

College

Newsletter



MacKillop

St Mary MacKillop College Canberra



Volume *Ten*

11 August 2023

Coming

Up

MON 1 4 A U G

- Science Week
- University Admission Update

TUE 1 5 A U G

- AI Parent & Carer Information Evening

THU 1 7 A U G

- Moderation Day (Pupil-Free Day)

FRI 1 8 A U G

- MacKillop Pilgrimage to Eden

MON 2 1 A U G

- Book Week
- Bathurst Eisteddfod
- ICAS Competition Week

FRI 2 5 A U G

- Book Week Dress Up Day

TUE 0 5 S E P

- Year 12 AST Breakfast
- AST Session 1 & 2

WED 0 6 S E P

- AST Session 3

FRI 0 8 S E P

- MacKillop Day Mass and Celebrations



Principal's Letter

Principal's Prayer

St Mary of the Cross MacKillop • 1842 – 1909

Mary of the Cross, You understood well the human journey we are travelling. Help us to imitate your faith and trust in God, your courage and forgiveness in trials and misunderstandings, your respect for the dignity of all people, your hospitality and your love for all, especially the poor and neglected. Amen.



Dear parents/carers, teachers and students,

Year 12 Retreat

The Year 12 Retreat is a significant event on the calendar for students in their final year at the College. The content of the retreat is of such quality that it has only had minimal changes over the past decade or so (this is not usual for other events of this nature at MacKillop). The three days that Year 12 spent at Collaroy last week provided the students with the opportunity to reflect on their school years to this point, offer affirmation to the peers and teachers they have formed close connections with during their time at the College, and to prepare for the final weeks of life as a secondary school student and what lies ahead of them. I had the chance to spend time with the staff and students on their retreat and I commend every student for their willingness to engage in the program and contribute to what was an extremely successful event. Thank you to Year 12 Pastoral Care Coordinator, Charles Bootes, for his leadership of the retreat and to the staff who attended, making it possible for students to participate in opportunities like these.

College Musical – Frozen Jr.

After having no College Musical last year and previous productions with limitations due to the impacts of COVID-19, we have been fortunate this week to have the return of the Musical, *Frozen Jr.* Congratulations to the many students involved for bringing such high energy, vibrance and fun to the production – the result of many months of preparations and rehearsals. Congratulations to all the students and staff involved, led by Bella van Doorn (Producer), Jacinta Paquay and Natasha Brittain (Directors) and Veronica Boulton (Musical Director).

Feast Day of St Mary of the Cross and Staff Spirituality Day

Tuesday 8 August marked the Feast Day of our College Parton, St Mary of the Cross MacKillop. The date is the anniversary of Mary's death in 1909. At the age of 25, Mary took her vows and the religious name, "Mary of the Cross".

This year the day doubled as the annual Staff Spirituality Day. Teaching and support staff engaged in a program which explored the theme of 'Gratitude' and the notion that 'deep gratitude' has a transformative role in creating personal resilience, effective learning and teaching, and a positive workplace culture.

College Assistant Principal of Faith, Mission and Religious Education, Clare Kinnane, prepared a highly engaging day that included workshops led by the Foundation Principal of MacKillop, Sr Noelene Quinane, and Mrs Anne Gowen, an experienced educator in Catholic schools in the Tuggeranong Valley (including Padua Catholic High School in its initial years) and who is now the Sacramental Coordinator at Corpus Christi Parish. College Chaplain Fr James Antony concluded the day with a celebration of the eucharist.

Awards Assemblies

Congratulations to all students who have been presented at Awards Assemblies on both Campuses in the past two weeks in recognition of their accomplishments in Semester 1. It was great to see so many parents/carers in attendance. For all students, award recipients or not, the support and encouragement from family plays a significant role in their academic progress. Events such as these are a reminder for us, as educators, of the critical role that parents/carers have and the important relationship we share in the development of your children, and our students.

Yours sincerely,

A handwritten signature in black ink, appearing to read "Lachlan McNicol". The signature is fluid and cursive.

Mr Lachlan McNicol
College Principal (Acting)



Disney
FROZEN JR.



