



# ST MARY MACKILLOP COLLEGE CANBERRA



15 November 2013



## PRINCIPAL'S LETTER

### Welcome to St John's College, Darwin

St John's College Principal Mr David Johns, support teacher Jessica Perris, and five senior students Austin, Clare, Singita, Thomas, and Nick visited St Mary MacKillop College for our Wanniasa Campus Assembly, school tour, and class visits on Wednesday.

Mr Johns and each of the students introduced themselves at Assembly, spoke of where they've come from, what they value about St John's, and told us a little of Catholic education in the Northern Territory.

Students were in Canberra as guests of Senator Nova Perris, who was elected on 7 September to represent the Northern Territory for the Labor Party. Nova Perris, the first Indigenous woman to win an Olympic gold medal (Atlanta 1996) and an internationally renowned athlete, had, prior to her election, established the Nova Perris Academy at St John's College, Darwin to provide opportunities for sporting excellence for children from Northern Australia.

Mr Johns and the students brought to our Assembly a sense of the remote, distant outback, of the missionary nature of Catholic education in the Territory, and a sense of the spirit and charm of that famous school's community - they charmed us all.

Next year, MacKillop will host several students from St John's for ten days to be part of our school community and we will reciprocate in the Northern Winter by sending some of our students there. This Territory-to-Territory relationship will be another first for MacKillop!

### Congratulations to Zed Seselja

Congratulations to past student Zed Seselja who was elected to the Australian Senate to represent the ACT for the Liberal Party on 7 September this year. Zed is well-known to many members of the MacKillop community, a frequent guest to the school, and a splendid supporter of increased Commonwealth and Territory funding for all schools including the non-government sector.

The College leadership appreciates Zed's frequent contact with us and his sincere interest in the progress and wellbeing of our school. Whatever our own politics may be, this is a distinguished achievement for a past student of this school who was born to magnificent parents who migrated to this country from a troubled part of Europe to give their children a better life. I'm sure all of us wish Zed good luck in representing the very real needs of the ACT in the Australian Senate and in the Government to which he belongs.

Yours in St Mary MacKillop,

MICHAEL LEE  
PRINCIPAL



## PRINCIPAL'S PRAYER

Lord, we give thanks for all the blessings that you bestow upon our community. Amen.

## UPCOMING EVENTS

NOV  
TUESDAY

19

- Year 12 Breakfast & Farewell Assembly

NOV  
WEDNESDAY

20

- Senior Exams commence

NOV  
FRIDAY

29

- Year 10 Picnic Day

DEC  
FRIDAY

06

- Year 12 Graduation Mass & Formal

# COLLEGE NEWS

## TOP STORIES

### Cricket Success

Both the Year 7/8 Girls and Year 7/8 Boys recently won the ACT T20 Blast Cricket Championships. Both teams did so in style going through the competition undefeated.

Players in the boys team were: Jack Adamson, Tim Blewett, Aman Chopra, Jordan Coffey, Tyler Hays, Luke Masters, Ben Miller, Thomas Seaman, Ryan Walls and Jakeb Wiseman.

For the girls team, most of whom had never played cricket before, highlights included bowling Belconnen High out for just 17 runs in game 1 and then posting a score of 121.

The biggest win of the day was against rivals St Clare's College who were bowled out for 33 against MacKillop's 5/166.

The Grand Final against Merici College saw another successful run chase by the MacKillop girls who recorded a 34 run victory.

The players were: Nicola Bowell, Amber Brophy, Jenna Cattanach, Charlotte Egan, Gabbie Hardie, Sophie Highmore, Tahlia Howard, Rosie Mingay and Samantha Thomas.



### Recycling Program

Congratulations to Sustainability Coordinator Eugene Lehmensich who has successfully applied for a grant from Keep Australia Beautiful to set up recycling facilities and train a team of students to educate both staff and students about correct recycling practices.

Recycling bins will be put out across both campuses to help make a difference to the ecological footprint of our College.

