



# MACKILLOP NEWSLETTER

VOLUME 9 2015, 12 JUNE

## PRINCIPAL'S LETTER

Dear families, students and friends,

### My letter regarding the "Don't Mess with Marriage" brochure

Many of you would be aware that at 9.30am today I wrote to you about the "Don't Mess with Marriage" document composed by the Australian Catholic Bishops. In that letter, I welcomed feedback of any kind and undertook to communicate that feedback to the Archbishop.

As of 12.30pm today, I am in receipt of a vast and growing amount of feedback, which is warmly supportive of my letter, concerned about the distribution, and from those who have expressed a variety of responses to the point of view outlined in the document - some of which were made quite colourfully.

One parent of two boys (both well known to me) expressed her gratitude that she now has her boys talking to her about at least something and others have expressed their concern and support for those in our community who may be struggling with their sexual identity or who may be in same-sex relationships. There is reassurance in this.

A number of people who have emailed have acknowledged the right of His Grace to communicate but have not been comfortable with this method.

Several parents have appreciated the school's acknowledgement that these views are often a matter for families to work through together, and stressed their satisfaction with the culture of respect for difference that MacKillop works towards.

At a time where it is so easy to resort to hurtful, unfair, and ill-considered remarks on social media, I would like to express my heartfelt gratitude to members of our community who have taken time out of their busy days to present me with their considered, reflective, and thoughtful responses. It speaks of a concern for the community and a relationship of trust between the school and the home.

Yours in St Mary MacKillop,

MICHAEL LEE  
PRINCIPAL

## PRINCIPAL'S PRAYER

Lord, we give thanks  
for Your love of all of us.  
Amen.

## UPCOMING EVENTS

JUN MONDAY <b>15</b>	• Senior Exams begin
JUN MONDAY <b>22</b>	• Year 7 Camp (Group 1)
JUN WEDNESDAY <b>24</b>	• Year 7 Camp (Group 2) • Year 9 Transition Day
JUN MONDAY <b>29</b>	• Year 11 2016 Parent Information Session
JUL FRIDAY <b>03</b>	• Last day of Term 2

# COLLEGE NEWS

## Fees are now overdue

Fees for Term 2 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*

## ANZAC Day Art Competition

ANZAC Day 2015 Centenary is a key event of special significance to all Australians. St Mary MacKillop College and the SOSE Department developed the ANZAC Centenary Art competition, using the theme of "The Values of Remembrance" to commemorate this event for the students. This competition provided entrants with the opportunity to express what ANZAC means to them via a number of creative media.



Students were to select one of the 15 values represented in the stain glass windows at the Australian War Memorial defining the qualities of Australian servicemen and women from the First World War. The windows are divided into three sets of qualities: Personal Qualities, Social Qualities and Fighting Qualities. They would then use these qualities to design their own artistic representation for the centenary of ANZAC Day. This year's winners were:

- First Place: Jasmine Harvey in 8W3 who produced a magnificent painting of Poppies titled 'Love, Honour and Courage'
- Second Place: Thomas Opie in 9F2 who produced a wonderful Photographic essay titled 'Loyalty n Motion'
- Third Place: Serena Grassia in 10W2 who produced an excellent poem titled 'I remember playing in the garden outside'

Congratulations to all students who entered and in particular our three successful entrants. Well done on creating a marvellous contribution to the ANZAC Day Commemorations in 2015

*Michael Batten  
SOSE Coordinator (Isabella)*

## Year 10 Road Ready

Students will be sitting their ACT L's test on Wednesday 24th June. Those students who plan to sit for their L's require the following:

- Original Birth Certificate or Passport
- Their College Laptop

No student will be able to sit this test without these.