**At the Moira Najdecki Theatre
Padua Campus, Wanniasa**

**There will be tickets at the door
for our two Saturday shows!**

**STUDENTS: \$20
ADULTS: \$30**

**Saturday 12 August, 1pm
Saturday 12 August, 4pm**



Awards Assemblies

The College held its Semester 1 Awards Assemblies over the past two weeks, with the Padua Campus Awards held on 2 August, and the St Peter's Campus Awards held on 9 August.

The Awards Assemblies acknowledge the achievements of MacKillop students across the whole school for their hard work in Semester 1.

The Assembly commenced with an address from our Principal, followed by the presentation of a range of Academic, Application, Faculty and Community awards and performances from our Musical Frozen.

The College congratulates all recipients on their achievements in Semester 1 of 2023!



Student Achievement

Questacon Student Training Program - Jasmine O'Neill (Year 12) successfully completed the Questacon Student Training Program for 2023. This involved 13 weeks of training, in which she gained science communication skills, developed science activities, and made public presentations. Jasmine also volunteered her time at Questacon throughout the busy school holiday period.

Choir - Jaime Harris (Year 11) will be travelling internationally with the Australian Girls Choir to be part of the tour through Italy and France.

Parliament - Joshua Abrokwah (Year 12) participated in the Y NSW Youth Parliament Program over the holidays where he took a seat in the Legislative Assembly of the Parliament of NSW.



Year 12 Retreat

Last week, the Class of 2023 set off on their Year 12 Retreat. This year, we were lucky enough to be able to go back to the Collaroy Centre on Sydney's northern beaches, which is where we held our Year 7 Camp. Nostalgia from the stories and memories shared was high and got us in a good mindset for the time away. Throughout the retreat, we focused on writing positive affirmations for each other and considered our journey from Year 7 to 12.

Across the three days, we had plenty of time to reflect individually, in PC groups, and as a cohort. We had a mass on the first night that surrounded the themes of the Beatitudes, which set us up for the rest of retreat, and listened to an inspiring talk from Mr Bootes. On the second day, we got to spend time in our PC groups. This offered us a great opportunity to further connect with those who we have been on a journey with for the past six years. We also had the opportunity to open the letters we wrote to ourselves in Year 11 and reflect on the changes and growth we have experienced.

On the final night, we heard an inspiring speech by acting Principal Mr McNicol on finishing strongly. Afterwards, we were able to celebrate each other, coming together for a disco, where (with the help of Mr Bootes), we learned our formal dance. On the final day, we got our PC photos, thanked our teachers, and got the iconic Year 12 photo. We were also able to open the affirmations we had been leaving each other along the way. After an emotional three days, two sunrise walks, and six great meals, we were on our way back to Canberra, to continue our final semester of school.

The retreat was a great success and we would like to thank all the teachers who contributed to make it such a success! We were very grateful that our grade was able to experience retreat, and we hope future years get as much out of it as we did!

Toby Barber, Keira Polmanteer and Kate Squire • Year 12



Staff Spirituality Day

Tuesday 8 August marked the feast day of St Mary MacKillop. The staff at our College celebrated this day by taking part in their Staff Spirituality Day. Our focus for the day was built around *'Gratitude is the memory of the heart.'* This was a daily lived practice of St Mary and was evident in everything that she did in her day-to-day life. It was this idea of embedding gratitude into our daily lives as teachers of young people that became the theme that was weaved throughout the activities, discussions and conversations that were had throughout the day.

We were honoured with a keynote address from Dr Kerry Howells. Kerry spoke to the staff on the topic of Gratitude. She was able to impart an amazing amount of both practical and meaningful thoughts, messages, and ideas for the staff on what gratitude means in both actions and word. One of the more profound moments throughout was the understanding that, to lead gracious lives and be people of gratitude, we need to work on ridding ourselves of resentment.

