



PRINCIPAL'S LETTER

Remembrance Day 2014

Thank you to the staff and students involved in the preparation for dignified and solemn Remembrance Day observances on both campuses on Tuesday. A particular thanks to ACDR Mark Korsten who spoke on the senior campus and presented the Long Tan Awards.

With 100 years since the outbreak of hostilities on the Western Front, Remembrance Day 2014 is of particular significance. Lest we forget.

Long Tan Awards

The Long Tan Awards this year were presented to Brendan Yeo, Year 12, and Matthew Dredge, Year 10. The awards are inaugurated by the Australian Defence Force and are designed to recognise the qualities of courage, perseverance, and duty in secondary school students. They also carry a cash component, which the recipients can put towards furthering their education. It was judged by a panel of staff that Brendan and Matthew are exemplars of these qualities and worthy recipients of the awards. Congratulations, Brendan and Matthew.

PTSD Seminar

On 5 November, MacKillop hosted the Post Traumatic Stress Disorder Professional Learning Day. The day was accredited with the Teacher Quality Institute, organised by Mrs Suzanne McBride, the Defence Liaison Officer, with considerable support by MacKillop's Defence Transition Mentor Mrs Stephanie Stephens. The day was well attended by MacKillop staff, teachers from other schools, and a large number of defence liaison officers from schools across the sectors. This was an extremely informative and useful day and MacKillop was pleased to be part of a professional learning experience that involved so many stakeholders.

Year 12 last day 2014 – Tuesday 18 November

This day will consist of a breakfast with staff and Year 12, followed by a farewell assembly on the senior campus. The day at MacKillop has always been marked by deep emotion, gratitude, and dignity – with quite a lot of humour! Students of other years are reminded (gently) that this day belongs to Year 12 and that their time will come. The thoughts, prayers, and best wishes of the MacKillop community will be in abundance on Tuesday.

Yours in St Mary MacKillop,

MICHAEL LEE
PRINCIPAL



PRINCIPAL'S PRAYER

Lord, we wish Year 12 all the best for their last day, for their examinations and for Graduation in December. We thank you for the blessings they have bestowed upon our community. Amen.

UPCOMING EVENTS

NOV TUESDAY 18	• Year 12 Breakfast and Assembly
NOV WEDNESDAY 19	• Senior Exams begin • Year 7-9 SRC Speeches
NOV THURSDAY 27	• Year 10 Grad Practice
NOV FRIDAY 28	• Year 12 Grad Practice • Year 10 Community Day

COLLEGE NEWS

Student leavers at the end of 2014

If families are leaving the College at the end of this year, early advice would be appreciated as we have a number of families wishing to enrol for 2015. Please contact the Enrolment Officer, Vivienne Joice, by emailing vivienne.joice@mackillop.act.edu.au or by calling 6209 5217.

Vivienne Joice, Enrolment Officer

New Zealand Trip 2015

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 entire travel component amount of \$3250 MUST be paid in full by 1 December.

We have also finalized the costs for the Canberra-Sydney bus and for travel insurance. This has come to a total of \$175 for the bus and travel insurance option. Therefore the final cost is \$3425 including the bus transfer to Sydney and the travel insurance option.

Thank you for those who have already provided the information needed to secure your booking. Please ensure that your first priority is to submit all your travel details and other information if you have not yet done so, and we should be ready to finalize the booking by December!

If you need to speak with the staff involved please contact by email Mike Brennan mike.brennan@mackillop.act.edu.au or Michael Batten at michael.batten@mackillop.act.edu.au.

*Michael Batten
SOSE Coordinator*

ACT Secondary Bursary Scheme

The ACT Government's Secondary Bursary Scheme provides assistance to low-income earners in the ACT with students in Years 7-10.

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 8262.

School Fees

Fees for Term 4 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

Interview Panels

Some of these panels require a parent representative. A small number of parents have been filling this role and their wisdom and understanding of the needs of students brings a great richness to these interviews. The College would like to establish a register of parents who are available to sit on these panels. Please contact the Principal's Secretary, Cindy Dean, to discuss your availability or email her with the days and times that you could be available. Your support in this important aspect of school life is appreciated.

*Michelle da Roza
AP Curriculum*



Cricket Champions!

Earlier this week both the Year 7/8 and Year 9/10 girls cricket teams progressed through the ACT T20 Blast Cricket Championships undefeated. Despite winning all 5 games, the Year 9/10 team were unlucky not to take the trophy after a count back of runs scored. However, the Year 7/8 team won the tournament for the second year in a row.

The girls in Year 7/8 comprehensively won each of their games, defeating Stromlo High by 93 runs, St Clare's College by 127 runs, St John Paul II College by 163 runs and Merici College by 44 runs. Standout performances included Breanna Payton who hit 200 runs in 4 games and an all-round solid bowling effort. In one game 9 wickets were taken in 3 overs without a run being scored by the opposition (Lauren Thomas 4/0, Amber Brophy 3/0 and Harleen Kaur 2/0).

