



MACKILLOP NEWSLETTER

VOLUME 2 2015, 20 FEBRUARY

PRINCIPAL'S LETTER

Dear Parents, students and families,

I am delighted to be able to take the opportunity to write to you in the absence of Michael Lee who is on leave for two weeks. I recently read an article in which the writer referred to the young as 'dwelling in isolation, deprived of a God to live for and marginalized by a society which places little value on reverence, courtesy, tolerance and honesty'. I was initially taken aback by what I thought was a generalist and negative perspective but it led me to reflect that there are young people whose lives this statement reflects. And yet this viewpoint is a far cry from the lives or perspectives of the young people with whom we work on a daily basis and who make up our student population at St Mary MacKillop College. I thank God daily that our students are nurtured by loving families and supported by a school community that honours difference, that our students are able to live their faith in peaceful and practical ways and that they demonstrate in so many ways in their learning and daily lives that they value generosity, tolerance and reconciliation.

Term 1 has begun exceptionally well and I am delighted to see our students engaging so enthusiastically in a culture of learning which nurtures their intellectual growth, critical thought and self-efficacy. Assessment outlines have been distributed to all students via Studywiz, programs of learning are well underway and I am very pleased to see our students making effective use of their laptops, our libraries as centres for study and research and particularly in the case of senior students, effective use of their study periods.

Our parent Information Evenings were very well attended on both campuses in the past weeks and I thank parents for your attendance at these. If you were unable to attend the Information Evening please contact your son or daughter's Pastoral Coordinator who will discuss with you any information you may have missed.

MacKillop is committed to the formation of an outstanding faculty of men and women who lead teaching and learning and we support our staff in numerous ways in their pursuit of their postgraduate study and qualifications. It is with great pride that I announce that Dr Prathiba Nagabushan who teaches Psychology and Sociology to Years 11 and 12 at the Isabella campus

received an award for Best Research Paper, which she presented recently at the 4th International Conference on Cognitive and Behavioural Psychology in Singapore. Congratulations, Prathiba!

This week, 16 students from St Joseph College in Le Havre accompanied by their teachers Mr Bertrand Scuiller and Ms Virginie Duval, arrived in Canberra to begin their study tour and homestay with MacKillop families for two weeks. Our student exchange programme, which also includes exchanges to Italy and Japan at other times throughout the year, has been running very successfully for a number of years under the leadership of Mr Andrew Mitchell. Congratulations to Mr Mitchell for his organisation of the exchange program, and thank you to those families who have welcomed our guests from France this week into your homes.

We welcome the Australian Catholic University who will be offering the Graduate Diploma in Secondary Education at the Wanniasa Campus again this year. The partnership between the College and university was initiated four years ago and was designed to immerse ACU preservice teachers in the pulse and rhythm of college life while they engage in their academic program. The partnership has proven to be an exceptional opportunity for research and professional learning for our own college staff who offer their expertise to the program as lecturers, mentors and in research.

Our Opening Mass will be held this year on 11 March at the Tuggeranong Basketball Stadium beginning at 9.30am. You are most warmly invited to be present with us at Mass as we celebrate the beginning of the 2015 school year, the liturgical theme of which is:

'Be who God meant you to be and you will set the world on fire'

- St Catherine of Siena

Yours sincerely,

Sandra Darley
Principal (Acting)

PRINCIPAL'S PRAYER

Be who God meant you to be and you will set the world on fire.

**-St Catherine of Siena,
Liturgical Theme 2015**

UPCOMING EVENTS

FEB TUESDAY 24	• Photo Day (W)
FEB WEDNESDAY 25	• Honours Assembly (I)
FEB THURSDAY 26	• Swimming Carnival
FEB FRIDAY 27	• Photo Day (I)
MAR MONDAY 02	• Year 7 Immunisations

COLLEGE NEWS



GWS Giants Leadership Forum

On Wednesday 18 February, the Student Representative Council of St Mary MacKillop College met with two members of the GWS Giants AFL Team to hear and learn about leadership and to ask questions of the two stars. The students were fortunate to have Co-Captain Phil Davis and midfielder Stephen Coniglio talk to them as part of the Giants 2015 Community Camp.

