDER
ACHIEVEMENT



YEAR 12 GRADUATION MASS AND FORMAL

The Year 12 Graduation Mass and Formal were both held on Friday 7 December. In the morning, the Class of 2018 gathered at Holy Family Church to celebrate the Eucharist and give thanks for the past six years at MacKillop. Members of the community prayed a blessing over the Graduating Class as the students prepare to take the first step in their journey beyond school. After Mass, the winners of the College's Perpetual Awards were announced.



The Year 12 Graduation Formal was held at the Australian Institute of Sport in the evening. Prior to the three-course dinner, students were presented with their Graduation Certificates during the graduation ceremony. After the formalities, students and guests took to the dance floor for one last time. It was a great way to mark the end of Year 12's time at MacKillop. All the best, Year 12!



FRANCE TRIP

Greetings from France! Under the watchful eyes of Mrs Fletcher, Ms Thorp and Mr McCombe, 20 students from Years 9, 10 and 11 are currently exploring Northern France. So far, we've climbed the Eiffel Tower, gotten lost in the Louvre, explored the city of Versailles and even sustained a little bit of frost bite from the ferociously cold wind. For the past 10 days, we've been staying with host families from our sister school in Le Havre, St Joseph's. Every single one of us appreciated this opportunity, taking away valuable life lessons.

- "I've never been more grateful for my family." - Angie McLeish
- "The food was très bien." - Audrey Kent
- "It has been a great opportunity to improve my French in a patient environment." - Ellen Scott

Going to school in a French environment really tired us out, with most of us starting school at 7:30 and finishing at 5:30. Despite the severe home sickness, it was an amazing experience and we already miss our new friends.

For the past couple of days we've steered away from the "basic tourist itinerary", and started looking more at the historic side of things. We've explored memorials, museums and cemeteries from World War I and World War II, including the D-Day landing beaches and the futuristic Sir John Monash Centre, at the Australian National Memorial and Cemetery, Villers-Bretonneux. With a few days left, we are all missing our families very much, but I'm sure we'll be very sad to say good bye to this beautiful country. Before we go home, we'll spend a day at Paris Disneyland - the happiest place on Earth!

As for those staying on for another month in Le Havre back with our host families, Ellen Scott, Analise Jones and myself, we'll wave goodbye to everyone, and head back to school for the rest of our summer school holidays (at school!). Au revoir France!

Chazney Wells
Year 10

2018 AWARDS

Congratulations to the following students who won major awards for 2018:

YEAR 7

MacKillop Medal for Witness to the College Vision: Nila Ranjith
Penola Award for Academic Achievement: Freia Huber
Sportswoman of the Year: Jessica Lemon
Sportsman of the Year: Macus Bateup

YEAR 8

MacKillop Medal for Witness to the College Vision: Nikolas Dulevski
Penola Award for Academic Achievement: Annabel Aldred
Sportswoman of the Year: Chloe Arnold
Sportsman of the Year: Luke Cargill

YEAR 9

Paul Butz 'Omnia Optime' Award: Lilly Vassallo
MacKillop Medal for Witness to the College Vision: Elizabeth Leary-Ryan
Penola Award for Academic Achievement: Kira Tawton
Sportswoman of the Year: Tyra Petersen
Sportsman of the Year: Jack Battye-Matheson

YEAR 10

MacKillop Medal for Witness to the College Vision: Oliver Bryson
Penola Award for Academic Achievement: Charnseya Wells & Caitlyn Williams
St Mary MacKillop Award for Christian Leadership: Emma Smith
All Rounder Award: Caitlyn Williams
Sportswoman of the Year: Kiralee Eppelstun
Sportsman of the Year: Benjamin Anderson
ACU Most Improved Award: Breah Hart



TICKETS ON SALE FOR 'UNEDJAMACATED'

Some of our students, along with Mr Jeremy Margosis, will perform at the Canberra Comedy Festival in 2019. Come and see the next big things in stand up, musical and sketch show comedy as Canberra's finest new wave of comedians prove that being Unedjamacated is a full time job in itself. The show features students Ashy Kinsella, Tayla Harnas, Robert Kjellgren, David Hiscock, Cale Merriman, and Audrey Kent.

Tickets are now available for the event, which will take place on Wednesday 21 March 2019 at 7pm.

<http://canberracomedyfestival.com.au/event/unedjamacated/>



HOSPITAL PARTNERSHIP

Year 10 students visited the Canberra Hospital at the end of November as part of the partnership formed between MacKillop and the Canberra Hospital Foundation that aims to maximise opportunities for students to be involved in charitable activities as well as promoting an awareness of how the Canberra Hospital supports the wider community. Year 10 students assisted sorting knitted goods and Christmas toys in the donation station as well as working as "wayfinders" throughout the hospital.

