



ST MARY MACKILLOP COLLEGE CANBERRA

NEWSLETTER

Vol. 16

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1 November 2013



PRINCIPAL'S LETTER

Mackillop's relationship with GWS

You will notice the picture above of some of our students with a player from the AFL's newest addition, Greater Western Sydney.

Before readers start thinking that the Bombers have been tossed over in favour of GWS, let me explain. The College has signed an MOU with Eastlakes ACTFL which brings several thousand dollars a year into MacKillop for AFL goal posts, oval maintenance, and sporting equipment. In return, MacKillop provides a home for AFL in the Valley; the Calwell Swans train at our Isabella facility and have other access to our facilities. This is good for everybody. Eastlakes is affiliated with GWS and, in a sign of support, the College became foundation members when GWS arrived in Canberra.

Mackillop supports students participating in the sport of their choice and we play our part in supporting quality sport coming to Canberra. GWS has demonstrated authentic interest in coming to Canberra; our city's name is on their jumper, they recruit players from the ACT, they bring AFL matches to our city and host many fundraising events and sporting clinics for boys and girls in the ACT.

From time to time, coaching and player staff from the Giants will be visiting the College, our PE staff will adorn themselves in GWS orange and match fixtures and other events will be advertised in the newsletter. For those of you wishing to follow up membership or interest in the Giants, visit <http://www.gwsgiants.com.au/>

A Cooma Campus for MacKillop

At long last, MacKillop has forged a relationship with St Patrick's Cooma that will mean students completing Year 10 in Cooma will be able to enrol into Year 11 on our Isabella Campus, thus providing a Catholic education pathway for students in the Monaro.

Next year, MacKillop will welcome 23 graduates of St Patrick's who will commence their studies for the ACT Year 12 Certificate. This relationship will grow. The St Pat's students will significantly add to our community, be fully integrated into the life of the school, and be encouraged to retain links with St Pat's through their sporting carnivals, Masses and celebrations, and their leadership programs.

All of us can be very proud that we are seen as a desired partner in the education of students from the Monaro, and what a sensible use of resources and facilities.

Yours in St Mary MacKillop,

MICHAEL LEE, PRINCIPAL



PRINCIPAL'S PRAYER

Lord, we give thanks for the brave women and men who have fought to protect lives and property in the recent bushfires. May you keep them safe in their dangerous work. Amen.

UPCOMING EVENTS

NOV THURSDAY 14	• ISART Exhibition Opens
NOV TUESDAY 19	• Year 12 Breakfast & Farewell Assembly
NOV WEDNESDAY 20	• Senior Exams commence
NOV FRIDAY 29	• Year 10 Picnic Day

COLLEGE NEWS

TOP STORIES

School Sport Australia Swimming.

Rebecca (8W1) and Alexis (7W2) Cross, Mikaela Mbonzi-Geach (7EW) and Shannon Maloney (10A3) represented the ACT at the School Sport Australia Swimming Championships in Adelaide from the 8 to 14 September, 2013. Congratulations to medalists Rebecca (5 gold and 1 silver) and Shannon (1 silver and 1 bronze). Rebecca also received a School Sport Australia record for 13 -14 100m Breaststroke. Although not medal winners Mikaela and Alexis enjoyed the experience. All the girls were worthy representatives of the ACT and our College.

Cathryn Thomas

Future Stars!

Sarah Nolan (Year 7) will participate in the National Softball Championships in Sydney next week.

In karate, Jasmine Dinning (Year 9) and Hunter Dinning (Year 7) became NSW State Champions, winning Gold in their divisions for their team katas. Hunter also won Gold for his individual kata. Both students will compete at National Titles in December.

Emily Fascianelli in (Year 8) was selected to represent the ACT Southside Team at the NSWACT Australian Rules Under 18 Girls State Cup held in Wagga Wagga last weekend.



INSPIRE Art Competition.

Thank you to the many students from both campuses who entered artworks into the competition this year. Thank you also to all those who visited the exhibition in F Block on MacKillop Day. This year's winners were:

Year 7/8 First Place - Elsa Huber, Year 8
 Year 7/8 2nd Place - Jemma Angel, Year 7
 Year 9/10 First Place - Phoebe Morrissey, Year 9
 Year 9/10 Second Place - Mitch O'Toole, Year 10
 Year 11/12 First Place - Samantha Chester, Year 12
 Year 11/12 Second Place - Emma Bowyer, Year 12

Each of these students received a certificate and a gift voucher to spend at Eckersley's Art & Craft.

Overall Winner - Thomas Lander in Year 11. Tom received a \$50 Eckersley's Art & Craft gift voucher as well as a year's membership at the National Gallery of Australia.

