



PRINCIPAL'S LETTER

Congratulations to Tyler Jones

Congratulations to Tyler Jones in Year 12, one of two indigenous Australian high school students in the country who have won scholarships from Charles Darwin University to attend a science expo in Singapore.

Tyler and his teacher, Mr Mike Brennan, gave an outstanding radio interview with Adam Shirley on ABC Drive last week. They spoke expansively about the joys of science, their ambitions, and the importance of science to the progress of humankind. It was great fun and a proud moment to be driving back from a meeting with other principals to hear two members of the MacKillop community being so confident and engaging on radio.

Tyler heads off to Singapore on Sunday with best wishes from the school and will return with a range of rich experiences to share with the science department and the rest of us at MacKillop. This is an outstanding achievement for Tyler and he deserves full recognition and congratulations for attaining such an honour!

The Addams Family

For many people, the Addams Family is a comedy, which found its humour in making a parody of a middle class American family in reverse: moonbaking, African strangler plants, Marie Antoinette dolls, a kitty cat that was in fact a lion, and colourful aunts and uncles, all in a spectacular house where hapless mainstream Americans visited at their peril.

My experience of growing up with my wider family was such that in many ways the Addams Family seemed mainstream! The collections of great aunts and uncles who were colourful and unusual, grandparents that seemed to come from another world, and the moral values and sense of indignation with which they were imparted to my sister and I are precious memories. Gomez in many ways is still a hero to me for his boundless enthusiasm, complete disregard for cost, indefatigable optimism, his penchant for dark suits, fencing, and his passion for French!

Congratulations to the performing arts team of teachers and students who have provided a faithful, entertaining, and loving representation of the creepy and the kooky, mysterious and spooky Addams Family in the College musical.

The Addams Family is the real THING and ITT!

Yours in St Mary MacKillop,

MICHAEL LEE, PRINCIPAL



PRINCIPAL'S PRAYER

Lord, We thank you for our gifts and talents and for the many ways we are able to develop and nurture them. Help us to make the most of these gifts and to always let our light shine. Amen.

UPCOMING EVENTS

SEP TUESDAY 02	• Year 12 AST
SEP WEDNESDAY 03	• Year 12 AST
SEP TUESDAY 09	• Parent/Teacher Interviews (W) • ASBA Info Night
SEP WEDNESDAY 10	• Parent/Teacher Interviews (I)

COLLEGE NEWS

Year 12 AST

Our Year 12 ATAR-seeking students have now finished their five AST workshops leading in to the actual examinations and I'd like to congratulate them on their outstanding attendance, attention and dedication. These students have completed many AST trials and workshops now and are fired up and ready for the real thing. On Tuesday 2 September and Wednesday 3 September they will be sitting their three AST examinations and on behalf of the whole College community, we wish them great success.

Colby Cruwys
Senior Studies Coordinator

Inspire Art Competition

INSPIRE

St Mary MacKillop College Art Competition 2014

Produce one artwork on any theme, using art media of your choice. You might wish to produce a drawing, painting, sculpture, graphic art, photography, mixed media, printmaking or ceramics. You must submit a 100 word statement with your entry, explaining what your work is about. Work must be submitted ready for exhibition ie. framed or card mounted for two dimensional works.

Artworks must be submitted to the Visual Art department by Friday, 5 September.

Artworks will be displayed as part of SMMC Feast Day celebrations. Prizes will be awarded to Yr 7/8, Yr 9/10, Yr 11/12 in the form of Eckersley's gift vouchers. The overall winner will receive a year's membership at the National Gallery of Australia and their work will be kept for permanent display at the College. This year a selection of the best entries will be exhibited at the Tuggeranong Arts Centre.

Future Stars!

Oliver Hall and Harrison Palic (both Year 7) will represent the ACT at the School Sport Australia Soccer Championships in Bendigo next month.

Andrew Slavich (Year 12) has been chosen to represent the ACT at the National Schoolboys Soccer Championships in Sydney next week.

Michelle Bryant (Year 7) won two gold medals and two silver medals in rhythmic gymnastics at the NSW Championships in Sydney during the school holidays.

School Fees

Fees for Term 3 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



Variety Night

The College's annual Variety Night, held 8 August, was once again a great success, with students (and staff) showcasing their talent in front of a packed Wanniasa Theatre. There was definitely a wide 'variety' of talent on show, with comedy, instrumentals, vocals, dance and magic on display. Congratulations to all involved in the production and performances.



