



MACKILLOP NEWSLETTER

VOLUME 5 2015, 2 APRIL

PRINCIPAL'S LETTER

Dear Parents, students and families,

Happy Easter!

On behalf of the College, I'd like to wish all students, their families, and friends the Blessings of Easter. Many will journey in our hearts to Calvary over the next few days. I hope that the break is a time of real spirit and contemplation and, for those of you who are travelling, one of safe journeys. I look forward to welcoming the College back for the last four days of Term 1 on Tuesday.

Year 11 Retreat

Congratulations to Mrs Kate Durham and Mr Simon Kelly and their team of PC teachers who worked so successfully to ensure that the Year 11 Retreat provided a great sense of community for the students. It was a privilege to be able to have the evening with them, and to be able to stay overnight and enjoy breakfast and a morning session with them. The Year 11 students showed their usual sense of engagement and goodwill to the staff and to each other and I've heard many positive remarks. This was a very significant event in the life of Year 11.

Year 7 and Year 11 2016 Information Nights

Many schools are currently promoting their information evenings for enrolments next year. MacKillop has some great advertising with roadside pickets, print media, some letterbox drops, social media, and ads at Limelight Cinemas. We will also feature, as usual, on FM104.7 early next Term. The three significant dates appear below, and a number of our students may be asked to participate to ensure their success. Whilst advertising is important, the authentic testimonial of people who are happy with MacKillop will always be the surest form of advertising. Thank you for your loyalty and enthusiasm about the College.

4 MAY	YEAR 7 2016 INFORMATION NIGHT 6.30pm at the Wanniasa Campus
7 MAY	TRY YEAR 7 AT MACKILLOP DAY Register now at mackillop.act.edu.au
13 MAY	YEAR 11 2016 INFORMATION NIGHT 6pm at Isabella (includes Careers Expo)

Happy Easter!

MICHAEL LEE
PRINCIPAL

PRINCIPAL'S PRAYER

Lord, encourage us to reflect on Your death and resurrection and to be joyful in Your promise of eternal life. We give thanks for Your sacrifice for our redemption. Amen

UPCOMING EVENTS

APR FRIDAY 03	• Good Friday (Public Holiday)
APR MONDAY 06	• Easter Monday (Public Holiday)
APR FRIDAY 10	• Last day of Term 1
APR MONDAY 27	• Year 2 begins • Parent/Teacher Interviews (I)
APR TUESDAY 28	• Parent/Teacher Interviews (W)

COLLEGE NEWS

College Musical: Legally Blonde Jr

The story of this year's musical is: When Elle Woods's boyfriend Warner dumps her and heads to Harvard Law, claiming she's not 'serious' enough, Elle takes matters into her own hands, crafting a showy song and dance personal essay and charming the admissions committee. Befriending classmate Emmett and hairdresser Paulette along the way, Elle finds that books and looks aren't mutually exclusive – in fact, law may be her natural calling. She quickly begins outsmarting her peers.

The introductory meeting saw the attendance of around 160 students all willing to contribute their talents to this high energy, contemporary piece of musical theatre. Auditions are well underway and students should know their roles by the end of Week 10. All students should have returned the Musical Contract and have emailed Ms Jacinta Paquay with their name, Pastoral Class and their audition role or interest in the musical.

We are truly passionate about Performing Arts at the College which promotes important life skills including discipline, teamwork, creativity, self-awareness, confidence, focus and an appreciation of all areas of dance, drama, music and stagecraft. It is my sincere hope that the students who have joined our LEGALLY BLONDE Jr. cast and crew will have a wonderful and rewarding experience!

*Mrs Bronwyn McKenzie
Performing Arts Coordinator (Acting)*

Changes to Bus Timetables

We have been advised by ACTION buses of changes to the timetable for the dedicated bus services that serve the school. These changes will come into effect on Monday 18 May 2015. ACTION will be introducing a revised timetable for the following dedicated school services:

- Route/s 544, 651, 855, 856, 858, 859, 874, 541, 606, 687, 695

A detailed list of these changes are available on the ACTION website.

