



ST MARY MACKILLOP COLLEGE CANBERRA



2 May 2013

IMPORTANT DATES

MAY
MONDAY
06

• Year 7 2014
Information
Night

MAY
THURSDAY
09

• Year 11 Retreat
departs

MAY
FRIDAY
10

• Try MacKillop
Day

MAY
WEDNESDAY
15

• Year 11 2014
Information
Night
• Careers Expo



PRINCIPAL'S PRAYER

For the Fallen

Robert Laurence Binyon

They went with songs
to the battle, they were
young,
Straight of limb, true of
eye, steady and aglow.
They were staunch to
the end against odds
uncounted,
They fell with their faces
to the foe.
They shall not grow old,
as we that are left grow
old:
Age shall not weary
them, nor the years
condemn.
At the going down of the
sun and in the morning
We will remember them.

Lest we forget.

PRINCIPAL'S LETTER

Not forgetting at MacKillop

Thank you to Jonathan Moyle and Sandhya Tulpule and their teams on both campuses for their organisation of Anzac Day observations at the end of last Term. Congratulations to the students for their remarkable respect, engagement, and reverence.

Built around the War Memorials donated to the College by the Year 12 Class of 2008, these ceremonies involved song, prayer, The Ode, film, picture, and readings. It is important that we pause, remember, and give thanks for the sacrifice of others on behalf of us.

The 2014 Enrolment Period

Next Monday 6 May, the College will hold its Year 7 2014 Enrolment Evening. This is a big event for the College, where families considering MacKillop for Years 7 to 12 listen to a couple of speeches and presentations in the Wanniasa Campus Gym before heading out on tours, guided by Year 7 and 12 students. The presentations begin at 6.30pm.

For the first time this year, the College will hold 'Try Year 7 at MacKillop Day' on Friday 10 May. This will allow Year 6 students to come and enjoy a day at MacKillop, experience the culture and energy, learn from the great teachers, and make new friends. We will officially announce Try MacKillop Day at our Information Evening, but people can register ahead of time through the College Website.

On Wednesday 15 May, the College will hold its Year 11 2014 Information Evening. We invite all Year 10 students and families to come along and view the curriculum stalls so they can look at the subjects in Years 11 and 12.

If you know someone who would enjoy a MacKillop education, please invite them! More details can be found on the following page.

Student Leaders' Conference

The six Year 12 student leaders and the two Wanniasa Campus Captains accompanied myself and senior staff to Melbourne for two nights over the holidays. We were guests at Victoria's oldest girl's school, the Academy of Mary Immaculate in Fitzroy, visited Mary MacKillop's birthplace, the MacKillop Heritage Centre, shared pizza in Lygon Street and along with 50,000 others, attended the Dawn Service at the Shrine of Remembrance and with 93,200 others, the Essendon v Collingwood match at the MCG.

This was an opportunity for the students to be thanked for their service to the College, explore the life and legacy of Mary MacKillop, and to witness and reflect upon a range of models of leadership.

Their conduct was exemplary and they represented their school with distinction. The girls sat with the Essendon members whilst the boys sat with the Collingwood members – a memorable experience for us and them.

Lest we forget.

MICHAEL LEE
PRINCIPAL

Know someone looking for a High School? Tell them about MacKillop!



**ST MARY MACKILLOP
COLLEGE CANBERRA**
Enrolment Information Nights

Year 7 2014 Info Night
Monday 6 May 2013 @ 6.30pm
Mackinnon Street, Wanniasa

Year 11 2014 Info Night
Wednesday 15 May @ 6pm
Ellerston Ave, Isabella Plains

The Year 11 Info Night includes Curriculum Stalls and Careers Expo (4:30pm-7:30pm)

Try MacKillop Day Friday 10 May 2013

9:00am-2:30pm, Wanniasa Campus

Register online at mackillop.act.edu.au



**ST MARY MACKILLOP
COLLEGE CANBERRA**



6209 0100 • enrolments@mackillop.act.edu.au

College News.

School Fees.

Term 2 Fees have now been sent out. Fees are to be paid by 17 May 2013 unless paying by Direct Debit or other approved method. If you would like more information regarding Direct Debit payments or have any queries regarding your fees, please contact the Fees Office.

Michelle Predovan, Fees Manager

Future Stars!

Bradley Elliott-Bool (Year 10) has been selected to represent Australia in the Freestyle Kayaking World Championships in America this September. He qualified by coming 2nd in National Junior Championships at Penrith White Water Stadium.

