



**PRINCIPAL'S LETTER**

**The Year 12 Retreat**

Congratulations to Mr Ciccarone, the staff, and to Year 12 who completed a highly successful retreat at the Salvation Army Centre at Collaroy last week.

The students conducted themselves in a splendid and mature manner, engaged in the activities beautifully, and met the challenges of "this is the last time we will ever..." magnificently.

The retreat is an important part of the life of a senior student and increasingly we are recognising it plays an important part in preparing our students for life beyond MacKillop.

A community event of this magnitude requires strong organisation, good will, and the bonds of strong relationships; none of which was in short supply at Collaroy.

**Welcome to new staff**

At the end of last semester, a number of staff retired, went on leave, or moved interstate, and so much energy has gone into replacing them. I am delighted to welcome into the MacKillop community a range of talent, experience, energies, and backgrounds to add to the fine compliment of staff already at MacKillop. It is pleasing that so many of our students have warmly welcomed these teachers into their classrooms and are already establishing relationships of respect and trust.

**Variety Night and the College Musical**

Students will showcase their many talents over the next few weeks through Variety Night and the College Musical, *The Addams Family*.

Variety Night takes place on Friday night (8 August) while the Musical runs from 19-22 August. Both events will be held at the Wanniasa Campus Theatre.

Tickets are available now from the Front Office of each campus.

Yours in St Mary MacKillop,

MICHAEL LEE  
PRINCIPAL

**PRINCIPAL'S PRAYER**

Lord, We give thanks for the sacrifice of Australian women and men in the service of our young Commonwealth in the Great War, which commenced 100 years ago this week. May their memory be blessed. Lest we forget. Amen.

**UPCOMING EVENTS**

- AUG FRIDAY 08** • Variety Night
- AUG THURSDAY 14** • Moderation Day (pupil-free day)  
• Year 11 AST Trial
- AUG TUESDAY 19** • College Musical
- AUG WEDNESDAY 20** • College Musical

# COLLEGE NEWS

## Careers Development Award

Congratulations to Careers Adviser Ms Karen Hundy who is the recipient of the 2014 Deanne Reynolds Career Development Award. Minister Joy Burch presented the award, which recognises excellence in the provision of career education in schools, at the opening of the 2014 CareersXpo. Congratulations, Ms Hundy!

## Girls Hockey Success

On Tuesday 29 July girls from Years 7-12 competed in the ASC Hockey Carnival at Lyneham Hockey Centre. Congratulations to all the girls who participated with such enthusiasm on the day. A big congratulations to our 9/10 Girls who are the ASC Girls Hockey Champions for 2014. Results were 1-0 against St Clare's, 0-0 against Merici, 2-0 against Daramalan and 2-0 against Girls Grammar. Well Done girls!

*Kelli Campbell*



## Future Stars!

Alex Floros (Year 11) has been selected in the Australian Under 20 Indoor cricket team to compete in the world Cup in October this year.

Hunter (Year 8) and Jasmine Dinning (Year 10) have both become ACT Champions in karate. Hunter won gold in team kata, opens kumite and opens kata, while Jasmine won gold for the team kata.

Ashy Kinsella (Year 8) is the ACT Champion for the U15 open Foil. Ashy fences for the Engarde Club based at MacKillop.

Demi Nikias (Year 7) has been selected to represent the ACT in soccer.

Tiana Alchin, Zoe Strzelczykowski (both Year 7), Ben Stokes (Year 8), and Rebecca Cross (Year 9) represented the ACT at the School Sport Australia Swimming Championships in Melbourne late last month. Most of the swimmers gained personal bests in their events, while Rebecca won gold medals in the 50m, 100m and 200m breaststroke, as well as the 200IM and 400IM.

Ex-student Rebecca Henderson (Class of 2009) won a Commonwealth Games Bronze Medal in the sport of Mountain bike cross-country.

