



**PRINCIPAL'S LETTER**

**Information evenings a huge success!**

The words of encouragement and satisfaction of so many parents, teachers, students, and past students led to record crowds at our Year 7 2015 and Year 11 2015 Information Nights and Careers Expo, as well as Try MacKillop Day. Everyone involved with these events should be proud of their contribution in showcasing the best of the College to the wider community.

Slick and expensive marketing, proclamations and slogans are all very well but without authentic foundation, can quickly become a source of cynicism and derision. The enthusiasm of our community for the continued achievement of MacKillop students and staff is a real driving force behind the progress of the College.

St Mary MacKillop College looks forward to welcoming many new students and their families into the College in 2015.

If you are hoping to have a student enrolled into Year 7 2015 or Year 11 2015, please get your forms in by 5pm Friday 23 May.

**Year 11 Retreat**

Congratulations to Year 11 for their outstanding conduct on the Year 11 Retreat held at Stanwell Tops earlier this month. Their respectfulness, willingness to be engaged, and support for each other typifies the experience of the senior years of a MacKillop education. The staff encouraged the ideas of shared identities, belonging, the strength of positive relationships, and collective responsibility. A particular thanks to the Year Coordinators, Mrs Anna Keppel and Mr Paul Durham, and to the staff of the Stanwell Tops Retreat Centre.

Yours in St Mary MacKillop,

MICHAEL LEE  
PRINCIPAL

**PRINCIPAL'S PRAYER**

Lord, we give thanks for the lives and careers of Reg Gasnier and Tom Hafey - two men who, by their skill, endeavour, modesty and class, endeared themselves to generations of Australians and who gave more to their sports than they took. May their memories be blessed. Amen.

**UPCOMING EVENTS**

- MAY**  
TUESDAY  
**20** • Athletics Carnival
- MAY**  
FRIDAY  
**23** • Enrolment Period ends
- JUN**  
MONDAY  
**09** • Public Holiday
- JUN**  
TUESDAY  
**10** • Staff Conference (Pupil-free)

# COLLEGE NEWS

## Future Stars!

**Mackenzie Murray** (Year 7) and **Melanie O'Mara** (Year 10) will represent the ACT at the Australian Gymnastics Championships in Melbourne from 19-27 May.

**Luke Adamson** and **Lachlan Squire** (both Year 7) have been selected to represent the ACT at June's School Sport Australia Cricket Championships in Darwin.

**Emma Benson** (Year 8) has been selected to be part of the SERNA Academy – an elite development program run by Netball NSW.

**Luke Corvisy** (Year 12) has been selected in the ACT schoolboys team for the School Sport Australia Water Polo Championships in Noosa next month.

## ACT Swimming Championships

Seventeen students swam at the School Sport ACT Swimming Championships on the 8 and 9 May 2014 to try to gain selection in the School Sport ACT team to swim in Melbourne from the 20 - 26 July. The swimmers were Abigail Adera (3rd 100 fly), Tiana Alchin (3rd 50 Fly), Alexie Boulton, Alexis Cross (2nd 200IM), Rebecca Cross (1st 50, 100 Breast, 2nd 50 Free, IM, 3rd 50 Back) Jessica Curren, Charlotte Egan, Leo Heldon, Chloe Ironside (3rd 50 and 100 Back), Jack Kinsmore, Ethan Lowey (2nd 50, 100 Free, Back, Breast, 200 IM) Shannon Maloney (1st 50 Free, 2nd 50, 100 fly, 100 Free, 3rd 50 Breast, 200 IM, 200 Free, 400 Free) Mikaela Mbonzi-Geach, Lachlan Squire and Zoe Strzelczykowski. Braden Reid and Emma Redman both in Year 12 represented St Mary MacKillop College at the swimming championships for the last time. All swimmers were worthy representatives of the College and swam to best of their ability against strong opposition.

