



## PRINCIPAL'S LETTER

### Teen Chef winners

Congratulations to Year 9 students Amberley Elliott, Claire Lonie, Brooke Simpson, Katelyn Twiss, and their teacher Justin Kain (fabled chef that he is) for burning off their opposition in the ACT Teen Chefs Competition. The competition, which reached its climax last Wednesday, saw Team MacKillop take first prize with a range of dishes including, a thyme-marinated lamb and a nashi pear and frangipane tart. Congratulations to Team MacKillop for their outstanding success against students in other schools, all of whom were in Years 11 or 12.

### Visit by Imam Adam Korda and Islamic Centre Director Azra Khan

Many of you would be aware that the Canberra Islamic Centre and its library were viciously attacked several months ago and indeed have been attacked since. The Centre is the interesting-looking architecture opposite the Isabella Campus on Clive Steel Avenue. A number of staff and board members joined me and others in the community helping with the clean up – all of this was widely and appropriately reported in the Canberra Times.

As a follow up to this, the Imam and Director attended assembly to thank the school for our support, to extend the hand of neighbourliness, and to speak about their experiences of multiculturalism, faith, and citizenship in Australia. The Imam kept the audience in rapt attention and gave a stellar presentation on the shared values of Islam and Christianity, his experience of Christianity, and the hopes and aspirations of the Islamic community in Australia. Members of the College have been invited to a thank you BBQ held at the centre later in October.

There are a number of members of the Islamic community who belong to MacKillop, some of whom have shared with me their unease at the current profiling of Islam in the wider Australian media. Our relationship with our neighbours will hopefully send a reassuring message to them and our community, which, after all, takes its name after St Mary of the Cross MacKillop, whose many achievements were in part made possible by Australians who were neither Catholic nor Christian.

### St Mary MacKillop Feast Day Mass

All are welcome to attend our MacKillop Day Mass on Friday 12 September. Mass will begin at 9.30am at the Tuggeranong Basketball Stadium. We enjoy seeing past students, parents, friends, and families at our Mass and we warmly welcome you to share with us this special event in the College calendar.

Yours in St Mary MacKillop,

MICHAEL LEE, PRINCIPAL



## PRINCIPAL'S PRAYER

Lord, We give thanks for the life and example of St Gregory the Great: a middle-ages Pope, Doctor of the Church, the one who sent St Augustine to convert the Britons, and the man whose Feast Day we observed on Wednesday. Amen.

## UPCOMING EVENTS

SEP TUESDAY <b>09</b>	<ul style="list-style-type: none"> <li>Parent/Teacher Interviews (W)</li> <li>ASBA Info Night</li> </ul>
SEP WEDNESDAY <b>10</b>	<ul style="list-style-type: none"> <li>Parent/Teacher Interviews (I)</li> </ul>
SEP THURSDAY <b>11</b>	<ul style="list-style-type: none"> <li>Parent/Teacher Interviews (W)</li> </ul>
SEP FRIDAY <b>12</b>	<ul style="list-style-type: none"> <li>St Mary MacKillop Feast Day celebrations</li> </ul>

# COLLEGE NEWS

## 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*

## Creative Writing Group

We have a number of students at the College who are interested and talented in creative writing. The English Faculty would like create a writing club as an avenue for these students to develop their skills and share their work. It will be open to all students regardless of age and ability to join.

The club will offer the opportunity to work with a variety of teachers to workshop ideas and skills. We would also like to provide an extra curricular opportunity for students to work with local authors and others who work professionally in this field. It is a chance for students to receive feedback on their writing and immerse themselves in the writing process.

Students who are interested can email me at Kathleen.Piper@mackillop.act.edu.au for more information.

