

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume 7 2019

24 MAY

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Coming

Up

FRI 24 MAY

• Pupil-free day (Staff Conference)

MON 27 MAY

• Reconciliation Day Public Holiday

TUE 28 MAY

• Year 7 Camp Parent Information Session

THU 30 MAY

• Variety Night

FRI 31 MAY

• Last day of Enrolment Period

MON 10 JUN

• Queen's Birthday Public Holiday

WED 12 JUN

• Year 10 Exams commence

MON 17 JUN

• Senior Exams commence

Contact Us

Contact Details



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Socials



www.facebook.com/
mackillop.act



www.twitter.com/
mackillop_act



www.instagram.com/
mackillop_act



www.youtube.com/
stmarmackillop

Principal's

Letter



Dear families, students and friends,

PHILOSOTHON

Congratulations to some of MacKillop's Philosophy students who participated in this year's Philosothon held at Radford College earlier in May. The students were asked to participate in Communities of Enquiry exploring complex philosophical problems such as transient art, inductive reasoning and the problems of consciousness (readers will understand that I have little idea of what any of this is). Our students participated with deep reflection on why reading and research that assisted their informed judgements. This reflected well on MacKillop's philosophy program and on the students themselves.

Thank you to the following students who participated: Mykal Marsham, Hayley Arnold (Year 11), Stephen Burg, Emma Coram and Lana Malone (Year 10), Laura Cooper-Logan and Madison Cameron (Year 9). Thank you to Mrs Leonie Sullivan for bringing the students to such a high level of philosophical understanding.

SEBASTIAN KRIS - RAIDERS DEBUT

Congratulations to Sebastian Kris – a very popular and respected member of the Class of 2016. Through his talent, commitment to training and team and physical skill Sebastian made his debut for the Canberra Raiders first grade side last weekend. All of us at MacKillop and Raiders fans everywhere take real pleasure in seeing Sebastian's talents and years of training so splendidly represented in the lime green.

ENROLMENT PERIOD ENDS 31 MAY

For those of you who have siblings seeking a place in Year 7 at MacKillop in 2020, please complete and submit the enrolment application form as soon as possible and certainly by 5pm 31 May. Each year some families are late with their application, leaving the College with no choice but to place the application on the waiting list. I hate doing this. I am advised that the online enrolment process can take some time and so the sooner it is commenced, the easier it will be.

The College has had very successful Information Nights, Try Day, interviews and parent tours and I am grateful for the interest the broader community is showing in the College. Thank you to everyone who is speaking positively of the school.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

"The College has had very successful Information Nights, Try Day, interviews, and parent tours. Thank you to everyone who is speaking positively of the school."

PRINCIPAL'S PRAYER

Lord,

We acknowledge the first people of this land and their love and care of it since the Dreaming. At this time of Reconciliation, let us learn from their example.

Amen.

COME ONE, COME ALL, TO THE GREATEST SHOW ON EARTH

MACKILLOP PRESENTS

VARIETY NIGHT



**PERFORMANCES!
AUDIENCE PARTICIPATION!
GAMES AND PRIZES!**

**BRING GOLD COINS FOR CHARITY
AND THE CHANCE TO WIN PRIZES!**

**THURSDAY 30 MAY • 7PM
PADUA CAMPUS THEATRETTE**

**TICKETS \$10
FAMILY PASS \$30 (4 TICKETS)
WWW.MACKILLOP.ACT.EDU.AU/QKR**



Cross Country

The Cross Country was held at each capus yesterday, 23 May. All students in Years 7-10 ran the Cross Country, with a number of students from Years 11 and 12 electing to join them.

Ten students from each age group have now qualified for the ASC Cross Country Carnival. The top performer from each age group at that event will be crowned as MacKillop's Age Champion.

Congratulations to Matt Crowe for organising the Cross Country, as well as staff and students who assisted on the day.

