

College

Newsletter



**MacKillop**  
St Mary MacKillop College Canberra



*Volume 9 2019*

5 JULY

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# Coming

# Up

MON 2 2 J U L

- Term 3 commences

WED 2 4 J U L

- Year 8, 9, & 10 2020 Electives Information Evening

FRI 2 6 J U L

- NAIDOC Mass

WED 3 1 J U L

- Year 12 Retreat departs
- Year 11 2020 Cooma Session

MON 0 5 A U G

- Musical

TUE 0 6 A U G

- Musical

WED 0 7 A U G

- Semester 1 Awards (Padua)
- Musical

THU 0 8 A U G

- Moderation Day (Pupil-free)
- Musical
- Feast of St Mary of the Cross

# Contact Us

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## Socials



www.facebook.com/  
**mackillop.act**



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**mackillop\_act**



www.instagram.com/  
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www.youtube.com/  
**stmarmackillop**

# Principal's

# Letter



Dear families, students and friends,

## **CLARE FLETCHER RETIREMENT**

The staff acknowledged the retirement of Mrs Clare Fletcher on Wednesday. Clare has been at the College for 22 years, having worked at Merici College for 14 years prior and at several schools before that. Clare has held a variety of leadership positions at the College that have had a direct impact on improvements in teaching, learning, student achievement, and staff conditions. She was the staff representative for the IEU, Head of English, Head of Integrated Humanities, Coordinator of Teaching and Learning, and was acting Assistant Principal Curriculum for two years during the illness of Mrs Michelle da Roza. For much of this time, Clare job shared these roles with Mrs Maria O'Donnell.

I would like to acknowledge Clare's invaluable service to thousands of students and hundreds of teachers during her time here. Everybody at MacKillop understands that Clare's success in a variety of leadership roles has come directly from her extraordinary skill as a school teacher. Clare will be much missed by the leadership of the College, her colleagues, and students. Whilst I wish her well in her retirement, I look forward to welcoming her back soon in any capacity!

## **CONGRATULATIONS TO MONICA BAILEY**

Congratulations to the Director of Student Wellbeing (St Peter's), Mrs Monica Bailey, who has been appointed to the position of Assistant Principal Pastoral Care at St Clare's College, Griffith. This is an exciting appointment for Monica and St Clare's. I would like to acknowledge and express my gratitude for Monica's wonderful service to our students and your children, and I wish her well for this next step in her career.

## **MACKILLOP IN THE FIELD**

As many of you would know, a huge range of co and extra curricular activities have been going on in the last three weeks – those of you who follow me on Instagram would be well aware of the Year 7 Camp, Year 8 Sydney Trip, Japanese Trip to Japan, Year 10 Urban Challenge, and many academic, cultural, and sporting initiatives by small groups and individual students. I would like to acknowledge the staff for the extensive organisation of these initiatives and thank them for organising, safety, diversity, and learning.

## **PRINCIPAL ON STUDY LEAVE**

I will be in the United States presenting at the NASSP Conference in Boston and visiting Catholic Education offices in New York and San Francisco until 30 July. Mr Lachlan McNicol will be Acting Principal in my absence. This conference and meetings are funded as part of the Study Leave arrangements of my contract with Catholic Education.

I would like to wish all members of the College community a safe and happy break.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE  
COLLEGE PRINCIPAL

*"I would like to acknowledge Clare's invaluable service to thousands of students and hundreds of teachers during her time here."*

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## **PRINCIPAL'S PRAYER**

*Lord,*

*Keep our students and their families safe during the school holiday break.*

*Amen.*

## GET YOUR TICKETS TO OUR SCHOOL MUSICAL!



# MONTY PYTHON'S SPAMALOT™ SCHOOL EDITION

FOUR NIGHTS: MONDAY 5 AUGUST - THURSDAY 8 AUGUST  
7PM • PADUA CAMPUS THEATRETTE

\$20 STUDENTS/CONCESSION • \$25 ADULTS • AVAILABLE ON QKR! OR AT THE FRONT OFFICE

Book and Lyrics by Eric Idle

Music by John Du Prez

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**MacKillop**  
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## Academic Resource Centre ready for Semester 2

Work on the Academic Resource Centre will be completed over the holidays, with the College ready to move in to the new building at the St Peter's Campus in time for Term 3.