"Start writing, no matter what. The water does not flow until the faucet is turned on." - Louis L'Amour

*Kathleen Piper*

*Acting English Coordinator (Wanniassa)*

## Status Awards

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

Bronze Status - Tegan Agnew 7F2, Madeline Barbic 7F2, Jack Elwin 7A1, Gemma Jones 7W3, Elizabeth Jongerden-Armarego 7A1, Audrey Kent 7A3, Ronin Leishman-Heyne 7W2, Angela Ovari 7A1, Kajsa Radulovich 8E1, Troy Simmons 7F3, Chloe Smith 8A2, Eleanor Stewart 7A1, Katie Whitecross 7W2

Silver Status - Sarah Duck 8A1

## Temporary Network Outage

Due to ActewAGL maintenance and upgrades at the College, IT Support will shut down all IT services at 4:30 pm on Friday 5 September, and services will be restored by 8:00am on Monday morning. This means there will be no access to any College network resources including H drives and T drives, filr, Studywiz and GroupWise for the period of the shutdown. The College website will also be unavailable. We apologise for any inconvenience this may cause.

*Ruth Walton, ITC Manager*

## STUDYWIZ

By now all parents should have received an email from the College providing them with a username and password giving them access to Studywiz. In due course we are hoping that the range of resources accessible by parent account will broaden to include other applications such as parent Teacher On Line. If you have not received your login details please contact the College Enrolment Officer who will be able to confirm that the email address held by the College is correct. You will then be able to go to the Password Self Service site and retrieve your username and/or password:

<https://password.mackillop.act.edu.au/sspr-family>

Studywiz tip: If you want to find a resource on Studywiz and do not know where to look try using the search function. Use a word relevant to the resource you are looking for, for example if you wish to find a Unit Outline try entering "Outline" or "Unit Outline". A list of resources meeting your search criteria will then be presented. You can then browse through the list to find the resource you are looking for.



## SNAP Photo Exhibition

SNAP, the ACT senior secondary schools student exhibition, takes place at the Manuka Arts Centre from 18 September to 12 October. Photography work by four of our students will be on display - Rachel Stichnau, Ryan Cawley, Kate Mueck (all Year 11) and Jade Whelan (Year 12). One of Jade's photos is shown above. It should be well worth a look!

*Tamara Murdoch, Visual Arts Coordinator*

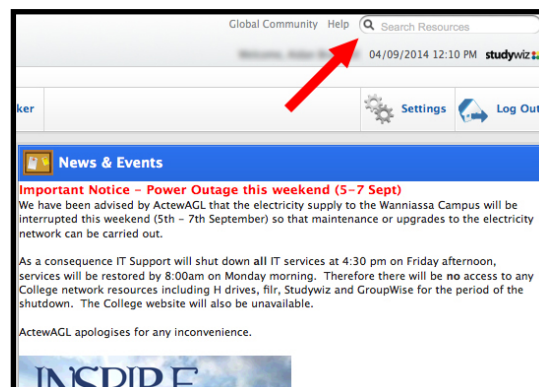
## New Zealand Travel reminder

This is a reminder to all students and parents to please send in a copy of their passport details, travel insurance and activity preference for the NZ trip in 2015. We are also reminding students and parents that the payment of \$1800 is due by 25 September.

The payment for the bus and travel insurance of \$65 through the QBE tour group option does not need to be paid yet and staff will speak to parents regarding payment for this separate cost. Thank you to those who have already dropped in the materials needed. We look forward to having all information ready to go by the end of September.

If you need to speak with the staff involved please contact Mike Brennan via [mike.brennan@mackillop.act.edu.au](mailto:mike.brennan@mackillop.act.edu.au) or Michael Batten at [michael.batten@mackillop.act.edu.au](mailto:michael.batten@mackillop.act.edu.au).

*Michael Batten, SOSE Coordinator (Isabella)*





# WANNIASSA NEWS

## Mobile Phone procedures at Wanniassa

The College policy on mobile phones at the Wanniassa Campus is that no students are to use mobile phones at school, from their time of arrival until after 3.15pm. Following a review of the policy some procedures have altered.

