



31 May 2013

IMPORTANT DATES

JUN
MONDAY
10

• Queen's B'day
Public Holiday

JUN
TUESDAY
11

• Staff
Conference
(Pupil-free
day)

JUN
THURSDAY
13

• Year 10 Exams
commence

JUN
MONDAY
17

• Senior Exams
commence



PRINCIPAL'S LETTER

Enrolment Period for 2014

The enrolment period for entry into Year 7 and Year 11 in 2014 is now closed. Please understand that should the College receive an application for Year 7 for 2014 it may well be placed in a waiting list. We are happy to still receive these forms.

Year 11 is a little different.

Our enrolment ceiling for Year 11 2014 is 400 - very high - so we are still able to accept applications from returning students and students coming from other schools.

For the purposes of subject selection in Year 11 and curriculum offerings, I do urge you to still put your forms in if you are considering a place in Years 11 and 12 next year.

The College is gratified with the wide interest in enrolments into Years 7 and 11. Many families have commented upon the successful marketing of the school, however the overwhelming reason new families cite for choosing MacKillop is the enthusiasm of families and students who are already here.

A big thank you to the St Mary MacKillop community who have so positively shared with others their experience of our school community.

Athletics Carnival

Congratulations to Sports Facilitator Mr Nathan Wood, his team, the staff and student leaders who worked magnificently to ensure yesterday's Athletics Carnival was a massive success!

As light rain fell at the Australian Institute of Sport yesterday, Mr Wood had to make the decision whether or not the carnival should go ahead. He was correct in believing the rain would pass before the students arrived, meaning the College was able to have one of the best sports carnivals it has ever seen.

Ngadyung House completed a clean sweep of the four sports trophies in 2013 by claiming both the Championship and Spirit Cups, which were presented to them yesterday by ex-student and London Olympian Melissa Breen. This was the first time a House had ever won all four trophies in a calendar year at MacKillop, and I congratulate House Captains Taylah Fellows and Tom Burgess on rallying the Water House students to participate widely in novelty events, running races, field events, and long jump. There was a genuine spirit on the day and all the student leaders are to be commended on a job well done. Congratulations to all students for their significant participation - everybody contributed, everybody was responsible, older students encouraged the younger ones, and, most importantly, everybody had fun - typical MacKillop!

Yours in St Mary MacKillop,

MICHAEL LEE
PRINCIPAL

PRINCIPAL'S PRAYER

Holy Mary mother of God, pray for us sinners now and at the hour of our death.

Amen



College News



School Fees.

Fees for Term 2 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 or are experiencing difficulty paying the fees please contact the Fees Office.

Michelle Predovan, Fees Manager

Future Stars!

Bradley Elliott-Bool (Year 10) will represent Australia at the 2013 ICF Canoe Freestyle Championships in the USA this September to compete in white-water kayaking.

Marisa Clarke (Year 11) and her dance crew, Nirvana, will head to Las Vegas in August to compete in the World Hip Hop Dance Championships after winning the Australian Hip Hop International in Sydney recently. The crew includes ex-students Natalie Clarke, Bianca Gomez, Jade Le Flay-Schrooder, and Natasha Eskinja.

Tahlia Webber (Year 10) was recently selected in the U15 AFL ACT state side.

Nathan Chudleigh, Nick Cotric, and Jordan Nicholls, Sebastian Kris (all Year 9), and Chris Shingles (Year 10) have been selected for the ACT U15 Rugby League team for the National Championships here in Canberra at the end of next month.

ASC Cross Country

On Monday 27 May, a team of around 30 students competed in the ASC Cross Country Championships, running courses between 3km and 6km. The most outstanding St Mary MacKillop College performance came from Nicola Williams (Year 8) who used a huge sprint finish to win the 14 year girls 4km event. Meave Green (Year 7) was St Mary MacKillop College's first finisher in the 13 year girls, coming tenth, while Jarad Clarke (Year 7) was our top boy performer. Joseph Simpson (Year 9) was our highest finisher in the boys 14 event and Monique George (Year 11) and Mitchell Scott (Year 12) were our top runners in the senior categories. The ACT cross country championships will be held on Monday 3 June. Well done to all students who took part and good luck in the next round to qualifying students.

