

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume 16 2019

29 NOVEMBER

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PASTORAL CARE PAGE 11 • INSIGHTS PAGE 14

Coming

Up

MON 0 2 D E C

- Year 10 Community Day

TUE 0 3 D E C

- Yr 10 Semester 2 Awards Assembly
- Last Day Year 10

WED 0 4 D E C

- Yr 12 Graduation Mass
- Yr 12 Formal

THU 0 5 D E C

- Market Day (W)

MON 0 9 D E C

- Yr 7-9 Community Day
- Yr 10 2020 Transition Day

TUE 1 0 D E C

- Yr 7-9 Community Day
- Yr 10 2020 Transition Day

WED 1 1 D E C

- Yr 7-9 Community Day

THU 1 2 D E C

- Yr 7-9 Mass & Awards
- Last Day Years 7-9

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,

FAREWELL TO THE CLASS OF 2019

Year 12 were farewelled at a breakfast and assembly last Tuesday. The event was dignified, not without humour and was quite moving. A morning of deep emotions was enhanced by the exceptional conduct of Year 10 and 11 who farewelled the class beautifully. Year 12 2019 had a style and personality that impressed itself upon their teachers. They are young women and men of conviction and substance, and all of us here are very proud of them.

BUILDING, CONSTRUCTION & REFURBISHMENT

For those who are visiting the St Peter's Campus, the demolition and rebuild of the entrance and admin block is clearly visible from the drive. The previous building was dangerous, very impractical and kitchen and bathroom facilities were failing to make code. The new building (completion date Term 2 2020), will have a welcoming and open entrance, staff meeting and lounge facilities, high functioning admin facilities, a wider range of offices and meeting rooms which will sustain the school well into the future.

Over the holidays, toilet facilities in the classroom blocks will be refurbished as will ventilation, sight lines, lighting and carpeting. This will mean teaching areas will be given a boost. On the Padua Campus, a complete refurbishment of the theatre will commence prior to the end of this Term and planning for a second gym space will be continued. These exciting changes are part of the College Master Plan.

STAFFING

I am in receipt of several resignations from teaching, support and grounds staff. The College has advertised widely and I have been reassured with the quality of the applicants seeking to work here at MacKillop. Please be aware that while there's a lot going on at MacKillop, the safety of students and staff, and the quality of the staff will always be prioritised.

MICHAEL LEE
COLLEGE PRINCIPAL

"The event was dignified, not without humour and was quite moving."

PRINCIPAL'S PRAYER

Lord,

We give thanks to the first responders from Emergency Services, Fire Brigades, medical and police who have put themselves in harms way with the bushfires. Help us to be grateful for their bravery.

Amen.



Year 12 Assembly

The departure of Year 12 last week and the activities and celebrations which marked this were once again very impressive this year. The breakfast and final assembly were outstanding and a tribute to the relationship and esteem in which we hold our graduands.



ISART Exhibition



The opening event for ISART 2019 occurred on the evening of Wednesday 13 November at the St Peter's Campus. The exhibition featured artworks by Year 12 Visual Arts, Photography, Graphic Design and Media students. Felix Huber entertained guests with guitar while the Hospitality department provided everyone with delicious finger food. Our guest speaker for the evening was Karena Keys from the Tuggeranong Arts Centre who inspired us with her speech about the value of the arts.

Tamara Murdoch • Visual Arts Coordinator



Farewell Year 12



The Hamlet - Thrill-Ma-Geddon

On 11th and 12th of November The Year 12 Drama Production and the students performed 'The Hamlet - Thrill-Ma-Geddon' by Don Zolidis at the Tuggeranong Arts Center. The show demonstrated what Hamlet might look like after having no funds and having to resort to corporate advertising to make ends meet!



Travel Opportunity

A fantastic new travel opportunity for students in year 10, 11 and 12 (2020) of St Mary MacKillop College

The Spectacular South Island - New Zealand 12 day tour for HASS, Hospitality and Science Students

An information evening for all students and their parents who are interested in attending an extra-curricular HASS, Hospitality and Science trip to the South Island of New Zealand in 2020 will be held on Wednesday, 12th February at 5.30pm in the F block of the Isabella Campus.

The trip is designed to extend the SOSE, Hospitality and Science students of 2020 in the Senior College.

This information session will present the trip details, including contacts, timings and activities.

If you are interested but unable to attend could you please email the Hospitality Coordinator Janelle Maas janelle.maas@mackillop.act.edu.au or HASS Coordinator Michael Batten at michael.batten@mackillop.act.edu.au prior to the evening.

