

# College

# Newsletter



# MacKillop

St Mary MacKillop College Canberra



## Volume *fifteen*

24 November 2023

# Coming

# Up

MON 2 7 NOV

- Year 10 Community Day
- Primary Schools Music Tour

TUE 2 8 NOV

- Year 10 Awards Assembly
- Year 10 Last Day
- Primary Schools Music Tour

WED 2 9 NOV

- Primary Schools Tour

THU 3 0 NOV

- Market Day (Padua)

FRI 0 1 DEC

- Year 12 Graduation Mass
- Year 12 Graduation & Formal

MON 0 4 DEC

- Year 10 2024 Transition Day
- Year 7 2024 Orientation Day

TUE 0 5 DEC

- Year 10 2024 Transition Day
- Year 7 2024 Orientation Day

WED 0 6 DEC

- Year 7-9 Community Day

THU 0 7 DEC

- Year 7-9 Mass & Awards
- Year 7-9 Last Day



# Principal's Letter

## *Principal's Prayer*

Lord, We pray for our Year 12 students as they embark on the next phase of their life, beyond school. May their journey be filled with success, fulfillment, and the unwavering belief that they have the power to make a difference.

Amen.



Dear parents/carers, teachers and students,

## **Farewell Year 12 2023**

Over the past two weeks our Year 12 students have had their last classes, their Farewell Assembly and have completed their final assessment tasks and exams. This is a great time in their lives. It has been a time of both reflection and celebration.

Our Year 12's have grown into fine young adults. That has been highlighted by the way that each of them has ended the year. It has been incident free and the students have been extremely dignified in the way that they have managed their end of year celebrations. They have departed expressing a deep sense of gratitude for the staff who have played a role in their formation.

Thank you to the parents/carers of Year 12 for entrusting this school with the education of your children. Your support and partnership has been instrumental in all 266 students obtaining an ACT Senior Secondary Certificate.

I wish Year 12 well as they prepare for their Graduation ceremony next week and for the opportunities that lie beyond for each of them.

## **Year 10 Charity Day**

This week saw Year 10 students participate in an alternative program, a highlight of which has been a charity day. In partnership with the St Vincent de Paul Society and the Canberra Hospital Foundation Year 10 students have been exceptionally generous in providing donated items. These will assist members of our local community who are less fortunate than others this Christmas. The way in which the Year 10 students have approached the day and the impressive quantity of donations is a credit to them and their community mindedness.

## **Staffing 2024**

In the context of a global teacher shortage crisis that is impacting schools across the ACT, MacKillop is well positioned to have every class in 2024 being taught by a qualified teacher within their areas of subject specialisation. The quality of teaching and support of student learning has been a priority in teacher recruitment over recent months. While the College is losing several staff due to retirement and other opportunities, the high calibre of teachers that have been attracted to applying at MacKillop will ensure continuity in student learning into next year.

Yours sincerely,

**Mr Lachlan McNicol • College Principal (Acting)**







## Year 12 Farewell Assembly

The Class of 2023 said farewell to MacKillop at their Year 12 Breakfast and Leavers' Assembly on 10 November.

Year 12 commenced the day by gathering for breakfast in Café Bella and F-Block, before heading down to the St Peter's Campus Gymnasium for their final assembly at the College.

The assembly featured speeches and emotional tributes, lots of humour, dance and song performances, video clips, photo montages, and several reflections on the past six years the Class of 2023 had spent together at MacKillop. In his address, Mr McNicol shared a message from Michael Lee, carried on the tradition of reading the famous Dr Seuss Book, 'Oh the Places You'll Go', at the request of our Year 12 SRC students.

At the end of the assembly, Year 12 were gifted a copy of the book before departing the gymnasium for one last time. Staff and students formed a guard of honour that stretched all the way to the student car park, which gave our Year 12s the chance to personally thank those who had helped make their time at MacKillop so memorable.

Congratulations to the Class of 2023 and good luck for the future!



## Recent events at MacKillop



Students in Years 11 and 12 completed their **Senior Exams** at the St Peter's Campus last week.



Five students - Kathleen, Anna, Keira, Imogen and Chelsea - graduated from the **UC Accelerated Pathways Program**.



A range of Drama performances have been held in the Padua Campus Theatre for Years 8, 9, 11 and 12.



