



**PRINCIPAL'S LETTER**

**Feast of St Joseph**

On Wednesday I was a guest of the Sisters of St Joseph in Australia at the Centenary of the dedication of the Josephite Chapel in North Sydney. Representatives of Josephite schools from all around Australia were present at this wonderful Mass. The Mass highlighted the affection Mary MacKillop had for St Joseph and his qualities of humility, modesty, fatherhood, labour, and gentleness. The North Sydney Chapel houses the remains of St Mary MacKillop, the marble in which she is entombed coming from Carrara in Italy and provided by the Barr-Smith family, Adelaide Presbyterians who were great supporters of Mary's initiative.

The whole event highlighted Mary's service to the poor, to indigenous Australians, abandoned women, and others in need of her help and spirit, a powerful example to all of us today.

**Catholic Schools Week**

Last Friday night saw the conclusion of Catholic Schools Week, celebrated by a huge Mass at St Christopher's Cathedral. At the end of Mass, a number of awards for service to Catholic education were presented by the Director of the Catholic Education Office, Mrs Moira Nadjicki - a previous principal of MacKillop. Four recipients of awards were Mr John Cole, Mr Eugene Lehmensich, Mrs Maria O'Donnell, and Mrs Clare Fletcher. Congratulations and well deserved to four teachers who exemplify the best of teaching at MacKillop!

During the Mass, the congregation was led by MacKillop's A Capella Choir. The quality of their voice was an inspiration to the congregation and was central to the dignity of the celebration.

**New website for MacKillop**

Over the next few weeks, MacKillop's new and improved website will be launched by the College. Mr Aidan Brunskill, Mrs Ruth Walton, and Mr Brett Seivers have led the team whose task it was to create a user-friendly, and modern facility to promote the achievements of our students and teachers to the broader community. In association with company Pixel to Paper, costs were kept low, through the strength of this relationship and the abundant creative energy and skill of MacKillop staff. I hope you'll be impressed!

Yours in St Mary MacKillop,

MICHAEL LEE  
PRINCIPAL



**PRINCIPAL'S PRAYER**

Lord, we give thanks for the life and example of St Joseph, whose feast day we observed on Wednesday 19 March. May he continue to inspire us and lead us to you. Amen.

**UPCOMING EVENTS**

- MAR**  
WEDNESDAY  
**26** • Community Day (Year 7)
- MAR**  
THURSDAY  
**27** • Year 8 Sydney Trip (Group 1)
- MAR**  
MONDAY  
**31** • Year 8 Sydney Trip (Group 2)
- APR**  
FRIDAY  
**11** • Final Day of Term 1  
• Easter Liturgies

# COLLEGE NEWS

## NEWS+INFORMATION

### College Board

Congratulations to Mrs Maria O'Donnell who has taken up a position on the College Board.

The Board's latest report is now on our website:  
<http://www.mackillop.act.edu.au/Website/TheCollegeBoard/BoardNews.php>

### School Fees

Fees for Term 1 should now be finalised unless paying by Direct Debit or other approved arrangement.

Any outstanding fees should be paid immediately.

If you require 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*



### School Tennis

In Week 5, 27 students represented the College at the ACT Secondary School Singles Tennis Championships. Owen Levings reached the final of the U14 Boys (B grade), Grace Bowyer the final of the Open Girls (B grade) and Holly Nolan won the final of the U14 Girls (B grade) tournament.

*Olivier Camus*

### Status Awards

Congratulations to Aiden McLachlan (Year 7) who has this week been presented a Bronze Status Award at the Wanniasa Campus Assembly.

### ANZAC Spirit Awardee

Over the last two years, the ACT Government has coordinated a unique ANZAC competition - the ACT Chief Minister's ANZAC Spirit Prize - to coincide with the celebrations of Canberra's Centenary. The competition encouraged student entrants from years 9 and 10 ACT secondary schools to research, examine and explore the ANZAC Spirit through a creative written or non-written medium.

The winners take part in a study tour of Gallipoli, including a visit to a number of key battlefields on the Gallipoli Peninsula, and will attend the 2014 Dawn Service at ANZAC Cove followed by the Australian Service at Lone Pine.