Monica Bailey

Director of Student Wellbeing, St Peter's Campus

CAT AWARD NOMINATION

In addition to the four nominations our 2018 Musical received for Canberra Area Theatre Awards, it has been announced that Mrs Amanda Knott and Mr Stu Thompson (Infinite Lights and Sounds) have been nominated in the category of Best Set Design. This means that MacKillop is up for five awards for its production of *Mary Poppins Jr.* The winners of the CAT Awards will be announced at the Awards Ceremony in 2019.

ARTIST IN RESIDENCE AWARD

Congratulations to our Artist@MacKillop, Smalls, who recently won 'Highly Commended Outstanding New Talent in the Youth Work Sector' Awarded by the ACT Youth Coalition at the annual 'YOGIES'.

LAST POST CEREMONY

Students Conner and Patrick O'Leary (Year 7), Danica Crombie (Year 8) and Amy Scott (Year 8) participated in the Last Post Ceremony at the Australian War Memorial on 6 December. In front of RAAF 1RTU, the WOFF Training course for Navy, AWM Director Brendon Nelson, and members of the public, these students represented our College in a simple, but reflective component of the Ceremony by laying a wreath. The students were left to decide on how they would lay the wreath, and what to write on the card. This card will be kept in perpetuity by the AWM.

The words they chose were: *'We remember and respect those that have Fallen, St Mary MacKillop College, 6/12'*



MARKET DAY

Market Day on the Padua Campus was the final fundraising event for 2018. The activities and stalls organised by each PC class were a great success with the money raised by each stall contributing to the fundraising tally for each House. The response from students to the afternoon was extremely positive and there was a great community atmosphere and spirit. The event raised \$ 6406.45 to be shared equally by the House charities. Congratulations to Jeremy Margosis and the SRC for their organisation of this end of year event.



CHARITY SHIELD

Students have wholeheartedly supported the College charities throughout the year and in doing so raised over \$40,000.

The House Charity Shield is awarded each year to the House who has raised the most money for Charity across both campuses of the College. The winners of the Charity Shield for 2018 were announced after the end of Year Mass on the Padua Campus last Friday. Congratulations to Ngadyung who won the shield for the third time in the last four years.

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. An information page 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



COURT EXCURSION

Year 10 students worked right up until the end of the year and the Year 10 Civics class celebrated this commitment with an excursion to the Magistrates Court and High Court of Australia. Students were excited to observe the laws they had learned about in the classroom being enacted in our community and were grateful to the staff at the courts who took the time to give them largely unfettered access to the facilities in both buildings.

A highlight of the day was exploring the rooms kept for those serving on a jury, and hearing from the court sheriff about how citizens are selected and screened for this role. It can be safely assumed that we have a whole class of students who are now eager and ready to serve their civic duty, should it arise!

Alyce Stratigos

SOSE

ITALY VISIT

Last week I had the opportunity to go to our sister school in Padua, Italy for a week, though it was not with a school trip. Thanks to Lorenzo for hosting me and thank you to Mr Johnson for helping my family to organise this.

School in Italy is completely different to school in Australia. Students in Italy attend school six days a week and the hours vary per day. The maximum is six hours and the minimum is four. Then everyone goes home via walking/biking, the metro or a bus. They only have one break during the day. With school starting at 8:10, I needed to be at the bus by 7, as Lorenzo lived outside of Padua. Additional to school, students also have up to four hours of homework a day. Meals in Italian schools are also entirely different to school meals in Australia. In Italy they have vending machines all around the school with lots of different types of drinks and coffees. Not many people eat food at school as it ends at 1:15pm and you can go home to eat.

The city of Padua has half the population of Canberra, but built in a way that it feels a lot more crowded than it actually is. Every alleyway leads you to another square with little stalls filled with all sorts of different items to buy especially because of all the Christmas markets when I was visiting. It is a quiet, quaint, and beautiful city. Padua students are due to visit mid next year, and I am looking forward to catching up with my newfound friends.

Toby Mayne

Year 9

SCIENCE OLYMPIAD

The Australian Science Olympiads are a national program for top performing secondary science students to extend themselves way beyond school science. The Australian Science Olympiad Exams are open to Year 10 and 11 students and test students' knowledge, critical thinking and problem solving skills. This year, MacKillop had a number of students sit the 2-hour exams in Biology, Chemistry, Earth & Environmental Science and Physics. The Science department congratulates all students who sat the exams and is pleased to announce that our students have received a number of merit certificates for achievement:

- Caitlyn Williams (Year 10) – Distinction in Earth & environmental Science
- Portia Thompson (Year 10) – Credit in Earth & environmental Science
- Audrey Kent (Year 11) – Credit in Earth & environmental Science
- Georgia Opie (Year 11) – Credit in Earth & environmental Science
- Cari Forster (Year 11) – Credit in Biology
- Jeremy Blick (Year 10) – Credit in Physics
- Charnseya Wells (Year 10) – Credit in Physics
- Mykal Marsham (Year 10) – Credit in Physics

Tristan Burg

Science Coordinator, St Peter's Campus

Merry Christmas

and enjoy the break!

