



PRINCIPAL'S LETTER

Welcome back!

I hope all members of our community had a restful break. Congratulations to the many staff who were involved in professional learning through study, conferences, publications, and retreats over the holidays.

Congratulations also to the many students who travelled interstate and overseas for sport, cultural, and other interests. I hope it was a rich and successful experience.

One of the highlights of the winter break was the trip to Japan. Mr O'Callaghan, Mr Mitchell, and Mrs Mansfield travelled to the Oki Islands with a number of MacKillop students to visit our sister school, Oki Islands High School.

In Term 3, we have a number of exchange students joining us from France, Italy, and Japan. This provides our students with a fantastic opportunity to learn about different cultures and allows them to share Australian and MacKillop culture with our visitors!

Greetings from Washington DC

I am on a few days of leave at the invitation of the National Association of Secondary School Principals of America, which is hosting a school leaders seminar with John Hopkins University and Discovery Education in Washington DC. This is an inspirational experience being addressed by leading educationalists in the areas of communication, learning technologies, inclusive education and the NASSP "Principal of the Year".

This trip has been funded in large part by a scholarship from NASSP, and the Principals Enrichment Program provided by the Catholic Education Office. I look forward to returning to MacKillop at the start of Week 3.

The Year 12 Retreat

All the best to Year 12 as they prepare for their much longed for Retreat next week. Sadly this will be the first one I've missed. The whole school community wishes you the best for a rich, seminal, and memorable experience.

Yours in St Mary MacKillop,

MICHAEL LEE
PRINCIPAL



PRINCIPAL'S PRAYER

Lord, We pray for the lives and loved ones of all of those affected by the Malaysian Airline disaster in Ukraine over the last few days. May your love sustain them in their grief. Amen.

UPCOMING EVENTS

JUL FRIDAY 25	• Archdiocesan NAIDOC Mass
JUL WEDNESDAY 30	• Year 12 Retreat departs
AUG WEDNESDAY 06	• UAC Info Session (Isa)
AUG FRIDAY 08	• Moderation Day

COLLEGE NEWS

NEWS+INFORMATION

Future Stars!

Daniel de Smet (Year 9) represented the ACT at the Australian Rugby League National Championships held in Tamworth last month.

Lachlan Seidel and Jordan Coffey (Year 9) were selected to participate in a baseball tour of the United States with the Perth Colts last month.

UAC Information Session

Year 12 students and parents are invited to an information session on university admission procedures through the University Admissions Centre (UAC) which covers universities in NSW/ACT. This session will be held on Wednesday 6 August from 5:30 to 6:30 pm in F Block. During this time the process for applying for admission to University will be explained and students will be able to collect their UAC guides. I have invited representatives from the Australian National University, University of Canberra and Australian Catholic University to also attend and provide information about new courses and programs.

*Karen Hundy
Careers and VET Coordinator*

2015 Online Subject Selection

The College will be using Subject Selection on Line (SSO) to facilitate subject selections for 2015. SSO is a simple and fast web-based interface for students and parents to use. It is designed to guide students through the subject selection process step-by-step, with instructions along the way. It will alert students if mistakes are made, save all their choices for them to review or modify at a later stage and allow them to print off their final selections for signoff by their parents.

The system is now available for students via the SSO icon in the Zen window of their student laptop or by clicking the following link:

Click here to access SSO

Students will receive their login details via their College Groupwise email account, not parent email accounts. Year 10 login details have already been sent out, students in Years 7 – 9 will receive their login details during the week beginning 12 August.

College email accounts are accessed either through the Groupwise icon on their student laptop or via the following link:

Click here to access Groupwise Email

Students will need to use their College username and password to access their email.

In the event that a student loses their SSO login details they can request that these be resent to their College email address from the SSO login screen.

After students have logged into SSO, they will need to work through all the steps. Once all steps are completed it is important to print off the subject selections; parents must sign this report before it is submitted to the College. Year 11 2015 Subject Selection reports are to be handed to Student Records by Tuesday 5 August, students in Years 7-9 need to hand their completed Subject Selection reports to their PC teacher by Tuesday 26 August.

Ruth Walton & Jess Stokman, ICT Managers



School Fees

Term 3 Fees have now been sent out. Fees are to be paid by 15 August 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

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

ACTION School Bus Network

We have been advised by ACTION that the proposed 2014 school service changes will not be implemented in July as previously advised.

At this point in time ACTION does not have a timeframe for implementation; however, they can confirm that schools will be given at least four weeks notice of the changes, prior to the commencement of the new network.