Students that use regular route services will need to check timetable information as many services in the regular weekday network have undergone timing adjustments. These are also available on the ACTION website.



Defence Morning Tea

In commemoration of the Centenary of Anzac and the service and sacrifice of Australians in war, Senator Zed Seselja and the Assistant Minister for Defence the Hon Stuart Robert MP, hosted a morning tea at Parliament House for all Defence Transition Aides and two of their Defence students. Steph Stephens (DTM) attended along with Rosie Mingay and Sam Hiscock.

During the morning tea Senator Seselja commented on the work the Defence Mentors do in supporting students from Defence families. He also praised our Defence Force personnel that are currently deployed or who have been deployed for their amazing work and achievements. After morning tea Senator Seselja and the Hon Stuart Robert MP presented a book on WW1 to our College.

Steph Stephens, DTM

Future Stars

Congratulations to Stuart Tharle, Andrew Sykora (both Year 8), and Nick Hosie (Year 9) who have been selected to represent the ACT in the Junior League Australian Baseball Championships over the Easter weekend.

School Fees

Thank you to the families who have paid Term 1 fees. Any outstanding fees should be paid immediately unless paying by Direct Debit or other approved arrangement. Term 2 fees will be sent out during the holidays. Term 2 fees are due to be paid by 15 May 2015. If you require more information regarding Direct Debit arrangements or other approved payment methods please contact the Fees Office.

Michelle Predovan, Fees Manager

IT TIP OF THE WEEK

ACCESSING EMAIL FROM HOME

There are two easy ways to access your Groupwise Email from home:

1. Go to webmail.mackillop.act.edu.au
2. Visit the MacKillop website, click on "Login/Search" in the top right corner and then click on "Email" in the dropdown.

This will take you to the Groupwise Web Client, which is the website for student email and allows you access from any internet connected device.

The login screen looks like the image to the right. You will be asked for a Username and a Password; enter the Username and Password you use at school.

There are two options:

- This is a public computer
- This is a private computer

For security and privacy reasons, unless there is a good reason select the first option. Neither option affects which emails you can see.

Jonathan Nemec, Year 8 MacTechie

WANNIASSA NEWS

Winter Uniform

A reminder that from the beginning of Term 2 all students are to be wearing the Winter Uniform.

- For boys this means that tailored mid-grey school trousers are to be worn with a black belt and junior school tie.
- Girls may wear the pleated tartan winter skirt or tailored navy slacks with College monogram, a white over-blouse with College monogram and a teal kerchief. Opaque navy tights are optional.
- The College teal jumper and/or navy College jacket with College crest should be worn to keep warm
- Any holiday 'variations' such as facial piercings or fashionable extremes to hair such as colours or styles should be rectified before returning to school for the new term.
- School shoes are to be traditional, lace up, black and polishable

More detailed information is available in the Student Diary, on the College website and on StudyWiz.

If there are circumstances that prevent students from wearing the correct uniform, they are required to bring a signed note from their parents to explain the situation. This needs to be presented to the Pastoral Care Coordinator during PC time each morning to obtain a uniform pass.



Year 7 Community Day

Community Day was a great day for all Year 7 students! The day started with a performance about St Mary MacKillop of the Cross. This included her learning about her journey through life and how she became a Saint. Community day was a chance for all the Year 7s to get to know their peers and PC teachers better. It was a chance for all us to show confidence and responsibility towards each other and our teachers.

On the day all Year 7 were split into their house groups: Meup Meup, Ngadyung, Gurabang and Mindygari. The four activities included: Let's get physical, get smart, SMMC next top model and tower power. All activities involved the use of skills, concentration, creativity, leadership, thrilling adventure and team work. We met new faces and personalities and made friends with people we wouldn't naturally play with. It kept us energised and pumped.