Careers Expo

Congratulations to the Careers & VET Coordinator, Ms Karen Hundy, and her team of student records staff, maintenance staff, teachers, students, and support staff for a very successful Careers Expo on Wednesday 15 May. The event gave students the opportunity to look at options for career or further study. Year 10 students and their parents heard from Mr Lee about senior studies at MacKillop and how the College will work with students and families to achieve their chosen pathway.



Climate Change Conference

On 17 May a mix of senior students, along with Mrs Rangwalla, attended a ActSmart climate change conference at Merici college. It was here where we talked about the initiatives taken in workplaces, the government, schools and by individuals to help reduce the impact climate change. We were shown little acts in our community and at other schools to help reduce our carbon footprint, such as reduction of one use plastics and cleaning our environment, to a wider scale of a renewable source of energy and clean transport through electric vehicles. Each school also had a chance to present their own ideas about cutting down carbon emissions released through transportation. Sabina and Lani were MacKillop representatives and presented an amazing report on sustainable travel in Canberra, and the recent issues of the bus timetable. We'd like to thank ActSmart for their insightful presentation and all their actions towards educating and placing action in ACT to eliminate climate change.

Audrey Kent & Georgia Opie • Year 12



NCYWA Fundraiser

Year 11 students Julia Del Bianco, Caitlyn Williams and Ellen Scott are involved with the National Council of Young Women, an organisation which aims to better the lives of women and girls in our community. The students have recently helped to organise a fundraiser at the movies. This fundraiser will support the Safe Shelter charity to expand their services and provide emergency overnight accommodation to Canberra's homeless women during winter. The fundraiser raised \$2200 to support these vulnerable women.

Julia Del Bianco & Caitlyn Williams • Year 11

ThinkUKnow Cyber Safety

In recent weeks students in Year 7 and 8 have experienced a ThinkUKnow Cyber safety presentation. The program will also be delivered to Years 9 and 10 students later this term and in early Term 3. It provides information on the technologies young people use, the challenges they may face, and importantly, how they can be overcome.

The presentations delivered by the AFP cover topics such as social media reputation management, cyberbullying, 'sexting', online grooming, online gaming, inappropriate content, privacy management, identity theft, how to protect your devices, and how to report matters when things go wrong.

Lachlan McNicol • Assistant Principal Pastoral Care

ASC Swimming

At the ASC swimming in April, the College received great results, with 29 of the 32 swimmers achieving at least one personal best time. As a result, the College ranked second in the overall combined point score. Fourteen swimmers progressed to the School Sport ACT Swimming Championships in early May with each of them achieving a personal best time. From this event, seven students have been selected to represent School Sport ACT at the School Sport Australia Swimming Championships in Melbourne in July. The students are Grace Ralston (Year 7), Alexander Murray (Year 7), Lucas Murray (Year 8), Chloe Arnold (Year 9), Riley Hulkonnen (Year 10), Cassiel Galvin (Year 10) and Zoe Strzelczykowski (Year 12). Congratulations and good luck at the Championships.

Cathryn Thomas • Teacher Librarian

Student Achievement

VOLUNTEER AWARD

Ben Walker (Year 11) received recognition at the ACT Volunteering Awards, held at the Arboretum last week. His nomination included the statement, "Ben's commitment to making a difference to the lives of people living with Multiple Sclerosis by creating his annual Christmas lights display has been incredible."

Around the age of 9 Ben started decorating his house with Christmas lights and displays. Each year this has increased in size and for the past three years he has raised money for the MS Society, raising over \$8000 for MS last year.

SPORTS STARS

Trent Buchanan (Year 12) and Tom Shakespeare (Year 10) represented the ACT at the National Schools Baseball Championships in Geelong this month, winning the bronze medal. Trent had the second-best batting average of the Championships and he was named as Catcher of the All-Australian Team, which was announced at the conclusion of the tournament.