The trip will commence on the evening of the 27th September and return on the 8th October 2020. Students who have previously applied MUST see Mr Batten or Mrs Maas to activate their existing applications.

Leadership & Teamwork Summit

On Wednesday 27th of November Year 10 students participated in a Leadership and Teamwork summit organised by the PE Faculty. The day began with an engaging presentation from Tim Cornforth. Tim shared his inspirational story of addressing his mental health issues, building resilience and supporting the ones you love. Students then rotated through a number of activities lead by the ACT Brumbies, NRL Canberra, AFL Canberra, Coerver Coaching ACT (Soccer) and Chris Giorgione from S7 Strength and Conditioning. These activities focused on building leadership and teamwork skills in a fun and inclusive environment. To conclude the day students participated in an Amazing Race with help from 8 Brumbies players, including a past MacKillop student - Connal Mclerney, a crowd favourite. On behalf of the MacKillop community we would like to thank all the organisations and everyone who helped make this day a success.

Matthew Crowe • Sports Coordinator





Global Medal Individual Cadet

Congratulations to Oliver Bryson (Year 11) who represented the ACT and won the Gold Medal in the Individual Cadet (U17) Epee, at the recent 2019 Sydney Olympic Cup Fencing Championship.

Engarde Fencing Club

Year 7 Student Achievement

Caitlin Jorritsma (Year 7) received a commendation for her rendition of 'Quiet' at the 2019 Canberra Youth Talent Show.



Sustainability Award

Congratulations to Lani Bevan (Year 12) for being nominated for the ACT SMART School Sustainable Leadership Award (Secondary).



STEAM

Past, present and future...

In Term 3, select students from the STEAM 9 course entered the University of NSW SunSprint challenge. In this competition students were required to design and build a solar powered vehicle to travel around a fixed track. Under the supervision of Mr. Brennan and Ms. Knott, the St Mary Mackillop students were very successful in their first attempt at this competition. Our STEAM team took out second place overall for the open STEAM challenge. Their efforts received a first place for the race and interview, with only our logbook needing improvement to take first place overall. We also placed fourth in the 100 metre sprint. Well done team.

Just this week we had our second CO2 Dragster meet which drew upon 84 cars that were designed and constructed for aerodynamics and speed. This engaging activity utilises the principles of Science, Technology, Engineering, Art and Mathematics to optimise each project for maximum speed and aesthetics. Students eagerly compete to be the winner of the race or best design in this friendly, but competitive, event.

Next year is looking even more exciting as we start our new STEAM 10 course on the senior campus. In this course students will have the opportunity to negotiate the STEAM projects that they will undertake. Also very promising is the number of students who have enrolled in STEAM 9 and STEAM 10. Combined these courses have increased substantially in student popularity for next year.



We are all looking forward to seeing the students' use their creative and innovative talents to design and develop their projects.

Mr Perry O'Connor • STEAM / PBL Project Coordinator

Introduction to Nursing

In 2019 the College's Career Adviser Karen Hundy, initiated a joint project with CIT, Merici and St Clare's College to provide senior students with an opportunity to commence studies in the health care sector, with a focus on preparing them to work in nursing or allied healthcare.

Brianna Ambrosina, Kelle Aviga-Williams, Louis Chaton, Kiralee Eppelstun, Tara Hoppe, Gemma Jones, Jashmille Menodza, Emilia Piskuloska and Chloe Summerfield from our College enrolled in the program and attended CIT Bruce each Thursday throughout semester 1 and 2. Students worked in the simulated nursing and hospital environment at the CIT. They were taught by current industry trained nurses, who work in these environments on a daily basis. This training provided the students with the knowledge and skills that will equip them for a career within the health industry.

The students worked extremely hard and undertook trainings in four units of competency which included:

- Recognising Health Body System
- Comply with Infection Prevention and Control Policies and Procedures
- Working with Diverse People.

These units contribute towards qualifications in areas such as Allied Health, Nursing, Individual and Aging support.

The outstanding success of the project is reflected in the number of these Year 12 students who have since enrolled into the Diploma of Nursing for 2020. Their participation and achievement in this program has created a solid foundation for their next course of study. Congratulations to the students involved.



Ms Karen Hundy • Careers and Vocational Education Coordinator

Science Competitions



The Science department has just received the results of two of the most prestigious High School Science competitions and we are very impressed by MacKillop students' achievements.

The ICAS Science competition is open to all students in Years 7-12 and is an opportunity to gain experience, and recognition, in a nationally benchmarked competition. The questions are based on the curricula for the relevant year and are designed to allow students to demonstrate a deeper, integrated, and thorough level of learning.

