



# ST MARY MACKILLOP COLLEGE CANBERRA



17 May 2013

## IMPORTANT DATES

MAY  
FRIDAY  
**24**

• Last day of  
Enrolment  
Period

MAY  
THURSDAY  
**30**

• Athletics  
Carnival

JUN  
MONDAY  
**10**

• Queen's B'day  
Public Holiday

JUN  
TUESDAY  
**11**

• Staff  
Conference  
(Pupil-free day)



## PRINCIPAL'S LETTER

### Year 7 Information Night & Try MacKillop Day

Congratulations to everyone on the Wanniasa Campus who successfully worked together to ensure that we had a splendid Year 7 2014 Information Evening and Try MacKillop Day.

At our Information Night, the College hosted approximately 1500 people who were considering MacKillop for next year. Approximately 100 students from Year 12 and many students from Years 7-11 provided tours, guides, and affirmation of their time at the school. Many of the staff provided interesting and colourful displays of our new facilities, their teaching area, and many of the resources that underpin our delivery of curriculum.

Then on Friday, the Wanniasa Campus hosted 350 Year 6 students who experienced MacKillop for a day. The students came to an assembly in the morning and then tried three classes with some of our teachers.

There was great excitement and atmosphere present throughout both events, which must have given prospective students and their families an authentic sense of the energy and spirit of our school.

### Year 11 Information Night & Careers Expo

It was my pleasure to congratulate Careers Advisor Karen Hundy at last week's Isabella Campus assembly. Her expert guidance and advice was warmly acknowledged by her colleagues and students at the assembly and was strongly in evidence at the Careers Expo on Wednesday evening.

Hundreds of people enjoyed the displays and presentations provided by industry, centres of higher learning, and curriculum faculties at MacKillop.

What was clearly in evidence was the huge variety of subject choices that MacKillop provides Year 11 and 12 and the extensive facilities that support teaching and learning on the senior campus. Karen Hundy and her team have provided a wonderful experience for our students and visitors to the College again!

### Year 11 Retreat

Thank you and congratulations to Mr Ciccarone and the Year 11 teachers who accompanied Year 11 to Jindabyne for the retreat last week.

The occasion was a huge success for the year group, who were provided with the opportunity to withdraw from classes, uniform, patterns of study, and the school environment to spend time with each other in an informal setting.

It was a pleasure for me to be able to talk to the year group about the Vision of the College and the important role they play in living it out. This year's Year 11 were the first students to be enrolled by me five years ago, and it was very pleasant to be able to spend so much time with them.

Yours in St Mary MacKillop,

MICHAEL LEE  
PRINCIPAL

## PRINCIPAL'S PRAYER

Hail Mary full of grace,  
the Lord is with thee,  
blessed art thou  
among women and  
blessed is the fruit of thy  
womb Jesus. Holy Mary  
mother of God, pray for  
us sinners now and at  
the hour of our death.

Amen



## College News

### School Fees.

Term 2 Fees are due 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!

Nick Hosie (Year 7) has been selected for the Canberra Little League Baseball Team that will participate in the National Championships on the Gold Coast in June.

Victoria King (Year 12) represented the NSW/ACT AFL team at the Nationals in Shepparton last week.

Adam Gauntlett (Year 9), Hannah Smit (Year 7), and Lachlan Watt (Year 10), have been invited to join the ACT Squad for the Junior Squash Green Shield to be held in Sydney in June.

Nathan Chudleigh, Nick Cotric, and Jordan Jasper (all Year 9) have been selected for the ACT U15 Rugby League team for the National Championships here in Canberra at the end of next month.

Thomas Seaman (Year 8), Adam Seary, Benji Floros (both Year 9), and Alexander Floros (Year 10) have been selected to represent the ACT in the Australian Junior Indoor Cricket Championships in Sydney at the end of June.

### 2014 Enrolments

Just a reminder that ALL students wishing to enrol for Year 7 or Year 11 2014 need to have their enrolment forms in by the end of Enrolment Period. We do not want current families of the College to miss out on a place in 2014, so please ensure your forms are in by Friday 24 May.