ANU Secondary College

Congratulations to senior students Jade Boyle, Samantha Fraser, Rory Mackett, and Sandy Sharman, who have been offered places at the ANU Secondary College to study Biology, Chemistry, or Japanese for 2013.

2014 Enrolments

The Enrolment Period for 2014 runs between 6 May and 24 May 2013. Please see the dates and times for our Information Nights above. If you know of anyone looking for a high school, spread the word about MacKillop!

For current MacKillop families looking to enrol a student into Year 7 next year, we stress that you must get your enrolment forms in before 24 May to avoid disappointment.

Year 10 students need to re-enrol for Year 11 - forms will be sent home early in Term 2 and will also need to be completed before the 24 May deadline.

Host families for exchange students

The College is still seeking expressions of interest from families to host exchange students during Term 3. The programs on offer are:

- Italian Sister School: 9 Days from 12-21 August
- Italian Exchange Students: 3 months, July through to September
- French Exchange Students: 2 Months, late July throughout August

If you are available to assist in any way, please send an email to andrew.mitchell@mackillop.act.edu.au

Status Awards

Congratulations to the following students who have this week been presented Status Awards at the Wanniasa Campus Assembly:

Bronze Status - Ingrid Francis (8W1)

Lachlan McNicol, AP Pastoral Care

Teaching & Learning

Senior Studies: AST

NOW THAT OUR YEAR 12 students who intend to sit the AST have attended their first workshop, they all understand how the ACT system works. We've addressed briefly the 'Compare and Contrast' style of AST questioning and it's time to address other specific weaknesses.

For the next few weeks I will be organising workshops covering assorted AST skills. Workshops will be running every Friday morning before school from 8:00 - 8:45 and every Monday at lunch in the Media Lab. Our first workshop will be run by Mr. Batten and is covering 'The importance of General Knowledge'. All students are invited to attend, not just Year 12 AST students, to hear Mr. Batten

discuss how to improve your General Knowledge and how it fits into the AST. The following Monday (May-6), I will be running an initial workshop addressing 'Quantitative-style questions' before Mr Kuzma, our Maths Coordinator, runs a more specific workshop on the Friday (10-May) covering 'Approaches to quantitative-style questions'. I encourage students who intend to sit the AST to come along to these workshops and encourage them to give me feedback as to questions and areas they feel need addressing.

In Week 14 (May-20 - May-24) the focus will be on educating Year 11 on how the ACT system works which will then ensure our senior population have a clear understanding of what the AST

examinations are all about and why practising is so important.

I can't emphasise enough how important it is our students feel comfortable when it comes time to sit the actual AST examinations. The only way we can achieve this is to practise the exams and address the areas where we struggle. If you have a son or daughter in Years 11 or 12 who intends to sit the AST, have a chat with them about which workshops they intend to come along to. They are being advertised in student messages every day and if they have specific areas they'd like addressed then encourage them to see me.

Colby Cruwys
Senior Studies Coordinator

NAPLAN: 14-16 MAY

IN 2013 THE NATIONAL ASSESSMENT PROGRAM for Literacy and Numeracy (NAPLAN) testing for Years 7 and 9 will be held on 14-16 May (Week 13).

The data obtained from NAPLAN is used by our school to enrich teaching and learning for the benefit of all students in our community. The more students we have participating in the NAPLAN testing the greater the benefit for our College when implementing the available data in our teaching and learning programs.

If your son or daughter has special needs, or requires special provisions during their classroom learning, these will be provided during the NAPLAN testing. If you have any concerns regarding the support provided, please contact the Coordinator for Inclusive Education, Lenore Moore or the College NAPLAN Coordinators (Maria O'Donnell or Clare Fletcher).

If you wish to withdraw your son or daughter from all or some aspects of the NAPLAN testing you may do so. All withdrawals require a signed Parent/Carer Choice to Withdraw form. These forms are available from the NAPLAN Coordinators. The ACT Department of Education and Training has requested that these forms be completed and returned to the College NAPLAN Coordinators (Clare Fletcher or Maria O'Donnell) by 28 March.

NAPLAN Testing dates for 2013 are:

Tuesday 14 May - Language Conventions and Writing
Wednesday 15 May - Reading
Thursday 16 May- Numeracy (calculator and non calculator)

A NAPLAN 2013 Information for Parents brochure is available at http://www.nap.edu.au/verve/_resources/NAPLAN_2013_Parents_Brochure.pdf. This brochure contains information regarding the NAPLAN testing and procedures. Further general information about NAPLAN is available at <http://www.nap.edu.au/>. Please feel free to contact Maria O'Donnell or Clare Fletcher if you have any questions regarding the NAPLAN testing.