On Wednesday, Year 10 took part in a **Sport & Leadership Day**. The Brumbies, Raiders, NPP Fitness and Coerver Coaching came in to run the day.



MacKillop students lent a hand at the St Francis of Assisi fete on 17 November. Students enjoyed getting involved with the extended College community.



The ISART Exhibition opened on 8 November to showcase the work of our Year 12 Visual Arts students. The work is currently on display on the Senior Campus.

## SRC Report

The Vinnies Christmas appeal has been very successful this year with many generous people in the MacKillop community donating non-perishable food, toys, board games and other helpful items. These donations will make a significant difference for those struggling, particularly around the Christmas period. Through donating we are able to connect and give back to the community we are so lucky to be a part of. Every donation will go a long way in helping those less fortunate than ourselves and brighten up the Christmas season for those in need. Despite the St Peter's Campus fundraising concluding, the Padua Campus is still in the process of fundraising items to contribute to the wider community, so continue collecting donations! It has been fulfilling to witness the selflessness and kindness of everyone who made donations and the contribution to the wider community will have an immeasurable impact.

Phoebe Vassallo, Leila Nikolic, Christina Giannis and Cooper Lovekin • Year 10 SRC

## SRC Elections for 2024

2024 Student Representative Council Elections for positions on the 2024 SRC have taken place at the Padua Campus over the last two weeks. The successful candidates and SRC members for 2024 in Years 8, 9 and 10 are listed below.

### YEAR 10 SRC

Matthew Andrew, Charlotte McLeod, Jed Cruz, William McGrath

### PADUA CAMPUS HOUSE CAPTAINS

Mindygari: Tim Sweeney and Charly Watson

Gurabang: Quinn Smith and Mae Sefian

Meup Meup: Nicholas Christian and Elsie D'Ambrosio

Ngadyung: Liam Corey, Olivia Whitby

### YEAR 8 SRC

Peter O'Brien, Isabel Mundammany, Sara Cruz Angulo, Peyton Childs

Congratulations to the above students and the many others who nominated themselves, making speeches outlining how they could serve as leaders.

Elections for the 2024 Year 11 representatives will occur at the start of next year and Year 7 elections will be held at the end of Term 1.

**Paul Durham • Assistant Principal, Pastoral Care**

## Status Awards

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

### Bronze Status

Evie Brown 7F1, Sara Cruz Angulo 7F2, Lily Darcy 7E3, Yezin Dorji 7W3, Susannah Felstead 8W1, Natalie Hanna 7W4, Samuel Horsburgh 7W2, Xavier King 7F2, Lily Price 7F1, Kyle Richardson 9A3



## She Leads

On Friday 3 November, 10 students from Year 9 and 10 were given the opportunity to attend the 'She Leads High' Leadership Conference, which was hosted by YWCA at the University of Canberra. Throughout the day we were able to hear from many leaders within our community such as; Angelica Ojnnaka who was the 2022 youth representative for the UN; Yleila Mariano, the inaugural Canberra Slam Poet Champion; Eloise Robertson who is the Community Manager at the Australian Women in Security Network; Kasey Giltrap, an AFP representative; Tara Sanderson, a Wiradjuri women and Midshipman with the Royal Australian Navy; and Sita Sargeant, who is the founder and co-director of She Shapes History. Throughout the day we were able to listen to each of their stories, how they have shown leadership within the community, as well as a chance for us to ask any questions we have for them. Many of these ladies have jobs that were once considered to be 'male' careers, and they showed us that we should have the confidence to pursue any career that makes us happy.

In addition to being able to listen to these empowering women, we were also able to attend workshops, which each had a different focus. The first workshop we were able to learn how self-care makes inspirational leaders emerge and the second workshop focused on high stakes & disrupting the status quo. Each workshop provided us with an insight of leadership and gave us the opportunity to connect with other schools and meet new people.

Overall the day at the 'She Leads High' Conference was full of valuable and useful information that we can take away to use in the future. We were very grateful for the opportunity to represent MacKillop at the SheLeads conference and had a great time!