The Academic Resource Centre features meetings rooms, classrooms, private study nooks, collaboration spaces, a cafeteria, and a lecture theatre.

Key curriculum staff (Assistant Principal Academic Care, AP Faith Leadership, Senior Studies Coordinator, Teaching & Learning Coordinator, Careers Adviser, and Student Records staff) will be housed in the Academic Resource Centre.

Work will now commence on the new STEM Centre and College Chapel at the St Peter's Campus.



## What's been happening at MacKillop?



### PERFORMING ARTS

Students in Drama, Music, and Dance courses across Years 8-12 have presented live performances in the community for family and friends.



### URBAN CHALLENGE

Year 10 students visited Sydney to participate in the Urban Challenge, which took them around the city through a series of challenges.



### STUDENTS LEFT FOR JAPAN

The Study Tour of Japan departed on Monday night. Students will visit our sister school, Oki High, and take in some sightseeing before returning for Term 3.



### NGA EXCURSION

Year 7 students visited the National Gallery of Australia: "At the gallery we got to see lots of amazing artworks and learn about how these artworks were made."



### GARDENING INITIATIVE

Students Patrick Keen, Dakota Rourke, Jessica Hannett, Addisen Bale, Hannah Vickers, and Annikah Field have been giving back to the College through the Year 7 Gardening Initiative.

With the help of Mrs Trish Weaver, these students have created a number of garden beds at the junior campus. These gardens will be decorated and the students will grow food for cooking and to donate to people in need.

## Student Achievement

Lewis Bell (Year 8) won all his fights in the Under 66kg senior boys division at the National Judo Championships in Queensland to become the 2019 National Judo Champion. He will now compete in the Commonwealth Judo Championships in the United Kingdom this September.

Chris Reay (Year 11) will travel to Spain to take part in a 10-month academy program, which will include games against the likes of Atletico Madrid and Barcelona. Chris hopes to sign for a club in Spain at the conclusion of the program.

Ryan Williams (Year 7) has also been selected to play soccer in Spain and will do so over the school holidays.

Kaycie Arena, Chloe Arnold (both Year 9) and Tyra Petersen (Year 10) have been selected in the ACT team to compete in the School Sport Australia National Netball Championships on the Sunshine Coast later this month. Sophie McInerney and Sophie Vassallo (both Year 8) are also training with the squad.

Jordan Thurling (Year 9) is in Brisbane representing the ACT at the Australian Schoolboys Rugby League Championships.

Abigail Adera (Year 12) has been selected to take part in the 2019 Triathlon Young Women Leadership Program. The program is designed to enhance the leadership skills of female Triathlon Australia members, volunteers, officials and administrators.

Harry Grant (12W3) was nominated as the NEAFL Rising Star Nominee for Round 11. Harry has been playing for the GWS Giants as an Academy member over the last few weeks, and it is in this capacity which he has been nominated for the award.

Bailee Gilbert (Year 9) will represent the ACT at the National Schoolboys Aussie Rules Championships in Tasmania at the end of July.

Monique Hilborn, Katie Williams, Keira Polmanteer, Emily Holdom (Year 8), and Sophie Tindale (Year 9) represented Canberra at the U15 NSW State Championships for field hockey in Wagga Wagga.

Wynton Johnstone (Year 8) achieved an A+ High Distinction in his AMEB grade 7 violin examination this month.

Congratulations to all these students!



## Year 7 Camp

As Pastoral Coordinators of Year 7, we are so proud of the way our students came to camp ready to involve themselves in a range of activities that certainly challenged them both mentally and physically. They encouraged and supported each other to take that extra step and 'get out of their comfort zone'. The camp also provided a great opportunity to develop teamwork skills and new friendships. As one of our students stated, 'For all of our challenges we had to find courage and faith in ourselves to propel through our fears and meet the challenges, which we faced proudly.'