Trivia Night

St Mary MacKillop College is hosting a Trivia Night to fundraise for our House charities. This year the charities include the Canberra Hospital, Affirm, Headspace and New Hope for Cambodian Children. Each House adopts one of these charities and raises money throughout the year with a donation to each charity at the end of the school year. To help the students raise money for their House charities the College is inviting parents, friends and community members to a Trivia Night. Come along for a great night of fun and laughter.

When: 6.30pm, Friday 21 June 2013

Where: Southern Cross Club Tuggeranong, Cnr Pitman & Holwell Streets Tuggeranong ACT 2901

Cost: \$20 per person, \$180 for a table of 10. Tables of 10 must be made as a table booking to receive discount. Includes finger food

RSVP: Monday 17 June 2013

Booking and payment can be made at the front office of the Wanniasa Campus. Payment is to occur at the time of booking.

For more information about the night please contact the College on 6209 0100.

ACT Swimming Championships

The following students attended the School Sport ACT Swimming Championships at the AIS early this month: Mikaela Mbonzi-Geach, Alexis Cross, Nicole Morris, Josh Arnold, Alexie Boulton, Rebecca Cross, Jessica Curren, Jackson Holdway, Kobi Kiraly, Shannon Maloney, Nathan Nemeč, Emma Redman, Braden Reid, Benjamin Stokes and Lachlan Webb. All swimmers were a credit to the school on the day they attended. Highlights include top three placings to Mikaela, Alexis, Rebecca and Shannon, a 5 sec PB by Nathan, Benjamin and Alexie supporting the team and everyone else swimming a time close to or faster than their personal best.

Mikaela, Alexis, Rebecca and Shannon have been selected to represent the ACT at the School Sport Australia Championships to be held in Adelaide from 8 to 14 September. Good luck in Adelaide.

World Vision Leaders Conference

On Tuesday 28 May, 15 students from Years 10, 11 and 12 attended the World Vision Global Leaders Conference held at the AIS. It was a day for students to meet and work with others and reflect on how they can make a difference to world hunger and poverty.

The day began with a simulation where students were put in teams (countries) and bargained with other countries to buy and sell land, food and animals. In the debrief session that followed, it was found that the group, without realising it, had created inequality. We learnt that this is an in-built human fault but can be overcome through standing up for wrongs and making a difference where you can. There was a presentation from the 2013 World Vision Youth Ambassador and he shared his experiences of visiting Milawi and meeting children who live in extreme poverty. All people in attendance were moved by his stories. The 40 Hour famine was a focus for the day as it is a way students can make a difference.

To conclude the day, students wrote what they had learnt and what they were going to do about it. Grace Barbic wrote: 'I invaded Finland! I also learnt that millions of people in our world go hungry and there is enough food in the world to feed over 3 billion people! I have the power to make change in the world and bring back humanity'.

Isabella News With Mrs White

Pastoral Program

Pastoral Programs in Term 2 are centred around Well-Being and Safety. This week, Year 10 considered best options for health and wellbeing in their lives. Areas for discussion included healthy food choices, the importance of sleep, the need for physical exercise and varied leisure activities.

Patrick Kelly from the Australian Federal Police's Cyber Crime Prevention unit spoke to Year 11 students about online safety, including the implications and consequences of inappropriate use of social media sites and applications such as Snapchat, Kik and Instagram, and risks associated with forming online relationships and online shopping.

Francis Owusu from Kulture Break presented to Year 12 students to share his life experiences. Students were encouraged to set specific life goals, and to follow their dreams with hard work, perseverance and passion.

Camilla Rowland from the not-for-profit Karralika Drug and Alcohol Rehabilitation Service, spoke to senior students at last week's assembly. In her presentation, Camille outlined the aims and range of programs available. She spoke about how their team helps individuals and families deal with dependence through their alcohol and other drug treatment programs in residential and community settings. With the support of Karralika programs and supports, many individuals and families are helped to choose a better life.

Fundraising & Leadership

Following a presentation about World Vision and the Forty Hour Famine at last week's Senior Assembly, more than fifty students volunteered to attend the convention or to be involved in the 40 Hour Famine. Twenty students from Years 10-12 were randomly selected to attend the World Vision Convention at the AIS on Tuesday. Student comments from the day reflect that Mary MacKillop's saying "Never see a need without doing something about it" is well developed in the way our students reach out to help others.

Similarly, many MacKillop students generously volunteered to support the Salvation Army's Red Shield Appeal last weekend. Skye Ogrizek and Brooke Sing collected over \$260 for this very worthy charity.