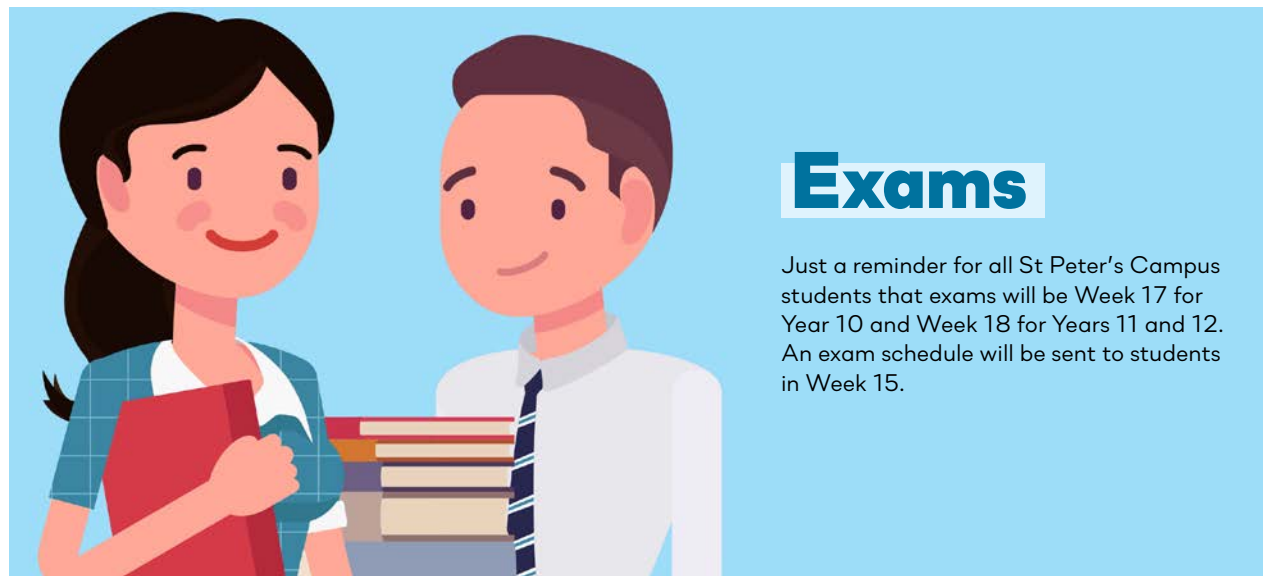
Paterson Trudgett (Year 8) will represent the ACT at the Australian Junior League Baseball Championships in Adelaide next week.

Adrian Georgiadis and Lewis Bell (Year 8) will represent the ACT at the National Judo Competition, which will be held on the Gold Coast in June.

Bridie Harriott, Polly-Jean Eve (Year 7), Bella Cawse, Sean Edwards (Year 8), and Jenna Fisk (Year 9) are currently representing the ACT at the Australian National Gymnastics Championships.

Joshua Mohr (Year 8) represented South Australia in Ice Hockey at the International Friendship Games in Japan earlier this term.





Exams

Just a reminder for all St Peter's Campus students that exams will be Week 17 for Year 10 and Week 18 for Years 11 and 12. An exam schedule will be sent to students in Week 15.

SRC House Charities

The Student Representative Council would like to thank everyone who helped with in out fundraising effort for Caritas. We managed to raise around \$17,000 as a whole school.

The focus of the SRC for Term 3 and 4 are House Charities. In consultation with students, the SRC has chosen the following charities to support in 2019:

Mindygari	Veteran 360
Gurabang	Rise Above
Meup Meup	Ricky Stuart Foundation
Ngadyung	Headspace

In Week 6, Ngadyung will be the first House to hold its charity week. Ngadyung is supporting Headspace, an organisation that provides mental health support for young people.

The SRC and Performing Arts at MacKillop are also hosting Variety Night on Thursday 30 May. Make sure to come along, watch our talented students, and support our House Charities! Tickets are available now on Qkr or from the front office for \$10 or \$30 for a family pass (four tickets). We look forward to seeing you there.

