

College

Newsletter



MacKillop

St Mary MacKillop College Canberra



Volume 10 2020

13 AUGUST

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Coming

Up

MON 1 7 A U G

• Science Week begins

THU 2 0 A U G

• Moderation Day
(Pupil-free day)

MON 2 4 A U G

• Book Week begins

TUE 0 1 S E P

• AST Sessions 1 & 2
(First sitting)

WED 0 2 S E P

• AST Session 3
(First sitting)

FRI 1 1 S E P

• MacKillop Day

FRI 1 8 S E P

• Spring Zing

MON 2 1 S E P

• Performing Arts Camp

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Socials



www.facebook.com/
mackillop.act



www.twitter.com/
mackillop_act



www.instagram.com/
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www.youtube.com/
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Principal's Letter



Dear Parents, Teachers and Students,

YEAR 12 RETREAT

Congratulations to Mr Longo, Mr Moyle, Ms Darley, Mr McNicol, and the Year 12 Pastoral team who, through extensive preparation and organisation, salvaged the Year 12 Retreat from real disappointment. True, there was no journey, no ocean view, no disappointing food, and no sleepless nights which usually come with such an event, but there was prayer, reflection, good humour, and spirit of community, which are the aspects of Retreat that make it memorable every year.

Much of this was due to the willing spirit of the year group and their relationships with their PC teachers and Year Coordinator. It was a pleasure to speak to the year group and to be able to have some time with them. Congratulations, Year 12!

AWARDS ASSEMBLIES

Some readers would have seen the online Awards Assemblies for each campus over the past two weeks, which recognised the academic and community endeavour of many students at MacKillop. The recipients of the awards have prioritised, sacrificed, and exercised considerable self-discipline to achieve their best and to make a difference to others. MacKillop recognises academic achievement and its pursuit, but it also recognises community endeavour. The recipients are to be warmly congratulated upon their achievements.

FEAST OF MARY MACKILLOP

Last Saturday at 12:15pm, I attended the Mary MacKillop Feast Day Mass, celebrated by His Grace, Archbishop Christopher Prowse at St Christopher's Cathedral, Manuka. Thank you to College Captains Madi Lustri and Dylan Slattery and Faith and Community Captain Ben Walker who accompanied me to the Mass and who contributed splendidly to the liturgy. On a cold and windy day, these students gave up their time to be with their Principal and their Archbishop to celebrate a very important day in the life of our College and on behalf of their College.

SATISFACTION SURVEYS – PARENT, STUDENT, STAFF

Thank you to the many staff, students, and parents who have responded to these surveys. If you have not already done so, I would encourage you to do so at your earliest convenience and certainly by the deadline of Friday 21 August. The wider the data and feedback, the better able the College is to enhance its endeavours in many ways.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

"There was prayer, reflection, good humour, and spirit of community, which are the aspects of retreat that make it memorable every year."

PRINCIPAL'S PRAYER

Lord,

We give thanks for the resilience and spirit exhibited by Year 12 this year.

Amen.



Year 12 Retreat

Last Thursday and Friday, the Class of 2020 participated in the Year 12 Retreat. While it wasn't the traditional trip to Sydney, students still had the opportunity to experience a modified retreat program over two days at school. Retreat gave Year 12 an opportunity to connect with each other while strengthening and building friendships for our final semester of school together. On Thursday we participated in activities within our PC Classes that involved affirming our peers and reflecting on the bonds Year 12 have built over our time at MacKillop. Friday involved participating in activities as a group and individually. An activity that particularly stood out was the opportunity for our year group to write letters to both students and teachers - these letters were taken home and will be kept as a memory of our time at MacKillop and the lifelong relationships made by our cohort. Year 12 would like to give a special thanks to Mr Longo and the Year 12 PC Teachers for creating not only a great and fun experience for everyone but one that will stand out when we look back at our time at MacKillop.

Dylan Slattery • College Captain

House Charity Update

While we continue to work around current issues and have tried our hardest to make this year as great as possible, the SRC has and will continue to organise fundraising activities for their designated House charities.