Allyson Bandle in Year 10, 2013, produced an excellent poem and rationale on ANZAC Day. As such she received the only 'Highly Commended' Award presented. Unfortunately, despite an excellent presentation and strong creative response on the role of ANZAC day, Allyson came third in the ACT.

The College wishes to congratulate Allyson on her wonderful efforts and achievements in receiving the only commendation and achieving third in the difficult and competitive competition. Well done on a wonderful experience.

*Michael Batten*



### ACT Chief Minister's ANZAC Spirit Prize 2014 TRIBUTE MARCH IN GALLIPOLI

The air is still and silent - waiting for days break,  
 When the first light reaches the sky and the eyes of those awake,  
 From behind the ancient mountains - the sun shoots across the sky,  
 It tears apart the night as a calling no soldier can deny,

With aching bodies and worn down bones - the soldiers rise again,  
 To face another ANZAC day which they died for to defend,  
 The soldiers climb the hills at dawn - through silent, sullen lands,  
 The families of these soldiers stand with fresh poppies in their hands,

Oblivious to their desperate cries the soldiers walk on side by side,  
 Amongst them each, an Aussie and a Turk - no different as the ghost of  
 someone who has died,  
 Adopted by the soil of their final resting place,  
 Each soldier marches on with tears still staining their face,

The tears of their families - their lovers, children and mothers,  
 The tears that washed away the blood that stains their flowers,  
 In the bosom of that country in which each did die,  
 Those left can only bow their heads and with broken hearts, silently cry,

Reaching the end of their march the soldiers finally stop,  
 Turning to face the sun, they stand in rows of thousands on that blood  
 stained hilltop,  
 Watching as darkness fades into the skies bleeding rays,  
 And the sun rises on another ANZAC day,

A soldiers work which is never quite complete,  
 Through death each soldier - still refusing to retreat,  
 The troops stand reciting 'The Ode' with dignity,  
 The last post ringing in their ears, they remain in Gallipoli,

In the country which they died and bodies still remain,  
 The Australians and the Turks, each one in the same,  
 Guarding Lone Pine,  
 A shared symbol of hope - resonating throughout time,

On ANZAC day we stand here in the country they helped save,  
 And remember with heavy hearts the lives which they gave,  
 Watching the same sun as the Aussies and the Turks who died to protect,  
 We salute them and recite 'Lest We Forget'.

By Allyson Bandle

# CURRICULUM NEWS

## SENIOR STUDIES



As the school year marches on, students on the senior campus are fast discovering the strict nature of BSSS (Board of Senior Secondary Studies) assessment protocols and I feel it's timely to remind both parents and students of some of the more important rules that we as a College are duty-bound to adhere to:

1. **Senior Class Attendance:** According to the BSSS, students must attend 90% or more of classes to successfully complete a unit. If their absences exceed this without adequate explanation, then students will receive a Void for that unit. This equates to seven unexplained absences across the semester. Staff try to be vigilant about sending Void warnings home so that you can see absences we don't have explanation for. This allows for intervention before it's too late.
2. **Senior Class Assessment:** The BSSS also state that students must submit at least 70% of assessment to be awarded a grade for a unit. We again send Void warnings home if assessment is unaccounted for so that you have the opportunity to speak with your son or daughter and their teacher before the unit is Voided.
3. **Absence on the day of Assessment:** If a student is absent on the day a piece of assessment is being done, almost the only reason that the BSSS will accept is if a Medical Certificate can be produced. This is again quite a strict rule but one that is essentially out of the College's control. If you expect to be absent during a piece of assessment and don't approach the College in advance, we have very little option but to consider that task incomplete.

While the College has a lot of discretionary power in Years 7 - 10 regarding these matters, this is not always the case in Senior School. The BSSS dictates much of how any ACT College delivers and assesses unit content and its black and white nature can sometimes come as a shock to students.

Whatever grade your son or daughter is in, I'm sure attendance and assessment will always be a major concern. If they are in Years 11 and 12 however, extra vigilance regarding these matters will almost certainly be of benefit.

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*

## NAPLAN

In 2014 the National Assessment Program for Literacy and Numeracy (NAPLAN) testing for Years 7 and 9 will be held from 13-15 May (Week 13).

