

College

Newsletter



MacKillop

St Mary MacKillop College Canberra



Volume *five*

28 April 2023

Coming

Up

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)

MON 0 8 M A Y

- Cooma Information Evening
(for Year 11 2024)

WED 1 0 M A Y

- Year 11 2024 Information Night
- Careers Expo

FRI 1 9 M A Y

- College Cross Country

TUE 2 3 M A Y

- Year 7 Camp Parent Information Evening

MON 2 9 M A Y

- Reconciliation Day
(Public Holiday)

MON 0 5 J U N E

- Year 10 Exams



Principal's Letter

Principal's Prayer

Lord, we remember with thanks and gratitude all those who have served our country in uniform, those who have fought and those who have died. We also pray for peace in our world. Amen.



Dear parents/carers, teachers and students,

ANZAC Day Ceremonies

On Wednesday this week students on both campuses experienced ANZAC Day commemorations remembering the more than 103,000 members of the Australian armed forces who have made the ultimate sacrifice during, or as a result of, war service, in conflicts and in peacetime operations. The observances also honoured all women and men who have served, or continue to serve, in Australia's Defence forces. Our students across the College were respectful, demonstrating a reflective sense of occasion.

Thank you to Commodore Nathan Robb, a MacKillop Parent, College Board Chair and member of the Royal Australian Navy who addressed students as part of the service at the Padua Campus. Thank you also to staff members and students, many from defence families, who contributed to and led the services.

While on such occasions we remember with thanks and gratitude all those who have served our country in uniform, those who have fought and those who have died. We also pray for peace in our world. Lest we Forget.

Information Nights and Try MacKillop Day

As we enter the enrolment period for 2024 the College is holding the following events in the coming weeks:

Year 7 2024 Information Night – 1 May, Padua Campus

Try MacKillop Day – 5 May, Padua Campus

Year 11 2024 Information Night – 10 May, St Peter's Campus

These events are important for many families considering MacKillop as a school for their children, particularly for Year 7 and Year 11. If you are aware of anyone considering their options for secondary school, please invite them to register for one of our Information Evening Sessions. More information can be found on the following page.

Parent-Teacher Interviews

Thank you to the many parents/carers who have attended our Parent-Teacher Interviews this week. I hope that these provided both affirmation along with targeted and constructive feedback for future growth in students. If you were unable to attend and would like feedback on the progress of your child, please make contact with their individual teachers.

Yours sincerely,

Mr Lachlan McNicol
College Principal (Acting)





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

Stalls: 3.30pm - 7.00pm
Presentation: 6.00pm

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

A Catholic school for all.





ANZAC Day Ceremonies

Governor-General, Sir William Deane, in 1999 said, "ANZAC is not merely about loss. It is about courage, and endurance, and duty, and love of country, and mateship, and good humour and the survival of a sense of self-worth and decency in the face of dreadful odds."

On Wednesday 26 April, services were held at both the Padua and St Peter's campuses to commemorate the loyalty, selflessness, sacrifice and everlasting courage of the ANZACs, with a particular focus on the 50th anniversary of the end of Australia's involvement in the Vietnam War and the 100th anniversary of the organisation Legacy.

ANZAC Day has been one of the most important dates on Australia's calendar since 1916. At first, it gave people a chance to honour the original ANZACs – the Australians and New Zealanders who fought at Gallipoli. Then it became a day for those who had served in the First World War. With Australians experiencing the Second World War, and the wars, conflicts and peacekeeping operations that have followed, ANZAC Day has become an occasion to honour all who have worn our country's uniform in service.

During these ceremonies, through the reverent and thoughtful words of our students and College Principal, our community came together to reflect on that service. At the Padua Campus, Commodore Nathan Robb shared some incredibly thoughtful reflections with our students about the values that can be gleaned from the sacrifice of those Australian service men and women who have lost their lives in military and peace keeping operations since World War I. While we don't celebrate or glorify war, we do celebrate defeating oppressors, standing up for what's right and true and protecting and defending those who are not able to defend themselves. We do celebrate and remember those men and women who have fought and died during war, not just for their own friends, but for a set of ideals and values for future generations to live by. They fought and died for us all, before we were even born. They died protecting our future freedoms and our way of life. Our ANZAC men and women fought so that we don't have to. They sacrificed their lives to show a love for their God, their country and their people. May we and our successors prove worthy of their sacrifice.