*Cathryn Thomas*

## School Fees

Term 2 Fees are due to be paid by Friday 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*



## Women's Leadership Breakfast

On Thursday 8 May a number of our Year 11 and 12 female students along with five staff and the College Principal Mr Lee attended a 'Young Women's Invitational Breakfast' run by the AFL of NSW/ACT which is an inaugural event that is now in its second year. Students had the opportunity at the breakfast to meet numerous inspirational women from all kinds of professions which included sport, politics and various trades. The breakfast was held at the Bradman Room at the famous Manuka Oval.

Students were given the opportunity to listen to a number of these inspirational women discuss their journey through a panel discussion and to ask questions of the panel in particular the obstacles faced by women in more masculine dominated fields.

A big thank you to Mr Lee for inviting the students and the staff to be part of this breakfast event and to Mr Kelly the Sports Facilitator for driving the students and staff to the venue.

*Anna Keppel*

## Science Scholarship

Tyler Jones (Year 12) has won the Charles Darwin University Indigenous Asian Science Camp scholarship to attend the Asian Science Camp in Singapore this August. Tyler was selected as one of only five students across Australia to take part in the camp.

Congratulations to Tyler and also to his science teachers and Mr O'Callaghan, who proposed that Tyler apply for the scholarship.

# CURRICULUM CORNER: PE & HEALTH

## YEAR 10 ROAD SAFETY

This semester all students in year 10 study road safety, which then culminates in them potentially achieving their ACT Learners Licence. With this comes great responsibility for parents to assist with teaching their boys and girls to drive. Your supervision can get them on the right track to be safe and responsible drivers.

To help prepare for this here are some tips from the NRMA open road magazine.

1. Check your insurance policy – does it cover young drivers?
2. Make use of available resources, there is a supervising learner's brochure available on the road ready web site or the NSW learner log book. These resources provide an excellent overview of the

right way to introduce new driving skills and experiences, along with key points and skills that need to be covered.

3. Plan your trip and discuss with your learner where you plan to go, what challenges they may face whilst on the trip and any goals or objectives you have for the learner.
4. Prepare yourself by considering your mood and emotions, as these can affect your teaching style. Never supervise when you're tired, stressed, in a rush or anxious.
5. When in the car before driving off consider if the learner is in a comfortable position, with good posture. Make sure they are able to see all mirrors.
6. While driving;
  - Coach the learner rather than instruct. Rather than telling them everything they should do, ask them questions and let them come up with the decisions.
  - As your learner gains more experience let them have more control on the route travelled, music in the car and people

who are in the car. Otherwise the day they get their P's may be the first time they might have experienced this.

- Supervise in all conditions and situations; don't be hesitant to let your learner drive when it is raining, at night or in fog. These are realistic situations they will face when they become a provisional driver.
- Debrief at the end of a lesson; did they meet the goals or objectives discussed? What experiences did they have? What should they start to focus on next?

In Week 19 all Year 10 students who are eligible will be sitting their ACT L's test. Students are reminded that they need to have a fully charged laptop and Birth Certificate or Passport on the day. To aid your son/daughter to pass their test, please encourage them to read their ACT Road Rules rules book and complete the practice questions at [www.roadready.act.gov.au](http://www.roadready.act.gov.au).

*Jodie Higgins*



# ISABELLA NEWS

## SENIOR STUDIES



As the first Semester of 2014 draws to a close there is much on the radar for every student at MacKillop. In this article though, I intend to draw your attention to the important events coming up for our Year 10 students.

On Wednesday the 14th of May, our Year 10 students heard talks from Mrs. Michelle da Roza, Ms. Karen Hundy and myself regarding their pathways for 2015 and beyond. Now is an important time to begin thinking about it all as on the evening of the 14th, we held our annual Year 11 Information Evening and Careers Expo. It's also important because Year 10 are now beginning to look at where they may be going to College and what subjects they want to select.

In Week 20 all Year 10 students will be undertaking Course Counseling interviews to help them make informed decisions regarding the subjects they will choose for Years 11 and 12. It is important they feel prepared for this interview. We will be providing assistance in the provision of a reflection booklet to complete prior to that interview, presentations from the coordinators of every faculty and a scaling test to help students gauge whether a Tertiary package of study is right for them.

