



PRINCIPAL'S LETTER

Welcome back to Term 2

It's been very pleasant to hear of all the interesting things that have been visited, achieved, read, and done by staff and students and their families over the break. Like many of you, I was grateful for the opportunity to pause and reflect during the Easter liturgies, enjoy a few good novels (An Officer and a Spy, Robert Harris) and to enjoy Seasons 1 and 2 of the high quality French television crime drama, Spiral.

Over the last few days of the holidays, I was fortunate enough to meet the Duke and Duchess of Cambridge with College Captains Claudia Holland and Reece Inkpen and travelled to Melbourne with other Year 12 SRC members to visit the birthplace of St Mary MacKillop, to attend the Dawn Service at the Shrine of Remembrance on St Kilda Road, and to join with 91,730 other fans at the ANZAC Day Collingwood-Essendon AFL match at the MCG.

ANZAC Day

I was very proud to stand with our student leaders and senior staff and 60,000 other Australians at the Melbourne Dawn Service. The solemnity of the occasion, the dignity of the service, and the insight of the Occasional Remark truly honoured the sacrifice of those men and women who landed at Gallipoli 99 years ago and all those Australians who have served their country in their various uniforms of the Commonwealth of Australia.

MacKillop observed ANZAC Day on Wednesday this week on both campuses. The occasion mirrored the dignity and respect of the day that was reflected in similar services around the country and the world. The sacrifice of generations of Australians will not be forgotten at MacKillop. Lest we forget.

Information Evenings for Year 7 and 11 2015

The College will hold presentations for families seeking enrolment into Year 7 for 2015 on Monday 5 May from 6.30pm at our Wanniasa Campus, and for Year 11, 2015 on Wednesday 14 May from 6pm at our Isabella Campus. Please encourage friends and families who might be interested in MacKillop to attend, as they will be most welcome!

Canberra Islamic Centre

Many of you would be aware that the Canberra Islamic Centre in Monash was extensively and savagely vandalised over the holidays. The Islamic Centre has been a good friend and neighbour to this College for more than ten years and it was very pleasing to see so many staff and students attending the clean up day in the holiday break. Congratulations to Federal Member Gai Brodtmann for organising the event and please know that Azra Khan, the Director of the Centre, expressed gratitude and thanks to MacKillop for our neighbourliness. Azra Khan will be invited to an assembly some time this term to talk about the centre and its work, which will be illuminating for all of us.

St Mary MacKillop achieved a very great deal for marginalised Australians by working closely with members of different faith traditions. When she did this, she did so more intent on meeting immediate needs than on worrying about where and how people prayed; an enduring example to us all.

Happy Easter!

MICHAEL LEE
PRINCIPAL



PRINCIPAL'S PRAYER

He is not here; for he is risen. (Matthew 28:6)

UPCOMING EVENTS

- MAY MONDAY 05** • Year 7 2015 Info Night (Wanniasa)
- MAY FRIDAY 09** • Try MacKillop Day
- MAY TUESDAY 13** • NAPLAN begins (13-15 May 2014)
- MAY WEDNESDAY 14** • Year 11 2015 Info Night (Isabella) • Careers Expo (Isabella)

COLLEGE NEWS

NEWS+INFORMATION

Future Stars!

Luke Corvisy (Year 12) played for the ACT U18 water polo team at the National Championships in Perth during the holidays.

Monique Catanzariti (Year 10) and **Mitchell Cridland (Year 9)** have been selected to be a part of the Kulture Break Dream Zone Dance Tour of the USA. Members of the team have been given the opportunity to participate in the tour of America in September and October 2014 around Los Angeles, New York and Orlando.

We've had a number of reports of students wrapping up their summer sports as ACT Champions with their club teams. Congratulations on all your hard work, participation, and success!

Fees will be sent in holidays

Term 2 Fees have now been sent out. Fees are to be paid by 16 May 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



Vocational Student Prize

The College has been informed that Will Johnson from the Class of 2013 has been awarded the Australian Vocational Student Prize. The award recognises the achievements of students who completed their senior secondary studies while undertaking a vocational education and training in schools program or an Australian School-based Apprenticeship.

iRead Info Session

Associate Professor Kaye Lowe of the University of Canberra will be running a parent information session on 7 May at 7pm for the iRead program to be run at the school for invited and interested parents. For more information contact the Teaching and Learning Coordinators, Maria O'Donnell and Clare Fletcher.