Mindygari kicked off Term 3 with their House Charity Week, organising a number of events in support of Beyond Blue. These activities included hoodie day, selling donuts, drinks and Goodberry's, and an all-house oztag tournament. Hundreds of dollars were raised, and Mindygari House Captains Tianna and George would like to thank the MacKillop community for getting involved.

We still have two House Charity weeks remaining: Gurabang in Week 7, who will raise funds for their chosen charity Rise Above, and Meup Meup in Week 10, who will raise money in support of the Foundation for Rural and Regional Renewal.

Donations can be made to each of these charities at any time via the college Qkr! app. Senior students are reminded to bring spare change on their drive to school every Friday for the weekly Caritas Carpark donation collection.

Don't forget to follow the MacKillop SRC Instagram for all reminders of upcoming charity events to get involved in (@Mackillop_SRC). Thanks everyone!

The College SRC





Entries due soon for Inspire Art Competition

Don't forget that our annual art competition, Inspire, is on now until 28 August! Students in Years 7-12 can enter an artwork in any medium with any theme - just inspire us!

The three most popular categories so far have been Photography, Digital/Media Arts, and Painting, which means we're still hoping to receive more entries in Drawing, Sculpture, and Mixed Media!

If you need more information, please visit the Student Information page on Canvas.

All entries will be exhibited at MacKillop Day celebrations in September. If this cannot go ahead, we will produce a digital exhibition in its place. We also hold an exhibition at the Tuggeranong Arts Centre each year that features the very best Inspire entries. At this stage, our exhibition will be held from 21 November to 19 December.

Tamara Murdoch • Visual Arts Coordinator

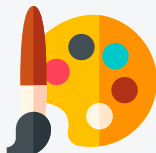
We've had lots of entries in...



Photography



Digital/Media Arts



Painting

We'd love to see more entries in...



Drawing



Sculpture



Mixed Media

School fees

Fees for Term 3 should now be finalised unless paying by Direct Debit or other approved arrangement. Any outstanding fees should be paid immediately.

Please note:

- A credit for Year 12 Retreat has been placed on Year 12 accounts.
- Any family affected by COVID-19 may apply for a Fee Remission for Term 3. Please contact the Fees Office on 6209 0147.
- It is most important that you notify the College regarding any changes to your email address as this is our primary form of communication.

If you require more information regarding Direct Debit arrangements or other approved payment methods or are experiencing difficulty paying the fees please contact the Fees Office.

Michelle Predovan • Fees Manager

Defence Sponsorship

Applications for the Defence Civilian Undergraduate Sponsorship program are now open until 31 August. This offers an opportunity to study select fully-funded degrees through UNSW at ADFA. Visit <https://defence.gov.au/apscareers/DCUS.asp> for more information.

Karen Hundy • Careers/VET Coordinator

Science Week is on next week!

SENIOR CAMPUS

What opportunities are there to get involved at the St Peter's Campus?

- 1 • The Canberra Satellite Selfie.** ANU has arranged for satellite photographs of Canberra in Science week. They are encouraging people to get involved so we are making a big SMMC sign. Ask your Science teacher how you can be involved!
- 2 • The Daily Science Challenge.** Every day in Science Week there will be a 'Daily Science Challenge' in Pastoral Care Class. The winning PC in each year group will be rewarded.
- 3 • The special 'Science Taskmaster Scavenger Hunt'.** Put together a team or go it alone to submit videos and photos of you completing the taskmaster's challenges. This week-long event is a great chance to have fun, claim some fame and score some prizes.
- 4 • Daily Science Week Competitions.** These will be held in the labs at lunchtimes. There will be prizes!
 - Monday: The Science Week Theme is "Deep Blue", so come and test your knowledge of all things 'ocean' with our '**Deep Blue Kahoot!**'. All that watching of Finding Nemo and Octonauts might finally pay off!
 - Tuesday & Wednesday: Put your hands-on STEM skills to the test as you try and build a solution to the '**Deep Diver Challenge**'.
 - Friday: Come and take part in the famous and spectacular '**Chemical Clock Reaction**'. Last year's participants almost got there... have you got what it takes to 'beat the clock'?

