

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume *Thirteen*

13 October 2023

Coming

Up

MON 1 6 OCT

- Year 7-10 PAT Testing

TUE 1 7 OCT

- AST Second Sitting
- Year 7-10 PAT Testing

WED 1 8 OCT

- AST Second Sitting

THU 1 9 OCT

- Year 12 Trivia Night

WED 2 5 OCT

- Senior House Captain Elections
- Senior Hospitality Parent Dinner

THU 2 6 OCT

- Groovin' The MacKillop Fundraiser

WED 0 1 NOV

- Long-Tan Assembly (St Peter's)
- Campus Captain Elections (Padua)

THU 0 2 NOV

- Gala Concert

MON 0 6 NOV

- Year 10 Exams Commence



Principal's Letter

Principal's Prayer

As Australia anticipates a referendum result on whether to change the Constitution to establish an Aboriginal and Torres Strait Islander Voice, we pray that regardless of the result, all Australians may continue to work together in a spirit of reconciliation to bring about social change to improve the quality of life for all groups in our communities, especially the disadvantaged. Amen.



Dear parents/carers, teachers and students,

Greece and Italy Trip Returns

Welcome back to the 30 students and four staff who returned this week from a three-week trip to Greece and Italy. Students had an opportunity to experience different cultures, expand on their language skills and visit historical sites such as the Acropolis of Athens, Olympia, and the Colosseum, places of worship including the Vatican and St Mark's Basilica in Venice, and numerous pieces of famous art including Michelangelo's David and the Sistine Chapel ceiling. Many students commented that the highlight of their trip was staying with host families at our sister school in the city of Padua.

Thank you to Tara Williams for her organisation of the trip and to Tara, Erin White, Eleni Tsaknis and Ed Larkin for the leadership and supervision – a significant responsibility that enabled students to enjoy the experiences and learning that comes with these opportunities. Congratulations also to all the students for their engagement with all aspects of the program.

Parent-Teacher Interviews

Thank you to all the teachers, parents/carers and students who participated in Parent-Teacher Interviews on Tuesday and Thursday this week. The opportunity to meet and discuss student progress and to provide affirmation and constructive feedback is an important aspect of the partnership that exists between home and school in optimising student learning and achievement. This is not limited to the formal Parent-Teacher Interviews. If you were unable to attend or would like more information about your child's progress, at any time of the year, please feel free to contact the relevant teachers.

Sport and Leadership

For followers of various football codes, the AFL and NRL Grand Finals provided absorbing contests that were decided in the final minutes. The performance of the Penrith Panthers co-Captain, Nathan Cleary, in the rugby league was an amazing individual performance, engineering a come-back from 16 points down by setting up two tries and scoring another in the final 20 minutes. An example for all of the benefits of hard work, learning from mistakes, never giving up and leading by example.

During the holidays I commenced reading a book titled *The Captain Class: The hidden force that creates the world's greatest teams*. The author, Sam Walker, identifies the greatest 16 teams in the history of sport. He then discovered that these teams did not have many features in common, apart from one – the player that leads it. Each team had the same type of captain – a leader who drove it to sustained, historic periods of greatness. If you enjoy sport and or reading about leadership traits that can be applied in a range of contexts, I recommend it.

One of the focuses of Term 4 for students in Years 7 to 11 is leadership, in preparation for the election of student leaders in each cohort for 2024. We have many natural leaders among our students at MacKillop and many others with great leadership potential. I encourage parents/carers to provide some gentle guidance for our students to nominate themselves for these positions of responsibility.

Yours sincerely,

Mr Lachlan McNicol
College Principal (Acting)





Term 4 begins!

This week, we welcomed students back for Term 4.

Term 4 is always busy, with exams and the end of assessment, performances, graduation events for Year 12, and a range of fundraising and pastoral events at the end of the year.

We wish everyone the very best for the term ahead!