Phil and Stephen talked to the group about what characteristics they believed a strong leader should have and their experience in the professional sporting arena. They discussed the importance of leading by example, drawing inspiration from other leaders, being empathetic and compassionate and having the ability to have the difficult conversations. Both cited how inspirational their parents and families were and still are in their development.

The students who attended asked sensational questions, took inspiration from the talk and were able to relate well to both of the Giants players. Both players were an inspiration to the SRC, providing valuable advice and information to develop and strengthen their own leadership and assist them in their roles in 2015.

Nathan Wood, Sports/SRC Coordinator

NAPLAN Dates

The dates for NAPLAN are 12, 13 and 14 May. Students in Years 7 and 9 will sit the tests over these three days and there is a catch-up day on Friday 15 May.

*Maria O'Donnell and Clare Fletcher
Teaching and Learning Coordinators*

Fee Payments in 2015

Term 1 fees have been mailed out. Fees are to be paid by 6 March 2015 unless paying by Direct Debit or other approved payment method. The following methods of payment are available:

Cash & Eftpos: Cash and Eftpos payments may be made in person at both Isabella and Wanniasa Front Reception.

Bpay: Bpay is available at the College for payment of School Fees only. Payments can be made through internet and telephone banking by quoting the Biller Code and Reference Number located on your school fee statement.

Direct Debit: Payment of School Fees by Direct Debit will require completion of the relevant paperwork. Please contact Jayne Limbrick via email, jayne.limbrick@mackillop.act.edu.au to set up your Direct Debit. Direct Debits commence in January and run over 52 weeks or 26 fortnights. All Direct Debits are to be altered in December for the following year's School Fees.

Credit Card Payments – Mastercard or Visa: Credit Card payments may be made in person, over the telephone, or details can be provided at the bottom of your school fee statement.

Please note: St Mary MacKillop College is unable to accept cheque payments from 1 January 2015.

Michelle Predovan, Fees Manager



Exchange Students

Welcome to the students and staff from St Joseph's, Le Havre, who will be with us for the next two weeks!

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 8262.

Michelle Predovan, Fees Manager

Lawn Mowers wanted!

The Isabella Campus Technology Department is looking for your old dead or nearly dead mowers! Donations can be dropped off at the Trade Centre near the student car park or pickup can be arranged by calling John on 62090164.

WANNIASSA NEWS

Assessment Planners and Goal Setting

This week students have been involved in completing a Semester 1 Assessment Planner, which provides an easy to read overview of due dates for each assessment task. Each student's planner has been, or will be, discussed with them by their PC Teacher to stress the importance of good organisation, revision and working towards due dates in the lead up to potentially busy periods of the year.

Parents should expect to receive a copy of the Assessment Planner via email in the coming week. The purpose of this is to enable parents to be aware of the schedule of tasks and due dates. This then provides parents with the ability, if need be, to be more informed in speaking with their sons or daughters about upcoming assessment, reminding them, or encouraging them to be organised in meeting each deadline and submitting work that they can be proud of for each assessment task.

Students have also had the opportunity to identify specific areas to focus on and set school related goals for the semester or year.

College Photos

College photos at the Wanniassa Campus will be taken on Tuesday 24 February. Students have received a photo envelope/order form which is to be returned on photo day with any money or payment details on Tuesday and handed directly to the photographer at the time the photo is taken.

Boys will be required to wear the College tie in their photograph and have been asked to bring this with them to school on Tuesday. For students in Year 7, or others who are new to the College, who may not yet have their own tie, one will be provided for the photograph.

Young Carers Group

A Young Carers Group will again be organised this year on the Wanniassa Campus to support students in Year 7 to 9. The program has been a success in recent years assisting those who take on the role of a carer in the home.

A Young Carer is a person under the age of 18 who cares for a family member who may be affected by a long term illness or disability.

Students involved will meet once a week during lesson time and will have the opportunity to participate in numerous workshops and learn more about their significant roles as young carers. This may include skill building workshops such as first aid, cooking, budgeting, relaxation techniques, communicating with family members and time management. It may also involve supporting students with their study demands.