### Movie Star

Congratulations to Maddi Catlin (Year 9) who is featuring in Australian film 'Backyard Ashes'. Maddi attended the world premier of the movie last week in Wagga. The movie premiered to record crowds and was an absolute hit with some terrific one liners. It continued to play to sold out theatres all weekend in Wagga, Albury, Tamworth and Orange.



### Future Stars!

Kelsie Wall (Year 8) has been selected in the South Canberra Netball Association representative squad that will be participating in the 2014 New Zealand Tour next April.

### Top Business Student

Congratulations to Ruby Guglielmin of Year 12 who has been recognised as one of the top Business students in the ACT with the Chartered Accountants Award.

## HOUSEKEEPING

### School Fees.

Fees for Term 4 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*

### 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*

### Sibling Discount.

If you have a student at MacKillop and one at St Clare's College, Merici, St John Paul College, or St Francis Xavier, you may be eligible for a sibling discount. Please fill out the form at the end of this newsletter and return it to the Accounts Office.

*Michelle Predovan, Fees Manager*

# CAMPUS NEWS

## WANNIASSA NEWS

### Wanniassa Campus Captains

Year 8 students last week heard the speeches of 12 of their peers, six boys and six girls who stood as candidates for 2014 Wanniassa Campus Captains.

The standard of speeches from each candidate was of a very high quality and reflected the maturity and character of the individuals who nominated for this important position of leadership. Each student articulated why they wanted to be considered for the role and the personal traits and strengths that they had to offer. In doing so they also demonstrated their insights into what it means to be a leader.

Congratulations to Sydney Oakman and Anooj Lad who were elected from an exceptional field. Each Year 8 student will play a role in Year 9 2014 as student leaders, whether they were elected to formal positions or not.

Elections for 2014 House Captains (current Year 8s) and SRC members (Year 7 and 9) will take place next Wednesday 20 November.

### Parentingideas

All students from Year 7 to Year 12 have in recent weeks sat exams for different classes and will experience more over the coming weeks as they finalise their assessment for the academic year. This weeks Parentingideas article, Helping your teen win the 'Exam Game', looks at how parents can assist their sons and daughters during what can be a busy and stressful time.

### Ben Donohoe Walk and Run For Fun

Congratulations to all members of the St Mary MacKillop College Community who participated in the Ben Donohoe Walk and Run for fun on 3 November. The event is a fundraiser held in the honour of Ben Donohoe who was a nine year old Canberra boy who died from a brain tumour in 2005. The event raises funds for The Cancer Support Group, Ronald McDonald House Canberra and Make-a-Wish Australia. This year the MacKillop SRC advertised the event to the College

### ACTION Buses

ACTION school bus supervisors have reported that some students have been boarding buses without paying fares. In most cases this has been because the balance of MyWay cards have been used up.

Students catching ACTION Buses who do not have a MyWay card, or have no credit remaining on the card are required to pay the cash fare. Drivers are generally understanding in one-off circumstances if students experience difficulty in this regard. However, it is expected that the situation would be rectified as soon as possible.

Information about fares, obtaining new cards and how to check your balance and top up your card are available on the ACTION website at [http://www.transport.act.gov.au/catch\\_a\\_bus/myway](http://www.transport.act.gov.au/catch_a_bus/myway)

### Status Awards

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

Bronze Status: Chloe Alder 7F2, Ryan Badowski 7W1, Sally Corey 7E3, Pia Gattuso 7F2, Tayla Grobbelar 7W3, Phoebe Holmes 7W3, Harleen Kaur 7F2, Ashleigh Keating 7E1, Stephanie Maima 7W2, Sarah McNab 7A1, Nicole Morris 7W1, Abby Taylor 7A2, James Warren 7A1, Rachael Cooper 8W2, Laura Evans 8A3, Rhiannon Sanderson 8W1

