

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume 10 2019

26 JULY

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Coming

Up

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

MON 1 2 A U G

- Science Week begins
- Biology Olympiad

WED 1 4 A U G

- Semester 1 Awards (St Peter's)
- Physics Olympiad

MON 0 2 S E P

- Year 11 Leadership Preparation Session
- Year 12 Assessment-Free Week

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,

WELCOME TO SEMESTER 2

Welcome back to all members of staff, students, and families who I hope have had a deserved break.

I would like to thank the staff for the presentation of data and provision of feedback – much of it affirming – regarding student achievement during Semester 1. MacKillop is a school that prioritises learning, and our students are now in a position to increase achievement in Semester 2.

SR NOELENE QUINANE STUDENT CENTRE

This facility, including lecture theatre, student services offices, offices for senior staff, study areas, classrooms, and a very splendid canteen/dining area has now been brought online and will be officially opened later this term. The building had its genesis in extensive refurbishment of the old Science facilities and is now a showcase student facility that will promote flexibility, student-teacher contact, and will be a focus for community events. Those responsible for the work included architects, builders, contractors, and College Business Manager, Mrs Louise Davidson, who managed the project. The College owes a great deal to these people for the quality and timeliness of the project.

GREETINGS FROM SAN FRANCISCO

Regular readers of this organ of record and those of you who follow me on Instagram would be aware that I am on Study Leave in the United States. I was fortunate enough to be invited to present at the annual Conference of the National Association of Secondary School Principals of the United States in Boston several days ago. I understand I was the only international speaker at the conference. This was followed by meetings with representatives of the Education Office of the Archdiocese of New York, with a few days of rest and relaxation in San Francisco prior to my return on Monday.

I found during my trip a profound parallel of interests in terms of diversity within schools, challenges of meeting the needs of the indigenous, and the desire to recruit and invest in outstanding teachers. How this is done at MacKillop and elsewhere is the real point of interest. Our school and the system to which it belongs, and indeed the nation it seeks to serve, has different interests to similar schools in the United States, but there is deep reassurance for us all in what is emerging as a shared vision and set of priorities for our countries' futures.

I look forward to joining Year 12 on Retreat next week.

All the best for Term 3!

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

"There is deep reassurance for us all in what is emerging as a shared vision and set of priorities for our countries' futures."

PRINCIPAL'S PRAYER

Lord,

We ask You to bless this community at the start of Semester 2.

Amen.

GET YOUR TICKETS TO OUR SCHOOL MUSICAL!



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

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

Book and Lyrics by Eric Idle

Music by John Du Prez

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Japan Trip

From 1 to 20 July, a group of 20 students headed on a trip to Japan, accompanied by Mrs Darley, Mr Moyle, and Mr Ishikawa. During the trip, we visited many cities including Tokyo, Kanazawa, Kyoto, Hiroshima and Matsue before travelling to Oki for our homestay. In Oki we were able to meet many students and form new friendships - for me, this was the highlight of the trip. After our homestay, we travelled back to Osaka to visit Universal Studios Japan, after which we headed home.

The trip to Japan was amazing and so much fun; I already miss it! I would like to thank our teachers and those students who came on this trip as it was a once in a lifetime experience.

Emma Downes • Year 10



PE Pathways

Attention student athletes in Year 9:

Applications are now open to apply for the Year 10 PE Pathways Program in 2020! This program helps student athletes at MacKillop achieve their sporting and academic goals with a focus on long term athletic development.

Applications close Friday of Week 2 (2 August 2019).

For information on the program and a copy of the application form go to:

<https://www.mackillop.act.edu.au/index.php/pe-pathways>

Applications forms can be handed in at the PE staffroom at the junior campus or emailed directly to Mr Lenarduzzi: dominic.lenarduzzi@mackillop.act.edu.au.

Dominic Lenarduzzi • PE Pathways Facilitator



SRC Update

Welcome back to Term 3! The SRC would like to thank you for your continuous support and are excited to start Semester 2 on a high note!

On the St Peter's Campus, Mindygari's house charity fundraiser is in Week 3 and they have chosen to support Veteran 360, an organisation that provides support for returned servicemen and women. There will be an eating contest for staff on Tuesday, during which the SRC will be collecting donations. On Wednesday, students are encouraged to show their support by ditching their school jacket in favour of a jumper or jacket of their choice for just a gold coin donation. The rest of the uniform must remain the same. On Friday, SRC will sell bacon and egg rolls, so fill up for just \$4!