The Group will again be facilitated this year by Mrs Donna Anderson.

If you believe that your son/daughter is a young carer, if or you would like further information please contact Mrs Donna Anderson on 6209 5284

Fundraising for Project Compassion

During the season of Lent, the College raises money for Project Compassion, the annual appeal of Caritas, to help the world's poorest communities. The SRC will be driving fundraising activities as well as increasing an awareness of global poverty, social justice and what donations can be used for.

Last year MacKillop staff and students raised over \$35,000 for the College's charities. All fundraising this year will again be tallied for each House to contribute to the awarding of the annual House Charity Shield.



After School Sport

Following the success of after school sport last year, 2015 College Sports Captain Jamie Taylor will be organising activities and games to be run by Year 12 student volunteers and supervised by a member of staff.

Jamie spoke at this week's Wanniassa Campus Assembly of the opportunity for students in Years 7 – 9 to participate in an afternoon of sport activity. In Term 1, the sport will be Oz tag and the program will run on Wednesday afternoons from Week 4 until Week 9, from 3.30pm to 4.30pm on the Wanniassa Campus oval.

The afternoons are open to all students. While it may attract boys and girls who play Oz tag competitively, it is also designed to cater for those students who may have no involvement in organised sports. Students wishing to attend do not have to have any experience of playing Oz tag. They can attend and participate with friends in an atmosphere of fun while developing and maintaining fitness and learning new skills.

Students who have attained Bronze or Silver Status will be able to count the hours that they attend towards their application for the next level of Status, as Community Involvement time.

Consent forms for students interested are available from Pastoral Care Coordinators, the PE Staffroom or they can also be downloaded from Studywiz.

Jamie intends to organise similar opportunities in other sports during Terms 2 to 4 this year.

Status Awards

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

Bronze Status - Eilish Packer (8E2), Lauren Phillips (8F3)

Silver Status - Maddison Black (9W1)

Parenting ideas

This article for parents below "10 golden rules for parenting success in 2015" provides strategies to assist parents amidst the changing requirements for effective parenting.

Lachlan McNicol, AP Pastoral Care



COLLEGE BOARD VACANCIES

ACCEPTING NOMINATIONS NOW!

Nominations are sought from the St Mary MacKillop College parent community to fill vacancies on the College Board. There will be three vacant positions on the College Board at the beginning of Term 1, 2015.

The current College Board consists of three Executive staff (Principal, and Campus Heads of the Wanniasa and Isabella Campuses), Business Manager, College Chaplin, two teacher representatives, five parent community representatives and a representative from the Board of St Patrick's Parish School, Cooma. From Term 1, 2015 the College Board will be expanded to accommodate seven parent representatives. Please note that while the Board of St Patrick's, Cooma nominates a representative to the MacKillop Board, parents of Cooma students also are eligible to nominate for a parent position on the Board.

The College Board meets twice each term for approximately one and a half hours beginning at 5.30pm.

The College Board is purely an advisory body to the Principal – it is not a governance body. Thus the Board considers, discusses and advises on matters such as academic, administrative and financial policies, planning matters and the place of the College in the wider community.

The College Board has two Sub-committees. The Finance Committee considers and makes recommendations to the College Board on budgeting, income and expenditure. Likewise, the Works Committee considers capital works and maintenance matters and makes recommendations to the College Board.

Nominations for a College Board position are to be accompanied by a statement of personal attributes and interests. The statement should be no longer than about 100 words and forwarded to the Principal's Secretary, Mrs Kellie Quirk, at kellie.quirk@mackillop.act.edu.au, or by surface mail. Nominations will close at 3.30pm Friday 27 February 2015.

In the event of more than three parents nominating for a College Board position, an election will be held to determine the successful candidates. The personal statements, together with a voting paper and voting instructions, will be circulated to all College families in the week ending Friday 6 March 2015. Voting will close at 3.30pm, Friday 13 March 2015.

All parents/carers are urged to consider College Board membership as an additional form of involvement in the St Mary MacKillop College community. I am confident you will find involvement on the Board a rewarding experience.