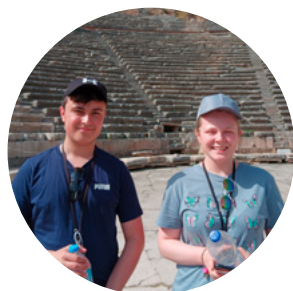
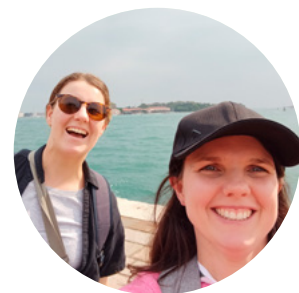
Status Awards

Congratulations to the following students who have been presented with Status Awards at the Padua Campus Assembly:

Bronze Status

Zoe Alaimo 7F4, Ewan Baker 7E2, Jack Bunfield 7F4, Abby Cusack 7E1, Ivana Ergarac 7E4, Jordan Golub 7A1, Gracie Jones 7E4, Savannah Manikis 7E4, Grace Mertin 7E4, Amelia Rick 7F3, Camille Rumball 7A3, Dita Slatter 7E4, Aiden Staniland 7E4 and Gabriella Walker 7E4.

Paul Durham • Assistant Principal, Pastoral Care



Greece & Italy Tour

After just over three weeks exploring ancient sites across Greece and Italy - from the Acropolis in Athens to the birthplace of the Renaissance in Florence - all 30 students and four teachers returned safely to the College this week. The experience not only provided an opportunity for Italian and History students to expand their knowledge, but also to experience the culture in both countries. The final component of the trip included cultural immersion in school and family life in our sister school in Padova. This study tour was certainly an adventure with many memories created for all involved.

Erin White • English Coordinator (Padua)

SRC Elections 2024 Student Representative Council

During the coming weeks, elections will take place for House Captains and SRC members from the current Year 7, 8, 9, and 11 cohorts. For interested students on the Padua Campus, nomination forms are now available on request from Pastoral Care Coordinators.

Many of our students have great leadership capacity and attributes to lead in both formal positions of leadership and informally. Often students may not consider nominating for the College SRC unless they are individually encouraged to do so. Having a conversation with your child about seeking a formal leadership role may prompt them in pursuing the opportunity of obtaining an SRC position within the College.

Dates for the closing of nominations and elections are listed below:

POSITION	ELIGIBLE	NOMINATIONS CLOSE	ELECTION
College House Captains 1 female and 1 male from each of the 4 Houses	Current Year 11	Closed	Wednesday 25 October
Padua Campus Captains 1 female & 1 male	Current Year 8	Wednesday 25 October	Wednesday 1 November
Padua House Captains 1 female and 1 male from each of the 4 Houses	Current Year 8	Wednesday 25 October	Wednesday 15 November
SRC Positions • Year 10 – 1 student from each House • Year 8 – 1 student from each House	Current Year 9 Current Year 7	Friday 27 October	Wednesday 15 November

Paul Durham
Assistant Principal, Pastoral Care

Transport NSW Passes & Cards

Applications for 2024 school travel are now open. For further information please visit: <https://transportnsw.info/school-travel-apply>

eSafety Webinars

for Parents + Carers

St Mary MacKillop College, through our Pastoral Care Program and daily interactions with students, works hard to educate students and promote safe behaviours, that assist them to make informed and safe decisions.

The eSafety Commissioner is Australia's independent regulator for online safety and provides up-to-date information in the online space as well as providing resources and webinars for schools, students, parents and carers to access.

There are a number of opportunities to attend webinars for parents and carers to access and attend webinars by clicking the following link:

<https://www.esafety.gov.au/parents/webinars>

Topics that will be covered include;

- Wellbeing and digital technologies
- Getting the most out of gaming
- Navigating online friendships
- Getting started with social media: TikTok, YouTube, Instagram

Any feedback from parents or carers that attend any of the above mentioned webinars would be greatly valued by the College. Please email nathan.wood@mackillop.act.edu.au

Nathan Wood
Director of Student Wellbeing (Padua)

SRC Report

Trivia Night, Vinnies Christmas Appeal + Groovin' the MacKillop

As we enter our final term for the year, the fundraising opportunities are continuing! Coming up on Thursday of Week 2 (19/10/2023) the Year 12 SRC will be hosting our very first Year 12 Trivia Night. This will be a great opportunity to unite one last time while raising money for a great cause. The profits from the night will go to our Jubilee Year House Charity, MacKillop House! Tickets are \$10 and can be purchased on Qkr! or at the front office. We hope to see all Year 12 students involved, and that we can prove our knowledge to the staff who will also be participating.