Silver Status: Chloe Boyd 9A1

Gold Status: Leanne Golding 9E3, Brooke Tierney 9E2

*Lachlan McNicol, AP Pastoral Care*

## COMMUNITY NEWS

### New Fire & Rescue Station

The ACT Government has provided funding for a new Fire & Rescue station for South Tuggeranong to be located next to the roundabout intersection of Tharwa and Drakeford Drives. The new station is the next step in the commitment to ensure that emergency services are able to meet the growing needs of the ACT community. The Emergency Services Agency (ESA) will regularly keep you up-to-date with information about the new station, such as the commencement of construction activities in the next few months. If you want to provide feedback about this new station, then please send an email to the ESA at [esahaveyoursay@act.gov.au](mailto:esahaveyoursay@act.gov.au)

staff and students and created an online team registration. Twenty-three members of the MacKillop community travelled to Lake Ginninderra on the beautiful Sunday morning and walked or ran 3 or 6km. Thank you to all staff and students involved and the support from their families.

*Mrs Candy*



### 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](http://australiansportscamps.com.au).

### St Thomas the Apostle Concert

Peter Kearney will perform the 'St Francis of Assisi - a journey in song' concert at St Thomas the Apostle Parish, Kambah, on Friday 22 November at 7pm. Donations welcome.

# INSIGHTS

by Michael Grose – No. 1 parenting educator

[parentingideas.com.au](http://parentingideas.com.au)

[parentingideas.co.uk](http://parentingideas.co.uk)

[parentingideas.co.nz](http://parentingideas.co.nz)



## Helping your teenager win the 'Exam Game'

Examinations can mean testing times for parents and students. It doesn't have to be so hard. Here's an approach that will help ease pressure on students and maximise chances of success as well.



### Article contributed by Dr. Jason Fox

There are few things more frustrating for parents (and teachers) than seeing a bright, hardworking student crumble during assessments and exams. While in some cases this may happen because of a lack of effort, most students genuinely want to do well.

An exam is a very artificial situation that needs to be approached in a specific way to maximise success. One way of framing exams to help moderate the very serious pressure many students feel about exams is to see them as a game – just a game, and a great opportunity to show off their learning.

There are three phases in the exam game – **learning**, **revising** and **applying**. If you want to help someone lift their game, or get their head into the game, it helps to know what the game is. Here are a few thoughts for each phase:

#### Learning it

In the learning phase, students are still encountering new information, and they've still got processing to do. Here, the focus is on understanding. You can help your teenager by letting them teach you what they have learnt each day. By giving them the opportunity to do this, they play the empowering role of being 'teacher' for a change. They also get practiced at communicating and applying their knowledge in new ways.

The trap here is that you may want to correct them on things, or to show off your own expertise. Instead, focus on celebrating what they do know. **Be curious, not controlling.**

#### Revising it

Here's where it's important to ask your teenager how you can best help them revise. Do they need a quiet space at certain times each day? If they're lucky enough to have dinner cooked for them, could it help to have dinner served earlier? Can you help them host productive group study sessions?

Work with them, and give them the power and responsibility to craft the parameters that'll enhance their own performance.

The single most effective technique for mastering exams is to help your teenager do a lot of them. The more exams student have practice with, the more feedback they get for their revision, and the more they can focus on what they need to learn.

Purchase copies of practice exams and then help them establish an exam-like environment to do them in. Their ability to recall information is significantly enhanced when they learn in an environment that closely resembles the environment they learned it in. If they learn and revise in exam-like conditions they'll be more likely to recall information in exams. When students take practice exams in exam conditions, they sharpen their ability to apply what they know, rather than simply study things. It also helps them to refine and focus their revision programme early.

#### Applying it

There are many factors in the 24 hours before every exam that influence exam performance. Here's an important factor: **state management**. You want your teenager to be 100% primed before any exam, which means you'll want to be very focussed on positive reinforcement. You want them to feel confident and capable – not dreading what may happen if they 'fail'. Help them to demystify the exam experience. Emphasise the opportunity inherent within exams, but remind them that exams are, ultimately, just a small part of a bigger game. In the universities I have lectured at, I would urge my students to encourage other students prior to sitting their exams, to embody the role of 'positive uplifter' before their exams. Not everyone would, of course, but those who did would not only make others feel better (by offering words of encouragement or by sharing a joke to elevate the mood) – they'd also feel better and more confident themselves. This sure beats students comparing how stressed they are!

