



MACKILLOP NEWSLETTER

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PRINCIPAL'S LETTER

Dear Parents, students and families,

Jake Roff: 1973-2015

Very sadly, former staff member of the College, Jake Roff, entered into eternal life this February. Jake was a teacher in the College's PE and mathematics departments for several years from 2003. Whilst he was here, he developed a reputation as a strong, energetic, and talented teacher who had the trust and rapport of his students, his colleagues, and the College's leadership.

Many people in the MacKillop community have been deeply saddened by the untimely death of Jake and feel much sympathy for his wife Kellie and two children Lachlan and Maisie.

The College was represented at Jake's funeral in Lismore by Mr Ben Antoniak. Jake was much loved during his time at MacKillop and we offer our prayers and sympathy to his family, friends, colleagues, and past students of the school.

May he rest in peace.

Successful meeting at Cooma

Several senior staff joined me on Monday night at the Parish Centre at St Patrick's Cooma to talk to the parents and care givers of the Year 11 students who joined MacKillop this year from St Patrick's and other schools on the Monaro.

This meeting was well-attended; even new Parish Priest Fr Mick McAndrew joined us. Issues covered included the progress of the students' successful integration into Year 11, BSSS issues, pastoral issues, and ways to further engage St Patrick's families into MacKillop.

MacKillop and St Patrick's have worked hard and successfully to provide Catholic education from Kindergarten to Year 12 for families from the Monaro. This is a cause for real celebration for the MacKillop and St Patrick's community.

Opening Mass

This year, the Opening Mass will be held during Catholic Schools Week, which takes place next week. The College invites members of our community to join us for the Opening Mass at the Tuggeranong Basketball Stadium from 9.30am on Wednesday 11 March. It is sure to be another moving full-College event.

Yours in St Mary MacKillop,

MICHAEL LEE
PRINCIPAL

PRINCIPAL'S PRAYER

Lord, we give thanks for the life of Jake Roff: son, father, husband, and past member of the MacKillop teaching staff. May your love and grace comfort his family in their grief, and those who loved and miss him. Amen.

UPCOMING EVENTS

MAR
FRIDAY

06

• Photo Catch-up Day

MAR
MONDAY

09

• Canberra Day Public Holiday
• Catholic Schools Week

MAR
WEDNESDAY

11

• Opening Mass
• Year 12 Mentoring Day

MAR
WEDNESDAY

25

• Year 7 Community Day

MAR
THURSDAY

26

• Year 8 MacKillop Place Pilgrimage
• Year 11 Retreat departs

COLLEGE NEWS



The Swimming Carnival

Congratulations to the many students and members of staff who turned out en masse for the 2015 Swimming Carnival at the Dickson Aquatic Centre last week.

At the end of a closely fought day of competition, Gurabang emerged victorious to take out the Championship Cup while Meup Meup showed the most enthusiasm on the day to win the Spirit Cup. All students got involved by dressing to the 'Survivor' theme – much like the TV show – where all houses took it upon themselves to be different tribes. Students swam in races, cheered endlessly for their teammates and peers, and participated in novelty events throughout the day.

Another highlight of the Swimming Carnival was the immense effort the staff and students put into the Caritas fundraising which is for Lent. A number of staff members braved the dunk tank and students donated thousands of dollars in order to see their favourite teachers get soaked – all for a good cause, of course! At the end of the day, Mr Moyle and Mr O'Callaghan did as promised and threw themselves into the pool in honour of the incredible fundraising efforts over the course of the carnival.

Congratulations to all students for their high level of participation, teamwork, spirit, and displays of athleticism, and thank you to the staff, especially Sports Coordinator Nathan Wood, who played such a big role in making the day a great success.

The Breakfast Club

Get the perfect start to your day with breakfast at the Wanniasa Campus. The Breakfast Club runs on Mondays, Wednesdays, and Fridays at the Wanniasa Campus Canteen between 8.15-8.40am, and provides free juice and toast for all students.

