

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume 3 2019

8 MARCH

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Coming

Up

MON 1 1 M A R

- Canberra Day Public Holiday

TUE 1 9 M A R

- Year 11 Retreat departs

THU 2 1 M A R

- Athletics Carnival

MON 2 5 M A R

- Year 7 Immunisations

TUE 2 6 M A R

- Year 7 Immunisations

WED 2 7 M A R

- Year 7 Community Day

FRI 1 2 A P R

- Last day of Term 1
- Easter Liturgies

MON 2 9 A P R

- Term 2 begins
- Parent/Teacher Interviews (St Peter's)

Contact Us

Contact Details



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

Socials



www.facebook.com/
mackillop.act



www.twitter.com/
mackillop_act



www.instagram.com/
mackillop_act



www.youtube.com/
stmarymackillop

Principal's

Letter



Dear families, students and friends,

OPENING MASS

Congratulations to Mr Jonathan Moyle (AP Faith and Mission), Mr Ben Bowman, Mrs Kim Maloney, Maintenance, Sound and Lighting, and all who arranged for a deeply moving community celebration of Eucharist at the Opening Mass. Fr James Antony, our College Chaplain, led the liturgy with deep reverence and modesty, providing a challenging and engaging homily for the school community and congregation. It was very reassuring to see so many Catholic primary schools and secondary schools present at the liturgy. The real joy of the occasion lay in the solemnity and in the willing participation of the students. Thank you to past students, parents, Board members, and other members of the community for being with us.

COLLEGE SWIMMING CARNIVAL

A record participation of students at our 2019 Swimming Carnival took the atmosphere and spirit of the occasion to fever pitch! The events of tug-o-war, costume, and spirit provided as much excitement as the wonderful performances in the pool. Always a highlight of the College calendar, this year's event did not disappoint!

Congratulations to Mr Matthew Crowe (Sports facilitator) who had responsibility for the organisation of the event. The contribution of staff, student leaders, and House captains should not be overlooked in the success of the event.

THE CRIMINAL CONVICTION OF CARDINAL PELL

There has been a very wide range of responses to the outcome of the George Pell court case – some of it quite moving and courageous, some of it balanced, and some of it disappointing. Last Wednesday morning, I composed a statement (attached on the following page), read it at our Honours Assembly at the senior campus, and posted it on the College website. I am mindful that there is much hurt and confusion in our community and have provided support contacts at the end of the statement for those who may wish to access it.

The purpose of the statement is to provide clarity around the school's position in this matter, rather than commentary. Should anyone wish to communicate their thoughts on this matter with me, they are welcome to email me: Michael.Lee@mackillop.act.edu.au.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

"Always a highlight of the College calendar, this year's Swimming Carnival did not disappoint!"

PRINCIPAL'S PRAYER

Lord,

We pray for Your love and strength as we reflect deeply in this season of Lent.

Amen.



MacKillop

St Mary MacKillop College Canberra

Statement from the Principal

Dear St Mary MacKillop College community,

THE CRIMINAL CONVICTION OF CARDINAL GEORGE PELL

The following statement was made by the President of the Australian Bishops' Council, Archbishop Mark Coleridge, in relation to the conviction of Cardinal George Pell.

"The news of Cardinal George Pell's conviction on historical child sexual abuse charges has shocked many across Australia and around the world, including the Catholic Bishops of Australia.

The Bishops agree that everyone should be equal under the law, and we respect the Australian legal system. The same legal system that delivered the verdict will consider the appeal that the Cardinal's legal team has lodged. Our hope, at all times, is that through this process, justice will be served.

In the meantime, we pray for all those who have been abused and their loved ones, and we commit ourselves anew to doing everything possible to ensure that the Church is a safe place for all, especially the young and the vulnerable."

-February 26, 2019

I am aware that the news from the Victorian Court, announced on Tuesday 26 February, will be distressing from a number of points of view. I am particularly aware that some members of our MacKillop community know survivors of abuse and indifference by clergy and religious and that therefore awful painful memories will again be stirred with this court's decision.