On behalf of our students, we would like to thank the Year 7 Pastoral Team and other staff members who gave up their family time and commitments to ensure that our students' camp experience was a fantastic one.

There will be more photographs and details of our camp experience in the College Magazine later in the year.

**Colleen Kain & Nathan Wood • Year 7 Coordinators**

## Year 9 Transition Day

On Wednesday 26 June, Year 9 attended a Transition Day to the St Peter's Campus. During the day we experienced a variety of electives that we could choose from next year and learned about the expectations for study in the senior years. The change in atmosphere at the St Peter's Campus was noticeable. Older students made us feel welcome by speaking to us throughout the day. Teachers also discussed aspects of our future and the exciting and varied opportunities available. We found the day to be beneficial and are looking forward to the transition next year.

**Jasmine Dawson • Year 9**



## Year 9 yLead

On Thursday 27 June, Year 9 participated in the yLead Program. This involved being taken through a number of activities that demonstrated the idea that everyone can be a leader, with or without a badge. Students learned that by working together, more can be accomplished more effectively than working on your own. We also had the opportunity to build on our communication skills through some problem based activities. Students enjoyed the day and the chance to find out more about our leadership qualities and strengths through collaboration.

**Jed Nikolic • Year 9**



## Year 8 Pilgrimage to MacKillop Place

During Week 9 the Year 8 students were privileged to visit St Mary's Cathedral and MacKillop Place. This experience provided us with extensive knowledge about St Mary MacKillop's spiritual journey, and the history of the Catholic Church in Australia. We were taught about how Mary's life wasn't always easy, but because she continually had faith in God, she was able to make it through the difficult times.

"God will always provide" - St Mary MacKillop

One of the many reasons that St Mary MacKillop was chosen to be the patron of our school and community, was because she possessed many traits that reflected God's vision for us, for example "Faith and Courage". This is the motto of our school, and we all use it as inspiration, to be the best versions of ourselves possible.

Sophie Vassallo & Claire Boschert • Year 8



## Coastlife & First Aid

Year 8 was involved in the Coastlife Experience. We completed a variety of team bonding activities. These activities required communication, concentration, teamwork and problem solving. We all have many different skills, but once we were together in a team environment, we were able to see each others' full potential. Each team was very eager to succeed and enthusiastic to be involved. We all thoroughly enjoyed this experience and will remember it as a significant day in Year 8.

We were also given the opportunity to participate in a First Aid Course. This training provided us with crucial information, in order to respond quickly and safely in an emergency situation. Year 8 was able to use all the information provided, in a demonstration of a real life experience. This provided us the necessary steps in order to complete CPR, potentially saving someone's life, along with learning how to support patients in many different situations.

Throughout the two days, Year 8 immensely enjoyed these experiences and will definitely use many of our new found skills in the future.

Sophie Vassallo & Claire Boschert • Year 8





## Defence Mentoring

As part of our Defence Mentoring, we have regular morning teas at both campuses. This gives students an opportunity to catch up with Mr. Bowen, have some food, and discuss the program and what is currently happening. Most importantly it gives students, especially new students, the opportunity to make face-to-face contact with other students from the school that may be experiencing the same impacts of Defence life. Here we have a group photo of our latest Padua Campus morning tea!

If you are a student of a full time uniformed Defence person (Navy, Army or RAAF), a reservist on deployment, or your parents have recently left the forces (in the last 12 months), feel free to come along to these morning teas as advertised in student messages. Alternatively, you can always seek out Mr Bowen at the Humanities staff room.

**Gareth Bowen • Defence Transition Mentor**

## Homework Club

Homework Club at the junior campus will begin again from Week 1, Tuesday. It is open from 3.15-4:30pm, Monday to Thursday. Students are expected to sign in on arrival and sign out when they are leaving. When students are at Homework Club, they are expected to be completing their homework or assessment.

