



PRINCIPAL'S LETTER

Mackillop welcomes St Joseph's College from France

The MacKillop community has welcomed 20 students and teachers from St Joseph's College in Le Havre, France. St Joseph's is a coeducational Catholic secondary school of approximately 2400 students located in the delightful port city on the English Channel. They are in Australia for nearly four weeks visiting Sydney and Melbourne and have been welcomed into the homes of 19 MacKillop families for two weeks during their stay at MacKillop.

Whilst in Canberra, they have attended all different kinds of classes on both campuses, the National Gallery of Australia, Questacon, Old and New Parliament House, and significantly, the GWS v Sydney Swans AFL match at Manuka Oval!

The purpose of the trip is to provide the French students with a cultural experience of Australia and to help them improve their already impressive understanding and use of English. St Joseph's College is a leading academic school in Northern France enjoying a strong reputation for academic excellence in Normandy and around the Republic.

Thank you to the MacKillop families who have housed, fed, and entertained these delightful guests to our community. Viva la France! Viva l'Australie!

Heavy rain

Although our Isabella Campus sustained considerable water damage with the downpour of rain on Wednesday afternoon, thanks to the efforts of the maintenance staff, with the help of support and teaching staff, no classes have been interrupted. A number of MacKillop families, however, have experienced hardship and inconvenience as a result of the rain. I'm sure all members of the MacKillop community regret that damage to homes has been sustained and wish those members of our community well in their recovery.

The Opening Mass

Tomorrow, the College will celebrate the Opening Mass for the 2014 school year. We are blessed to have the new Archbishop, Christopher Prowse, as our celebrant.

I would like to welcome all members of our College community to join us for the Mass at the Tuggeranong Basketball Stadium from 9.30am tomorrow morning. It is sure to be another moving full-College event.

Yours in St Mary MacKillop,

MICHAEL LEE
PRINCIPAL



PRINCIPAL'S PRAYER

Lord, we give thanks for the year as it unfolds before us Amen.

UPCOMING EVENTS

FEB FRIDAY 21	<ul style="list-style-type: none"> Opening Mass Year 12 Mentoring Day
FEB TUESDAY 25	<ul style="list-style-type: none"> Photo Day (Wanniassa)
FEB THURSDAY 27	<ul style="list-style-type: none"> Photo Day (Isabella)
MAR TUESDAY 04	<ul style="list-style-type: none"> Moderation Day (Pupil-free) Year 12 AST Trial

COLLEGE NEWS

NEWS+INFORMATION

School Fees

Term 1 Fees have now been sent out. Fees are to be paid by 7 March 2014 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

Opening Mass

St Mary MacKillop College invites families and friends to join us at our Opening Mass on Friday 21 February. The Mass will take place at the Tuggeranong Southern Cross Stadium, corner of Athllon Drive and Cowlshaw Street, Greenway. Mass will begin at 9.30am. We look forward to having you join us in our celebration.



Breakfast Club

To help students get the best start to their school day, the College has a breakfast club for students at the junior campus. On Monday, Wednesday, and Friday mornings between 8.15-8.40am, toast, fruit juice, Vegemite and jam are available in the Wanniasa canteen. There is no cost involved.

WANNIASSA NEWS

Uniform

The standard of uniform on the Wanniasa Campus has been outstanding in the opening weeks of the school year. The way in which students present themselves can say a great deal about the pride they have in their school and the image they portray to those outside of the MacKillop community. For this reason students are encouraged to wear the full and correct uniform not only while they are at school, but also to give attention to wearing their uniform correctly while traveling to and from school.

Thank you to all families who have ensured that our students are in full and correct uniform to commence the year and who give a message that is consistent with that of the College.

If there are circumstances that prevent students from wearing the correct uniform, they are required to bring a signed note from their parents/carers to explain the situation. This needs to be presented to their Pastoral Care Coordinator during PC time each morning so that a uniform pass can be obtained.

School Photos

Next Tuesday 25 February is Photo Day at the Wanniasa Campus. Students have this week been issued with a 'photo envelope' through which orders for photograph packages can be made.

If parents wish to purchase photos, students are required to return the envelope on the day and give it directly to the photographer with the correct money or payment details enclosed.

This year all boys will be required to wear their MacKillop tie for the photograph. Students in Year 8 and 9 have been asked to locate their tie and bring it with them on Tuesday so that it can be worn for their photograph. For students in Year 7, or others who are new to the College, who may not yet have their own tie, spares will be provided for those students for their photograph to be taken.