At this school we teach our students to trust, respect and obey the laws of the land and the institutions thereof. We therefore place our trust in the judicial process and hope for a just conclusion.

The College holds survivors of abuse close to our heart and keep them in our prayers. May the love, support and indignation of our community be of comfort to survivors and their families and friends.

Should any distress have been caused, the following agencies can be contacted for support:

Lifeline

13 11 14 • www.lifeline.org.au

Beyond Blue

1300 224 636 • <https://www.beyondblue.org.au>

Yours sincerely in St Mary MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

The College Swimming Carnival

Mindygari and Meup Meup claimed the honours at this year's Swimming Carnival, taking out the Championship Trophy and Spirit Cup respectively on a warm summer's day at Dickson Aquatic Centre.

Mindygari's championship was its second in three years but only its third overall, while Meup Meup won its fourth Spirit Cup on the back of an energetic and enthusiastic showing in the pool, in the stands, and in the novelty events.

Students dressed in House colours or to the carnival theme, *Bring back the 80s*. Music from that famous era mixed with modern hits to help set the scene for a fun day at the pool.

Despite a number of brilliant performances in the pool, no records were broken – the first time this has happened in the history of the MacKillop Swimming Carnival.

While many students participated in races, students cheered from their House areas or took part in novelty events like tug-o-war, dodgeball, or raising funds for Project Compassion at Caritas Corner.

Students are to be congratulated for their teamwork, spirit, high levels of participation, and their displays of athleticism in the pool. Thank you to the staff – especially the new Sports Facilitator, Mr Matthew Crowe – who played a crucial role in making the day a great success.



The Opening Mass

The Opening Mass took place at the Tuggeranong Basketball Stadium on Thursday 7 March. Students and staff of the College were joined in Eucharist by representatives from several schools, former students, parents, politicians, Board members, and a number of past staff members.

The Mass introduced the 2019 College Theme, "Encourage one another and build each other up" (1 Thessalonians 5:11), and that theme was prevalent in the words of College Chaplain Fr James Antony, Principal Michael Lee, and in the prayers and readings by students and members of the community.

At the end of the Mass, Year 7 stood in front of the congregation and received a blessing as the rest of the school officially welcomed them to the College.

Congratulations to Mr Moyle, Mr Bowman, and the huge team of staff and students who planned and coordinated the running of the Mass.



Year 12 Mentoring Day

After the Opening Mass, the Class of 2019 visited the Padua Campus. The Year 12 students were able to catch up with their former teachers at morning tea, listened to talks from Mr Lee and Imam Adam Konda from the Canberra Islamic Centre, and then spent time in the classrooms of the junior campus, where they shared their knowledge with the younger students. Thank you to Mr O'Callaghan and the staff and students of the Padua Campus who hosted Year 12 and made them feel most welcome.

Mathematics Award



Congratulations to Natalie Beere in Year 9 and Samantha Urbaniak in Year 10 on receiving the 2018 UNSW Canberra Prize for Best Female Student in Mathematics for St Mary MacKillop College. This award recognises their performance as well as the incredible effort they have made in their mathematics class last year. Now in its second year, the UNSW Canberra Prize for Best Female Student in Mathematics is awarded to the highest achieving female students in Mathematics in Years 8 and 9 of 2018.

Natalie and Samantha received a \$250 prize upon the presentation of the award. They were invited with their parents to attend the UNSW Canberra Prize for Best Female Student in Mathematics Awards Ceremony at UNSW Canberra on Thursday 7 March.

UNSW Canberra is proud to continue their fifty-year tradition of teaching in preparation for the Science, Technology, Engineering and Mathematics (STEM) professions in Canberra. STEM jobs are growing faster than any other sector, but females represent only 16% of the STEM workforce. The number of female undergraduate students commencing a STEM degree at UNSW Canberra has increased by 57% in the past five years, and UNSW Canberra is committed to continuing to reduce the gender gap.