*Denis O'Connor, Board Chair
& Michael Lee, Principal*

COMMUNITY NEWS

Vikings Junior Rugby Union

The Vikings Junior Rugby Club wishes to invite all players from the age of 5 to 18 years in 2015 to register at Lanyon Vikings Club on Saturday, 21 February from 11am until 2pm. There will be a sausage sizzle, jumping castle and games on the day so even if you have registered already come along and enjoy the day. Online registrations are also available through the website "Rugby Link" if you cannot make it on the day. Please email vikingjuniors1@gmail.com or contact Andrew Henderson on 0423 710 082 for further information.

South Tuggeranong Knights

The South Tuggeranong Knights are a small friendly family orientated Rugby League club which operates with Gordon Playing Fields as our home ground and Conder Ovals as our training fields. We have teams from U6's to U16's and we also run a Junior Jousting program for Pre-Schoolers. Online Registrations are open. A link is on our Website at: <http://southtuggeranongknights.leaguenet.com.au> For details, contact Andrew on 0411 093 862.

Valley Dragons Rugby League

Registrations are now open for Valley Dragons J.R.L.F.C in the Canberra Region Rugby League 2015 Junior Competition. Secure your spot today by registering at: www.foxsportspulse.com and entering VALLEY DRAGONS, or at our registrations day on Saturday 21 February from 10-2 at Gowrie Oval, Castleton Crescent Gowrie. For more information please contact the club's registrar, Colette, on 0418 979 787 or email rcolette@bigpond.net.au.

Buffaloes Girls Rugby League

Are you aged between 13 and 16? Come join our All-Girls Rugby League Competition with the Tuggeranong Buffaloes. If you're interested, contact Emma Stone on 0459207769.

Canberra City Cheerleading

Canberra City Cheerleading, the longest running and most awarded cheerleading club in Canberra, offers cheerleaders of all ages the opportunity to compete at State and National competitions, in high-energy routines made up of stunts, gymnastics tumbling and dance. For further information on the club visit www.canberracitycheer.com or email ccc.feemanagement@gmail.com.

Canteen

Is cancer messing with your life? It's worse when you're alone. Get answers. Connect with others. Chat to a counsellor. Call Canteen on 1800 345 456 or visit canteen.org.au.

Calwell Swans AFL

Registrations for the Calwell Swans are now taking place! All first year players receive a free uniform, and the Swans are also offering an "Early Bird Special" for registrations prior to 13 March. Visit their website, www.calwellswans.com.au for more information.

Canberra Music Tuition

Canberra Music Tuition is offering free lessons on Sunday 1 March on a range of instruments, which will be provided. Lessons will run in Belconnen, Weston Creek, and Jerrabomberra. To book, visit <http://www.trybooking.com/GVHA>

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

10 golden rules for parenting success in 2015

As the requirements for effective parenting shift and there seems even less time to juggle family life, here are 10 golden rules to guide you on your parenting journey.

The requirements for effective parenting are changing rapidly, just as the profile of parents is changing. Australian parents are now older than ever (30-34 is now the peak child-bearing age group). Families are smaller than ever (over 50% have two children or less). And as children as a percentage of the population shrink (1 in 6 of our population is under 15, compared to 1 in 3 in developing countries), we are less knowledgeable about children than ever.

If you add to this mix that children are growing up at the speed of light, information technology can make parents seem redundant, and increasingly parents claim lack of time is their biggest impediment to effective parenting. So what is a parent to do?

Here are 10 golden rules to guide you along your parenting journey in 2015:

1 Talk more

With families shrinking, kids getting busier and tech devices rapidly multiplying the opportunities for family members to engage in face-to-face talk is under serious attack. Regardless of their age, the best way to

influence your children is talk to them. The kitchen table is one place to do this, but there are plenty of other places where you can talk. If talk becomes difficult, try driving with a child or young person in the car with the radio off. They are bound to break sooner or later.

2 Lean on others

A recent Australian survey found that 50% of parents are seriously struggling with their parenting, yet only 10% of this group would ask for help. I suspect there are many reasons for this including fear of being judged a poor parent; that parenting is expected to be hard; and lack of trustworthy support networks. Author Steve Biddulph once said that parents don't parent well in isolation. He's right. It's incredibly important to build your support networks and get 'sparents' into your child's life. Start by working closely with your child's teacher; a natural ally!

