



ST MARY MACKILLOP COLLEGE CANBERRA

NEWSLETTER

Vol. 14

2 0 1 3

20 September 2013



PRINCIPAL'S LETTER

The Federal Election

Congratulations to all Year 12 students who voted for the first time in a Federal Election on Saturday 7 September. I was impressed with the thought, research, and discernment that so many of them brought to inform their vote. I was impressed with the number who undertook the ABC Vote Compass and with the discussion about issues such as taxation, the NBN, the environment, cuts to the Public Service, same-sex marriage, refugees, and personalities of the leading politicians.

A change of government will necessitate changes to educational policy over the next three years. I would like to acknowledge the tremendous advancements that the outgoing Labor Government made in infrastructure, curriculum and reporting, teacher standards, and Federal Government funding - one wonders when we will again see the financial resources of the nation being so heavily channelled into schools.

I look forward to working with the new government in supporting their initiatives to improve student outcomes for students in Australian schools.

Mackillop Day Celebrations

Congratulations to all the students who participated so positively in the MacKillop Day celebrations.

The day commenced with a splendid whole-school mass, which was marked by dignity, reverence, large student and staff participation, and a spirited sense of community. Thank you to Mrs Lois White and to all of those who helped her in the coordination of our Mass. A particular thanks also to Archdiocesan Administrator Monsignor John Woods and Reverend Deacon Vince Barclay for leading us in the Mass. It was particularly pleasing to see so many past students present in the congregation.

Thank you to the Isabella Campus staff for hosting the rest of the day's celebrations. There was a tremendous spirit of cooperation between the junior campus visitors and the senior campus hosts with the monies raised going towards the Tegan Blunt Memorial Gift.

NAPLAN 2013

Early data from the 2013 NAPLAN tests for Year 7 and Year 9 have reached the school. Initial processing of this data indicates another year of good growth for our students in Year 9. The curriculum team, in analysing this data, is looking to assess what teaching strategies and resources are effectively enabling our students to increase their grasp of literacy and numeracy skill. Please note that for those of us who like to compare the performance of students from school to school, raw NAPLAN data is misleading. ACARA will inform schools and the broader community of school performance compared to like schools around the country. This will be a more reliable guide. ACARA will send individual student results to families shortly.

Yours in St Mary MacKillop,

MICHAEL LEE, PRINCIPAL

PRINCIPAL'S PRAYER

Lord, we give thanks for our democratic institution. Amen.

UPCOMING EVENTS

- | | |
|-----------------------------|--|
| SEP
FRIDAY
20 | <ul style="list-style-type: none"> Year 10 Spring Zing SRC Movie Night |
| SEP
FRIDAY
27 | <ul style="list-style-type: none"> Last day of Term 3 |
| OCT
MONDAY
14 | <ul style="list-style-type: none"> Term 4 begins |
| OCT
TUESDAY
15 | <ul style="list-style-type: none"> AST Second Sitting (continues on Wed 16 Oct) |

COLLEGE NEWS

TOP STORIES

Future Stars!

Hunter Dinning (Year 7) and Jasmine Dinning (Year 9) have just participated in the Regional Karate Tournament. Jasmine's Kata team won Gold and she also won Silver in her individual Kata. Hunter's team also won Gold and he won Silver individually for Kata and for Kumite.

Italian sister school visit.

During August, the College hosted our first visit from our recently formed Italian Sister School. The 18 students and two teachers visited us from Liceo Fermi in Padua. They were in Australia for three weeks and had spent some time in Victoria before spending nine nights with families from MacKillop. During their stay they participated in a number of our classes at the Isabella Campus, learnt to cook an Australian BBQ and pavlova, watched the College musical and assisted in our Italian classes. The students also toured various sights in the area. The Liceo Fermi teachers were very pleased with the visit to MacKillop, appreciated the hospitality of our College and families, and considered their visit a great success. The hospitality will be returned during these holidays when five of our Year 12 students visit Padua. Our students will be hosted by the families of the students who stayed with them here in Canberra, and will be able to continue the friendships that have been formed. We look forward to continued visits from Liceo Fermi in the coming years and hope that many more of our families will become involved in hosting these students in their homes.

Andrew Mitchell



Exchange Students.

