

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume 13 2019

27 SEPTEMBER

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Coming

Up

MON 1 4 0 C T

• Term 4 begins

TUE 1 5 0 C T

• Parent/Teacher Interviews

THU 1 7 0 C T

• Parent/Teacher Interviews

WED 2 3 0 C T

• Senior Leadership Elections

WED 3 0 0 C T

• Student Mentoring (W)
• Senior Hospitality Dinner

THU 3 1 0 C T

• Year 7 Immunisations

FRI 0 1 N O V

• Year 7 Immunisations

WED 0 6 N O V

• Long Tan Assembly (I)
• Campus Captain Elections

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/
stmarmackillop



Principal's

Letter



Dear Parents, Teachers and Students,

AIDEN MAVITY 30 AUGUST 2000 - 19 SEPTEMBER 2019

"Lord, we pray that your comfort and love is with the family and friends of Aiden Mavity, class of 2018, good classmate and friend. Amen"

GREETINGS FROM ATHENS

I have accompanied 25 of our students with four other teachers on a history and culture tour to Greece and Italy. This will be an opportunity for me to visit our sister exchange school in Padua, meet the host families and see regular visitors to MacKillop in their own city.

Upon the return of our students to Australia, I will be visiting our exchange school in France to explore their exchange programs with schools in the US and South America. Some exciting opportunities are open to MacKillop with this program, further opportunities for our students and for teacher exchange also.

SPRING ZING 2019

Unfortunately, I was unable to attend Spring Zing, an initiative for Year 10 that must be close to its 20th year by now. All reports on the students conduct and spirit were positive. The evening was great fun and well supported by staff.

Congratulations to Year Coordinators Mrs Galvin and Mr Johnson and to Year 10 PC teachers who attended the night.

STAFFING 2019

Congratulations to the following staff who have had successful reviews of their performance in leadership positions, Mr Simon Kelly, Mrs Kathleen Galvin, Mr Joe Ciccarone, Mrs Anna Keppel, Ms Bronwyn Griffin, Mr Braden Longo, Mr Stephen Lowe and Mr Tristan Burg. Each of them has now had their contracts extended. Congratulations to Mr Michael Batten and Mr Gary Seary who have successfully reapplied for their roles. This has been a set of excellent outcomes for excellent teaching and learning at the College.

FOOTY FINALS 2019

GWS v Richmond. After a season of some heartbreak and thrilling results, the big day will soon be upon us.

Congratulations to the fans and members of both clubs, the rest of us confess to the sin of envy." They shall not grow old as those from more northern states grow old, for them life will always be 3Q time, with the scores level and the wind favouring the home team...." Bruce Dawe

Go Raiders in the prelim!

Yours sincerely in Red and Black

MICHAEL LEE
COLLEGE PRINCIPAL

"I have accompanied 25 of our students with four other teachers on a history and culture tour to Greece and Italy."

PRINCIPAL'S PRAYER

Lord,

we pray that your comfort and love is with the family and friends of Aiden Mavity, class of 2018, good classmate and friend.

Amen.



Mackillop Day 2019

The College was blessed with beautiful spring weather for its annual MacKillop Day Mass and Celebrations on Friday 13 September. Every element of the day expressed and celebrated this year's liturgical theme 'encourage one another and build each other up'. The day commenced with Mass at the Tuggeranong Basketball Stadium and concluded with a range of fun activities and stalls at the St Peter's Campus.

The Mass celebrated by Fr James Antony was a very moving occasion. Thank you to Jonathan Moyle and Ben Bowman who led the organisation of our celebration of Eucharist, and to Kim Maloney, our Music Ministry and our A'Capella for their wonderful contribution to the Mass. The Feast Day activities at the St Peter's Campus were very festive, with activities like bumper balls, an obstacle course, the bungee run, nERF games, face painting, video games, upbeat music, and a wide range of food and drinks.

All students are to be congratulated for their participation on the day and the spirited sense of community, which helped to make MacKillop Day a fantastic celebration of the Feast of our patron, St Mary of the Cross MacKillop.