The data obtained from NAPLAN is used by our school to enrich teaching and learning for the benefit of all students in our community. The more students we have participating in the NAPLAN testing the greater the benefit for our College when implementing the available data into our teaching and learning programs.

If your son or daughter has special needs, or requires special provisions during their classroom learning, these will be provided during the NAPLAN testing. If you have any concerns regarding the support provided, please contact the Coordinator for Inclusive Education, Lenore Moore or the College NAPLAN Coordinators (Maria O'Donnell or Clare Fletcher).

If you wish to withdraw your son or daughter from all or some aspects of the NAPLAN testing you may do so. All withdrawals require a signed Parent/Carer Choice to Withdraw form. These

forms are available from the NAPLAN Coordinators. The ACT Department of Education and Training has requested that these forms be completed and returned to the College NAPLAN Coordinators.

NAPLAN Testing dates for 2014 are:  
Tuesday 13 May: Language/Writing  
Wednesday 14 May: Reading  
Thursday 15 May: Numeracy (calculator and non calculator)

An information brochure is available at [http://www.nap.edu.au/verve/\\_resources/NAPLAN\\_2014\\_Information\\_for\\_parents\\_brochure\\_web.pdf](http://www.nap.edu.au/verve/_resources/NAPLAN_2014_Information_for_parents_brochure_web.pdf). This brochure contains information regarding the NAPLAN testing and procedures. Further general information about NAPLAN is available at <http://www.nap.edu.au/>.

If you have questions, please contact Maria O'Donnell or Clare Fletcher via email ([maria.odonnell@mackillop.act.edu.au](mailto:maria.odonnell@mackillop.act.edu.au) or [clare.fletcher@mackillop.act.edu.au](mailto:clare.fletcher@mackillop.act.edu.au)) or call 62095298 (Wanniassa) or 62090140 (Isabella).

*Clare Fletcher and  
Maria O'Donnell  
Teaching & Learning  
Coordinators*



# CURRICULUM CORNER: PERFORMING ARTS

For the 2014 school year, each newsletter will feature a report from a different faculty/learning area. This report might feature learning tips, news, or upcoming events. Today's report comes to you from Performing Arts.

## The hidden and palpable effects of playing a Musical Instrument (Article by AussieKids)

**M**USIC has long been said to tame the savage beast. Music affects our lives tremendously and touches each of us in ways that often go unnoticed while some aspects of musical intervention can hardly be missed.

Playing a musical instrument is a consuming and contagious joy. Just pop in a DVD of a Bon Jovi concert and watch your normally docile spouse transform into a grinning, air guitar playing rock star in your living room. Marching bands can bring a crowd to its feet and whip a sporting event into a frenzy of joy and team spirit.

Reading music also helps a musician develop a good grasp of basic mathematics. Time signatures, quarter notes and complicated rhythms all aid in developing an appreciation of mathematics. Musical notes are also mathematical in concept as they are played in whole and half steps in relation to each other. Some will even contend that playing an instrument raises a

person's IQ.

Playing an instrument can be a great source of stress relief for the musician and his audience as well. Slower paced music can lower the heart rate and blood pressure and can significantly affect a listener's mood.

There are other physical benefits to playing an instrument. Brass and woodwind instruments require breath control and ensure stretching of the air sacs in the lungs called alveoli. Deep breathing prevents these sacs from hardening and losing elasticity and fully inflating the alveoli improves a person's lung capacity. The movement of the hands, arms and fingers during playing can limber up joints and relieve pain in some musicians.

The discipline that is developed during long hours of practising until it is right can be well put to use in everyday life. Perseverance is also learned by the musician and can only be taught through experience.

These life lessons serve the musician well in daily life and help to develop a strong character.

Music encourages creativity in the musician. It inspires individual thought and cooperation among peers while providing an outlet for this creative energy.

Performing in public can be a wonderful experience and teaches self-confidence, integrity, and a sense of pride and accomplishment.

The musician learns to arrive on time to performances and practices, be considerate of others in the band and discovers how to determine when the time is right to take centre stage, or the back seat. It can also be a natural high for the performers as they experience the rush of adrenaline that occurs during a performance.

