



ST MARY MACKILLOP COLLEGE CANBERRA

NEWSLETTER

Vol. 13

2 0 1 3

6 September 2013

IMPORTANT
DATES

SEP
TUESDAY
10

• Parent/
Teacher
Interviews
(Wanniassa)

SEP
WEDNESDAY
11

• Parent/Teacher
Interviews
(Isabella)

SEP
FRIDAY
13

• MacKillop
Day Mass &
Celebrations

SEP
FRIDAY
20

• Year 10 Spring
Zing



PRINCIPAL'S LETTER

Mulan 2013

Now that the musical has concluded, I would like to once again congratulate everybody involved in this tremendously successful community event. Thank you also to the hundreds of people who supported it by coming along to watch. All of us enjoyed a production of energy, skill, enthusiasm, and talent. The following people deserve particular thanks: Tony Lazzarato, Sharyn Quirk, Gabriela Hunter, Sandhya Tulpule, Naomi Aigner, Kathleen Piper, and student Director Daniel Dwyer.

The Federal Election

Thank you to Liberal candidate for the Senate Zed Seselja and Labor Member for Canberra Gai Brodtmann, who have both generously given their time to visit our senior campus assemblies during the Federal Election campaign. Both are regular visitors to the College. Zed and Gai gave insights to the College about their values, and where they got them. Their remarks were freely and sincerely given and gave all of us the chance to consider our own attitudes to civic responsibilities and the civic values we wish to see promoted.

For those voting for the first time, think carefully, consider all points of view and if you vote for the candidate you believe will best serve the interests of the nation you will have made your contribution to the progress of the democratic life of Australia.

The Year 12 AST

Year 12 were very well prepared for the AST exams undertaken this week. Well done to all of them that attended and contributed to workshops and study groups, and to the talented staff who have worked so well with this great group of students. We wish Year 12 all the best in their final Semester of school.

Yours in St Mary MacKillop,

MICHAEL LEE, PRINCIPAL



PRINCIPAL'S PRAYER

Lord, we give
thanks for our civic
responsibilities, we
hope that we can do
all we can to promote
the common good.
Amen.

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!

Ryan Moxon (Year 9) has been selected to represent the ACT in Soccer at the National Youth Championships in Coffs Harbour (30 Sept -4 October) in the Senior Skilleroos Team (U14).

Jakeb Wiseman, Luke Masters and Lachlan Fields (all Year 7) have been selected in the Skilleroos Team (U13) to represent ACT in soccer at the National Youth Championships in Coffs Harbour on the same dates.

Students leaving at the end of 2013.

The College is receiving a number of requests from families wishing to enrol for 2014. If students in Years 7 to 11 are leaving at the end of 2013, early advice in writing would be appreciated so that planning for new students can be undertaken.

Vivienne Joice, Enrolment Secretary

Knitting Circle.

Below is a photo of students knitting in the IRC at the Wanniasa Campus, adding rows to the knitted squares. These will be used to make Winter blankets.

Roberta Coulston



Movie Night.

The SRC on the Wanniasa campus are holding a Movie Night for Years 7-9 on Friday 20 September. The evening will start at 4pm and finish at 7:30pm. Tickets are \$5 and for that you will watch 2 movies and receive 2 items of food during the interval. The money raised is going to the 2013 House Charities. The movies being screened are being voted for and will be announced in week 8! Tickets will be sold by the SRC at recess and lunch during Week 9. Permission forms will need to be signed by parents/carers and these will be given out with tickets. It will be great to see as many students there as possible to have a fun evening and raise money for our house charities.

Kelly Candy, SRC Convenor (Wanniasa)

Australian Vocational Student Prize.

Congratulations to the following members of the Class of 2012 who were recently awarded the Australian Vocational Student Prize: Blake Whelan (for Media), Michael Wood (for Hospitality Studies), Chelsea Wright (for Fashion), and Jordan Martin (for his ASBA in Sport and Recreation). Congratulations to these students and also to their teachers who nominated them for the award.

Karen Hundy, Careers/VET Coordinator

Art Competition.

Operation Christmas Child.

MacKillop will once again be involved in Operation Christmas Child, where we will aim to bring joy and hope to children in desperate situations around the world through gift-filled shoe boxes. It is an opportunity for people of all ages to be involved in a simple but hands-on project that has the power to transform children's lives.