Inspire Art Exhibition Opening



On Thursday 19 September the Inspire Art Exhibition was officially opened at the Tuggeranong Arts Centre. It was a fabulous event and the gallery space was packed with the artists (students) and their families and friends. Congratulations to all of the students whose work was on display and, in particular, to all of our prize winners for 2019. A huge thank you to the Visual Arts Assistant, Mrs Greta Kusta and the four Year 7 curators who installed the exhibition so professionally. Eleanor Hayes, Jett Blyton, Anastasia Makrides and Zara Huber did an excellent job. Thank you to Mrs Jane Cronan for an inspirational opening address and to the Tuggeranong Arts Centre for once again hosting our exhibition. The exhibition will be closed after Saturday 28 September so get in quick if you would like to have a look!



Special congratulations to all the award winners:
Overall Winner - Charlotte Corey (Year 7 / Photography)

People's Choice - Abigail McIntyre (Year 10 / Photography)

Drawing - First Place - Isabelle Browne (Year 9);
Highly Commended - Sarah Muir (Year 12)

Painting - First Place - Kira Tawton (Year 10);
Second Place - Justine Rasheed (Year 8); Highly
Commended - Jessica Fox (Year 8); Highly
Commended - Harrison Lye (Year 10)

Photography - First Place - Jacqueline Giron (Year
12); Second Place - Abigail McIntyre (Year 10);
Third Place - Maria Tarasyuk (Year 12);

Highly Commended - James Power (Year 7)

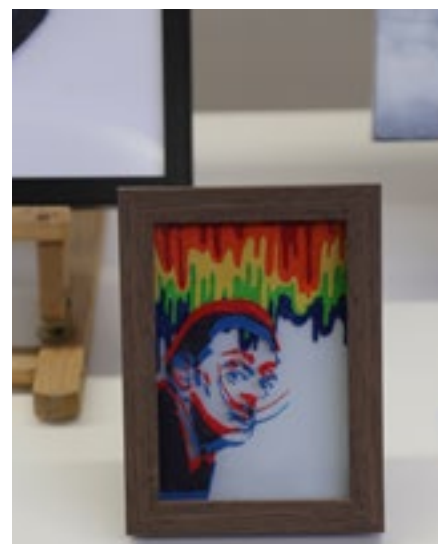
Sculpture - Amy McGregor (Year 12)

Digital/Media - First Place - Ben Coe (Year 11);
Highly Commended - Issac Muscat and Patrick
O'Connor (Year 9)

Mixed Media - First Place - Lana Malone (Year 10)



Tamara Murdoch • Visual Arts Coordinator



Spring Zing 2019



Year 10 students celebrated Spring Zing last Friday evening at Vikings Tuggeranong Towncenter. The theme for the evening was 'The World is Your Stage'. Year 10 students embraced the event and arrived in style. The costumes were just as spectacular; students came as individuals, pairs and groups, dressed in an array of creative and original outfits. There was a positive and inclusive vibe throughout the night and the dancefloor was always packed. The evening really brought together the Year 10 community; it was fantastic to see everyone enjoying the night with their friends - for us, that is what MacKillop is all about.

**Peter Johnson & Kathleen Galvin •
Year 10 Coordinators**



Performing Arts Camp

Warrambui Conference Centre was filled with the sounds and movement of MacKillop students attending our annual Performing Arts Camp earlier this week. Over two intense days of workshops our students were engaged in Dance including; Hip-Hop, Contemporary and Musical Theatre, Music including; Rock Band, Jazz Band and vocals and Drama including; scripted play and improvisation. It was both challenging and rewarding for our performers. It wasn't all work and no play, however, and after dinner we had an evening of games, trivia and a bush dance which was great for a laugh and a bit of good old fashioned fun. The camp would not have been possible without the extraordinary talents of our teachers: Mrs van Doorn, Mrs Maloney, Mr Moyle, Ms DeAmbrosis, Mr Margosis, Mr Lehmensich and our fantastic ex-student mentors: Mitch Cridland, Jess Bui, Angela Sullivan, Hayley Paull, Liam Jackson, Hannah Rosin, Abby McKenzie, Maddie Prescott and Ashy Kinsella.

