

College

Newsletter



MacKillop

St Mary MacKillop College Canberra



Volume *four*

6 April 2023

Coming

Up

FRI 0 7 A P R

- Good Friday (Public Holiday)

MON 1 0 A P R

- Easter Monday (Public Holiday)

MON 2 4 A P R

- Pupil-Free Day

TUE 2 5 A P R

- ANZAC Day (Public Holiday)

WED 2 6 A P R

- Term 2 Begins
- Parent-Teacher Interviews

THU 2 7 A P R

- Parent-Teacher Interviews

MON 0 1 M A Y

- Year 7 2024 Information Night

THU 0 4 M A Y

- ASBA Information Evening

FRI 0 5 M A Y

- Try MacKillop Day (for Year 6)



Principal's Letter

Principal's Prayer

Lord, we give thanks for the hope your resurrection brings.
Amen.



Dear parents/carers, teachers and students,

Happy Easter

The highpoint of the Christian calendar is reached on Friday and Sunday; the crucifixion of our Lord, his death and entombment, and his resurrection are the foremost experience of our faith reminding us of sacrifice, redemption and hope. I'd like to take this opportunity to wish the MacKillop community and its neighbours and friends a happy and safe Easter and a deserved holiday.

The arrival and departure of Genesis

Yesterday, the College hosted past student and international music phenomena Kofi Owusu-Ansah (known as Genesis Owusu). He attended the Senior assembly, joined the MacKillop Podcast, had a tour around campus, visited music classes and caught up with his old teachers. Kofi graduated from the College in 2015 already famous through the Triple J Unearthed High Competition. He completed his journalism degree in 2019 and now is successfully involved in the music industry, winning four ARIAs in 2021. Kofi was recognised as Young Canberran of the Year for 2023. He spoke about the values that drive him, the entertainment industry, the importance of being comfortable with yourself, and that the trust in your gut is as important as trusting others. Kofi was warmly greeted around the school and it was a pleasure for us all to affirm his success and to thank him for his generosity.

Relay for Life 2023

Congratulations to Year 12 who broke all records in fundraising for Relay for Life last weekend. A sum exceeding \$72,000 was raised by the students to go to the Cancer Council for cancer research. Many of us have been the beneficiary of research into cancer; lives have been saved, people comforted and supported and the harshness of some treatment lessened. It is always very easy to be proud of Year 12, this year especially so. People who wish to criticise the young would do well to remember the good that they do for others.

Goodbye for a while

Holy Thursday is my last day as Principal of MacKillop for 2023. Thank you to the many members of the community who have been generous in their best wishes. I look forward to the challenges of my temporary role at St Mary's College, St Kilda East and of building relationships within that community. Any qualities or skills that I bring to the temporary role have impetus from here at MacKillop. I look forward to seeing you all in 2024 and beyond.

Yours sincerely in St Mary MacKillop and written on Ngunnawal land,

Mr Michael Lee
College Principal





MacKillop
St Mary MacKillop College Canberra

We're enrolling now for 2024!

Visit our website to enrol or to register
for our upcoming enrolment events:
www.mackillop.act.edu.au



Year 7 2024 Info Night

Monday 1 May
Padua Campus

Book a session:
www.mackillop.act.edu.au

Try MacKillop Day

Friday 5 May
Padua Campus

For Year 6. Register at:
www.mackillop.act.edu.au

Year 11 2024 Info Night

Wednesday 10 May
St Peter's Campus

Save the date - more
information to come

Applications for Year 7 2024 close Friday 26 May
Enrolment enquiries: enrolments@mackillop.act.edu.au

A Catholic school for all.





Relay for Life

Relay for Life was a huge success for our Year 12 cohort. We raised a total over \$72,000, eclipsing our original \$70,000 goal and smashing last year's school record, all thanks to our generous donors. This amazing effort is even more considerable as it is the second highest contribution to Relay for Life nationally, highlighting the incredible achievement of the Year 12 students.