It is important that students are preparing themselves for this test by reading the road rules handbook and practising the questions online at [www.roadready.act.gov.au](http://www.roadready.act.gov.au)

*Jodie Higgins, PE Coordinator, Isabella Campus*



## Parliament of Youth on Sustainability

On Monday 1 June, nine 12 students attended a Parliament of Youth on Sustainability. The question was raised, 'If you take one action to tackle climate change what would it be?' Students from kindergarten to Year 12 then presented what is called a green paper to other students from different schools in Canberra who are in the same age group. A green paper is basically just one piece of paper which is split up into three parts: the problem, proposal for action and the justification. Hayden Montgomery and Kate Mueck presented a green paper focusing on sustainable agriculture and a shortage of farmers. Hayden chose this topic because it is something he is very familiar with and deals with everyday. Thank you to Hayley Anderson, Rose McCrossen, Adrian Thomas, Ben Parker, Bailey Dark, Emma Clark and Elise Paull for volunteering their time to be facilitators for the event, they all did extremely well and without them they day would not have run as smoothly.

*Kate Mueck, Sustainability Captain*

## Status Awards

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

Bronze Status - Hayden Alcock (7EW), Bella Arcus (7W3), George Arrouk (7A2), Gemma Barclay (7E2), Megan Bowles (7W3), Amber Brophy (9E2), Connor Brookhouse (7F1), Ysis de Gans (7E1), Kasey Galloway (7E1), Bianca Gomes (7E1), Kaya James (7W3), Jake Kalleske (7E1), Darcy Kinsella (7F3), Matthew McLuckie (8E3), Jessica Skeen (7E2), Kate Solari (9F3), Ben Walker (7E3), Caitlyn Williams (7EW), Samantha Williams (8E1)

*Lachlan McNicol  
Assistant Principal, Pastoral Care (Wanniasa)*

## INSPIRE Art Competition

**INSPIRE**  
St Mary MacKillop College Art Competition 2015

Students are to create an authentic artwork that connects with the theme "Inspire". The artwork is to be reflective of personal inspiration. Mixed media is permitted.

Students can speak with teachers from the Art Department at either Campus. Submissions will be due in early September. All entries will be judged and the winners will be announced on MacKillop Day.

# WANNIASSA NEWS



## Mindygari Fundraising - Soldier On

Last Friday, 5 June, Mindygari held its House Fundraising day on the Wanniassa Campus to raise money for our selected charity, Soldier On. A Charity Auction was held that raised over \$700. In addition students could donate money to remove their tie or kerchief for the day. In total over \$1,500 was raised and will assist Soldier On in helping service men and women who have been wounded, physically or psychologically in contemporary conflicts.

The money will also help Mindygari strive towards victory for the House Charity Shield. On behalf of the SRC we would like to thank all of the students for their support in the auction and the uniform variation.

*Taylor Ruhen (9A2) and Bailey Goymer-Peak (9A1)  
Mindygari Wanniassa House Captains*

## Year 9 Leadership - 'Altitude Day'

On Tuesday 2 June, Fifteen Year 9 students with leadership potential were given the opportunity to attend an event run by yLead at the Australian National University. The event was entitled 'Altitude Day', and explored different ways to realise and unlock our full potential. Throughout the day, we participated in many fun activities, such as singing, dancing and acting. We were encouraged to interact with students from other schools at all possible opportunities. Several inspirational speakers attended the event, sharing their experiences and giving us advice to help achieve our personal best. We all enjoyed the day, especially the exciting atmosphere, incorporation of games, and new friends made.

*Chloe Alder (9F2)*

## Year 9 Presentation - "Cheap Thrills"

Year 9 had the privilege on Wednesday 3 June to watch a Brainstorm Productions show called "Cheap Thrills". The production taught us about the consequences that drugs, alcohol, smoking, risk taking, and risky behaviour can have on our lives. The one man show demonstrated the impact of these behaviours on different characters throughout the production. The main idea that was communicated to Year 9 was that when we reach crossroads in our lives, that one wrong decision can lead to a very disastrous outcome. We left the show with a deep understanding of how our choices of friends and our ability to make good decisions has a dramatic and lasting effect on not only our lives, but our friends' and family's lives as well.