In the end, we want students to feel confident in and excited about the units they select for 2015. While the ACT system allows for students to change pathways during their senior studies, history suggests those students most prepared before starting Year 11, achieve their best results.

*Colby Cruwys,  
Senior Studies Coordinator*

## THE YEAR 11 RETREAT



On Thursday 1 May, the Year 11 cohort of students accompanied by their Pastoral Care Teachers and Pastoral Care Co-ordinators set out just after 7.00am for the overnight retreat held at Stanwell Tops Conference Centre in NSW. On the way to the retreat all students and staff were able to stop for breakfast at Sutton Forest (because of the early start) before continuing their journey by bus. Upon arrival staff and students were warmly welcomed by staff at the conference centre before having lunch.

The first activity that Sophie Pieper in Year 11 completed was a 'Prayer Reflection' which asked students to create a 'deserted place', where they could address any spiritual fatigue and to re-energise, revitalize and enquire of themselves what is vitally important to them via drawings in art books provided. After the first activity Sophie and the other students were able to settle into their rooms and make themselves comfortable for the rest of the Retreat.

Mass followed just before dinner with the brilliant Father Bede North who made the Mass very enjoyable. After dinner our College Principal Mr. Lee presented a heart-felt speech about being part of MacKillop followed by Brother Adrian and Lawrence who ran the evening prayer session.

Hannah Ingle and other students who attended World Challenge in 2013 were responsible for running an activity on 'Social Justice' for their peers. Their activity specifically targeted the difference between the needs and wants of their generation and how people's priorities compare with each other. The activity was extremely successful and worked on a more personal level with the World Challenge students talking about their overseas experience especially their experience at the New Hope for Cambodian Children Orphanage. Student peers were involved in a game of Cambodian tennis that involved teamwork and coordination followed by making a prayer bracelet. In Cambodia every knot in the prayer bracelet represents a prayer or wish for the person that is wearing the bracelet. All the Year 11 students responded extremely well to the activity and students were encouraged to become involved in social justice initiatives within their own communities and abroad. The experience of World Challenge has meant so much to these students and sharing this with their peers was a privilege and personal learning experience.

During the retreat students were involved in two other sessions. One of these other sessions was on 'Leadership' which saw students reflecting on the qualities of a leader and what is required to work in a team in preparation for student leadership roles that many of them will apply for shortly when they are in year 12. The final session of the retreat was the 'Circle of Rocks' where students were asked to write down and discuss the people in their lives they would like to thank and the moments in their lives that have shaped them into the young people they are today.

On behalf of Year 11, Sophie and Hannah would like to thank all the Pastoral Care Teachers and support staff who came along and helped out including Mr Lee, Mr Moyle and Mr O'Callaghan, Br Lawrence and Br Adrian. Lastly Sophie and Hannah would like to thank Mrs Keppel and Mr Durham for their hours of work and dedication in bringing together such a fantastic retreat the first of many more to come in the history of our College.

*Hannah Ingle and Sophie Pieper (Year 11 Students),  
Anna Keppel and Paul Durham (Year 11 Coordinators)*

# WANNIASSA NEWS

## Young Carers Group

A Young Carers Group will again be organised this year to support students in Year 7 to 9 who take on the role of a carer in the home.

A Young Carer is a person under the age of 18 who cares for a family member who may be affected by a long term illness or disability.

Students involved will meet once a week during lesson time and will have the opportunity to participate in numerous workshops and learn more about their significant roles as young carers. This may include skill building workshops such as first aid, cooking, budgeting, relaxation techniques, communicating with family members and time management. It may also involve supporting students with their study demands.

The Group will this year be facilitated by Mrs Donna Anderson in partnership with College Counsellors.

If you believe that your son/daughter is a young carer or you would like further information please contact Mrs Donna Anderson on 6209 5284.

## Student Volunteers

Last week over 150 students from Wanniasa Campus volunteered their time on Monday evening to support MacKillop's Year 7 2015 information evening. This generosity and commitment from students to support their College is a superb show of support and a statement about how so many of our students feel towards their College. Their positivity and willingness to contribute to the success of the evening through acting as tour guides for prospective students and parents, assisting with faculty displays and discussing their experiences as MacKillop students was commendable.

