

**College**

**Newsletter**



**MacKillop**  
St Mary MacKillop College Canberra



**Volume** *Eight*

**1 July 2022**

# Coming

# Up

TUE 19 JUL

- Term 3 Begins
- Year 11 ATAR Seeker Interviews

WED 20 JUL

- Electives Information Evening
- Year 11 ATAR Seeker Interviews
- Year 10 Post Urban Challenge Presentation

THU 21 JUL

- Year 9 YAM Program

FRI 22 JUL

- NAIDOC Mass
- Year 10 Course Counsel Catch-Up

TUE 26 JUL

- Ryde Eisteddfod

WED 27 JUL

- 6.00pm: Year 11 2023 Cooma Parent Information Evening

THU 28 JUL

- Year 9 YAM Program
- Cooma Year 10 Course Counselling

MON 01 AUG

- Staff Development Day (Pupil-Free Day)

WED 03 AUG

- 9.15am: Awards Assembly (Padua)
- Year 12 Retreat departs
- Year 9 YAM Program



# Principal's Letter

## *Principal's Prayer*

**Lord, we give thanks for a term of achievement, community and spirit. Amen.**



Dear parents, teachers and students,

## **Protected Industrial Action**

As you would know from my communication earlier this week, teachers and support staff across the ACT and NSW engaged in protected industrial action (a strike) yesterday in support of better wages and conditions for teachers and staff. The quality of the teacher and those who support learning is at the heart of every good school. A famous educator and long-time Headmaster of Geelong Grammar School, Sir James Darling, remarked in the 1950s that "no school can rise above its Common Room (staff room)." What was true in the 1950s remains so today.

Much of the fees that you pay are prioritised towards recruitment, professional learning, time release for teacher preparation and evaluation, opportunities for further study, and high-quality targeted resources. MacKillop also provides many opportunities for leadership, flexible workplace opportunities, a commitment to diversity amongst its staff, and to doing everything possible to build respectful relationships between those who work at the College, our students, and their families. This is, in no small measure, why we have a school that continues to grow in confidence and strength.

I acknowledge that many members of the Independent Education Union who strongly support the strike action chose on this occasion to supervise on Year 8 Camp, support students on Urban Challenge, participate in course counselling, come in to school, and engage in professional learning. I would like to record my sincere thanks and gratitude for their decision, which says everything about their generosity to the school and diminishes in no way their belief in the importance of increased salary and conditions for them and their colleagues – here at MacKillop and across the city.

## **End of Term 2**

I'd like to take this opportunity to wish everyone a safe and much-deserved break. To those who are ill, I wish you a swift and full recovery, and to those who have cared for them, some deserved respite. Semester 2 for Years 11 and 12 are critical to consolidating achievement and ensuring a maximum result in core scores and the ATAR. I look forward to seeing you all again in a few weeks.

Yours sincerely in St Mary MacKillop,

A handwritten signature in blue ink, which appears to read 'Michael Lee'.

**Mr Michael Lee**  
**College Principal**



# BAZ LUHRMANN'S STRICTLY BALLROOM THE MUSICAL

## Musical tickets are now available

Tickets are now on sale for ***Strictly Ballroom The Musical***, MacKillop's 2022 production.

*Strictly Ballroom* will be performed at the Moira Najdecki Theatre (Padua Campus, Wanniasa) during **Week 4 of Term 3**, on the following dates:

- Tuesday 9 August - 6pm
- Wednesday 10 August - 7pm
- Thursday 11 August - 6pm
- Friday 12 August - 7pm

Tickets are **\$20 for students/concession** and **\$30 for adults**. They can be purchased through **Qkr!** or at the **Front Office** of each campus.

Tickets will also be available at the door for any shows that are not sold out prior to the performance.

Purchase tickets today: <https://mackillop.act.edu.au/qkr/>



## Year 7 Camp



Year 7 Camp was a unique experience to say the least! In **Week 19**, Year 7 embarked on a fun-filled camp to the Collaroy Centre, excited and ready to step out of their comfort zone. An early morning start followed by an extensive but lively bus ride marked the beginning of our adventure. When we arrived, we were welcomed by the staff of the Collaroy Centre and had an appetising and well-needed lunch before starting the first day of our thrilling camp journey.

Throughout this camp the students of Year 7 were challenged with a variety of both physically and mentally engaging activities. These included; vertical challenges, high ropes, giant swing, archery and so much more and although many of these activities proved difficult, through the support of friends and teachers we managed to prevail.