As a Year 7 group we gathered together to share a special lunch donated by the students. We brought coins in to create a coin line which was donated to Project Compassion. To finish off the wonderful day all of Year 7 got to watch a spectacular slideshow just for them, which included photos from the first day of the year and Community Day.

By Cassandra Dahl (7W2) and Scarlett Kris (7W2)



Year 8 Pilgrimage to MacKillop Place

On Thursday 26 and Monday 30 March Year 8 went to a pilgrimage in Sydney to Mary MacKillop Place. This was intended for Year 8 students to understand how Mary MacKillop lived and worked throughout her life. Year 8 were taken on tour of St Mary MacKillop Place and we walked through the house she lived in and saw some museum items that belonged to her. We also learned how these assisted her through her life. We then moved on to St Mary's Cathedral where we looked around and saw an amazing structure, the biggest cathedral in Australia. We all had a fantastic time and learned a lot.

By Keegan Rumble (8E2)

Seasons for Growth Grief Program

Learning to live with change and loss

Change and loss are issues that affect all of us at some stage in our lives. Changes occur in families through death, separation, divorce or related circumstances and young people can benefit from learning how to manage these changes effectively. In Term 2, the College will be offering the successful education program called Seasons for Growth.

This program is facilitated in small groups and is based on research which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

MacKillop is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved. If you think your son or daughter would benefit from participating in the Seasons for Growth program please contact either Monica Bailey or Lachlan McNicol on 6209 0100 or by email at monica.bailey@mackillop.act.edu.au and lachlan.mcnicol@mackillop.act.edu.au

Parentingideas

With the change of seasons and the commencement of many winter sports early in Term 2, the participation of young people in sports can develop many more personal skills than just those that are physical. The benefits of team sports and other alternative activities are outlined in the *Parentingideas* article that appears below.

*Lachlan McNicol
Assistant Principal Pastoral Care, Wanniasa*



CURRICULUM NEWS

Sociology Excursion

On 20 March, Year 12 Sociology paid a visit to the Canberra Islamic Centre, which is just across the road from the Isabella Campus. This excursion was related to our study of Ethnicity and Race, so it made sense to not only build the relationship with our neighbours but to strengthen our knowledge of the Islamic faith. The leader's name was Imam Adam Konda and he spoke extensively about the Islamic faith as well as the parallels it had with the Christianity – the ceremonies, fundamental beliefs, physical traditions and the loving and welcoming mentality - showing us that the two really aren't so different at all. The Imam spoke about his own experiences with racism and his response was one of indifference; if anything he felt sorry for those with racist views as he felt them to be narrow-minded and missing out on the wonderful things different races and cultures provide.

We all walked away from that rare experience pleasantly surprised by what we had seen and heard, reminding us that faith does not necessarily define who we are as people, but it's how we speak and conduct ourselves with others.

Jess Apolarin and Grace Barbic, Year 12 Sociology

Numeracy

Numeracy involves students recognising and understanding the role of mathematics in the world. It includes the knowledge, skills and behaviours they need to use mathematics in a range of situations. Students will use their mathematical knowledge to guide their decisions and actions. Evidence of numeracy in action can be seen when students think about questions like;

- Do I have enough money to pay for the movies and buy snack food?
- How long can I stay in bed before I need to get ready for school?
- How will I pass a ball to avoid an opponent and reach my team mate?
- What is the best way to pack my locker so that everything fits in?
- How much time will I spend on study?

At St Mary MacKillop College, teachers have identified numeracy demands across the different subject areas. Students are given opportunities to transfer their mathematical knowledge and skills from the mathematics classroom into other subject areas. These opportunities allow our students to recognise the nature of learning mathematical skills with other learning areas and the wider world. We encourage our students to use these skills broadly.