We need to fill each shoe box with one or more items from each 'something':

- SOMETHING TO LOVE: Teddy bear, doll, soft toy, etc.
- SOMETHING FOR SCHOOL: Exercise book, pencil case, pens, pencils, sharpener, eraser, chalk, etc.
- SOMETHING TO WEAR: T-shirt, shorts, underwear, cap, beanie, sandals, thongs, etc.
- SOMETHING TO PLAY WITH: Tennis ball, cars, skipping rope, marbles, musical instrument, yo-yo, slinky, finger puppets, wind up torch, etc. (No battery-operated items)
- SOMETHING FOR PERSONAL HYGIENE: Soap and face washer, toothbrush, hairbrush, comb, hair-clips, scrunchies, etc
- SOMETHING SPECIAL: Carry bag, sunglasses, bangles, necklaces, craft kits, stickers, note or photo of yourself.
- A FINANCIAL DONATION: To cover postage costs

Unfortunately there are some items we can't send, such as: Items that leak or melt, food or lollies of any kind, used or damaged items, breakable items, items that can scare or harm a child (including toy weapons), gambling-related items, or anything of a religious, racial, or political nature.

The challenge is for every PC should be able to completely fill at least 3 shoe boxes. The College routinely creates over 100 shoe boxes. I'm sure we can do better this year. At the Isabella Campus, students from 11W1 will be collecting items or items can be brought to Mr Michael Batten, the SOSE Coordinator. At the Wanniasa Campus can all items be taken to Pierre Hennequin in the Languages staffroom.

Michael Batten & Pierre Hennequin

Isabella News

With Mrs White

The Week 6 English Campus Assembly

Week 6 was Migrant and Refugee week and Hearing Awareness Week.

It was also Literacy and Numeracy Week. To mark Literacy and Numeracy Week and Book Week, Ms Lortan and the English department showcased performance poetry and a dramatised scene from Shakespeare's "Macbeth". Awards at the assembly, including Nathan Schmidt's History prize, were presented by guest speaker Mr Zed Seselja. Jess Apollinar was awarded a public Speaking Award from the Australian British Public Speaking Competition last term and Ms Veech awarded Book Week prizes for best costumes. Ms Lortan also launched the Faith and Courage Writing Competition at the assembly.

Mackillop Day Sports Raffle

The MacKillop Day Sport Raffle organised by the SRC was launched at the assembly to raise funds for the Tegan Blunt Memorial Fund. Tickets will \$1 each or 3 for \$2. The raffle will be drawn half way through MacKillop Day celebrations on the Isabella Campus. Prizes include:

- A soccer ball signed and donated by the Canberra United Women's Soccer Team
- Canberra Raiders autographed Rugby League ball donated by the Canberra Raiders
- Canterbury Bulldogs NRL Autographed Jumper donated by Canterbury Clothing
- GWS Giants Autographed Jumper donated by the GWS Giants
- A Canberra Brumbies Autographed Jumper donated by the Brumbies.

Pastoral Programs

Seasons for Growth and Young Carers Groups are now meeting regularly on Wednesday mornings. There are still some spaces available in each group. Please contact Ms Mamone or Mrs White if you are interested or would like your son or daughter to participate.

Relaxation Classes are available for all students during Recess on Tuesdays in F1. Facilitated by Mrs Stephens, this time of calm and relaxation helps relieve stress and tension in a simple and effective way.

Senior study and homework

All students need to be spending time at home each night organising notes, reviewing texts and practising formulas where applicable.

Students need to have pens, books, calculators and fully charged laptops ready for each class.

Regular 9 hours of sleep, a healthy diet and regular exercise will help concentration and confidence.

Facebook and internet use and part-time work shifts need to be monitored carefully.

Parents can provide important help in working with their son or daughter to plan a healthy work/study/family/fun /sport balance during this critical semester.

Year 12 AST

Year 12 completed Sessions 1 and 2 AST on Tuesday and Session 3 on Wednesday. Students who have chosen to attend AST practice sessions provided before classes earlier in the year would no doubt have found AST sessions much less daunting than those who had not attended.