As well as these nerve-racking activities we also participated in a camp liturgy and reflection which allowed us to comprehend the goal of our camp and how we can apply it in our community and lives. This camp was also an opportunity to create new relationships among our peers and strengthen the bonds with our friends and classmates. Camp has been a time to further develop our teamwork and leadership skills, establish a more prominent sense of community and grow closer as a cohort. Camp was a fantastic opportunity that enhanced many skills that will help us later in life; it was definitely the highlight of Year 7 so far.

### Charly Watson & Alexander Brooks • Year 7



## Year 8 Alternative Program

On **22 and 23 June 2022**, Year 8 participated in a **two-day program of activities**. Coastlife led students through a series of team building activities, staff from the Museum of Australian Democracy taught us about political cartoons, and ACTWELL taught us CPR and basic first aid training. Students also participated in a charity donation drive for Vinnies Winter Appeal and MacKillop House.

**Coastlife** helped students get active through fun activities with their peers, challenging them to show initiative and work effectively in groups. The students worked together through these challenges with their Pastoral Care classes. The Coastlife staff were great to work with, encouraging the students to work with each other and grow a positive group mindset.

**The Museum of Australian Democracy** taught us about having a student voice in our democracy in a fun and creative way. They helped us break down the concepts in a political cartoon, explaining the techniques used. We viewed a range of current political cartoons and then we had the opportunity to create our own cartoons on an issue important to us.

The **ACTWELL** presenters explained how to perform CPR in an emergency situation, giving the students an understanding of what to do in a life threatening situation. Students were also taught how to handle an EpiPen, about anaphylaxis, and how an EpiPen can help reduce the risk when an allergic reaction occurs.

Over the two days, many students brought in donations to support the **Vinnies Winter Appeal and MacKillop House**. These donations were also given with a thoughtful message written by the students to the people who need it most.

**Mia Nilsen & Kaidyn Watson • Year 8**



## Parking at the College

It is important that parents park at the correct locations when visiting the College for information nights and extra-curricular events. The best locations are the **College carparks** and **Basketball Courts**. Please refrain from parking at neighbouring Colleges or Early Learning Centres.

**Sandra Darley & Lachlan McNicol • Campus Heads**





## Year 9 YLead

On **Wednesday 22 June**, Year 9 participated in the **YLead Program**. The YLead experience showcased various ways to demonstrate leadership through positive choices and positive actions. Throughout the day, Year 9 were encouraged to talk about personal shared experiences, given strategies to empower themselves and to express opinions, to choose paths, and become better leaders. We explored practical actions of communication and collaboration through problem solving activities. The day consisted of both games and presentations to help represent ways everyone can individually show leadership.

The YLead members taught us many things about leadership and how it can have a positive effect on not only yourself, but everyone around you. It is all about attitude, results and being accountable for our actions!

**Keira Garth • Year 9**

## Year 8 Camp and Urban Challenge

Year 8 Camp and Urban Challenge both took place in Sydney this week. **Check our next edition** for detailed reports on these two events.



## Transition Day

On **Thursday 23 June**, Year 9 students were given the opportunity to engage in the senior experience at the St Peter's Campus. The day consisted of some creative presentations and information on pathways for our future, giving us insight into what is ahead of us on our high school journey.

The day allowed us to develop an understanding of the subjects available and opportunities for future careers. It was a very exciting, informative and enjoyable experience for us all.

We were given the opportunity to reflect on the day through a Year 9 Liturgy. This gave us time to contemplate and think about where we are now and how we see ourselves in the future.

Transition Day gave us a taste of what Year 10, 11 and 12 will look like. We are ready to take on the challenge and can't wait to be a part of the St Peter's experience.

**Nishchal Divi • Year 9**



## College Counsellors

**Hooray! Semester 1 is complete!** Congratulations to all students for making it through a busy term of study and assessment! A big thank you to all parents and carers for their invaluable support, patience and guidance as students have learnt to balance and navigate the pressures of this challenging period. We hope you are all able to use the holidays to rest, recoup and reset for Term 3.

Students may have already seen some helpful tips on the **Canvas Student Wellbeing Page** for allowing their body to process the pressures and stress of the last few weeks. It is important that we all give ourselves time to replenish our energy before preparing for the next term. Physical activity, positive social and family connection, immersion in hobbies and down time are all good strategies for recharging.