'The Melbourne Declaration of Educational Goals for Young Australians (MCEETYA 2008) recognises that numeracy is an essential skill for students in becoming successful learners at school and in life beyond school, and in preparing them for their future roles as family, community and workforce members. More broadly, a numerate population is critical in ensuring the nation's ongoing prosperity, productivity and workforce participation.' (Australian Curriculum, version 7.2)

NUMERACY CAPABILITIES

The Numeracy learning continuum is organised into six interrelated elements:

Estimating and calculating with whole numbers

Students are involved in using numbers for different purposes. In developing and acting with numeracy they understand and use numbers in context, estimate and calculate numbers and use money.

Recognising and using patterns and relationships

Students work toward identifying trends and describing and using a wide range of rules and relationships to continue and predict patterns.

Using fractions, decimals, percentages, ratios and rates

This element involves students developing an understanding of fractions and decimals and their application as ratios, rates and

English News

In Term 2, the English department at the Isabella Campus will start providing a tutorial service each Tuesday afternoon from 3.15pm - 4.15pm in the IRC. The service is open to all students in Years 10-12 and will provide guidance for assessment items or specific skill development. Students do not need to register to attend – they just come to the English teacher on duty and ask for the assistance they require.

Students seeking to share their talents might like to view the English noticeboard in B Block, which is filled with flyers and advertisements for a number of short story, poetry and public speaking competitions. Please join us in encouraging our young people to share their talents with the outside community.

*Nicola McLennan,
English Coordinator (Isabella)*



percentages. Students identify how these are present and applied in real-life situations.

Using spatial reasoning

This element involves making sense of the space around. Students develop skills in visualising 2D shapes and 3D objects and interpreting maps and diagrams.

Interpreting statistical information

Students gain familiarity in the way statistical information is presented, collected and validated. They develop skills and understanding of interpreting data displays and chance events.

Using measurement

Students develop skills in measuring length, area, volume, capacity, time and mass. In developing numeracy within this area students will estimate and measure with metric units, and operate with clocks, calendars and timetables.

NAPLAN

The National Assessment Program - Literacy And Numeracy (NAPLAN), tests the skills that are essential for every student as they progress through school. We use this data (numeracy, reading, writing and language conventions) to map student progress, identify strengths and weaknesses and set goals. The following link is an easy to read infographic on NAPLAN [http://www.nap.edu.au/verve/_resources/Acara_NAPLAN_Infographic\(V4-2\).pdf](http://www.nap.edu.au/verve/_resources/Acara_NAPLAN_Infographic(V4-2).pdf)

Students in Year 7 and 9 are involved in NAPLAN. The dates for NAPLAN are 12, 13 and 14 May 2015.

For further information on Numeracy and NAPLAN
<http://www.nap.edu.au/naplan/naplan.html>
<http://www.australiancurriculum.edu.au/generalcapabilities/numeracy/introduction/introduction>

*Donna Anderson
Numeracy Coordinator*

COMMUNITY NEWS

Raiders Masterclass Holiday Clinic

Sign up today for the 2015 Raiders Masterclass School Holiday Clinic, held on Thursday 16 April at Raiders HQ. Participants will have the opportunity to learn Rugby League skills from our NRL Development Officers, interact with Canberra Raiders NRL players and receive a Holiday Clinic goodie bag. Visit the following link for information: <http://weareraiders.com.au/memberships/junior-clinic-2/>

Online learning courses for parents

Black Dog Institute has developed a range of interactive online learning courses for parents, including 'Building resilience in young people' and 'Navigating teenage depression.' The Courses are available at www.blackdogilms.com and further information is available at www.headstrong.org.au.

Tuggeranong Buffaloes Registration

The Buffaloes are celebrating 40 years in 2015 and are still taking registrations. To register for the Tuggeranong Buffaloes, visit: http://www.foxsportspulse.com/club_info.cgi?c=7-1084-17891-0-0

Or email Yvette at yvettcroft@bigpond.com or Tracy at tracykruska152@gmail.com.