CURRICULUM NEWS

HISTORY EXCURSION



On Wednesday the 9 April, 20 students from Year 11 Ancient History arrived at an early 6 am to travel to Sydney on an excursion to the Sydney University Nicholson Museum. The History students attended the Nicholson Museum of Ancient History at Sydney University to participate in a variety of hands on Ancient Egyptian programs detailing artefacts, mummification and archaeological practices. The students moved around the Nicholson Museum and observed Australia's oldest University museum and home to the largest collection of antiquities in the Southern Hemisphere.

In particular the students focused on the Greek and Egyptian collections which include artefacts from a variety of ancient sites including Abydos, Alexandria, Bubastis, Heliopolis, Memphis, Saqqara and Thebes. Sir Charles Nicholson travelled throughout Egypt purchasing artefacts from dealers in Cairo and Luxor as well as collecting artefacts straight from sites, including Karnak where he collected a fragment of a red granite thought to be from the Pharaoh Queen Hatshepsut's obelisk.

The Greek collection contains artefacts representative of the material culture of the Greek mainland, islands and surrounding regions, from the Bronze Age through to the Late Hellenistic period.

The museum has grown in size and scope, today comprising over 22,000 artefacts of artistic and archaeological significance from

Egypt, Greece, Italy, Cyprus and the Near East. From the intriguing to the macabre, the Nicholson Museum provides insight into the minds of the archaeologists, collectors and curators who have contributed to making it a unique Australian cultural institution.

A particular highlight was a LEGO creation by the Brickman, Ryan McNaught. The only authorised LEGO designer in Australia who turned his hands to one of the most iconic architectural monuments of Ancient Greece - the Acropolis.

The LEGO model displayed the Acropolis both as it was in the fifth century BC and as it is today, as one of Greece's most popular tourist attractions. Captured in LEGO are some of the Acropolis' more famous visitors including Pericles, Theseus, Lord Elgin, Dame Agatha Christie, and even Elton John.

The students had a thoroughly enjoyable and impressive introduction to the Sydney University Ancient History Department and joys and wonders contained within. As always, the students were outstanding ambassadors for the College community. Many thanks to the History Students and in particular to Mrs Anna Keppel for accompanying us on the excursion last Term.

*Michael Batten
SOSE Coordinator*

CURRICULUM NEWS

SENIOR STUDIES



As mentioned in the previous newsletter, AST Workshops for our current Year 12 students are now underway. In this first workshop students are being shown exactly how the ACT system works and how we as a cohort can get our best results. Essentially it boils down to achieving their best results individually in class while achieving their best results as a group in the AST. Developing a strong sense of comradery for the AST is one of our primary goals.

This year I have endeavoured to ensure all content is placed online so students can access it from home and discuss it with you, their parents. The first Workshop presentation can be found at "<http://prezi.com/explore/>" If you search for "Mr Cruwys" you will find my account where you can peruse the different "Prezi" presentations I have created. The first AST Workshop is called "Why is the AST so important?" (if you're struggling to find it through the search function, the direct link is "<http://prezi.com/mngyqti10ddn/why-is-the-ast-so-important/>").

I have also made available all 21 of the AST Workshops that were run in 2013. This includes presentations as well as sample questions and can be found through Studywiz by selecting the "AST Workshops" group from the Learning tab.

It's important that all 137 MacKillop students intending to sit the AST this year, do so as prepared as possible. Much of the next two terms will be dedicated to assisting these students to that end but it will need their commitment, cooperation and dedication as well...together our 2014 graduates can achieve their best possible result.