Accompanied by Year 12 Coordinator, Mr Ben Antoniak, senior leaders Morgan Rosin, Nathan Backer, Jayme Breitkopf, Luke James and Grace Wilkinson attended a Young Leaders Conference at Canberra Grammar on Friday. Questions and small group discussions were followed by dinner. This annual event provides the leaders from all Canberra Secondary Colleges with the opportunity to network, share experiences and to promote collaboration.

Seasons for Growth

A senior Seasons for Growth program for students suffering loss and grief will be held at the beginning of Term 3. The program is facilitated by a trained member of staff. This small group program is confidential and has been carefully planned to help each individual understand and come to terms with the stages of grief using the seasons to explain and explore their natural responses. This is a well-researched and successful program and has proved its effectiveness in hundreds of schools throughout Australia. If parents or students are interested in the Seasons for Growth program, they are asked to contact Mrs White by Wednesday 12 June. Sessions will take place each Wednesday.

How do you remember important events for your study?

As a College we try to ensure every student receives information in a timely manner. We utilise mediums like Student Messages, Unit Outlines, Assessment Outlines, Newsletter, Website, PA Announcements, Social Media, Email just to name a few. Unfortunately, we can't always act as the reminder for that information! So what can students do to help themselves?

Electronic Diary: The College has recently moved away from giving students a physical school diary with a view to embracing modern technology. Most students now possess a Smartphone of some description or at least have regular access to the Internet which means setting up an electronic diary is a simple step. It also means that the diary can remind you instead of you always having to check it.

Physical Diary: One option is to invest in a physical diary. Many adults like to use a physical diary that contains all the important events occurring in their life. It's tangible and provided it is checked and updated regularly can ensure you are always aware of what's on today and in the future.

Information Board: Some people like to stick things up on a pin or white board to give themselves a visual reminder of important things in their life. Provided this board is something you view regularly, it can be a good way to visually organise the important events in your life.

As you progress through life and gain more responsibility it becomes virtually impossible to simply remember everything that requires your attention. Finding a system that helps you remember things will be one of the most valuable skills you can acquire!

Mr Cruwys, Senior Studies Coordinator

Mooting Competition.

In April, Bond University held its Australia-wide Mooting Competition. This competition is aimed at Year 11 and 12 students, and in the ACT there were eight teams vying for the first prize of a trip to the Gold Coast and \$2000 in prize money.

A moot is a legal argument conducted by opposing teams before one or more judges. The argument involves the application of legal rules to factual situations like those dealt with by the courts every day. The contest is decided by assessing the advocacy skills of the participants, rather than on the merits of the case. The competition introduces the students to the courtroom environment and gives them some insight into the workings of the legal system.

This year the College selected three outstanding young Year 12 Legal Studies students to compete as barristers and solicitors: Daniel Low (Senior Counsel), Teeghan Lamb (Junior Counsel), and Morgan Rosin (Solicitor). The topic for 2013 was a civil court case on the liability of a 10 year old boy who had injured his older sister. It was the job of our students to defend the Insurance company and argue that the insurer should not have to pay compensation for her injuries.

The students produced an excellent argument worthy of the High Court. Despite winning our trial, the College was not successful in going to the grand final in Queensland.

The College wishes to congratulate Daniel, Teegan and Morgan on their outstanding efforts and achievements in making the finals and delivering their legal argument in such a magnificent way. Well done on a wonderful experience.

Michael Batten, SOSE Coordinator

Wanniassa News

With Mr McNicol

Assessment, Organisation, Self-Management and Support

Over the course of the next two weeks all students will be particularly busy completing a number of assessment tasks. Students will be better able to deal with the potential stresses that this period in the year can bring by being organised. Strategies that parents can use to support their sons and daughters during this time include:

- checking their son or daughter's Assessment Planner so that you are aware when each task is due and then reminding them about the need to complete work in order to meet the deadlines (a blank Assessment Planner is accessible on StudyWiz if necessary).
- encouraging the student to seek clarification from their class teachers if they are unsure about a task and what is required.
- if they are organised, getting the student to have a draft of their work checked by the teacher. Having any work that has been completed checked, will assist in ensuring that students are on the right track (and will likely lead to an improved result for the task).
- if necessary, any student who may struggle to meet a due date should be encouraged to speak with the appropriate faculty Coordinator, in advance of the due date to apply for an extension.

It is also important to discuss with the importance of self-management and the need for your son or daughter to look after themselves, physically, mentally and emotionally, particularly during busy times and periods that may be challenging.

