

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume 8 2019

14 JUNE

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ACHIEVEMENT PAGE 6 • EXAMS PAGE 10 • PHYSICAL EDUCATION PAGE 11

Coming

Up

MON	1	7	J	U	N	• Senior Exams commence
MON	2	4	J	U	N	• Year 7 Camp (Group 1) departs
WED	2	6	J	U	N	• Year 7 Camp (Group 2) departs • Year 9 Transition Day • Year 8 Pilgrimage (Group 1)
THU	2	7	J	U	N	• Year 8 Pilgrimage (Group 2) • Year 9 YLead
FRI	2	8	J	U	N	• Year 10 Course Preview Day
MON	0	1	J	U	L	• Year 11 2020 Parent Info Session • Year 10 Urban Challenge (Group 1) departs
TUE	0	2	J	U	L	• Year 10 Course Counselling (Group 2)
WED	0	3	J	U	L	• Year 10 Urban Challenge (Group 2) departs

Contact Us

Contact Details



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Mackinnon Street, **Wanniassa** (Years 7-9)
Ellerston Avenue, **Isabella Plains** (Years 10-12)



Absentee Phone Lines

Years 7-9: 02 6209 5240
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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,

TAYAH SIDNEY **23 MAY 2004 - 1 JUNE 2019**

Tayah was a member of MacKillop's Year 9 cohort who came to us in Year 7 battling leukemia. Tayah's attendance at school and progress as a MacKillop girl was often interrupted with recurring spots of illness. Throughout this challenge, Tayah expended extraordinary courage and will, good humour, and a fond disposition to her family and friends. She was loved and admired for this. Tayah entered into her eternal reward last week and was farewelled by her family and friends at the Queanbeyan Lawns Cemetery.

I would like to pay tribute to Tayah's father and his family for their extraordinary courage and dignity throughout this long ordeal and in their present grief.

I would also like to pay tribute to MacKillop Year 9 students, many of whom are deeply distressed and grieving for a lost friend. Year 9 received the sad news with great dignity and quiet respect and gave every cooperation and understanding to her family, close friends, teachers, and to each other. It would be difficult to be prouder and more grateful for the maturity of their conduct, which speaks of outstanding parenting and a culture of bond and friendship formed at this school.

VARIETY NIGHT

Congratulations to the students who performed and to those who made successful the 2019 Variety Night. This was a wonderful evening of entertainment, talent, and fun. The acts were of a very high quality as always and reflected only a small part of the wide range of examples of talent that we know exists in our large co-educational school. All staff and students involved should be warmly commended for their contributions.

EXAMINATION AND ASSESSMENT PERIOD

As Semester 1 moves to a close, students are now in assessment and examination mode. Congratulations to all students upon their best endeavours in preparing for the undertaking of these important assessments.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

"Tayah expended extraordinary courage and will, good humour, and a fond disposition to her family and friends. She was loved and admired for this."

PRINCIPAL'S PRAYER

Lord,

We give thanks for the life of Tayah Sidney who passed from this life on the 1st June 2019. Her courage, fight, and concern for others was an example to us all and will be much missed. The MacKillop community prays and stands with Tayah's family and friends

Amen.



Variety Night

MacKillop kicked off its House Charity fundraising campaign at the annual Variety Night on 30 May with an evening of entertainment, performances, games, prizes, and celebration.

Held at the Padua Campus Theatre, Variety Night saw students deliver a range of stunning vocal and instrumental performances, breathtaking dance pieces, emotional drama routines, musical theatre, calisthenics, comedy pieces, and even a puppet show!

The fundraising focus was new for the 2019 edition of Variety Night. Student Representative Council members introduced the four House Charities – Veteran 360, Rise Above, the Ricky Stuart Foundation, and Headspace – and led a number of games to encourage donations from the audience. A number of prizes were on offer from the following organisations: South Point, Rebel Sport Tuggeranong, Kmart Tuggeranong, Surf Dive N Ski, and Limelight Cinemas. The College thanks these businesses for their donations as well as members of the audience for their contributions towards the four House Charities.