*Beonie Main (9E1)*

## Week 19

In Week 19, June 22 - 26, all students on the Wanniassa Campus will be involved in a variety of different learning activities. These include:

### Year 7 Camp

The annual Year 7 Camp is held at the Collaroy Centre on Sydney's northern beaches with students attending on the following dates:

- Monday 22 June until Wednesday 24 June - Students in Mindygari (Air) and Meup Meup (Fire)
- Wednesday 24 June until Friday 26 June - Students Gurabang (Earth) and Ngadyung (Water)

### Year 8 - Coastlife

Year 8 students will be involved in House groups for half a day over the course of either Wednesday 24 June or Thursday 25 June at the Wanniassa Campus. The program run by Coastlife Adventures aims to develop leadership, team work and problem solving skills through fun group initiative activities. The Houses involved on each day are:

Wednesday 24 June: Mindygari (Air) and Meup Meup (Fire)  
Thursday 25 June: Gurabang (Earth) and Ngadyung (Water)

### Year 9

Year 9 will engage in a three day program consisting of the below activities:

Tuesday 23 June - Careers focus session: Facilitated by the College's Vocational Education Coordinator, Mrs Karen Hundy.

Wednesday 24 June - Transition Program to the Isabella Campus: The day is an important opportunity for students to become familiar with the Isabella Campus. It will include presentations about elective courses that will be offered to students in Year 10 and which will best prepare them for a variety of senior study options.

Thursday 25 June - yLead leadership seminar: This one-day experiential seminar develops confident, resilient, positive leaders. The experience focuses on the idea of positive influence through positive choices and positive action. Students will hear inspiring stories of young people who have led positive change in their world. They will also take part in to learn about how they can strengthen their leadership influence at school and in the community.

*Lachlan McNicol, AP Pastoral Care (Wanniassa)*

# COMMUNITY NEWS

## St Patrick's Art Show

St Patrick's Parish School is holding an Art Show over 12 and 13 June. All welcome!

## Author visit

The Australian Association for the Teaching of English and Australian Literacy Educators' Association invite students, with their parents, to meet the authors Graeme Base and Gary Crew at the National Convention Centre, Canberra on Saturday, 4 July 2015 from 12:00 - 1:00 pm. These renowned Australian authors will be available to share experiences, respond to questions, and sign books.

## Go Red for Women

Join EnVie Fitness in June for a week of Heart-Pumping Workouts benefiting the Heart Foundation.

EnVie Fitness is supporting the Heart Foundation and helping educate women about heart disease by giving you one week of fun, energising group fitness classes for only \$10. All proceeds are donated to the Heart Foundation.

Call 1300 510 510 or visit [enviefitness.com.au](http://enviefitness.com.au) to find your closest studio and support the Heart Foundation today.

# Parenting *ideas* INSIGHTS

## Building parent-school partnerships

WORDS Michael Grose

# 10 research-backed tips for raising happy kids

I have just returned from a research trip to the Yale Center for Emotional Intelligence near New York. The Yale Center is home of the **RULER Program**, the world's best emotional intelligence program for children and families. I visited the Center in preparation for the introduction of the **RULER Program** tools to all Parentingideas Club members. We'll be doing that soon – and I can't wait!

The thing that I love about the **RULER Program** is that it's totally evidence-based. Its effectiveness is backed by mountains of scientific evidence, so credibility is assured. But that's all I can tell you about the program now – you'll just have to wait.

In the meantime, there are plenty of other evidence-based tips for parenting that I can share with you. Here are 10 research-backed tips for raising what most parents want: happy, successful kids.

### 1 Birth order matters

Birth order is something parents need to work with. If you disregard the birth order of your children you are overlooking a vital piece of your parenting puzzle. For instance, research has shown that eldest children tend to experience greater mental health problems, particularly anxiety, than children in any other birth position. Happiness can be elusive for this group so they require a parenting style that is cognisant of their drivers, and that releases pressure rather than placing extra pressure on them.