Furthermore, as a sign of solidarity, over 185 students volunteered 12 hours of their Saturday to raise awareness and raise money for a deserving charity. The students' combined effort, the generous help from our community, as well as the support from teachers and staff both before and on the day, amounted to a brilliant occasion for all!

Relay for Life will be a highlight for many of us as an event that has cemented our friendships throughout our cohort. It was a day that allowed us all to bond and connect as a cohort as we draw closer to graduation while thinking of others.

The day was full of emotions especially when hearing stories from people in the MacKillop community that have been affected by cancer. At the end of our 12 hours, the cohort joined together for one final candlelit walk, followed by a quiet moment for reflection and solidarity. It was a solemn and emotional end to such an ecstatic day and a time to remember those we have lost to cancer, those who are fighting it, and a time to be grateful for those who have survived. Making for a fitting end to a climactic event, which will be a fond memory firmly held onto by all that attended.



Emma Jobling and Toby Barber • Faith & Community Captain and Communications & Connections Captain



Genesis Owusu Visit

On Wednesday 5 April we had a visit from past student Kofi Owusu-Ansah, more commonly known as Genesis Owusu, a four-time ARIA Music Award winner and 2023 ACT Young Australian of the Year.

Kofi generously donated his time to come and speak at assembly, talk on our Podcast, spend time with students and staff, and engage with our Senior Music class.

Everyone thoroughly enjoyed hearing from Kofi as he spoke about the importance of self-love, reflection and passions, what motivates him, navigating the music industry, carving your path in life and trusting others. Kofi also listened to and was extremely impressed with the original music tracks coming from our Senior Music class.

Thank you to Kofi for spending most of his day back at MacKillop. Everyone greeted him with open-arms and congratulated him on his well-deserved success. Good luck and all the best with your upcoming album and tour of the US. MacKillop is rooting for you!





The Easter Season

Easter is a season of so many events, gatherings, traditions and holidays. It can be hard to focus on the true meaning behind the immensity of what Jesus Christ achieved for humanity by giving up his life on that wooden cross more than 2000 years ago.

Commercially we can be surrounded by a message of Easter that is one of symbols – eggs, bunnies, chickens, bilbies etc. However, our Catholic faith offers us a deeper message in this season that celebrates the death and resurrection of Jesus Christ. It is a message of hope, joy and most of all eternal life.

The actual season of Easter in the Catholic church is celebrated for 50 days, culminating in the feast of Pentecost. I pray that during this season of Easter in 2023, that all of the community that are part of St Mary MacKillop College grow in gratitude, for the gift of hope that Christ gave us through his death and resurrection.

To conclude with the words of Pope Francis:

All too often we look at life and reality with downcast eyes; we fix our gaze only on this passing day, disenchanted by the future, concerned only with ourselves and our needs, settled into the prison of our apathy, even as we keep complaining that things will never change. In this way, we halt before the tomb of resignation and fatalism; we bury the joy of living. Yet tonight the Lord wants to give us different eyes, alive with hope that fear, pain and death will not have the last word over us. Thanks to Jesus' paschal mystery, we can make the leap from nothingness to life. "Death will no longer be able to rob our life" (K. RAHNER), for that life is now completely and eternally embraced by the boundless love of God. True, death can fill us with dread; it can paralyze us. But the Lord is risen! Let us lift up our gaze, remove the veil of sadness and sorrow from our eyes, and open our hearts to the hope that God brings!

- Homily of His Holiness Pope Francis, 16 April 2022.

May you and your families have a holy, happy and restful Easter season,
May the Risen Lord watch over us always.

Clare Kinnane • Assistant Principal for Faith, Mission and RE



Luna Park Excursion

On Friday 31 March, Year 11 and 12 Physics students travelled to Luna Park wearing data loggers to measure the forces experienced on the various rides. Here are some student reflections and memories of the day:

- The day was really fun and it was great to hang out with friends while also putting in some practical work. Going on all the rides was an amazing experience and it was really interesting to investigate the physics behind the movements that make the rides so enjoyable.
- The tango train was a really good way to experience inertia while being pushed onto the passenger on the outside of the cart, squishing them into the wall until the ride slowed and the inertia was decreased.
- Luna Park's "Sledgehammer" was a treat to ride on. While some were not up to the challenge of taking on the ride those who dared to give it a shot were rewarded by getting thrown upside down over and over while being spun around, then feeling large g-forces as we sped through the bottom of the loop.