### HotMaths

Students in Years 7 to 10 have 24-hour access to HotMaths ([www.hotmaths.com.au](http://www.hotmaths.com.au)) which is an interactive online Mathematics program focused on supporting the Australian Curriculum. Mathematics teachers are using this program in class through the use of student laptops and also for homework completion. It is therefore important that your son/daughter brings a charged laptop and their exercise book to each Mathematics lesson. While traditional methods of Mathematics teaching are used in our lessons we also incorporate the use of HotMaths to further engage and enhance our students' understanding of the subject.

The program contains several key features to assist with understanding the content of our Mathematics program and if your son/daughter is absent from school they can use it as an additional resource to help them catch up on any work that has been missed. Teachers are still the first point of contact for our students however if your son/daughter would like access to extension material or content then this can be accessed through HotMaths. I would encourage all students to show their parents/carers this program and if any student has forgotten their username and/or password then please see your Mathematics teacher for assistance.

*Mr Chandra (Mathematics Coordinator Wanniasa Campus)*

## Prepare yourself for Senior Studies at MacKillop

On Wednesday 15 May, St. Mary MacKillop College held its annual "Year 11 Information Evening and Careers Expo". The evening is the best opportunity students in Year 10 get to speak to all faculty coordinators and get an idea of what to expect in Year 11 at MacKillop. In preparation for the evening I ran an information session for all Year 10 going through some of the things they needed to consider. The medium I used to do this was via a "Prezi" presentation, available at [http://prezi.com/b\\_i8kcrsnppx/senior-studies/](http://prezi.com/b_i8kcrsnppx/senior-studies/)

While the content of my presentation was directed at students currently contemplating their senior schooling pathway, I purposefully made it basic enough to explain the whole process quite clearly to anyone. So if you have a student in Years 7 - 9 thinking about senior studies already or you just wanted to know a little more about how that process works, you may find the presentation worth perusing. As always, if you have any questions regarding Senior Studies, please don't hesitate to contact me (e: [colby.cruwys@mackillop.act.edu.au](mailto:colby.cruwys@mackillop.act.edu.au), p: 02 6209 0173).

*Colby Cruwys, Senior Studies Coordinator*



# Isabella News

With Mrs White

## Defence Transition Mentor

Our new Defence Transition Mentor, Stephanie Stevens, was introduced to students and staff on both campuses this week. An experienced DTM, Stephanie's role is to facilitate a supportive educational environment for ADF families during times of change. Stephanie has already begun meeting students from Defence families on both campuses and her friendly enthusiasm has been warmly welcomed by all.



## Menslink 'Silence is deadly' campaign

Martin Fisk from Menslink and Dave Shillington from the Raiders introduced a new program targeted at young men in the ACT to boys from Years 10-12 during a recent Pastoral Program. The Raiders are supporting this government-funded initiative launched to encourage young men to speak out about issues that concern them. The importance of speaking out to support a mate or to discuss personal challenges was emphasized to the boys as being vital for their mental health and well-being.

## Uniform Reminders

- Scarves are to be plain navy blue.
- Only College jackets and jumpers are to be worn.
- Boys need to be wearing black or grey socks with long trousers for Winter uniform.
- Uniform information is available in the Diary on Studywiz.

## Year 11 Retreat

Staff and students, led by Pastoral Coordinator Mr. Joe Ciccarone, travelled to Jindabyne Sport and Recreation Camp last Thursday for the annual Year 11 Retreat. This was a time for reflection and community building and provided an opportunity for students to participate in both physical, spiritual and reflective activities.

Student comments:

"I really appreciated the way the teachers treated us like mature people and allowed us to go fishing on Friday morning."

"High ropes were challenging! I liked doing the high ropes because I went all the way up and I didn't have to do the walk of shame".

"Team building was good."

"I loved Mr. Lee's speech and the Reverend's Rap".

"The staff were very encouraging, fun and enthusiastic."