Legs Dream Team Crew



“Legs”

DTC

DREAM TEAM CREW

DO YOU LOVE HIP-HOP MUSIC? DO YOU LOVE TO DANCE?
DO YOU HAVE SPECIAL NEEDS? THEN DTC IS FOR YOU!

*Canberra's first
Special Needs Hip-Hop Crew*

TAKING ENROLMENTS NOW!

CONTACT 6260 1171 OR MHLDEMAILS@GMAIL.COM FOR MORE INFORMATION

Legs Dance Studio is also hosting a Dancer's Market and Garage Sale on Saturday 11 April between 10am and 4pm at the Legs Dance Studio on Raws Crescent, Hume.

Canberra School of Tennis



TENNIS HOLIDAY CAMPS
AUTUMN 2015

Wk 1 Mon 13th-Fri 17th April
Wk 2 Mon 20th-Fri 24th April

All Day 9AM-5PM, COACHING & HOTSHOTS ALL DAY
Tennis & Chess 9AM-5PM, WK 1 ONLY
Half Day 9AM-1PM, COACHING HALF DAY
Hot Shots Modified Play 1-5PM
Pee Wee Camp (4-7yr olds) 9-11AM

ALL CAMPS INCLUDE PROFESSIONAL, CERTIFIED AND ACCREDITED COACHING FOR ALL AGES • **FRUIT AND DRINKS**
DURING BREAKS • ALL EQUIPMENT PROVIDED
TENNIS AUSTRALIA ENDORSED HOTSHOTS DELIVERERS
TENNIS COACHING RAIN, HAIL OR SHINE!
PLUS! BALL MACHINE • **SPEED SERVE RADAR** • LOTS OF PRIZES

8.30AM DROP OFF FOR A 9AM START

3 GREAT VENUES
Gold Creek Country Club, Curran Dr, Nicholls
Weston Creek Tennis Club, Dillon Cl, off Namatjira Dr (Behind McDonald's)
Pines Tennis Club, Cnr Norriss St and Goldstein Cres, Chisholm

ENQUIRIES
Email robert@csot.com.au or Call 0432 118 204
Head coach Robert Jamieson, Tennis Australia accredited

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St Clare's 50 year celebrations



ST CLARE'S IS CELEBRATING 50 YEARS

50
St Clare's College
1965 - 2015

MAY 30
SATURDAY
8.00-11.30PM
GALA DINNER
NATIONAL CONVENTION CENTRE

MAY 31
SUNDAY
11.00AM (MAGNUS)
12.00-3.00PM
MASS AND AFTERNOON FAIR

AUG 01
SATURDAY
6.30PM
COLLEGE MUSICAL
"CATS"

Save these dates and visit our website
www.slcc.act.edu.au/college-life/50th-anniversary-celebrations/
for more information.

Athlete's Foot MacKillop fundraising

If you are buying school or sports shoes from The Athlete's Foot, a \$5 donation will come back to our school! This is a major fundraiser for our school in 2015.

Purchase shoes for anyone in your family at The Athlete's Foot Canberra Centre, Tuggeranong Hyperdome, Westfield Woden, or Westfield Belconnen, and just tell the staff at The Athlete's Foot that you are from MacKillop. Then every pair of shoes you purchase will generate a \$5 donation back to the school plus contribute to a reward voucher for your family as well.

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Karen Fontaine

A sporting chance

Far from frivolous, a child's participation in team sport is a powerful way to help shape their physical, academic, emotional and social development, writes Karen Fontaine.

There may be no 'i' in team but children who play team sports stand to gain so much more than the ability to bat, bowl, pitch, catch, kick and tackle – they're also honing their skills in the game of life.

Amid the development of fine and gross motor skills during sport, what is also going on is something far more powerful than a cultivation of mere sporting prowess, according to psychologists.

"Social learning is one of the most potent factors in a child's development and participating in team sports really encourages and enhances that," says Tracey Veivers, a registered sport and exercise psychologist based in Brisbane.