**Jessica Stokman • Learning Commons Coordinator**

## School Fees

Term 3 2019 fee statements will be sent electronically in the upcoming holidays.

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

Thank you to the families who have paid Term 2 fees. Any outstanding fees should be paid immediately unless paying by Direct Debit or other approved arrangement.

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**

## 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**



## Integrated Humanities

It has been a wonderful semester for Year 7 Integrated Humanities (IHum) and students are feeling confident about their learning and producing some amazing classwork and assignments. They have been using feedback from their IHum teachers to help build skills and content knowledge in the RE, English and SOSE areas of the Classwork Portfolio task.

This task will continue in Semester 2 and parents/carers are encouraged to check the progress of their children for the rest of the year by accessing the feedback and online rubric used to show achievement standards. Students are able to:

- use the feedback provided by teachers to improve their work and resubmit,
- apply their improving skills for a second time in sections of the task and,
- have an honest conversation with their teacher about what they can improve to get their desired results.

Please feel free to have conversations with your children about their work, what results they are aiming for and where their learning goals for IHum might sit. Teachers revisit student work at three times each term, so there are plenty of feedback opportunities for all.

To the right is an example of a Classwork Portfolio task by Brianna Simon where students had to consider Stewardship of Creation, sustainability and how we see past, present and future human actions. There was some wonderful positivity about the future directions humans might head in as well as some more pessimistic inclinations!

The IHum team has noticed that Year 7 enjoy expressing their opinions about topics that are relevant to contemporary society as well as themselves, and we look forward to another semester with our enthusiastic learners.

**Bronwyn Griffin • Integrated Humanities Coordinator**



## Year 9 Careers Session

On Tuesday 25 June, Year 9 students were involved in a career focus program, aimed at encouraging students to consider what will be in their "career suitcase" as they develop the skills and attributes required for their future. Hugh Magri-Bull, Phil Threlfall, Ella Caldwell and Zac Downing (ex-students) spoke about their own career journey and provided valuable insights on ways to take up opportunities during Years 9 to 12. The students really enjoyed listening to our ex-students and it is always wonderful to hear what they are doing.

In the second session, students chose to attend one of the three presentations on apprenticeships, resume planning or interviewing skills. The apprenticeship presentation enabled students to hear from Michael Wood, the Director of Parliament Constructions, who discussed what the industry expects from those seeking an apprenticeship and the many careers within the Construction and Property Industry. Matthew Smeed from Hudson Recruitment led the presentation on resume planning and offered valuable insights on how to get your foot in the door with a well written resume. The job interview presentation examined strategies to perform well in group, panel and individual interview.

**Karen Hundy • Careers Adviser**



## Cyber Security Experience

During last week, 10 students from our College undertook a work experience program with the Department of Human Service in the Cyber Security division.

The students engaged in a range of activities from building and coding their Buzzbot to make it dance, move and negotiate a specific track, using virtual reality equipment to complete tasks, developing phishing emails, and touring the programming, assurance, operations and risk divisions of Cyber security at the Department.

The week culminated with students presenting their Deep Dive project to staff and parents. I was so impressed with the students' knowledge of their topic and the professional manner in which they presented the information.

**Karen Hundy • Careers Adviser**

## STEAM in Action

On Tuesday 2 July students on the Padua Campus ran an inaugural CO2 Dragster Race. This event is an amalgamation of work throughout Semester 1 for Year 8 STEAM. Using acquired knowledge in physics and car design, students designed, developed and constructed aerodynamic CO2 Dragsters with the goal of winning the trophy on race day. Each car raced down a 20 metre track with some cars recording speeds of up to 60 km/hr. This semester's winner for the fastest CO2 Dragster went to Francis and Jacob, whose vehicle was appropriately called Back and Blue. The best design award went to Acid Bullet's creators Freia, Jack and Joshua. Congratulations to these, and indeed, all students whose understanding of the principles of STEAM, creativity and hard work were evident in what was a very successful event.

