



PRINCIPAL'S LETTER

Welcome back!

I hope everybody in the MacKillop community enjoyed a restful holiday with two public holidays which gave families a couple of long weekends together. Whilst the NRL final provided a thrilling spectacle even for those of us uninitiated in the fineries of scrums, tackles, penalties for passing a ball forward, crossbars (?!), and goals that are worth no more than two points. The AFL of course provided a game of little spectacle, sadly. Nevertheless, I'm sure all Hawthorn supporters (and there are many more of them on the Monday after the final than on the Friday) enjoyed a triumph of talent over chequebook.

Happily, students and staff have returned safely for a very important last term of the academic year.

NAPLAN 2014

The College has recently had data made available that compares the performance of our Year 7 and Year 9 cohorts with other students in Catholic and public schools, and which indicates the performance of our students compared to growth in skills, knowledge and ability that might be expected over the two years.

The Year 7 data shows that in grammar, reading, and writing, our cohort's expected growth outperforms the other two sectors, with around 65% of our cohort achieving expected improvement in their knowledge, skills, and understanding. The Year 9 data shows exceptional results for MacKillop in the areas of spelling (72% achieved expected improvement) and writing (69%). Indeed in writing, MacKillop outscores the other sectors in expected growth.

The bottom line is that the College has received extensive data from the tests that we will use to fine-tune our teaching and learning. It also shows that MacKillop students are by and large achieving growth that is expected and in many cases growth well beyond what was expected. This is a tribute to the dedication of the students, to the skill and energy of the staff, and to careful and strategic curriculum planning and investment over several years to help the students meet the academic challenges of the middle years of schooling. All of this is not to say that we are out of the woods in some areas and with some students. Nor is it to say that NAPLAN is the ultimate measurement of student achievement. It is to say that our strategies are working and our learning culture is encouraging many students to achieve their optimum.

French trip

Thank you to the community of St Joseph's College, Le Havre, who generously hosted our French trip at the end of September. MacKillop's relationship with this school is developing strength and purpose to mutual advantage. Our students also toured the battlefields of Belgium and Picardy and the D-Day landing beaches in Normandy. Some shopping also occurred (a great way to engage with the locals) as well as trips to Versailles, the Eiffel Tower, Arc de Triomphe, the Louvre, and other points of interest in the City of Light. Thank you to Mr Andrew Mitchell, Mr Jonathan Moyle, and Mrs Colleen Kain for giving up their holidays to travel with the students for what seems to have been a memorable and lasting experience of France.

Yours in St Mary MacKillop,

MICHAEL LEE, PRINCIPAL

PRINCIPAL'S THOUGHT

Spare a thought for the South Sydney Rabbitohs supporter who stuck with the club through thick and thin (and it's been mainly thin) for their whole life. How radiant must be the cardinal and the myrtle now!

UPCOMING EVENTS

OCT
WEDNESDAY
29

- Senior Hospitality Parent Dinner

NOV
WEDNESDAY
05

- Wanniasa Captain Elections

NOV
WEDNESDAY
12

- Year 10 Exams begin

NOV
THURSDAY
13

- ISART Exhibition Opening

COLLEGE NEWS

End of year events

Please note that the Year 7 2015 Orientation Days (for current Year 6 students) and the Year 10 2015 Transition Days (For current Year 9 students) have been moved to Monday 1 December and Tuesday 2 December.

This is due to the venue and date change for our Year 12 Graduation Mass and Formal, which both take place on Wednesday 3 December.

School Fees

Term 4 Fees have now been sent out. Fees are to be paid by 31 October 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

Studywiz & Groupwise

There has been some confusion about whether teachers/students/parents should be using Studywiz or GroupWise to communicate with one another. Therefore, we have decided to phase out the use of the Studywiz messaging system from the beginning of Term 4. You will now need to use your normal email application to contact your son or daughter's subject or pastoral teacher at the College.

If you wish to send an email to your son or daughter's teacher there are two ways you can do this:

1. Firstname.lastname@mackillop.act.edu.au
2. Or if you are unsure of the spelling of the classroom teacher you can send an email to: info@mackillop.act.edu.au and mark it for the attention of the classroom teacher, stating your son/daughter's name and the subject area. This will then be forwarded to the specific teacher.

