



23 August 2013

**IMPORTANT DATES**

**AUG**  
FRIDAY  
**23**

• Closing night of the College Musical

**SEP**  
TUESDAY  
**03**

• Year 12 AST (continues on Wed 4 Sept)

**SEP**  
TUESDAY  
**10**

• Parent/Teacher Interviews (Wanniassa)

**SEP**  
WEDNESDAY  
**11**

• Parent/Teacher Interviews (Isabella)



## PRINCIPAL'S PRAYER

Lord, we thank you for our gifts and talents and for the many ways we are able to develop and nurture them. Help us to make the most of these gifts and to always let our light shine. Amen.

## PRINCIPAL'S LETTER

### Performing Arts at MacKillop

Congratulations to the cast and crew of this year's musical, *Mulan*, which has been on at the Wanniassa Campus Theatre this week. The 2013 production has been a real team effort, with staff and students from a number of faculties helping out in various ways. The Performing Arts faculty in particular has spent a lot of time on the production, whilst enlisting the help of SOSE for cultural guidance, Art for the sets and backdrops, and Food and Textiles for costumes and the Thursday night pre-show dinner. Many parents, students, and staff have given their free time to help as well. I have been informed that two of the three evening performances have been sold out - just reward for the hard work of all involved!

Two weeks ago, I was fortunate to have a front row seat at the College's annual Variety Night. Led by Performing Arts Captain Daniel Dwyer, Performing Arts Coordinator Tony Lazzarato, and the Senior Production for Live Theatre students, Variety Night was a chance for a wide range of students to demonstrate their talents. The near-capacity crowd enjoyed 25 acts, with students singing, playing instruments, dancing, juggling, performing acrobatics, and showing off their comedic talent.

We are blessed to have many talented students and teachers at MacKillop and the Variety Night and College Musical are wonderful examples of this. Congratulations to all!

### Congratulations Chelsea Boulding

Congratulations to future MacKillop student Chelsea Boulding who has written a book entitled *A hippopotamus in the sink*, which was launched yesterday at St Francis of Assisi Primary School. A talented young author, Chelsea has been awarded a book deal with Harbour Publishing House and *Hippopotamus* is now available for purchase for only \$20 at [www.harbourpublishing.com.au](http://www.harbourpublishing.com.au).

Chelsea and twin sister Ebony will join MacKillop next year, following in the footsteps of their four siblings - three of whom have already graduated from the College.

### Politicians visit MacKillop

Thank you to the Federal Member for Canberra Gai Brodtmann who presented awards at our end of Semester 1 Awards Assembly last week. Gai spoke with affirmation of her own experience of education and how it transformed the opportunities that she has had in her life. This is a good message for any adult to pass on to students in a school and I would like to acknowledge the strong and sincere interest Gai has shown in Catholic education here at MacKillop and across her electorate of Canberra.

Mr Zed Seselja, Liberal candidate for the Senate and past student of this school, will be at next week's assembly on the senior campus - in the interests of political balance.

Yours in St Mary MacKillop,

MICHAEL LEE, PRINCIPAL

## College News.

### Fees are now overdue.

Fees for Term 3 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!

Mikayla Rose (Year 7) has just returned from the 2013 BMX World Championships in Auckland New Zealand where she competed against the best riders in the world on a purpose built track inside Auckland's Vector Arena. Mikayla finished 6th in her semi-final just missing the chance to make the final. She was very happy with her result and showed she has what it takes to race the best riders in the world and be competitive.

Josh Rowcliffe (Year 12) is currently playing for the ACT U18 Boys basketball team in the Australian championships in Perth (17-23 August) against all other states and territories.

Josh Brussow (Year 7) represented the ACT in the U12 Rugby League team last week in Perth and he has also been selected in the ACT team for under 12 Touch Football team playing in Hobart next term.