Becoming a member of a band can be an enormous source of comfort to a musician. The social interaction and feedback from peers help to develop a sense of belonging. Personal accountability and cultural



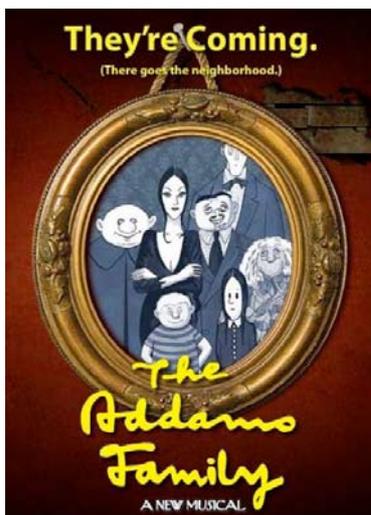
involvement can increase a musician's perceived social status and personal integrity.

A family can also have a musical heritage that has been passed down through the generations and form family bonds and common interests.

Grandparents can share music related memories with their grandchildren and instill a love for music that will ensure the continuation of the family's love of music.

Musical threads are woven throughout our culture and history. They can be found around every corner and hidden in unsuspecting places. A song has the power to trigger a flood of emotions with the first few notes and bring back vivid experiences in an instant. The musician is privileged to take part in the great orchestra of life.

*Aussie Kids Publications  
Pty Ltd, 2014  
(used with permission)*



## THE ADDAMS FAMILY MUSICAL

The 2014 College Musical, The Addams Family, comes to you this August, with Evening Performances on Tuesday 19 August to Friday 22 August commencing at 7.30pm in the College Theatre.

Congratulations to the following students who have been selected from a number of talented performers to be the principal cast. There are also dancers and an ensemble of 40 members.

Gomez: Harley Drake  
Morticia: Zoe Klima  
Uncle Fester: Michael Caruana  
Grandma: Claire Mackey  
Wednesday: Courtney White  
Pugsley: Tom Cameron  
Mal Beineke: Patrick Anderson  
Alice Beineke: Grace Barbic  
Lucas Beineke: Adrian Thomas  
Lurch: Gabriel Anumel

## GET INTO PERFORMING ARTS!

The College recently sent out correspondence regarding music tuition and the College Junior Concert Band. If you are interested, please contact Mr Damien Leer or Mr Tony Lazzarato at the College:  
damien.leer@mackillop.act.edu.au  
tony.lazzarato@mackillop.act.edu.au

# PASTORAL NEWS: WANNIASSA

## SRC Fundraising Initiatives

The Wanniasa SRC this week led Project Compassion fundraising activities to coincide with the celebration of St Patrick's Day.

Students were invited to wear "green headwear" and make a gold coin donation. While at recess "Luck of the Irish Games" were conducted. Students raised just over \$200 in less than half an hour.

## Teen Facts

Every two years Dolly, Australia's most popular magazine for teenage girls, takes a look at the constants in the lives of teenagers – such as school, sex, relationships, alcohol, family and body image – and tracks their thoughts, behaviours and the trends that shape them. Using a mixture of surveys and focus groups the Dolly Youth Monitor has been tracking teenage trends for over two decades.

Based on the insights provided by the 2013 survey, Michael Grose outlines below some facts that parents and educators of teenagers today should know:

1. Today's teens grow up in small families with 45% having one or no other siblings. One in three has parents who never married or who are no longer married. Most listen to their parents, but they also agree that it's healthy to have different opinions or beliefs from their parents.

2. Family is very important to teenagers but the thing they can't live without is their phone. The number of teens with smartphones has doubled in two years. 80 per cent of teenagers now have a smartphone.

3. Bullying is still one of the biggest concerns for young people. Online bullying of teenage girls has increased massively in two years. In 2011, 9% said they'd been bullied. In 2013 it is 36%.

4. Most bullying of boys occurs at school. 74% of teenage boys who are bullied say their bullying happens at school, while bullying of girls is shared more equally between school (55%) and online (43%). The online nature of bullying magnifies the impact of the bullying as everyone can see what's happening.