In 2019 MacKillop students received the following awards:

Year 10

Merit: Steven McGowan

Credit: Zoe Stanford

Distinction: Stephen Burg; Darcy Clark; David McLauchlan

Year 11

Merit: Aidan Delfs; Aidan Mala

Credit: Danielle Hewitt; Caitlin Jones; Liam Purss;

Ryan Wardell; Charnseya Wells; Caitlyn Williams

High Distinction: Mykal Marsham

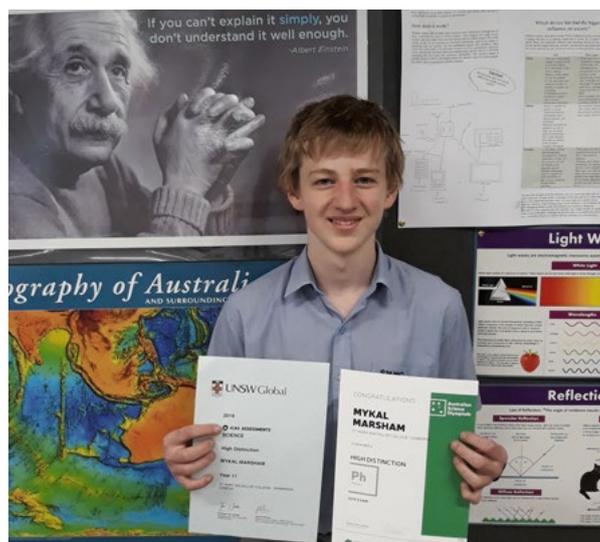
Year 7

Credit – Darwin Van Doorn, Aiden Bright, Liam Hickey, Milly McCabe, Aran Moody and Alexandra Phathanak

Distinction – Cameron Rutten, Jasper van Doorn and Freya Stanford

Year 8

Credit – Nila Ranjith, Freia Huber, Hamish Williamson



The Australian Science Olympiad Exams are designed for gifted and talented Year 10 and 11 Science students who are looking for a challenging test of their skills. These two hour exams are held in the disciplines of Biology, Chemistry, Earth and Environmental Science (EES) and Physics and test critical thinking and problem solving abilities. They are the first step in being selected to represent Australia at the International Science Olympiads.

In 2019 MacKillop students received the following awards:

Chemistry

Liam Purss (Year 11) Credit

Ryan Wardell (Year 11) Credit

Caitlin Jones (Year 11) Distinction

Earth Science

Timothy Breitkopf (Year 11) Credit

Caitlyn Williams (Year 11) Credit

Stephen Burg (Year 10) Distinction

Physics

Stephen Burg (Year 10) Credit

Oliver Duncombe (Year 11) Credit

Charnseya Wells (Year 11) Credit

Mykal Marsham (Year 11) High Distinction

While we are proud of all students who challenged their skills by participating in these competitions, special mention needs to go to Mykal Marsham of Year 11 who achieved the rare double-feat of achieving a High Distinction in both competitions (top 1% and top 10% in the ICAS and Physics Olympiad respectively). Well done Mykal!



2020 Student Representative Council

Elections for positions on the 2020 SRC took place at the Padua Campus last week with 65 students in Years 7, 8 and 9 nominating for a formal leadership role. Going through the election process can be a challenging experience for some students and each stood for a leadership role position did so with a sense of service and purpose.

The successful candidates and 2020 SRC in Years 8, 9 and 10, to join those elected in Year 12 and the Padua Campus Captains (announced in the previous Newsletter) are listed below. Elections for Year 11 representatives will take place at the start of next year and Year 7 elections will be held at the end of Term 1.

Year 10 SRC

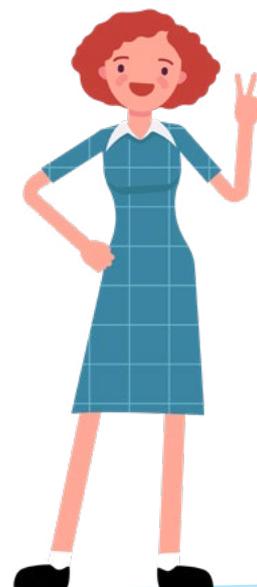
Mindygarl	Tadiwanashe Zvidza
Gurabang	Charlie Pettersen
Meup Meup	Neika Henson
Ngadyung	Jordan Thurling

Padua Campus House Captains

Mindygarl	Gurabang	Meup Meup	Ngadyung
Isabella Pinzon	Kate Squire	Kristelle McGowan	Emma Jobling
Jaiden Masaga	Bradley Carruthers	Ashton Rajkovic	Luka Hrstic