In addition to their award, UNSW Canberra would also like to encourage both Natalie and Samantha to continue with their studies in Mathematics and other STEM disciplines. Natalie and Samantha have been offered a \$5000 undergraduate scholarship if they plan to enrol in a Bachelor of Engineering as a civilian student at UNSW Canberra, within two years of completing Year 12.

Anna Keppel & Jonathan Chandra • Mathematics Coordinators

GRIP Leadership

On Monday 4 March, the Padua Campus SRC went to a GRIP Student Leadership Conference at the Australian Institute of Sport where we met many other student leaders from other schools around Canberra and NSW. This was a great way to learn how to work in a team, find our strengths and make a difference to our school community.

Carly Lyons • Padua Campus Captain



UNEDJAMACATED



Another show for *Unedjamacated*

The MacKillop team that will perform *Unedjamacated* at the Canberra Comedy Festival is excited to announce that it has been given a second show after its original show became the first local and Australian act in the whole festival to sell out!

The Canberra Comedy Festival has granted *Unedjamacated* an encore show on Friday 22 May, starting at 5.30pm. Tickets are now available at the Canberra Comedy Festival website.

Unedjamacated will be performed by Mr Jeremy Margosis and a band of senior Drama students - Ashy Kinsella, Robert Kjellgren, Audrey Kent, Cale Merriman, David Hiscock, and Tayla Harnas.

The first show, which is now sold out, will take place on Wednesday 20 March from 7pm in the Courtyard Studio at the Canberra Theatre Centre. Fortunately, patrons who missed out on tickets to the first show have an opportunity to see the act on Friday 22 March.

Jeremy Margosis • Humanities & Drama

National Youth Science Forum

The National Youth Science Forum (NYSF) is a not-for-profit organisation that runs a number of programs to encourage young people in their passion for science. Applications are now open for Year 11 students to apply for their flagship 12-day residential program designed to give students a broader understanding of the diverse study and career options available in STEM and to encourage continued studies in these fields. At this Program, run in January 2020, participants will:

- visit science and technology related laboratories and facilities,
- go on site tours,
- listen to lectures,
- take part in workshops,
- go to social events, and
- participate in group activities that improve communication and presentation skills.

Year 12 Student Maxwell Mayberry was a successful applicant and was awarded a place at the January 2019 program:

"The NYSF is one of the best experiences I've had in my life. If you're a fan of Science then you should go. I went to 10-day NYSF event in Canberra which was hosted at the ANU and I was put into the Computer Science group. They also give you access to many different labs, depending on what city you go to. At first I thought this was a bad thing as I'm into Physics but the new experience gave me a newfound appreciation for science and helped me decide what career path to choose.

I highly recommend the NYSF for those who are unsure of what they want to do with their future as it can help provide a new perspective. It's not just about science, however, as they give you many opportunities to be sociable, where you can mingle with scientists who are top of their field."

- Max Mayberry

If you want to apply head to www.nysf.edu.au and look for the year 12 Program. If you want more information look at this website or go to Mr Burg in the science office.

Tristan Burg • Science Coordinator



Beach Volleyball

On Friday 1 March, 62 senior students went to Lyneham Beach Volleyball courts to participate in the annual Seniors Beach Volleyball tournament. The day consisted of fun in the sun and sand everywhere! MacKillop had a total of 14 mixed teams with three of those teams making it to the finals and only narrowly missing out on a grand final spot. Congratulations to all students who helped make it a wonderful day.

Jen Fahey • PE Coordinator



Student Achievement

Eleanor Stewart (Year 12) has excelled in the sport of cheerleading with an impressive list of achievements. Eleanor was awarded Grand Champion at the DCE National competition – outscoring all teams across all levels. She was also the two-time Australian All Star Cheerleading Federation National champion in 2018 and Pinnacle champion.

Abigail Adera (Year 12) competed in the 2019 Oceania & Australia Junior Triathlon Championships in Tasmania last weekend. Abigail also represented the ACT at the Australian ITU Junior Series on the Gold Coast in December. She will now represent the ACT at the National Championships in Brisbane this May.