Throughout Term 3 we have welcomed numerous groups of exchange students to the College. Our first group to arrive was six students from Italy who have been at the College for 2-3 months. These students were Enrico, Ludovica, Matteo, Helene, Federica and Mathilde. They have been kindly hosted by MacKillop families and have enjoyed the hospitality shown them by their host families and the College community. They have particularly enjoyed school life at the Isabella Campus and the interesting variety of classes that we have on offer. The next group to arrive was from France. Mathilde and Chloe spent two months with us and participated in the Year 9 classes at Wanniasa. Both girls were sad to leave us and have formed great friendships with our students and their host families. We also welcomed five Japanese students, Akane, Urara, Yuka, Natsuki and Mami, who were here for three weeks. They found living life in English difficult, but have formed great friendships and all wish to return to Canberra one day. I wish to thank those families who have hosted these exchange students throughout the term. Your hospitality has allowed our school to enjoy the benefits of having students from all over the world share their lives with our students.

Andrew Mitchell

HOUSEKEEPING

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

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

Summer Uniform for Term 4.

A reminder that from the beginning of Term 4 all students are to wear the Summer Uniform.

- For boys this means that tailored mid-grey school shorts are an option in addition to the trousers. Grey or black socks may be worn with the trousers, however if shorts are worn the socks must be grey.
- Girls may wear the teal check summer dress with plain short white socks, or the tailored navy slacks with MacKillop monogram and a white over-blouse with MacKillop monogram.
- Any holiday 'variations' such as facial piercings or fashionable extremes to hair such as colours or styles

should be rectified before returning to school for the new term.

- School shoes are to be traditional, lace up, black and polishable. While some shop assistants are advertising the flat, soft leather lace-up fashion shoes as acceptable for girls, they are not to be worn.

More detailed information is available on the College website and on StudyWiz. If there are circumstances that prevent students from wearing the correct uniform, they are required to bring a signed note from their parents to explain the situation. They need to present this to their Pastoral Care Coordinator during PC time each morning to obtain a uniform pass.

Lachlan McNicol & Lois White, AP Pastoral

CAMPUS NEWS

WANNIASSA NEWS

Brianna Thomas returns to MacKillop

Brianna Thomas graduated as member of the Year 12 Class of 2009. In Year 12 she was the College Captain and throughout her six years at MacKillop made the most of the many opportunities that were available to her. At the end of Year 12, Brianna won two of the most prestigious awards available: The Tenison Woods Student Choice Award and the Principal's Award.

Brianna was welcomed back by students on the Wanniasa Campus this week to speak at the Campus Assembly. Brianna shared some of her life story, including aspects before, during and after her time as a student at MacKillop. She spoke about the impact of losing her class mate and friend, Tegan Blunt, while in Year 11 and expressed her gratitude to the students for continuing her legacy by raising money for the Tegan Blunt Memorial Fund.

Brianna also shared some of her experiences in battling mental illness and encouraged students to turn difficult times in their lives into positives. She also challenged students to think in terms of "who can I be" as a person, rather than thinking "what will I do" when they finish school.

Brianna is also now working part-time at the College in the area of Learning Support.

Parentingideas Magazine

As a part of the College's membership to Parenting ideas, each term a magazine with articles relevant to parents is published for our parent community. Issue 10 is available at this link www.parentingideas.com.au/Parents/Parenting-Magazine and articles include:

- A piece on children of separated parents who move back and forth between two homes
- More information about the importance of sleep for adolescents
- Help for parents to stay up-to-date about the latest social media craze, Instagram
- An article for parents of children on the autism spectrum about developing social skills.
- The decision about allowing your son or daughter to attend a funeral
- A personal story that's a reminder that sometimes great parenting is about simply 'turning up' for your kids.

Operation Christmas Child.

A reminder that we are participating in Operation Christmas Child. We need to fill shoe boxes 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, etc

The importance of sleep for learning and well-being

Recently when I was speaking with a Year 8 male student, he was clearly fatigued. This was evident in his body language, speech and general awareness (as well as his behaviour - the reason for the conversation). When I asked what time he had gone to sleep the previous night he could not be sure but estimated around 1.00am to 2.00am as he had been playing a computer game in his bedroom.

Not getting enough sleep, particularly for young people means that they don't function at their optimum. Professor Harlene Hayne, from the University of Otago, has revealed that increasing the amount of sleep children receive is one of the most powerful strategies for improving their mental health and well-being. Lack of sleep leads to irritability, decreased creativity and memory lapses. It also has strong links to anxiety and depression.

The links between sleep debt and poor mental health, including anxiety and depression, are clear. Anxiety goes down and confidence and well-being improves when kids get enough sleep. Many young people today are sleep deprived. Teenagers, in particular, don't get enough sleep. They need between eight and 10 hours sleep each night, yet most get less than this.