The staff then made their way through four different workshops which were all linked by the theme of gratitude. Sr Noelene was a most welcomed guest back to a place which would have been her second home for many years. Sr Noelene brought passion, thoughtfulness and challenged the staff to think about who they were in the larger community that is MacKillop and to focus on what it means to be a shelter for all. Anne Gowen provided the staff with a space to be able to stop in their busy lives and find a way to pray and find God by taking a quiet moment with what is around them and to be thankful for this. Staff appreciated a time to be able to learn from Anne, who is a knowledgeable sacramental coordinator. We had the amazing opportunity to work with the Vinnies Night Patrol team. Staff were able to sort and package items of clothing that will be used to support all the programs that Vinnies runs in the local Canberra area. I would like to thank those staff who assisted with packing all the items on the Monday afternoon to have them at the College. The final rotation was the MacKillop Walk. This is a quiet, spiritual place in the middle of a busy campus. It is a walk that has been designed with both immense thought and care to demonstrate the life of St Mary MacKillop. Incorporated within the walk was an opportunity to engage with some of the social justice issues that exist in our world.

The day concluded with a very special mass of thanksgiving and reflection, celebrated by Fr James. Staff were able to gather to celebrate mass which brought together all the conversations, workshops and activities throughout the day. Throughout the mass, the presence of our patron and Australia's first Saint was felt by all those who were there. I pray that all who were there on the day carry with them the knowledge that they will always be in the care of St Mary MacKillop and remember the *'Gratitude is the memory of the heart.'* I would like to thank everyone who was involved behind the scenes in making it a memorable and faith filled day for all the staff at our school. We truly are a community blessed with the spirit and presence of St Mary MacKillop.

St Mary of the Cross MacKillop – Pray for Us.

Clare Kinnane • Assistant Principal for Faith, Mission and RE



2023 NAPLAN Results

2023 NAPLAN results for Year 7 and 9 students have recently been released to schools, and these have been mailed to parents and carers. As was detailed in an email to parents and carers in Term 2, this year the NAPLAN results are presented with a new four-band structure. If you have any questions about the report structure or your child's results you are welcome to contact the school, and we are happy to answer any questions.

The staff at MacKillop have a philosophy of being data informed educators. Using data to not drive or dictate their practice, but using data alongside their observations, professional judgement and pastoral relationships with students to best guide their pedagogy. For this reason, the release of NAPLAN results is an important, even exciting, time in the MacKillop school calendar.

For our new Year 7 students, their NAPLAN data gives us rich information about their abilities and learning needs, helping us to design programs of learning to best suit the cohort, and to provide targeted guidance and intervention for students in need of additional support. For Year 9 students, the same useful information can be gathered, but their results also allow us to analyse the success of the data-informed teaching strategies and educational programs specifically designed to support that cohort.

For a number of years, the NAPLAN data has confirmed that students at MacKillop gain above-average growth in literacy and numeracy between Year 7 and Year 9. This reflects the care, dedication and professionalism of the MacKillop staff in supporting each student.

With the change in the nature of NAPLAN (new timing, measurement scale and reporting on the four-band model) in 2023, the usual growth and comparative data is not available. However:

- the new four band reporting model provides opportunity for opening up a dialogue between the school, students, parents and carers. Analysis of this band data has already begun to ensure opportunities for support and development are conveyed and enacted.
- based on analysis of the data we do have, we can report that for Year 9, who had results comparable to the National average in Year 7 2021:
 - **Numeracy and Grammar & Punctuation domains showed results above the national average**
 - **Reading and Writing Domains showed results significantly above the national average**

This is a very pleasing result and the students and Padua teaching staff are to be commended on their efforts.

Tristan Burg • Assistant Principal Academic Care (acting)



da Vinci Decathlon NSW State Finals

On Tuesday 25 July, a team of eight Year 8 students competed in the NSW State Finals for the da Vinci Decathlon which was held at Knox Grammar in Sydney. The team, comprised of Samuel Braun, Alexander Brooks, Isobel Halliday, Piper Macht, Isla Pfeiffer, Joshua Prstec, Mae Sefian and Luke Withington, won the ACT Regionals and were invited to the state finals. On the day, they competed against 150 of the top schools from around NSW. They had some amazing results, placing 6th in Art and Poetry and 14th in Mathematics. Congratulations to these students for their academic efforts!