ACTION Bus - MyWay Cards

It is suggested that students who have an Action Bus MyWay card, record their card number in the front of their school diary and mark their initials in small print on the card. Occasionally cards are lost and handed to student reception but there is no way of knowing who the card belongs to unless students have recorded their number and marked their initials on it. In the event that a card is lost or stolen the number will also need to be provided to have the balance transferred to a new card.

Afternoon Sport Opportunity

The 2014 College Sports Captain, Hayley Ngametua, this week spoke with all students about an initiative that she is organising in her student leadership role.

Each school term, students in Years 7 to 9 will be provided with the opportunity to participate in an afternoon of sports activity. In Term 1, the sport will be Oz tag and the program will run from week 4 until Week 9 from 3.30pm to 4.30pm on the Wanniasa Campus oval. The activities and games will be facilitated by Year 12 student volunteers and supervised by staff.

The afternoons are open to all students. It may attract boys and girls who play Oz tag competitively, while it is also designed to cater for those students who may have no involvement in organised sports.

Students wishing to attend do not have to have any experience of playing Oz tag. They can attend and participate with friends in an atmosphere of fun while developing and maintaining fitness and learning new skills.

Students who have attained Bronze or Silver Status will be able to count the hours that they attend towards their application for the next level of Status, as Community Involvement time.

Consent forms for students interested are available from Pastoral Care Coordinators, the PE Staffroom or they can also be downloaded from StudyWiz.

Hayley intends to organise similar opportunities in other sports during Terms 2 to 4 this year.

Parentingideas

The start of a new academic year brings with it a great deal of change for many students. They are encouraged to reflect on the past and set goals for the future so as to improve in specific areas. Parents can also assist in a variety of ways in order to "Make this year your son or daughter's best ever year at school" as outlined in the Parentingideas article of this fortnight's newsletter.

*Lachlan McNicol
AP Pastoral Care - Wanniasa*

ISABELLA NEWS

NEW SENIOR CAR PARK

The student car park will re open next Monday following an upgrade of the facility. \$105,000 has been spent establishing levels so that surface water will drain from the area, as well as resurfacing and refencing the area. Parking areas are now clearly defined and concrete barriers placed to maintain the safety of students using the car park.

What was once a muddy, water logged, potholed paddock with inadequate facilities is now an appropriate and safe place for students to park their cars.

Students will no doubt appreciate the work that has been done and will now be able to use the area with little likelihood of damage to their cars.

With the use of the new facility however, comes greater responsibility and the students are reminded of the following College rules:

- All students driving to and from school must register their vehicle with the front office
- Students are not permitted to transport other students, other than siblings, to and from the College in their motor vehicle
- The speed upon entering the College grounds is 10km hour and then walking pace
- Students are required to park in the designated areas
- An over flow area is provided when the allocated areas have been used up
- The car park is out of bounds during lessons, recess and lunch unless the Year 12 students have signed out following their Period 4 class.
- The area is to be kept free of litter
- Any dangerous driving, speeding, spinning of wheels etc will result in the student driving pass being revoked
- Wilful damage to the area will result in the students being requested to pay for the repair of the damage and their driving pass being revoked

These expectations and responsibilities have been discussed with the students and they are aware of our expectations of them. We trust the students will appreciate the work that has been done and the improvements made to assist with their safety and that of their motor vehicles.

*Paul O'Callaghan
Isabella Campus Head*



SENIOR STUDIES



On Tuesday 18 February our Tertiary Year 11 students had the opportunity to engage in the Queensland Core Skills test. For us it's a great practice opportunity for those students looking to receive an ATAR before they are required to sit the actual AST examinations next year. They get to experience the strict standardised testing environment they can expect in 2015 and it informs us of areas that we might be able to focus on in future trials and AST workshops.

On Wednesday 19 February, all of Year 12 were invited to interviews to discuss their plans for the future and what MacKillop can do to help them reach their goals for 2014 and beyond. Year 12 is the end of a long journey for our students and the last chance we as a College get to leave a long-lasting positive imprint in their lives. We encourage our Year 12 students at this point in their journey to consider how they spend their final year at MacKillop, what they want to get from it and what kind of legacy they'd like to leave for our younger students to remember.

The next big event for our Year 12 students will be the AST trials on Tuesday 4 March. All current Year 12 students wishing to attain an ATAR are required to be at school as normal on that day to sit practice AST-style exams. These practices are how we prepare them for the actual AST tests but also help us identify areas for growth. Please note that all other students are not required to be at school on this day including Year 11 who were mistakenly listed as needing to attend AST trials on this day... apologies for any confusion on this matter.