Defence Force family evening

Year 11 students Daniel White and Sam Quirk represented the College most admirably at last week's Panel and Pizza Evening for Defence Force families which was organised by Defence Liaison Support Suzanne McBride and Stephanie Stephens, the College's Defence Transition Mentor. Mr Lee was also on the panel. Families who were being deployed were able to ask questions about the role of the school and the DTM in supporting students whose family members could be deployed overseas or to other areas with little notice. Sam and Daniel were able to share their experiences as the children of defence families who had been deployed. The evening was very successful for all involved.

Charities

Year 12 students Grace Wilkinson and Isabelle Schmidt have been advertising and assisting students with information to log on and donate online to World Vision's 40 Hour Famine. Many generous students were involved in going without or giving up something for 40 hours in order to raise funds for the world's poorest.

Thank you to students and parents who have kindly donated money to help buy blankets for the needy in our community. Blankets from each Pastoral Care class will be offered at our MacKillop Day Mass on Friday 13 September. They will then be taken by students to the Vinnies store.

Leadership preparation for 2014

All Year 11 students aspiring to a leadership position in 2014 were invited to attend a leadership session with Mr Lee on Monday afternoon. The College Vision statement and its meaning in the daily life of the college community were carefully explained. The nature of leadership through service at MacKillop was also explored. Students were invited to complete the leadership application forms, thinking about their vision for 2014 for the college and the role they could play in making their vision a reality. Students unable to attend Monday's session are able to collect application forms from Mr. Ciccarone, Year 11 Coordinator. Applications are due to Ms Lemon's office by 3.15pm Monday 9 September.

Uniform and attendance reminders

Thank you most sincerely to parents and carers who support the College uniform policy by ensuring that their sons and daughters wear the correct College uniform. Key areas of concern this term have been the wearing of correct shoes and belts for boys; kerchiefs, multiple earrings and brightly coloured or black nail polish are specific areas of concern for girls. When questioned, most students admit that they have the correct uniform but forgot or chose not to wear it. Senior students will need to rectify their uniforms before entering classes. No facial piercings, including tongue rings, are permitted.

Lois White, AP Pastoral Care (Isabella)

Wanniassa News

With Mr McNicol

Year 8 Performance: "Verbal Combat"

Year 8 students viewed a 50 minute live performance on Tuesday this week called "Verbal Combat". Verbal Combat is a unique cyber bullying program that engaged students in a scripted presentation delivered by two talented young actors who use social media in their everyday lives. The content was up to date, reflecting constant changes in the use of technology ie. Facebook, smart phones, etc. The key messages of the performance complimented existing school policies and the Pastoral Program.

The narrative allowed students to examine their own behaviour and questions such as:

- Who's responsible?
- What drives bullies to send that nasty message, post that hurtful comment or embarrassing photo on Facebook or snapchat?
- Why are some people more likely to be a target and why is it hard for victims to be assertive or resilient?
- Where can they go if or when they are being bullied?
- And how can we stop it happening?

Bronze Status

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

Joshua Arnold 7E3, Lara Connor 7EW, Lachlan Fields 7E3, Cara Frost 7E1, Nick Hosie 7F2, Haylee Hulbert 7W2, Lachlan Manderson 7W3, Ben McMahon 7E2, Amancay Rios 7EW, Sean Ryan 7EW, Lauren Thomas 7F2, Charlize Ubaldo 7A1.

Parentingideas and Bullying

This week's article from Parentingideas is, "What bullying isn't and what to do when it happens". It outlines what bullying is and how this differs from arguments and disagreements, disliking someone or a single act of social rejection, one-off acts of meanness or spite and isolated incidents of aggression, intimidation or violence. It also provides parents with strategies to support their son or daughter if they are being bullied.

Students at MacKillop are regularly told that if they have a problem of any sort, including bullying, that they should speak with their teachers or Pastoral Care Coordinators for support in dealing with the matter. Doing so usually brings any issues to some form of positive resolution and is most often more successful than when students deal with the situation themselves. If parents have children who are being bullied they are also encouraged to contact the appropriate College staff so that we can work to ensure that all students can be happy and safe at school.

Lachlan McNicol, AP Pastoral Care (Wanniassa)

COMMUNITY NEWS

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

Calwell Little Athletics

Do you like to run, jump, and throw? Are you aged between 5 and 17? Join Calwell Little Athletics! Register at St Francis of Assisi on 5 or 12 September between 6-8pm OR at Calwell Shops on 21 or 28 September between 1-4pm. For more information, visit www.clac.net.au or phone David Lawrence (Registrar) on 0411 144 046. The season runs from 12 October to the end of March.