Congratulations to all involved – the performers, the hosts and MCs, the sound and lighting crew, the backstage team, the Performing Arts faculty, and the Student Representative Council. Particular thanks to Flynn Gibbs-Patterson (Performing Arts Captain) and Mrs Petrina Mansfield, who coordinated the event, as well as Infinite Lights and Sound, who provided special assistance on the night.

It was a great night for all!



House Charities

Fundraising for our House Charities kicked off at Variety Night, where we raised several hundred dollars. Last week, Ngadyung started raising money for Headspace at the senior campus. Fundraising for Ngadyung at the junior campus will take place next week (Week 8) and will include:

- Raffle for a \$50 voucher of your choice. Tickets are \$1 each or five for \$3
- Uniform variation on Friday Week 8 - gold coin donation to wear a Hoodie
- Sausage Sizzle and soft drinks - On the Northside stage at Friday lunch of Week 8 - \$2.50 each

The next House Charity Week will be for Mindygari in Week 3 next term for Veteran 360, an organisation that provides support for returned servicemen and women.

Remember at the end of the year all money is shared evenly across all the four House Charities so please get involved.

Miguel Sanchez • Communications Captain

Vinnies Night Patrol

Thank you to Mr Mike Brennan who has once again organised for staff donations to the St Vincent de Paul Night Patrol.

Therese Canty from the St Vincent de Paul Society visited the College to collect donations of warm blankets and clothing for the Vinnies Night Patrol. Some of these items have already been distributed to some very grateful Canberrans.

Year 12 students have also been donating their time to participate in the Night Patrol, with students going out twice per month to assist with the delivery of food and warm clothing.

If you want to contribute to the Vinnies Night Patrol, Winter Appeal, or CEO Sleepout, visit <https://www.vinnies.org.au/>



Museum of Democracy

On Tuesday 14 May, Miss Fielding and nine Year 8 students attended an excursion to the Museum of Democracy at Old Parliament House. The excursion allowed students to be part of a focus group organised by the Western Sydney University and centered on news literacy and fake news.

Students were interviewed and discussed concepts including democracy, citizenship and literacy. Students thought critically about the way news was presented to them on a daily basis and had various opinions about the importance of being 'news literate'.

To read what the students thought, you can read the full report on our College Website.

READ MORE

Hayley Fielding • IHUM & SOSE



Maths Results

In April, around 20,000 students across the nation competed in the Computational and Algorithmic Thinking Competition run by the Australian Maths Trust. The competition has a mixture of multiple-choice and integer answers and incorporates unique 'three-stage tasks' that encourage students to develop informal algorithms and apply them to test data of increasing size or complexity.

MacKillop had 48 students take on this challenge and we have recently received their results. Congratulations to all students who entered, especially the following:

Credit: Aiden Bright, Jessica Glover, Milly McCabe, Ryan Williams, Elise Dredge, Patrick Dunn, Samuel Lilley, William Perrott, Isabella Pinzon, Jazmin Evans, Patrick O'Connor, Charlie Pettersen, Stephen Burg, Steven McGowan, David McLauchlan, Lucas Vial, Olivia Boddington, Oliver Duncombe, Charnseya Wells.

Distinction: Jacob Loughlin, Thomas Rodgers, Lawson Trudgett, Matthew Baker, Mykal Marsham, Liam Purss.

High Distinction: Matthew Cawley

Matthew Cawley deserves a special mention as he also receives an award for excellence as he obtained a perfect score in the competition.

Well done to all students. The Australian Mathematics Competition will be held in August for interested students, so please express your interest to Anna Keppel or Jon Chandra.