Monica Bailey, AP Pastoral - Acting (Wanniassa)

MacKillop Variety Night



WANNIASSA NEWS

Pastoral Program

Pastoral Program this term takes the theme of Relationships with specific focus areas:

Year 7 - Building resilience in personal relationships
Year 8 - Healthy perspective of intimacy in relationships
Year 9 - Conflict with Peers

Year 8 and 9 boys will attend a presentation in Week 3 from Menslink entitled "Silence is Deadly". This will address the issue of depression and the stigma associated with seeking help amongst young men. At this time Years 8 and 9 girls will attend a session that focuses on building a positive self-image. In Week 4, Year 7 students will attend the Brainstorm Production "The Hurting Game" that focusses on bullying and students digital reputation.

Status Awards

Congratulations to the following students who have been presented Status Awards:

Bronze Status:

Georgie Anderson 7W3, Ebony Boulding 7W1, Madeline Chorley 7F2, Joshua Guthrie 7E2, Adara Harrington 7F3, Jackson Keen 7EW, Anthony Marando 7F2, Hannah McGee 7W2

Silver Status:

Thomas Cameron 9A3, Thomas Opie 8F2

After School Sport

During Term 3 Netball and Basketball will run as an after school activity available to all students in Year 7 to 9. This is an initiative organised by the College Sports Captain Hayley Ngametua with the assistance of Year 12 student volunteers and supervised by a staff member.

The afternoon sports activities provide a great opportunity for students to involve themselves in the school community, enjoy a social sporting environment and build friendships. The sessions will run Thursday afternoons in Week 2 until Week 8 from 3:30pm to 4:30pm on the Wanniasa Campus oval. If there is wet weather the activities will move to the gym.

Consent forms are available from Pastoral Care Coordinators, the PE staffroom and can be downloaded from Studywiz.

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

Parentingideas

Learning how to interact positively and safely online is an important skill for all students in our technological environment. This week's Parentingideas article "Social Netiquette" highlights ways that young people can interact online in a respectful manner.

*Monica Bailey
Acting AP Pastoral Care (Wanniasa)*

COMMUNITY NEWS



Eagles Baseball

Eagles Baseball (based in Kambah) will be holding a registration day on 30 August at Kambah Village Shops between 11am and 3pm. Contact Clinton Parker at clntnparker@gmail.com or call 0437 401 096 for more information.

Scouts ACT

Scouting is for boys and girls aged 6-25. 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. Come and try Scouts today with a 3 week FREE trial. Call 1800 SCOUTS or visit scoutsact.com.au to find your closest Scout Group.

Army Cadets

The 224 Army Cadet Unit is holding an information session for prospective recruits at the Cadet Precinct at HMAS Harman (off Canberra Ave) at 6.30pm on Monday 28 July. For more information, contact Lieutenant (AAC) Carey on 0457 723 865.

Vikings Baseball

Vikings Baseball (based in Wanniasa) will be holding registration days on 31 August (11am-1pm) and 13 September (11am-2pm) at Viking Park, Wanniasa.

Imagine More workshop

This free 'Dreams of Children and Hopes of Parents' workshop takes place on Sunday 3 August between 9.30am-4pm at the Aboriginal and Torres Strait Islander Cultural Centre (245 Lady Denman Drive, Yarramundi Reach). This workshop contains a focus on the dreams of children with disabilities and features a talk from Darcy Elks. To register, go to www.imagemore.org.au and visit the '2014 workshops' page.

Chilled Anxiety Group

The *Chilled Anxiety Program* is an evidence-based group therapy developed by Macquarie University (*Cool Kids*). The program aims to teach young people and their parents how to better manage anxiety, by teaching clear and practical skills.

Topics covered in the program include:

- How unhelpful thoughts make us anxious
- Thought challenging and thinking realistically
- Assertiveness and problem-solving
- Fighting fear by gradually facing fear

Who

Young people aged 13 - 17 years

When

Thursdays 4:30 - 6:30pm (for 10 weeks)
Beginning in August - date to be confirmed

Where

headspace Canberra, 170 Haydon Drive Bruce

Cost

\$100 (includes manual, materials and snacks)

Contact

Phone 6201 5343 for further information.



ST CLARE OF ASSISI CONDER CELEBRATES

20 YEARS

16TH OF AUGUST 2014
6:30PM PRE DRINKS 7PM START

\$70 PER HEAD INCLUDES
3 COURSE MEAL AND ENTERTAINMENT PROVIDED BY SMOOTH OPS

SOUTHERN CROSS CLUB
CORNER OF PITTMAN AND HOLWELL STREETS
TUGGERANONG

DRESS: COCKTAIL AND EVENING WEAR

RSVP

WITH DIETARY REQUIREMENTS
BY 1ST OF AUGUST

PHONE: 02 6294 1860 OR EMAIL: OFFICE.STCLARESCONDER@CG.CATHOLIC.EDU.AU

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Catherine Gerhardt

Social Netiquette

Today's transition to high school usually comes with a transition to a greater online presence. Here are four great ways to help your children develop 'social netiquette'

I am in transition and it has happened way too fast. I hope I am prepared. I am now the mother of a high school student. Entering high school is a phenomenal year of change for parents and youth. Actually, it was the first week that really made its mark. Suddenly my daughter has her own laptop, email addresses and a smart phone.