Petrina Mansfield • Director of Performance and Instrumental programs



AFP Inspires College Students

Leadership is a team sport. That was the key message presented to students at the Aspiring Young Leaders' Forum. Year 11 Legal Studies students Sophia Franz Blantocas, Noelle-Alexis Bowles and Jasmyn Picker attended the event as part of the Australasian Women and Policing Conference.

The day was designed to prompt college students as to what it means to be a leader, to showcase the importance of having mentors, the power of change and positivity, and the many and varied roles and opportunities at the Australian Federal Police. Guest speakers included AFP Commander Krissy Barrett, the first female officer to work part time while on the front line, Victorian Senior Constable Maha Sukkar, who became the first Muslim police woman to wear a hijab, and the Irwin siblings, Bindi and Robert.

Highlights from the day included a tour of the AFP College, lunch with recruits and watching police dogs in action.

Helen Jakobs • RE





Year 9/10 Boys Cricket

On Monday the 16th of September the 9/10 boys participated in the T20 cricket gala day. The format was 8 overs while batting in pairs for 2 overs each. We started the morning off with a match against Alfred Deakin which we cruised through resulting in an easy dub which then was followed by a very close game against Calwell High with only a 3 run win. After the recess break the tournament continued and we were matched up against Mount Stromlo which resulted in our first loss. The last game that was played was against Lyneham which we won without a sweat. The day had finished off with a high catching competition with Justin Lawrence (10F2), who was nominated to participate and he came 3rd. Overall the day was quite enjoyable with everyone eager to do it again.

Joseph Kiraly • 10E1

Year 7 Students Achievement

Congratulations to Sophie Sirens cheer team 'Amplified' who have been placed first out of ACT cheer teams, after competing at the AASCF states competition on September 14. They also received recognition of grand champion in more than one competition in September. The team has been offered a position to compete at the national cheer competition held later in the year and a scholarship to compete internationally!



Duke of Edinburgh Camp

During week 9, the Padua and St Peter's SRC travelled to Camp Somerset NSW to complete our Bronze level Duke of Edinburgh outdoor adventure. We surrendered our phones and were challenged to interact with the nature without the distraction of the outside world.



We trudged through the rain carrying our rucksacks during our challenging uphill hikes, and canoed down the beautiful Colo River. We took turns navigating the wet terrain using a map and compass. We were given the opportunity to learn about first aid, the history of the land we were walking on and the different formations of the mountains.

The program challenged us to operate out of our comfort zones by being resourceful and building resilience. We set up our tents at different campsites each night and enjoyed sleeping under the stars. We were given the chance to recognise our environmental footprint by keeping all of our rubbish for the 4 days and alternating the role of 'eco warrior' to ensure that we weren't leaving a negative impact on the land.

Each group provided their own food and cooked their meals using a Trangia. This was a unique experience that none of us will forget! On behalf of the SRC, we would like to thank MacKillop for this wonderful opportunity and would particularly like to thank Mr McCombe, Mr Webster and Mrs Denmead for accompanying us on the trip.

We are looking forward to completing our Silver level in the future!

Lilly Vassallo • Gurabang House Captain Year 10

Student Self-Reflection

In recent weeks students in Years 7 to 10 in Student Mentoring lessons have:

- reflected on their academic achievement this term
- assessed their progress towards achieving goals
- considered how they might maintain motivation for the remainder of the year.

The purpose of the session has been to assist students; in remaining focused on their studies, achieving to their potential and accomplishing goals they have set for themselves.

Parents are encouraged to engage with their son/daughters progress by checking:

- the Semester 2 Assessment planner (page 74 and 75 in the Student Diary)
- goals set for Semester 2 and if these are on track to be achieved (page 76 of the Student Diary)
- The Term 3 self-reflection (students have been asked to submit this on Canvas so that parents can view it)

Summer Uniform

A reminder that from the beginning of Term 4 all students are to wear the Summer Uniform.