Well done to all our winner's this year and we look forward to receiving lots of entries again in 2014. There will be no set theme again next year so you can start creating your masterpiece any time!

Tamara Murdoch, Visual Arts Coordinator

HOUSEKEEPING

Aerosol Deodorant Usage & Health.

A number of serious asthma attacks have occurred through the use of aerosol deodorants in the PE change rooms recently. Aerosol deodorants are banned at the College due to the serious allergic effects they can have and the distress they cause asthma sufferers.

Many students have still continued to bring and use these deodorants despite being informed of this information. As a result any student found in possession of or using an aerosol deodorant will be issued with an after school detention.

Students are encouraged to bring and use roll on deodorants. Please contact the Physical Education coordinator on either campus with any concerns or questions.

Dale Argall, PE Coordinator - Wanniasa

School Fees.

Term 4 Fees are due to be paid by this Friday 1 November 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

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 - School education/starting school/financial assistance for families. For further information, call 6205 8262.

Michelle Predovan, Fees Manager

Parent Contact & Studywiz

The College is moving to streamline parent contact via email and web services. From 2014, all College contact will be directed to one point of e-contact per family. In the first instance this will enable parents and guardians direct access to student resources and student work on Studywiz. The College will look into extending this to other services as appropriate.

The College asks that you confirm your preferred email contact if you are currently operating more than one per family. For those families still to provide an email contact, we ask that you advise us of your e-contact details. The College contact is info@mackillop.act.edu.au.

Thank you in advance for your assistance. We want to make sure we are able to provide you with information with a minimum of fuss.

John Cole & Ruth Walton, ICT Managers

CAMPUS NEWS

ISABELLA NEWS with Mrs White

Assessment and Examination Suggestions

Attendance, punctuality, planning and organisation are vital at this time. All students have assessments and examination preparation during the coming weeks. Parents can help by encouraging the creation of a large wall calendar including due dates for assessment and a revision plan for study for each night. Listening to student Oral presentations to give your son or daughter practice is most helpful.

For all students, this period of assessment can create anxiety and worry. Students need to be encouraged to plan and persevere so that they can meet the challenge and feel proud of their achievements once assessments and examinations are completed to the best of their ability.

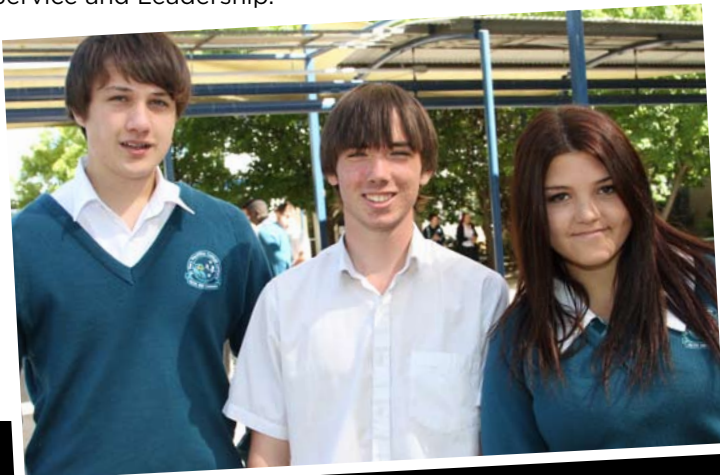
If there are any concerns regarding a student's ability to complete assessments by the due date, then they need to speak with their teacher in the first instance. Please refer to the College Handbook for processes relating to extensions. Supporting documentation is necessary in these instances.

Work shifts need to be lessened for the next month and other social commitment planned around study and revision. Physical activity such as a daily walk or a gym session and healthy eating will help relieve stress and sharpen concentration. Meditation and quiet prayer will create a sense of calm and positive direction. Positive assurances that effort and commitment will pay off will help each student keep their eye on the main goal.

Assemblies & Pastoral Program

At last week's Visual Arts Assembly, organised by Mrs Murdoch and her dedicated team, prizes were awarded for the MacKillop Day Art Competition. Tom Lander was the overall winner with his three portraits. Mr Batten introduced and presented Daniel Low with his \$6000 Snedden, Hall and Gallop Law Scholarship, while Mr Lee spoke to students about the importance of courage and perseverance in pursuing goals for the good of others. He referred to the 50th anniversary of Martin Luther King's "I have a Dream speech" and showed students a film version of the original speech.

This week's Pastoral Program focus was on Community Service and Leadership.