Stephanie Williams • Padua Inclusive Education Coordinator (acting)



Year 12 Hospitality

Isabella Gardens Retirement Village

Year 12 Hospitality students showcased their culinary expertise at the Isabella Gardens Retirement Village for a luncheon gathering. The students had the challenge of preparing and serving food for 60 people which they did with flair and passion. The main course of beef bourguignon, cheesy potato bake and vegetables left an indelible mark on the taste buds and hearts of all present.

The retirees resoundingly said the highlight of the meal was the sticky date pudding which was served warm, with caramel sauce, strawberries and cream. They were so appreciative and complimentary of our students.

The event, however, was not just about the food. Year 12 displayed exceptional professionalism and teamwork throughout the day even under the pressure of preparing, serving and cleaning for such a large group. The atmosphere was one of contentment and appreciation. The residents expressed their gratitude to the students for not only providing a scrumptious meal but also for creating an atmosphere of joy and camaraderie.

They are looking forward to the next event.

Janelle Maas • Creative Technologies Coordinator



Australian Mathematics Competition

In Week 3, a number of MacKillop students in Year 7 through to Year 11 participated in the Australian Mathematics Competition in their respective Junior, Intermediate, and Senior divisions.

This year we had 158 students participate in the competition across the different divisions. The Australian Mathematics Competition is an engaging problem-solving competition where students can demonstrate and apply their knowledge to solve unconventional Mathematical problems. Students are presented with 30 problems of increasing difficulty designed to enhance their reasoning skills and interest in Maths.

We congratulate these students on their participation and wish them well in their future journey with Mathematics.

Anna Keppel & Dylan Watt • Mathematics Coordinators

Artificial Intelligence & Academic Integrity

Parent/Carer Information Evening

Tuesday 15 August 6-7pm • Padua Campus

- What is AI?
- AI tools for Generative Text
- Academic Integrity & AI
- The value of assessment and learning in a world of AI
- MacKillop's response to AI
 - Tools for detecting AI generated text
 - Assessment strategies – changes for Semester Two
 - What it means for students, teachers and families
 - The future of AI at MacKillop

RSVP by Monday 14 August to:
events@mackillop.act.edu.au



Year 7 Latin

Students visit the ANU Classics Museum

On Monday 31 July, Year 7 Latin students attended an excursion to the Australian National University Classics Museum as part of their Latin studies.

Associate Professor of Classics and Head of the Centre for Classical Studies, Dr Caillan Davenport, showed the students some ancient Roman funerary inscriptions and worked with them to decipher some of the Latin words and expressions on those authentic sources. The museum had specially retrieved some of those artefacts from their collection for the students to look at and handle. This was a real privilege, as those are not usually shown during school tours.



Professor Davenport explained to the students that these inscriptions give us an insight into the beliefs of the Roman people but also into life expectancy during Antiquity. The students were surprised to discover that mortality rates were much higher at that time, especially for young people and infants. Following Dr Davenport's session, museum curator Dr Georgia Pike-Rowney led the students through a museum tour. The students looked at a model of Rome and were able to recognise some of the famous landmarks that still remain today. As they walked through the museum, the students also discovered some everyday Roman items such as mirrors, tweezers, cooking pots and utensils and learnt about the everyday life of the Roman people. Dr Pike-Rowney also let the students handle some authentic items such as vases, containers, and fragments of tablets with Latin inscriptions. It was fascinating to see that people in Antiquity went about their daily lives using common objects just as we do today.

The visit was a resounding success and helped students to connect their language studies to real life in the ancient world.

Marie Lancaster • Latin Coordinator

Pastoral Care

SRC Report

Now that Semester 2 is underway, we have been busily fundraising for MacKillop House! We had our second House Charity Week in Week 2. Ngadyung hosted a sausage sizzle, ran a handball competition and had a hoodie uniform variation. All events across both campuses were a success, and we were so excited to see everyone getting involved to raise money for such a worthy cause!

Gurabang's House Charity Week is up next in week 6! There will be an oztag competition, and everyone's favourite: Goodberry's. The uniform variation will be puffer jackets and vests! If you are not participating in the uniform variation you must wear your regular full school uniform. We look forward to seeing everyone getting around the week's activities, raising money for MacKillop House!