Sandon Point - Rock Platform Fieldwork

On Monday 3 April, Year 11 and 12 Biology, Earth Science and Interdisciplinary Science students participated in fieldwork on the rock platforms at Sandon Point, Bulli NSW. Students experienced a variety of activities, including exploring the adaptations of the marine organisms and using a range of equipment to collect accurate data on the conditions on the day, including air temperature to wind speed to the salinity of the water.

It was beautiful at Sandon Point, and despite some wet feet from accidental steps into the rock pools, students had a fantastic time applying population measurement techniques learnt in class to the real world. They relished the opportunity to explore a new ecosystem and observe a wide variety of marine creatures in their natural habitat, including limpets, crabs, waratah anemones and sea slugs.



Geography Trip to Kosciuszko National Park

On Monday 27 March, Geography students in Years 10, 11 and 12 travelled to Kosciuszko National Park. Multiple rangers from NSW National Parks & Wildlife Service were on hand to greet and guide the students through a range of fieldwork activities throughout the day. Year 10 students recorded observations from multiple locations across Kosciuszko National Park and examined the features of the vegetation zones found within the Park. Despite the cold temperatures and rain, Year 11 and 12 students walked along Charlotte Pass looking at the natural environmental hazards, such as invasive species, that are present in this alpine environment. In the afternoon, both groups examined the impact that human activity has had on the natural environment at Perisher Resort, as well as some of the management strategies that have been put in place to mitigate these impacts.

While many challenges still exist in the preservation of the Kosciuszko National Park, it was clear that students realised the sizeable impact that humans have had on the degradation of the alpine area and are now aware of the active role that they can play in preserving this unique Australian landscape.

Trent Wilson • HASS Teacher



Year 8 Science - Geodes

Students have been learning about minerals and mining, with recent lessons focusing on geodes. Geodes are hollow, somewhat spherical, rocks which contain deposits of minerals and/or crystals on their inner surface. They are found all over the world, but commonly in Mexico, Australia, Brazil, Uruguay, Namibia and the USA. From the outside they appear as typical grey-brown rocks, but once cut or broken open the crystals within can be revealed. Over the last two weeks all Year 8 students broke open geodes to observe the minerals crystals that have formed inside.



Languages

Commedia Dell'Arte

Year 7, 8, 9 and 10 Italian students were visited by a Commedia Dell'Arte performance group earlier in Term 1. Students were able to be immersed in a traditional Italian play that included Italian vocabulary. This experience was not only informative but also highly entertaining.

French and Italian

The Languages Faculty has been busy introducing new language programs and events to enhance the language learning experience for students at MacKillop.

This year, there are two more languages for Year 7 to choose from with the return of French and the introduction of Latin. Students starting at MacKillop from Year 7 now have four language choices available to them. This is beneficial for our students as when they have more language options, they are able to choose the language that interests them the most, making the learning process more enjoyable and engaging.

Eleni Tsaknis • Languages Faculty Coordinator

Languages Club

Term 1 also saw the introduction of Languages Club. Each week, a different language was the focus of Language Club with students able to attend and practice their French, Italian and Japanese and immerse themselves in cultural activities. The club is open to all students from Year 7 to 9 on the Padua Campus. Students are able to attend and participate with or without previous study of the language. It is a great opportunity for Year 9 to review previous vocabulary and Year 7 to practice the new language that they are learning in class.

Students are encouraged to check the student messages for the next Language Club meetings. We are excited to see our students engage in these language enrichment programs.