One method of improving sleep habits is to keep bedrooms for sleep. This can be difficult with mobile phones and other information technology, but it's a smart idea to keep mobiles and laptops out of bedrooms at sleep-time.

The *Parentingideas* article "Sleeping Beauties" attached to this newsletter discusses the importance of quality sleep for children and the value of forming good and predictable routines when it comes to sleep.

Status Awards

Congratulations to the following students who have been presented Status Awards:

Bronze Status: Mackayla Box 7A3, Matilda Craven 7A1, Cameron Fidge 7A2, Charly Lehmensich 7EW, Jarrod Maher 7W3, Ruben Mayenco 7E3, Emily O'Keeffe 7E2, Gabrielle Scerri 7A1, Ayden Senior 7E2, Jakeb Wiseman 7A2

Silver Status: Madeleine Prescott 7F3

Lachlan McNicol, AP Pastoral Care (Wanniasa)

- 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.

Students can bring individual items or completed shoe boxes to Mr Michael Batten at Isabella or Mr Pierre Hennequin at Wanniasa by the end of Term.

Michael Batten & Pierre Hennequin

CAMPUS NEWS

ISABELLA NEWS

Defence Force families

If you are a Defence Force family with a student enrolled at the college, please feel free to contact our Defence Transition Mentor Mrs Stephanie Stephens (Ph 6209 0152) so that she can provide you with information and any support you or your child may need. Contact will also mean that you will be informed about excursions and other defence related matters.

Youth Mass at Holy Family

Supported by SRC Coordinator George Nulley and staff members Paul Durham, Aidan Brunskill and Sam Walton, senior leaders Morgan Rosin, Jayme Breikopf, Grace Wilkinson and Sandy Sharman attended the Youth Mass at Holy Family Church Gowrie last Sunday evening. The students happily represented MacKillop and enjoyed their role of providing hospitality for parishioners after Mass.

40 Hour Famine

Congratulations and thank you to all who supported this worthy cause. Parents and student supporters of MacKillop's fundraising for World Vision are asked to log on and direct debit their donations by making an online transfer to: Account name: World Vision Australia 40 hour famine appeal, Account no. 837558057 BSB no. 013423 Make sure you include St. Mary MacKillop name in reference.

Students are asked to contact Isabelle Schmidt (Year 12) if they have any queries or concerns for banking their World Vision Donations. All banking needs to be completed by 30 September.

School Holidays

Students and parents are wished a time for relaxation and family time together these holidays. Senior students are encouraged to use this unstructured time to catch up on reading - a wonderful activity for rainy afternoons.

Lois White, AP Pastoral Care

COMMUNITY NEWS

Malkara School Coffee Table Book

Malkara School is selling the '1 Tower - 5 Schools - Celebrating Canberra's 100 Years' special edition coffee table book' for \$29.95 each as a fundraising initiative. The book is beautiful and many of the Malkara students appear in photographs along with the art works they created for the project. A copy of the book and flyers on how to purchase the book are available at reception on the Isabella Campus. Proceeds from sales will help support the five specialist schools in Canberra. A great Christmas idea!

Resourcesful Adolescent Program

The Resourceful Adolescent Program for Parents helps parents as their sons and daughters journey through adolescence. The course starts on Thursday 31 Oct between 6-9pm with three sessions over three weeks. The course takes place at 57 Hicks Street, Red Hill. A \$50 fee includes course materials. Concessions available. To book, call Gayle at CatholicCare on 6162 6122.

Music Lessons

A local musician has returned from touring North America is now offering music lessons for piano, guitar, and theory in Tuggeranong. Contact Jessica on 0402 935 787 for more information.

Ben Donohoe Run and Walk for Fun

The Ben Donohoe Run and Walk for Fun raises money The Cancer Support Group, Make-a-Wish Australia, and Ronald McDonald House. It takes place on Sunday 3 November. Information at www.hawker.act.edu.au/runandwalkforfun.

Headspace ACT

To celebrate Mental Health Week, Headspace will be in Tuggeranong on Thursday 10 October. Firstly, 'The Yard' (3pm-5pm) will be a chance for young people to hang out and chat with games and food in the square between Cowlshaw and Anketell Streets. An Anxiety Seminar will take place at the Tuggeranong Community Centre between 6pm-7.30pm. Dinner provided. RSVP by 8 October for catering by calling 6201 5343.

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 running Holiday Camps at the Weston Creek Tennis Club during the school holidays. For info or bookings, call Mark Walton on 6241 3705 or email csot@grapevine.com.au.

Questacon Holiday Workshops

School Holiday Workshops are available for students aged 10-15 at the Questacon Technology Learning Centre. For information, visit www.questacon.edu.au.