JUNIOR CAMPUS

We will be celebrating National Science Week on the Padua Campus with a number of challenges and hand-on activities.

- 1 • The Canberra Satellite Selfie.** A satellite will fly over the ACT and surrounding area, capturing an image to be used as part of a time capsule. An SMMC banner will be laid out on the oval to be imaged by the satellite.
- 2 • Science Week Scavenger Hunt.** Each day there will be a Scavenger Hunt, with clues posted around the Science Labs. Entry forms will be available on the Student Information Canvas Page.
- 3 • Activities at Recess and Lunch.** We will also be running daily Science Week activities in the labs at recess and lunchtime:
 - Monday: Celebrate the 2020 theme, Deep Blue. Come along and watch a David Attenborough documentary on the Oceans.
 - Tuesday: Put your skills to the test and create a package to successfully land a water balloon, unbroken, from a fall to the ground.
 - Wednesday: Come along and participate in a Science Week Kahoot or take part in our Paper Plane Challenge. We are looking for the best planes in the distance throw and the airtime throw. The best plane in each category will be entered into the 2020 STANSW Young Scientist Paper Plane Challenge!
 - Friday: Come and participate in 'Fizzy Bubble Science'. Learn about differences between Acids and Bases and make sherbet!

Tristan Burg & Kate Goolagong • Science Coordinators

Year 10 students try Senior subjects

This term, Year 10 students have been given the opportunity to sit in and observe a senior class of their choice to see what their favourite subjects might be like in the senior years. Here's what the students have experienced so far:



I had taken on the Exercise Science class for a little taste of what is in store for me next year; looking at what we are going to study and taking on board what is going to be learnt. Training zones and nutrition are some of my favourite parts of this subject. I can't wait to take on this class next year to be able to build my knowledge.

Efthymios Londos • Year 10

I had the opportunity to participate in a Senior Literature class. As I had already chosen the subject for next year, I was eager to see what variety of texts were available to be studied. The Year 11 students were extremely welcoming and seemed to radiate enthusiasm, in turn speaking volumes about the wonderful teachers in the English faculty and the subject itself. Having had this insightful experience, I am looking forward to starting Literature next year.

Georgia Aldred • Year 10

I observed a Year 11 Exercise Science class and got to experience some of the discussions and work completed in that class. It was an awesome opportunity to see what the senior classes are like and really find what we are interested in. The rest of the Year 10 students will experience their senior class in the next week or so.

Amy Frost • Year 10



What's been happening in Food & Textiles?

Term 3 has started with its usual busyness, excitement and hopeful prospects of the experiences to come during Semester 2. All the food, textiles and computing classes are underway with many new and exciting curriculum developments being implemented.

New courses have been introduced to the senior school this year with a considerable positive uptake from the students. Two new courses in the Computing field include Computer Science and Information Technology which are preparing students for the future with studies involving programming, data analysis, robotics and negotiated studies. In the area of Textiles the College has introduced Design for Textiles and Interior, where students are currently working on Designing for a Purpose. With the current events surrounding Covid the class has been working on designing face masks for different types of end users e.g. the elderly, men and women aged between 25 and 30 along with face masks for children. The students worked collaboratively selecting various designs and fabrics that would be suitable.

The Year 9 Kitchen Garden class have started the semester learning about seasonal produce and how to make the most of seasonal ingredients in their cooking. Handmade pasta was one of the first products to be made using rosemary as a key ingredient as there is a plentiful supply in the garden. Students have started preparing the garden beds for spring planting and have made fantastic progress so far, choosing seedlings which will be planted this week. A raised garden bed was also sourced to ensure all students have access to growing plants and learning more about where our food comes from. Challenges exist with frost, birds and weeds but it's one that I am sure the students and Ms Moeller will be able to rise above. We look forward to seeing the "fruits" of labour later in the semester.