Lest we forget.

Tara Williams & Sandhya Tulpule • HASS Coordinators





Industrial Design and Technology

In Year 9 Materials and Design, students have been learning the craft of knife making. This initiative was launched in the second semester of 2022 and has proven to be highly successful. The College has partnered with Tharwa Forge, a company that provides educational courses about the art of knife making among other skills.

Guided by these newly trained teachers, students are not only learning hands-on skills but also honing their creativity and problem-solving abilities. Each knife produced is one-of-a-kind, and students are encouraged to incorporate their own design concepts into the manufacturing process.

The students are thrilled with the opportunity to acquire new knowledge and work with their hands. The ultimate measure of success has been observing the students take pride in their newfound abilities and in the objects they have brought to life.

Braden Longo • Industrial Design & Technology Coordinator



Turnitin

AI Detection

Turnitin is a text matching program that allows students to check their referencing, originality of expression, grammar, spelling and punctuation. When an assignment is uploaded through Turnitin, text within that assignment is compared with other texts online, in databases and within a repository of student assignments from around the world. From this, a similarity report is generated which highlights what percentage of the assignment matches or closely matches text found elsewhere. This percentage can be broken down to specific sources that the text originated from.

Given the recent rise and availability of natural language processing tools powered by artificial intelligence (AI), Turnitin has recently released a new feature that allows for the detection of written content that may have been generated by AI. This includes text generated from programs like ChatGPT and AI-powered paraphrasing tools like QuillBot. When a teacher views a student's task through Turnitin, they will see a new AI field which will display the percentage of text which Turnitin has identified as being AI generated. Turnitin will also generate a report that highlights text that has likely been AI generated in a similar manner to similarity reports. This AI field and report are not visible to students on Turnitin.

Students are reminded that they are not to use AI to produce or rephrase written content as a submission as their work for assessment tasks. Given that AI generated text is not a student's original work, its inclusion within an assessment task breaches academic integrity and may lead to academic penalties.

Trent Wilson • Digital Learning Coordinator



Legal Studies

Supreme and Magistrates Court

On Wednesday 5 April a number of Year 12 Legal Studies students went to the Supreme and Magistrates Court in Civic. During the day, students sat in a number of different cases and were exposed to how court proceedings work. Many of these involved applications for bail, trafficking offences and theft. Students had the chance to talk to a member of a prosecution team who described his experiences in working in such a complex and diverse job. Furthermore, students received tours of the court rooms and gained a profound understanding of Court etiquette. The experience of witnessing various proceedings gave insight and allowed students to take theory that we had learned and witnessed it in practise.

We would like to say thank you to both Mr Batten and Mrs Fife for this day out. Maybe one day some of us might become judges or future lawyers.

Keira Fegan • Year 12

Youth Ministry

Easter Retreat

On Thursday 6 April, a Youth Ministry retreat was held at the St Peter's Campus for the Year 10 CSYMA class and Senior Youth Ministry team. Students connected with the Corpus Christi Youth Minister, Lucy Koelmeyer, and the Archdiocesan Youth Ministry Manager and previous Youth Minister for the College, Christopher Gilroy.

Rocco Theodorakis, a Year 11 student, shares his experience: *'The Youth Ministry Easter retreat was focused on the act of Jesus washing the feet of his disciples. Two major ideas became evident. For one, the act of Jesus washing the disciples' feet speaks to the concept of servant leadership that anyone and everyone should learn to adopt. Secondly, the statement of Jesus in John 13:10, in regard to the rest of Peter's body being clean, is symbolic of the idea that baptism and acceptance in Christ cleanses the body, although being connected to the world can tarnish and dirty us, so we require a wash (repentance). Because of this retreat, my understanding of repenting for my actions, and the importance of Holy Thursday has improved, and I am grateful for the opportunity to continue learning about faith.'*

Students concluded the retreat by writing letters to be delivered to Holy Family Youth Ministry students, centring around the topics covered within the morning's Stations of the Cross liturgy and the story of the washing of the feet.

