



PRINCIPAL'S LETTER

Athletics Carnival 2014

Thank you to Mr Simon Kelly and his team for a highly successful Athletics Carnival at the Australian Institute of Sport last week. Mr Kelly (who is acting in this role) lent skill, initiative, and vision to the day. With a record attendance, and a high number of new records set, and numerous personal bests, the day showcased MacKillop's sense of community and the depth of Track and Field talent among the students. Even though the day was unable to host the longed-for staff-student relay (usually won by the staff, who cheat) the day was still a great success.

Congratulations to Gurabang (Earth) House, who for the first time in seven years, emerged as the winners on the day. Ngadyung (Water) took home the Spirit Cup.

Thank you also to Hayley Ngametua, College Captain for Sport, to all the House Captains, and to other student leaders who set wonderful examples and enthused the crowd!

Caritas 2014

Although it is never good to boast about one's generosity, I am very proud of all students and their families who generously donated to the Caritas cause over Lent. The students raised over \$13,000 - more than we've ever raised before. Although, when this is divided by 1800 students, it does seem less significant, this fundraising takes place against the Salvation Army Red Shield Appeal, House Charities, head shaving for cancer, and other charitable initiatives to which our students generously give.

Yours in St Mary MacKillop,

MICHAEL LEE
PRINCIPAL

PRINCIPAL'S PRAYER

"Do not, for the sake of defending one or two, shrink from speaking the plain, open truth."
- Mary MacKillop, 1871.

UPCOMING EVENTS

JUN
MONDAY
09

• Public Holiday

JUN
TUESDAY
10

• Staff Conference (Pupil-free)

JUN
THURSDAY
12

• Year 10 Exams begin

JUN
MONDAY
16

• Senior Exams begin

COLLEGE NEWS

Maddi shaves to raise

Congratulations to Year 12 student Maddison Landon who raised over \$13,000 for Ronald McDonald House through a rigorous fundraising campaign that culminated in the shaving of her head last week.

Maddi raised money for seven weeks, appearing on radio, collecting at local businesses and the Hyperdome, and through the support of her family, classmates, and teachers.

The money will go towards Ronald McDonald House, which helps seriously ill children and their families by providing them a 'home away from home' along with the support of experienced House Managers, volunteers, and other families in a similar situation.

"I chose Ronald McDonald House because of the work they do for sick kids, who not only suffer from cancer but also from other illnesses," she said.

"I wanted to do this because my grandmother passed away due to cancer five years ago and since then I've been looking for a way to support people suffering with the disease.



"I would like to thank everyone who supported me, through donations, spreading the word, and moral support. The response from the community was overwhelming."

She shaved her head in front of a large and supportive crowd at the HQ of Synergy Self-Defence and Fitness in Hume last Friday night, and will donate her hair to a wigmaker in Melbourne, Louis Barnett and Sons, so they can turn it into a wig for cancer sufferers.

Parent access to StudyWiz

The College is now in a position to provide parents direct access to the learning management system, Studywiz. This is an exciting step forward enabling parents to access student assignments, learning resources as well as direct access to classroom teachers using the Studywiz messaging system.

Each family associated with every student at the College will receive an email over the next couple of weeks providing login details and instructions for changing passwords. Please take this opportunity to ensure that you have provided the correct email address to College. Any changes should be directed to info@

mackillop.act.edu.au. Unfortunately, it is not possible to provide parent access to Studywiz for families that have not yet provided an email contact to the College. We ask that you provide these contact details as soon as possible.

Should you require support using Studywiz please do not hesitate to contact the IT team at the College. Alternatively, a member of the Integrated Learning team is available until 5:30pm every Tues and Thurs afternoon in the IRC at the Wanniasa campus. They provide assistance to parents and students using College IT resources.