Drama



Physical Theatre Workshop

Year 11 and 12 Drama participated in a physical theatre workshop led by Noa. Everyone wanted to become more confident in their acting skills, and walked away with a better understanding of physical theatre and an appreciation for this unique theatre style. Noa took us through a two-day course where improvisation was used to build the basics of a performance. From learning about space and tempo, to adding gesture and expression to precise movements, we were able to understand the possibilities of a single movement within a scene, and how impactful that movement can be. A huge thank you to Noa, Ms Paquay and Ms Watson for participating and providing their insight into each activity. I've really enjoyed working with all the Drama students in Year 10, 11 and 12 and I'm really grateful for such a welcoming and beautiful community.

Zara Huber • Year 11



BOOP! Performance

Year 11/12 Drama got to watch a physical theatre performance titled BOOP! and participate in a workshop led by the actors. The performance took place in a supermarket where they used incredible acrobatic stunts to convey the message that time is meaningless in a consumerist world. Everyone really enjoyed the comedic timing and audience engagement, and the class was excited to learn a couple of circus tricks and stunts in the workshop at the end. Undeniably, the most exciting moment was when one of the actors almost got flattened by a gymnastics mat or when they turned into headless chickens. Thank you to the school for such a fun experience, and thank you to the actors for such an amazing performance that left us on the edge of our seats.

Legislative Assembly

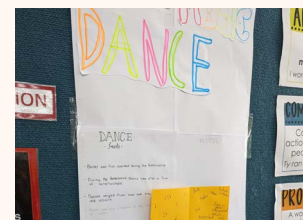
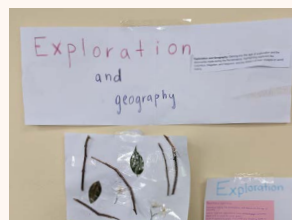
On Tuesday 14 March, a small group of Year 12 students went on an excursion to the Legislative Assembly. Whilst there, we attended a series of workshops that included exploring the foundations of the Westminster system, how we as young people can become actively involved in this system of democracy and a Q&A session with members of the assembly. During the day we had the privilege of asking different members from various parties, including Mark Parton, on their stance on current legislation and social issues. This session was shortly followed by a presentation from a former representative of the Commonwealth Youth Parliament. He discussed his experiences in travelling to Trinidad and Tobago to represent Australia – the annual event brings young leaders around the world together in a mock Westminster system style event. His presentation inspired many of us and gave insight into the opportunities available for future leaders. Thank you to Mrs Logue for coming with us.

Keira Fegan • Year 12



Impromptu Renaissance Fair

Mr Benjamin Jefferson-Taite's Year 8 class had a makeshift Renaissance Fair to celebrate their great term of HASS. Stalls included exploration and geography, dance, art, science and technology, and fashion and daily life.



Sydney Dance Company

Year 11 and 12 Dance recently attended an excursion to see Sydney Dance Companies new work 'Ascent'. They were lucky enough to also attend a workshop on stage before the show with members of the company where they learned some of the repertoire from the performance.

Bella van Doorn • Performing Arts Coordinator



Winter Uniform

From the beginning of Term 2, all students are to be wearing the Winter Uniform.

- For students choosing to wear the male uniform this means that tailored mid-grey school trousers are to be worn with a black belt and junior (7-10) or senior (11-12) school tie.
- For students choosing to wear the female uniform they may wear the pleated tartan winter skirt or tailored navy slacks with a College monogram, a white over-blouse with a College monogram, and a teal kerchief. Opaque navy tights are optional.
- The College teal jumper and/or navy College jacket with College crest should be worn to keep warm
- School shoes are to be traditional, lace-up, black and polishable

The below information is taken from the College Uniform policy and is accessible in the Student Diary and on the [College Website](#). It is provided to assist parents/carers in ensuring that students return to school for Term 2 compliant with the uniform.