## Sustainability Report

Jayme Breittkopf was elected as the inaugural Sustainability Captain for 2013. At last week's Assembly, Jayme reported on the initiatives undertaken to date. In collaboration with Sustainability Coordinator Mr Lehmensich, Jayme reported that the college is now an active participant in the AuSSI Initiative to make Australian schools more sustainable.

The first focus of the college will be waste; waste audits are being taken this week on both campuses to provide insight on what and how much we throw out each day.

## Lunch at the Archbishop's House

Msg Woods and Father Emil, welcomed Mackillop and Carroll College, Broulee students to a most enjoyable tour of the Archbishop's House, lunch and discussion last Monday.

## Other Pastoral Matters

YWCA members spoke to Year 10 girls about the programs and opportunities provided by YWCA in Canberra and beyond. Year 11-12 girls also heard of these initiatives as well as possibilities. Frances Crimmins spoke about "What I wish I'd known when I first left school."

Following Mark Everett's presentation at the last assembly, many senior students have generously signed up to support the Salvation Army's Red Shield Appeal by collecting funds for the needy.

Allyson Bandle (Year 10), Maddison Stevens (Year 11) and Oscar Mortlock (Year 12) volunteered to attend an AFFIRM Youth Ambassador Workshop at ANU last week for training in ways to enhance mental health and well-being among their peers. Lifeline have funded these training sessions to better equip students to develop resilience and good mental health.

# Wanniassa News

With Mr McNicol

## Student Volunteers:

### Year 7 2014 Info Night

Last weeks Year 7 2014 Information evening was an opportunity to showcase the Wanniassa Campus to an estimated 1500 visitors consisting of prospective students and their families.

The night was a great success and this was in no small part because of the many students who volunteered their time to promote their College. Nearly 200 students from Years 7 to 9, and plus many Year 12 students assisted by acting as tour guides or working within faculty areas on the night, while others assisted with preparing for the evening by staying back after school to help. This demonstrates the tremendous pride that MacKillop students have in their school and they have been commended for their willingness to give something back to their school community.

### Year 7 SRC

Following the Year 7 Community Day late last term, Year 7 students have engaged in a process to elect a member of the Student Representative Council for each House. A great deal of interest was shown with over 25 students nominating and standing as candidates.

The elected Year 7 student representatives were last week inducted into the SRC and presented with their Leadership Badges at the 'Try MacKillop Day' assembly. Congratulations to the representatives in Year for each house:

Mindygarri – Sophie Watson  
Gurabang – Amber Brophy  
Meup Meup – Anwar Hamill  
Ngadyung – Jamie Anderson

### The Archbishop's House

The Colleges student leaders from both campuses had the opportunity to visit the Archbishops House and share lunch with the Archdiocesan Administrator, Monsignor John Woods earlier this week. This provided the opportunity for students to learn more about the history of the Archdiocese of Canberra Goulburn and in particular the house in which the Archbishop lives – The only private residence in the parliamentary triangle and the original planned site of the Cathedral.

The students engaged in a 'show and tell' of the house along with representatives from Carroll College, Broulee. Monsignor Woods as the current leader of our Archdiocese affirmed and engaged with our College leaders in a prayerful yet down to earth way.

## Status Awards

Congratulations to the following students who were presented Status Awards at the latest Wanniassa Campus Assembly:

Bronze Status -	Katie Buxton (7W1)
Silver Status -	Hayley Redman (8E3)
	Brooke Simpson (8E3)

## Parent Support

CatholicCare offer a variety of different parenting courses. There is information elsewhere in this Newsletter about a course suited to parents and carers with children of high school age called The Journey Through Adolescence: A Tour Guide Through Adolescence for Parents. This commences Thursday 23 May 2013.

Information has also been included the 'Community News' section about Saver Plus. Saver Plus is delivered by the Smith family and is a matched savings and financial education program. The program is designed to assist families on lower incomes to improve their levels of financial education, develop a savings habit and build assets for educational purposes. Participants are encouraged to save and as an incentive ANZ rewards their savings by matching them dollar for dollar (up to \$500).