If mobile phones are sighted by staff, they are confiscated and stored securely at the front office. They may be collected at the end of the school day on the first or second occasion. In these situations an email will be sent to parents informing them of the incident. If a student's phone or mobile device is confiscated on a third, or further occasions in a year, parents will be contacted by a Pastoral Care Coordinator. The phone will remain secured at the Front Office and will either be:

- stored at the College until it is collected by a parent, OR
- returned to the student once an after school detention has been agreed to and scheduled.

If there is a pressing issue requiring a student to use a phone they may do so at Student Reception or their Pastoral Care Coordinator's Office. Parents may also get in contact with their son or daughter during the school day by contacting Student Reception. All students have been reminded of the policy and procedures at the Campus Assembly this week.

## Father's Day

Happy Father's Day to all the dads of students at the College! A study conducted by Galaxy Research found that three quarters of Australian dads nominated their father as the person from whom they learned their most important life skills. They also attributed vital lifelong success characteristics to their dads. High work ethic, honesty, supportiveness and loyalty were all values that men directly attributed to their fathers. Dads also teach girls fundamental lessons about interacting with males. Numerous studies have linked fathers with the healthy development of girls, including self-esteem and confidence.

This fortnight's Parentingideas article, "Being a great dad", offers ideas to help men build better relationships with their children.

## When your child is accused of bullying...

You get the call no parent wants to get: "Your child is bullying..."

Or perhaps you've been uneasy yourself about the way your child has been interacting with another child. You know that some teasing is normal for kids, but something about this seems more than that. And then suddenly it's clear: something is going on.

In this case, you've got three jobs: One is to manage your reactions. Second, to find out what is going on. Third, to work with your child and others to resolve the situation. The first step is always to work closely with the school in working with students and helping them manage their behaviour. You want to be parent who helps solve problems, not make them worse. Your goal: to be calm, approachable, and informed. Here's how:

- Take a deep breath. It's normal to experience a mixture of shame, denial, panic and defensiveness. Remember this is a description of behaviour that your child is exhibiting today, it is not who they are in their entirety, nor who they will be forever, if you respond and get help.

- Focus on staying calm and listening to what's being said. Write down what you

are hearing so you don't miss any details or inadvertently edit any details.

- Take time to process the information. Once you have the information, take time for yourself to process how it makes you feel, so that when you approach your child, you are calm and in control of your own emotions.

- Talk with your child. The goal is to get the facts – a calm, non-judgmental discovery process. Do you know what they are talking about? What happened? Is any of it true? Stay calm and make it safe for your child to tell the whole story. Explain that whatever happened, you are going to help resolve the situation.

- Be the grown-up. "Can you help me see why the other kid sees it their way?" you might ask. "How would you feel if he did that to you?" Try to understand the antecedents – insecurity, anger, teasing, peer dynamics, or something going on at home.

- Teach your child responsibility. Even if your child swears the other child started it, they are responsible for owning their contribution. Let your child know you are going to make sure it doesn't continue. Help your child make amends, (often best done with the school



## House Fundraising

In 2013, Ngadyung House raised \$3,250 for the Canberra Hospital Foundation. This charity was chosen as we thought that it was a good cause to donate to and the hospital is a place that most people in our school community come in contact with at some stage. We have had the recent opportunity to go and visit the Hospital to see what the money we raised has gone towards. On 21 August, we went to the Canberra Hospital accompanied by our two College Captains, Reece Inkpen and Claudia Holland, along with Mr Lee and Mr McNicol. We were invited to see the new equipment that the Emergency Department had purchased with the donation from Mackillop. We were also taken on a tour around the new Centenary ward and the paediatric wing. We were given the chance to try out the new equipment that was bought. The equipment that was purchased was 4 Ventrain Emergency Kits. These allow the ER doctors to create a small and quick incision in the neck to create an air way if there are any breathing problems. This is a very important piece of equipment which could save many lives. We would like to thank all of the people at the Canberra Hospital for hosting us and those students that helped support and donate to the Canberra Hospital Foundation.