Ellen Brown (Year 11) represented the ACT at the National Futsal Championships in January 2019 where her team came runners up, only after losing a penalty shootout to NSW. Ellen also received the 'Female Player of the Year' award from the ACT Boomerangs Futsal club in February.

Katie Williams (Year 8) and Max Curry (Year 9) have both been selected to represent the ACT at April's National Hockey Championships in NSW.

Cyber Safety & Security Presentation for parents

A presentation specifically for parents/carers to learn more about young people and the online environment, and how you can help them to be safe and responsible users of technology will be held at MacKillop on Monday 1 April, at 6.00pm in the Theatre at the Padua Campus. More information is on page 11.

Changes to ACTION School Bus Services

The ACT Government is introducing a new public transport network for Canberra for the beginning of Term 2, 2019. Students who use public transport will need to be aware of the following changes:

- The change to services will include dedicated school services for the commencement of Term 2 on 29 April 2019.
- The new timetable information will be available on line from early March, including an improved online journey planner.
- Information about services for each campus at MacKillop is available online at www.transport.act.gov.au/getting-around/new-network/schools

Therapist-assisted Online Strategies Program

Families of St Mary MacKillop College are offered the opportunity to be involved in a therapist-assisted online program designed to support families managing a student with diagnosed anxiety and/or depression.

Therapist-assisted Online Strategies Program (TOPS) was developed using evidence-based research and is intended for parents whose adolescents are receiving mental health support for anxiety and/or depression. This research will form part of a doctoral research study and has full ethics approval.

Further information is outlined on page 12 of this Newsletter. A Parent Explanatory Statement from Monash University can also be accessed [here](#).

Student Wellbeing: Sleep

What are the Psychological benefits of sleep? And how much sleep should we get? About 20 years of our life time are spent sleeping, but most people don't sleep for the recommended minimum of 8 hours a night. Students who sleep better have been found to get significantly higher grades (about half a grade's difference).

Common sleep mistakes mean people don't gain the numerous health benefits of sleep, or perform to the best of their ability.



BENEFITS OF SLEEP

Getting a good night's sleep has been proven to have numerous benefits to your health and cognitive performance.

CONCENTRATION – a good night's sleep improves attention and alertness.

MEMORY – sleep affects our ability to recall and link information.

INSIGHT – sleep can help your ability to gain the kind of knowledge that has an instant impact on your thinking and behaviour.

CREATIVITY – REM sleep has been proven to be beneficial for creative processes.

YOUR IMMUNE SYSTEM – sleep can help your body to defend against illness.



COMMON SLEEP MISTAKES

Common sleep mistakes prevent us getting the benefits of sleep. These sleep mistakes are:

TELEVISION – watching TV before bed leads to going to sleep later.

NAPPING – napping at the wrong times can effect your ability to sleep at night.

AN IRREGULAR SLEEPING PATTERN – going to bed a different times each night confuses your internal body clock and messes with your sleeping pattern.

USING YOUR PHONE – the bright light from your phone mimics daylight and stops melatonin being fully released, keeping you wide awake.

CAFFEINE – Don't drink caffeinated drinks before bed time or you won't be able to get to sleep!

Source: www.innerdrive.co.uk

Lachlan McNicol • Assistant Principal Pastoral Care

School Fees

Term 1 Fees were electronically sent to family email addresses on 13 February 2019. Fees are to be paid by 8 March 2019 unless paying by Direct Debit or other approved method. If you would like more information regarding Direct Debit payments or have any queries regarding your fees, please contact the Fees Office.

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

Please note that if you are seeking a credit for non attendance at a Camp or Retreat you must provide the College with a medical certificate or seek approved leave from the Campus Head.

Michelle Predovan • Fees Manager

Junior Campus pick-up and drop-off

Parents are advised that the car park in front of St Anthony's Parish Church on Sternberg Crescent is not a designated drop-off point for students. The College has received a number of complaints from parishioners whose access to the church is blocked by parents dropping their students off in the Church car park.