## Cybersafety Help Button

The Cybersafety Help button is free downloadable resource that has been developed and endorsed by the Government's Consultative Working Group on Cybersafety. The Help Button is available for use by anyone but was designed specifically for young people, providing practical advice support and information. The Help Button provides users with the option to talk, report and learn about a range of digital issues and can be downloaded onto a mobile device or computer.

The Help Button can be downloaded from the following website: [www.dbcde.gov.au/helpbutton](http://www.dbcde.gov.au/helpbutton) The Cybersafety Help Button has also been made accessible to students on the ZENworks window of their laptops.

## Parenting Ideas

This weeks Parentingideas article, *It's not okay to be away ... nor to be late to school* focuses on the importance of school attendance and Punctuality and the role of parents.

*Lachlan McNicol  
Assistant Principal, Pastoral Care (Wanniassa)*

# Counselling Service.

St Mary MacKillop College provides counselling services to all students and families within the school. Three counsellors, employed by CatholicCare, work within the school across both campuses.

As school counsellors we have contact with students over a range of issues and for varying lengths of time. We are a safe place for students to discuss issues such as relationship/friendship concerns and dealing with stress, anxiety and depression. We have information about resources outside of school such as health, mental health, housing, sexuality and other community services/resources.

We encourage students and families who are concerned about an issue to make contact early, having a chance to discuss an issue and explore options can mean that a situation does not have to become a crisis – you do not have to worry about things alone. Some students may only require a one off meeting with us; others may see us over weeks, terms or even years.

## Booking an appointment:

The Wanniasa Campus now has a number of appointments available for students in years 7, 8 and 9. Unfortunately there is a wait for initial appointments at the Isabella Campus but we will endeavour to see students in a timely fashion, where possible. Please see below for the current counselling hours:

### Wanniasa:

Monday: All day (Ana)  
Tuesday: All day (both Cate and Ana)  
Wednesday: Morning (both Cate and Ana)  
Thursday: All day (Cate)  
Friday: All day (Cate)

### Isabella:

Monday: All day (Cate)  
Tuesday: All day (Jane)  
Wednesday: Morning (Jane)  
Thursday: All day (Jane)  
Friday: All day (Jane)

Students can make an appointment to see a counsellor by filling out a slip available either from student reception or from outside the counselling offices (at the end of the corridor to the left of student reception at Wanniasa and in C block at Isabella) and returning it either directly to us or to student reception.

Teachers, coordinators and parents are all welcome to make a referral for counselling on behalf of a student. However, the student must provide consent before the referral can be made. Parents are also welcome to contact the counsellors if they have any concerns or wish to discuss their son or daughter. The counsellors are contactable on the following numbers:

Wanniasa: 6209 5234 (Ana) or 6209 5268 (Cate)

Isabella: 6209 0132

## Privacy and Confidentiality:

Contact with counsellors is done in a way to ensure as much privacy for students and families as possible. All contact with a school counsellor is confidential and no sessions are discussed with parents, friends or teachers unless permission is given by the client, or the counsellor has serious concerns about the safety of the client. This will be discussed in more detail at a first meeting with the counsellor.

*Cate Robson  
Counsellor*

## COMMUNITY NEWS

### Padua Class of '83 Reunion

A reunion is planned for the Class of '83 in November 2013. The organising committee is trying to locate ex-students who would have completed Year 10 at Padua in 1983. This includes students who may have left a little earlier as well as any teachers who had the pleasure of educating us! Please contact Kerrin Hardie (Prout) on 0404 462 292, kezzah68@gmail.com, or on facebook: Padua High Wanniasa Class of '83.

### Smith Family Saver Plus

Match your savings for school costs, dollar for dollar, up to \$500. You may be eligible if you have a Health Care or Pensioner Concession Card and some regular income from work. For information, contact Michele Mendoza on 0448 730 305 or email michele.mendoza@thesmithfamily.com.au.