**Olivia Crick (Year 9) & Millie Terracini (Year 10)**

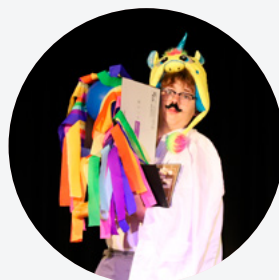


## Youth Ministry

On 2 November, the Year 10 Youth Ministry class travelled to the Padua campus and presented their liturgies to Ms. Ramirez's Integrated Humanities class. For their final assessment, our class have been working hard to create engaging and meaningful liturgies focusing on the topics of Servant Leadership, Meditation and having a Prayer life in a busy world. It was a positive and rewarding experience, as students were able to share their group assessment task in a meaningful way and engaged with the Year 7 students as they started their Religious Studies unit on Stewardship in their I-Hum class.



**Elsbeth Richardson • Year 10 Youth Ministry Teacher**



## Drama - Independent Study

On Friday 17 November, three Year 12 Drama students - Katie Bissett, Mac Christensen and Brandon Pucci - presented their Independent Study projects to a large and responsive audience. 'Grace' began the evening, directed by Brandon, and was a visually interesting and intriguing exploration of the lives of Grace Kelly, Marilyn Monroe and Lady Diana. This was followed by a change in pace from 'The Six Best/Worst Things about High School' - a comic look at the high school experience. Finally, Katie Bissett delivered a series of monologues exploring the female condition over the past 500 years. Congratulations must go to the students for the exceptional quality of their work - a fitting end to the Drama studies at MacKillop.

**Jane Watson • Senior Drama Teacher**



## Elite Athlete Spotlight

*Brianna Hosie*

**What is your sport?**

Baseball.

**What is the highest level you have competed at?**

ABLW - Australian Baseball League.

**What is your most memorable sporting moment/achievement?**

Playing for the Adelaide Giants ABLW team.

**Who is your sporting idol and why?**

Jacinda Barclay, because she is a dual athlete who excelled at high levels in both AFL and Baseball. She inspires me because she helped pave the way for women in baseball.

**What is your next competition?**

Australian Women's Nationals.

**What do you hope to achieve in your sport?**

Play for the Australian Emeralds.

**What has your sport taught you?**

The challenges and setbacks in my sport have taught me important skills I will need in life such as teamwork and resilience.

## Student Achievements

Charlie Brown (Year 7) represented the ACT at the National Golf Championships in Perth last week.

Mia Keen (Year 9) will represent the ACT at the All Schools Track and Field Championships in Perth next month.

Eva Tine (Year 8) has been invited by a soccer academy to play in Fiji next week.



## Enrolments & Withdrawals

If families have made alternate arrangements and are withdrawing students from MacKillop at the end of 2023, please notify us via email [enrolments@mackillop.act.edu.au](mailto:enrolments@mackillop.act.edu.au) at your earliest convenience.

Notification is required in writing via the [Student Leaver Form](#).

This will assist with planning and staffing for 2024.

**Jo Lubinski & Rebecca McKenzie • Enrolment Officers**

## School Fees

Fees for 2023 should now be finalised unless paying by Direct Debit or other approved arrangement. Any outstanding fees should be paid immediately.

If you require more information regarding Direct Debit arrangements or other approved payment methods please contact the Fees Office on 6209 0147.

**Michelle Predovan • Fees Manager**

### Hockey All Abilities Come & Try Clinic

Join Hockey One stars in a fun and engaging introductory hockey session for people with disability on Friday 24 November! No hockey experience or equipment is required. The event will be from 5-6pm at the National Hockey Centre, Lyneham. View the [website](#) for more information.

### Come & Try Tag Rugby

Tag Rugby ACT are hosting come and try sessions on every Wednesday, from 29 November to 13 December, from 6-7.30pm at Kambah 3 Ovals. Ages 8+ are welcome with session running for free! Visit the [website](#) for more information.

### Boat Ready

Boat ready is an informative Boat Licence theory training course that prepares students from 15-19 years of age to obtain their NSW Boat Licence from Transport for NSW. Visit the [website](#) for more information.

### Holiday Happenings

The next Holiday Happenings edition is now available online. To see the programs, activities and events happening these holidays click [here](#).

### Questacon Community Celebration

Questacon is celebrating 35 years of science inspiration on Saturday 25 and Sunday 26 November from 9am-5pm. There will be free activities, science shows and roving entertainment. Visit the [website](#) for more information.