## Year 7 Camp meeting

This year, for the first time a Year 7 Camp - Parent Information Evening will be held for parents at 6.00pm on Tuesday 27 May in the Wanniasa Campus Theatre. Some Year 7 students and their parents may be excited and have little concern about the camp. However, others may have anxieties surrounding particular aspects of the camp or the whole camp in general. The information evening will provide an opportunity to give an overview of the camp to parents and address any general questions in order to ensure that the camp is accessible to all Year 7 students and a safe and enjoyable experience is had. All Year 7 parents are invited - please note that the evening is not for the information of students.

## Parentingideas

The increase in high risk taking behaviour in teens is well documented. The Parentingideas article below "Parenting teenage daredevils" explores the origins of the behaviour and makes a case for effective parenting to reduce the risks.

## Status Awards

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

**Bronze Status** - Alexandra Bourgault 7E3, Aidan Butler 7F1, Chris Caruana 7W1, Hannah Fisher 7EW, Oliver Hall 7E2, Angus Knox 7F1, Isaac Milnes 8W1, Tayla Paterson 7W2, Charlette Polmanteer 7F3

**Silver Status** - Liam Court 9F3

*Lachlan McNicol  
AP Pastoral Care (Wanniasa)*

# COMMUNITY NEWS

## Family Fun Fundraiser

Bonython Primary School is raising funds for the refurbishment of its school hall. A Fundraising event will be held at McDonald's Tuggeranong on Tuesday 20 May between 5pm-8pm.

3 or 4 days of Science Activities for students in years 9 & 10

|  |  |   |   |
|--|--|---|---|
| <p><b>ENJOY</b><br/>3 or 4 days in which you will be introduced to some of the wonders of science and technology</p> | <p><b>PERFORM</b><br/>interesting experiments in a university laboratory</p> |   | <p><b>LEARN</b><br/>about careers in science and technology</p> |
| <p><b>HEAR</b><br/>leaders in science, technology and engineering</p>  |  | <p>LOCATED at 35 campuses nationally</p>                                  | <p>COST is \$115 (inc GST) for 3 days and \$150 for 4 days</p>  |
|  | <p>PROGRAMS are non-selective</p>  | <p>SPONSORSHIP may be available through Rotary or the National Office</p> |   |
| <p>DATES see website <a href="http://www.scienceexperience.com.au">www.scienceexperience.com.au</a></p>              |  |   |   |

Further information and application forms are available from The ConocoPhillips Science Experience website.

**[www.scienceexperience.com.au](http://www.scienceexperience.com.au)**

Early application is advised as we have only limited places available in all programs

The ConocoPhillips Science Experience  
PO Box 514 BAYSWATER VIC 3153 Ph: 03 8288 1001



## Parenting teenage daredevils

*Managing teenagers who have a little too much zest for life, diving head first into situations without thinking them through requires an understanding of both their inner and outer worlds, writes Lakshmi Singh.*

If you were constantly holding your breath or administering first aid as your child was growing up, you probably were raising one of those thrill-seeking, adrenalin-charged, daredevils who loved to experiment and take risks in order to entertain themselves.

As they approached their teenage years, these risks might have evolved to being more sophisticated than just jumping off the top of a tree or the “look mum, no hands” type of stunts. From binge drinking to irresponsible driving to train surfing, your teenager may be indulging in risky behaviours that may ultimately change the entire family’s life.

The teenage years are some of the most valuable years of a person’s life and can also be the most vulnerable, therefore it is highly important that parents and carers understand what is driving this behaviour and know how to manage these tendencies of their daredevil child.

### HORMONES

Andrew Fuller, author of the book *Tricky Kids* (Finch Publishing, \$26.95) highlights four hormones that influence a teenager’s ‘mood’. Adrenaline – responsible for generating the feelings

of being ‘revved up’ and on a ‘red cordial high’, cortisol – the stress hormone contributing to defensive, exaggerated actions, dopamine – which can create the ‘switched-on, pumped-up state’ and serotonin – the “most powerful antidepressant known to humankind.”