### Adolescence course

The journey through adolescence – a tour guide through adolescence for parents – is particularly suited to parents and carers with children aged 10-18 years and is being offered by CatholicCare commencing Thursday 23 May 2013 at their Red Hill office. The course is 3 hours per week over a three-week period and the fee of \$50 includes course materials and supper. Bookings essential please contact Gayle on 61626122.

### Vikings U14s Rugby Union

Vikings Tuggeranong U14's (Year 8) age group are looking for players. The season is just getting underway, so join a club that's committed yet fun with great team spirit! Call Alyson on 0438 505 890 or visit: asap2012.wordpress.com

### Soccer players wanted

Tuggeranong United Juniors Football Club is urgently looking for new soccer players. Previous experience not necessary. Training is at Wanniasa playing fields. Interested boys born between 1997 and 2000 and girls born between 1998 and 2000 are urged contact Jean Ffrench on 0431 419 821 or email tufc.juniors@gmail.com.



# INSIGHTS

by Michael Grose – No. 1 parenting educator



## It's not okay to be away ... nor to be late to school

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem.

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day—and gets there on time.

It sounds simple, but it's true.

The correlation between school attendance and children's achievement levels is well-established. The more time kids spend at school, the more likely they are to experience school success.

Conversely, according to a report from the Victorian Auditor General, students who are regularly absent from school are at the greatest risk of dropping out of school early, and of experiencing long-term unemployment.

When kids miss school, not only is their academic progress impeded, forcing them to catch up on missed work (which some never do), they often miss important interactions with their peers which can compound issues of social isolation and low self-esteem. Also, many teachers tell me, it's often the kids who can least afford to take time off school who are most likely to be serial absentees.

Of course, most people know this intuitively, yet school absenteeism is a huge problem in Australian schools—and much of it is parent-condoned.

It's hard to get an accurate picture across the country but it would appear that Australian students miss an average of between 12 and 15 days per school year, with parent-condoned absenteeism highest among young primary-aged children.

That adds up to a year's lost schooling over the school-life of a child.

In today's highly competitive world, this rate of absenteeism is alarming, putting our kids at a distinct disadvantage.

### That's not a reason to be away!

It's now commonplace for children to stay away from school for reasons that would have been unheard of just twenty years ago. These include staying away to celebrate their own or a sibling's birthday; being absent because they stayed up too late watching television; going shopping for clothes; an extended long weekend; and kids not wanting to take part in a sports day or special school event.

This type of absenteeism sends a strong message to kids that parents don't really value learning or their children's school experiences.

Australian kids only spend 15% of their total time at school. They spend more time asleep than they do at school. So we need to maximise every day to get full value. That means turning up to school every day, on time.

### As a Parent:

- ☒ Commit to sending kids to school every day.
- ☒ Make sure kids arrive at school and class on time.
- ☒ Inform the school when they are away, sending medical certificates and other evidence of genuine absence.
- ☒ Consider catching-up on missed work.
- ☒ Make kids who are away stay in their bedroom – that is where ill kids should be.

### Being late is not okay either

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.

Current research shows that mornings for most children are the most productive time of the day, with 10.00am the peak period for productivity. When children arrive late and take time to settle as they inevitably do, valuable learning time is lost.

### It takes strong parenting...

As a parent myself I know how persuasive children of all ages can be when it comes to taking a day off school. It takes a strong will to resist the persistent pressure that kids can bring to bear, particularly if they play the guilt card with comments such as "It's not fair that I have to go school today because Aunty is coming to visit!"

Nice try. But the answer should be "No!"

As parents we need to make a commitment that our kids make the most of their precious time at school. That means that we send them to school every day, on time and ready to make the most of the school day.

Of course, there will be times, such as illness or genuinely extenuating family circumstances, when kids should be away. But these need to be a rarity rather than the norm.

It's reassuring to know that you increase their chances of future success just by making sure they turn up to school every day. And of course regular school attendance also helps kids prepare for the workforce, where it will be expected that they turn up each day work-ready. The real world is unforgiving of those who stay away with NO EXCUSE.