For students and families who require extra support during the school holidays, the following services and links may be of benefit:

- **MindMap** - ACT Government's portal that helps children and young people under 25 to navigate support in a practical, safe and anonymous way by providing information on expected wait times, how to access services, advising if a referral is required and linking to resources which are best suited to their needs. MindMap is available 24/7 to find service support and information. It is staffed with Youth Navigators, including counsellors, from local service provider Marymead between noon and 11pm, seven days a week: <https://www.mindmap.act.gov.au/>
- **Headspace** in Tuggeranong is a free, confidential service with a range of supports including mental health, vocational and educational support, drug and alcohol counselling and GP services. Students (and/or families) can self-refer via phone, website or by dropping in to the Centre. Phone (02) 6298 2920 or [info@headspacetuggeranong.org.au](mailto:info@headspacetuggeranong.org.au)
- **Access Mental Health Canberra** 1800 629 354 or 6205 1065 (available 24/7)
- **Kids Helpline** (for people aged 5 - 25years) 1800 55 1800 or [kidshelpline.com.au](http://kidshelpline.com.au) (available 24/7)
- **Aboriginal and Torres Strait Islander Support Crisis Support** phone line (13 92 76, available 24/7)
- **DVCS** (Domestic Violence Crisis Service) 6280 0900

All students are reminded there is mental health support available at school during term time. Please speak with your Year Coordinator or email the Counsellors at [counsellor@mackillop.act.edu.au](mailto:counsellor@mackillop.act.edu.au) for an appointment.

We wish you a safe and enjoyable break and look forward to seeing you all next term!

**Emilija, Penny, Lisa & Rachel • Counsellors**



**Padua Campus Counsellors  
(Years 7-9)**

Penny Canning-Menon (Wed-Fri)  
Emilija Robeska (Mon-Fri)



**St Peter's Campus Counsellors  
(Years 10-12)**

Lisa Seidel (Mon-Fri)  
Rachel Davidson (Mon-Fri)





## Electives Information Evening

As we approach Semester 2, students in **Years 7, 8 and 9** will be asked to make selections of electives as part of their package of study for 2022. Electives form an essential component of the total subject offerings of the College and aim to provide students with a broad range of learning experiences which are different in some ways to the core subjects which all students study. We encourage students, in concert with their parents/carers, to discuss the elective choices which are available to them.

The College will work with each year group to explain the electives that are available to students and offer ideas about how to choose suitable electives for each student. This will begin in the first week of Term 3. Parents and carers are invited to attend our **2023 Electives Information Evening**, which will present information about the electives offerings of the College. The details are below:

**Date:** Wednesday 20 July 2022

**Time:** 6pm

**Venue:** Padua Theatre, Wanniasa Campus

*Who should attend?* Parents and carers of students in Year 7, 8 and 9

Should you have any questions please contact Janine Hickson on [janine.hickson@mackillop.act.edu.au](mailto:janine.hickson@mackillop.act.edu.au).

**Maria O'Donnell • Assistant Principal Academic Care**

## Industrial Technology

The Industrial Technology Faculty have been building a relationship with the ACT Woodcraft Guild to share knowledge and expertise. As part of this, seven staff participated in professional learning at the Guild on Saturday 25 and Sunday 26 June where we focused on wood turning.

It was a learning opportunity for Industrial Technology teachers, as well as other staff, to learn wood turning techniques on a lathe.

**Lisa Seidel • Counsellor**  
**& Braden Longo • Industrial Technology Coordinator**



## MacKillop Mob - NAIDOC Week

**NAIDOC Week** is celebrated in the first week of the holidays from **3 to 10 July** with this years' theme being – **Get Up! Stand Up! Show Up!**

Whether it's seeking proper environmental, cultural and heritage protections, Constitutional change, a comprehensive process of truth telling, working towards treaties or calling out racism – we must do it together.

*Get Up! Stand Up! Show Up!* is a call to all Australians to move beyond just acknowledgment, good intentions and promises but to **move forward in a relationship** that is **based on justice, equity and the proper recognition of Aboriginal and Torres Strait Islander peoples' rights**. We invite all Australians to embrace the true history of this country – a history that dates back thousands of generations. It's about seeing, hearing and learning the First Nations' 65,000+ year history of this country - which is our Australian history. We want all Australians to celebrate that we have the oldest continuing cultures on the planet.

As NAIDOC Week is in the holidays, activities have been conducted throughout Term 2 and more are planned for Term 3. As wonderful as it is to celebrate such events like NAIDOC Week we would like to think that we are celebrating and integrating Aboriginal and Torres Strait Islander cultures, histories and heritage all year round as part of our cross curriculum perspectives. Planned activities still to come this year include learning and playing Buroinjin, learning to play the didgeridoo, artwork and storytelling, making Emu Callers and getting stuck into some Bush Tucker. We look forward to sharing and celebrating culture and encourage you all to connect with all the different cultures represented in our community.