The former two chemicals are what you want the least of when raising teenagers, says Fuller. “Once a tricky kid gets an adrenaline rush, trying to change her behaviour is a complete waste of time,” he says. Stress from family life, school or peers can also increase cortisol, so it is important for families to provide low levels of stimulation and develop routines to lessen the strain and make their children feel safe from violence, ridicule or humiliation, he adds.

In contrast, dopamine and serotonin are what you want to see more of, says Fuller. Children low in dopamine display tired and lethargic behaviour, which is why they seek out excitement through risky stunts to lift their mood and achieve that ‘pumped-up high,’ explains Fuller.

### BOYS vs. GIRLS

The different goals of each gender within their social groups also influence teenagers’ actions, says Parenting Ideas’ own Michael Grose. The focus for girls at this age is often on achieving social success and they may engage in risky behaviour such as alcohol consumption and unprotected sex. He refers to the book *Queen Bees & Wannabees* (Random House, \$24.99), where the author Rosalind Wiseman describes girls and their social hierarchies to include a ‘Queen Bee’ and her group of ‘Wannabees’. Most girls are ‘Wannabees’ says Wiseman and are trying to be accepted by the ‘Queen Bee’. This may involve doing all the dirty work just to “please the person who’s standing above her on the social totem pole.”

In comparison, Grose says that boys don’t want to be seen amongst their peers as being foolish. “Boys will look at each other and do what the group does,” he says. This may mean taking risks and pushing boundaries to prove that they are a worthy member of the group.







Furthermore, Grose explains that the Amygdala, commonly known as the reptilian brain - responsible for fostering curiosity and entertaining aggression, is 16% bigger in boys than in girls.

### BRAIN NOT MATURE UNTIL MID-TWENTIES

Regardless of the gender, however, Dr. Fiona Martin, principal psychologist at Sydney Child Psychology Centre points out that, the part of the brain that is responsible for impulse control isn't fully mature until about age 25.

"Risk taking behaviour is quite normal for teenagers. It is one way they learn about themselves. But, there is a whole spectrum of risks - from learning new tricks on the skateboard to stealing a car and being involved in a high speed car chase with police following you."

It is therefore important for parents to help them understand the impact of their actions by setting appropriate ground rules, keeping lines of communication open and discussing the behaviour of good role models, she says.

### LINK TO PSYCHOLOGICAL CONDITIONS

The extent and severity of risk taking behaviour could also reveal something about a teenager's mental health, says Fuller. "The longer tricky kids stay in one emotional state, the more familiar it becomes to them," he says. "Middle adolescence (15-17 years) is a peak time for developing depression, and young women are at least twice as likely as young men to develop it."

If teenagers start displaying strange behaviour like sleeping in odd places, being more generous than usual in giving away personal items or not washing regularly, it is important to step in and seek professional help, says Fuller.

### Experts' tips for managing your daredevil teenager:

- ▶ Involve teenagers in repetitive movements like table tennis or swimming to naturally increase the level of dopamine and serotonin.
- ▶ To avoid heated arguments and theatrical displays of teenagers storming out of the room, give kids some space and talk to them when sitting down or shoulder-to-shoulder in a car, rather than face-to-face to remove some of the pressure.
- ▶ Redirect your teenagers' built up desire for experimentation by involving them in adrenalin-charged sports like rock climbing, martial arts or mountain biking to release pent up energy.
- ▶ Develop the art of forward planning - an important skill that daredevils and teenagers in general lack, by participating in games that require the formation of plans and strategies - like card or board games.
- ▶ Encouraging real life social situations and promoting them as being more valuable could help reduce the risks teenagers take through social media. For example, volunteering at community events, taking classes or enrolling in competitions where they can display their talent are all good alternatives to excessive social media usage.

Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at [parentingideasclub.com.au](http://parentingideasclub.com.au). You'll be so glad you did.