- *Girls' skirts, dresses or shorts are to be knee length.*
- *Hair should be clean and neat; fashionable extremes are not permitted ... Only natural, all-over hair colour or subtle highlights can be used to dye or highlight hair. Rats tails, horsey, dreadlocks and geometric shapes cut into the hair, and extreme variations of length are not permitted.*
- *Nose, tongue and facial studs/rings, body piercing ornaments or plastic plugs are not permitted. Clear piercings are also not permitted.*

Students have been reminded that 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.

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. This needs to be presented to the Pastoral Care Coordinator during PC time each morning to obtain a uniform pass.



Happy Family Article

This week's Happy Families article, "My child is a bully" provides advice on how parents can communicate with their child once they have been notified of a behavioral incident that has taken place at school.

1. Communicate
2. Look ahead
3. Reflect
4. Use of Consequences
5. Restore relationships
6. Monitor the situation

It is important to note that a dignified, confidential, and respectful approach is required. The College focuses on restoring the relationship between members of our community by providing students with an experience where they understand that with poor decisions come consequences and an opportunity to learn from those decisions.

Year 7 SRC

On Wednesday, Year 7 students participated in elections to elect a member of the Student Representative Council for each House. 35 students nominated to stand as candidates for the 4 leadership positions.

The elected Year 7 student representatives were announced today. They will be inducted into the SRC and presented with their Leadership Badges at the next Padua Campus Assembly.

Congratulations to the elected student leaders in Year 7 for each House:

Mindygari - Samuel Reyes

Gurabang - Siena Couto

Meup Meup - Leon Boyle

Ngadyung - Preston Redmond

Paul Durham • Assistant Principal, Pastoral Care



Project Compassion

Year 7 Pastoral Class Coin Challenge

Every year MacKillop raises money for Caritas' Project Compassion. Spanning across the six weeks of Lent each year, Project Compassion brings thousands of Australian schools, parishes and supporters together to raise funds for people living in some of the most vulnerable communities across the world.

Caritas works to end poverty and promote justice in countries throughout Africa, Asia, Australia, the Pacific, and the Middle East. Their work tackles global issues like food and water insecurity, national disaster readiness and gender-based violence. 83% of funds are spent on Local and International Programs, including vital education and advocacy programs in Australia. 4% of funds are spent on essential administration costs.

This year Ms Sullivan's Pastoral Class 7A1 decided to do a coin challenge to raise money for project compassion. Pastoral Class 7A1 had a coin line reaching 6.37m and raised \$77.85 for Project Compassion!

Mrs Keppel decided to take the challenge up with her Pastoral Class 7W4. 7W4 had a coin line reaching 6.77m which was longer but raised \$63.30.

Well done 7A1 for winning the challenge and to 7W4 and 7A1 for all your efforts.

Ms Sullivan & Mrs Keppel



Year 7 Defence

Student Birrigai Day Camp

On Monday 3 April, 13 Year 7 Defence Students joined me for a multi-school Defence Student Day Program. They were joined by students from around Canberra and Wagga Wagga. Students participated in Team Initiatives, where they had to solve problems in groups, and Crate Climb, where students were harnessed in and worked in pairs to climb milk crates while other students stacked them. Ruby O'Callaghan and Madeleine Richmond held the record for the day with a 12-crate stack. We finished off the day with a quick bush walk around the Birrigai grounds.

It was a great day out for the students where they got to know each other outside of a school setting. With a unanimous response, the 'Create Climb' was the best activity of the day.

Justin Kain • Defence Student Mentor



Music at MacKillop

Students can participate in our in-school instrumental tuition through the College. If you would like to take part or for further information, please speak with Ms Boulton or Mr South.