This year, we will also see the return of the Vinnies Christmas Appeal. This is a great program that supports families in our community who may struggle this Christmas period. The festive season is a time of joy and giving, so what better way to honour that than by donating to a good cause. Students can take their donations to their PC class during PC time. Non-perishable donation ideas include: Tinned fruit, Milo/coffee/tea, Biscuits, Long life liquids, Cereal, Dried fruit, Pasta, and Toys (St Peter's Campus only).

We thank you in advance for your generosity this Christmas period.

We are very excited to announce that our very own music festival, Groovin' the MacKillop, will be back at the St Peter's Campus this year. On Thursday of Week 3 (26 October) at recess and lunch in the Year 10 area, we will get the opportunity to enjoy MacKillop students' own original music. If you have an original song and would like to perform, please email our Performing Arts Captain, Katie Bissett, at bissetke@mackillop.act.edu.au.

Toby Barber • Communications and Connections Captain



St Vincent de Paul

Christmas Appeal

Each year many families struggle at Christmas time. The Vinnie's Christmas Appeal gives us a chance to spare what we can to take pressure off families in the community who are at breaking point.

We are asking for donations of non-perishable items to be dropped off at the Learning Commons.

Thanks in advance for your support of this worthwhile cause.

DONATION IDEAS			
• Christmas pudding	• Milo	• Pancake mix	• Tinned vegetables
• Custard powder	• Long life milk	• Cordial	• Confectionery
• Tinned fruit	• Sweet biscuits	• Lollies	• Muesli bars
• Ban bons	• Candy canes	• Couscous	• Pasta
• Tea	• Jelly	• Cereal	• Pasta sauce
• Coffee	• Jams	• Dried fruit	• Vegemite
	• Long life juice	• Fruit mince pies	• Taco kit
	• Christmas cake	• Savoury biscuits	

GALA CONCERT

Gala Concert

Extra-Curricular Ensemble Performances

St Mary MacKillop College is excited to invite you to the annual Gala Concert, which is a showcase of the extra-curricular music ensembles at MacKillop.

The Gala Concert will be held from 6-7.30pm on Thursday 2 November at the Padua Campus, Wanniasa.

The event is a great opportunity for our families, friends, and the wider community to see our ensembles perform. Guests will be treated to the concert band, junior band, junior strings, senior strings, Year 7 strings, guitar ensemble, vocal ensemble, PCoPA Choir, cello ensemble, and more!

Henry South • Director of Music & Performance (Acting)

The details:

Gala Concert

Thursday 2 November
6pm-7.30pm
Padua Campus Gymnasium

Tickets are just \$5 and can be purchased through Qkr:

www.mackillop.act.edu.au/qkr

MacKillop Mob

Term 4 Student Support Times

Members of the MacKillop Mob are reminded that there are new times for student support in Term 4:

Week A

Wednesday A Period 2 – **Seniors**

Wednesday A Period 4 – **Year 7**

Thursday A Before School and Period 1 – **Seniors**

Friday A Before School, Period 1, and 2 – **Seniors**

Week B

Monday B Period 5 – **Seniors**

Tuesday B Period 3 – **Year 9**

Wednesday B Period 4 – **Year 8**

Friday B Before School, Period 1, and 2 – **Seniors**

Friday B Period 1 – **Year 10**

MacKillop Judo Club

Another National Judo Champion!

The MacKillop Judo Club has experienced a lot of success since it was created in 2018 and some fantastic recent results have added to the club's standing in the Canberra judo community.

Over the holidays, Daniel Georgiadis (U-55kg Senior Boys) won the Gold Medal at the 2023 National School Judo Championships, as well as the Queensland International Open, which were both held in Brisbane.

In August, three members of the club won medals at an Olympia Judo Club event, including MacKillop student Eric Arrouk, who took home Bronze. Eric started his judo journey not long ago through the club's after school lessons and this was his first competitive event.

The growth of the club and success of its athletes is a real source of pride for the College. Congratulations to the club, its members, and Director Stephanos Georgiadis!