Year 8 SRC

Mindygarl	Juan Gonzalez-Gurrero
Gurabang	Jasmine Dube
Meup Meup	Maggie Robinson
Ngadyung	Connor McDonough



MacKillop School Shoes

In preparation for the 2020 school year, many students may be in a position of needing to purchase new school shoes. The policy regarding school shoes is outlined on the College Website and in the Student Diary. It states the following expectations:

- Traditional, black, leather, lace up, polishable school shoes.
- Suede shoes and black joggers are not acceptable for safety reasons.
- Elevated shoes and platform heels are not a part of the College uniform.
- The sole should be no more than 2 cm high and the heel 3 cm.
- Buckle shoes, canvas shoes, ballet shoes, cloth shoes, and slip on shoes are NOT permitted".



As we approach the holidays, students in Year 7 to 10 have been reminded of this at Year Assemblies in preparation for the new year. The information page later in this Newsletter is designed to assist parents and students in clarifying what is suitable in order to hopefully avoid any confusion.

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.

GRIP Leadership

On Thursday 14 November, the newly elected students for the Year 12 2020 SRC participated in the GRIP Leadership interactive seminar. The theme for the day was 'Lead the Way', and throughout the day, we not only learnt different ways to present ourselves as leaders, but various concepts and ideas that we could take into improving our school, and key principles to follow for our coming year. There were plenty of fun activities put in place for us to bond with the students from other schools who have been voted into leadership positions and get a small glimpse at working together to achieve something meaningful.

The day was a positive learning experience for all of us, and provided insight into what it means to be a leader. The tips we gained will definitely be valued for our coming 2020 leadership year and we have all come up with some fun ideas to make it the best year possible.

**Archie Beresford 2020 •
Communications and Connections Captain**



ACT Legislative Assembly Student Leadership Forum

On Monday the 25 November, the four Year 10 SRC Representatives and four Year 9 students went to the ACT Legislative Assembly for the Catholic Student Leadership Day. This year was the first year the event was run, and I think all of us agree it was a great day! We got to meet local MLAs and their staff; we got a tour of the Legislative Assembly including all of the offices; we got to participate in a mock debate in the Chamber as well as interact with people from other Catholic schools in Canberra.

The debate was a highlight: we got to put our opinions forward in the same way that our own representatives in Canberra get to. We tackled issues such as mobile phones in schools, social media, climate change and the gender pay gap in sports. We learnt valuable lessons about listening to everyone's opinion, and forming our own arguments quickly and on our feet. We also learned what it's like to work for (or as) a politician in Canberra, and it inspired some of us to consider a career in politics!

Alison Staniforth • 10W1



Status Awards

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

Bronze Status

Madison Amon 7A1, Natalie Beere 9E1, Freya Doherty 7A1, Suraya Edgerley 7W3, Gustavo Faria de Souza 7W3, Charli Houssenloge 7W1, Zara Huber 7W1, William Ireland 7W3, Emily Kent 7W1, Wesley Major 7A3, Christine Manangan 7F2, Ryan McKenzie 8F2, Emily Olver 7F2, Maxwell Richardson 7A1, Laurence Shepherd-Ashby 7W3, Lucius Stefanuti 7W3, Charlie Vandenberg 7W3, Darwin van Doorn 7W3, Sam Watling 7F2

Silver Status

Eleanor Hayes 7W1

Lachlan McNicol • Assistant Principal, Pastoral Care

Annual Sibling Discount

The Catholic Education Office offers a discount on Tuition fees to siblings who are attending St Mary MacKillop College and one or more of the following schools:

- Merici College
- St Clare's College
- St Francis Xavier College
- John Paul College

If you have a student attending any of the above Colleges, as well as having a student at St Mary MacKillop College, please complete the required form and send it to the Accounts Office for the sibling discount to be applied to your account in 2020.

If you have any concerns regarding this matter, please contact the Fees Manager on 6209 0147.

School Fees

It is now time to review all existing Direct Debit payments for 2019. If you currently pay fees by Direct Debit please email the Accounts Office at jayne.limbrick@mackillop.act.edu.au for a new calculation of payments.

Bpay calculations are also available for parents choosing to pay by this method.

Please finalise any outstanding 2019 fees immediately.

Michelle Predovan • Fees Manager

Community News

LEARNING COMMONS • PADUA CAMPUS

The final Homework club at the Junior Campus will be on Thursday the 28th of November. Thank you to those that have participated throughout the year. See you in 2020!