### Knitting Circle.

The knitting circle in the Wanniasa IRC is still taking place this term during recess time on a Thursday. All are welcome as we are knitting squares for winter blankets. Many knitted squares have been completed and are being put together for blankets. A sincere thank you to those in the MacKillop community who have been involved in knitting squares or contributing in other ways. We are looking forward to seeing the end result. Please continue to knit or even commence to knit squares. The size is 20 x 20 cm.

*Roberta Coulston*

### 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.

### Bronze Status.

Congratulations to the following students: Kaitlyn Dowling (7F3), Thomas Emerson (7A3), Aiden Evans (8A1), Miriam Gonzalez (8A3), Serena Grassia (8W2), Anwar Hamill (7F2), Nelson Kelly (7W3), Richard Liang (7F2), Jayden Lloyd (7EW), Tom Opie (7F2), Matthew Siu (7W3), Ariana Thomson (7W1), Aleida Tyouse (7E2)

## COMMUNITY NEWS

### Resourceful Adolescent Program for Parents

Help your teenager gain independence and develop a healthy self-esteem. This CatholicCare course starts on Wednesday 4 September at 57 Hicks St Red Hill and runs for three weeks. Sessions are between 6-9pm. A \$50 fee includes course materials. Call Gayle on 61626122 for details.

### Tuggeranong Vikings Baseball

Registration days:

Saturday 24 August, 12-2pm at Narrabundah Sports Park

Saturday 31 August, 12-3pm at Vikings Club Erindale

Sunday 15 September, 1-4pm at Viking Park, Wanniasa

### Weston Creek Junior Cricket

New players welcome! Registration days: Sunday 8 September at Stirling Oval between 10am-1pm or Sunday 15 September at Cooleman Court between 1-4pm. Find out more at the Weston Creek Cricket Club website, [www.wccc.org.au](http://www.wccc.org.au).

### Tuggeranong Valley Cricket Club

A combined Junior Gala and Registration Day will be held at the TVCC Clubhouse Chisholm (behind Chisholm shops) on Sunday 8 September between 10am-2pm. Register on the day for a chance to win your registration fee back! Information can be found at [www.tvccjuniors.org.au](http://www.tvccjuniors.org.au)

### 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.

### Diamond Phoenix Dragon Boating

Diamond Phoenix is Canberra's only female only Dragon Boat Club (13 years+) . Come and try the sport on 1 and 14 September and 12 October at 11am, Lotus Bay at Mariner Drive Yarralumla. Visit [www.diamondphoenix.com.au](http://www.diamondphoenix.com.au) for information.

### Let's Talk Suicide Prevention campaign

ACT Health is currently implementing its Let's Talk Suicide Prevention campaign. This year's campaign has a particular focus on young people. A community forum for parents and supporters will be held on Monday 2 September from 7:00 - 9:00 pm in the Narrabundah Music Auditorium, Jerrabomberra Avenue Kingston. Check out the new Let's Talk website for more information [www.health.act.gov.au/suicideprevention](http://www.health.act.gov.au/suicideprevention).

### Woden Valley Youth Choir

The Woden Valley Youth Choir Annual Concert will be held at Canberra Grammar on 21 and 22 September. For information and tickets, visit [www.wvyc.org.au](http://www.wvyc.org.au).

### Big Red Kidney Walk

This fundraising event for Kidney Health Australia takes place on 1 September, around Lake Burley Griffin starting at 9.30am. Entry fees are \$10 individual or \$50 for a team of ten. Children 12 years and under must register but can participate for a small donation. Register at [bigredkidneywalkcanberra@outlook.com](mailto:bigredkidneywalkcanberra@outlook.com). Donations can be made to [bigredkidneywalk2013.gofundraise.com.au](http://bigredkidneywalk2013.gofundraise.com.au).

## Isabella News With Mrs White

### Pastoral Programs

This week, Catherine Cooney and her team from CatholicCare helped Year 10 students explore and decide on the qualities most important in their relationships in her interactive presentation on "True Love". Year 11 students continued their exploration of relationships necessary for effective Leadership. Year 12 examined relationships beyond school with parents, peers and in the workplace, as well as financial management and tips for negotiating the financial reality of life after school with Dr Megan Haynes.

