



8 August 2013

IMPORTANT  
DATES

AUG  
THURSDAY  
**15**

• Moderation Day (Pupil-free)

AUG  
MONDAY  
**19**

• Opening performance of the College Musical

AUG  
FRIDAY  
**23**

• Closing night of the College Musical

SEP  
TUESDAY  
**03**

• Year 12 AST



## PRINCIPAL'S PRAYER

Lord, we give you thanks for the example of the life and legacy of St Mary MacKillop. May our school always be true to her vision and your will. Amen.

## PRINCIPAL'S LETTER

### Education Minister Joy Burch visits MacKillop

Thank you to Minister Joy Burch (MLA Brindabella) for visiting the College late in Term 2. She toured the Wanniasa Campus, had morning tea with College student leaders and staff, and met with Executive staff during her 90-minute visit.

Joy Burch has shown a genuine interest in the progress of MacKillop; she has visited several times since she was elected, made contact at other times, and is always present to me when I see her at educational and community events.

I thanked Minister Burch for her ongoing interest, for the ACT Government's signing up to the Gonski funding agreement (more about that in the coming month) and for her leadership of education in the ACT. A minister for all schools who is keen to advance opportunities for all ACT school students is welcome.

### Federal Election 2013

The College will not be endorsing any political party for this election – members of the MacKillop community can figure out what they want perfectly well!

Just the same, any candidate who approaches the College will be welcomed into the playground and the staff room, or, where possible, at an Assembly – at such an events they are usually asked to avoid politics and simply talk about what motivated them to stand for parliament.

Political interest in our school is a good thing and, as importantly, it energises debate and engagement among the students. This can only be a good thing.

### Overseas visitors

The College is currently welcoming about 18 students from Italy, Japan, and France. Others have already visited and more will be arriving later. This is quite a big program at MacKillop and I do thank Mr Andrew Mitchell for his impressive organisation of it.

It would not be possible to have such a program without the generosity and hospitality of our parents. So many of you have made their visitors welcome, taken responsibility for them, and supported them. You are providing them with a lifetime of memories and a warm friendly experience of Canberra and Australia. Thank you.

Yours in St Mary MacKillop,

MICHAEL LEE  
PRINCIPAL



## College News.

### Term 3 School Fees.

Term 3 Fees are due to be paid by 9 August 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*

### Senior Studies.

This week I will be generating ATAR Estimates for all students looking to sit the AST examinations in Years 11 and 12...but what exactly is an "ATAR Estimate"?

Essentially I am performing the same mathematical calculations that the Board of Senior Secondary Studies will do when they generate each student's ATAR. There are, however, two unknowns that will have an impact on these ATAR estimates.

The first unknown is the amount of work still to be done by students. Those in Year 12 obviously have one semester worth of results to come and so the results of their courses are providing a pretty good indication, those in Year 11 however still have three semesters worth of results to achieve.

The second consideration is how students do in the AST examinations. The results of these tests change all course scores and the amount they change (either for the better or worse) will depend on how students perform as a group in the AST.

Year 11 estimates are going to be sent home and Year 12 estimates will be distributed through Pastoral Rolls. If you have any questions about the information in those reports then please get in contact with me.

*Colby Cruwys, Senior Studies Coordinator*

### Future Stars!

Abbey Jameson and Jasmine Fraser (Year 7) have been selected for the ACT Netball team that will compete in Maitland at the end of the month.

Sarah Nolan (Year 7) will represent the ACT in touch football in Darwin in October.

Nicola Williams (Year 8) will travel to Hobart next week to represent the ACT in hockey.

### ACT Secondary Bursary Scheme

The ACT Government's Secondary Bursary Scheme provides assistance to low income earners in the ACT with dependent full-time students.

Eligibility requirements and application forms are available online at <http://www.det.act.gov.au> and by following the links located at the top of the home page - School education/starting school/financial assistance for families.

For further information please ring the Bursary Administrator on 6205 9300.

*Michelle Predovan, Fees Manager*

### Allergy Alert!

Many students in the College have severe allergies to nuts, particularly to peanuts. In some cases, allergic reactions to nuts can have very serious effects.

Parents are asked to remind students not to bring nuts or nut products to the college.