Miguel Sanchez
Connection & Communications Captain

Status Awards

Congratulations to the following students who have been presented Bronze Status Awards at this week's Padua Campus Assembly:

Charlotte Corey 7W3, Eleanor Hayes 7W1, Hannah Mutsago 7A3, Aidyn Owen 7EW, Isabelle Pratt 7A2, Amber Sibley 7E1, Marli Stewart 7F2, Joseph Wagner 7F2, Maia Wei 7E3.

Lachlan McNicol
Assistant Principal Pastoral Care

Student Achievement

Oliver Bryson (Year 11) represented the ACT at the 2019 Australian National Cadet (U17) Fencing Championships in Sydney on 6 July. Oliver competed in the weapon of Epee and won his matches against the 2018 defending champion and New Zealand representatives.

The following swimmers will represent the ACT at the School Sport Australia Swimming Championships in Melbourne at the end of the month: **Alexander Murray**, **Grace Ralston** (Year 7), **Lucas Murray** (Year 8), **Cassiel Galvin**, **Riley Hulkkonen** (Year 10), and **Zoe Strzelczykowski** (Year 12).

Brad Rauter (Year 11) was selected in the AFL (NSW/ACT) Under 16 RAMS State team for the NAB AFL Championships. NSW/ACT won the Pool B comp, defeating QLD, NT and TAS. Brad is also a Giants Academy player.

Five students from MacKillop represented the ACT at the Indoor Cricket National Championships in Melbourne from 6-12 July: **Grace Lyons** (Year 8), **Clare Levings**, **Matthew Phillips** (Year 9), **Owen Levings**, and **Lauren Phillips** (Year 12). Lauren Phillips was selected in the 2019 17&U Girls Australian Allstars Team.

Brianna Simon and **Kailee Lamont** (Year 7) have been selected to represent the ACT at the School Sport Australia National Netball Championships in Canberra this September.

Sean Edwards (Year 8) has been selected to compete at the National Clubs Gymnastics Carnival in the Gold Coast in September.

Audrey McLaren (Year 8), **Stephanie Nikias**, **Ella Ross**, and **Sienna Birnie** (Year 9) represented the ACT at the National Youth Football Championships in Coffs Harbour in July. **Josie Dubbert** (Year 10) represented the ACT at the National Talent Challenge here in Canberra this week.



Year 10 Urban Challenge

In the final week of Term 2, Year 10 students participated in The Urban Challenge. The three-day program was very exciting and rewarding, allowing students to be actively involved in a series of challenges through Sydney.

Alongside an Urban Challenge leader and a MacKillop staff member, groups set off around Sydney exploring a multitude of places such as Darling Harbour, The Rocks, Sydney Central, Cockatoo Island, Chinatown, Bondi and more. We participated in some enjoyable challenges and the experience was overall incredible. Students were also given the opportunity to give back to the community by cooking meals for the homeless through "Kids Giving Back".

Overall, it was a truly humbling and motivating experience, developing independence, team-work, decision making skills and perseverance over the three days. This experience wouldn't occur without the hard work of our teachers and the Urban challenge staff. A huge thank you to all involved.

Chloe Pascoe • Year 10



New PC Teachers

A small number of Pastoral Care Classes have new PC Teacher in Semester 2 due to the changing dynamic of staff. The new PC Teachers are:

- 7W1 – Hannah Jolley
- 9F3 – Marina Askandar
- 10F1 – Maeve McGregor
- 12A2 – James Hollis

Attendance Certificates

Over the course of Semester 1, 164 students achieved a record of 100% attendance. Those students have been presented with an Attendance Certificate this week recognising this accomplishment and their commitment to school.

Anxious Kids Seminar

Next week a seminar about anxiety in children will be taking place in Canberra.

The details are:

When: Tuesday 30 July (7.00pm - 9.00pm)

Where: Hellenic Club, Matilda St, Woden

The seminar has been designed to enable educators and parents to better recognise, manage and minimise the anxiety of children. More information is available on the flyer at the end of this newsletter.

Lachlan McNicol
Assistant Principal Pastoral Care



Social Media Tips for Parents

While students in Years 7 to 9 experienced cyber safety presentations from the AFP last term, with Year 10 to follow in Week 3 of this term, below are some useful tips for parents to assist in ensuring that students are safe on line:

- Talk to children about online privacy issues, making sure they know not to identify personal information such as their full name, address, age, school and don't post photos in school uniform.
- Check your child's privacy settings regularly.
- Don't tag photos of children at school if your accounts are not set to private.
- Ensure your children know not to accept follow or friend requests from people they don't know.
- Ensure the apps your children use are age appropriate. Sit with them and work through it together. Check how easily they can connect with strangers through chat rooms or accepting friend requests.
- Set boundaries around the use of devices, including use in bedrooms.
- Respect the classification on games, they are there for a reason.