*Get Up! Stand Up! Show Up!* with us to amplify our voices and narrow the gap between aspiration and reality, good intent and outcome.

### Jeremy Margosis • Aboriginal & Torres Strait Islander Support





## Performing Arts

### *SCA School Song*

Josh Prstec (Year 7) received an award from St Clare of Assisi Primary School this week in recognition and thanks for his writing of the music for the school song, **"Be the Light"** for the students to use for many years to come.

**Congratulations, Josh!**

### *Strike A Chord*

Congratulations to the following students who participated in the **Musica Viva Strike A Chord Competition**. Our students performed well and received achievement awards in recognition of their performances.

**St Mary MacKillop College Senior Trio** – Freia Huber, Chiara Hackney-Britt, Gavin de Guzman

**Allegro Quintet** – William Mundy, Samantha Driessen, Darcy Thrupp, Adam Stone, Mary Bunt

**Gymnopedie Quartet** – Ava Fradgley, Kyle Flauta, Penny Kemp, Joshua Prstec

Congratulations to all the students involved on your performance. Thank you for your dedication and commitment to the ensembles.

**Henry South • Performing Arts**



## ACT Cross Country Championships

The **ACT Cross Country Championships** were held on the 15 June. The following students placed **top 10** in their age group:

**Kirra Belnap** - U12 Girls 7th Place  
**Elise Swoboda** - U13 Girls 9th Place  
**Leila Nikolic** - U15 Girls 5th Place  
**Olivia Rizzuto** - U16 Girls 5th Place  
**Sam Rizzuto** - U14 Boys 10th Place

Congratulations to the following students who placed **top 3** in their age group:

**Ariella Paterson** - U14 Girls 3rd Place  
**Milly McCabe** - U16 Girls 1st Place  
**Isaac Muscat** - Opens Boys 2nd Place

**Monique Foran** • Sports Facilitator



## Boys Volleyball Finals Day

On Friday 24 June, the **Year 7/8 Boys Volleyball** team competed in the finals competition.

The boys displayed great skills, teamwork and sportsmanship and **placed 4th** on the day.

## Student Achievement

Congratulations to **Brad Carruthers** (Year 11) who won a silver medal while representing Australia at the Oceania Track and Field Championships. Brad finished second to New Zealand by only a few centimetres. Brad has also been selected in the Athletics Australia Targeted Talent Program for elite athlete testing and coaching.



## Commonwealth School Data Collection Notice

The Australian Government Department of Education, Skills and Employment would like to advise all parents and guardians that it collects certain information about St Mary MacKillop College, its staff, and student body.

To view the collection notice, visit the following link:  
<http://www.mackillop.act.edu.au/images/Information/2022/DESE-Census-Notice-2022.pdf>

## Community News

### Football Specialised Training

For players who would like to improve their skills, we offer 1v1 and small groups with FFA and UEFA A Licenced Coach. Contact [coach.adsy@gmail.com](mailto:coach.adsy@gmail.com) or [futsalmaniansw@gmail.com](mailto:futsalmaniansw@gmail.com)

### DCC Snow Gear Hire

A wide variety of snow gear is available for hire for Duntroon Community Centre members: jackets, pants, snowsuits, snow boots and toboggans. The cost is **\$6** per item with a \$50 deposit.

Welcome on **Mon-Fri** between **10-2pm**.

### Tennis Holiday Camps

Experienced coaches, flexible times and lots of fun! All equipment, food and drinks are provided. To book now, visit [csot.com.au](http://csot.com.au) and email [robert@csot.com.au](mailto:robert@csot.com.au) or call **0432 118 204** for information.

**Monday 11 to Friday 15 July**

### Holiday Happenings

The latest Holiday Happenings edition is now available online [www.holidayhappenings.com.au/online-booklet](http://www.holidayhappenings.com.au/online-booklet)

## Inspire Art Comp

**The Inspire Art Competition is on again!** This is MacKillop's annual art competition and entries are due by **Friday 26 August**.

Students in Years 7 - 12 can enter an artwork in any medium with any theme - just inspire us! There will be a range of prizes, so get creating! Further information and entry forms are available on Canvas.



## School Fees

**Term 2 2022 fee statements** will be **sent electronically** in the upcoming holidays.

Please note that camp credits for students on approved leave will be on your Term 3 Statement. This includes credits for the cancelled Geography Excursion, Year 7 Camp, Year 8 Camp and Year 10 Urban Challenge.