Toby Barber • Communications & Connections Captain



Book Week is Coming Up!

Book Week is an annual Australian celebration of the joy of reading, and we will be celebrating this event again this year at SMMC. The theme for Book Week 2023 is Read, Grow, Inspire – a reminder of the important role reading has in personal growth throughout life, as well as the potential long-reaching impacts of this.

During Week 6 (21-25 August) students on both campuses will be invited to complete book related PC Challenges and activities in their Learning Commons. This will culminate on Friday 25 August with lunchtime celebrations, including the opportunity to attend school in a dress-up related to a specific book or the Book Week theme. Please remember to follow school expectations regarding appropriate non-uniform dress, and if students choose to not participate in this activity they must wear full uniform as normal.

Your Learning Commons Teams are looking forward to celebrating this annual event with you! Please check Student Notices for more details for each campus.

Sara Vassallo & Amanda Knott • Learning Commons Coordinators

Safe Drop-Off and Pick-Up Behaviours

Unsafe driving and parking behaviours increase the potential road safety risk for students around schools. Road safety is a shared responsibility. It is important the road rules are followed at, and around, the St Mary MacKillop campuses to ensure the entire College community remains safe.

Just a friendly reminder to please pick up your children from the basketball courts at the conclusion of the day. At the Padua Campus, students should be discouraged from crossing MacKinnon street due to the prevalence of school buses and traffic movement, which presents safety concerns. The front carpark at the Padua Campus needs to remain accessible for students with additional needs requiring access to disability parking.

We are a Happy Families School!

Our school is subscribed to the Happy Families School Membership! Owned and run by Dr Justin Coulson, one of Australia's leading parenting experts, the membership offers a wealth of parenting education and resources.

The College will regularly share resources available through our membership with you, including *Insight Articles* and Live Webinars. You can also access your resources at any time using the below URL (unique to our school) and password.

URL: <https://schools.happyfamilies.com.au/login/smmcc>

Password: happysmmcc

It is recommended bookmarking this link. You should only need to put the password in once and the site will remember you.



Insights Article

A new *Insights Article* is released weekly during the term and we will include these with the school newsletter. Insights articles are written by Dr Justin Coulson and other leading experts and provide parenting education and support for a wide variety of traditional and contemporary parenting challenges. You can also access 300+ previous Insights articles on our school's URL.

Parent Webinars

You have access to four live webinars a year (one per term). We will announce upcoming webinar details in the Insights articles. You will have access to the recording via our school's URL but as the webinars are live, we recommend you watch them in real time so that you can ask Dr Justin and / or the guest presenter any questions you may have.

The next up and coming Webinar is titled - *We Need to Talk About Parent Wellbeing* on Monday 21 August at 8pm AEST.

It will focus on the following points.

- how to flourish even if you or your kids are in the midst of mental health challenges.
- the five most powerful evidence-based interventions to build a flourishing life.
- the secret to a life well lived.
- the biggest risk factors and protective factors of mental health.

Paul Durham • Assistant Principal, Pastoral Care

MacKillop Mob *Save the Date!*

Southside Corroboree Family Culture Day – 1 September 2023

All Aboriginal and Torres Strait Islander Mobs in our southside schools and their families are invited to a day of yarning, culture and fun. The purpose of the day is to provide our students and their families the opportunity to develop connection and relationships with each other through games, activities, cultural learning and socialisation.

Time: 10am – 2pm

Where: Boomanulla Oval

Activities could include weaving/string making, dancing, sport, craft, art, writing workshops, appearances by GWS, the Raiders, CBR Brave and the Brumbies. This event is sponsored by Birrabang and Corroboree Group.

Jeremy Margosis

Aboriginal and Torres Strait Islander Education Contact Teacher

Maths Club *Semester 2 - Padua Campus*

Maths Club is running **in the IRC from 3:20-4:20pm**. Come along if you need Maths help or you simply want to finish your homework. A Maths Teacher will be there to assist you with any questions.