Elsbeth Richardson • Year 10 Youth Ministry Teacher



Pastoral Program

Safe Behaviours and Wellbeing

The Pastoral Program for Term 2 focuses on the theme of **Safe Behaviours and Wellbeing**. Each Year group will be studying different topics within the theme which are:

Year 7	Cybersafety
Year 8	Body Image
Year 9	Mental Health
Year 10	Party Safe
Year 11	Safe Behaviours
Year 12	Life Skills for Adulthood

New PC Teachers

A small number of Pastoral Care Classes have a new PC Teacher from the start of Term 2 due to staffing changes. The new PC Teachers are:

7A3 – Louise Hall

7W2 – Maricelle Oringo

11AF – Anita Wilkinson & Jessica Penny

12F2 – Tahseem Banu & Paul O'Callaghan



Term 2 Afterschool Sport

During Term 2, Net Games (Volleyball, Badminton, Mini tennis, and Modified net games) will be run as an afterschool sports activity, available to all students in Years 7 to 9. The sessions will take place on Thursday afternoons from 4 May until 8 June in the Padua Campus Gym. Year 12 students will be coordinating the activities with a staff member present to supervise.

The afternoon sports activities provide a great opportunity for students to involve themselves in the school community, enjoy a social sporting environment and build friendships. Students who have attained Bronze or Silver Status can count the hours that they attend towards their application for the next level of Status, as Community Involvement time.

Consent forms for students are available from Pastoral Care Coordinators, the PE Staffroom, or can be downloaded from Canvas – College Sport.

Paul Durham • Assistant Principal Pastoral Care

Project Compassion

During the season of Lent, students at MacKillop are encouraged to donate towards Project Compassion – Caritas Australia's annual fundraising and awareness-raising appeal, supporting the poor in Australia and worldwide. Led by the SRC on both campuses, the College raised over \$10,000 with students demonstrating their generosity, community spirit, and willingness to assist those in need.

MacKillop Mob

Term 2 student support sessions for the MacKillop Mob are:

Padua Campus

Year 7	Tuesday A Period 3
Year 8	Thursday A Period 1
Year 9	Tuesday B Period 1

St Peter's Campus

Year 10	Tuesday B Period 1
Years 10 - 12	Thursday B Before school from 8:30am
Year 11 & 12	If you have a study Tuesday B Periods 1 & 2 Wednesday B Periods 3, 4 & 5 Thursday B Periods 1 & 2

Jeremy Margosis • Aboriginal and Torres Strait Islander Education Contact Teacher



Student Achievement

Elise Dredge (Year 12) has been selected to represent New South Wales, at the Australian National Artistic Roller Skating Championships, to be held in Bunbury, WA in the July school holidays.

Ben Symington (Year 12) will be travelling to the USA to compete in water polo.

Ethan Hitchins (Year 10) has been selected for the ACT Australian Senior League Championship team.

Kirra Belnap (Year 8) will be representing the ACT at the National Gymnastic Carnival on the Gold Coast in May.

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

Fees

Term 2 Fee Statements were sent electronically to family email addresses on 12 April 2023. Fees are due to be paid by 12 May 2023 unless paying by Direct Debit or other approved method.

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

Enrolments

Any updates to parent or student details including name changes*, emails, addresses, phone or emergency contacts are required **in writing** and should be emailed to: enrolments@mackillop.act.edu.au

Please ensure you include the **student's name/surname/year** when emailing us to assist in prompt action.

*Name changes can only be made when accompanied by a Birth Certificate (or Marriage Certificate if applicable).

As the @grapevine email is coming to a close, all guardians with this email account will need to submit an alternate email address to continue to receive electronic correspondence. If you are currently using a @grapevine email for your Canvas logins, please note that you will no longer be able to access Canvas until we update the family email for you.

Jo Lubinski • Enrolments Team

Second Hand Uniform Shop

Over 468 uniform items have been rehomed in the four months of 2023, and approximately 1177 uniform items have been rehomed since the SHUS opened in October 2021. This is such a fabulous achievement in environmental sustainability. Well done all!

Donations can be made to the front office on either campus. If you would like to make an appointment email: uniforms@mackillop.act.edu.au.

Judy • Uniform Shop Coordinator

Community News

Two Sheds Workshop

Canberra kids Term 2 after school classes are back! Come and build some awesome projects with Two Sheds Workshop.

Workshops for kids 7yrs+, no experience needed.

Check out the range here: [Two Shed Classes](#)

St Paul's Manuka Youth Choir

A new dedicated choir for high school students is running at St Paul's Anglican Church at Manuka.

Choirs are run by professional music teachers, are welcoming and inclusive of any religious or cultural background, and no fees or auditions.