Back to back titles were a great reward for the girls who committed to many weeks of training. The Year 7/8 team members were: Amber Brophy, Hannah Clarke, Caitlin Court, Ebony George, Abbey Jameson, Harleen Kaur, Sarah Nolan, Breanna Payten and Lauren Thomas.

The girls in the undefeated Year 9/10 team were: Grace Bowyer, Charlotte Egan, Tahlia Howard, Jasmine Lam, Toemii Lavender, Nikala Speed, Felicity Spratford, Katherine Thomas and Samantha Thomas.

*Lachlan McNicol
AP Pastoral Care*

Seasons for Growth for Parents

Seasons for Growth is a small group loss and grief program which aims to strengthen the social and emotional well-being of young people who are dealing with significant loss or change. The program has been offered at St Mary MacKillop College over a number of years and many students have found it beneficial.

The Seasons for Growth Parent Program has been developed to meet the needs of parents supporting children and young people through family change and loss. The program provides an opportunity for parents to better understand the experience of death, separation and divorce from a young person's perspective, and to explore ideas and strategies that they may wish to consider as they support their children transition through family change.

This distinctive adolescent-centred approach provides emotional space and a non-judgemental environment for parents to wonder, share, discuss and learn how to care for and nurture their children after separation, divorce or the death of someone they love.

Seasons for Growth Parent Program is a small group program for 6-12 parents. It is normally held over 2 x 2 hour session and is for parents only.

The College is planning to hold a Seasons for Growth Parent Program on Wed 19 and 26 November from 5:30 - 7:30 pm. It is important that parents commit to attending both sessions. If you are interested in taking part in the program or would like more information please contact:

Michelle Predovan
(michelle.predovan@mackillop.act.edu.au, 6209 5147)
Ruth Walton
(ruth.walton@mackillop.act.edu.au, 6209 5228)

WANNIASSA NEWS

2015 Campus Captains

Last week 13 students in Year 8 put themselves forward to be considered as the 2015 Wanniasa Campus Captains. The nomination and election process involved writing an application and delivering a speech before Year 8 students and staff elected a female and male student to lead the campus as Year 9's next year.

The standard of applications and speeches were particularly impressive. A common theme was the pride that the students felt in belonging to the St Mary MacKillop College community and their wish to give something back through a formal leadership position. It is hard to believe that it is less than two years since these students commenced Year 7. They like so many of their peers are maturing into responsible citizens and fine leaders. The very act of putting yourself forward for election takes courage.

Congratulations to Abbey Jameson and Tom Rogers who were elected to The Campus Captain positions.

Elections for the remaining Student Representative Council positions for current Year 7, 8 and 9 students will take place in House groups next Wednesday 19/11/14.

Status Awards

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

Bronze Status - Michelle Bryant 7F3, Brianna Evans 7EW, Lara Smith 7EW, Emma Wells 7W3



Fundraising

Last week the SRC continued its focus on fundraising for the House Charities. Various events were conducted on Melbourne Cup Day to get into the racing spirit. This was followed on Friday by the annual SRC movie night. Over \$1000 dollars was raised last week alone and this will support Snowy Hydro Southcare, The Cerebral Palsy Alliance, New Hope for Cambodian Children and Menslink.

The SRC have done a fantastic job throughout the year of raising awareness about our charities and those who they support. The many student led initiatives have raised over \$19,000 so far this year across both campuses.

During the final weeks of the year, attention will turn to the St Vincent de Paul Christmas Appeal. This assists families in our local community to celebrate Christmas when they might not otherwise have the resources to do so. Mr Hennequin will be leading this appeal.

*Lachlan McNicol,
AP Pastoral Care, Wanniasa*

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.

St Clare of Assisi School Fete

The SCA School Fete takes place on 22 November between 11am - 4pm. On 20 November, Fete tickets for Cow Bingo/Hands and Ride Tickets are available from the school canteen from 6pm - 9pm.

Journey through adolescence

THE JOURNEY THROUGH ADOLESCENCE program for parents of Adolescents will be offered by CatholicCare commencing Wednesday 26 November from 6-9pm at 57 Hicks Street, Red Hill. The course is run over 3 weeks and the fee of \$50 includes course materials and supper. This course is suitable for parents of children in Primary Years 5 & 6 and Secondary School Years 7-12. Bookings are essential: please contact 61626100.

Christmas Book Fair

Come along and support Lifeline Canberra while bagging some great bargains. The Book Fair takes place on Friday, 28 November 9am - 7pm and Saturday, 29 November 9am - 4pm at Calwell Shopping Centre.

Outward Bound

Demands on our time and the pressures of modern living can mean that families may miss opportunities to share great experiences together. Outward Bound is allowing family members to share an adventure together. Visit outwardbound.org.au or call 1800267999.

Tigers FC

A new partnership has developed between Cooma Football Club and Brindabella Blues to form Tigers FC, which will compete in the Capital Football (soccer) NPL. The club is holding preseason trials/trainings for the 2015 season for the U12, U14, and U16 age groups. Training take place on Monday between 6pm-7.30pm at Calwell playing fields.