Seasons for Growth program for students suffering loss and grief began with an introductory session this Wednesday in Week 5. If parents or students are interested and would like more information about the Seasons for Growth program, they are asked to contact Mrs. White. (6209 0125).

### Charities

Thanks to those parents and students who have already contributed to our Vinnies Winter Appeal. Some classes have already bought blankets which will be given to Vinnies at the MacKillop Day Mass on September 14. Needy families and the homeless in our community desperately need warmth on these cold nights. Any remaining funds will be donated to Vinnies to assist them in their charitable work.

Many students will be participating in World Vision's 40 hour famine during the coming fortnight. Students give up something for 40 hours and gain sponsorship from family and friends for their efforts. The money is then transferred online to World vision.

### Uniform and attendance reminders

- Kerchiefs and ties must be worn.
- Scarves are navy blue.
- Canvas shoes are not permitted.
- Students are to be in Pastoral classes before 9.00am. Our College Attendance Policy requires that students attend school each day.
- Too many students "sleep in" or have no real reason for being late on a regular basis.
- Parents are asked to discuss positive strategies with their sons or daughters to help them to attend Pastoral Care classes each day and to arrive punctually.

*Lois White, AP Pastoral Care (Isabella)*

## Senior Studies.

With a few weeks left in Term 3, many of our Year 12 are starting to feel the pressure of looming big decisions. In a few short months, the security and constancy of MacKillop will be coming to an end and students will need to decide, "where to next?" Much of school is about preparing students for this change but until it's there, it's very hard to take it all in. So if you're in Year 12, what can you do in preparation for 2014:

- Finish your final year well: Many teachers will have said this already but your grades in the final semester can be most valuable. It's also the last chance you have to improve your ATAR if that's what you're going for so give this semester everything you've got.
- Decide on some pathways: Without something to work towards it's very easy to lose focus and motivation. It's best to have a couple of ideas so that if one doesn't prove to be viable, you've got options. If it's a course of some kind, jump on the appropriate website and work out what's required of you.
- Enjoy your final semester: Year 12 are encouraged to really enjoy their last year at MacKillop. Contemplate the legacy and memory you'd like to leave for the younger students who look up to you. Remember back to when you were in the younger years, watching the Year 12 Graduation Assembly...what do you now want to impress upon the other students?

Finishing Year 12 is a big step and doing so with your best effort will help you feel a sense of completion. We wish you all the best in your planning for your future endeavours, Year 12!

*Colby Cruwys, Senior Studies Coordinator*

## Wanniassa News With Mr McNicol

### Supervision before school

When students arrive at school of a morning, it is a requirement that they remain at school and do not leave the College premises. The College has a duty of care to all students and if students arrive and then leave the College grounds they are out of bounds. This includes students who catch school buses - the College bus stop is where students are to disembark. Students should not be getting off buses that service the College at any other stops other than at school. Students have been reminded of the above information in Year Assemblies over recent weeks and reinforcement of this from parents would be appreciated.

### Year 9 Performance - "Cheap Thrills"

On Thursday this week, Students in Year 9 had a one hour presentation by Brainstorm Productions titled "Cheap Thrills". The show was about that split second when we reach a crossroad, make a choice, take a risk, and possibly change our lives forever. The presentation tackled issues such as risk taking, substance abuse, alcohol, drugs, cigarettes, safe partying, choices and consequences. A discussion at the conclusion of the performance allowed students to explore these important issues in a non-threatening way and to deepen their understanding of how their choice of friends and their own ability to make good, independent decisions could have a dramatic and lasting affect on their lives.

### AFP Cyber Safety presentations

Postponed from Term 2, Year 7 students last week viewed a presentation from the AFP Cyber Crime Prevention Team as a part of their Pastoral Program unit. The presentation included information that covered topics such as privacy settings, tracking one's digital foot print, chat rooms and social networking.