Clare Fletcher and Maria O'Donnell
Teaching and Learning Coordinators
maria.odonnell@mackillop.act.edu.au
clare.fletcher@mackillop.act.edu.au

Term 1 Pastoral Days

Year 8 Sydney Trip



On 9 and 10 April, Year 8 went on a trip to Sydney to visit St Mary's Cathedral. At Mary MacKillop Place we stood in front of the first statue that recognised Mary as a Saint. We learnt a great deal of information about our Patron Saint. This trip was a great learning experience.

Tealiah Haines 8A3

Year 7 Community Day



Tuesday 9 April was Year 7 Community Day. It was a special day where we could show our leadership skills and meet new people. We all rocked up at school in our PE uniforms, went to the theatre and watched a play about St Mary MacKillop that was very interesting. After that we were sent to our activities in our House groups. We learnt how everyone can be a leader whoever you are and wherever you come from. It's been a great term in Year 7 and we can't wait for the rest of the year.

Sophie Nguyen and Charlotte McFadzean, Year 7

Pastoral News

With Mr McNicol

Year 7 Community Day and Year 8 Pilgrimage to Mary MacKillop Place

In the final week of Term 1 students in Year 7 and 8 spent a day involved in separate activities to complement and enhance their regular school programs. Some student reports were included on the previous page.

Year 7 students took part in the Year 7 Community Day which included a drama presentation on the life of St Mary MacKillop, a session on leadership and various activities enabling them to work closely and better get to know other students within their House.

Year 8 experienced a pilgrimage to Sydney, visiting Mary MacKillop Place and St Mary's Cathedral. The MacKillop Place component of the trip incorporated a tour of the museum, celebrating the life, work and spirituality of Mary MacKillop. Students also had the opportunity to attend the Mary MacKillop Memorial Chapel where the tomb of Saint Mary MacKillop is located.

Both the Year 7 and Year 8 days were extremely successful with many students commenting positively about what they learnt and took away from each of the various aspects that the days offered.

To enable these days to occur a great deal of planning and preparation takes place by PC Teachers to ensure that everything runs smoothly and that students and parents are fully informed about the details. In particular, the Pastoral Care Coordinators take on the significant responsibility of leading these important days. It was pleasing to see so many students take a moment to thank their teachers and coordinators for the organisation of the days at their conclusion. I wish to add my thanks to the Year 7 Pastoral Care Coordinators, Mrs Kate Durham and Mr Phil Belcher (along with Mr Nathan Wood who was acting in this role in Week 10) and the Year 8 Pastoral Care Coordinators Mrs Sharyn Quirk and Mr Gary Pickering for their leadership of these events and the Year 7 and Year 8 PC Teachers who assisted.



PC Class Teacher Changes

Due to the changing circumstances amongst staff there have been two changes to Pastoral Care Teachers for Term 2.

7A3 will now be taken by Mr Eugene Lehmensich
9A3 will now be taken by Mrs Kathleen Galvin

Action School Bus Services

The ACTION school bus service 665 has had a change made to its operation that will come in to effect from 13 May 2013. This Service will now be starting 15 minutes later at 8.07am and has also had a change to the route.

Students and parents are advised to check ACTION's website for further information about times and route description changes.

Parking on the Wanniasa basketball courts

Please remember that cars for pick up or drop off should not enter the Basketball courts from 9.15am until 3.15pm, as this is a teaching area.

Parenting Ideas

Parents and teachers have a unique relationship in working together in the best interests of children, particularly as they share the responsibilities of education. At times parents seek advice, information and direction about aspects of raising their children. Yet the issues are sometimes very complex, demanding specific advice which is sometimes beyond the expertise of teachers.

In each College Newsletter there will now be a one page article, written specifically for parents providing a wide range of practical parenting advice and tips on topical and practical issues. These articles are provided by parenting expert Michael Grose as apart of the College's membership to "Parentingideas". It is hoped that these resources will support parents with the challenges of raising their children, particularly through their teenage years. Further information is available at <http://www.mackillop.act.edu.au/Website/parentingideas.pdf>

The article in this volume of the newsletter addresses "The pressures of being a teen today".

Lachlan McNicol

Assistant Principal, Pastoral Care (Wanniasa)

Student Knitting Circle for Vinnies

An open invitation is being extended to the MacKillop community to knit squares for blankets to be donated to the Vinnie's Winter Appeal.