Rainbow Colour Run

The world's most colourful charity fun run comes to Canberra on November 23 - the Rainbow Colour Run. Open to all, no one is too old or too young - just have fun! Visit www.rainbowmyrun.com.au.

Christmas Swiss Chess Challenge

This Chess competition takes place on Sunday 30 November at Melba-Copland Secondary School. To view details or enter the competition, visit www.sydneycademyofchess.com.au/tournaments

SIBLING DISCOUNT FORM

SIBLING DISCOUNT

The Catholic Education Office offers a discount on Tuition fees to siblings who are attending St Mary MacKillop College and one or more of the following schools:

- ☐ Merici College
- ☐ St Clare's College
- ☐ St Francis Xavier College
- ☐ John Paul College

If you have a student attending any of the above Colleges, as well as having a student at St Mary MacKillop College, please complete the section below and return it to the Accounts Office for the sibling discount to be applied to your account in 2015.

Please note that you do not need to fill in the form below if all siblings are attending St Mary MacKillop College as they automatically receive the sibling discount.

If you have any concerns regarding this matter, please contact the Fees Manager on 6209 0147.

FAMILY NAME: _____

Address: _____

STUDENT'S FULL NAME	SCHOOL ATTENDING IN 2015	Year Group 2015

PLEASE RETURN THIS FORM TO THE ACCOUNTS OFFICE BY 10 December 2014

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Healthy ways for kids to manage their emotions

Emotionally intelligent children, like their parents, know a range of healthy ways to manage their feelings.

What training did you get from your parents in recognising or regulating your feelings – in other words, in managing your emotions? If you are like me, you didn't get much really constructive help at all.

"Don't worry! It will all turn out right!" was about the extent of the emotional management in my house, and I suspect in most other houses at that time.

I guess that's why many people automatically default to ineffective ways of dealing with their feelings – such as avoidance, denial and straight-up worrying – when difficult emotions emerge.

Those ineffective strategies are then passed on their children. Little wonder that anxiety, anger and apathy are commonplace among today's children and young people, even though we live in affluent times.

Sometimes, despite what we were taught, it's better to find ways to deal with negative feelings rather than avoiding them. Avoiding them can allow them to overwhelm us or cause us to act out. Here are seven healthy ways to manage your emotions that you can pass on to your children:

1 Breathe deeply

The trick here is to take deep breaths, rather than shallow breaths. The easiest way to breathe deeply is to sit up straight (or stand up straight). Count to 3 quietly while breathing in through your nose, and count to 5 while breathing out. Breathe slowly and deeply. You may even feel a little 'heady', which indicates deep (and low) breathing.

2 Find a favourite relaxation exercise

There are many instant relaxation exercises you can use to change your emotional state. My favourite way to manage nerves and tension is to tense my body for 3 seconds and then relax. Repeat this a number of times and you can't help but feel calmer. You can isolate part of your body such as your shoulders and arms to release the tension around your neck. There are plenty of quick techniques you can use to relax.

3 Use a positive reappraisal

Emotions are caused not by an event, but by the way we look at an event. To one person, giving a wedding speech is a chance to strut

their stuff (so they feel excited), while to someone else it is nothing but a nightmare (so they feel anxious). Change the way you view something and you'll better be able to manage your emotional response. "This is a challenge, not a problem" is a catch-all reappraisal. The more specific the reappraisal the more effective it will be.

4 Use positive, REALISTIC self-talk

Ever talked yourself out of doing something exciting, new or challenging before you've even started? Maybe you've said something like: "I'll never be able to do that" or "This will stress me out big time" or "I'm no good at...."? I know I have.

Next time you catch yourself talking yourself (or something else) down, replace the negative with something realistic but more positive. Something like "I've done it in the past and I survived. So I should be able to do it again." Repeat this a few times and your emotional state will shift to a better one.

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... healthy ways
for kids to manage
their emotions ...

2

Deal with negative feelings

5 Exercise

Exercise releases endorphins, nature's feel-good chemical, which will move your mood to a better state. The paradox is that we often don't feel like exercising when that's exactly what we really need. Don't let those feelings stop you. Going for a run, walking the dog or even a playing a game outside with the kids is the very thing you need to feel better.

6 Distract yourself

A healthy distraction, such as phoning a friend, reading a novel or watching a comedy is a way many people use to manage difficult emotions. It's a highly recommended strategy for natural worriers! It's amazing how much better a situation will seem after giving your mind a short break from it..

7 Have constructive habits and hobbies

One of the tenets of good emotional health is that a person needs hobbies and interests that lift them up and make life enjoyable. Single-tracked lives – all work and no play – are recipes for emotional disaster. If you can relate to this, then I suggest you take the time to find a hobby or interest that juices you up. The same, of course, holds for kids. All work and no play makes ... well, it's hard to hold it together if you are feeling stressed all the time.

It's important that as parents and teachers we practise good emotional management techniques ourselves so we are better placed to pass them on to kids. The upside is that'll we'll feel better, make better decisions and be more effective as parents and teachers as well.

This is an extract from "15 right ways to manage emotions", a special report available at parentingideasclub.com.au

Michael Grose



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