Miguel Sanchez • SRC, Connection and Communications Captain

Year 7 Camp Parent Info Night

A Year 7 Camp Parent Information Evening will be held for interested parents at 6.00pm on Tuesday 28 May in the Padua Campus Library. Some Year 7 students (and parents) may be excited and have little concern about the camp. However, others may have anxieties surrounding particular aspects of the camp or the whole camp in general. The information evening will provide an opportunity for parents to receive an overview of the camp and address any general questions in order to ensure that the camp is accessible to all Year 7 students in a safe and enjoyable environment. All Year 7 parents are invited – please note that the evening is not for the information of students.

Lachlan McNicol
Assistant Principal Pastoral Care

School Fees

Fees for Term 2 should now be finalised unless paying by Direct Debit or other approved arrangement.

Any outstanding fees should be paid immediately.

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

If you require more information regarding Direct Debit arrangements or other approved payment methods or are experiencing difficulty paying the fees please contact the Fees Office.

Michelle Predovan • Fees Manager



Lego Masters

With the increased interest in Lego creative design and engineering, the MacKillop STEAM and Learning Commons teams have commenced a Lego Masters Super Power Challenge. The Lego Challenge will run until August, with the best design being judged during Book Week. The 2019 Book Week theme is 'Reading is My Secret Power.'

Amanda Knott • I-Hum Teacher



War on Waste

Year 7 Integrated Humanities have been looking into how sustainability and livability are connected. After watching an episode of 'War on Waste' where it was revealed 40 per cent of bananas are thrown away by farmers because they are too bent, Year 7 were issued the challenge to eat 'odd' fruit and veggies. Apparently, they taste the same! Who would have guessed?

Amanda Knott • I-Hum Teacher



Da Vinci Decathlon

On Thursday 9 May, 16 students from Year 7 and 8 attended the da Vinci Decathlon at Canberra Grammar School. There were 22 teams in all. We began at 8:15am and competed in 10 activities in three sessions. Session one consisted of Ideation, English, Science and Creative Producers. We then had a short break for morning tea. In session two, the activities included Engineering (where we had to create a table out of paper and tape that could hold at least two science textbooks), art and poetry, maths and cartography. We then had a delicious pizza lunch in the glorious sunshine. To conclude the day, we did general knowledge and code-breaking.

Finishing with the Awards Ceremony, our Year 7 team placed 2nd for Creative Producers, 3rd for Ideation and 4th for Maths. Our Year 8 team didn't do too badly either – we were 3rd for Engineering, 6th for both Maths and General Knowledge and 7th in English.

It was a great experience! We met new people, made new friends and learnt so much! We had an amazing time, especially making the engineering project in which we came 3rd! Although we did not win, we had an extraordinary day and if we could, we would definitely do it again!

Nila Ranjith & Bella Pinzon • Year 8

Do you think it would be awesome fun to construct a table out of paper that has to hold Year 8 science text books? And afterwards getting to flatten it by dropping the books on top of it from a huge height? Well you'd be right, it is! The 2019 da Vinci Decathlon was a great experience. As part of the Year 7 team we got to challenge ourselves with code breaking, nearly (but not quite) insurmountable maths equations and cool cartography problems. And to top off the brilliant day we got free pizza for lunch!

Ryan Williams • Year 7





Forensics Excursion

On Tuesday 7 May, 30 students from Year 10-12 travelled to CIT Bruce Campus to participate in a two-hour Forensic Science workshop run by expert lecturers from the National Centre for Forensic Studies. It was a fantastic opportunity for students to learn more about the skills, technique and opportunities relate to this potential career path.