The presentation also included specific information and strategies on social networks such as Facebook, Instagram, Snapchat, Kik and Ask. fm.

When issues arise at St Mary MacKillop College surrounding inappropriate use of social media, staff will continue to work with students to educate them about appropriate use of technologies and the potential ramifications. Presentations such as the AFP deliver are one element of that process. Assisting parents as primary caregivers and educators is another aspect of dealing with such issues to ensure that students receive consistent messages from both home and school.

The more parents know about cyber safety, the more empowered they are to protect their children. The below websites provide resources and social networking tips for Parents and Students that may be useful:

<http://www.thinkuknow.org.au/>

<http://www.cybersmart.gov.au/>

<http://promos.mcafee.com/en-US/PDF/SocialNetworking-e-guide.pdf>

### Journey through adolescence course

We would like to recommend a parenting course that is being offered by CatholicCare during Term 3, 2013. This course is particularly suited to parents and carers with children aged 10-18 years and will commence Wednesday 4 September 2013 at their Red Hill office. The course is 3 hours per week over a 3 week period and the fee of \$50 includes course materials and supper. Bookings essential please contact Gayle on 61626122.

### Parenting ideas

Like all of us, teenagers today may face any number of problems as they progress through their adolescent years. This weeks Parentingideas article, "Make the most of teachable moments to promote resilience", gives attention to how parents and carers can turn these problems into opportunities from which their teens can develop and learn from the challenges that they are confronted with.

*Lachlan McNicol, AP Pastoral Care (Wanniassa)*



## Make the most of teachable moments to promote resilience

*How they cope will be determined by their resilience and the mindsets of the significant adults around them.*



Kids live in the NOW. Fun comes before work in their dictionaries.

It's easy for parents to get tied up in the NOW particularly when kids experience hardships, frustrations and difficulties. We just want to take away their pain!

When we focus solely on making the situation better we miss some massive opportunities to help kids learn and grow.

**The big learning opportunities are usually hidden as problems. Most commonly they are: change, loss, rejection, failure, disappointment and conflict.**

### Perhaps your child has experienced one of these common challenges:

- ▶ Been snubbed by a classmate or friend
- ▶ Missed being picked for a team even though they tried hard
- ▶ Worried about going to school camp
- ▶ Had something stolen from them
- ▶ Been taught by a teacher they don't get on with

I am not suggesting we want bad things to happen but developmentally life throws up these types of curve balls all the time for kids.

How they cope will be determined by their resilience and the mindsets of the significant adults around them.

When parents and teachers have mindsets for resilience then they see these situations as TEACHABLE MOMENTS.

**A teachable moment is usually disguised as a problem and is easily missed when we focus on the now.**

### When faced with a TEACHABLE moment ask yourself:

- ✓ **How can I teach my child to cope?**  
e.g. Encouraging kids to talk about problems is a great coping skill.
- ✓ **What can my child learn about himself for next time?**  
e.g. A child may learn when he goes on a school camp that he was dreading that he can spend time away from home and still survive.
- ✓ **What can my child learn to avoid or turn this situation around?**  
e.g. A child may learn that he can reduce conflict with less than pleasant peers by ignoring nasty comments and actively spending more time with friendly kids.

Parenting has always required an exceptionally strong set of skills, including carer, nurturer, leader and negotiator. That's why it is such a hard job.

**BUT the longer I am involved in parenting the more I am convinced that Parenting is fundamentally about TEACHING.**

The ability to pass on skills, knowledge and attitudes is the most important skill of all.

We teach by modelling but we also teach kids explicitly. That means we talk to kids about 'stuff' and help them to work out how they may cope or manage different situations they meet.

First we need to be on the look out for TEACHABLE MOMENTS. Then make the most of these opportunities so that kids can grow and learn from some of the challenges they face.

Mastering these teachable moments is how parents help their kids become resilient and bounce back from some of the setbacks they encounter now and, importantly, in the future.