This initiative is an extension of what the MacKillop community does very well, that is to provide support to those who need it. Knitted squares of 20 x 20 cm in wool or a wool blend will be sewn together to form blankets given to children, individuals and families who need the warmth of blankets made with love. The squares may be knitted in any colour and design.

Students who wish to participate will have the opportunity to learn or develop a new skill, and to communicate in a supportive manner with peers across Years 7 to 9. While open to all students, the "knitting circle" may provide an excellent social opportunity for some of our students who struggle to make friends in a supportive environment.

The "Knitting Circle" will meet in the IRC at recess on Thursdays commencing early in Term 2.

What is valued is all of your support no matter what this may entail. You may knit a single or many squares. You may have a relative or friend who would like to knit a square or donate yarn and needles for our students. Any knitted squares, knitting needles or yarn may be left at the Wanniasa Campus. I look forward to seeing the number of squares pile up ready to be sewn together. Once the squares are sewn into blankets these will be donated to charity so to keep others warm.

Any enquiries can be made to Mrs Roberta Coulston on the Wanniasa Campus.

"We cannot do great things on this Earth, only small things with great love." - Mother Teresa

Roberta Coulston

INSIGHTS

by Michael Grose – No. 1 parenting educator



The pressures of being a teen today

It's easy to think young people today have never had it so good, but they also live with stresses that past generations of teenagers didn't have to endure.

There's a phrase you should avoid if you want to maintain a good relationship with a child or teenager.

It's a phrase that was so often on the tip of my tongue when my kids were younger. It was so tempting sometimes to blurt out...

"These are the best years of your life."

Think it, but don't say it.

Here's why. (I wrote about it a recent blog post and I thought I'd repeat it in Happy Kids.)

Young people today are experiencing more pressure than ever.

The DOLLY Youth Monitor 2011 survey, for which I was a contributor and spokesperson, revealed that there has been a spike in anxiety and stress levels in 14-17 year olds.

Three in five young people felt a great need to reduce stress, with girls more likely than boys to be stressed.

The greatest source of stress for today's teens is the pressure they put on themselves. Teen girls especially seem to believe that they have to succeed at everything they do, and seem to have created impossibly high standards: 75% of girls want to be fitter; 65% want to get better marks; and 60% want to be more confident. Fear of not fitting in and of social isolation is a big worry for girls. Boys also worry about not fitting in, but not to the same extent as girls.

Teens also worry about their families. One in five worry that their parents will divorce. This is obviously concerning when their safe refuge is unstable at a volatile developmental stage.



How do young people relieve pressure?

Young people relieve pressure in healthy and unhealthy ways.

More than one in four teenagers turn to music as a release, which is something that teens have always done. Sport, exercise and hanging out with friends are other healthy ways teens use to de-stress.

On the unhealthy side, some young people eat too much, some use alcohol even at this relatively young age, and others get totally lost online. *(There's nothing wrong with escaping but you need to be placed firmly in the real world).*

Here are some other ways you can help young people maintain good mental health:

- 1. Maintain regular contact through family mealtimes.** There is a correlation between families that have 5 to 6 meals together a week and good mental health. Mealtimes give you a chance to monitor your teenagers' moods and also to talk, which is therapeutic.
- 2. Help them get plenty of sleep.** We underestimate the impact of sleep. It's vital for good wellbeing. Teens need plenty, but often get less as they get older. Learn more about good sleep hygiene so you can assist them to get a good night's sleep.
- 3. Make sure they have someone to confide in.** When life is tough, girls are more likely to talk to a friend, and boys are more likely to talk to a family member. Help them identify or find someone to talk with.
- 4. Let them do something unproductive every day.** Doing nothing is good for your mental health. It takes many forms: surfing the net, watching movies, talking to friends, playing with a pet, strumming a guitar, listening to music...
- 5. Encourage volunteering.** The Positive Psychology movement strongly advocates volunteering as a way of relieving stress as it takes young people out of themselves, letting them do things where they don't have to excel. Helping releases endorphins, which are the feel-good chemicals which affect kids' moods. The same thing happens when they are hugged. That leads me to a sixth idea...
- 6. Hug them.** Being told by people close to you that you are loved and loveable has always been good for your wellbeing. Sometimes in the endless striving for good parenting strategy we sometimes forget that it's the 'heart things' as opposed to the 'head things' we do that make the biggest difference.

Next time you feel like blurring out that your kids have never had it so good, stop and think again. Today's kids have lots of advantages but they also live with pressures that kids of previous generations didn't have to contend with.