Ruth Walton & Jessica Stokman, ICT Managers

Performing Arts

The Performing Arts Department would like to thank Mr Justin Donnelly and family for their very generous donation of an acoustic piano. Many students at the College learn the piano and keyboard and having another acoustic piano in our rehearsal rooms caters for our ever-increasing advanced students. A huge thank you from the many Music students who enjoy playing this piano.

The Performing Arts Faculty

Host Families for 2015

St Mary MacKillop College has been running a successful exchange program over recent years. Numerous students from Japan, Italy and France visit our College each year to experience Australian school and lifestyle. This program could not be successful without the hospitality of many generous MacKillop families. In 2015 there will be numerous opportunities to host international students. This is a rewarding experience for the families involved and is the start of long lasting relationships with people from around the world. Opportunities for 2015 include:

SISTER SCHOOL VISITS

School	Country	Dates (Approx)	Length of stay	No. of Students
St Joseph's School	France	February	2 weeks	20
Oki High School	Japan	March	1 week	6-8
Liceo Fermi	Italy	August/September	1.5 weeks	20

OTHER EXCHANGE PROGRAMS

Program	Country	Dates	Length of Stay
Students of the World	Italy	June-August/September	2-3 months
Students of the World	France	July-August	6-8 weeks
Labo Student Exchange	Japan	July	3 weeks

If your family is able to assist in the continued success of these exchanges by hosting students in your home, would you please contact Mr Andrew Mitchell by email at: andrew.mitchell@mackillop.act.edu.au. All students have knowledge of English and are in Australia to improve their English ability, so studying or knowing the language spoken is not necessary for a successful host family experience.

Andrew Mitchell



Senior leaders for 2015

Congratulations to the following Year 11 students who have been elected by their peers to lead the College in 2015:

School Captains: Abigail Maminimini and Adrian Thomas
Faith and Community Captain: Emma Clarke
Sports Captain: Jamie Taylor
Sustainability Captain: Kate Mueck
Performing Arts Captain: Sarah Walsh

Gurabang House Captains: Adriana Rajic and Matthew Wallace
Meup Meup House Captains: Sophie Pieper and Bailey Dark
Ngadyung House Captains: Raili Koskinen and Kieran Jones
Mindygari House Captains: Brooke Cooper and Declan Clark

Student Effort

ACT Wildlife has written to MacKillop to commend Patrick Hawkins (Year 8). Patrick, in his spare time, is a member of ACT Wildlife. He has attended training courses on weekends and endured multiple vaccinations willingly. Patrick has recently cared for a microbat, has hand raised many baby birds, assisted with the care of flying foxes, and participated in animal rescues. This he manages around his schoolwork, sporting and home commitments. Congratulations to Patrick on the dedication he has put into such a great cause.

ACTION Buses

SR 858 will now depart 5 minutes earlier at 7.50am. The change will come into effect as of Monday 27 October 2014. If you have any questions, contact ACTION on 13 17 10.

Law Scholarship

The College wishes to congratulate Erin Morrissey (Year 12) for being short-listed for the Snedden Hall & Gallop Legal Studies scholarship. Erin undertook a set of gruelling oral presentations and interviews to be selected. While Erin was unsuccessful in receiving the scholarship, she delivered an excellent presentation on the Australian Senate with a strong legal argument. The College could not be more proud of her contributions and dedication to this opportunity.

Michael Batten, SOSE Coordinator (Isabella)

WANNIASSA NEWS

2015 SRC Election Process

The Theme for the Pastoral Program in Term 4 is Community Service/Leadership. A part of the focus of this includes to the process of students nominating and applying for 2015 Leadership positions on the Student Representative Council. The 2015 positions and election dates are outlined below:

POSITION	ELIGIBLE	ELECTION
• Campus Captains (One male and one female)	Current Year 8	Wed 5 Nov
• Wanniassa House Captains (Male and female from each House)	Current Year 8	Wed 19 Nov
• Year 10 SRC (One student from each House)	Current Year 9	Wed 19 Nov
• Year 8 SRC (One student from each House)	Current Year 7	Wed 19 Nov

Status Awards

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

Brianna Ambrosino 7W1, Jemma Angel 8A2, Noah Egan 7A1, Holly Flaherty 7A3, Lucia Garcia 7F1, Oscar Longdon 7E3, James McIntyre 7A1, Sophie Riley 7W3, Tegan Spagnolo 7W1



Video Games & Parenting ideas

Video games are a unique form of entertainment because they encourage players to become a part of the game's script. Today's sophisticated video games engage players on deeper level – physically and emotionally – than people do when watching a movie or TV. They also require players to pay constant attention to the game.