Vietnam Veteran's Day

On 18 August, St Mary MacKillop College were invited to participate in the 2014 commemoration services for Vietnam Veteran's Day at the Australian War Memorial. The Day is set aside to help to support and remember the sacrifice and contribution given by Australian service personnel from the Vietnam War. A group of 15 Year 10 students were invited to attend a drama performance at the Australian War Memorial and observe the commemorative parade. The performance was delivered by Brett Hunt, the son of the Australian soldier Frankie, who has been immortalised in the John Schumann song "I was only nineteen".

In particular one of our Year 12 students, Maddison Stevens, was invited to participate specifically in Vietnam Veteran's Day activities by presenting a short speech to a variety of veterans from 6 RAR, Department of Defence and AWM officials. Maddison had been specifically asked to speak about the role of history and the meaning of commemoration for students today of the events from the Vietnam War. It will also include a live performance on the Vietnam War and participation in commemoration activities for Veteran's Day. Maddison's presentation was delivered to approximately fifty surviving members of 6RAR who were involved in the fateful mineblast made famous in the song "I was only nineteen", as well as representatives from Army News and dignitaries - including AWM Director Dr Brendan Nelson.

Maddison has had an exciting few weeks as she has also recently been awarded the ADFA Education Award for 2014. Well done, Maddison!

The College also congratulates Maddison and the Year 10 students on their participation, exceptional conduct and contributions to the commemoration ceremony on Vietnam Veteran's Day.

Michael Batten, SOSE Coordinator (Isabella)

WANNIASSA NEWS

Pastoral Program

The Term 3 Pastoral Program across the Wanniassa Campus has a focus Relationships. As part of the broader Pastoral Care Program Year 8 have been examining love, affection and intimacy and in the coming weeks will investigate the role the media plays in presenting unrealistic images of intimacy and affection. In Week 10 all Year 8 students will participate in a session presented by CatholicLIFE focussing on the Catholic perspective of sexuality as well as sexually transmitted infections.

On Wednesday of Week 4 the students in Year 7 were entertained and informed by the Brainstorm Production group with the presentation "The Hurting Game" that investigated the impact of cyber-bullying as outlined below.

YEAR 7 "THE HURTING GAME"

On 13 August Year 7 students had the privilege of seeing an amazing performance by Brainstorm Productions. It was an exciting performance that informed us of what we needed to know about being safe online, and also what things we should be careful of as we all get older.

The performance was about two Year 12 drama students performing as characters in a video game about cyber bullying. As the video game is coming to an end they have trouble finding the right way to finish it. This leads them into an argument. Throughout the argument, the Year 12 students start to remember the bullying and social network issues through their school life. They then realised how it affected them as they progressed from kindergarten through to Year 10.

After the performance, Year 7 was able to reflect and learn how they might avoid bullying, especially on the internet. We also discussed how we might cope with situations that may happen in school with friends and people around you. In all, this was an interesting and creative performance that helped all of Year 7 understand some of the struggles that we might encounter as we get older.

Grace Spratt and Catherine French



AFL Clinics

Over the coming Wednesdays, Eastlake Football Club will be organising Aussie Rules activities for students of Year 7-9 during lunchtime on the Wanniassa Campus oval. Students are invited to participate and are encouraged to check the daily student messages regarding days for each year group. This activity is arranged in partnership with Eastlake Football Club and provides another opportunity for students to participate and try something new.

Status Awards

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

Bronze Status: Nathan Corkery 7W3, Abbey Daly 8A3, Andrea Fallshaw 7W3, Jarad Gawler 7A3, Emily Hart 7A3, Clayton Hawke 7W3, Ashley Lawrence 7F3, Brianna McNeill 7W1, Danielle Outram 8A3, Genevieve Simpson 7W3, Lachlan Squire 7EW, Heidi Turner 7F1

Silver Status: Anwar Hamill 8F2

Parenting ideas

Today's children require parents to use increasingly sophisticated communication methods to get cooperation and keep them safe. The below article "Ten common discipline mistakes" discusses some techniques to be avoided.