Free Cupcake Workshops

Erindale Shopping Centre is holding free School Holiday Cupcake Decorating Workshops between 11am-2pm on 9-11 October. Open only to ages 3-14.

Canberra Youth Music

CYM has choirs, string ensembles, and orchestras for ages 4 to 25, as well as a parent/alumni orchestra starting Term 4. The Canberra Youth Orchestra is performing at St Paul's Anglican Church, Manuka at 7.30pm on Sunday 22 September. Visit www.canberrayouthmusic.asn.au for tickets to the event or for general information about CYM.

Canberra Youth Music

The Canberra Highland Gathering & Scottish Fair takes place on Saturday 12 October at Kambah Oval behind Burns Club between 10am-5pm. Come and join us for a day of traditional Scottish events and activities! Free entry.

Cartooning Camps

Learn how to draw at a Cartooning Camp in Queanbeyan between 30 September-4 October. Visit www.illustrating-man.com.au for information and bookings.

INSIGHTS

by Michael Grose – No. 1 parenting educator



Sleeping beauties

Helping kids get the right amount of quality sleep will reap manifold rewards when it comes to their development and general wellbeing, writes Karen Fontaine.

Article contributed by Karen Fontaine

Whoever coined the term 'sleeping like a baby' had obviously never lived with one. Infants' sleep patterns are notoriously erratic, and as they grow up the story remains much the same. Preschoolers kick up about napping during the day, school-aged children want to stay up late at night and teenagers refuse to get out of bed in the morning.

One thing remains the same: sleep is critically important for children, but Australians are getting about half an hour less sleep per night than they did 30 years ago, according to a study by the University of South Australia's Centre for Sleep Research.

Kids are going to bed later because it's now the norm for both parents to work full-time, meaning that evenings are often the only opportunity for family time. In addition, the intrusion into bedrooms of digital media such as mobile phones, laptops and iPods means children are getting less shut-eye – with far-reaching consequences.

"With disturbed sleep, you pretty well see changes in everything, from the cardiovascular system through to the skin," says Dr Kurt Lushington, head of the University of South Australia's Centre for Sleep Research. "You can go without food for a week or so but you cannot go without sleep."

As Dr Lushington says, sleep is important for memory, "so if you want to remember things and to forget things – which is equally important – you have to sleep".

"We also know from animal studies that sleep state seems to be incredibly important for the optimal wiring up of the brain," he says. "In infants and kids, sleep plays an important role in the optimal development of the brain. Sleep is also important for growth, and for those who don't get enough there is a failure to thrive. Sleep plays an important role in the immune system and it also anchors the circadian body clock system."

Most parents realise the importance of sleep, Dr Lushington says. However, "what many don't appreciate is how important structure, namely a routine, really is".

"Our research shows that in terms of kids being able to cope with school and life and not having any problematic behaviours, it's not so much how long they sleep – what's important is a regular schedule," he says.

"Kids who go to bed at different times and wake up at different times with big swings on weekdays compared to weekends – those are the kids who tend to get into trouble. Sober habits are very important."

There is no such thing as a sleep bank – meaning that even if a child had 12 hours sleep last night, they won't get away with just eight hours tonight. Parents need to stick to a routine, make evenings as predictable as possible, and enforce hard-and-fast rules, particularly for teenagers, about digital media in the bedroom.

"The teen years are a period of life where it's to be expected that you will hand over control to them; learning their own limits is part of the journey," says Dr Lushington. "And, being young and healthy, they can sometimes stay up all night and be fine the next day. What you can do is help them see the connection between how they're sleeping – and how they feel during the day."



How much is enough?

To ensure your child gets the optimum amount of sleep, use the following as a guideline, says Dr Kurt Lushington, head of the University of South Australia's Centre for Sleep Research:

Children aged 2-5	11-12 hours per night
Children aged 6-12	9-11 hours per night
Teenagers	8-10 hours per night

And adhere to these rules, advises Dr Lushington:

- ▶ "On the weekends, don't let kids stay up more than an hour or two later than they normally do, and don't let them sleep in more than an hour or two later than normal."
- ▶ "Give them time to unwind before they turn out the lights and don't let them fall asleep in front of the TV. There has to be a routine for falling asleep – otherwise what happens is that unless the light or the TV is on, kids can't fall asleep – which is crazy."
- ▶ "Exercise, big meals and hot baths are not a good idea directly before they go to bed."
- ▶ "Keep track of how they are during the day. If they look like they're not coping or if they're irritable, it might be that they need more sleep."