**Want to know more
about the MacKillop
Judo Club?**

MacKillop Judo Club classes are held at the Padua Campus on Tuesdays, Wednesdays, and Fridays after school during the term.

For a free trial of judo, contact Stephanos Georgiadis, the Head Coach and Director of the MacKillop Judo Club:

Email: stephanosjudo@hotmail.com

Phone: 0411 105 449

More information is available on the Club website:

<http://www.judomackillop.com>



Elite Athlete Spotlight

Ben Symington - Year 12

What is your sport and what are some of your achievements?

I have been playing Water Polo for the past seven years and have had the opportunity to play at different levels in a wide range of places. I have had the opportunity to train and be selected in the U18s Australian Squad. I have also had the privilege of training with the Australian Sharks, which is the Australian Men's Team. The camp I attended with the Sharks in Canberra was in preparation for the 2022 World Championships.

Most recently I was able to train and play with La Jolla United in San Diego, USA. This five-week trip has definitely been the most memorable achievement. I was able to play in front of college coaches and was a part of a team that made La Jolla United history at multiple competitions.

Who is your sporting idol and why?

My current sports idol is Blake Edwards. He is the current Sharks captain and has been an idol for me as he had been cut from multiple teams when he was younger. His determination to keep going is why he is my idol.

What is your next competition?

The next competition for me is the Sydney Super League (SSL). This year's SSL will be highly competitive as it will mark the start of Australia's preparation for next year's Olympics. Australia's best players will be looking to impress throughout the SSL to potentially get a look into the Sharks squad. For me, this year's SSL will be to crack into an Australian National League team for the 2024 season. I hope to break into a National League squad but I am also looking to go to the US to play college Water Polo.

What has your sport taught you?

This sport has taught me how important teamwork is, but also how important it is to work hard and to keep pushing through no matter what.

Student Achievements

Payton Berry (Year 7) and Dakota Berry (Year 9) are competing in the National Mountain Bike Championships in Victoria in October.

Madison Longmire (Year 8) will play in the Asia Pacific Basketball Cup in Singapore at the end of October.

Ryder Orsolic (Year 7), Mia Keen (Year 8), and Lucille Gregory (Year 10) are representing the ACT at the Australian Oztag Championships in Coffs Harbour this week.

Grace Lyons (Year 12) made her debut for the ACT Meteors Women's Cricket team this week.

Lily Christian (Year 7) and Nick Christian (Year 9) have been selected for the ACT All-Schools Team for Athletics - Lily for Javelin and Hammer and Nick for 400, 3km Walk and Hammer. Nick recently returned from a National High-Performance Camp on the Gold Coast.

Ariella Paterson, Jade Paterson, Alana Fraser (Year 9) and Charlotte Cotter (Year 10) made it into the AFL Super 24 for Giants in Coffs Harbour during the holidays. These girls were the best 24 selected from ACT, NSW and part of Sydney.



Netball Champions *7/8 + 9/10 girls*

In Week 9, both the Year 7/8 and 9/10 MacKillop Girls' netball teams competed in the ACT Schools Championships at Lyneham. Both teams had previously qualified in toughly contested ASC tournaments coached by Mrs Senti and Ms Fowler.

In the round games, both teams fought gallantly in challenging (and very hot) conditions, qualifying for their respective finals.

Unlucky to go down in the semi, the Year 9/10s competed beautifully and had a lot of fun playing against some familiar faces from Erindale College.

Our Year 7/8 team exceeded their own expectations for the day by defeating Daramalan College in an exhausting and very physical match, after Daramalan had previously beaten them at both the ASC finals and in the round games, to take home the ACT Schools Championships for 2023.

We would like to thank the parents, scorers and supporters for their help on the day, and to the MacKillop Maintenance Staff for their speedy delivery of much needed shade to Lyneham!

Congratulations girls!

Annette Sloan-Gardner • Coach



7/8 Boys

The 7/8 Boys Netball team had a very successful day, finishing undefeated en route to becoming ACT Champions.

With a great start against Burgmann (17-4), the team quickly rallied against Wanniasa with some sublime passing combos to finish the game 22-6. As the day continued, the players grew more confident together and showed this cohesion after coming from behind to beat Kaleen in the final pool game.