Instrumental tuition that is available:

Woodwind – Flute, Clarinet, Saxophone
Brass – Trumpet, Trombone, French Horn, Euphonium, Tuba
Percussion – Drum Kit and Orchestral Percussion
String – Violin, Viola, 'Cello, Double Bass, Guitar, Bass Guitar
Piano
Voice

Our Ensemble Program:

Mon	MacKillop Choir	St Peter's	3:45-4:30pm
	PCoPA	St Peter's	4:30-5:30pm
Wed	Guitar Ensemble	Padua - Music Room	8-8:45pm
	Senior Wind Ensemble	St Peter's - Music Room	3:45-5pm
	St Peter's String Ensemble	St Peter's - ARC Theatre	3:45-5pm
Thu	Junior Band	Padua - Ensemble Room	8:15-9am
	Junior Strings	Padua - Music Room	8:15-9am
	Musical	Padua - Theatre	3:45-5:30pm
Fri	Padua Concert Band	Padua - Ensemble Room	8-9am
	Padua String Ensemble	Padua - Music Room	8-9am

Veronica Boulton
Director of Music & Performance



Rostrum Voice of Youth

Public Speaking Competition

Congratulations to Samuel Mateo Reyes (Year 7), Alexander Brooks (Year 8), Katie-Lee James (Year 9) and Millie Terracini (Year 10) who represented the College at the Rostrum competition held on Tuesday 21 March at Radford College. The judges were impressed by the powerful speeches delivered by our students, reflecting original thinking, passion and personality.

Millie won the senior heat for the ACT and has progressed to the regional finals in the competition. We wish Millie well in this next stage.

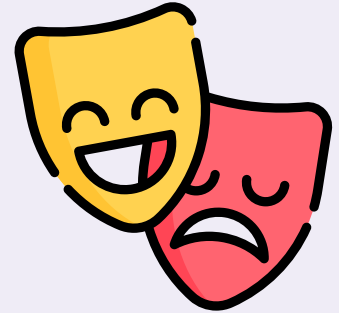
Erin White • English Coordinator, Padua Campus

Drama Club

A veritable plethora of talent has ascended upon Wednesday morning Drama Club sessions this semester with up to 40 students attending to play and learn a variety of Drama skills and games. With so much talent in one room each session was a mixture of fun and frivolity as students Space Jumped, Painted Scenes, Spoke Gibberish, Mimed, Interviewed, Improvised, Playbuilt and generally got their Drama on.

New students are always welcome so see you in Term 2.

Jeremy Margosis • Performing Arts



Student Achievement

Congratulations to Lily Christian (Year 7) on her selection in the ACT Little Athletics State team. Lily will compete in the Australian Little Athletics Championships in April in Melbourne.

Bailey Watson (Year 11) has been selected to compete at the World Baseball Showcase in the USA at the end of June.

A number of students competed in the Rocky Trail Mountain Biking Schools Comp on Friday 24 March. Congratulations to all students, in particular Cody Owen who won the Years 9-10 Intermediate division. Cody will be competing in Australia's international competition in May for both pump track and downhill.

Fees

Term 2 2023 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 1 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

Second Hand Uniforms

The SHUS will be open over the school break on **Monday 17 April** and **Tuesday 18 April** by appointment. Please email uniforms@mackillop.act.edu.au to make an appointment.

Judy • Uniform Shop Coordinator

Parent-Teacher Interviews

Families are now able to book their parent-teacher interviews, which will take place at the St Peter's Campus on Wednesday 26 and Thursday 27 April. Parents/carers should have received their PTO booking code to their primary email address. This information was sent on Wednesday 5 April from our Info email address.

If you did not receive your PTO code, please contact reports@mackillop.act.edu.au.

Community News

BellaMonaro WFC

BellaMonaro is an only southside ACT Junior and Senior all-female Football Club. Limited opportunities are still available with some age groups closing soon. **Register now at:** [BellaMonaro](https://bellamonaro.com.au)

ParentLine

Need some support but don't know who to call? ParentLine aims to enhance the development, health and emotional wellbeing of children by supporting parents and carers and connecting them with the network of services available to families in Canberra and surrounding areas. **Visit:** [ParentLine](https://parentline.act.gov.au) or **call: (02) 6287 3833**

Tuggeranong United FC

Want to try soccer? It's not too late! Tuggeranong United Football Club has limited spaces for the following teams: U15 Opens, U10 Girls, U11 Girls and U12 Girls. **To join email:** comms@tufc.org.au