The designated drop-off points are the College basketball courts or the streets surrounding the College, but not the church car park. Your compliance with this request would be greatly appreciated.

Paul O'Callaghan • Campus Head, Padua

Status Awards

Congratulations to the following students who have been presented Bronze Status Awards at the Wanniasa Campus Assembly:

Angela Awwad 7F3, Dylan De Jong 7A3, Aran Moody 7A3, Alexander Murray 7A3

Lachlan McNicol • Assistant Principal Pastoral Care

Community News

WOMEN IN FOOTBALL GALA DAY

Woden-Weston Football Club will be holding the Women in Football Gala Day on Sunday 24 March at Melrose Synthetic Enclosed. All welcome! The day runs from 1pm to 6:30pm and includes a number of activities, prizes, giveaways, workshops, food, and entertainment. For more information, please see the [flyer](#).

KICK 2 KICK 4 A CAUSE

The inaugural Kick to Kick 4 a Cause event took place in 2018 to raise money for Menslink. The event will run again in 2019. A Corporate Challenge will run in conjunction with the 24 hour event on Sunday 17 March. To get involved, visit www.kick4acause.net or view the [flyer](#) for more information.

GROWING GOOD MEN RETREAT - MEN ALIVE

Growing Good Men' is a unique opportunity for dads and their teenage sons to embark on a quest of discovery. A son's relationship with his father can be a powerful guiding force as he wrestles with the questions of what kind a man he is becoming. The most important ingredient in this relationship is time.

The retreat takes place on 5-7 April 2019 at Warrambui Retreat Centre for fathers and boys in Years 7 & 8. The cost is \$400 inclusive of meals and accommodation for a father and son pair. For information or to register, contact Nathan at nathanahearne@mcc.act.edu.au.

PARENTLINE: 6287 3833

Being a parent is the hardest job we'll ever have. All parents at some time experience difficulties and stress. Parentline ACT is a confidential and free telephone and face-to-face counselling and information service. Call Parentline ACT Monday to Friday, 9am-5pm.

BEAUTY AND THE BEAST PRODUCTION

Year 11 students Jake Kalleske and Darcy Kinsella are performing in the Canberra Philharmonic Society's production of Beauty and the Beast. It shows from 7-23 March. Tickets available at philo.org.au/tickets.

ACT GIRLS' BRIGADE

Girls' Brigade is a vibrant community for girls of all ages. It is a relationship building, achievement-based program that incorporates physical, social, educational, and spiritual aspects. www.girlsbrigade.org.au.

REBELS NETBALL CLUB - TUGGERANONG

Registrations for Rebels Netball Club are on in March! www.rebelsnetballclub.wordpress.com.



**THINK
U
KNOW**
.org.au



MacKillop
St Mary MacKillop College Canberra

Comfortable talking to your kids about technology and the internet?

St Mary MacKillop College invites parents, carers, and teachers to the

ThinkUKnow Cyber Safety & Security Presentation

Date: **Monday 1 April 2019**

Time: **6:00PM**

Venue: **Padua Campus Theatre (Mackinnon Street, Wanniasa)**

RSVP: Please confirm your attendance to **events@mackillop.act.edu.au**

Attendance is free of charge.

ThinkUKnow Australia is a cyber safety education program that educates parents, carers and teachers of how people are using technology, the challenges they may face online, and how to help them overcome these in a safe and ethical way. ThinkUKnow Australia is a partnership between the Australian Federal Police, Microsoft Australia, Datacom and the Commonwealth Bank.

The presentation will be delivered by a local law enforcement member and an industry volunteer. The presentation covers issues relating to children and young peoples' privacy and security online, their relationships with other users and their online reputation. It provides insight into the devices young people are using, as well as the popular websites, apps and social networking sites they're accessing.

This is a fantastic opportunity for you to learn more about young people and the online environment, and how you can help them to be safe and responsible users of technology.

For more information, you can visit the ThinkUKnow Australia website:

www.thinkuknow.org.au



TOPS:

Therapist-assisted Online
Parenting Strategies

What is the research about?