Gary Pickering

School Fees reminder

Term 1 Fees are due to be paid by this Friday 6 March 2015 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

Combined Student Leadership Day

On Tuesday 4 March, Year 12 Student Leaders attended a Combined Leadership Day at Marist College. The day was also attended by students from other Catholic Schools in the ACT.

Students had the opportunity to be involved in various leadership activities run by the "Burning Bright" organisation. They discussed leadership qualities and values as well as how to make a difference in order to leave their legacy in their respective schools. During the afternoon session, the students were asked to create a promotion for television based on their vision for their schools. MacKillop leaders saw their future vision as further promoting school spirit through the creation of a College Song that would be known and sung by students at all College events in future years.

A big thank you goes to the attendees: Brooke Cooper, Matthew Wallace, Sophie Pieper, Bailey Dark, Kate Mueck, Jamie Taylor, Abigail Maminimini, Adrian Thomas, Emma Clarke and Sarah Walsh.
Anna Keppel, Year 12 Coordinator



Art Exhibition

The above photo, entitled 'The Golden Hour' by Sarah Webber (Year 11), was entered in the Tuggeranong Arts Centre's *Long Hot Summer* photography exhibition. The exhibition featured photos that captured feelings of summer, taken on a mobile phone or published via Instagram. Sarah's work was selected for exhibition and the show ran throughout the month of February.

Michelle Predovan, Fees Manager

Lawn Mowers wanted!

The Isabella Campus Technology Department is looking for your old dead or nearly dead mowers! We have already received a fantastic response, and we thank families for their donations. However, the College will happily accept more of these lawn mowers, which will be worked on by our Technology students. Donations can be dropped off at the Trade Centre near the student car park or a pickup can be arranged by calling John on 62090164.

CURRICULUM NEWS

Special Provisions for Assessment Tasks for Years 10 - 12

St Mary MacKillop College works to ensure all students, including those with disabilities, have equal opportunities to show their achievements. The College has a process in place that allows students to apply for special provisions.

The Disability Discrimination Act (2005) defines disability very broadly to include physical, intellectual, psychiatric, sensory, neurological or learning disabilities and special needs. It includes physical disfigurement, the presence in the body of a disease-causing organism (eg the HIV virus) and any other chronic or short-term illness.

What kind of provisions can students ask for?

- enlarged print papers or specific coloured paper
- use of a computer, subject to limitations
- extra time for reading and completing test papers
- scribes for tests and/or note takers in class
- audio-taped questions
- being able to take movement and/or sustenance breaks
- being able to take a test in a separate venue with an independent supervisor
- alternative assignment formats
- negotiated extensions of time for assignments
- oral examinations of written material



- during exam week one scheduled exam per day.
- Extensions to assessment due dates to ensure even distribution of tasks.

How do students apply for Special Provisions?

If you think you may be eligible for Special provisions please see your Pastoral Coordinator. They will let you know which forms the College requires you to complete and the documentation that may be needed. Applications for special Provisions need to be forwarded to the Pastoral Coordinators by the end of Week 9, Term 1.

Requests for special arrangements will be considered carefully to ensure fairness and equity for all students. These will not necessarily be granted for some/all assessment tasks. If you have any questions about this process please contact, your Pastoral Coordinators, Mr Colby Cruwys, Teaching and Learning Coordinator or Mrs Michelle Marks (Acting) Inclusive Education Coordinator.

Michelle Marks

WANNIASSA NEWS

GRIP Leadership Day Report

On 2 March 2015, the Wanniassa Campus SRC participated in a GRIP Leadership conference at the AIS in Canberra. It was a practical and interactive training conference which all SRC members enjoyed and learnt a lot from.

Throughout the day we participated in many different seminars with different leadership teams throughout Australia. Sessions included; "making the most of Leadership Opportunities", "How to Maximise the Impact of your Events", "How to Maximise the Impact of your Communication", "How to Lead in Different Situations" and finally "How Leaders can Maintain Momentum".

It was a great day to get involved in and learn techniques which will help all of the SRC fulfill their leadership roles. We're all excited to begin putting these ideas and methods into practice back at school to make 2015 a great year.