*By Chris Caruana (Year 7) and Brianna Cayiryls (Year 9)*

Last week the SRC organised fundraising activities for the Gurabang House charity, the Cerebral Palsy Alliance. The "Gurabang Op-Shop", which coincidentally fell in National Op-Shop Week, was very well supported by students who picked up lots of bargains. The day raised just under \$700.

counsellor). The school can be of help here as problems rarely happen in isolation and may have already surfaced at school.

- Give your child social-emotional tools. Teach face-saving ways to deal with conflict and how to avoid escalating drama, like walk away, tell a teacher.

- Get help. This should include contacting the school or, in serious cases, getting a professional evaluation of the child to identify possible anxiety, depression or inability to read social cues.

- Support growth and change. The best message, is that life is full of opportunities to reinvent ourselves if we are willing to do the hard work of owning our mistakes, understanding the feelings and behaviours involved and getting new strategies for developing new and better behaviours.

The most important thing is to be honest, responsive, and accountable.

Acknowledgement: "What to Do If Your Child Is a Bully?" by Catherine Steiner-Adair in The Wall Street Journal, Nov 18, 2013

*Lachlan McNicol  
AP Pastoral Care (Wanniassa)*

# COMMUNITY NEWS

## 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. An Open Day will take place on Saturday 13 September between 11am-4pm. For details, call 6112 8460 or visit [www.elementz.com.au](http://www.elementz.com.au).

## Cartooning Camps

Cartooning Camps take place in Queanbeyan these school holidays. For information, visit [www.illustrating-man.com](http://www.illustrating-man.com) or call Cartoon Kingdom on 02 9011 7729.

## Touch Football Junior Competition

The ACT Junior Touch Football Competition starts in October. Register at [acttouch.com.au](http://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](http://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](mailto:wodenfestival@wcs.org.au).

## Tuggeranong Little Athletics

Come and join in Little Athletics fun for the 2014-15 season. For boys and girls aged 5-16. Each session takes place at Kambah No 3 Oval on Saturdays at 8.45am from 18 October. Registration days are at Kambah No 3 Oval on 13 and 20 September from 9am-12pm, or you can register online: [www.tlaa.org.au](http://www.tlaa.org.au).

## Tuggeranong Vikings Girls Rugby

The Brumbies are running a junior girls rugby competition over the next four weeks and the Tuggeranong Vikings Junior Rugby Union Club has a number of teams. A few MacKillop girls are already involved but they are looking for a few more to get on board! It's a great chance to try out rugby! Games are on Sundays at 12-3pm at The Brumbies HQ at the University of Canberra. If you are interested, contact Andrew on 0423 710 082 or email [ajhendo37@gmail.com](mailto:ajhendo37@gmail.com).

## Tuggeranong Valley Cricket Club

TVCC is holding a combined juniors gala and registration day for the 2014/15 season at the Clubhouse in Chisholm on 7 September from 10am-2pm. Tuggeranong Juniors field teams in all age groups up to U18 and are conducting T20 matches for U12-U18. For more information, contact TVCC Juniors Registrar Trish Coughlan on 6231 9527 or go to the website [www.tvccjuniors.org.au](http://www.tvccjuniors.org.au).



## Canberra Youth Theatre

Canberra Youth Theatre is presenting a range of productions and workshops over the coming weeks. Visit [www.cyt.net](http://www.cyt.net) for more information.

## Formal dresses at Vinnies

Vinnies Tuggeranong now has a gorgeous selection of formal dresses and shoes at great prices. Look fantastic, save money and help your local community by shopping at Vinnies Tuggeranong!

## Tuggeranong Valley Band

Looking for a band that has no auditions, caters for all ages and abilities and plays all styles of music? Come along to our Open Rehearsal! The rehearsal takes place between 6.30-8.30pm on Thursday 11 September at the Tuggeranong Uniting Church, Erindale. Please bring an instrument, music stand and a friend! Supper will be provided. Visit [tvband.org.au](http://tvband.org.au) for more information.