**Perry O'Connor • STEAM/PBL Coordinator**



## Community News

### MERICI 60 YEARS

As part of Merici College's 60th Anniversary celebrations, a special concert and fundraiser will be held on Friday 9 August and Saturday 10 August in the College Auditorium, Wise Street Braddon. The concert starts at 7.00pm (arrival and seating at 6.30pm) on both nights. Walk down memory lane as each decade is revisited through dance, music, drama performances, Alumni reflections and current students highlighting life at Merici College. Tickets and refreshment packages available at [www.trybooking.com/BCWAY](http://www.trybooking.com/BCWAY).

### CANBERRA SCHOOL OF TENNIS

Winter Holiday Camps will take place these holidays at the Pines Tennis Club, Chisholm. For enquiries, contact Robert Jamieson on 0432 118 204 or visit [www.csot.com.au](http://www.csot.com.au) to book a place.

### NATIONAL ENDANGERED SKILLS AND TRADES SHOW

This will be held on 13 and 14 July at the Fitters Workshop in Kingston. Information is available through [Eventbrite](https://www.eventbrite.com).

# insights



## Creating healthy digital habits in kids

by Martine Oglethorpe

Surveys have consistently shown that children have been exposed to rising amounts of screen time in recent years, as well as parents struggling to manage the moods and time demands of children and young people.

As kids spend increasing amounts of time tethered to a digital device, it makes sense that the time they are online, is time well spent. As parents we're often concerned about the connections children and young people are making and the subsequent impact on their wellbeing. We're often concerned about the content they're consuming, and how helpful, relevant and safe it is for them. Rightfully, there's concern that the time spent online, scrolling, searching and swiping, may well be time better spent on other pursuits.

Obviously, these digital devices won't be going anywhere fast. So, we need to look at how we remain in control of our screen use, and ensure the time we're investing online is adding something helpful, positive and meaningful to our lives.

Here are a few tips to help you be more intentional with your scrolling. Being mindful of how time spent on devices, is certainly not just reserved for young people.

### Encourage creation not just consumption

Here's a simple question. Are you more of a consumer or creator when you're online? When you spend your online time in creative mode such as making things, creating own videos, editing photos, writing blogs, coding a video game or composing a song you are getting something tangible in return for the time spent on a screen. You are achieving and creating something, rather than simply consuming the content made by others, which is generally far more satisfying as a user.

### Look at who you are following

Consider the real purpose of the people on your feeds. Are you following celebrities you can never relate to, companies you would never buy from, or people who bring you down rather than teach or inspire you? Ideally, you'll follow people and companies that you can connect with and add positively to your life.

So what about your child? If they have a passion for something, help them find suitable people to follow. For instance, if they love space, search for NASA and related accounts. If they love photography, help them find great photographers sharing their work online. When they're following people that teach, inspire and ignite their passions, they're less likely to spend valuable time with energy zappers.

## Do a digital declutter

We all have so many apps on our devices and many are just clutter that we used once and no longer visit or don't add anything constructive to our day. Maybe you could try deleting all the apps on your phone and only put those back that you need to make your day easier, or that offer you something positive. This forces us to look at the real benefits, or not, of the apps and thus the time we are spending online. Could there be better games for your kids to play? Are there better videos for them to watch than the ones that the YouTube algorithm believes they want to see?

## Role model good practises

Most kids learn much more from what they see and experience, rather than from what they are told. As a parent be sure to be intentional with your screentime. Do you:

- Follow people that support you, challenge you in helpful ways or inspire and lift you up?
- Interact in positive ways?
- Give people your attention rather than scroll whilst others are talking to you?
- Put your digital devices away in order to fit all the other important things into your day?

Setting your kids up with good online habits will help make these practises the norm. If you don't want your children falling prey to the harmful and unhelpful experiences online, you need to be sure that they are focusing on positive and helpful screentime pursuits.

Be intentional with your scrolling, and you'll ensure you're getting a much greater return on your online investment.



### **Martine Oglethorpe**

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