Ultimately, the best way for teenagers to enter exams in the most positive state is to have their learning validated through a **solid revision strategy** and a diet of **practice exams**, **low GI foods**, **plenty of sleep** and a **healthy sense of humour**.

And don't forget to remind them how proud you are to see them get this far.

#### Parentingideas Exam Expert

*Dr. Jason Fox is a multi-award winning international speaker who has helped thousands of students master the academic game. You can learn more about Jason at [www.drjasonfox.com](http://www.drjasonfox.com) and [www.enjoyexams.com](http://www.enjoyexams.com)*

Michael Grose Presentations  
PO Box 167 Balnarring Vic 3926  
p + 61 3 5983 1798  
f (03) 5983 1722  
e [office@parentingideas.com.au](mailto:office@parentingideas.com.au)

[parentingideas.com.au](http://parentingideas.com.au)  
[parentingideas.co.uk](http://parentingideas.co.uk)  
[parentingideas.co.nz](http://parentingideas.co.nz)  
[facebook.com/michaelgroseparenting](https://facebook.com/michaelgroseparenting)  
[twitter.com/michaelgrose](https://twitter.com/michaelgrose)



Join Michael's community of parents on Facebook. Go to [www.facebook.com/michaelgroseparenting](https://www.facebook.com/michaelgroseparenting) and click on the Like button.

# St Francis Of Assisi

## FETE



Brought to you by

THE  
**realestate**shop  
.com.au

The real estate agent you can trust

**Saturday  
16 Nov  
10am-3pm**

**Casey Cres  
Calwell**

and  
**Proudly Sponsored by**



Calwell, Curtin, Jerrabomberra and  
Wanniassa **Community Bank®** branches

**Bendigo Bank**



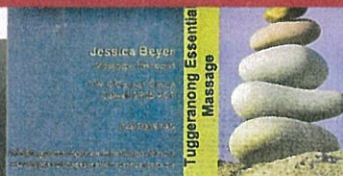
**SYNERGY**  
SELF DEFENCE AND FITNESS

**ActewAGL**

for you



**Microsoft**



**Simco Fresh Meat**

**Canberra's  
SUPER  
BUTCHER**

**The Athlete's Foot**  
**MUSICORP™**  
AUSTRALIA

CHI & HOLM

**CAFE  
&  
PATISSERIE**

**GRAND-PRIX  
KARTING  
FYSHWICK**

6 Years old and up  
No height limits  
Burns either under cover or in our new Only 10 minutes from City.  
Driving for the everyday Single, Jet and two seat Go-Karts  
39 Collie Street Fyshwick ACT 2609  
Ph/Fax: 6239 2268  
For bookings phone Jeff and Cate Davies  
www.grandprixkarting.com.au

Dymocks Tuggeranong, St Johns Ambulance,  
Snowy Hydro Southcare, Calwell Capital Chemist,  
Bunnings Tuggeranong, Price-Attack-Tuggeranong

**Curves**

The power to amaze yourself.™

# SIBLING DISCOUNT

## SIBLING DISCOUNT

The Catholic Education Office offers a discount on Tuition fees to siblings who are attending St Mary MacKillop College and one or more of the following schools:

- ☐ Merici College
- ☐ St Clare's College
- ☐ St Francis Xavier College
- ☐ John Paul College

If you have a student attending any of the above Colleges, as well as having a student at St Mary MacKillop College, please complete the section below and return it to the Accounts Office for the sibling discount to be applied to your account in 2014.

Please note that you do not need to fill in the form below if all siblings are attending St Mary MacKillop College as they automatically receive the sibling discount.

If you have any concerns regarding this matter, please contact the Fees Manager on 6209 0147.

FAMILY NAME: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

STUDENT'S FULL NAME	SCHOOL ATTENDING IN 2014	Year Group 2014

PLEASE RETURN THIS FORM TO THE ACCOUNTS OFFICE BY 6 December 2013