Anna Keppel & Jon Chandra • Mathematics Coordinators

Student Achievement

STATUS AWARDS

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

BRONZE STATUS

Kayla Brewer 7F2, Joe Brussow 7W3, Euan Celaya 8A1, Sandrine Chaton 7E1, Kye Cochrane 7A2, Jaquin Corbitt 7E1, Tahlia Crombie 7A3, Keira Downs 7F1, Caitlin Jorritsma 7EW, Patrick Keen 7EW, Ava Lawson 7E3, Emma Leonard 7W2, Jon McKinlay 7EW, Amelia Payne 7E3, Alexandra Phathanak 7A1, Christina Said 7E1, Rocco Theodorakis 7E1, Riley Thurling 7W3, Sam Van Dooren 7E1, Mikaela Warylo 7A3, Oliver Wright 7F3, Samuel Adkins 7A2, Labella Arrouk 7A1, Darius Bew 7EW, Euan Coram 7A3, Anna Corkery 7W3, Jack Curtis 7AF, Jasmine Dube 7E1, Isla Edwards 7W3, Alexander Keen 7W3, Allison Kinghorn 7E1, Sarah Lilley 8A1, Gabriel Lugg-Restall 7F3, Laura Muscat 7A3, Aaron Nobby Rajan 7A3, Maddison Philp 7A2, Dakota Rourke 7EW, Owen Smith 7A2, Caleb Stevenson 7A1, Laura Tully 7W3, Lily Waldron 7F1, Nicholas Williams 7E2.

SILVER STATUS

Casey Thomas 8F1

Paul Durham • Acting Assistant Principal, Pastoral Care

SPORTS STARS

Several students represented MacKillop at the ACT Cross Country. Congratulations to Josh Slingsby and Isaac Muscat who have qualified for the National Championships. Other top 20 results were achieved by Chloe Arnold, Monique Hillborn, Tiana Boots, and Josh Campbell.

Jonathon Silver (Year 9) has been selected to represent the ACT at the AFL National Championships in July. Jonathon also umpired the AFL State Trials in Sydney last week.





Debating

On Friday 31 May, Blake Rowlands-Mowle, Edward Copland, Jamie Ginman, Xavier Egan, Darcy Gowland and Cadell Carden made up our junior ACT Legislative Assembly team. We had the privilege of having Joy Burch as the Speaker of the House and while she praised the strength of the team's arguments, we were never going to win "raising the drinking age to 21"! The students were active participants throughout the day and were praised for their enthusiasm by the visiting MPs of the day.

Nicola McLennan • English Coordinator (St Peter's)

Year 9 Altitude Day

Last week a group of Year 9 students attended the University of Canberra to participate in the yLead Altitude day. The leadership seminar provided the opportunity to hear from three inspirational speakers and engage in lots of fun activities.

A presentation was made by an amazing woman, Hannah Wandel, who taught us to "make a difference". We were then inspired by the amazing Zack Bryers who talked to us about how we can do anything we put our minds to "against all odds". Finally, we were spoken to by Rowie McEvoy, who told us to make every moment count. We learnt to keep following our dreams, to hang around the people that won't put your dreams down, to have a healthy mind, body and to make a difference in people's lives.

Jack Street • Year 9

High Tea Function

On Wednesday 22 May, our Year 12 Hospitality students presented a High Tea function at Isabella Gardens Retirement Village. The students prepared many sweet and savoury items in the College's commercial kitchens to tempt their guests and provided front-of-house service at the event. The function was a great success and the students and staff enjoyed the opportunity to build relationships with our neighbours.

Throughout this semester, the Isabella Gardens residents have also been joining the Year 12 Hospitality students in the College's training restaurant, Café Bella. Having the residents attend Café Bella has given the students a great opportunity to hone their management skills in a realistic industry environment. Year 12 have gained valuable skills in customer relations and solving issues they encounter in the day to day running of a Café.

Janelle Jolly • Food & Textiles



Senior Aussie Rules

On Wednesday 5 June, two MacKillop teams ventured out to Hughes Oval to represent the College in the newly rebranded Elise O'Dea and Mark Armstrong College AFL Cups. Each team had the opportunity to play in three games during the day. The girls team displayed phenomenal defensive pressure and intensity throughout the day under adverse circumstances. Open passages of football punctuated with some silky skills were features of the boys' performance. Both teams finished the day strongly, with the girls team recording their highest score of the day, and the boys team securing third place in their play-off match. Despite some bumps and bruises along the way, a fun day was had by all. All students are to be commended for the effort and passion with which they represented the College.

Nicholas McGinness & Peter Johnson • Coaches

Infinite Program

At St Mary MacKillop College, the learning needs of our students are paramount. To acknowledge and challenge our students who are excelling in academic pursuit, we offer the **Infinite Program**.