### Art Competition.

**INSPIRE**  
St Mary MacKillop Art Competition 2013

Produce an artwork on **any** theme, using art media of your choice. You might wish to produce a drawing, painting, sculpture, graphic art, photography, mixed media, printmaking, ceramics.

Artworks must be submitted to the Art department by **Friday, 6 September.**

Artworks will displayed as part of SMMC Feast Day celebrations. Prizes will be awarded to Yr 7/8, Yr 9/10, Yr 11/12 in the form of Eckersleys gift vouchers. The overall winner will receive a year's membership at the National Gallery of Australia and their work will be kept for permanent display at the College.

### COMMUNITY NEWS

#### Join CanTeen

Does your mum or dad have cancer? Then you can join CanTeen. Find out more by calling 6101 2207.

#### Adults becoming Catholic

If you are interested in learning more about the Catholic Faith, including the teachings of the Church and how we live out our faith in today's world, contact the Corpus Christi Parish Office ([office@ccparish.org.au](mailto:office@ccparish.org.au)/ 6291 6688).

#### Hartley Wheel-a-Thon 2013

The 2013 Hartley Wheel-a-Thon runs between noon Saturday 21 September to noon Sunday 22 September. Pedal or wheel as many laps as you can then hand over to a team-mate to continue. 24 hours of fun will make a huge difference to the life of a person living with a disability. Entry: [www.everydayhero.com.au/event/wheelathon2013](http://www.everydayhero.com.au/event/wheelathon2013)

#### Bonython School Fete

The Bonython School Fete will be held on Saturday 14 September between 10am-2pm at 64 Hurtle Ave Bonython. It will be a fun family day for everyone with a lot of attractions, prizes, food stalls, and entertainment.

## Isabella News With Mrs White

### Year 12 Retreat

Year 12 Retreat at Collaroy this year was marked by a genuine student engagement and involvement in all their activities. The three days of retreat were focused on the theme that 'actions speak louder than words' in relationships with God, family, friends and in study, work and life.

Thanks to the careful organisation and long term planning by Year 12 Coordinator Mr Antoniak, the retreat was marked by an overall spirit of connection, belonging and reflection among students and staff. The support of Mr Kelly, Mr Durham and Mr Bowman was appreciated by the dedicated Year 12 Pastoral teachers and students. Parent contributions were also much appreciated by their children. The presence of Fr John Armstrong to say Mass, of Mr Lee to speak to the students and Mr O'Callaghan as support was welcomed by students and staff. Our hope is that each student will continue to reflect and be enriched by their Retreat experience.

### Pastoral Programs

This week, Year 10 students divided into separate groups. Catherine Cooney from Catholic Care helped students explore and decide on the qualities most important in their relationships in her presentation on "True Love". Martin Fisk from Menslink discussed healthy relationships. Year 11 students explored relationships necessary for effective leadership. Small and large group activities with Mr Ciccarone and Year 11 Pastoral teachers helped prepare Year 11 students to discern their own leadership qualities as well as the qualities of those students who will be potential College leaders in 2014.

Young Carers Group, a support group for students who have caring responsibilities for unwell family members or younger siblings, begins this week. The group will be facilitated by Ms Mamone and will meet weekly.

Seasons for Growth program for students suffering loss and grief begins on Wednesday in Week 5. If parents or students are interested and would like more information about the program, they are asked to contact Mrs. White (6209 0125). Sessions take place each Wednesday morning.

### Charities

Many Pastoral classes have already achieved their goal to raise funds for the Vinnies Winter Appeal. Each class will use their money to buy a good quality blanket to donate to Vinnies. Parents are asked to encourage their boys and girls to contribute from their own funds to help make a difference and meet a real need among the needy in our communities. Parents are also welcome to contribute to the appeal.

Stephanie Backer has volunteered to be team leader in encouraging MacKillop students to give up something to raise funds for World Vision's 40 Hour Famine. Many students have already registered online to support this worthy cause.

### Attendance reminders

Students are to be in Pastoral classes before 9am. This is the time when students receive messages, notes and information about College events and activities. It is also an important Pastoral time to develop connection and a sense of belonging. If students are late to Pastoral class, they will receive a recess detention. Three late arrivals will result in an afternoon detention. Appointments and misadventure need to be accompanied by a parent note to avoid consequences.