As always, if you have any queries, please don't hesitate to contact me.

P: 6209 0173

E: colby.cruwys@mackillop.act.edu.au

*Colby Cruwys,
Senior Studies Coordinator*

CURRICULUM CORNER

For the 2014 school year, each newsletter will feature a page from a different faculty/learning area. This page might feature learning tips, news, or upcoming events.

The first report is from our Teaching and Learning Coordinators with information about our reading program. Enjoy!

TEACHING+LEARNING

Reading @ SMMC

In 2013 the College participated in a research-based intensive reading program called i-Read. This program is the creation of Associate Professor Kaye Lowe formerly from the University of Canberra. The program has been used at the University with great success for many years and is now available for use in schools. At St Mary MacKillop College we have trained fourteen staff to facilitate the one-to-one program and we plan to train more mentors in 2014.

The program involves a reading mentor working with a student who has been identified with reading difficulties twice a week for a ten week period. During these sessions the student is encouraged to choose reading material in hard copy or online, taught appropriate reading strategies and given the opportunity to write about their reading experience. Many of the reading strategies used by the mentors will be presented to parents at a Parent Information Session run at the College later in the year. Parents are also encouraged to support their son or daughter by reading with them for ten minutes each night from a book of their choice.

The College will be running the i-Read program again in 2014 for students in Years 8 and 9. Teachers have been asked to identify students they think would benefit from the program and parents will be contacted about the program. If you think your son or daughter might benefit from such a program and you are willing to attend the parent information evening and read nightly with your child please contact the Teaching and Learning Coordinators, Maria O'Donnell or Clare Fletcher, on 6209 5298 for more information.

How can I help my son or daughter with reading?

Sustained daily reading practice of books of choice with guidance and assistance is a proven winner for struggling readers. When your son or daughter comes to a word they do not know:

WAIT. Don't rescue them...

- Avoid eye contact.
- Keep your eyes on the page.
- Give your son or daughter TIME to piece together the clues.
- Readers need time to look ahead, re-read, skip words and pick up clues or information from illustrations.

When your son or daughter substitutes a word that does not make sense say:

- "Does that make sense?"
- "Try that again; go back to the beginning of the sentence."
- "Read on to collect more information."

Give praise after the reading. Praise the reading not the reader. Reinforce and support good reading habits by responding with:

- "I liked the way you read ahead."
- "I liked the way you worked out that word by using the clues in the sentence."
- "I liked how you self-corrected when you read the word incorrectly."
- "I liked how you did not stop and get worried about that word."

Choosing a book

Readers need to make choices about what they read for pleasure. They need to explore books and find books they love. When you allow your son or daughter to choose a book, you are saying: "I trust you to be able to make the decision" and "I respect your interests."

Happy Reading!

Maria O'Donnell and Clare Fletcher
Teaching and Learning Coordinators

COMMUNITY NEWS

Canberra School of Tennis

The Canberra School of Tennis is offering a free family open day tennis clinic. This is an opportunity for people of all ages to try out tennis. There will be coaching clinics for all ages, Tennis Australia MLC Hotshots program, Cardio Tennis, a BBQ, prizes, and more!

The open day takes place on Saturday 22 February at the Pines Tennis Club, Chisholm, between 1.30-3.30pm. Bookings are essential! Phone 0432 118 204, 6241 3705, or email csot@hotmail.com.au.

South Tuggeranong Knights Rugby League

Do you want to play rugby league in 2014? Why not come along and sign up to play with the South Tuggeranong Knights? We are a small, friendly, family oriented club which operates with Gordon Playing Fields as our home ground and Conder Ovals as our training fields.

We have teams from U6-U16. Registration is \$120. For more information call Steve on 0407 786 307.

St Edmund's College 60 years

St Edmund's College invites members of its community, past and present, to join the school in celebrating its 60th Anniversary Opening Mass on Wednesday 26 February at 7.15pm. The Mass will take place at Manuka Oval, Griffith, followed by a reception.

For catering purposes, please RSVP to Arlene Grey on 6295 3598 by Friday 21 February or visit www.stedmunds.act.edu.au for more information.

The Journey Through Adolescence

The Resourceful Adolescent Program for Parents (RAP-P) is suitable for parents and carers of secondary school students. RAP-P will help you:

- Help your teenager to develop a healthy self-esteem,
- Help your teenager to gain independence while still feeling safe and part of the family,
- Manage your stress so you can do your best job as a parent,
- Prevent and manage conflict with your teenager
- Promote harmony in your family.