**VARIETY NIGHT 2014**  
**8 AUGUST • 7PM • WANNIASSA**  
**TICKETS ON SALE AT THE DOOR OR FROM THE FRONT OFFICE**

## HOUSEKEEPING

### Senior Scholarships

Parents are reminded that Year 10 students who have re-enrolled at St Mary MacKillop College are able to apply for a scholarship to assist with Tuition Fees in Years 11 and 12. Successful recipients will have 50% of their Tuition Fee as set by the Catholic Education Committee (CEC) accredited to their fees account for 2015 and 2016.

There will be two different categories of Scholarship:

**Academic:** Awarded to a student or students whose achievement has been outstanding throughout Years 9 and 10.

**Community:** Awarded to a student or students who have applied themselves consistently to their studies and who have contributed in significant ways to the community.

Application forms are available from the front office of the Isabella campus and must be completed and submitted to Mr Lee on or before Friday 22 August 2014.

*Paul O'Callaghan*

### 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*

# WANNIASSA NEWS

## Pastoral Program

### YEAR 8 AND 9 GIRLS PRESENTATION "FRAMED: ME, YOU, US."

During Pastoral Program in Week 2 all the Year 8 and 9 girls had the opportunity to come together to share about themselves and to learn about others in a session entitled "Framed: Me, You, Us". It was a great experience to listen to the inspiring words of others through songs and video, helping us to see the strength we have within and most importantly the courage to set and achieve our goals.

We were inspired to be proud of who we are and to be true to ourselves but this also requires us to listen to others, respect them and support them in being their best. We took time to share inspiring words with each other and then used these powerful thoughts to create a colourful "wall of words" in the gym.

Our session concluded with the Year 9 students, led by Mrs Quirk, teaching a previously learnt dance to "Ain't No Mountain High Enough" to the Year 8 girls. It was an empowering session to be involved in and set us up for a positive start to Semester 2.

### MENSLINK YEAR 8 & 9 BOYS PRESENTATION "SILENCE IS DEADLY"

On Wednesday 30 July, Year 8 and 9 male students were given a presentation from Menslink. During the talk, the presenters kept emphasising three main points about being a good "mate". The points were: Find people you trust; this could be a teacher, mate, coach or parent. Stop the excuses and start a conversation; good people won't judge you and you will feel better faster. Be a good mate; be there for them and listen to what they have to say.

The speakers from Menslink then told their own stories. These ranged from being forced into showing the "tough guy" image in the police force to not fitting in with peers at school. The men explained to us that the "tough guy" act isn't about being fearless and not having any problems; it's about being yourself and sharing your issue with your "team". Some videos showed how the Brumbies players and coaching staff have problems, such as dealing with divorce, loss of loved ones, anxiety and depression, and how they dealt with them by sharing the issue with other people.

At the end of the presentation we were able to ask questions and were given wristbands and a card where we wrote who our "team" was. Overall it was an informative presentation where we all gained some very useful tips and information.

*Tom Opie and Anwar Hamill, Year 8*



## Attendance Certificates

Congratulations to the 84 students who were presented with Attendance Certificates during Year Group Assemblies in Week 2. Attendance Certificates are awarded to students who maintained 100 per cent attendance for the duration of Semester 1. The number of students presented was an improvement for the same time period last year across all year groups.

All students are encouraged to work towards an improvement in their attendance, striving towards Attendance Certificates in Semester 2.

## Thursday Afternoon Sport

Netball and Basketball continues to be run as an after school activity available to all students in Year 7 to 9. The event provides a great opportunity for students to involve themselves in the school community, enjoy a social sporting environment and build friendships. The sessions will run on Thursday afternoons until Week 8 from 3:30pm to 4:30pm on the Wanniasa Campus.

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

## Parenting ideas

The latest article from Parenting Ideas "Helping kids leapfrog their difficulties with these 5 ideas" highlights the learning experience that comes from facing challenges and obstacles. Parent and teacher attitudes in dealing with young people's challenges will impact how successfully they overcome their obstacles. Through meeting these challenges young people are able to build resilience and gain confidence in their ability.