5. Smoking is on the outer. Only 12% smoke and eight in 10 would like their parents to stop smoking.

6. Parents make it easy for their kids to drink alcohol. Thirty-four per cent of teens in the 14-17 year old age say their parents have bought them alcohol.

7. How a girl looks is linked to her weight. The number one reason girls want to lose weight is to look good. Interestingly, the same reason holds true for boys. 52% of girls would like to lose weight, but only 33% think they are overweight.

8. Hyper-networking drives teen life ... and most of it is online. One in two teenagers feels constant pressure to keep up-to-date with social media. If they don't keep up they may miss out on invitations to parties, knowing what's going on, gossip and the latest trends.

9. Teens are a lot smarter about using Facebook than two years ago. They have fewer Facebook friends, and now are more likely to use Facebook to stay in contact with 'real world' friends rather than purely collecting 'virtual' friends and 'likes'.

10. They are safety conscious too. Only 4% of teens have a totally public profile, which means they are learning about the all-encompassing nature of Facebook.

11. Girls are selective in their use of social media. They are using Facebook to connect with friends, Tumblr as a creative outlet and Instagram as an artistic form of self expression.

12. Teens today are uncertain about the future. Their biggest worry is getting a good job, followed by the need to make money and achieve financial security. This is perhaps due to the global financial crisis of 2008 and the resultant conservative approach to finances shown at home.

13. Here's a disturbing statistic that may be a sign of the times. Twenty-seven per cent of girls and 36% of boys think their generation won't be better off than their parents.

14. This leads girls in particular to invest in their future. Forty-six per cent of girls (compared to 26% of boys) are saving for the future with 27% of girls (and only 5% of boys) saving money for university.

15. They like to help. Eighty-one per cent of teens say they would like to volunteer their time to help others. The harder edge to this is that most admit volunteering would look on the resume.

16. Girls drive themselves harder than boys. Eighty per cent of girls, compared to 72% of boys, believe they need a tertiary education to succeed. This hasn't changed in two years.

17. Stress is coming from everywhere. In 2011 most teen stress came from teachers at school. In 2013, pressure from school is still a factor but it's been joined by pressure from parents and themselves to do well. Pressure to stay up-to-date and present the best possible image on social media is also a source of stress.

There would have been few surprises here for many teachers or parents who are in touch with the lives of young people today. In fact, these findings will confirm much of your experience.

However one thing that stood throughout this process was that young people today live with pressure. 'They always have,' I hear you say. Yes, today's teens worry about their bodies, school, family, friendships and the opposite sex just as they always have. But social networking, the current economic climate and the rate of technological change is adding a new dimension to the pressures that today's young people experience.

## Year 7 Community Day

Next Wednesday, 26 March, Year 7 students will take part in the Year 7 Community Day. A focus of the day will be on leadership and the election process for Year 7 Student Representative Council will commence. The day will allow students to participate in various activities while also getting to better know other students within their House. Year 7 will also learn about our patron, Saint Mary of the Cross MacKillop, through a performance about Mary's life performed by a professional theatre group.

## Year 8 Pilgrimage to Mary MacKillop Place

Year 8 students will participate in a pilgrimage to Mary MacKillop Place in North Sydney and St Mary's Cathedral in the next fortnight. Students in Mindygari and Meup Meup will attend on Thursday 27 March while those in Gurabang and Ngadyung will attend on Monday 31 March (please note that this date has changed from that published in the College Calendar and Student Diary).

The Pilgrimage is taken each year by Year 8 students, providing a greater understanding of the life and historical context in which St Mary MacKillop lived and worked.

## Parentingideas

The parentingideas article below "Swimming against the parenting tide" looks at making decisions as a parent that are not about being liked by your son or daughter but do earn their respect.

*Lachlan McNicol, AP Pastoral Care (Wanniasa)*

# INSIGHTS

by Michael Grose – No. 1 parenting educator



## Swimming against the parenting tide

*Going against popular opinion, particularly when it belongs to a young person, takes some parenting steel. It helps if you are less intent on being popular with your young person and more intent on being respected.*

Sometimes as a parent you need to swim against the tide of popular opinion - that is, what your kids and fellow parents think. Obviously, that takes some parenting steel.