The following points have been raised by the Pastoral Care Coordinators with students in each year group.

- The importance of being organised with assessment tasks and using Assessment Planners and Weekly Study Planners to assist with recognising and meeting upcoming deadlines.
- Ensuring that students are looking after themselves physically, including getting enough sleep, the need to remain hydrated, regular exercise and eating (meals and snacks) nutritious foods that will help them to function in the best way possible.
- Speaking to a responsible adult if they have a problem. As well as parents, all staff are available to assist students if they:
 - are becoming stressed with school matters
 - need help with dealing with problems in relationships/peer groups
 - have an issue with a teacher
 - need advice on any matters that they may be struggling with
 - would like a referral to see a school counsellor

The above measures will almost always result in a more positive outcome and will usually be more beneficial than when students deal with problems alone.

Year 7 Pastoral Program Presentation

Year 7 students on 22 May watched a live performance called "The Hurting Game", as a part of their Pastoral Program activities for Term 2. The performance was an opportunity for students to reflect on the hurtful games young people play to give themselves a false sense of power and belonging. It provided an entertaining way to show students how ongoing negative relationships, at school and online, affect self-esteem. The show focused on issues such as bullying, cyber footprint & safety, harassment, rumours, body image, peer pressure, resilience, self-esteem, binge drinking, social websites and positive relationships.

Status Awards

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

Bronze Status - Lacey Barsley (7E3), Daniel Boyd (7A3), James Crispin (7A3), Hunter Dinning (7A2), Aisling Kinsella (7F2), Jack MacFadyen (7E3), Mikaela Mbonzi-Geach (7EW), Madeleine Prescott (7F3), Toby Sedgman (7E2), Nicholas Skeen (7E2).

Parenting Ideas

The Parentingideas article included in this edition of the Newsletter, titled *Helping kids with homework* addresses the issue of homework and the part that parents can play in this aspect of their son or daughter's education.

Lachlan McNicol

Assistant Principal, Pastoral Care (Wanniassa)

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 Wanniassa Class of '83.

My Way recharge at Calwell Shops

My Way has arrived at Calwell Shopping Centre thanks to the South East Tuggeranong Residents Association, and the ACT Government. My Way will be available from 7am to 8pm Monday to Sunday and you can now 'top up' your MY WAY at the Calwell Post Office and Video Shop.

NRMA School Zone Survey

NRMA Motoring & Services has just launched its "Keep School Zones Safe" survey. The purpose of this survey is to obtain information on the number of 40 km/h school zone signs and road markings that are faded or obscured by trees or poles. The survey contains just six questions and allows respondents to upload photos of the signs and other safety features at their school zone. The survey will remain open until 29 July 2013: <http://survey.confirmit.com/wix9/p2577883189.aspx?r=417&s=GTYYVUNYR>

EXAMINATION TIMETABLE YEAR 10 (Semester 1, 2013)

Thursday 13 June 2013	Period 1-2	Science
Thursday 13 June 2013	Period 3-4	Mathematics
Friday 14 June 2013	Period 1-2	History

- When there are no exams scheduled all students have normal classes
- Exams not listed are scheduled in normal class time

EXAMINATION TIMETABLE YEAR 11 AND 12 (Semester 1, 2013)

JUNE	YEAR 11	YEAR 12
Monday 17 June		
Morning (9.00)	Psychology T/A	English T
Afternoon (1.15)	Geography T/A	Geography T/A
	Mathematics Specialist Extension T	Religious Education T
	Business T/A	
	Sociology T/A	
Tuesday 18 June		
Morning (9.00)	English T	Psychology T/A
Afternoon (1.15)	Maths Applications T	Business T/A
	Maths Methods T	History T/A
	Maths Specialist Major T	Physics T
Wednesday 19 June		
Morning (9.00)	Religious Education T	Information Technology T/A
		Social and Community Work A
		Exercise Science T
		Religious Education DM T
Afternoon (1.15)	English A	English A
	Economics T	Biology T
	Mandarin T	Mandarin T
	Chemistry T	
Thursday 20 June		
Morning (9.00)	Legal Studies T/A	Maths Applications T
	Exercise Science T	Maths Methods T
	Physics T	Maths Specialist Major T
	Hospitality T	
Afternoon (1.15)	Religious Education A	Religious Education A
		Chemistry T
Friday 21 June		
Morning (9.00)	Music T/A	Music T/A
	Information Technology T/A	Legal T/A
	Social and Community Work A	Maths Specialist Extension T
	History T/A	
Afternoon (1.15)	Information Technology T (DM)	Information Technology T (DM)
	Biology T	Economics
	Earth Science T	Sociology T/A

Please note:

- Some courses do not have a final examination.
- All students will receive a personalised examination timetable indicating session start and finish time and locations.
- Enquires should be directed to Mrs Lyn Regan (62090107).