Speak with your children about online safety. Encourage them to let you know if they see anything concerning or if someone is asking personal questions, (young people can be reluctant to speak up for fear of getting in trouble).

After-School Sport: Indoor Sports

During Term 3 Indoor Sports will run as an after-school sports activity, available to all students in Year 7 to 9. This is again being organised by College Sports Captain Jacob Church with assistance from other Year 12 student volunteers and supervised by a staff member.

The sessions will run from Week 3 until Week 10 from 3.30pm to 4.30pm in the Wanniasa Campus gymnasium.

All students are invited to participate regardless of experience or ability.

Consent forms are available from Pastoral Care Coordinators, the PE staffroom and can be downloaded from Canvas.

Students who have attained Bronze or Silver Status may count the hours that they attend towards their application for the next level of Status, as Community Involvement time.





Artist@MacKillop 2019

Sculptor, Rebecca Selleck has been at MacKillop since Term 1, first working with senior students on the St Peter's Campus and now spending time with Years 7 - 9 at the Padua Campus. She has conducted practical workshops, talked to classes about her art-making and is currently working on a sculpture project with a group of enthusiastic Year 8s and 9s. Bec has obviously worked closely with Visual Arts students but has also engaged with SOSE classes and the STEAM department.

Rebecca has an exhibition coming up in August. All welcome:

INVASIVE (Second Iteration)

Gallery Two, 21 Blaxland Crescent, Griffith • Thursday 15 August to Sunday 1 September

Opening: 6pm Thursday 15 August

Gallery hours: Wednesday to Sunday 12pm to 6pm



Smalls returns!

Our Artist @ MacKillop from 2018, Smalls, was invited back last term to produce a mural for the new bike enclosure at the Padua Campus. He teamed up with Oliver Flanders-Stokes (Year 9), Tyler Buckingham (Year 9), Andrew Chifley (Year 8) and Isaac Morrissey (Year 8) to create the typography for the walls - 'Saving the planet is easy ... it's just like riding a bike'. Smalls then added his own signature touch, a stunning native Australian Pink Breasted Robin (*Petroica rodinogaster*).

Inspire Art Competition

Entries for this year's competition are due by Friday 30 August. Students from Years 7 - 12 are invited to enter one artwork in one or more of the following six categories: Drawing, Painting, Sculpture, Photography, Digital & Media Arts and Mixed Media. There will be prizes for each category as well as an Overall Winner and a People's Choice. All entries will be displayed in F Block on MacKillop Day and a selection of the very best will be exhibited at the Tuggeranong Arts Centre. Judges to be announced soon!

Tamara Murdoch • Visual Arts Coordinator

INSPIRE 2019

School Fees

Term 3 Fees were electronically sent to family email addresses on 10 July 2019. Fees are to be paid by 9 August 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

Community News

CORPUS CHRISTI

Teresian Group: This is a new initiative designed to encourage the young people (6-16years) to be active participants in the ministries of the Mass. If you, your friends or someone in your family are interested in joining please attend one or both of the practices in Holy Family Church on Sunday 4 and Sunday 11 August at 9am. The first Teresian Group Mass will be on Sunday 18 August at 10am and thereafter at 10am on the 3rd Sunday of each month. For any enquiries please contact the Corpus Christi Parish Office.

Contemplative Mass: Held at 7pm on the first Wednesday of every month in Holy Family Church. The church will be lit with candles which provides a wonderful environment to celebrate the Eucharist in a reflective and meditative way. The first Mass will be Wednesday 7 August.

YOUTH MINISTRY AT ST JUDE'S AND ST JOHN VIANNEY'S WESTON CREEK PARISH

Youth Ministry Leadership Council Group: Young Adults over the age of 16 are encouraged to join the Youth Council group, which plans and organises youth masses. This group meets every two weeks at St John Vianney Church with Father Michael Lim and youth minister Theresa Corson. Year 12s who are interested in community orientated jobs in the future are invited to come and contribute. Students are also encouraged to also talk to older siblings who might be interested in coming along.

Weston Creek Youth Group: Students in Years 7, 8 and 9 are encouraged to get in touch with us to express their interest in joining. Theresa will get contact with more information about when meetings begin. Please contact Theresa Corson, the youth minister, at Theresa.Corson@cg.org.au.