*Abbey Jameson and Tom Rogers
Wanniassa Campus Captains*



Motivational Media

Each year students on the Wanniassa Campus view a Motivational Media Presentation. This year the presentation to take place for each Year group on Tuesday 17 March is titled "Jigsaw".

Jigsaw focuses on the fact that at times, life seems like a difficult jigsaw. We have some idea of what we want our life to be, but with so many choices to make and so much conflicting information to process, we don't know which way to turn. Having the life we want doesn't happen by chance. Each aspect of our life contributes to the full picture. We need to carefully decide which ones will add to the result we want and which ones will lead to results that will disappoint.

The main topics addressed include:

- Having a Vision
- Knowing Ourselves
- Being part of a community
- Making Good Decisions
- Overcoming difficulties

Through using powerful images and messages about the value of planning for our lives and making good choices in relationships with others, Jigsaw communicates to young people that life can sometimes be confusing. It makes the point that it often seems that things that happen in their life make no sense and even move them further away from their dreams. However, by ensuring that they understand their goals, make plans to achieve them and surround themselves with supportive people, they can make sense of the jigsaw of life.

*Lachlan McNicol
Assistant Principal Pastoral Care, Wanniassa*

COMMUNITY NEWS

REGISTRATIONS FOR TUGGERANONG UNITED FC ARE NOW OPEN



STEPHANIE CATLEY
MELBOURNE VICTORY AND
WESTFIELD MATILDAS DEFENDER



DISCOVER YOUR PASSION

ALL AGES. ALL LEVELS.
THAT'S WHAT WE DO.

www.tufc.org.au



TOMI JURIC
WESTERN SYDNEY WANDERERS
AND SOCCEROOS FORWARD

MBA ASBA Evening

The Master Builders Association is holding an Australian School-based Apprenticeship information evening on Tuesday 10 March between 5pm-6pm. The session will be held at Master Builders Group Training, 1 Iron Knob St, Fyshwick.

2015 Sports Expo

The 2015 Sports Expo will provide children aged 6-16 with an opportunity to learn and play a variety of sports over two days, including Hockey, Touch, Netball, Cricket, Football, Volleyball. Information, registration, and costs are available at <http://www.hockeyact.org.au/News/2015-sports-expo>. The Expo will take place on 15 & 16 April at the National Hockey Centre, Lyneham. Registrations close 6 April.

Right Here Right Now

Our School is one of over 50 ACT Schools participating in the Right Here Right Now project with the ACT Children & Young People Commissioner to celebrate children's rights and the 25th anniversary of the Convention on the Rights of the Child.

Last semester our Art students provided self portraits and messages which will be included in an exciting art installation to be created at the Fitters Workshop (next to the Old Bus Depot Markets) in Kingston, from Friday 10-Sunday 12 April this year.

The installation will involve over 11,000 self portraits in rainbow colours, to be attached to over 700 cardboard boxes, forming a stunning sculptural maze.

The Commissioner is seeking volunteers (parents, family and friends) for two Sunday afternoon sessions to help with attaching the self-portraits to large cardboard sheets so that they can be easily assembled onsite. This is an easy and enjoyable process, and refreshments will be provided.

Volunteer sessions will be held from 2pm-5pm on Sunday 15 and Sunday 22 March at Turner School hall, Condamine St Turner. If you, or anyone you know can help out for an hour or two, please contact Gabrielle at the ACT Human Rights Commission on 6205 2222 or 0411 434 584.

Tuggeranong Valley Band

The Tuggeranong Valley Band is looking for new members! Rehearsals are Thursday evenings at the Tuggeranong Uniting Church, Erindale. Come along - bring your instrument and music stand! For information, visit tvband.org.au or send an email to info@tvband.org.au.

Right Here Right Now
children & young people seen + heard

NATIONAL YOUTH WEEK
An Australian, State, Territory and Local Government Initiative

Children & Young People Seen+Heard

A spectacular installation of over 10,000 self-portraits and messages by students from over 50 ACT Schools

Fitters Workshop
(next to the Old Bus Depot Markets)
Wentworth Ave Kingston
10-12 April 2015
10am-5pm

Activities for children
Entry is free

ACT CHILDREN & YOUNG PEOPLE COMMISSIONER

ACT Government

VISY
FOR A BETTER WORLD

25

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

The stress of teen success

Adolescence is an age of freedom; an age when taking responsibility is for someone else; an age of live for today and let the future take care of itself. Right? Well, not really.