Wishing students all the best as they prepare for and sit their examinations

Michelle da Roza

Assistant Principal, Curriculum

INSIGHTS

by Michael Grose – No. 1 parenting educator



Helping kids with homework

For many parents homework is that time of the day when they routinely harass, hassle and harangue their child to JUST DO YOUR HOMEWORK! Here are some ideas that may help.

Homework causes more headaches for parents than it does for children. Some parents worry because their children don't seem to do enough while others are concerned because they do too much.

But for many parents homework is that time of the day when they routinely harass, hassle and harangue their child to JUST DO YOUR HOMEWORK!

Okay, what to do?

The first step is to know the homework policy of your children's school and understand what is expected of you as a parent. Most schools have parent interviews and information sessions at the start of the year. Next year, make sure you get a good handle on how your children's teacher expects you to assist your child.



It is also useful to find out what your child's teacher will do if your child doesn't complete set tasks. Homework is basically an agreement between a teacher and a child so it should be up to the teacher to ensure the homework is completed. That means the teacher becomes 'the bad guy' and puts some consequence in place if the homework is not completed. Your role as a parent is to support the school if a consequence is put in place, such as completing work in recess or whatever the school deems appropriate.

Here are practical homework tips:

1. Establish homework time and stick to it each day. If children tell you they don't have any formal homework then they can read, revise or organise their work. My feedback tells me sticking to a routine even when no formal homework is set is extremely useful and helps avoid battles.

2. Put the onus back on your children to take responsibility for their work. Ask children at the start of a homework session to state how much homework they will do. At the end of the session check it to see if it matches with their intentions as well as yours. If you are more concerned about homework than them, your children are not the ones responsible for their homework.

3. Homework is as much a time management issue as anything else. Encourage children to work reasonably quickly and efficiently. Have a set time limit, which they should stick to. There is little point slogging away once they become frustrated or tired. Give them an egg-timer or use a clock and get them to work hard for small chunks of time. A little work each night is more productive than packing it into one weekly session.

4. Help children decide the best time to do homework and then encourage them to stick to those times. Maybe on some days homework is tackled after dinner for any number of reasons. If doing homework straight after school is important to you then consider feeding children ONLY after homework is completed. Food can be a huge motivator for some children! (As mentioned in point one, a homework routine is important but the timing can vary.)

5. Establish a good working environment for students. Make sure they have a quiet, well lit, well ventilated area away from distractions. A table or desk makes a good workspace, although don't be surprised if they spread work all over the kitchen table. Some kids hate to be stuck away in their rooms and prefer to work at the kitchen table and can do so productively. Others are easily distracted and work in short bursts. Work out what is best for YOUR child.

6. Use the motivating factors of technology. The Internet and other forms of electronic learning are quick, convenient and give access to huge amounts of information. Nevertheless, children should still know how to access information from more traditional means such as books. Check with your child's teacher as to their specific recommendations and preferences.

7. Encourage children to get organised. Help them think ahead to plan their homework around extra-curricular activities. A weekly planner or diary will help older students get organised. Assisting children to become organised is perhaps the best way parents can help at home.

8. If you are helping with a particular task, keep your explanation simple and practical. If you become frustrated or upset and the atmosphere becomes tense – stop helping.

9. Be realistic – don't expect to solve all homework difficulties. When in doubt send a note to your child's teacher letting him or her know the problem. The teacher will appreciate this good communication.

10. Communicate any concerns. If you have concerns about how much or the difficulty of homework your child is set, contact the teacher and arrange a time to discuss your worries. Such discussion is the basis of a true partnership between you and your child's teacher.

The place of homework is routinely questioned by education authorities (now is currently one of those times in Australia) but my gut reaction is that children will always have homework. The name may change and the activities may vary but it will always be homework.

Schools generally try to make sure homework is varied, interesting, engaging and purposeful for children and parents.

Parents also need to be patient with both children (if they struggle) and schools that are trying to find a balance between too little and too much.