CONFIRMATION AT ST MARY'S PARISH, BUNGENDORE

For baptised Catholic children in Year Six or above. An information session for parents/guardians and children will be held on Sunday 4 August at 9:30am in St Mary's Hall, Bungendore. One-hour preparation sessions for Confirmation will be conducted after Sunday Mass at 9:30am on 4, 11, 18 and 25 August. The sacrament of Confirmation will be celebrated in St Mary's Church on Sunday 15 September at 8:30am Mass. More details and enrolment forms on the parish website <http://cg.org.au/bungendore/Home.aspx>

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.

ACU BLACKFRIARS LECTURE SERIES

The next lecture in the Blackfriars Lecture Series is: Teacher Experience and Insights. Three teachers will share their experiences and insights of education in the Nation's Capital. This lecture will take place at the ACU Watson on Tuesday 30 July from 6pm to 7pm. RSVP by 26 July to ocd.canberra@acu.edu.au.

insights

Helping kids tolerate discomfort

by Michael Grose



Few right-minded people want children or young people to experience hardships or difficulty. However growing up generally means that kids will experience their fair share of hardships, frustrations and challenges which lead to uncomfortable feelings.

Exercising their discomfort muscles

Tolerating discomfort is an important resilience skill. It refers to an ability to sit with an uncomfortable or emotionally painful feeling such as disappointment, apprehension, nervousness or fear. These emotions can be brought about as a result of not being picked for a team; getting lower than expected marks for an assignment; or going into new, unfamiliar situation such as school camp. These are the sorts of every day situations that can make some kids feel uncomfortable. It's helpful to think of discomfort as a 'muscle' that gets stronger with training. Each time a child or teen successfully tolerates discomfort they're reinforcing their ability to do so and cementing the knowledge that they can overcome emotional challenges.

Opportunities to practise tolerating discomfort

Opportunities for practice are plentiful and are found in common situations such as when a child or teen is: feeling hungry; wanting something they can't have; having to end screen time; contributing to household chores when they don't feel like it; missing out on a job interview; asking someone on a date or not receiving a party invitation.

It's not toughing it out

Tolerating discomfort doesn't mean toughing out an unbearable situation. It's teaching your anxious child to notice how they're feeling, naming their emotions, and practising acceptance of difficult feelings as they occur. This is done in the knowledge that what they're experiencing is temporary and that they're lovingly supported by a warm and comforting adult. Couple tolerating discomfort with social rewards (such as words of praise or shared fun activity) for coping behaviours and you're helping to build their personal resilience.



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.

The Anxious Kids Seminar is coming to Canberra

Society is in the grip of an anxiety epidemic. One in fourteen kids are diagnosed with an anxiety disorder, and many more go unnoticed. Parents and teachers play a critical role in helping kids to recognise and manage their anxious feelings.

Parenting expert, award-winning speaker and author of 11 books Michael Grose, together with wellbeing expert and researcher Dr. Jodi Richardson will be touring across Australia and New Zealand to present their evidence-based approach to managing kids' anxiety. Here they will speak about the tools and strategies for helping children outlined in their recently released and highly acclaimed book *Anxious Kids*.

This is your chance to hear from the authors of the acclaimed book *Anxious Kids*, in a skills-rich seminar full of actionable steps and take-home ideas.

Anxious Kids Seminar Tour

Date

**Tuesday
30 July 2019**

Time

7pm - 9pm

Location

**Hellenic Club
Matilda St Woden**

Tickets

 **\$39.95**

Who is this seminar for?

This seminar is ideal for parents, carers, teachers and other professionals who work with children.

You can learn:

- The origins of anxiety and how it impacts on children and teens
- How to respond constructively when a child or teen is anxious
- Tools to teach kids to help regulate their anxiety
- The lifestyle factors you can enhance to minimise anxiety
- Why avoidance of anxiety-inducing events is not the answer and what to do instead
- How to create a wellbeing plan for your child or young person



About the Presenters

Michael Grose and Dr. Jodi Richardson are co-authors of the highly-acclaimed new book *Anxious Kids: How children can turn their anxiety into resilience*.

Michael Grose is one of Australia's leading parenting and educational writers and speakers. Michael supports schools across Australia and internationally to build strong partnerships with their parent communities.

Dr Jodi Richardson is an expert on anxiety, through extensive studies and personal experience. She has spent more than 25 years in the field of health, wellbeing, clinical practice, elite sport and education.



To secure your tickets today, visit:

www.parentingideas.com.au/anxious-kids-seminar-tour