Complementing our existing high-quality differentiated approach to student learning, the Infinite Program is a challenging, student-centred way of learning, valuing academic excellence and ensuring that students are realising individual potential. For our students seeking to pursue an academic interest beyond the standard demands of The Australian Curriculum, the program can be tailored to a broad range of unique interests. Students will have an opportunity to richly engage with topics from STEM, the Humanities, Design and Technology and the Arts. We are also able to adapt the Infinite Program to suit student strengths and individual needs; adjusting timetables and assessment in order to best support our highest performers.

We are now seeking applications for the Infinite Program for Semester 2. Applications are due by Friday 21 June 2019.

[READ MORE](#)

Eugene Lehmensich • Infinite Program Facilitator

Inspire Art Competition

Enter an artwork on any theme using a medium of your choice into MacKillop's annual art competition.

One prize awarded for each category:

Drawing	Painting
Digital & media arts	Photography
Sculpture	Mixed media

Prizes also awarded to the overall winner and people's choice.

Entries due: Friday 30 August

All entries will be displayed on MacKillop Feast Day. A selection of the best artworks will then be exhibited at the Tuggeranong Arts Centre. Entry forms available on Canvas in Term 3.

Tamara Murdoch • Visual Arts Coordinator

**INSPIRE
2019**

Old lawn mowers needed!

The Technology Faculty is hoping to seek out more old lawn mowers so that Year 10 students can work on them. Contact John on 6209 0164 if you are able and would like to donate.

John Solari • Technology

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

**Monty Python's
SPAMALOT
SCHOOL EDITION**

Musical

Tickets to the Musical, Monty Python's *SPAMalot*, will be on sale soon. Keep an eye on the newsletter for information. The show will be performed over four nights on 5-8 August.

End of Semester 2

As the end of semester approaches, below is a summary of the activities taking place for students in Years 7 to 10.

YEAR 7 CAMP

- Monday 24 June to Wednesday 26 June – Students in Gurabang (Earth) and Ngadyung (Water)
- Wednesday 26 June to Friday 28 June – Students in Mindygari (Air) and Meup Meup (Fire)

YEAR 8

Wednesday 26 June

- Pilgrimage to Mary MacKillop Place in Sydney for students in Mindygari (Air) and Meup Meup (Fire)
- Coastlife program and first aid workshop for students in Gurabang (Earth) And Ngadyung (Water)

Thursday 27 June

- Pilgrimage to Mary MacKillop Place in Sydney for students in Gurabang (Earth) And Ngadyung (Water)
- Coastlife program and first aid workshop for students in Mindygari (Air) and Meup Meup (Fire)

YEAR 9

- Tuesday 25 June - Careers focus session
- Wednesday 26 June - Transition day at the St Peter's Campus
- Thursday 27 June - yLead leadership seminar

YEAR 10

- Friday 28 June – Course Preview Day
- Monday 1 July – Year 11 2020 Parent Information Session (6:00pm)

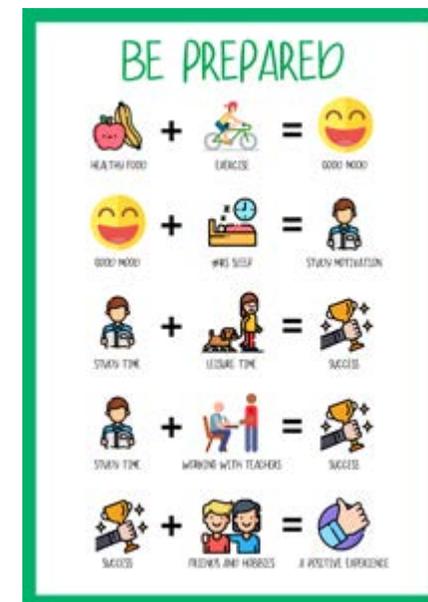
Date	Group A	Group B
Mon 1 July	Urban Challenge	Reflection Day
Tues 2 July	Urban Challenge	Course Counselling
Wed 3 July	Urban Challenge	Urban Challenge
Thu 4 July	Course Counselling	Urban Challenge
Fri 5 July	Reflection Day	Urban Challenge

Student Wellbeing

Small ongoing initiatives developed by the Pastoral Staff and SRC have been encouraging students to think about their whole wellbeing leading into end of year assessment period.