A recent Australian study shows that today's young people have one eye firmly on the future, yet they're not confident of their chances of future success.

A Mission Australia survey released in late 2014 showed that young people now take their future very seriously. The survey of 13,600 young people's aspirations, found that 87% of respondents ranked career success as their number one priority, followed by being financially independent (86%), owning a home (73%), having a family (68%) and feeling a part of their community (41%).

The flip side of these high aspirations is that around 40% of these respondents didn't feel they could achieve career success or own their own home.

Girls were less confident of future success than boys. But that's not a new finding. Similar research that this writer has been involved with over a number of years reveals that girls put far more pressure on themselves to succeed than boys. While girls rated school and career success as more important than did boys, nearly 50% of girls worried that they wouldn't get into their choice of tertiary studies compared to

30% of boys who had the same concerns. Tellingly, these young people identified their parents, rather than teachers as being the major source of external pressure for them to succeed.

There is no doubt that the gap between young people's aspirations and their achievability appears to be a major source of stress for young people. The world of work that today's young people are preparing to enter is full of uncertainty. Youth unemployment rates are increasing, potential higher costs of tertiary education and a lack of affordable housing means that young people are less confident of achieving their goals than those of past generations.

The need for resilience

The young people in the Mission Australia survey identified coping with stress (42%) as their number one concern, higher than worries about body image (30%) and family conflict (20%). While teens must learn how to cope better with these immediate pressures, the need to develop resilience as well as relationships skills is compelling, as it is these that will help them succeed in the

competitive and changing environments they are about to enter.

The ability to persist when success doesn't come easily; the propensity to learn from rather than take failings personally; and a willingness to take the right rather than the easy options are the types of resilience traits that parents and teachers should be developing in young people on a daily basis.

Keep mental health on the agenda

Equally important for young people's future success is paying attention to their wellbeing. "How's your mental health?" is a question that parents should be asking young people on a regular basis. While on one level this question may receive a shrug of young shoulders; on a deeper level tuning your young person into his or her own emotional wellbeing is an immensely savvy thing to do.

For many parents mental health awareness is a new frontier.

more on page 2 >>



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... The stress of teen success ...

However, I suspect parents of past generations intuitively knew a great deal about mental health when they insisted that kids 'go outside and play', that everyone in the family 'should eat together', or that young people in their house should turn their bedroom 'light out at a decent time'. Keeping young people's wellbeing front and centre is about helping them keep a balance in their lives.

Don't put all their eggs in one success basket

One conversation that you may wish to strike up with young people is "What does success look like?" Try to broaden the definition away from the narrow base of academic, sporting or even financial success.

There are two points worth making. First, there are many ways that a young person can be successful. For instance, the development of real spirit of generosity is as much a measure of success as the ability to perform well in a test.

Second, remind young people that focusing on a narrow definition of success (i.e in an academic, sporting or artistic sense) can come at a cost to other areas of life such as relationships, happiness and health.

This survey is like the canary in the coal mine. It's a warning that the world young people are entering is challenging and changing, and that now more than ever, they need a balanced approach from parents and teachers if they are going to thrive rather than survive now, and in the future.

Get my ebook – Unwinding- that has 10 relaxation ideas to help kids and young people reduce anxiety and maintain good mental health at parentingideasclub.com.au. It's FREE.

Michael Grose

Help young people maintain good mental health:



- 1 Make sure they get plenty of sleep – 8/9 hours for teens.
- 2 Encourage exercise – a minimum of 60 minutes of movement a day.
- 3 Minimise time alone particularly between school and dinner.
- 4 Encourage creative outlets.
- 5 Help them to relax - mindfulness or meditation may help.
- 6 Foster volunteering and helpfulness.
- 7 Bring fun and playfulness into their lives.



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