For more information [click here](#)

Special Olympics Australia

Special Olympics Australia strives to ensure that children and adults with intellectual disabilities can benefit from participating in sport.

Where athletes can develop physical fitness, build self-esteem, make friends, be part of a team and have fun, Special Olympics ACT offers regular training for basketball, swimming, tennis, table tennis, ten pin bowling and golf.

For more info contact: act.membership@specialolympics.com.au



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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The Parenting Revolution

This history of parenting is, almost universally, horrible. Throughout centuries and millennia gone by, what few records we have depict infanticide, beatings, abuse of all kinds, and indescribable cruelty to children. Childhood over the past several thousands of years (in every culture we can find historical records for) has been a horror story of unrelenting heartlessness and cruelty.

Since the enlightenment, the way children are raised has been (slowly) improving. Science has helped somewhat, but it's been a circuitous route to making life better for kids. And plenty of scientists have made a bigger mess of things. For example, in the early 1900s the founder of modern psychology, John B Watson famously argued:

"Won't you then remember when you are tempted to pet your child that mother love is a dangerous instrument? An instrument which may inflict a never healing wound, a wound which may make infancy unhappy, adolescence a nightmare, an instrument which may wreck your adult son or daughter's vocational future and their chances for marital happiness."

As the 1900s progressed parenting science fortunately began to improve the way we interact with our children... somewhat. By the end of the 1960s science could point the way to some parenting fundamentals that stand the test of time (and the test of science). Those fundamentals have now been accepted for between 50-60 years. And they distill parenting down to three things that I'm calling the what of parenting:

1. Love your kids and show it
2. Establish developmentally appropriate boundaries
3. Support choice and autonomy

That's it. Parenting at its most fundamental.

Here's the problem...

The scientists who developed these ideas did a great job on the what of raising children well. These three things are exactly what children need. Unfortunately they botched the how part.

So much of how to do these three things was based on flawed ideas. Outdated concepts of discipline and punishment meant that parenting styles built around hurting kids prevailed. Ideas like "you've got to be cruel to be kind", "this will hurt me much more than it hurts you", and "children should be seen but not heard" developed during this period and they built on archaic ideas of love and discipline; ideas that are generations old. The frustrating thing is that we have enough great parenting science to not just explain what children need to thrive. We also have enough great parenting science to explain how to do those things.

We know that “what” kids need is unconditional love. And now we know how to give it to them: through non-controlling involvement, empathy, and connection (which helps them feel seen, heard, and valued).

We know that “what” kids need are effective limits and boundaries. And now we know how to give it to them: through non-controlling development of structures, scaffolding, and the building of social expectations collaboratively.

We know that “what” kids need is autonomy support. And now we know how to give it to them. I’ve developed a framework called the 3 Es of Effective discipline, where we explain, explore, and empower our children to find ways through the difficulties we all face.

Research shows that children raised this way are more likely to succeed in school, have positive relationships, and develop a strong moral compass. They’re also less likely to engage in “deviant” behaviours (drinking, drugs, early sexual exploration, and delinquency). In short, they’re more likely to thrive.

How it works

Each person on the planet has three basic psychological needs. They are the need for relatedness (a feeling of connection with others), competence (a sense that they can do things), and autonomy (a feeling that they can make their own decisions).

Old-school parenting strategies run rough-shod over those needs. A smack, a time-out, or being yelled at leaves relationships ruptured, makes a child feel stupid and incompetent, and takes a child’s sense of control and stomps all over it.

The circuit-breaker

It’s time we let go of the fad parenting styles and the old science based on decades and centuries of poor parenting, and we move towards a need-supportive approach to raising our children. How?

1. Support our children’s relatedness needs by being involved and connected
2. Support our children’s competence needs by developing structures and boundaries with them
3. Support our children’s autonomy needs by helping them understand the ‘why’ behind what we ask, and providing choice wherever we can.

The path forward requires perspective, compassion, empathy, and patience. Now and then it will look like it’s not working because it doesn’t operate on quick (but ineffective) ‘fixes’ like the old-school styles.

But the evidence shows that this is the parenting revolution we need as parents, and our kids need to grow resilience and wellbeing.

To revolutionise your parenting and learn how to break the cycle, buy a copy of [The Parenting Revolution](#) now.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel Nine’s Parental Guidance, and he and his wife host Australia’s #1 podcast for parents and family: The Happy Families Podcast. He has written 6 books about families and parenting. For further details visit