"As human beings, we learn by observation – not only in skill development but also social development. What's happening on the sporting field is a development of self-efficacy – that is, a child's sense of belonging and their ability to participate among peers.

And what that feeds into is self-esteem, which is just crucial throughout life."

As Tracey points out, team sport has a powerful effect on helping to develop the all-important quality of resilience. "When you give children a different experience within a team environment it really can help them to gain a different sense of understanding around how relationships work beyond their small world at home," she says.

Indeed, experiencing the highs and lows of winning and losing can help to develop certain

types of resilience that will support them in their education. "Striving towards something, practicing it, and being prepared for those pressure environments are all the life skills of a resilient adult. Kids will use them when they have to do a presentation or a show and tell, then in dealing with the pressures around how they feel at exam times, in dealing with how they feel when they get a result they weren't expecting, in time management and in developing the ability to juggle multiple tasks," she says.

Not only that, playing sport can help children develop citizenship qualities they will retain throughout their lives, according to a 2011 study from Queen's University in Canada. The researchers found that kids who play team sports are more likely to show initiative and be able to call on internal sources of motivation than those who don't.

But on the other side of the coin, team sports can present an emotional pressure cooker environment and depending on the level of skills of the coach and the culture they develop, children can be subject to negative experiences as well, including feelings of self-consciousness or potentially a sense of feeling excluded and/or inadequate.

"If a team sport is not right for a child, it can lead to a situation in which they feel they are lacking mastery, and that can lead to a sense of failure which of course affects their confidence," Tracey says. "It is something parents and

teachers need to bear in mind – sometimes a bit of experimentation pays. I hear parents say 'I started them in this sport, they have to see the term or the year through' – well, I think it's more about a child doing something and being a part of something, and you can also get that in individual, non-ball or water sports – skateboarding or even martial arts, for example. It's about being willing to put in the effort to help your child experiment and find their niche." If a child is completely non-sporty then that's okay, too, says Tracey – there are pursuits such as art, music, chess and debating "but what I really do encourage is helping children work towards things like a concert if they're in an orchestra, because that way they will experience being part of a group working towards a goal and how to manage their emotions".

"This is where we are potentially falling short as parents," she says. "We are not teaching our kids how to manage and self-regulate emotions – that working towards something that offers a little bit of pressure is not something to be avoided, particularly if they're working with their peers. We need to prepare them for success but also disappointment and how to navigate any emotional consequences and still bounce back from that."

more on page 2 >>

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parentingideas.com.au



Alternatives to traditional sports

What if your child isn't sporty and shies away from participating in a team? Joey Toutounji, co-author of *Please Mum Don't Supersize Me!* and presenter/producer of Foxtel's *Feel Good TV*, offers five alternatives that foster their development in a similar way.

1 Dancing

Dancing is a great way in which children can keep active and fit as well as express their creativity and learn skills. Dancing is a great way for children to socialise with other children who are part of the studio. Dancing can also include on-stage performances which are an excellent way for children to build their self-esteem and confidence.

2 Indoor rock climbing

Indoor rock climbing teaches children about problem solving. It is also a good activity to learn to work with others as they partner up with the person who is holding the rope at the bottom and helps guide them up to the top of the wall. It is great for building confidence and strength.

3 Beach body boarding

Beach body boarding is an individual fun activity and a great introduction to water sports such as surfing, and it involves children in being active, helping them improve fitness, strength and balance whilst also learning about safety awareness in the water and ocean.

4 Scouts and Girl Guides

Scouts and Girl Guides teach leadership, teamwork and confidence, and incorporate fun outdoor activities such as bushwalking and camping. They are also great ways for children to meet new friends, socialise with others and learn about community.

5 Drama classes

Drama classes and performances build children's confidence and self-esteem. They promote movement in performances, creativity and socialisation with peers in their class. There may be drama activities that involve teamwork, working with others and cooperating in a group to brainstorm ideas for performances.

Joey Toutounji



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