The research aim is to evaluate whether our new program, TOPS (Therapist-assisted Online Parenting Strategies) can help parents to support their adolescents who are experiencing anxiety and/or depression.

What is involved?

- Participation only takes a few hours over 12 months
- You & your adolescent complete online surveys at 4 time-points: when you first register, before starting the program, and 4 & 12 months afterwards

You receive:

- Access to an individually tailored online parenting program
- Practical strategies to parent more confidently
- Tailored goals to help put these strategies into practice
- Regular contact with a TOPS-coach via videoconferencing to help you apply strategies to your own situation

To say thank-you, you & your teen will each receive e-vouchers over 4 time points (worth up to \$50 in total per person)

Who can participate?

Parents or legal guardians with their adolescent (aged 12-17 years):

- The adolescent needs to be receiving treatment for anxiety &/or depression from a mental health professional/service
- Have internet access, & consider themselves proficient in English

Interested?

For further information or to register, please click here:

bit.ly/TOPSmain or contact the TOPS team by email at: med-tops.coach@monash.edu



Help your teen
manage anxiety,
depression, & sleep
problems

An online tailored
parenting program

Weekly coaching via
videoconference

Access the program
anytime & anywhere

This study is being undertaken by Monash University, led by Associate Professor Marie Yap, and has been approved by the Monash University Human Research Ethics Committee.

insights

Giving kids scripts for social and school success

by Michael Grose



Recently, I heard my adult daughter rebuke a male friend for telling her that she'd lost weight.

"You just can't say that," remarked my daughter.

Realising his mistake this young man said, "So what should say instead?"

"Tell me I look healthy."

"Hey, you look really healthy!"

"That's better," remarked my daughter, who's not backward in coming forwards.

This young man's scripting was askew. He knew that a male complimenting a female on losing weight maybe no compliment at all, however he didn't know what else to say. My daughter gave him a new script that he can use in similar situations in the future.

This scenario is relevant to parenting. Parents should always looking for opportunities to give their kids the social scripts to express themselves in different situations.

Benefits of providing kids with social scripts

Social scripting wins the parenting trifecta. Giving kids the words to use helps them stay safe; become social and importantly, promotes their independence. Your job as a parent is to wean kids off you. Social scripting is a big part of this process.

So if keeping kids safe, while socialising and developing their independence is important then look for ways to give kids the right words to use. Here are some ideas to get you started.

1. Asking a teacher for help or assistance

Kids often coerces parents to do their bidding with teachers, coaches, siblings and other adults. It's easy to pick up the phone and arrange to meet a teacher or go into your child's room and ask for something on behalf of your child. Take a different approach. "Choose a time when your teacher is free, and then ask her if you can sit at the front of the classroom. You could say...."

2. Entering a game at school

Many kids struggle to enter into a game or activity at school, so they sit on the sidelines and miss out. Consider

coaching a child about how he or she may approach a situation. Suggest that he or she looks for someone they know, and wait for a lull in the game before asking. Social scripting involves timing, not just the words to use.

3. Telling a sibling to stop annoying them

“Jessica, please stop flicking the ruler while I’m watching TV. I find it annoying.” This may work. If not, this child could try, “Jessica, could you flick your rule elsewhere.” It may work. It may not. But it’s infinitely better than yelling, “Jessica, DDDOOOONNNN’TTTT!!!!”

4. Saying No to a friend without losing face

Research shows that many teenagers struggle with peer pressure because they don’t know how to say NO in a way that maintains their status. One strategy is to use an excuse rather than say give an outright NO. “I don’t want to drink tonight because I’ve got football training in the morning.”

5. Expressing their emotions

Both genders can struggle to express their feelings, particularly if they haven’t been taught the words to use at home. Recently, I saw a mother prompt her three year old when he was clearly annoyed.

“Are you frustrated Maxie?”

“Yes, I fusttated!!”

“Would you like a hug?”

“Yessss!”

You’re never too young or too old to be hugged. Just as you’re never too young or too old to receive a social script from a well-meaning parent or friend.



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*.