After winning the semi against Wanniasa, we came up against Kaleen again in the final. Kaleen led at half-time but the team rallied around each other, and began to connect passes together, winning the Final 8-5.

The team represented the college with pride and had plenty of smiles in what was a very fun day. A huge thank you to Alison Boyle of (Year 8) for her support in being an umpire for the team on the day.

Tim Sherwin • Coach

School Fees

Term 4 Fee Statements were sent electronically to family email addresses on 26 September 2023. Fees are due to be paid by 27 October 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 & Withdrawals

If families know that their student will be withdrawing from MacKillop at the end of this school year, please notify us at enrolments@mackillop.act.edu.au at your earliest convenience. This will help with planning and staffing for 2024.

Jo Lubinski & Rebecca McKenzie
Enrolment Officers

Corpus Christi Parish Trivia Night

Corpus Christi's Trivia Night will be held on Friday 27 October from 7pm at the Tuggeranong Town Centre Vikings Club, Greenway.

Donations for prizes/auction items are very welcome. Contact the Parish Office tuggeranongsouth@cg.org.au

Tickets are \$25 each, which includes nibbles and bar facilities are available. Tickets can be bought through Qkr by searching for South Tuggeranong Parish.

Game On CBR

Game On CBR is a community based, free, family friendly physical activity "pop up." The aim of the events is to promote physical activity/60mins a day target for children through providing fun, accessible sessions and ideas for children, families and school communities.

In Term 4 the events will be held at Wanniasa School Senior Campus Outdoor Courts:

- Sunday 15 October, 10am-11.30am: Walk, Talk, Workout!
- Friday 20 October, 3pm-4.30pm: Run, Jump, Catch, Throw!
- Wednesday 25 October, 3pm-4.30pm: Navigate & Agility!
- Friday 3 November, 3pm-4.30pm: Bike Skills & Drills!

Check out the events on their [Website](#).

Calwell Little Athletics Club

Calwell Little Athletics Club registrations are now open. Children of ALL abilities aged 3-17 are invited to come run, jump, and throw with Calwell Flames. The season starts with registration pack collection on Saturday 14 October and the first Saturday club meeting starts at 8am on Saturday 21 October at the Calwell playing fields. Come and Try days are available. More information is available on their [Website](#).

Tuggeranong Tornadoes Little Athletics Club

The Tuggeranong Tornadoes Little Athletics Club registrations are now open. They are holding 'Come & Try' days on Saturday 14 and 21 October from 8:45-11am at Kambah Oval. For more information visit their [Website](#).

Vikings Sunday Funday!

Get ready to take to the field and test your skills at over 20 sports at Vikings Group's Sunday Funday! Head to Viking Park on Sunday 5 November from 10am - 2pm for a free fun day out for the whole family. It's sure to be a jam-packed day with ACT Brumbies, Vikings Rugby and loads of local Tuggeranong teams showcasing a wide range of sports for you and the family. Food and prizes on offer. Visit the [website](#) for more information.

Two Sheds Workshop

It's the last chance to book into the Canberra kids Term 4 after school classes! Come and build some awesome projects with Two Sheds Workshop, Wanniasa. Workshops for kids 7yrs+, no experience needed. Check out the range here: [Two Shed Classes](#).

Sustainable Canberra Expo

The ACT Government is holding the inaugural Sustainable Canberra Expo on 13 and 14 October 2023 at Thoroughbred Park. The Expo is free to attend and open to the ACT and surrounding community. There is more information on their [Website](#).

Canberra School of Tennis 24hr Fundraising Challenge

The Canberra School of Tennis is doing a 24hr marathon of lessons with all proceeds going to Ronald McDonald House, Canberra. It starts at 4pm on Friday 20 October and will be followed by a 3hr Community Tennis Event from 3pm on Saturday 21 October. For information, visit www.csot.com.au or sign up for the challenge [here](#).