*Monica Bailey  
Acting AP Pastoral Care (Wanniasa)*

# COMMUNITY NEWS

## A forum for Parents and Carers

*Stories of Inclusion*, a forum on inclusive education in Catholic Systemic Schools, takes place on Friday 22 August OR Saturday 23 August (9am-2pm on both days) at the Rheinberger Centre in Yarralumla. Share the story of your child's educational journey so other families can benefit. Register your attendance by emailing [inclusiveforum@catholic.edu.au](mailto:inclusiveforum@catholic.edu.au).

## Queanbeyan River Festival

Formerly the Queanbeyan Regatta, The Queanbeyan River Festival will be held in October each year thanks to The Queanbeyan City Council and The Cancer Support Group. On Saturday 11 October 2014, come out and join Queanbeyan in your 'build your own' craft or cheer for your favourite from the safety and comfort of the river banks.

## Women in the AFP

The AFP is committed to increasing the number of sworn female police officers and warmly invites you, your parents, and teachers to an information session to learn about career opportunities within the AFP. The session takes place at the AFP College in Barton on Tuesday 9 September, 6-8.30pm. RSVP with your contact details and names of attendees to [afprecruitment@afp.gov.au](mailto:afprecruitment@afp.gov.au) by Friday 8 August.

## Elementz Rhythmic Gymnastics

Elementz offers recreational and competitive rhythmic gymnastics programs for children from five years through to adults. Classes at Active Leisure Centre in Erindale. Call to arrange a free trial or enrol for next term 6112 8460 or visit [www.elementz.com.au](http://www.elementz.com.au).

# Parenting *ideas* INSIGHTS

## *Building parent-school partnerships*

WORDS Michael Grose

## Helping kids leapfrog their difficulties with these 5 ideas



A parent's attitude to their child's difficulties will determine how successfully they meet and overcome many of the obstacles and hurdles they meet.

**Whether it's going to school for the first time, making new friends or even going to school camp, children often experience difficulties that they need to overcome.**

When children overcome problems and deal with unpleasant situations they learn they are capable, which is the basis of self-esteem and confidence.

Children's resilience is fostered when they overcome problems and manage unpleasant social situations such as teasing or going into new situations. Protecting kids from challenging experiences robs them of chances to learn, develop and grow.

Resilient kids look back and draw on skills and understandings they have developed in the past to help them deal with present challenges. For instance, a sixteen year old girl recently revealed how her time spent on a twelve-day adventure camp helped her overcome the homesickness she experienced on a six-month student exchange.

She remembered how on the first day of her school camp she didn't think she could make it – but she did. She experienced those same doubts early in her exchange but she knew that just as she had coped before she would do so again, but this time in more difficult circumstances. She was drawing on the same resources.

**Here are five great parenting ideas to help your kids leapfrog their difficulties:**

### **1 Frame the problem as a challenge:**

Frame the difficulty as a challenge rather than a problem. Kids take their cues from their parents so the frame of 'challenge' gives kids something to rise to rather than be overwhelmed by.

### **2 Coach kids to do well:**

Talk kids through their challenges, give them ideas to cope and manage. Consider rehearsing some skills or language that they may need.

### **3 Show confidence they will succeed:**

Children generally meet their parents' expectations so make sure your expectations are realistic, positive and supportive of their feelings.

### **4 Give kids a chance:**

Allow kids to approach challenges in their own way without constantly checking on them. Your nervousness is definitely catching.

### **5 Celebrate their success:**

Even if they were partially successful, such as they went to school camp for two out of the three days, then praise their efforts. They've got a great building block for next time.

**The attitude and approach of parents and teachers will determine how successfully children and young people meet and overcome many of the hurdles they encounter. That attitude needs to be courageous, sensitive and hopeful that your child will meet, and overcome with assistance, all the challenges they encounter.**

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.