YEARS OF SCIENCE  
INSPIRATION 1988-2023

**Community celebration**





**MacKillop**  
St Mary MacKillop College Canberra

## Contact details



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## Socials



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**www.youtube.com/  
stmarymackillop**

# HALTS

It doesn't matter if you have just one child or six, there is one thing that you're guaranteed to have to handle: big emotions in your child.

It doesn't matter how good of a parent you are, you can even be a parenting expert, and your children will STILL have big emotions. It's just a fact of life when you're parenting a 1-year-old or a 12 year old. Teens have their big emotions, and if we're honest, so do parents! Everyone feels sad, cranky, scared, or stressed from time to time. Big emotions are simply unavoidable in family life. And so we all need effective strategies for dealing with them. First, however, we need to know what triggers them. If we can focus on prevention, we can spend less time on the cure.

## Where do big emotions come from?

Big emotions arise for many reasons. I like the acronym HALTS to help me consider why my child might be emotionally triggered:

**H** is for Hungry. **A** is for Angry. **L** is for Lonely. **T** is for Tired. And **S** is for Stressed.

Sometimes our child is one of these. Sometimes our child is all of them. Perhaps they've eaten, but their meal was lacking in nutritional value. Maybe they're angry about something that we think is silly but it matters to them. Perhaps they're in a room full of people but they feel disconnected and lonely. It could be that last night's TV show went late, their mind was buzzing, and they haven't slept. Or maybe school, family life, our explosive moods, or a friendship drama is creating stress in their life.

Spending time reducing the likelihood of these triggers means we experience fewer big emotions at home. But try as you might, you can't (and shouldn't) eliminate all stress for your kids. After all, stress creates opportunities for growth.

## Regulating big emotions

When those big emotions strike, we must remember that high emotions = low intelligence. Our kids act a bit crazy when emotions are high. And because emotions are contagious, we often catch our children's crazy, cranky, and chaos and become less intelligent as well. Two or three emotional and unintelligent people in a power struggle never works out well.

Since big emotions happen, here are some simple ways that we can respond to our children when they're feeling sad, cranky, scared, or stressed.

### 1. Be Intentional

If you think back to the HALTS acronym, there are a handful of simple and intentional things we can do to reduce the likelihood of emotional blow-ups. For example, you could:

- ▶ Bring a snack for your child to eat while you do the shopping
- ▶ Don't demand that chores be done alone, or right before bed
- ▶ Take five minutes for cuddles and connection before moving into the bedtime routine or once they're in bed
- ▶ Consider your timing when you make simple requests of them.

## 2. Remember that emotions are contagious

When our children are feeling chaotic, there's two ways we can go. We can catch their cranky and join them in an escalating cycle of chaos. Or we can stay calm. Easier said than done, but realistically we can't parent anybody if we can't parent ourselves first. Do your best to hold it together.

## 3. Don't try to fix things in the moment

Have you ever been angry, had someone say, "Just calm down!", and responded "Good point, I needed that logic, I will just calm down."? Of course not! When emotions are big, don't try to fix things. Instead...

## 4. Focus on connection or space

Some kids want a hug when they're feeling mad. Other kids want space. Most of the time, they want space first, then connection. If it's possible, move your child to a private area. Say to them, "I can see you're having a tough time. Do you want a hug or do you want me to give you some space?" They'll probably tell you to go away. Give them some space, but let them know that you'll be just around the corner ready to give them a hug when they're ready. Then once they're regulated again you can move onto problem solving.

## 5. Problem solve collaboratively

When things are calm – whether it takes ten minutes or ten hours – sit with your child and ask if you can discuss what happened, and problem-solve so that things go better next time. Then listen. Remember, too, that sometimes these conversations work best when your child is drinking a milkshake or enjoying another treat you picked up for them.

Big emotions in our children aren't an indication that we're lousy parents. Every single child and teen on the planet cries, stomps their feet, and pushes their parents away. We need to normalise this as part of being human!

Fortunately for us, our children also have the best laughs, give the biggest snuggles, and say the funniest things. So next time you're in the midst of a child's emotional meltdown, take a big breath and remind yourself that on the other side of this big moment is the sweetest thing you can experience with your child – the opportunity for growth.



### 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](http://happyfamilies.com.au).