Term 3

Week 5	Tue 15 Aug
Week 6	Tue 22 Aug
Week 6	Thu 24 Aug
Week 7	Thu 31 Aug
Week 8	Tue 5 Sep
Week 8	Thu 7 Sep
Week 9	Tue 12 Sep
Week 9	Thu 14 Sep
Week 10	Tue 19 Sep
Week 10	Thu 21 Sep

Term 4

Week 12	Tue 17 Oct
Week 12	Thu 19 Oct
Week 13	Thu 26 Oct
Week 14	Tue 31 Oct
Week 14	Thu 2 Nov
Week 15	Thu 9 Nov
Week 16	Tue 14 Nov
Week 6	Thu 16 Nov
Week 17	Tue 21 Nov
Week 17	Thu 23 Nov

Anna Keppel • Padua Maths Coordinator

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

Elite Athlete Spotlight *Milly McCabe - Year 11*

Milly has achieved so much in her sporting journey already and she hasn't even reached her potential. Milly was kind to share her experiences with the community.

What is your sport? Middle Distance Running- Track (800m, 1500m, 3000m) and Cross Country

What is the highest level you have competed at? I have represented the ACT at both Cross Country and Athletics Nationals.

What is your most memorable sporting moment/achievement? My most memorable moment was my first cross country race when I was 8. It was the southside cross country championships and I placed first. This race was the beginning of my love for the sport.

Who is your sporting idol and why? Leanne Pompeani. I have the privilege of being in the same training group and watching Leanne train. Her performance at the recent World Cross Country Championships where she pushed herself to the limits was extremely inspiring.

What is your next competition? I will be representing the ACT at the National Cross Country Championships on the 26th of August here in Canberra.

What do you hope to achieve in your sport? To keep getting faster while enjoying the process and motivating others. Also, a podium finish at nationals.

What has your sport taught you? Through my running journey as well as the highs I have experienced injuries, setbacks and failures. My sport has taught me to be resilient and patient and that the hard work will eventually pay off.



ACT AFL Champions

On Wednesday 9 August, both the 7-9 Boys and Girls teams competed in the ACT AFL High School finals day.

Both teams finished the tournament as champions of the ACT!

Congratulations!

Rugby Champions



On Wednesday 2 August the 9/10 Rugby 7s boys team played in the ACT finals day, where they defeated Goulburn Trinity to become ACT Champions. Congratulations to the team!



Student Sporting Achievements

Anthony Grgic (Year 8) will be travelling to Argentina for soccer to train at Atletico San Jorge.

Kaedan Garrett (Year 7) has been selected in the U12 ACT Schools Rugby League Team to participate in the Schoolboys Rugby League Championship in Townsville. Kaedan's selection in this team also comes on the back of his selection in the U12 ACT Rugby Union Team, who recently participated in the NSW Junior State Championships in Camden.

Alana Fraser, Indiana Kildey, Ariella Patterson, Jade Paterson (Year 9) and Charlotte Cotter (Year 10) competed in the Australian School Sport AFL Tournament in Ballarat. A special mention to the two girls who were named Best Player on Ground: Indiana Kildey (against Western Australia) and Jade Patterson (against South Australia).

Ben Symington (Year 12) competed in the Junior Olympics Campaign for Water Polo.

Mitchell Davis (Year 9) will be competing in New Zealand for Basketball in October with the Sydney Basketball Institute.

Ben Gasnier, Logan Berry, Shaun Drazevich, Brody Drinkell, Jesse Fordham, Deegan Rourke (Year 9) and Cooper Marsh (Year 10) have all made the Raiders Junior Rep Squad.

Mia Keen (Year 9) and Lucille Gregory (Year 10) competed in the ACT School Sport Netball Team in Perth.

Matthew Potter (Year 7) has been selected in the School Sport ACT U12 Boys Netball team which will be travelling to Perth for Nationals.

Meaghann Scott (Year 10) will be going to Perth for the Schoolgirls basketball competition in August.

Elise Swoboda (Year 8) has been selected in the ACT School Sport Team to participate in the National Cross Country Championships in Canberra.

Macy Don (Year 10) and Alexander May (Year 11) will be competing in the School Sports Tournament in Adelaide for Hockey.