- For boys this means that tailored mid-grey school shorts are an option in addition to the trousers. Grey or black socks may be worn with the trousers, however if shorts are worn the socks must be grey.
- Girls in Years 7 to 10 may wear the teal check summer dress with plain short white socks, or the tailored navy slacks with MacKillop monogram and a white over-blouse with MacKillop monogram.
- Any holiday 'variations' such as facial piercings or fashionable extremes to hair such as colours or styles should be rectified before returning to school for the new term.
- School shoes are to be traditional, lace up, black and polishable

More detailed information is available in the Student Diary, on the College website and on Canvas.

If there are circumstances that prevent students from wearing the correct uniform, they are required to bring a signed note from their parents to explain the situation. They need to present this to their Pastoral Care Coordinator during PC time each morning to obtain a uniform pass.



Padua Campus Mobile Phone Procedures

The College policy on mobile phones at the Padua Campus is that no students are to use mobile phones at school, from their time of arrival until 3.15pm.

If mobile phones are sighted by staff, they are confiscated and stored securely at the front office. They may be collected at the end of the school day on the first or second occasion. In these situations, an email will be sent to parents informing them of the incident. If a student's phone or mobile device is confiscated on a third, or further occasions in a year, parents will be contacted by a Pastoral Care Coordinator. The phone will remain secured at the Front Office and will either be:

- stored at the College until it is collected by a parent, OR
- returned to the student once an after school detention has been agreed to and scheduled.

If there is a pressing issue requiring a student to use a phone they may do so at Student Reception or their Pastoral Care Coordinator's Office. Parents may also get in contact with their son or daughter during the school day by contacting Student Reception. All students have been reminded of the policy and procedures at recent Year Assemblies this week. The options available to students, should they need to use their phone or other mobile devices for a valid reason, have been reiterated.

Adolescent Mental Health & Wellbeing Connecting Parents with Mental Health

Recently, staff from Catholic Secondary Colleges met to discuss the increasing concerns around adolescent mental health and the difficulties families, carers and parents face in connecting with external support. During Mental Health Week (21 -25 October), Combined Catholic Secondary Colleges will hold an Adolescent Mental Health and Wellbeing Expo at the ACU Campus, Veritas Building Watson. This features Two high profiled Keynote speakers, Dr Michael Gordon, Adolescent Psychiatrist and Dr Elizabeth Moore, Coordinator-General for the Office for Mental Health and Wellbeing. Also in attendance will be over 12 local wellbeing providers that will be able link parents and carers to agencies and or resources that can assist them in caring for their teenage daughters and sons in a supportive environment. It would be great to see many parents from SMMC there.

Thursday 24 October

5:30 - 7:30pm

Veritas Building ACU Campus

This is a free adult-only event, no students please. If interested please register via clicking on the flyer

[Paul Durham • Director of Student Well Being](#)



— COMBINED CATHOLIC SECONDARY COLLEGES —

ADOLESCENT MENTAL HEALTH & WELLBEING EXPO

Connecting Parents with Mental Health Service Providers in the ACT

THURSDAY, 24 OCTOBER 2019

VERITAS BUILDING, ACU CAMPUS

5.30PM - 7.30PM

Keynote Speakers
Dr Michael Gordon
Adolescent Psychiatrist
Dr Elizabeth Moore
Coordinator-General for the Office for
Mental Health and Wellbeing, ACT

Q & A Panel

Stalls from ACT mental health services
This event is intended for parents and carers only.

[REGISTER NOW](#)



What is Design Tech?

Where would we be without Design or Technology? Design and Technology is responsible for everything in society. The application of design principles, and the use of technology has allowed the world to evolve and exist as it does today. Design and Technology plays a role in all facets of our lives. From the design and manufacturing of computers and other basic products, to the use of modern technology that allows doctors and surgeons to perform ground breaking medical procedures.