Video games can have some advantages for young people. However, for a small proportion of teenagers it can become a problem when they are online for longer than they should be. The article later in this newsletter offers practical suggestions that can decrease the negative impact video games have on adolescents.

*Lachlan McNicol,
AP Pastoral Care, Wanniassa*

COMMUNITY NEWS

St Peter's Class of '94 Reunion

The St Peter's Class of 1994 is holding its 20-year reunion over Saturday 29 November and Sunday 30 November. As it stands, Saturday will include a private cocktail party in the evening while Sunday will involve a picnic and, hopefully, a special surprise! Former staff and students are invited to join the St Peter's Alumni Facebook page <https://www.facebook.com/groups/1461052654160798/> or email Rachael Mackie (nee Baker) at frogonlilypad@bigpond.com.

Schools Chess Challenge

The Schools Chess Challenge will take place on Sunday 2 November at Westfield Belconnen. The entry fee is \$15 per player. Registration takes place at 9.30am. For more information please call (02) 9745 1170, or email info@sydneyacademyofchess.com.au.

New book on Mary MacKillop

A new book on our patron, "Mary MacKillop: The Path of the Foundress" has just been released. It is available as an eBook for free download or to read online at www.ctlock.org.

Padua Class of '94 Reunion

If you were a student or a teacher at Padua Catholic School from 1991-1994 then we would like to invite you to our 20 year reunion. Yes it has been 20 years! We will be celebrating at Rose Cottage Gilmore, Canberra on Saturday 1st of November at 6.00 pm. it will be a great evening full of fun and memories, we hope to see you there! Thank you from the class of 1994.

Woden Valley Festival

The Woden Valley Festival will be held on Saturday 8 November 2014 at Eddison Park, Phillip, Cnr Launceston Street & Easty Street Phillip, opposite Canberra College from 10am to 4pm. Throughout the day the festival will be filled with live performances, animals, food and lots of workshops and activities for kids: A pet parade, jumping castles, putt putt golf, learn to skateboard, first aid for kids, loom bands/ friendship band making, balloon modelling, face painting, and much more! So please join us celebrating our community! For more information please visit www.wodenvallfestival.org.au.

ACT CHIEF MINISTER'S ANZAC SPIRIT PRIZE 2015 COMPETITION

All students in Years 9 and 10 are invited to enter the ACT Chief Minister's ANZAC Spirit Prize 2015. The competition is running as part of centenary commemorations of the 1915 ANZAC Landing at Gallipoli. Students who competed in previous competitions are eligible to re-apply unless they were previous winners.

Students are required to submit an original, creative response addressing the competition task. Information about the competition, including the Itinerary, Terms and Conditions, the Student Entry Form and

the Assessment Rubric are available on the ACT Education and Training Directorate's website: <http://www.det.act.gov.au/act-chief-ministers-anzac-spirit-prize-2015>. The competition closes on Thursday, 13 November 2014 at 4.30pm.

STUDY TOUR DETAILS

Up to four winning students, accompanied by two ACT teachers, will represent the ACT on a funded 14-day Study Tour of Turkey, including Istanbul, Troy and the Gallipoli Peninsula, from 16 to 29 April 2015.

The group will travel with a battlefield tour specialist and visit World War I commemorative sites and celebrate the centenary commemorations for ANZAC Day in 2015, at either ANZAC Cove in Gallipoli, or the Battlefields of France, subject to the Commonwealth Department of Foreign Affairs and Trade's travel advice.

CONTACT DETAILS

For further information, please contact Lachlan McNicol (Wanniassa) or Michael Batten (Isabella)

Building parent-school partnerships

WORDS Catherine Gerhardt

When does fun flip into addiction?

Gaming has come a long way since Space Invaders. Unfortunately with that growth has come an addiction to gaming in some young people. Catherine Gerhardt describes how to spot the signs and what to do about it.

Gaming addiction is a relatively new phenomenon. When I was growing up, video game addiction didn't really exist. Kids played video games when they went to the arcade, and were limited to their pocket money. Then came the invention of home video game systems, and today millions of homes around the globe are equipped with both game consoles and personal computers. Remember Pac-Man and Tetris? My how gaming has changed.