When we arrived, we received an introduction to forensic science. We were then split into groups to start the hands on activities. Our group began in the fingerprinting lab where we learnt about the chemistry behind fingerprinting. We got to test out the Polilight lamp which is an Australian invention that helps to detect fingerprints. We then moved onto the mock scenes. Some students got suited up in blue forensic bodysuits, booties, masks and gloves which protect them from contaminating the evidence. We then went into the first mock crime scene and noted all the evidence in the room. In the second mock crime scene we learned how they swab blood in a crime scene to identify who was involved and analyse the blood patterns to determine what happened at the scene. After the crime scenes we moved on to learning about digital forensics and how to identify a faked photo. Finally we learnt about face recognition and how to identify someone in 5 seconds. Overall the excursion was fun and educational and gave us a better understanding of how forensic science works.

Catie Selleck and Natalie Hite • Year 11

Guest Presenters

Students on the Padua Campus have been fortunate to hear from a number of guest presenters recently.

Madeline Mitchell spoke with Year 7 classes about careers in science, specifically her current research on plant molecular physiology and biotechnology. She is working to develop novel crops for more sustainable agriculture. Madeline's current project aims to enhance the properties of cotton to create biodegradable and renewable alternatives to artificial fibres.

Three Year 9 Science classes welcomed guest speaker Rebecca Hundy from the Communicable Disease Control section for ACT Health. Throughout Term 1 students studied a biology unit with an assignment that focussed on Travel Diseases and Human Immunity. Rebecca brought a wealth of knowledge including cases of outbreaks specific to the Canberra region. Students were able to build on their knowledge of disease and immunity and ask questions to an expert in that field.

Kate Goolagong • Science Coordinator (Padua)

Dr Karl Q&A

On 3 July from 1-1.45 we will be having a Q & A session with Dr. Karl (via Skype) from Sydney University. Dr Karl's enthusiasm for science is totally infectious and no one is better able to convey the excitement and wonder of it all than Dr Karl Kruszelnicki.

If you are interested in attending this session, please write a short statement (no more than 75 words) about why you would like to come along to the skype session. Please email this to Mrs Goolagong by Friday 21 June.

Kate Goolagong • Science Coordinator (Padua)

STEM in Schools

STEM Professionals in Schools is a national volunteer program that facilitates partnerships between schools and industry to bring real STEM (Science, Technology, Engineering and Maths) into the classroom. This year, we are fortunate to have Dr Natalia Martin work with staff and students. Natalia obtained her Bachelor of Science at the University of Adelaide and was awarded her PhD in Molecular Biochemistry at the University of Adelaide in 2018. Her PhD research focussed on biochemistry in the field of cancer research. Natalia is currently a senior research officer in the IBD Research group at Canberra Hospital. This year, Natalia will be working primarily on the Padua Campus; conducting experiments, giving presentations and mentoring students. She is passionate about teaching and sharing her experience in the life sciences with school students, with the aim of inspiring them to explore the impact of science in the world around them

Kate Goolagong
Science Coordinator (Padua)



ANU Engineering

On Wednesday 8 August, 22 enthusiastic Year 9 science students participated in the Floating Houses workshop run by staff from the ANU College of Engineering and Computer Science. The workshop covered the nature of engineering (responding to the needs of a society), with a particular focus on civil engineering. It was based on Engineers Without Borders' work in Tonlé Sap, where the annual floods present a major challenge in the design of dwellings. After discussing the challenge and formulating a solution, the students were given a time limit in which to construct the most suitable structure. Their solutions were then tested and compared. The workshop tested their comprehension of physics and balance, as well as their ability to assess the economics of their project by maintaining a tally of the cost of the materials and their use.

Kate Goolagong • Science Coordinator (Padua)

Science Competitions

Students who enjoy Science and the challenges of critical thinking are being given the opportunity to participate in a range of external, nationally recognised and benchmarked competitions in Science.

In the next fortnight volunteer students in 7-10 will be testing their scientific literacy and problem solving in the **ASI Big Science Competition**.

Students in Year 11-12 are also participating in the **Royal Australian Chemical Institute's Australian National Chemistry Quiz (ANCQ)**. This Australian-based competition attracts students in 23 countries across Oceania, Asia and Europe and requires students to apply their chemical knowledge and understanding to solve problems related to provided stimulus materials. As part of our celebration of the UN 'International Year of the Periodic Table' The MacKillop Science department is also inviting Year 10 students who have enjoyed the recent Chemical Reaction unit to attempt the Year 10 ANCQ paper. Contact Dr Burg (tristan.burg@mackillop.act.edu.au) for more details about this opportunity.