A CHRISTMAS REFLECTION

As I contemplated a Christmas reflection for this year a number of thoughts came to mind, through anecdotes containing deeper meaning and the like and so I began writing. A fair few hundred words in, my inner voice told me to stop, to keep it simple; like liturgy preparation, work with a minimalist approach as it often produces the deepest meaning; this year, just break it down as simply as possible.

"For God so loved the world that he gave his only Son" (Jn 3:16)

He was born of love
He dwelt amongst us in love
He died for love
He rose by love

May the perpetual light of Christ's love shine through us and light the world this Christmas, and always. Amen.

May you and your families and loved ones have a holy and merry Christmas, and a relaxing and happy New Year.

Jonathan Moyle

Assistant Principal Faith Leadership

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 in the Accounts Office at jayne.limbrick@mackillop.act.edu.au 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

TRANSPORT CANBERRA BUS CHANGES

Transport Canberra has advised that the Minister for Transport, Meegan Fitzharris, has announced the new Transport Canberra bus network will begin in April 2019 - ready for Term 2 of the 2019 school year.

This network change will occur on Saturday 27 April 2019, with new school services starting on the first day of Term 2, Monday 29 April 2019.

New timetables will be released and published in early March 2019. This will allow schools, parents and school children to prepare themselves for the network change and plan their journeys with certainty. It will also avoid confusion which may be caused with multiple timetables being in the public domain ahead of the start of the school year.

COMMUNITY NEWS

CORPUS CHRISTI PARISH CHRISTMAS MASS TIMES

- Christmas Eve: 6pm, Sacred Heart Church, Calwell (outside)
- Christmas Day: Midnight, Holy Family Church, Gowrie
- Christmas Day: 9am, Holy Family Church, Gowrie

CANBERRA SCHOOL OF TENNIS

Summer Tennis Holiday Camps take place in January at The Pines Tennis Club, Chisholm and Weston Creek Tennis Club. For information and bookings, visit csot.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.

CARERS ACT

Imagine how hard it is for a child to every day look after a parent living with a long-term illness or disability. Instead of doing schoolwork and hanging out with friends, many young carers spend their time instead caring, cooking, cleaning, shopping, paying bills, looking after younger siblings. If you wish to help support young carers, visit carersact.org.au/donate or call 6296 9900.

OZCODE CODING AND ROBOTICS HOLIDAY PROGRAM

OzCode Academy has a number of different coding and robotics programs during the holidays. Southside events will take place at Woden Library, Phillip, on 17, 18, and 21 January. Visit www.ozcodeacademy.com for information.

ETIQUETTE AND GROOMING COURSES

Victoria's Models has a range of courses in January, including Grooming, Deportment & Etiquette and Advanced Modelling. Visit www.victoriasmodels.com.au for information.

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.

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 **ASAP**



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



insights



Five forgotten mental health habits to promote in young people

by Michael Grose



Young adolescents are at increased risk of experiencing mental health problems including anxiety and depression. Now is the time to make good mental health habits a priority for your young person. And while there's been a great deal written about mental health habits recently, here are five habits worth developing that often go under the radar.

1. Maintain at least two friendships groups

Navigating social groups can be hard work for children at this stage. It helps to have a set of friends outside school to act as a buffer if friendship difficulties arise at school. Encourage your young person to maintain different friendship groups rather than opt for just one or two special friends.

2. Provide a space of their own

Young people of this age need a space of their own at home – somewhere that they can reflect on and process events. We all need this, but the need seems greater during this stage.

3. Talk about their troubles

A problem shared is a problem halved. Talking about what's worrying you is a great way to remove the burden of worry and reduce anxiety. Gently encourage your child to be open with you, or to at least share their concerns with a trusted friend.



4. Develop interests that energise rather than drain

Encourage your young person to have a hobby or activity that energises them, refreshes them and takes them away from the stresses of everyday life. These types of activities include sport, art, music and collecting. They are generally physically healthy or creative activities that enable a young person to relax and get away from their normal routines. Having opportunities to relax and get away from the stress of everyday life is essential.

5. Make mealtimes regular

There's a strong correlation between good mental health in young people and families that have a minimum of five shared mealtimes each week. As their life becomes busier and increasingly taken up with peers, school and outside interests, a regular meal with the family provides young people with the opportunity to catch up with their parents and siblings. Shared meals also provide parents with the chance to assess their young person's mental health in an unobtrusive way.



There's never a better time than the present to foster good mental health habits in young people. But of course if you're concerned about your young person's ongoing mental health, see your GP, a school councillor or a health professional.



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.