It seems that you must do this a great deal when you are parenting **teenagers**. You may intuitively know what's best for them ('*You are too young to go to that party! It's just too risky*') yet you risk an argument, or not being spoken to for a week if you stand your ground. It's easy to give into young people to maintain your relationship, and to be liked.

But you don't always need to be liked by your young person. However you do need to be respected. Aim for respect, not to be liked, as they won't always approve of your decisions.

### Here's the rub.

Respect often comes later.....much later when they are older and understand that you were acting in their best interests. Respect is earned by treating young people respectfully; but also acting in their best interests, which often means swimming against the tide of popular opinion.

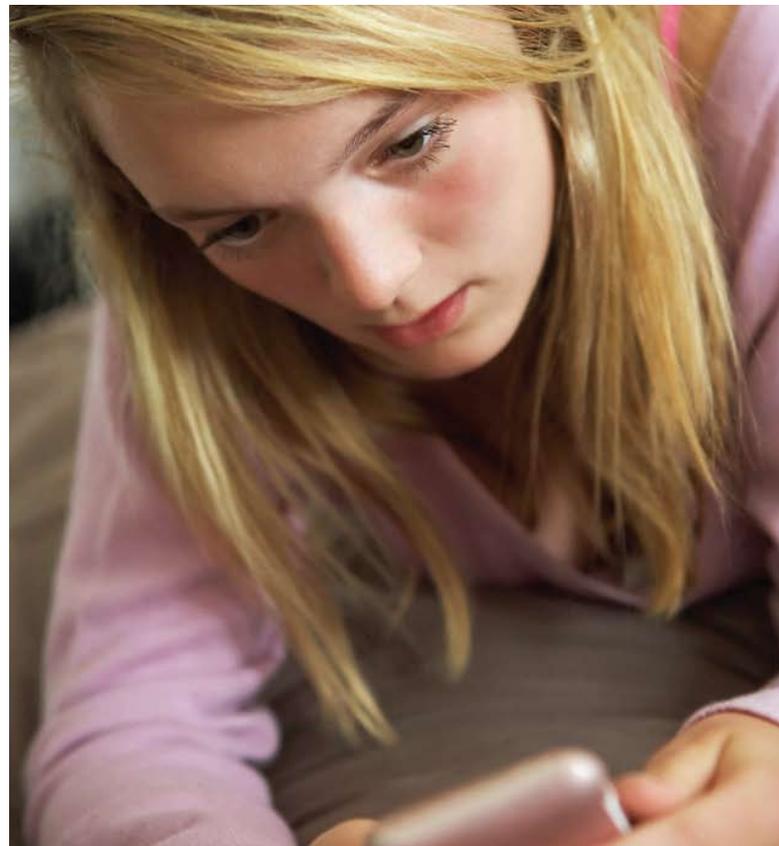
Here are 4 ideas to help you swim against the tide and maintain the respect you need to influence young people:

- 1. Double up:** If your partner is available, then you need to present a united front on many issues with young people, particularly around risk-taking activities and relationships. It's plain hard work alone. Single parents need to draw strength from friends, relatives and other colleagues.
- 2. Call in the troops:** If in doubt, speak to other parents and find out what they think and what they are doing with their young people. It's easier to stand your ground when you know what other parents think and do. Kids use 'the divide and conquer' principle a lot when they want to manipulate their parents.
- 3. Refer to a respected adult:** Sometimes it's useful to call on a respected ally in your child's life. Often they'll

listen to others but not to you, even though the message is the same. Even if you can't call on a respected adult ally in person, you can bring them into the picture saying, "What do you think your uncle would say?" Most of the time, they'll know!

**4. Use one point communication:** When teens want to engage in an argument, rather than a conversation, or they want to continue a fight way after negotiation has finished, use one point communication to get your message across. That is, don't respond and don't make eye contact with them. Looking away robs them of their power. I'm not suggesting we harm your relationship but you do need to use assertive communication techniques to help you stand your ground.

Remember; aim to be respected by teenagers and children as an adult who has their long-term best interests at heart, not necessarily to be liked, which is short-term and not always the wisest strategy.