ACT SECONDARY BURSARY SCHEME 2020

The ACT Secondary Bursary Scheme can provide financial support for students in Year 7-10. Application forms are available at all Primary Schools, High Schools, Centrelink Regional Offices and online at <http://education.act.gov.au/support-for-our-students/financial-assistance>

CONSERVATION COUNCIL'S INAUGURAL CHRISTMAS AUCTION

The Conservation Council ACT Region's Inaugural Christmas Auction is live and open for bids until 8 December 2019. This charity auction has a wonderful array of unique and environmentally-friendly items that will make excellent Christmas presents for friends and family, including books, bikes, scooters, clothes, and things for your home and garden. You can download the entire list in: <https://conservationcouncil.org.au/wp-content/uploads/Cons-Council-Xmas-Auction-Full-list.pdf>. All money raised goes to the Conservation Council ACT Region's efforts to combat climate change and protect the ACT's environment.

HOLIDAY CRICKET CAMPS & T20S

The Team at Pro Performance Cricket are excited to announce our upcoming Holiday Cricket Camps & T20s. Catering for ages from 6 – 15 we offer intensive individual and group skill development for all ages and stages across all facets of the game. With an excellent coach to player ratio and incorporating current and former first class cricketers it's a perfect environment for the kids to get up close and personal with the Pro's while having heaps of fun, making new friends and taking their game to a new level.

VOLUNTEER DURING HOLIDAYS

The 27 Vinnies shops across the Canberra/Goulburn region are looking for volunteers to help in January. There are a variety of roles available – retail assistants, general hands (lifting and carrying!), and sorting donations. If you are interested, please call 02 6234 7348, email volunteer@svdp-cg.org.au or drop into your local Vinnies. You can find your nearest Vinnies shop by visiting www.vinnies.org.au/shops

PARENTLINE

Parentline is the only free telephone counselling service for parents and carers in the ACT. Assisting and supporting parents with ideas about raising children.
6287 3833

insights



Spending time with kids: How much is enough?

by Dr Jodi Richardson

The need to spend time with their parents differs for different kids. For some, there's no end to the time they'd spend with you. However, other kids feel differently. There's no right answer.

I'm fortunate to have the flexibility that allows me to spend a great deal of time with my children. However, my nine year old daughter wants to spend more time with me. My eleven year old son, on the other hand, is content either way.

Australia ranks first

According to a recent study Australian parents rank number one among OECD countries (including most of Europe, North America, the UK and Finland) when it comes to spending time with their kids. The lion's share of this time is still invested by mums, but Australian dads are ahead of those from many other countries, averaging around 70 minutes a day with their children.

The source of misplaced parental guilt

According to research published in the Journal of Marriage and Family, not spending enough time with children is the biggest source of parental guilt in Australia.

The researchers also found that it's quality, not quantity of time children spend with parents that's important for their emotional wellbeing, achievement and behaviour for kids aged 3-11 years. The researchers concluded that volume of time doesn't matter. It's much more important how time is spent with your children when you are together. This in no way advocates for absentee parenting. It's about making the most of the family time you have and reducing feelings of stress for you if you can't be around as much as you'd like to be.

Here are some ideas to help make sure you optimise the time you spend with your kids:

- Create a tradition of one-on-one time with each of your kids around an activity that you both enjoy, such as a cafe catch up over a milkshake, shooting hoops or playing a favourite board game
- Read regularly to each other, as these are special times of connection, especially in bed at night
- Eat meals together as a family so you can all catch up and connect – this is worth its weight in gold when it comes to quality time
- Pay attention to your children, watching for cues that they're in need of extra time with you
- Adolescents benefit from spending extra time with their parents. Through interactions with their parents

teenagers can learn to make better decisions about their health, improve their academic achievement and experience better wellbeing

- Take an interest in their interests. Connect with your children through the activities that they value such as music, sport or games, even if they aren't hobbies you don't normally enjoy. Your kids will appreciate you making the effort and will respond accordingly
- Be present when you're with your kids. Research shows our minds can wander up to 47% of the time when we are with our loved ones. If you're present with our kids, you won't miss out on nearly half of that precious time.

Be mindful of the importance of unstructured time for kids. That is, time they spend playing alone or with siblings and friends. Play is essential for our kids' wellbeing and development. Play changes as our kids grow up but as long as whatever they're doing is child-led, it's play. This is the time to leave them to it.



Dr Jodi Richardson

Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook.com/DrJodiRichardson. Enquiries to jodi@drjodirichardson.com.au