Here are a few examples of positive initiatives along with visual reminders that have been implemented:

- Conversations, visual cues and reminders about healthy life balance and best practices leading into a stressful period.
- A breakfast station to demonstrate how to fuel the body and mind leading into a stressful period
- Best use of time including how to use the long weekends to your advantage leading into a stressful period.



Year 9 Pastoral Care Coordinator

Leonie Sullivan has recently been appointed to the position of Year 9 Acting Pastoral Care Coordinator for the remainder of the year. Leonie will join and work alongside Steve Lowe who will continue to provide valuable leadership and direction.

Managing your child's anxiety

When anxiety becomes overwhelming, it can impact on student happiness, wellbeing and ability to learn. There is a great deal that parents can do to support young people who are anxious. The parentingideas article below outlines some strategies that may be useful.

The article also contains information about a free upcoming webinar for parents – “Managing your child’s anxiety”.

Paul Durham • Acting Assistant Principal, Pastoral Care

End of semester examinations are an important part of the assessment plan for many senior courses. They offer students the opportunity to present their learning under examination conditions. It is essential that students prepare carefully for these examinations. They can do this by:

1. Learning the work to be assessed; undertaking a rigorous study plan
2. Using the assistance of their teachers, Learning Commons staff and others to clarify their learning
3. Knowing when and where their exams will take place; ensuring they arrive to the scheduled examinations in a timely manner
4. Ensuring positive eating, sleeping and exercise routines
5. Familiarity with the examination protocols

Please note: should a student become ill or suffer serious misadventure which prevents them from attending a scheduled examination, they must:

1. See a doctor on the day (or before) of illness and obtain a doctor's certificate which articulates the illness and the period of incapacity. Only doctor's certificates obtained on or before an examination day will be accepted. Retrospective documentation will not be accepted.
2. Make contact with the College (Mr Colby Cruwys: 62090173) to communicate the absence.

Parents and students are asked to read the examination timetable and protocols attached to this newsletter.

Please contact maria.odonnell@mackillop.act.edu.au or on 62090140 if you have any questions or concerns in regards to the examination period.

Exam Guidelines

The upcoming senior exams form part of the assessment package for most students. They are an opportunity to demonstrate learning and achievement. The following guidelines are in place to provide the best opportunities for success for all students.

- Students are responsible for ensuring they know when and where their exams are on.
- If a student believes they are entitled to special provisions they are responsible for completing the required form (see Canvas) and making supporting documentation available to Mrs. Anderson (Inclusive Education). This is to be done in a timely fashion.
- If a student is absent from an exam due to misadventure (eg illness or accident), they must provide documentation to substantiate their absence. This may be in the form of a doctor's certificate or a pharmacy certificate. Arrangements will be made for exam re-sits as required.
- If a student is absent without a valid reason they will be permitted a re-sit but will receive the Notional Zero for their attempt regardless of result.
- Late students will not be allowed additional time to complete their exam unless they have appropriate documentation.
- Students will need to bring their student identification card to all exams.
- Mobile Phones
 - a. Students are NOT allowed to have their mobile phones out before, during or after entering an exam venue.
 - b. Students are to ensure that their mobile phone is switched off and remains in their pocket for the duration of any exam. Failure to do so is in breach of exam conditions.
- Smartwatches are not permitted within the exam venues. Clocks will be used to display the time in all venues.
- Students must remain in the exam venue for the duration of the exam.



This Semester in PE

The final weeks of assessment are here and there has been some excellent class work from students studying PE this semester. Some of the new timetable structures have enabled more opportunities for team teaching and classroom observation within the Physical Education and Health Faculty and this has enabled positive student progress and achievement. Students on the St Peter's Campus have also embraced the new tutorial classes and are benefitting from the opportunity to further engage with expert teachers in their subject area.