# COMMUNITY NEWS

## Anxiety Seminar

headspaceACT runs free information and education seminars about mental health and wellbeing throughout the year. The sessions are for parents and carers of young people between the ages of 12 to 25 years.

The next Seminar is on Anxiety. The details are:

Date: Tuesday 25th March  
Time: 5:30pm for 6.00pm Start. Until 7.00pm. Tea & coffee provided.  
Venue: Radford College, Bruce (R.A Young Hall in the Junior School)  
RSVP: (02) 6201 5343 or email [headspaceACT@canberra.edu.au](mailto:headspaceACT@canberra.edu.au)  
Details: See the headspace website [www.headspace.org.au/ACT](http://www.headspace.org.au/ACT) or call 6201 5343 for more details.

Future sessions are:

Tuesday 29 April Depression  
Tuesday 27 May Talking with Young People  
Tuesday 24 June Eating Disorders  
Tuesday 29 July Self Harm

## Tuggeranong Buffaloes Rugby League

Final registration day: Sunday 23 March, Kambah Adventure Playground from 10am. Registrations will be taken for the current season. Family BBQ included. A Buffaloes Marquee will be set up to help you locate us! Looking for players U6-U16.

## Corpus Christi Parish Magazine

The March issue of the Corpus Christi Parish Magazine is available online now:  
<http://www.ccp parish.org.au/sites/default/files/PM22.pdf>

## Cyber Safety Webinar

A free webinar presented by Leonie Smith for parents/carers and professionals takes place on Tuesday 6 May from 7-8pm. To register, visit <http://tinyurl.com/k5ce4x5>.

## MyGapYear

Take a gap year after you finish school and volunteer for a range of charity projects as organised by MyGapYear. Visit [mygapyear.com.au](http://mygapyear.com.au) for information.

## March is Endometriosis Awareness Month

Endometriosis is a disease which affects 1 in 10 women and yet few people know much about it.

If you are a teenage girl or woman who experiences the following symptoms, you may wish to seek help from your GP or Canberra Endometriosis Centre:

- pain with periods (dysmenorrhoea)
- bowel problems like bloating, diarrhoea, constipation, pain with bowel movements
- painful intercourse (dyspareunia)
- sub-fertility or infertility
- tiredness and low energy
- pain in other places such as the lower back
- pain at other times like with ovulation
- premenstrual syndrome (PMS). This might make you feel moody, emotional or irritable
- abnormal menstrual bleeding
- pain before or with urination, recurrent urinary tract infections (UTI's) or interstitial cystitis (IC)

Discomfort with periods is often normal, distress is never normal. If your period is affecting your lifestyle in this way, it is important for you to seek help and find out why. Endometriosis is often described as mild, moderate or severe. However, the amount of pain or other symptoms is not always related to the extent of the disease. This is one of the unexplained mysteries of endometriosis.

Canberra Endometriosis Centre is located at the Canberra Hospital. Enquiries can be made as follows:

Phone: 02 6174 7620

Email: [endometriosis@act.gov.au](mailto:endometriosis@act.gov.au)

Web: [www.health.act.gov.au/CanberraEndometriosisCentre](http://www.health.act.gov.au/CanberraEndometriosisCentre)

## Maths Tutoring

Looking for extra help with Maths? Contact Jeremy Hawkes for help up to a Year 12 level: 0420 925 043 or [jhawkes.tutor@gmail.com](mailto:jhawkes.tutor@gmail.com).

## Stompfit Bootcamp Fitness

Keep healthy with bootcamp classes on Mondays (5.30pm, Fyshwick) and Thursdays (5.30pm, Tuggeranong Lakeside). Contact Stompfit to register ([stompfit@hotmail.com](mailto:stompfit@hotmail.com)).

## SCHOOL HOLIDAY WORKSHOPS

Is your child aged between 10 and 15 years old?

Sign the kids up to a workshop these school holidays at Questacon's newest facility, the Questacon Technology Learning Centre.

Choose from two different workshop formats where they can invent, design, create and have fun!

Half-day and full-day workshops run from 14-24 April.

**For more information visit the website or contact 1800 889 995**

[www.questacon.edu.au](http://www.questacon.edu.au)

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