Abigail Rutten (Year 9), and Ryley Arnold (Year 8) have been selected in the U15s Touch Football Team representing the ACT School Girls at the August 2023 National Championships in Darwin.

Maddison Gardner (Year 8) has received a scholarship to attend the Ablaze Dance Academy where she will join their Full Time Classical Ballet students.

Jaidyn Azzopardi-Webb (Year 9) has been selected to dance in Orange, Bathurst and at the Australian Dance Festival.

VARIETY NIGHT

Can you sing, dance, act, do acrobatics, read a poem, are you really funny, maybe do magic, or maybe even fit yourself through a tiny hoop? We have the opportunity for you!

Participating in Variety Night includes attending one audition session, the rehearsal and performance on the following dates:

- **Audition:** Week 5: Wednesday 16 August – From 3.30 pm (St Peter's Campus ARC)
- **Audition:** Week 6: Thursday 24 August – From 3.30 pm (Padua Campus Theatre)
- **Rehearsal:** Week 10: Wednesday 20 September - 3.30 pm – 5.00 pm (Padua Campus ARC)
- **Performance:** Week 10: Thursday 21 September – From 3.30pm – 8.00pm (Performance starts at 6.00pm in Padua Campus Theatre)

Students need to collect a permission note to attend. These can be found in the Maths staffroom from Ms Brown at St Peter's or in the PE/Performing Arts staffroom from Mr Margosis at Padua.

Katie Bissett • Performing Arts Captain



INSPIRE 2023

St Mary MacKillop Art Competition

Each year St Mary MacKillop College holds an art competition with the theme 'Inspire.' This competition is open to students in Years 7 to 12 and prizes are awarded in the following categories:

- Overall Winner
- Digital Media
- Drawing
- Mixed Media
- Painting
- Photography
- Sculpture
- People's Choice Award

Entry forms are on Student Information on Canvas. Please ensure you have completed an entry form as well as submitting the actual artwork to a Visual Arts teacher (clearly labelled with your name and PC).

Following a display of all entries at MacKillop Day, a selection of the best works will be exhibited at the Tuggeranong Arts Centre.

Minimum size for artwork is A4 and the due date for **entries is Friday 25 August.**

Tamara Murdoch • Visual Arts Coordinator

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.**

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

AST & Senior Exams

We would like to remind families of our senior students that AST will be held on 5 and 6 September and senior exams will be held between 13 and 17 November. We ask that families do not plan to have students out of school during those events.

Lawn Mowers

Our tech classes are in need of some old lawn mowers. If you have an old lawn mower that you would like to donate, please email john.solari@mackillop.act.edu.au or call 62090164 to arrange a drop off time.

Community News

Futsal Mania

Are you interested in playing futsal? EOI is open for teams and individual players at Futsal Mania.

Futsal starts in October for kids under 6 to 14+ years of age at the PCYC in Queanbeyan. It is \$150 for 9 weeks with games on a Monday. Term 4 regos are open now! Email: futsalmaniansw@gmail.com or visit: [Futsal Mania](#)

National Photographic Competition

The Mid North Coast Local Health District will open its 2023 Your Health Link National Photographic Competition on World Photography Day **19 August 2023**.

Primary and high school students are encouraged to get ready to grab their mobile phones, tablet or trusty camera and capture images that promote 'Healthy Life Healthy You' for a chance to win a range of great prizes.

For more information visit: [Your Health Photography Comp](#)

2024 ACT Griffins Rep Netball Program

Calling all ACT's men's and mixed netballers!

The ACT Griffins are a state representative program that competes in the Australian Men's and Mixed Netball Championships annually. The tour dates for the Championships will be held from 29 March – 7 April 2024, hosted by the Queensland Suns in Brisbane.

Trials are being held for Youth, Open Age Men's and Opens Age Mixed Teams at Netball ACT, Northbourne Ave Lyneham on the following dates:

- Friday 25 August 6-8:30pm
- Friday 1 September 6-8:30pm
- Friday 8 September 6-8:30pm
- Friday 15 September 6-8:30pm

All athletes must **register their interest in trialling by COB Friday 19 August** – no late applications. Apply [here](#), for more questions contact: actmensnetball.vpgamedev@outlook.com.