Senior Hospitality students have been busy advancing their skills in the kitchen while working towards their Certificate II in Hospitality. Working effectively with others has been evident with the collegiality of the students and staff. Some of the students pictured above are making "Saffron Lasagnette, Pork Sausage & Fennel Ragù."

Café Bella has been operating using the ACT Health guidelines in regard to social distancing and the numbers of patrons allowed in the floor space. This has provided an opportunity for more takeaway beverages and meals, al fresco dining along with new processes and systems to comply with the new normal.

We are all looking forward to more productive and enthusiastic learning occurring across the faculty for the remainder of the semester.

Janelle Maas • Food & Textiles Coordinator



How parents can assist students to meet assessment demands

Overwhelmingly, the students who manage busy times at school, submit assessment tasks on, or before, due dates and are satisfied with their efforts, have taken the time early in a semester to organise themselves and establish an Assessment Planner to guide their approach in completing all assessment tasks.

In recent weeks, all students on the St Peter's Campus have had the opportunity to review their Semester 1 Report, set goals for Semester 2 based on the analysis of their report, and complete a Semester 2 Assessment Planner in their Student Diary on pages 74-75. Students at the Padua campus will undertake this process in the coming week.

Having students regularly check their Assessment Planner, with all tasks and due dates clearly laid out and visible, is one step that parents can take to assist students in managing their time, meeting assessment requirements and possibly achieving the goals they have set for themselves.

Lachlan McNicol • Assistant Principal Pastoral Care



Inspiration from the Assumption

This week we are in between two significant feast days both for the Church and for our College. Last Saturday we celebrated the Feast of St Mary MacKillop; this Saturday the Feast of the Assumption. What better example of two remarkable, courageous and devoted women? Yet as we know, both dates are significant in the journey of Mary MacKillop. She took her vows on the feast of the Assumption 15 August and passed into her eternal reward on 8 August, which would eventually become her own feast day.

In the past, I have written how Mary MacKillop may very well have been somewhat dismissive if not slightly amused momentarily at having a feast day in her name, given her pragmatic and selfless life. I have also wondered whether, in her own thoughts, she would have liked to wait on this Earth for just one more week to be taken by Our Lady on the Feast of the Assumption. Again, my sense is that she would not have. After all, this is what made her saintly in the first place; to be utterly selfless and a conduit of Christ's voice and love through word and action.

Many Catholic Australians of two generations past saw the Feast of the Assumption on a much deeper level. On 15 August 75 years ago, the cessation of hostilities in the world's worst conflict occurred. I recall as a child hearing my grandparents speak about the intercession of Our Lady for finally bring about the end of such global suffering.

This gives us pause to consider the current crisis we have been in for around eight months. It is absolutely understandable that we have anxieties, both personally and socially, as a result of the pandemic. Nevertheless, we can certainly draw inspiration from the above generation who endured global suffering and trials for six years and still spoke far more of 'we' than 'me'. It is also remarkable to think that despite such suffering, there was a call to and recognition of Our Lady still at work in a world engulfed in conflict.

May we show the same faith as those who have gone before us. May we display courage, selflessness and devotion like Our Lady and St Mary of the Cross, in such simple ways as through our patience and by placing the needs of the community above our own to ensure that we stay safe in this crisis. And though the pandemic appears to be with us for a time, what better time than this week, culminating in the Feast of the Assumption, to pray that through the intercession of the Blessed Virgin and St Mary of the Cross, they will bring us their protection and peace. Stay connected, stay safe.

St Mary of the Cross, pray for us.

Jonathan Moyle • Assistant Principal Faith Leadership



League Tag

It was great to be able to participate in school sport again! Year 12 girls represented the College in a League Tag tournament, on what was a very fun day overall. The event was hosted by Erindale College and consisted of five games against Erindale, Gungahlin, Hawker and Lake Ginninderra. We won our two games against Hawker and Lake Ginninderra and unfortunately lost our games against Erindale and Gungahlin. Even though our day was not as successful as we had hoped, we all had great fun representing the College together and loved having the opportunity to be coached by Mr Crowe leading up to and throughout the day.