When I was her age I had a fairly simple transition. I simply walked across the parking lot and turned right towards the high school instead of left for the primary school and the transition had occurred. That was one of the privileges of a rural education – not the norm for most youth as they make the change from primary school to secondary college. Back then, thoughts of laptops and phones with internet connection were non-existent, or at least only possible in the realm of movies like Star Trek. Fast forward to today and our kids are carrying these devices around in their backpacks.

With all this technology comes a great deal of responsibility for youth and their parents. I know I expect my children to use their manners, show respect and treat others as they would like to be treated. I expect this in the real world and I expect this online – constantly and consistently. Social netiquette is exactly that: online rules and guidelines that match real world rules and guidelines.

Here are some guidelines you can teach your child to help them develop social netiquette:

Don't be an 'open book'

Giving away too much information, too soon, to people you may not really know can put your child at risk. What you need to know and understand is that your child is now hanging out in the biggest possible public place there ever was. Placing themselves online and being an open book can make your child a target. Once they have put themselves out in this public place, they are accessible to billions of people. Even with tight privacy settings and all the awareness in the world, that post, that photo is out there; chances are that sometime, someone out there is going to make a derogatory comment about something they put online. I'm not saying that is right, but I am saying that it is bound to happen. Be prepared for that, and talk to your kids about what to do when it does. We recommend they do not respond, let a trusted adult know what has happened and do not re-enter that conversation.

Building your personal brand

In a world where social media rules, we have all become brands. Everything we do online is either adding or detracting from our personal brand. Does your child want their brand to be

like a Nike or Coca Cola: a top shelf brand that people want to buy into because it is seen to have value? Everything your child says, 'likes', re-posts, comments or retweets on social channels tells others what they are all about. Online presence is not only about the content that they provide themselves – it is also about what's written or posted about them by others. Today's first impressions occur on the internet.

Your child's personal brand will take them further than any education or university degree. In today's world an individual's online reputation is far more believable than anything they can provide on a piece of paper. A comment on a piece of paper doesn't have a lot of 'weight', but what others can see about them on the internet – now that is 'real'. A strong personal brand will allow your child to move between opportunities with ease.

Housekeeping required

Your child's personal brand will also outlive any of their personal and professional achievements. Setting up and maintaining social networking requires constant work. Work with your kids to maintain a clean house, so to speak.

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parentingideas.com.au



Help develop 'social netiquette'

Keep social networks tidy and tight. Some apps make it very easy to connect with people they have never met. Have a conversation with your child about why 'quality friends' should win over 'quantity of friends'. Are they connecting only with real life face-to-face friends? Who will stand beside them if they don't, and things go wrong?

Mistakes will be made, and our aim is to minimise the slip-ups our children will make. The first thing is to reassure your child that you will be there to help if something goes wrong or gets out of control. Yes, we may be angry at first, but your child will need your support; we may be disappointed, but we will get over it. Let your child know that you are far more likely to respect them for being upfront about issues rather than trying to bury any mistake they have made.

Even the most insignificant online actions can have an influence on how your child will be perceived. Take a proactive and preventative stance – spending the time now to help your child navigate their way through their new digital world, and to help them attend to any stains and spills that might happen along the way, will pay off in the long run. Learning how to edit, block and delete content is a great place to start.

Encourage kids to T.H.I.N.K.

This is an 'oldie but a goodie' and it works every time. Work with your kids to have them answer these five simple questions before they post. Is it True? Is it Helpful? Is it Inspiring? Is it Necessary? And is it Kind? If your child can answer yes to those questions, then certainly they can consider putting their material online. But even a single 'no' to one of these questions means they will be pushing the boundaries of social netiquette.

Times certainly seem different these days, but the rules are still the same. Be nice in public, make a first good impression, tidy up your mess and think twice before speaking.

So far the transition has gone smoothly and we have both settled into the new demands of online learning and the world of 'bring your own device'. Being the mother of a high school student is a privilege, and I welcome the new challenges it will bring.

Catherine Gerhardt

'eSmart Schools has found the content in the Kidproof Safety program to be a valuable and credible resource on cybersafety for schools'
The Alannah and Madeline Foundation



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.