Gifted and talented Science students in Year 10 & 11, looking for a challenging test of their skills are invited to participate in the Australian Science Olympiad Exams – the first step in being selected to represent Australia at the International Science Olympiads. These two-hour exams are held in the disciplines of Biology, Chemistry, Earth and environmental science and Physics and test students critical thinking and problem-solving skills. Students who nominate to participate in the Olympiad exams will have access to the Olympiad Online portal to help them prepare. Students are encouraged to see Dr Burg or talk to their Science teacher to find out more about this opportunity.

Tristan Burg • Science Coordinator (St Peter's)

insights



Helping teenagers manage friendship issues

by Michael Grose

Having a supportive group of friends plays an important role in the life of young people. They can help your young person negotiate the journey from childhood, where they are reliant on parents, to adulthood, where they need to stand on their own two feet.

The importance of peers

To a parent a teenager's friendships may seem all-consuming, taking precedence over family, school and even healthy leisure time. While peers may now begin to take a more prominent place in your young person's life, family is still an important source of belonging and safety for them. It helps if you get to know their friends and discuss any concerns you have about their choice of friends.

Managing peer pressure

We all experience some degree of pressure to conform to the behaviours and norms of our social groups, yet this pressure is heightened in adolescence, when the need to fit in with peers becomes paramount. Ostracism is unthinkable, which makes some teenagers susceptible to the negative influence of some peers. You can help by talking to your young person about peer pressure; helping them resist peer pressure while maintaining status and encouraging them to speak out rather than be reliant on the approval of others.

Encouraging more than one set of friends

It's helpful to think of friendships as a series of concentric circles. Most young people will have a few close friends in their inner circle but are surrounded by many friends in the outer circles. Encourage your young person to maintain friendship groups outside of school to help insulate against any teasing or unfriendly behaviour that may occur at school.

When you disapprove

Sometimes parents disapprove of their young person's choice of friends, because of behaviour, poor reputation or the adverse influence they may have on a young person. Young people take criticism of their friends personally so be careful how you handle these issues. If you have worries about your child's choice of friends: Check that your concerns are real. Encourage diversity of friendships. Be available to take your young person and their friends to outings, sports practice, parties and school formals, to familiarise yourself with their social groups. Many parents have found that, when they get to know their children's friends, many of their concerns were unfounded.

Differentiate between online and offline friends

In all likelihood, your young person will communicate with their friends in real time or through digital technology. Help your young person understand the difference between the two, discussing how behaviours and norms vary between the real world and online. Discuss the ethics and behaviours appropriate to each format so they can enjoy healthy friendships in both the online and offline worlds.

Friendships can be a source of angst and also a source of joy for your young person. Your role as a parent is to promote healthy friendships and encourage your young person to empathise with others, show they are worthy of trust and treat others with respect – all foundations of mature adult relationships.

[As your school has a membership with Parenting Ideas, you can attend the upcoming webinar -Teach girls to build each other up – at no cost!](#)

About the webinar

Join Parenting educator Collett Smart in this special webinar that will show you how to help girls create positive peer relationships and provide practical advice and ideas to help navigate tricky situations including toxic friendships, cliques and bullying.

When

Wednesday 29 May 2019 at 8:00 PM AEST.

Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a Parenting Ideas membership. Use the voucher code below to register.

How parents can redeem the voucher

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-teach-girls-to-build-each-other-up>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **FRIENDSHIPS** and click 'Apply Coupon'. Your discount of \$37 will be applied to the order. This voucher is valid until 29 June 2019
5. Click 'Proceed to checkout'
6. Fill in your account details. These are the details you will use to login to your account and access your parenting material
7. Click 'Place Order'



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.