*Ruth Walton & Jess Stokman
ICT Managers*

College Fundraising: Project Compassion & House Charities

Throughout Lent, all students were encouraged to donate to the Project Compassion Fundraising effort. Friendly inter-House competition, numerous student initiatives such as raffles along with the generous donations of students in PC Classes brought the money raised at the College, across Year 7 to Year 12, to a total of \$13,470.20. A fantastic effort in just 5 and a half weeks!

\$7,434.75 was contributed by students on the Wanniasa Campus, while \$6035.45 was contributed from students on the Isabella Campus.

The College Student Representative Counsel recently decided upon the charitable organisations that each House will be raising money for during Terms 2 and 3:

Mindygari	Snowy Hydro South Care
Gurabang	Cerebral Palsy Alliance
Meup Meup	(NHCC) New Hope for Cambodian Children
Ngadyung	Menslink

*Lachlan McNicol,
AP Pastoral Care (Wanniasa)*

ACT Secondary Bursary Scheme

The ACT Government's Secondary Bursary Scheme provides assistance to low income earners in the ACT with dependent full-time students.

Eligibility requirements and application forms are available online at <http://www.det.act.gov.au> and by following the links located at the top of the home page - School education/starting school/financial assistance for families.

For further information please ring the Bursary Administrator on 6205 9300.

Michelle Predovan, Fees Manager

School Fees

Fees for Term 2 should now be finalised unless paying by Direct Debit or other approved arrangement. Any outstanding fees should be paid immediately.

If you require more information regarding Direct Debit arrangements or other approved payment methods or are experiencing difficulty paying the fees please contact the Fees Office.

Michelle Predovan, Fees Manager

ISABELLA NEWS

SENIOR STUDIES

In my article for this week's newsletter I thought it would be timely to ensure parents of Year 10, 11 and 12 students are aware of the process for alterations to assessment.

In every single instance where a student will not be able to submit a piece of assessment in the manner specified on the task (whether it be due date, audience or any other reason) they MUST fill in either the Assessment Alteration Application form if it is a one off alteration, or a Special Provisions form if it will impact their studies over the long term. Both of these forms are readily available electronically on Studywiz but are also available in hard copy from Student Reception.

This process requires the student and parents to fill out the appropriate form, seek relevant coordinator signatures and submit the paperwork before the task due date. There may of course be exceptional circumstances where this isn't possible/ appropriate in which case contact should be made with myself, or in instances of Pastoral concern the appropriate Year Coordinator may be the initial contact. In every single instance of alteration though, we require the appropriate form to be completed, submitted and approved.

Where possible the College will always look to support students in order to receive appropriate alterations, but without



documentation we have no efficient way to track these changes or to ensure the reasons for alteration meet College and Board of Senior Secondary Studies (BSSS) requirements.

If you have any concerns or queries regarding this process then please don't hesitate to get in contact with me:

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

P: (02) 6209 0173

Colby Cruwys, Senior Studies Coordinator

SENIOR ART

On Friday, 16 May Year 12 Photography students spent the day at the National Portrait Gallery. They were given a guided tour of the National Photographic Portrait Prize 2014, PROMO: Portraits from prime time and Beauty and strength: Michael Riley. Students also had time to self-guide through a diverse range of exhibitions of contemporary Australian photography. They gained insights into how photography competitions are judged, what makes a successful portrait, the work of a

contemporary indigenous photographer, and different ways of presenting photographs for exhibition.

Students were also engaged in a practical workshop where they photographed portraits of one another and manipulated their images in the gallery's studio space using Photoshop, assisted by educators who were also practising photographers. The students produced some excellent photographs as a result.

*Tamara Murdoch,
Visual Arts Coordinator*



WANNIASSA NEWS

Year 8 Presentation - "Verbal Combat"

Last Wednesday, as a part of the Pastoral Program, Year 8 students had a one hour presentation by Brainstorm Productions titled "Verbal Combat". The theatre performance dealt with the issue of cyber bullying in schools including the use of social media, exclusion, rumours and gossip, threats, and the role of bystanders. The debrief and opportunity for student questions at the end of the presentation showed how much students paid attention to the key themes such as keeping themselves and others safe, legal issues, where students can go for help if they are being bullied and their social networking responsibilities.