PE AT THE PADUA CAMPUS

Year 7 PE classes have been completing Throw and Catch and Kicking Skills units in practical classes. This continuation of the gross motor skill development started in primary school has continued to work well in the first semester for Year 7. These two units have also enabled the students to be exposed to a number of new games and activities that have required them to use initiative and team work. These practical classes have helped them build some of the basic skills required in future units that will have a more sport specific focus.

The Year 8 PE curriculum has enabled students to develop a much more comprehensive understanding of the rules and techniques needed for cricket, basketball and football. During these lessons many students have also been able to display some of the skills needed to work effectively as part of a team. Positive peer interaction has been an area of focus as the students learn to work with each other and the activities completed have provided some students the opportunity to display a very high level of skill and coordination in the sports previous mentioned.

Students in Year 9 have been exposed to lessons that have focused on tactical awareness in both team and individual sports. Some activities and skills developed were new to many students as students completed badminton, squash and tennis lessons as part of the Racquet Sports unit. These activities have helped to create an environment where many of the skills were unfamiliar. Despite this challenge it was pleasing to see the movement skill progression within many of the Racquet Sports lessons, which have proved to be very popular with the students in Year 9. Oztag has also proven to be popular with many students enjoying competitive game situations enabling team tactics to be implemented.

SENIOR CAMPUS PE

All Year 10 student have been busy studying the ACT Road Ready course, which focuses on the impact of road trauma, hazards awareness, skills of driving and the consequences of speeding. Throughout the Road Ready course students have been able to engage in practical lessons using Radar Guns and Driving awareness activities. Students who have been successful in completing the course and live in the ACT will be able to sit the Road Ready Knowledge Test and if successful will obtain their ACT Learners Licence.

This year the Board of Senior Secondary Studies (BSSS) has introduced new curriculum for all Physical Education and Health courses. This has allowed teachers to design new units of work with a focus on developing the student as an independent learner and providing skills that will later benefit them in future studies or the workplace. There has also been an introduction of a new course, Health and Wellbeing. Students enrolled in this course focused on exploring health promotion, investigated the priority health areas and debated the role of health services in preventing and treating ill-health in Australia. Students in Year 11 and 12 will be able to enrol in Health and Wellbeing in 2020.

All year groups have also been working through the Health content and this semester has been the first time that all theory assessment and has been online and completed within Health classes. This new format has worked well this semester and will help guide the Health curriculum development planning for Semester 2.

Ben Antoniak & Jen Fahey • Physical Education & Health Coordinators





STEMed

MacKillop teachers presented on project-based learning pedagogy at the University of Canberra for STEMed. Perry O'Connor and Amanda Knott led a workshop on the development of coding skills and shared ideas for designing solutions for real world projects. Drawing upon the Digital Technologies Curriculum, STEM integrated pedagogies and Lee Watanabe-Crockett's Solution Fluencies, the teachers from SMMC demonstrated examples of project-based learning concepts along with a case study that could be utilised in the classroom. Each participant created a solar tracking flower. This project uses the C+ programming language and Arduino to determine the direction of the flower given the amount of light being emitted. It was a resounding success and increased the STEM faculties network for future opportunities with DATTA and SEAACT.

Perry O'Connor • STEAM/PBL Coordinator

Minnamurra Trip

On 20 and 21 May, four Year 9 Geography classes had the opportunity to travel to Minnamurra near Kiama on the NSW coast to explore two distinct biomes; Rainforest and Mangrove. During the day, students learned about the characteristics that make these biomes in this region unique, and what impact humans have had on them. We were spoiled for weather, with students thoroughly enjoying the opportunity to explore such a different environment to Canberra, as well as engage with experts who have careers built on fields that Geography facilitates. We may have a few rangers and outdoor education specialists graduating in a few years' time from this cohort!

I would like to thank the students for being outstanding on both days, and Ms. Holding, Ms. Griffin, Ms. Connolly, Ms. McKeveitt, Mr. Brennan and Mr. Larkin for taking the time to help facilitate this very long and busy excursion.