## Wanniassa News

With Mr McNicol

### Menslink

On Wednesday 31 July, all boys on the Wanniassa Campus came together along with male staff for a presentation of the "Silence is Deadly" campaign organised by Menslink. Martin Fisk spoke about the fact that:

- Most young men (12-25) don't talk about their problems.
- They suffer from depression and anxiety at the same rate as young women, around one in four in any given year, but are three times less likely to get help for it.

The campaign aims to reduce the stigma associated with seeking help amongst young men in an effort to double the number of young men getting help across Canberra high schools and colleges from 500 to 1000 in 2013.

The 45 minute presentation gave an insight into what young men can do to both seek support when they are experiencing problems, along with how that can assist their mates who are in need of support. The program also included a video presentation and a question and answer session with Canberra Raiders players Joe Picker and Hayden Hodge.

All the boys were reminded that parents, College teaching staff or trusted adults are all a starting point where they can discuss issues that they may be having trouble with. Seeking professional help was also raised as a possibility including access to the College Counsellors.

### Pastoral Program

The Term 3 Pastoral Program focus is on the theme of Relationships.

Students in Year 7 will engage in classroom based activities along with a series of guest speakers as they learn about building resilience and forging positive relationships.

The Year 8 Cohort will cover the three aspects of Relationships. Relationships with self, others and God. This will commence with a look at the role of Body image.

Year 9 will look at relationships from the point of view of developing a healthy relationship with ones self and supporting one another. Students will be engaged in presentations from organisations such as Mental Illness ACT, Lifeline, Relationships Australia, Consumer Advocacy and the College's AFP Liaison Officer.

### Pastoral Care Teacher Changes

Due to staffing changes there have been a small number of changes to Pastoral Care Class Teachers from Term 3.

- 7E3 will now be taken by Mr Gerald Scerri
- 7W3 will now be taken by Mr Michael Daly
- 8A1 will now be taken by Mr Tony Crowe

### Parentingideas

For parents, finding the balance between giving their sons and daughters greater independence whilst also ensuring that they remain safe can be a difficult task. This weeks Parentingideas article that is at the end of this newsletter, *Giving adolescents freedom and minimising risks*, makes a connection between increased freedoms and greater responsibilities for young people.

# INSIGHTS

by Michael Grose – No. 1 parenting educator



## Giving adolescents freedom and minimising risk

*Young people typically want more independence. But giving young people more rope can be downright tricky for parents these days. Here are some ideas to help.....*

Adolescents usually want more freedom than parents are prepared to give.

Most teenagers think they are **three years older** than they really are, and many parents think their teenage children are three years younger than they really are. Getting the 'freedom' balance right is obviously quite tricky, though it often comes with experience.

You are probably familiar with the fact that the teenage brain is very much a work-in-progress. Parents of teenage children should carry a little card with the words **"Teenager: Brain under Construction"** printed on it to remind them that young people are poor assessors of risk.

Adolescents often act first, and think later. This means parents need to be very hands-on with their parenting in this potentially tricky stage.

It's important that parents put processes in place that will help reduce risk and keep their young people in this age group safe. These include: expecting teenagers to maintain contact with you; setting time limits for being out; and rewarding responsible behaviour with greater freedom. There are three things parents need to know when their young people go out:

1. **Where are you going?**
2. **Who are you going with?**
3. **When will you be home?**

From my experience most parents ask the first two questions, but often forget to ask the third question – *When will you be home?* Get into the habit of asking this question each time your adolescent steps outside the front door to go out with their peers.

### [Link greater freedom to responsible behaviour](#)

Young people often use their peers as leverage when they want more freedom. *"Everyone else in my class is allowed to go to..."* This type of comment is hard for a parent to resist.

But it's better to link greater freedom with responsible behaviour rather than going along with what the crowd is doing.

When adolescents show they can act safely within limits (*of place,*

*time and people*) then push those limits out (*stay out later, go further afield, go with a wider crowd*) accordingly.

It takes some parenting steel to act in this way – that's why parents generally need to support each other when raising teenagers.



### Here are five simple parenting ideas to build independence in your young person:

1. Never do for a teenager the things they can do for **themselves**
2. **Monitor** kids' movements without being too restrictive
3. Reduce risks for teenagers through **skilling up & scaffolding**
4. Build **expectations** around remaining in contact and home times
5. **Reward** responsible behaviour with greater freedom