All-Star Sports

Multiple sports, multiple locations across Canberra and unlimited fun! All-Star Sports operates by one-hour skills-based training sessions which are designed to bring out the All-Star in everyone. Sports include: AFL, Soccer, Netball and Basketball. **Join at:** [All-Star Sports](https://allstarsports.com.au)

Two Sheds Workshop

Come and build some awesome woodwork projects these holidays with Two Sheds Workshop this April. Workshops for kids 7yrs+, no experience needed. **Check out the range here:** [Two Sheds Workshop](https://twoshedsworkshop.com.au)

ACT East Cricket Camps

AAS Cricket Coaching are hosting cricket camps over the holiday break from 18-20 April. Suitable for ages 6-16 this program includes a wide variety of cricket drills, activities and games. **To register** [click here](https://aascricket.com.au), for **more information email:** activeallsports@outlook.com or **call: 0400 125 342**

Tennis Holiday Camps

CSOT is hosting Tennis camps in both weeks of the school holidays. Available in both north and southside, all ages are welcome to participate, learn new skills and have some fun. **To book visit:** [CSOT](https://csot.com.au), and for **enquiries email:** robert@csot.com.au or **call: 0432 118 204**

NGA - Art IRL

To celebrate National Youth Week, the National Gallery Youth Council is kickstarting the week off with a chilled-out afternoon in the Australian Garden where you can enjoy music and performances by the best youth talent the ACT has to offer. **Info: 3pm on Friday 14 April at the Gallery & via Live Stream**, visit [National Youth Week Opening Event](https://nationalyouthweek.org.au) to book.



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**

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My child is a bully

No parent wants to hear that their child is a bully. It's awful to think that your child maybe inflicting harm on someone.

If you hear that your child is being a bully, resist the temptation to panic or be defensive. Stay composed and begin to gather the facts. These tips will help:

Communicate

Let your child know that you have heard that they are bullying and that you are concerned about this. Let them know that you are worried about them and want to help. This may take many attempts as your child may feel embarrassed, or unhappy that they've been caught. Remain calm and direct and ensure your child that you want to hear their side of the story. Talking through with your child about their situation can help you understand why the aggression is occurring and help you work out what to do about it.

Some children due to their age or mental health may not be able to articulate their thoughts. Consider a visit to as health professional for further assistance.

Look ahead

Once you've gained an understanding of the causes of the bullying look ahead and work through with your child how they may act in future situations. Help them understand how their behaviour may have impacted on the other child, and what it would be like if they received that behaviour.

Reflect

Children often copy the behaviours they experience so take the time to reflect on the relationship skills that your child may be witnessing at home. If family members yell, hit or put each other down then look for ways to foster a positive family culture based on kindness, respect and empathy.

Use consequences

Consequences for bullying can be useful if they are related to the behaviour and reasonable in nature. For instance, it's reasonable for a teenager involved in cyber-bullying behaviour to lose their Internet access and phone use privileges as they've failed to stick to the expectations laid down about responsible use. The length of time for loss of privileges depends on the severity of the issue and your child's attitude. As a rule of thumb lengthy loss of privileges can be ineffective as kids cease to care when they're too long.

Restore relationships

'How will you fix this?' is something a child who bullies needs to hear. Discuss with your child how they will make some restitution to the child or young person they've hurt, whether it's through a written apology, playing a game with a child who they've excluded or apologising to a child whom they humiliated in front of their peers.

Monitor the situation

Your child's bullying may be a one-off event, however stay mindful of your child's behaviour, their state of mind and the way they continue to relate to others. Let your child know that you want to help them be happy, to enjoy positive friendships and relate well to others.

Bullying is an emotive term that leaves most of us shaken when we hear it. It helps to think of bullying as a being a behaviour resulting from poor decision-making or poor communication skills rather than as a reflection on your child. The latter is hard to change, however the former is always up for change and improvement.



AUTHOR

Michael Grose

Michael Grose 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.