Gareth Bowen • SOSE

STEM Visitor

MacKillop was fortunate to host a visit from an Indigenous STEM professional from the University of Technology, Sydney, during Reconciliation Week. Tui Nolan, who has a PhD in Mathematics, completed research with a focus on data and its use to improve society within the Health, Education and Engineering industries. He recently won an award from the Science Academy of Australia for his work and was quoted for his passion to inspire students to undertake studies and explore pathways into STEM related careers. During his visit he described his work and conducted two activities for senior indigenous students and the Year 11 IT class. The first was a game of chance and a lesson in probability. The second was a thought-provoking discussion investigating the ethics of autonomous vehicles. Tui expressed an interest in participating in future STEM activities with our students. We look forward to meeting him again soon.

Perry O'Connor • STEAM/PBL Coordinator

DigiTech

Year 8 STEAM Digital Technologies students were challenged to create a design solution for a real world design problem that required an input, an Arduino processing system and an output. In true Problem-Based-Learning style, the students have created a wide variety of products. These include a remote controlled robotic spider, an obstacle avoiding robot and a Skittles dispenser. In future newsletters, look out for other projects such as an RFID badge writer, a nutcracker, a solar tracking flower, wearable technology for the vision impaired, a lolly arcade game, a radar and a micro tank.

Amanda Knott • STEAM & IHUM



Junior Band

The Junior Concert Band competed in the National Eisteddfod last Saturday and finished with a Bronze Award. The adjudicator made special mention of how entertaining our selection of music was and for a relatively small ensemble, our sound was that of a much larger, more experienced band. I would like to thank and congratulate Ms Joy Kerr of Belchambers Music School for the hours of personal time and effort she has given to raising our Concert Band to performance level. Joy is leaving us at the end of the semester for Queensland to be with her family, so we wish her all the best for the move.

Petrina Mansfield • Director of Performing Arts



Lego Masters

The Lego Masters Super Power Challenge is well underway with imagination their sole limitation. These inspired creative designs are currently under progress. Who will take out the ultimate prize? The Lego Challenge will run until August, with the best design being judged during Book Week. Due to popular demand the STEAM and Learning Commons teams will conduct another Challenge during Terms 3 and 4.

Amanda Knott • STEAM & IHUM



Community

News

CANBERRA HOSPITAL FUNDRAISER

The College has a strong relationship with the Canberra Hospital Foundation. The Foundation is currently raising money through the Give Me 5 For Kids Raffle. Prizes are:

1. Qatar Airways flights for 2
 2. Season pass to the Canberra Theatre
 3. 2019 autographed Raiders jersey
- Get your tickets for just \$2 from the Canberra Hospital Foundation, Building 3, Level 2 at the Canberra Hospital, or by calling 5124 3542.

ACU PRESENTATION

ACU Canberra invites you to the second lecture in the 2019 Blackfriars Lecture Series taking place on Tuesday 25 June. Kate Woods, Principal of the Margaret Hendry School and Michael Lee, Principal of St Mary MacKillop College, will share their application of contemporary educational vision in two innovative schools, discussing the topic 'The Future of School Education: Future classroom, future learning through a practical lens'.

QUESTACON MAKER PROJECT

The Maker Project is on during the holidays! For information, visit www.questacon.edu.au.

TENNIS CANBERRA

Winter coaching and school holiday camps available! For information, visit www.tenniscanberra.com.au.

Year 10 and Senior Exams - Semester 1 2018

Year 10 Exams

Thursday 13 June Period 1 - 2	Science
Friday 14 June Period 1 - 2	Mathematics
Friday 14 June Period 3	Y10 Skills Test