*Monica Bailey
Acting AP Pastoral Care (Wanniassa)*

COMMUNITY NEWS

AVCAT Education Scholarships

The Australian Veterans' Children Assistance Trust administers scholarships to help children of the Australian ex-service community with the costs of full-time education. If you would like to find out more about supporting AVCAT or applying for a scholarship, please visit www.avcat.org.au.

Touch Football Junior Competition

The ACT Junior Touch Football Competition starts in October. Register at acttouch.com.au or contact Mark Moro on 6212 2880.

Woden Valley Festival

The Woden Valley Festival takes place in November, with the main event being the Carnival Day on Saturday 8 November. The Woden Community Service is looking for entertainers, sponsors, volunteers, and community or market stalls to get involved on the day.

Visit www.wcs.org.au/community/woden-valley-festival for more information on the festival and ways you can contribute or email Marieke Janssen at wodenfestival@wcs.org.au.

Canberra Youth Theatre

Canberra Youth Theatre is presenting a range of productions and workshops over the coming weeks. Visit www.cyt.net for more information.

Western Creek Molonglo Cricket

Registration days for a range of junior boys and girls cricket teams take place on Sunday 31 August 10am-2pm at Stirling Oval OR Sunday 7 September 12-2pm at Cooleman Court. For more information, visit www.wccc.org.au.



Bungee resilience and well-being

The Bungee program helps children and young people with mild to moderate mental health difficulties through recreational activities, creativity, social inclusion, and active participation. Counselling is also available. Call 6264 0200 for information.

Parenting *ideas* INSIGHTS

Building parent-school partnerships

Ten common discipline mistakes

WORDS Michael Grose

Here are 10 common and easily avoided mistakes parents make when disciplining their children. Replace these mistakes with better techniques and you'll be on your way to parenting easy street.

Discipline is easy when children are easy. It can be downright tricky when children are difficult, have interesting personalities or are at one of the challenging developmental stages.

It's with kids in these difficult categories that we need to get our discipline techniques right. Here are 10 common mistakes I see many parents make when trying to get cooperation from their children, keep them safe or teach them to behave well.

Do any of these bloopers ring a bell?

1 Repeating yourself

If you do this, you are training your kids to become 'parent deaf'. Kids learn more from respectful actions than your repeated words, so speak once – twice at most – then DO something.

2 Shouting to be heard

You will get better results by going below the noise baseline to get their attention rather than raising your voice.

3 Setting limits too late

If you set a limit a few weeks after new object or situation is introduced (e.g. a kid gets a new mobile phone, a teen starts going out at night), you will be seen to be taking away a freedom. It's better to set limits first then loosen them up later.

4 Setting no limits

Boundaries, rules, expectations and standards teach kids what's expected. Boys love them. They also like to push against them, so you need a firm backbone.

5 Failing to follow through.

Talk! Threaten! Nag! No way! See No. 1 above.

6 Making consequences too harsh

"You're grounded for a month, Mr 6-year-old" is a tad harsh and will usually bring resentment, not to mention confusion. Stick to the 3 Rs – respectful, reasonable and related to the behaviour – when setting consequences and you can't go too far wrong.

7 Applying consequences when you, or they, are angry

When anger is in the air kids will become mad at you ... if they listen at all. Calmness makes a huge difference to effectiveness at the point of discipline.

8 Mixing discipline with counselling

Never mix the two as it sends mixed messages. If a child misbehaves manage that situation. If you suspect something negative is going on in their life, then deal with that at a separate time.

Keep the two actions separate so they can both be effective.

9 Deferring discipline

Deferring discipline to a child care centre, preschool or school. This is taking the easy way out and teaches kids that you don't have real authority. Have the confidence to be the authority and take a lead.

10 One parent is always the bad guy

This gets wearing. Also it's hard to have fun when you are the tough cop all the time. If you are in a two-parent situation take discipline in turns. If you are parenting solo, bring spares into the act.

We've all made mistakes when disciplining kids. Tiredness, emotion and lack of skill can get in the way of effective discipline. But part of the evolution and growth of you as a parent involves eradicating some of your old ways, and replacing them with new, more effective, more sophisticated ways of managing yourself and your kids.

For better, more sophisticated and more effective discipline techniques visit my online parenting manual – the Parentingideas Club. There are 1,000s of strategies waiting to be used. Take your FREE trial now at parentingideasclub.com.au



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.



parentingideas.com.au