Monica Gair • Year 12



Southside Netball

On Tuesday 4 August, MacKillop students competed in the 7/8 Girls Southside Netball competition. The team was undefeated all day and qualified for the grand final against Stromlo High School. MacKillop placed second out of nine teams for the day.

Monique Foran • PE



Senior Rugby League

On 28 July, 15 Year 12 students participated in a Rugby League school gala day. We played games against Gungahlin and Erindale, unfortunately losing two really tight matches. At half time during each game we had a really good pep talk from Mr Longo which really motivated the boys to get out and give it our all. The boys put up a solid fight against both teams with Marshall and Rex showing great courage after big hits. We all came out with our heads held high... and a few bumps and bruises here and there, but it was a great day for the boys to get out and have some fun in a return to school sport, before knuckling down and finishing our last year of school. Thank you to Mr Longo for everything you did to make the day happen - we really appreciate it.

George Arrouk • Year 12

Student Achievement

Congratulations to Stephanie Brettargh (Year 11) and Ben Symington (Year 9) who have been selected in their respective Australian Youth Water Polo training squads.

INSIGHTS

Developing skills for independent living



As a parent, the ultimate goal for adolescents is to achieve autonomy. This quest for independence shows in many ways, including frequent challenges to the family status quo, small acts of defiance and straight-out refusal to cooperate with parental ideas and suggestions. All exhausting for parents on the receiving end.

This boundary testing signals a readiness to begin developing your young person's independence and self-sufficiency skills. Not only is this good preparation for their life without you, but it gives them a chance to show that they are growing up.

Complicating the development of independent living skills is the fact that many young people believe that they are far older and more capable than they are, yet many parents believe their children are younger and less capable than they really are. Getting the balance right is the key. Let's get started.

Expectations

As your young person gets busier with school and activities outside home it's tempting to put less expectations on them to help at home. This may make life easier for them in the short term, but in the long term, your young person will benefit more from learning how to take care of themselves and by contributing regularly to their family's wellbeing. These activities include:

- Cooking a meal
- Shopping for supermarket items
- Washing their own clothes
- Regular chores such as emptying the garbage, mowing the lawn or cleaning up the garden
- Looking after younger siblings

Balance

School, peers, family, personal interests and part-time work can compete for your young person's attention, which can become overwhelming. Help your young person balance these competing priorities by encouraging them to:

Look ahead

Plan the week out at the start of the week so your young person knows what's coming up.

Keep a schedule

Teach them to use a schedule/planner to stay organised. This is a great way to help them to think ahead, keep track of time and commitments, and also reflect on what they have achieved. Whether it is a physical planner or an electronic one, encouraging young people to use them helps them to build confidence and independence in managing their time.

Allocate carefully

Help your young person allocate their time across all areas such as school, family, peers, interests and work rather than fill up one or two areas.

Plan for downtime

Ensure your young person has some downtime each day to help them relax and unwind.

Problem-solving

Problem-solving is a big part of adult life, so it's best start when young people are under your roof rather than wait until they've flown the nest. Help your young person solve some of their current issues and dilemmas, which range from getting home by themselves after sports practice to being harassed by a peer at school. Here's how:

- Share your own stories and struggles
- Talk through options with them
- Encourage them to tackle problems when they are small
- Discuss when to enlist the assistance of a teacher or other adults

Getting around

Getting around on their own without being reliant on parents is a significant hallmark for independence for young people. Using public transport, negotiating timetables, budgeting and working out what happens when schedules change are important skills to learn. If your young person is reluctant then you can take some trips together by bus or train to help familiarise them.

Responsibility

Encourage your young person to take more initiative with their learning and study habits as they move toward the end of their secondary school years. Take on the role of a coach where you assist them to make sensible decisions about their education including choice of subjects, their homework and schoolwork habits.

As your young person moves through secondary school gradually step back and provide them with more opportunities to become self-sufficient at home, to take on more responsibility outside home, and to have greater influence over their own studies and work habits.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.