Senior Exams

Monday 17 June Session 1	11English Literature	12English 12Essential English
Monday 17 June Session 2	11English 11Essential English	
Tuesday 18 June Session 1	11Mathematical Applications 11Specialist Methods	12Mathematical Methods 12Specialist Mathematics 12Psychology
Tuesday 18 June Session 2	11Oceanography 11Mathematical Methods	12Mathematical Applications 12Specialist Methods 12Oceanography
Wednesday 19 June Session 1	11Chemistry 11Exercise Science 11Hospitality T	12Business Studies
Wednesday 19 June Session 2	11Global Studies 11Business Studies 11Information Technology DM 11Sociology 11Biology	12Global Studies 12Ancient History 12Information Technology DM 12Exercise Science
Thursday 20 June Session 1	11Business Services 11Earth and Environmental Science 11Physics 11Psychology	12Business Services 12Earth and Environmental Science 12Chemistry 12Economics 12Hospitality
Thursday 20 June Session 2	11Ancient History 11Human Biology	12Legal Studies 12Literature
Friday 21 June Session 1	11Geography 11Information Technology 11Legal Studies	12Geography 12Physics 12Sociology
Friday 21 June Session 2	11Holistic Music 11Economics 11Health and Wellbeing 11Modern History	12Holistic Music 12Biology 12Information Technology 12Modern History

Please Note: Some courses do not have a final semester exam

- All Year 11 and 12 students will receive a personalised examination timetable indicating session start and finish times and locations.

Enquiries regarding exam schedule should be directed to Janine Hickson, Student Records in the first instance on 62090129.

insights



Managing your child's anxiety

by Michael Grose

If your child feels anxious reassure them that these feelings are a normal response to new people, events or potentially challenging situations. Help your child understand that there is a great deal they can do to manage their anxious feelings, so they can get on with the activities they enjoy.

Explain anxiety

If your child is anxious they may struggle to explain how they feel. An important first step in anxiety self-management is explaining to your child how anxiety works.

- Teach your child that the amygdala, the part of the brain that protects them, is always on high alert when they are anxious.
- Explain that the amygdala sees danger where there is none, but the body prepares to fight for life or flee from danger as if it's protecting them from a hungry lion.
- Talk about the changes that happen in their body to power them up to fight or flee including; increased heart and breathing rates and the pumping of the blood from the stomach to the arms and legs, which can cause nausea and even vomiting for some.

Help recognise anxiety-inducing events

Help your child to recognise the specific situations and events that make them feel anxious such as meeting new friends, sitting tests and fear of rejection. In this way you can help your child manage and minimise his feelings of anxiety.

Respond with empathy

When your child feels anxious, the part of the brain that controls rational thinking, decision-making and concentration temporarily goes offline. They can feel easily overwhelmed by simple, everyday events and situations. Rather than protecting your child by allowing them to avoid meeting these challenges, or dismissing them as trivial, validate their feelings with statements such as "I can see you're feeling worried about going to camp without your brother."

Managing anxious moments

Help your child develop the tools to regulate and push their anxious feelings to the background. Practise these anxiety management tools when your child is feeling calm, and it will be easier for them to practise when they are

nervous. These include:

- Taking some deep breaths: Deep belly breathing from the diaphragm calms the amygdala, reducing feelings of anxiousness
- Bringing their attention back to the present: Use their senses to bring their attention to the present moment and away from their worries – “Tell me five things you see, four things you hear and something you smell”
- Getting them moving: Physical exercise is not only a great distraction but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future
- Defusing their thoughts: Help your child to distance themselves from their thoughts by using distancing statements. Replace “I’m going to fail the test” with “I had a thought that I’m going to fail the test.” Rather than changing their thinking, assist your child to distance themselves from unhelpful thoughts

There’s a great deal you can do to help your child manage their anxiety. Start by assisting your child to understand the fundamentals of anxiety, show your understanding of their feelings and be ready to support them emotionally to push their anxiety to the background.

[As your school has a membership with Parenting Ideas, you can attend the upcoming webinar – Managing your child’s anxiety – at no cost!](#)

About the webinar

Join Michael Grose in this webinar where he will help parents better understand the nature of anxiety, equip them to recognise it in children, and provide practical tools to help children and young people manage and minimise their anxious states.

When

Tuesday 25 June 2019 8:00pm AEST.

Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a membership.

How parents can redeem the voucher

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-managing-your-childs-anxiety>
2. Click ‘Add to cart’
3. Click ‘View cart’
4. Enter the voucher code **ANXIETY** and click ‘Apply Coupon’ (valid until 25 July 2019). Your discount of \$37 will be applied.
5. Click ‘Proceed to checkout’
6. Fill in your account details. These details are used 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.