*Colby Cruwys,
Senior Studies Coordinator*

NAPLAN

NAPLAN Timetable

Students should now have received a NAPLAN Information for Parents brochure at the end of Term 1 from their Pastoral Care teacher. Spare copies are available from the Teaching and Learning Coordinators (Clare Fletcher and Maria O'Donnell).

| 2014 NAPLAN Timetable | | |
|--|---|---|
| Tuesday 13 May | Wednesday 14 May | Thursday 15 May |
| Language Conventions Year 7: 45 min Year 9: 45 min | Reading Year 7: 65 min Year 9: 65 min | Numeracy (calculator) Year 7 : 40 min Year 9 : 40 min |
| Writing Year 7: 40 min Year 9: 40 min | | Numeracy (non-calculator) Year 7 : 40 min Year 9 : 40 min |

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 and need to be completed as a matter of urgency

If you have any questions about NAPLAN please call Maria O'Donnell or Clare Fletcher (62095298).

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

NAPLAN Research

Last term, all parents and carers of Year 7 students were sent an email about the Year 7 NAPLAN Research Study, which looks into students' perceptions about NAPLAN. Parents and carers are asked to respond to the email which requires consent for students to take part in the study.

If parents have not received an email please contact Margaret Fenotti on 6209 5225 or by emailing Marg.Fenotti@mackillop.act.edu.au.

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

ST MARY MACKILLOP COLLEGE CANBERRA
A Catholic secondary school for all.

There are many reasons MacKillop students love their school. Find out why at our Information Sessions in May:

- 5 MAY** Year 7 2015 Information Night
6.30pm at our Wanniasa Campus (Mackinnon St, Wanniasa)
- 9 MAY** Try Year 7 at MacKillop Day
For Year 6 students at our Wanniasa Campus (school hours)
- 14 MAY** Year 11 2015 Information Night
6pm at our Isabella Campus (Ellerston Avenue, Isabella Plains)

6209 0100 | enrolments@mackillop.act.edu.au | mackillop.act.edu.au

PASTORAL NEWS

Pastoral Program

The theme for Pastoral Program in Term 2 is "Safe Behaviours and Wellbeing". Topics within the scope and sequence for each Year group are:

- Year 7 – Cyber safety
- Year 8 – Body Image
- Year 9 – Mental Health
- Year 10 – Party Safe
- Year 11 – Driver Safety
- Year 12 – Responsibility, Accountability, and effects on life

In addition to lessons on the above topics, all students in Year 7, 8 and 9 will have a presentation from the AFP's High Tech Crime Operations team about Cyber Safety.

The presentations educate students on some of the risks encountered online, particularly on the responsible use of social media and the laws surrounding these forms of digital communication. Other aspects emphasised include the importance of protecting one's identity and reputation, and cover important issues such as cyber-bullying, safe social networking and digital footprints.

Year 7 SRC

Following the Year 7 Community Day late last term, Year 7 students have engaged in a process to elect a member of the Student Representative Council for each House. A great deal of interest was shown with over 20 students nominating and standing as candidates.

The elected Year 7 student representatives were announced on the final day of Term 1 and will be inducted into the SRC and presented with their Leadership Badges at the 'Try MacKillop Day' assembly on Friday 9 May.

Congratulations to the elected student leaders in Year 7 for each House: Maddyson Watson (Mindygari), Erynn Hamley (Gurabang), Tamara Darwich (Meup Meup), and Chris Caruana (Ngadyung).

Term 2 After School Sport Activity

In Term 2 Soccer will be run as an after school sports activity, available to all students in Year 7 to 9. This is again being organised by College Sports Captain Hayley Ngametua, following the success of the Oz tag sessions which were conducted in Term 1 and organised by Hayley with assistance from other Year 12 student volunteers.

The Soccer sessions will run from Week 2 until Week 6 from 3.30pm to 4.30pm on the Wanniasa Campus oval. Year 12 students will again assist in the coordination of the activities and each afternoon will be supervised by a member of staff.

All boys and girls are invited to participate including those who may play soccer competitively as well as those who may have limited experience in soccer or other organised sports.

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

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.

Parentingideas

Mental health issues are becoming more prevalent in youth with one in seven Australian children experiencing some type of mental health issue such as anxiety or depression. The Parentingideas article appearing later in this newsletter suggests a variety ways in which parents can contribute to better mental health in their children.