## Chess in the holidays

A range of chess boot camps, activities, and competitions are taking place during the school holidays. All of these can be found at the ACT Junior Chess website: <http://www.actjcl.org.au/>

## Tennis Carnivale

The Canberra School of Tennis and the Pines Tennis Club presents the 2014 Tennis Carnivale at the Pines Tennis Club, Chisholm, on 13 September (2.30pm-4.30pm). Attend free adult and junior coaching clinics, try the latest Tennis Australia programs, and get discounts on membership. Bookings are essential for coaching and cardio clinics. Contact [csot@hotmail.com.au](mailto:csot@hotmail.com.au) or call 0432 118 204.

Proudly supporting the Tristan Knowles Kids Cancer Foundation

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# Parenting *ideas* INSIGHTS

## *Building parent-school partnerships*

WORDS Michael Grose

## Being a great dad

Many dads tell me that they want a better relationship with their children, particularly their sons, than they had with their own fathers.



There's no doubt that fathering has changed in recent years. Gone is the distant dad of the 1960's and 70's who saw his main job as keeping a roof over his family's head and bread on the table. An occasional game in the backyard and dishing out the heavy discipline that mums couldn't deal with was the extent of his involvement with his kids.

Many dads tell me that they want a better relationship with their children, particularly their sons, than they had with their own fathers. Sadly, many men still don't enjoy a close relationship with their fathers, but they are determined to change things with their own kids.

**Here are seven ideas to help you form close relationships with your kids, and maximise your effectiveness as a parent and a partner:**

### 1 Find something in common with your kids

Dads need something in common with their children. They relate better when they have a shared interest or shared passion with their kids. Many men relate to their kids while being active, and teach many important lessons through games and play. But if sport is not your bag, find something else that you and your kids have in common. A common interest is a great help for fathers who live apart from their kids who are looking to maximise the time they have with them.

### 2 Spend time with your sons

A dad can do little wrong in the eyes of a young boy. From around the age of five years a boy thinks his dad is like superman. Ironically, he may give his mum a hard time at this stage. Dads need to spend as much time with their sons in these impressionable years as possible. They just need to be careful not to push their sons too hard or turn every game into a lesson. That's when boys turn off their dads.

### 3 Don't whip out on discipline

Dads are traditionally the kings of play, but they can go missing when it comes to discipline. They get their kids excited in a game before going to bed, then expect their partner to settle them down. It helps if both parents can take their share of managing children's behaviour.

### 4 Treat your daughters well

There are strong links between close fathering and the healthy development of girls. Dads teach their daughters strong lessons about how they should be treated by males. So dads need to treat their daughters respectfully so they learn to expect this treatment in their future relationships with men.

### 5 Say good bye Superman, hello Clarke Kent

Adolescent boys are programmed to challenge their fathers. It's part of the growing up process. Australian author John Marsden refers to this phenomenon as the 'old ram, young ram syndrome'. He's right. It's a type of rite of passage

that plays out in many Australian homes. Verbal jousting matches are a popular father-son game where boys take great delight in proving their fathers are fallible. A dad at this stage needs a sense of humour as well as a willingness to stand back and allow other mentors in to his son's life.

### 6 Support your partner

Fathers may play an integral part in the lives of their children but they also have a profound effect on the quality of mothering that children receive. There is little doubt that a woman who can share the emotional and financial burdens of child-rearing with a supportive partner is more likely to be a loving, affirming mother. Supportive fathering is one of the keys to better mothering.

### 7 Change as your child changes

Kids grow up at the speed of light and change before you know it. They're kids one day and teenagers the next. They can catch many fathers unaware. The most effective dads are those who change their parenting to suit the needs of their kids at each stage of development, rather than stubbornly hold to outmoded ideas of how they think their kids should be.

Those fathers who are a little apprehensive or lack sufficient confidence should become involved in as many aspects of parenting as they can. The best way to learn about parenting is by doing it. Children are a terrific resource for fathers - men can learn about children from children themselves. By being alert, watchful and learning to listen to their children fathers can learn all they need to know about parenting.



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.



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