3 Build confidence

With so many parents reporting that they have a child experiencing anxiety it would seem that we are currently experiencing a crisis in children's confidence. It would also seem that we have somehow forgotten how

to absorb children's fears, insecurities and anxieties, and instill a sense of confidence that these can be overcome. Using a mixture of coaxing, coaching and cajoling parents need to find a way to impart in children a sense of courage to put themselves in new or potentially awkward social situations; to have a go at activities where failure is a real option; and to contribute to the wellbeing of others, which reduces anxiousness and fear.

4 Aim for redundancy

The great irony of modern parenting is that as families have shrunk parents actually do more, rather than less, for their kids. There are many reasons for this including lack of time to teach; it's simply easier to do a job ourselves, and the new expectation that 'good' parents do everything for their kids. The new 'strict parent' is someone who expects their kids to wash their own clothes, cook a meal, and read a book to a younger sibling. The impertinence! Here's a six-word slogan to help you remember: "When kids can, let them do!"

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.



... 10 golden rules for parenting success in 2015 ...

5 Lead the gang

Parenting is now an individual endeavour. There is a place for parenting the individual child, but there is also a place for parenting the whole gang (even if you and your child make up the gang). Your ability to pull your family together and get them singing off the same song sheet will impact on your family's harmonious relationships; your children's sense of other (empathy) and their general resilience and coping mechanisms. There is nothing so magical to witness as a family pulling together when the chips are down. This doesn't just happen. It takes real leadership by parents to make a family act like a family!

6 Build developmental knowledge

Many challenges parents experience with their children are due to a developmental mismatch. That is, parents raising their ten year old as if they are eight. The nuances of parenting are age-related, yet due to inexperience we so often don't read the cues. Recently, I witnessed a mum and dad tearing their hair out trying to communicate with their nine year old son. For the first time he was saying no to them. They thought him stubborn and disobedient. I thought him normal, as nine can be a problematic age, where usually malleable children suddenly start changing. Puberty is stirring. When this couple's second child turns nine she will experience the benefits of her elder brother paving the way and breaking her parents in for her.

7 Practice problem-ownership

Please, please, please allow children to own their own problems. Children of all ages can be creative when they have problems to solve. Everything is a potential problem to kids and they need opportunities to resolve them themselves. By all means, coach, guide, give hints but give them a chance to sort out relationship issues; challenges with teachers and academic challenges themselves.

8 Swim against the tide

Listen to talkback radio, read the headlines of a newspaper or watch a current affairs TV program and you'll realise that, right now, we live in an incredibly judgemental society. Parents are harshly judged as well. Allow your kids to walk to school and you risk being judged as negligent. Drive your kids to school and you risk being told that you are spoiling them and neglecting their physical wellbeing. It takes a strong parent to swim against the tide of popular opinion. It also takes a strong parent to deny her child say a mobile phone when every other child has one. It helps to say "This is the way we do it in our family."

9 Be brave

Perhaps the biggest challenge facing parents, and their children, is the ability to let go of their parental reigns and give kids the freedom they need to develop autonomy. It's relatively easy to develop children's independence at home as the stakes aren't as high. If they can't cook a meal then you just have to do it for

them. However, developing children's independence outside the home is a different story. Many parents feel decidedly wary about granting children and young people more freedom. There is the perception that the world is a dangerous place. Granting kids freedom has an element of risk; that's why parents need to be brave. Having the courage to let go is a basic requirement of parenting. It won't stop you worrying, but that's part of the game.

10 Add emotional intelligence to your parenting mix

With kids experiencing mental health challenges at a depressingly high rate it's time to add some emotional intelligence to the parenting mix. While many schools are now introducing emotional and social programs on the curriculum, it's important that parents develop a deep understanding of how emotions work: how emotions can be recognised; how they can work for us and against us; how we can regulate our emotions so they don't overwhelm us; and how to recognise and respond to the emotions of others. These sound like life-changing skills that if learned, are capable of impacting significantly and positively on future generations.

Michael Grose



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.