Tuggeranong Little Athletics

Tuggeranong Little Athletics is based in Kambah and has the motto 'family, fun, and fitness'. Registration takes place on 7 or 14 September between 9am-12.30pm at Kambah No3 Oval, Kett St Kambah. Online registration and information can be found at <http://www.tlaa.org.au>. The season runs from 12 October to the end of March.

ACT Foster Care Expo

The ACT Foster Care Expo will take place at the ACT Aboriginal and Torres Strait Islander Cultural Centre, 245 Lady Denman Drive, Yarramundi Reach.

Get on your bike for Lifecycle 2013

Lifecycle promotes awareness and raises funds for much needed facilities for the Leukaemia Foundation. Lifecycle will occur around Lake Burley Griffin over 48 hours from 6pm 18 October to 6pm 20 October. Participants can cycle at any time over this period, and it is not a race but it is designed for maximum community involvement. To register, go to www.life-cycle.org.au.

Canberra School of Tennis

Canberra School of Tennis is holding a family Open Day on 14 September between 1.30-3.30pm at the Pines Tennis Club, Chisholm. To book, email csot@hotmail.com.au or call head coach Robert Jamieson on 0432 118 204.

SCA OSHC casual staff required

St Clare of Assisi Outside School Hour Care is looking for staff who are available on Monday and Thursday afternoons from 3pm-6pm. For an application or information, email Emily or Ruth at sca.oshc@cg.catholic.edu.au.

St Clare's College Class of '83 Reunion

This will take place between 3-6pm on 26 October 2013 at the East Hotel, Kingston, with an optional dinner afterwards. Contact Pauline (nee Kilpatrick) Brocklehurst via pauline.brocklehurst@netspeed.com.au or call 0421464366.

Worldwide Marriage Encounter Weekend

This relationship enrichment program for married couples takes place over 8-10 November at Mt Carmel Retreat Centre, Varroville, NSW. Book on 02 4283 3435 or visit www.wme.org.au for information.

INSIGHTS

by Michael Grose – No. 1 parenting educator



What bullying isn't, and what to do when it happens

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.



Bullying is a word that's wrapped in emotion. For many people bullying is associated with **bad childhood memories**. It's been estimated that around 40% of people have experienced some type of bullying in the past.

Bullying is an insidious behaviour that transgresses children's natural right to feel safe and secure. It can adversely affect their learning, emotional well-being, further peer relations and their sense of self.

Bullying takes many forms and guises including, physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber-dimension which has moved the goalposts for many kids. In the past children could escape bullying behaviours they may have experienced by being at home. Cyberbullying now means that kids can't escape the bully like they once could.

Bullying is not the domain of one gender. Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. While children will often tease or fight, this bickering should not be confused with bullying.

Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the *selective, uninvited, repetitive oppression* of one person by another person or group.

If you think your child is being bullied then handle with care as children often don't want to admit that they are on the receiving end of bullying.

Some kids keep it close to their chests so it helps to be on the lookout for **warning signs** such as: items being stolen, changing the route to school and withdrawal from usual activities.

If your child is being bullied:

1. Listen to their story: Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and more random, non-selective antisocial acts. Kids can be nasty to each other, yet this doesn't constitute bullying.

2. Deal with their feelings: A child who is bullied probably feels scared, angry and sad. Boys are more likely to display anger and girls claim they feel sad. The degree of emotional intensity is an indicator of the amount of bullying. Recognise and validate their emotions. Let them talk about how they think (remember boys respond better to 'think' language) and feel. It's normal to feel sad, scared or just plain confused.

3. Get the facts: Get a clear picture of what happens, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

4. Give them coping skills: With a clear picture you can start giving your child some help about how he or she may deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

5. Get the school involved: Bullying is best handled when parents and teachers are involved. Approach your school through the appropriate channels, make yourself aware of your schools' anti-bullying procedures and programs, and be willing to work within these guidelines.

6. Help build your child's support networks: Kids need a group of friends to support them when they experience bullying so look for practical ways to broaden friendship groups.

7. Build their self-confidence: Provide children with systematic encouragement. Let them know through your words and treatment of them that they will get through this period.

It's worth remembering that children who experience some form of bullying often come out stronger and more resourceful because they have experienced difficulties and they know they can defeat them.