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

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

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

**Michelle Predovan • Fees Manager**





**MacKillop**  
St Mary MacKillop College Canberra

## 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 SMS Line**  
**0429 131 463**

## Socials



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



**www.twitter.com/  
mackillop\_act**



**www.instagram.com/  
mackillop\_act**



**www.youtube.com/  
stmarymackillop**



## INSIGHTS

### Building and maintaining school belonging



Though there have been a few positive effects of the COVID-19 pandemic, the loss of traditional school routines has not been one of them. Lockdowns and remote learning over the past couple of years contributed heavily to a decline in physical school connection, but the continued experience of often unpredictable isolation periods continues to challenge a sense of belonging for many students.

Studies have shown a *positive sense of school belonging* among adolescents can increase life satisfaction, self-confidence, well-being, and other positive emotions. The lack of a sense of belonging can contribute to higher levels of anxiety, depression, stress, and overall negative feelings. Critically, a strong sense of belonging at school can be a protective factor for mental health, reducing the likelihood of mental illness well into adulthood.

Among the many variables found to help build a student's sense of belonging, there are three key relationships: teachers, parents, and peers; and parents can have a role in safe-guarding all three.

#### Student-teacher relationship

It is well-known that a positive student-teacher relationship is essential for fostering a sense of belonging at school. When teachers provide academic and personal support to students and show they care for them, they can promote a sense of belonging in their students. It may be no surprise that teachers who are approachable, likeable, and have a sense of belonging to the school themselves are teachers who are more likely to grow or maintain a sense of belonging for students as well.

Whether in-person or online, school staff can positively impact students' sense of belonging and connection. In fact, students emphasise that the same strategies that help their belonging face-to-face are also helpful online. Each interaction is a chance to build relationships with students, reach out, and identify potential vulnerabilities in belonging and school connection. Young people want to be noticed and known by their teachers.

Parents can help the student-teacher relationship by keeping communication channels open, attending school events that might allow opportunities to meet teachers, and encouraging their children to ask their teachers for help when needed. Parents could reflect on their own school experiences, share information about their favourite teachers when at school, and help their children identify a teacher's positive aspects, especially for those teachers their child is struggling to build rapport with.

#### Student-parent relationship

We know from research that different parenting styles significantly impact how a young person copes with stress and perhaps even grows from the experience. During the COVID-19 pandemic, many parents reported spending more time with their kids but we also saw increased mental health problems and experiences of stress among many adolescents.

Parents who can easily recognise and work with children's inherent strengths and abilities are more likely to have children who are better equipped to manage their emotions and cope with challenges.

# parenting\*ideas

Parents can use a strength-based approach to build school belonging in their children by:

1. Identifying their children's strengths
2. Teaching their children to be able to harness their strengths within their learning contexts, particularly when challenges and stress arise
3. Showing an interest and support for their child's learning
4. Having expectations and trust that your child can meet their goals at school
5. Strength-based parenting is one of the most recommended and effective ways to maintain or rebuild child-parent relationships by supporting and nurturing children's character strengths.

## Peer relationships

Many large-group and extracurricular activities were eliminated due to COVID-19 restrictions, thus preventing students from forming positive relationships with their classmates. And remote learning and online groups, despite some benefits, did not have the same scope of effectiveness as face-to-face interactions for many students. This may have impact student's social identity, but also important connections for social support.

Many young people, following COVID-19, have identified that they want help making connections with peers and friends.

Parents can organise "play" dates (outdoor or virtual) and facilitate interactions through helping their children find opportunities to mix with others and build friendships. Parents might have a role in helping to break the ice with other kids or helping their kids to initiate the first steps to reconnecting.

## Other strategies that build belonging

**Recognise that some children may have a slower pace in reconnecting.**

This past year, some children and young people experienced a wide range of experiences. Reconnecting can take time.

### Be a role model

Endeavour to maintain your own social needs and connections. Was there a hobby or group you dropped during lockdown? What can you do to make sure you are feeling a sense of belonging as well?

## In closing

Taken together, the most important messages to remember are that belonging is important, it can take time to grow, and the relationships your child builds through school are key to them building a sense of belonging.



[Click here to view a quick tip video by Dr Justin Coulson related to this Insights article](#)



### Dr Kelly-Ann Allen

Dr Kelly-Ann Allen, PhD FAPS, is an Educational and Developmental Psychologist, a Senior Lecturer in the Faculty of Education, Monash University, and an Honorary Senior Fellow at the Centre for Wellbeing Science, University of Melbourne. Her research underscores the importance of a sense of belonging as a universal human need and she has built an international reputation for her work in the area of school belonging.