When does fun flip into addiction?

Gaming gets into our deepest motivational drivers. As human beings we have a great need to be social. Games allow us to connect with others and give us the feeling of control over our own social environment. This can be a key motivator for youth who feel like they have very little control over their daily lives; teachers, parents and others always seem to be controlling them.

We are all driven towards pleasure, and the pleasure component in gaming is about intermittent rewards. The rewards are random, they are not predictable and they keep us waiting and therefore playing. Intermittent rewards are the same

foundation that gambling is based on, and researchers are currently looking deeper into a potential correlation between gaming and gambling.

In massive multiplayer games there is often punishment for logging off. Fear and pain are, again, major motivational drivers. Some games, like World of Warcraft, penalise players through loss of progress if they are turned off before a goal or the next level is reached. Now it is the game controlling the player and not the other way around. Once players become involved in a guild then there is the added responsibility to that online community, and when they log off they may be letting other players down.

Signs that your child may be developing a gaming addiction include:

- the inability to control the use of games
- finding it difficult to stop playing even if they want to
- experiencing withdrawal symptoms – physical and mood related changes such as bad temper, poor focus, or feeling empty, frustrated or angry

- exhibiting defensive behaviour when questioned about use
- making social and recreational sacrifices such as cutting off real life friends and only having online friends
- secrecy and solitude – playing alone and even in secret, sneaking it in when they can
- lying about use – they tell you they spent one hour playing when really it was two.

What does this mean for parents?

Have you had yelling matches with your child over the amount of time they spend gaming? Have you threatened to take their access away? If you think there might be a problem, then there probably already is.

Many parents feel alone in regards to their child's problematic internet use, but be assured you are not alone. Parenting experts and parents are beginning to find ways to help with this serious behaviour problem.

more on page 2 >>



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.





... When does fun flip into addiction? ...

You can start to help your child by implementing some simple steps:

Set time limits – Only allow a certain number of minutes (not hours) per day. Consider requiring that your child earns game time through responsibilities. Once you set the limits, you must enforce them.

Limit content – Ratings are there for a reason. Exposure to elements such as violence and gambling are a risk if you allow your child access to age inappropriate or adult content. Read reviews or test the game yourself before you give it to your child. Although they may say “everyone else is playing it”, we know that is not the case.

Keep gaming out of the bedroom – This follows the basic rule of no media in the bedroom. Monitoring content and usage becomes very difficult behind a closed door. We want kids where they can interact with other people to help limit the solitude and secrecy that can occur. Interaction with other family members, even whilst gaming, is a protective factor.

Gaming is a privilege, not a right – Other activities such as homework and chores must be done first. Having dinner with the family, doing some exercise or doing music practice takes priority over games.

Families have found it useful to use behavioural charts to clarify what needs to be done before gaming is permitted, and how much gaming is allowed. Gaming is about balance, and there is room for some negotiation. They want to earn more gaming? Perhaps consider an extra 15 minutes for every extra hour of physical activity they do.

Video games are not a babysitter – Too many parents are relying on technology to keep their children quiet and occupied. Children and youth must learn to socialise and find the ‘grit’ required to get through social situations. There are other things kids can do to keep themselves busy besides relying on technology.

Search for a therapist – If your child’s gaming has already become too far out of control, then you may want to search for a professional therapist or a treatment program that specialises in adolescent addictions. Recovery from video game addiction is possible.

There isn’t anything wrong with gaming itself – it’s a great way to have fun, to connect with others and to learn. However, when gaming becomes the priority over other areas of life, then an addiction may be brewing. According

to www.video-game-addiction.org, “kids who are easily bored, have poor relationships with family members, feel like outcasts at school, or tend towards sensation seeking are more easily drawn into video game addiction because it fills a void and satisfies needs that aren’t met elsewhere”.

There is some debate as to whether gaming addiction is a diagnosable disorder, however the behaviour undeniably exists. The combination of intentional programming by designers and the predisposition some teens have to addictive behaviour means this is a real issue that parents, teachers, and friends should be aware of and may need to take action towards.

Catherine Gerhardt

Kidproof Melbourne is dedicated to creating safer communities around the world. Looking for a way to compliment your safety education? – keep Kidproof top of mind.

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