Parenting ideas

This article for parents below "7 ways to help you be on top of your parenting game" encourages parents to be wise leaders, not merely managers of children's behaviours.

Program for Parents of Adolescents

The Journey Through Adolescence program for parents of Adolescents will be offered by CatholicCare commencing Wednesday 4th June, 2014 from 6-9pm at 57 Hicks Street, Red Hill. The course is run over 3 weeks and the fee of \$50 includes course materials and supper. This course is suitable for parents of children in Primary Years 5 & 6 and Secondary School Years 7-12. Bookings are essential on 61626122.

Status Awards

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

Bronze Status - Robyn Dadds 7W2, David Hiscock 7W1, Lana Jones 7W1, Owen Levings 7A2, Ben Martin 7F1, Miriam Mayenco 7E1, Oscar McIntyre 9EW, Georgia Riley 7W1

Silver Status - Mikaela Mbonzi-Geach 8EW

*Lachlan McNicol
AP Pastoral Care (Wanniasa)*

INSIGHTS

by Michael Grose – No. 1 parenting educator



7 ways to help you be on top of your parenting game

Effective parents equip their children with the skills, know-how and values they need to stay safe and be successful. These seven ideas will help make sure your parenting reflects the times in which we live.

Everyone wants to be the best parent they can be, yet it can be confusing knowing just what to focus on. Here are seven ideas that reflect current trends and needs and will help you be on top of your parenting game:

1. Give the gift of restraint. At a time when kids receive so much it's easy to forget that restraint is a virtue. Just because you can afford to give children and young people what they want, doesn't mean you should. Differentiate between a *want* and a *need*, and encourage restraint, goal setting and saving.

2. Build your developmental knowledge. Lucky you have two eyes, as you need to keep one parenting eye on meeting kids' current needs and the other on preparing them for the next stage of development. If starting or leaving secondary school is a year away then start thinking now about how you can make sure your child or young person is ready for the next phase of their life.

3. Reinforce self-regulation. "You waited your turn! Great stuff!" "Thanks for packing away the toys without being told." "Good on you for staying in bed when you woke up rather than coming to our bedroom and waking us up." A child's ability to self-regulate behaviour (like the ability to self-soothe and self-occupy) is highly underrated, and doesn't come naturally to all kids. That's where consistent parenting using visual management and behavioural consequences comes in.

4. Practise digital parenting. The most tech-savvy generation ever raised needs digitally-aware parents. The internet is fun and it's here to stay, but it can pose risks for some kids. Digital parenting means providing guidelines for safety without limiting children's opportunity to learn and communicate in the online world. It also requires you to understand the digital world that your kids inhabit.

5. Develop character strengths in kids. Recent studies (most notably the work of US-based Angela Duckworth) have found that character, not cognitive ability, is the single most reliable determinant of how a person's life will turn out. The traits associated with success include the inclination to persist at boring or difficult tasks (**grit**), the ability to delay gratification (**self-control**) and the ability to follow through with a plan (**conscientiousness**).

6. Practise reciprocity. The best families, like the most meaningful communities, are built around the principle of reciprocity. "We help

each other out and we treat each other fairly" builds belonging and forges greater kinship between siblings. Start by getting kids of all ages to help out at home without being paid.

7. Encourage social risktaking. One in three children are risk-averse when it comes to meeting new people and entering new social situations. Social media removes risk for these kids, yet it's not the answer. Use a variety of strategies ranging from **scaffolding** (baby steps), **practising** meeting and speaking to new friends and **modelling** social risk taking yourself to encourage kids to continually refresh their social networks.

Pick one or two of these ideas, or your own parenting idea, to focus on over a month. Once you've mastered one idea then move on to another, so that you are constantly improving and being up-to-date as a parent.



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. You'll be so glad you did.