All the activities grouped under the Design and Technology Key Learning Area do, however, share a common impetus and a number of features. The common theme being **problem solving activities**. Ones that require students to identify a problem, establish a solution and then work towards achieving that solution. Improving an electronic circuit, designing and creating a piece of furniture or producing preliminary sketches or drawings for a specific task all have problem solving in common.



The Purpose of Design & Technology

Students need to be able to think about what they are trying to achieve in solving problems, so that they can learn to judge both their own and other student's solutions in a reasoned way. Since there would be no point in changing something if it made it function or look worse it is obvious that the purpose of Design and Technology is to make things work and look better. Eg. If a car was produced that was safer, quicker, stronger, cheaper, lighter and more economical than existing models, we would agree that it was a better car. However, in practice we would probably find that many of the design requirements in this example conflicted with each other, such as, speed might conflict with economy or strength with safety. Therefore, the application of Design and Technology is one of compromise, and new designs do not have to be entirely different to be successful.

When people in society develop an understanding of about Design and Technology and are well-informed about issues that affect their livelihood it results in a more functional and effective society. Our understanding of Design and Technology and our experiences will help us all to do this. In the same way it will assist us to make decisions about choosing things. Deciding what dining table to purchase, for example, can involve the same careful and objective study of functional and aesthetic aspects of table design as is involved in designing one to fit another situation. Therefore, understanding Design and Technology is a valuable introduction to making decisions and solving problems in a wide range of situations that students might find themselves confronted with later in life.

Garry Seary • Design Technology Coordinator

Science Excursions

In the past fortnight both Chemistry and Human Biology students from the St Peter's campus have participated in excursions to see demonstrations not possible in school. The Chemistry students, like their Padua counterparts, were amazed by the explosions and hands-on Chemistry of Professor Wothers' Period Table show at ANU. The Human Biology students braved an early start and travelled to the Museum of Human Diseases at UNSW, Sydney. At the museum, students participated in presentations looking at the lifestyle factors that contribute to particular diseases and worked through hands-on activities looking at the role of genetics in disease. Students also had the opportunity to view the large collection of human tissue samples held at the museum. Each tissue sample had been taken from a person who was afflicted by a particular disease. Students were fascinated (and a little shocked) by what can happen to the human body and appreciated the opportunity to see for themselves the components of the body systems that they have studied throughout the year.



ANCQ Results

The Australian National Chemistry Quiz (ANCQ) is an Australian-based competition that attracts students in 23 countries across Oceania, Asia and Europe. The quiz requires students to apply their chemical knowledge and understanding to solve problems related to provided stimulus materials.

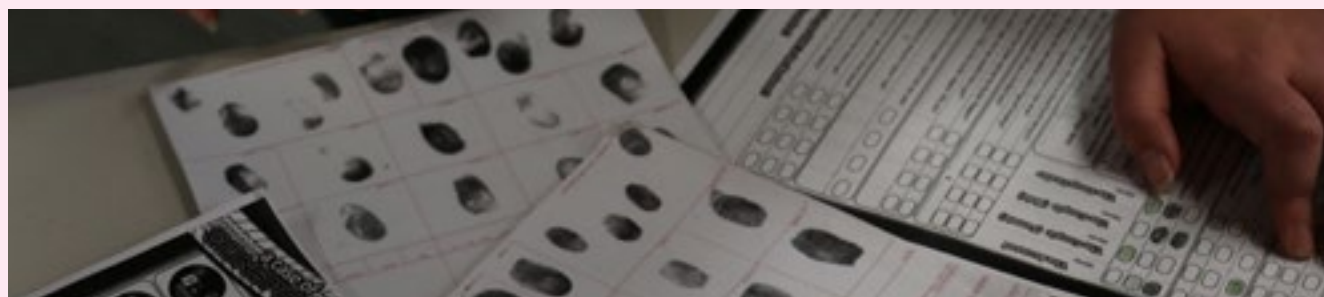
This Year Mackillop achieved some excellent results:

Year 10 : *Distinction ñ Lauren Chenery, Darcy Clark *High Distinction ñ Stephen Burg

Year 11: *Credit - Nicholas Bennett, Ashley Bond, Oliver Duncombe, Danielle Hewitt, Caitlin Jones, Alessandro Sergi

*Distinction ñ Timothy Breitkopf, Aidan Delfs, Liam Purss, Aiden Maher

Year 12 *Distinction - Claudia Donda



Forensic Science Show

Many of us have been introduced to forensics through popular TV shows that feature a team of investigators collecting, analysing and preserving evidence to solve a case. During Science week, Year 8 students had the opportunity to step into the role of a Forensic Scientist and participate in the 'Case of Identity' workshop. Students had to work together to solve the mystery of a realistic crime scene; gathering and interpreting evidence such as arson, chemical, DNA and ballistics, studying the clues and analysing the data.

Kate Goolagong and Tristan Burg • Science Coordinators

Peter Wothers Science show

Two weeks ago, 20 very eager Science students from Years 7-9 travelled to the ANU to see a show by Professor Peter Wothers from Cambridge University. His show celebrated 150 years of the Periodic Table and gave an exciting and explosive journey through the elements. Some highlights of the show included an iodine cloud, an explosion of sodium in water and igniting hydrogen gas.

School Fees

Term 4 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 3 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



Community News

RCIA

Rite of Christian Initiation of Adults (RCIA) If you or someone you know is interested in learning more about the Catholic faith, has been baptised and would like to celebrate other sacraments, or has been baptised under another faith and would like to become Catholic please contact the Parish Office. The program will begin after school holidays.

FIRST RECONCILIATION

First Reconciliation enrolments are open until next Friday 27 September. If you have a child, boy or girl in Year 3 and would like them to celebrate this sacrament please contact our Sacrament Co-coordinator, Gail at tuggeranongsouth.sacraments@cg.org.au Please note Gail's working days are Wednesday and Thursday during school terms.



insights

Helping your child avoid being cyberbullied

by Martine Oglethorpe



Cyberbullying of children and teenagers is one of the greatest fears facing parents today. The thought of their child being subjected to heinous words, threats to their physical safety, as well as their social and emotional wellbeing, is something no parent wants their child to experience.

Most of the bullying behaviours we now see are happening from behind a keyboard, playing out in social media feeds and gaming chat rooms. It is little wonder parents feel overwhelmed and out of their depth, especially when for most, online is an environment that is relatively unfamiliar.

So what can we do to help our kids avoid these types of behaviours, as well as give them the skills to deal with cyberbullying behaviours should they be exposed?

- **Remind them of all of the things they have control over:** While it may not feel like it, we have a lot of control over what happens online. We can determine who we talk to, what we ignore, what we share, how we comment, who we follow, who we block or hide from our feeds. All of that, helps us determine who is allowed to play a role in our online experiences and ultimately what behaviours we accept on our feeds
- **Give your child time away from the screens:** Everyone needs a break from screens. We want to encourage regular times when a child doesn't need to be tethered to their device. Building a wider community away from the screens helps a child or teen build their sense of self worth. Keeping devices away from the dinner table also gives them a break from being socially switched on and allows the to connect with family without a device. Removing devices at night helps their active brains to switch off, and prepare for sleep.
- **Role play possible responses:** Discuss with your child whether they should respond to bullying or nasty online comments, if they do, then consider how they could respond. Consider the statements or types of people they ignore, block or report.
- **Regularly check the privacy settings:** Every app, game and social network has a settings button that enables you to determine how positive an experience your child can have on that platform and how much control they have. Visit these settings regularly to look at the options available

While nothing is guaranteed particularly when it comes to the online world, we can certainly be taking steps to help our kids. We can give them skills, encourage positive behaviours and thinking that allow them to minimise their exposure to the bullying behaviours of others.

If your child is being cyberbullied you can also access the reporting tool at esafety.gov.au



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, themodernparent.net, facebook.com/themodernparent