*Lachlan McNicol
AP Pastoral Care (Wanniasa)*

COMMUNITY NEWS

Scouts ACT

Do you want confidence, adventure and leadership skills? Scouting is education for life and helps builds confidence, friendships, responsibility and leadership. Scouts participate in programs that encourage them to grow through adventure by experiencing new challenges, making new friends, building confidence, taking responsibility for themselves, and being provided with opportunities to explore their own abilities and interests. Limited offer – 3 week FREE trial! Call 1800 SCOUTS or visit www.scoutsact.com.au.

Update on new Fire & Rescue Station

Constuction work has started on the new South Tuggeranong Fire & Rescue Station, next to the roundabout intersection of Tharwa and Drakeford Drives. This work may occasionally require brief disruption to traffic flow near the site - your patience and understanding is appreciated. 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

Trivia Night Fundraiser

Unity College Australia is holding a Trivia Night to raise funds for a mission trip to indigenous communities in the Northern Territory. The Trivia Night takes place on Friday 9 May from 6.30pm at the auditorium at the Belconnen Churches Centre (Cnr Benjamin Way and Cohen St). Contact 6161 0050 for information or info@unity.edu.au.

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INSIGHTS

by Michael Grose – No. 1 parenting educator



10 ways to promote good mental health & wellbeing in kids

This year make mental health a parenting priority. Kids with good mental health feel better, learn better and are better equipped to handle life's curve balls.

It seems strange to talk about promoting good mental health in children.

Shouldn't all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood.

Sadly, it doesn't seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.

Having good mental health doesn't mean kids don't experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life's curve balls that come their way. They also don't let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it's useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids

1. Model good mental health habits: If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation exercises. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It's worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.

2. Make sure they get enough sleep: Sleep is the one of the building blocks of mental health and wellbeing. Many children and just about all teenagers are sleep-deprived at the moment. Many parents are sleep-deprived as well! Children need between 10 and 12 hours' sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids' abilities to cope with stressful or changing situations is to ensure they get enough sleep.

3. Encourage your kids to exercise: When my mum would tell me all those years ago to turn the television off and go outside and play, she didn't know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Kids today get less



exercise than those of past generations, which is an impediment to mental health. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. An hour's movement per day seems the minimum for kids. How much exercise does your child receive?

4. Encourage creative outlets: Kids should practise creativity if for no other reason than it helps them experience the state of 'flow'. This is the state of getting so immersed in an activity that you forget about time and place. Writers and other creatives understand the concept of flow. It's energizing and helps take stressed and worried kids out of themselves.

5. Provide a space of their own: Children of all ages benefit from having some space of their own where they can think. Quiet time and down time give boys the chance to let their thoughts wander around inside their heads. It also helps them get to know, and even like, themselves. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. Talk about their troubles: A problem shared is a problem halved. Talking about what's worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what's inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his

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concerns are important to you. Kids often can't tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax: Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential. Some children who have real difficulty switching off may benefit from practising meditation or mindfulness, but most kids just need time to chill out so they can relax naturally. (I personally practise mindfulness and have found it a really helpful way to turn off my brain for a while!)

8. Have two routines – weekday and weekend: Most households are pretty highly scheduled these days. There are routines for getting up, coming home, eating meals and going to bed. These structures are necessary when we're busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It's important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives: Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. Mucking around, which is code for having fun, is something many children of this generation don't have time for. If you

see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.

These ideas are basic common sense. However, as kids' lives get busier these essentials get squeezed out. Here's my recommendation to ensure that mental health habits aren't overlooked or neglected.

First, see these habits as the building blocks of mental health. Don't ignore or trivialise them. Talk to your children and tie these activities to their mental health. Do this in your own way and your own time.

Second, assess which of these habits need your attention and make some adjustments over time to push the pendulum back in favour of your child's mental health.

FREE Michael Grose parenting resources to help you promote good mental health in your kids.

- ✓ **Coping ebook:** 12 essential coping strategies every child can use when life gets hard
- ✓ **Poster:** 10 ways to promote good mental health & well-being in kids
- ✓ **Poster:** 25 Great Parenting Ideas (to stick to your fridge)

These great resources are waiting for you at parentingideas.com.au/ParentingIdeas-Newsletter. They're available for a short time only, so be quick!