This course is offered 3 hours per week over a 3 week period, beginning 27 February. The course will be held at 57 Hicks Street between 6-9pm. A \$50 fee includes course materials. Bookings essential on 6162 6122.

Valley Dragons Rugby League

Valley Dragons registration is on 2 March (10am-12pm) and 16 March (6-7pm) at 'The Burra' (Finlay Place Gowrie). Registration costs \$120 (one player), \$220 (two players from same family), or \$300 (three or more players from same family). Registration available for U6 to U16. Costs include insurance, shorts, socks, year book and all players that register in 2014 are given their newly designed heritage playing jersey at the end of the season.

Contact Rebecca on secretary@valleydragons.com.au

Marymead Family Skills

The Marymead Family Skills program is facilitating a five session program, 'Strong Emotions and Stress Management', for women in March. Limited places still available! Runs Wednesday 5 March to Wednesday 2 April (10.00am-1.30pm). A cost of \$50 (or \$25 Concession) covers lunch and limited childcare.

For any further queries or to register for the course, please contact Linda Pronk on 61 62 58 72.

Scouts ACT

Scouting is a worldwide movement that has shaped the development of youth and adults for over 100 years. The aim of Scouting is to encourage the physical, intellectual, emotional, social, and spiritual development of young people so they may play a constructive role in society as responsible citizens and as members of their local and international communities. This aim is achieved through a strong and active program that inspires young people to do their best and to always be prepared. Scouts ACT would like to invite you to a free three-week trial of scouting. For more information, call 1800 SCOUTS or visit www.scoutsact.com.au.

The Harvest Shop

The Harvest Shop is a new Christian resource centre with a wide range of inspirational cards, gifts, and a selection of books, CDs and DVDs. Special orders we are happy to service. Now trading with EFTPOS. We are located at the corner arcade, (Shop 11) Homeworld Centre, Anketell Street, Tuggeranong. Open Tuesdays - Fridays (12.00pm - 5.30 pm) and Saturdays (9.30am - 1.00 pm). For information, visit www.harvestcanberra.com.



INSIGHTS

by Michael Grose – No. 1 parenting educator



7 ways to make this year your child's best year ever at school

A new school year means a fresh start for students. Regardless of your child's performance last year, they start school with a clean slate. A break offers students the chance to begin new habits and adopt new behaviours.

Here are seven ideas to help you make the most of the fresh start and make this year your child's best year ever year at school:

1. Commit to your child going to school every day on time.

One of the most important things you can do to ensure your child has a bright future is to make sure he or she goes to school every day – and gets there on time. Kids spend more time asleep than at school, so we need to maximise every day to get full value.

2. Help kids start each day well. A good night's sleep, a healthy breakfast and some words of encouragement from you will help set a positive tone for a day of learning. This may mean that you adjust your morning routine so that kids have plenty of time get up, eat and get ready for the day.

3. Establish work & study habits. The most successful students are those that develop regular study habits that suit their lifestyle, their study style and their school's expectations. Find out the work expectations from your child's or young person's school and help them establish a work routine that matches.

4. Make sure your child gets enough sleep. Many children and young people are sleep-deprived, which impacts on their well-being and their learning. A good night's sleep consolidates learning, as well as assist future learning. Children need between 10-12 hours of sleep each day, while teens need a minimum of nine hours. Help kids get sufficient sleep by having a regular bed-time and get-up time each day. Have 45 minute wind-down time each night, and remove screens and mobile phones from bedrooms.

5. Encourage kids to exercise. Kids today get less exercise than those of past generations, which is an impediment to learning and mental health. Health professionals recommend a minimum of 60 minutes of exercise per day for kids of all ages. Encourage kids to play sport; promote free and active play and look for ways to make moving part of their daily lives.

6. Focus on being friendly. Schools are very social places requiring kids to negotiate many different social situations each day. Encourage kids to be open and tolerant; to be friendly; to be involved in plenty of activities and to be social risk-takers.

7. Develop self-help skills. Successful students are often well-organised, self-directed and self-motivated. You can foster organisational skills and self-direction by developing simple, age-appropriate self-help skills related to their every day lives. Such skills as making lunches, packing school bags, and organising after school schedules can be great lessons that impact on how kids perform at school.

At the start of the school year kids are more likely to adopt changes than at any other time. Make the most of the opportunity by focusing on two or three areas to really focus on and you'll find that the rest will fall into place.