Liturgical Music Presentation

Genevieve Bryant, talented musician and singer and young members of the NET Youth Ministry team have been commissioned by the Archdiocese to enrich and enliven liturgical music in our schools and parishes. This week, Genevieve and the Youth team have worked with Year 10 students from Miss Jacobs' and Mr McPhillips' RE classes and with Mrs Maloney's Year 10 Music class and her Senior Music Industry classes. On Wednesday, ten students from St. Clares joined with MacKillop singers and musicians for a one hour session of singing and music.

Uniform Reminders

- Seniors need to comply with uniform requirements until the end of term.
- Canvas shoes and other alternatives are not acceptable and the designated traditional black leather lace-up, polishable shoes need to be worn by all students.
- Only College bags should be used.
- Nail polish and make-up needs to be subtle and in pastel colours and will need to be removed if it does not meet these criteria.
- No facial piercings are permitted. Only one set of silver or gold earrings are to be worn, one in each ear.

Head Lice

It's that time of year again! Thanks to the kind parent who provided the following suggestion for removing Head Lice without the use of chemicals.

Getting lice in the family is truly horrifying and if you don't get rid of them, they will get into everything and literally take over. Not fun. The really important thing is to find an effective treatment that doesn't require putting harsh chemicals onto your head, which then get absorbed into your body. So, here is a tried and tested remedy which many people use to get rid of head lice without using chemicals.

You will need: A jar of coconut oil & a bottle of apple cider vinegar.

First, rinse hair with the vinegar, don't wash it out, leave it in until it dries. The vinegar dissolves the 'glue' which sticks the eggs to hair follicles. When the vinegar has dried, pour coconut oil into hair, making sure there is complete coverage. Cover hair with a shower cap or hair wrap and leave it in for the whole day, as it will take a few hours for the coconut oil to smother & kill the lice. Comb hair to remove as many of the eggs and lice as possible and then shampoo as normal. This only needs to be done once. It really works. The coconut oil also makes hair beautiful and shiny.

Lois White, AP Pastoral Care - Isabella

CAMPUS NEWS

WANNIASSA NEWS

2014 SRC Elections

The Election Process for the 2014 Student Representative Council commenced last week with students in each year group receiving various leadership presentations during the Pastoral Program. A large amount of interest has been shown by students with many nominations received this week.

Campus Captain Speeches and elections will take place on Wednesday 6 November.

Elections for Year 9 House captains and Year 7 and 9 SRC positions will take place on Wednesday 20 November.

College Improvement Group

A College Improvement group has been initiated and commenced this week for students wishing to contribute to the College through involvement in projects that enhance the school.

The group will convene each Thursday afternoon for the remainder of Term 4, 2013, from 3.20pm to 4.20pm. The group is open to all students and provides opportunities to demonstrate pride and ownership of St Mary MacKillop College. Students will also have the opportunity to complete Workplace Health and Safety certification.

Students who participate as members of the group will be able to claim their hours of involvement as community service when applying for Silver or Gold Status.

The group will be led and supervised by Miss Millie Morgan.

Parenting ideas

The article attached to this week's newsletter "Let the consequences do the teaching" discusses how parents can act, rather than talk, to get kids to cooperate.

Special Programs

Throughout this year a number of programs have been conducted for students that add to the Pastoral dimension of St Mary MacKillop College. Some of these are targeted programs for students with specific needs while others have been of a more general nature.

These programs that are organised for students and which have great benefits run due to the goodwill of staff who volunteer their time to ensure sessions are well planned. Some programs that have been in place this year include:

The Young Carers Group – This involves those who care for a family member who may be affected by an illness or disability. Students meet once a week during lesson time and have the opportunity to participate in numerous workshops and learn more about their significant roles as young carers. Facilitated by Mr Luke Schofield and Mrs Kelli Campbell

Knitting Group – The knitting group was open to all students in Terms 2 and 3 and provided an atmosphere in which peers could support each other within a social context whilst developing new skill. The students involved produced a blanket which was donated to the St Vincent de Paul Winter Appeal. This was the initiative of Mrs Roberta Coulston

Drumbeat – This targeted small group program has been run in Terms 3 and 4 by Mr Jeremy Margosis and Mr Andrew Reay. The program aims to increase self-confidence and social awareness, build healthy relationships and encourage personal reflection. 'Drumbeat' utilises the Djembe drum using rhythm and music to allow students to express themselves.

Status Awards

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

Bronze Status: Taylah Abbott (7F2), Emma Browne (7A1), Annabella Campbell (7W1), Brendan Clarke (7F3), Lauren Crispin (7A2), Jaimie Forster (7EW), Leo Heldon (7W1), Julianne Jarrett (7F2), Sarah Masters (7F2), Sophie Nguyen (7E3), Holly Nolan (7A1), Melissa Prior (7F1), Megan Vu (7A2).