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](http://www.facebook.com/mackillop.act)



[www.twitter.com/
mackillop_act](http://www.twitter.com/mackillop_act)



[www.instagram.com/
mackillop_act](http://www.instagram.com/mackillop_act)



[www.youtube.com/
stmarymackillop](http://www.youtube.com/stmarymackillop)

The How-to's of Healthy Parenting

If there's one thing, more than anything else, that our children need to thrive, it's health involvement. It's *us*. Being there. Not just *for* them, but *with* them. We don't just have their back. We're at their side... in *healthy* ways.

What involvement looks like

Involvement comes from the Latin: *involvere*. It means “to envelop, surround”, or literally to “roll into”. Involment is showing love, warmth, and affection. In a practical sense, involvement can be ferrying children from one activity to another or eating together; bathing a young child or having bedtime stories. It's being across their academic, sport, or cultural experiences. How are they going at school or on their sports team? Are they aware that you care, and that you're there to support them if they need you?

At a deeper level, involvement is being present in their spaces, their conversations, and their activities: their world. This involvement can often be (and probably should most often be) benign background involvement. Perhaps you're in the kitchen while they're in the living room or the back yard. But you're present and aware. You're having regular conversations to know about their daily discoveries, their friendships, and their life. It's also their involvement in your world. Are they cleaning their room with you, or peeling vegetables for dinner with you? Are they involved in dinnertime conversations with you, playing music with you, learning a new game with you, and exercising with you? Our children want to be in our world, particularly when they're young. Are your little ones – and your big ones – welcome at the dinner table while you're chatting with friends after a barbecue? Do they get to be involved in your work, your hobbies, and even your chores?

Healthy vs unhealthy involvement

According to Professor Wendy Grolnick, a psychology researcher at Clark University in the USA, involved parents do three things:

1. invest time, attention, and energy
2. gain knowledge about their children's lives, and
3. provide support.

The crux of this conversation comes down to how we do these things.

We can do this in a *controlling* way, or we can do it in a *need-supportive* way. Investing time, attention, and energy into our child's school experience can be helpful or harmful. It depends on *how* we do it.

When we invest time and attention in a controlling way, we pore over our children's results, push our child to do better, corral them into extracurricular coaching, and harangue them for failing to win the dux of kindergarten award! It's that whole 'parent harder' kind of approach to involvement. The investment, the knowledge, and the support are set up with the best of intentions. But it's us setting the expected standard for them and pushing (sorry ... supporting) them to achieve it because we have unilaterally determined that it matters.

There's that intense and controlling involvement that undermines individual motivation and wellbeing. The involvement we share is targeted towards other ends rather than being an end in itself.

A form of involvement in schoolwork that supports relationship needs looks more like us taking an interest, asking how they're doing, and inviting them to think about how they'd like to do at school, and why. And it's based on developmentally appropriate timing. Our six-year-old doesn't need to be chasing straight As! It's not important for our Grade 3 child to be reading at a high-school level! But ... if they love reading and happen to be doing well, great; because they're volitionally seeking it. Perhaps they're doing it for the sake of the activity itself. It lights them up. Learning is intrinsically motivating! Our support and involvement will facilitate rather than undermine that motivation.

In the mid-1980s, Professor Grolnick completed a study of mothers with their one-year-old children. The mothers were asked to play with their children on the floor with a toy for three minutes while being video recorded. The results were analysed to show their style of involvement. The researchers found that mothers were involved in their children's play in different ways. Some were *controlling*, trying to help their child play 'the right way'. Others were *supportive*, exploring together and allowing their child to experience the natural delight that comes through their own discovery. Involvement that supports children's sense of autonomy and positive relationship creates connection; that sense of being seen, heard, and valued. Involvement that is controlling disrupts the experience of connection and autonomy.

This healthy supportive (but non-controlling) involvement requires effort. We have to break away from the inertia of our screens, the couch, or our agendas. We also have to break away from the inertia of our upbringing, our insecurity, our ego, and our desires for our children to fulfil their potential based on our preferences. Instead we need to focus on just three things:

1. Competence. Support their competence needs by developing structures and boundaries with them.
2. Connection. Helping our child feel seen, heard, and valued. And
3. Autonomy support. Giving our children a voice and the freedom to figure things

Kids thrive under these conditions. And we become better parents.

This is an edited extract from The Parenting Revolution, the new book out now from Dr Justin Coulson.



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