Battle of the Bands

We are currently taking applications for bands who wish to perform at this year's Battle of the Bands. This is a free and inclusive event for young people.

Students have until 1 September to apply. There is a musician meetup at the Lake Tuggeranong Art Centre on 10 August for young people to meet other musicians to form bands to play at Battle of the Bands. To apply or for more information visit [here](#).

Gannawarra Shire Council

Gannawarra Shire Council is currently recruiting lifeguards for the upcoming 2023/24 pool season. It is a fun work environment with flexible rosters where you can build your skills and directly support your community.

Contact on (03) 5450 9333 for more information or visit [here](#).



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DR JUSTIN COULSON

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Our words matter

For close to 200 years, children have sung in the schoolyard:

*“Sticks and stones may break my bones
But words shall never hurt me.”*

We all know that’s not true.

However, it’s not just cruel words that have the capacity to hurt. Sometimes as parents, we surprisingly hurt our children in the way we offer praise or correction. Here’s what I mean:

A few months ago, I read *The Absorbent Mind* by Maria Montessori. While I didn’t agree with all of it, and there were some ideas that wouldn’t fly today, there were plenty of enlightening moments. One thing that stood out was the idea of *not* correcting children. Yes, you read that right: *not* correcting children.

Montessori recognises that this makes no sense.

“How can we improve the children’s work if we do not correct the errors?” she imagines us asking.

She goes on to explain that when teachers remove themselves from the role of hovering over children to point out their errors, the child is empowered to grow by correcting their own errors. For example, when a child is learning to walk, they don’t need us to point out every time that they fall. They are already inclined to move towards progressive improvement, without us pointing out everything they are doing wrong.

It is easy to step back and ignore errors at an early age. It is much harder to hold back from offering correction as our children grow. However, our corrections, no matter how gentle, can have unintended consequences.

We might think that we need to correct our kids when they hit the brakes too aggressively in the car, when they forget to pack their lunch box, or when they play a truly awful self-composed guitar solo.

But what would happen if we didn’t?

Wouldn’t it be possible that they would learn for themselves given time?

Mightn’t they already know that they need to improve?

Is it possible that they would also be able to retain their creativity, and find joy in pushing boundaries and experimenting with new things?

I am certain that we can answer yes to all of the above. And decades of psychological research tells us that the answer is yes. My new book, *The Parenting Revolution*, explores all of that research and helps us understand *why* this matters.

Nevertheless, it is not only words of correction that can hamper a child's creative process. Words of praise can have a similar effect.

When we praise our children's accomplishments in a way that focuses on the outcome, we may stifle their desires to work towards improvement. After all, if we're already happy with the way they performed on the exam, why would they need to work on making a better one? They may become less likely to take risks and extend themselves, for fear of losing our approbation.

Similarly, if the praise we offer is superficial, such as by simply saying "good job", or "well done", or even "what a clever kid you are!", our children don't feel seen. Their efforts go unnoticed, and we lose out on helping them appreciate the growth that happened in the learning and creating process.

We sometimes create praise junkies, unwilling to try anything without our approval. In some cases, they infer that they must not be good at something. If they were, we wouldn't feel a 'need' to praise them!

So what are we to do? No correction, no praise? What on earth are we meant to say next time our children shows us their latest "success"?

Try this:

- Narration. Talk through what you see, without judgement, noticing the little details. "I heard you practicing your scales on the guitar."
- Ask for their opinion. Intrinsic motivation is far more powerful than extrinsic motivation, and we help them get to their intrinsic motivation by prioritising their opinion over ours. "How do you feel about the song you're writing?"
- Express gratitude. A sincere thank you never fails. "Thank you for sharing your love of music with us."
- Say what you see. Describe the emotions you see in your child as a result of what they have done. "I love seeing how happy you are when you're practicing guitar."

Much like sticks and stones, words can be powerful. Through them, we can help our children develop a love of learning, a willingness to experiment, and foster their creativity.

Our words matter.



AUTHOR

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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 9 books about families and parenting. For further details visit happyfamilies.com.au.