Silver Status: Aisling Kinsella (7F2)

Lachlan McNicol, AP Pastoral Care

COMMUNITY NEWS

Padua Class of '83 Reunion

This takes place at Hotel Realm Barton, Saturday 9 November 2013, from 5.30pm. The organising committee are trying to locate ex-students who would have completed Year 10 at Padua Catholic High School in 1983. This includes students who may have left a little earlier, as well as teachers who would have had the pleasure of educating us!

Please contact Kerrin Hardie (Prout) on 0404 462 292, kezzah68@gmail.com, or at 'Padua High Wanniasa Class of '83' on facebook.

Australian Sports Camps

A host of cricket, tennis, and basketball sports camps will be run over the January school holidays. If you are interested, call 1300 914 368 or visit australiansportscamps.com.au.

Worldwide Marriage Encounter

This weekend retreat for couples takes place over 8-10 November at Mt Carmel Retreat Centre, Varroville, NSW. Information can be found at www.wwme.org.au or on 02 4283 3435.

INSIGHTS

by Michael Grose – No. 1 parenting educator

parentingideas.com.au

parentingideas.co.uk

parentingideas.co.nz



Let the consequences do the teaching

Behavioural consequences are a parent's best friends. When consistently applied consequences will improve kids' behaviour and increase personal responsibility.



Too often parents will overtalk or repeat themselves to get cooperation from their kids. Too much talk and most modern kids tune out.

Alternatively, parents who protect their kids from the consequences of poor or selfish behaviour aren't doing them any favours as they are robbing them of terrific learning opportunities.

I love the notion of behavioural consequences as they teach kids to take responsibility for their lives and to make smarter choices.

Parents can use two types of consequences – logical and natural consequences

A logical consequence is used more frequently in family situations. They require adult intervention and are used when their behaviour disturbs other people. A child who makes a noise in the family room is asked to leave; children who refuse to clean their toys lose them for a period of time; and teenagers who come home late from a party lose the right to go out next time.

The 3 R's of consequences

Consequences often involve the withdrawal of a privilege or a right. For example, a teenager who spends more time than agreed on Facebook, may lose access to technology for a day or two.

Restitution, or making up to someone for unfair treatment or for loss of a possession is another form of consequence. A child who willfully breaks his sister's toy may make full or part payment for a replacement. In both these examples the consequences are **related** to children's misdemeanours, and are **reasonable** and **respectful** of their dignity.

A natural consequence involves NO adult interference. For instance, a child who leaves an excursion note at home will miss the excursion; a child who spends all his pocket money on the first day will have nothing for the weekend and a child who oversleeps and misses the bus walks to school. In these examples, children learn from the direct consequences of their own decisions and thus they are not protected from negative outcomes from their parents.

"It's your fault, mum!"

Some kids are experts at manipulating their parents to rescue them from experiencing the consequences of their poor choice. They'll blame their parents for not getting them out of bed on time, or for not reminding them about their responsibilities. It's best to stand back and let the consequences work their magic!

Note you shouldn't use natural consequences when safety is an issue. Act decisively to ensure your child is safe.

Here are four simple tips to help make sure your consequences are effective:

Tip 1: Set consequences like a neutral cop.

Issue a consequence using sarcasm or anger and your kids will be angry at you. Issue it like a neutral cop free from emotion or without being heavy-handed and your kids are more likely to be mad at themselves.

Tip 2: When possible, negotiate consequences prior to engaging in new activities.

If your young person is going out for the first time with friends at night, talk about their behaviour and home time. Also discuss the likely consequences if kids don't stick to the agreement. As a rule, kids are more likely to abide by consequences when they've had a say in deciding them.

Tip 3: Avoid life sentences.

Ban a child from going out for a few days rather than leaving the duration open-ended. Set a time-frame for the consequences and remember the second of the 3R's – **reasonable** – means that parents shouldn't go overboard with consequences.

Tip 4: Don't acquiesce to terrorism....or guilt.

If your child issues a threat saying something like, "There's no way you can make me come home at six o'clock," don't rise to the bait. Deflect it by saying, "We'll talk about this tomorrow." Don't give into the threats of running away or non-cooperation. "I hope you don't run away. It's great having you at home. I want what is best for you." Avoid stating what you would love to say, which maybe something like, "Yeah, try running away. You wouldn't last inside two days before you are back here begging for a good feed and comfortable bed!!"

Bite your tongue instead, and let the consequences do the teaching!

For more practical ideas to help you raise happy confident kids subscribe to Happy Kids, Michael's free email newsletter at Parentingideas.com.au. You'll get a free Chores & Responsibilities Guide when you do.

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