### 2 Positive peers matter

Your child's friends impact heavily on their wellbeing and frame of mind. When peer relationships are smooth, children seem to be happier, more content and even learn better. Recent research I was involved in demonstrated that the wellbeing of teenage girls is highly influenced by their peer groups. A positive peer group usually equated with high life satisfaction regardless of what other factors were at play.

### 3 Parent mental health matters

If you want happy kids then you need to get yourself happy. Parent anxiety and depression is linked to behavioural problems in kids; it also makes our parenting less effective.

### 4 Sibling relationships matter

Research shows that over the long haul healthy relationships makes kids happier. But how do you go about teaching kids to get on? Start by encouraging children to build small acts of kindness, which builds

empathy. Help them mend relationships that have broken down. Start this with siblings first. With only-children, make sure you build these skills through plenty of interactions with peers.

### 5 Developmental matching matters

A number of studies have shown that much of what is considered 'poor parenting' has more to do with poor developmental matching. Put simply, parents who raise an eleven-year-old like they did their eight-year-old may find that conflict and resistance become their constant companions, and unhappiness accompanies their child.

### 6 Good parenting matters

Permissive, laissez faire, autocratic or authoritative parenting? These are parenting styles most parents use at some point.

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](http://parentingideasclub.com.au). You'll be so glad you did.





## Building parent-school partnerships

... The right time to start a relationship ...

If you want your child to be happy and succeed over the long term, then extensive British research shows the way. The links between authoritative parenting (a mixture of firmness, warmth and family participation) and children's happiness and wellbeing are well drawn.

### 7 Family dinners matter

Yes, you've got to eat. But you need to eat together. Significant research links family strength and children's wellbeing with regular family mealtimes. Importantly, there is a high correlation between teenagers who eat with their family at least five times a week and good mental health.

### 8 Fun matters

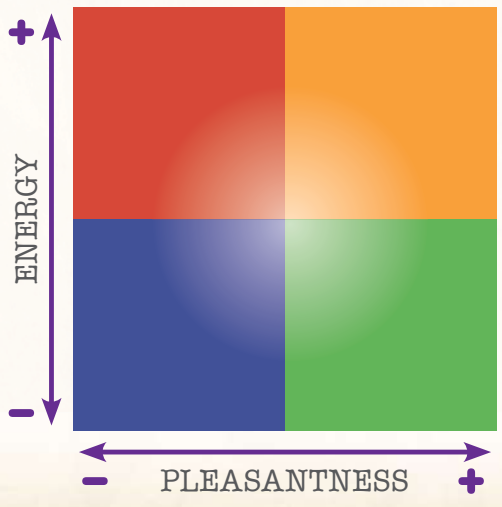
Many kids get too little unstructured time these days. Play that is not initiated by adults is more than just mucking around: kids learn and grow through such play. Researchers believe that the dramatic drop in unstructured play time is in part responsible for slowing kids' cognitive and emotional development. Unstructured play helps children learn how to work in groups, to share, negotiate, resolve conflicts, regulate their emotions and behaviour, and speak up for themselves.

### 9 Helping others matters

The Positive Psychology movement know what they are talking about when they put volunteering at the forefront of an individual's wellbeing. Helping others makes you happy over the long term. The same applies with kids. Just don't let their grumpiness put you off when you expect them to help.

### 10 Emotional intelligence matters

Emotional intelligence is a skill, not an inborn trait. Believing that your kids will just naturally come to understand their emotions (let alone those of others) doesn't set them up for success or happiness. Kids learn best when they have concrete tools to assist their learning, whether learning to read (books come in handy), playing sport (a ball and some goalposts helps) or learning to dance (some suitable music helps). The wonderful tools in the RULER Program toolkit make learning emotional intelligence accessible for kids.



## So let's recap - to raise happy, successful kids:

- 1 Birth order matters
- 2 Positive peers matter
- 3 Parent mental health matters
- 4 Sibling relationships matter
- 5 Developmental matching matters
- 6 Good parenting matters
- 7 Family dinners matter
- 8 Fun matters
- 9 Helping others matters
- 10 Emotional intelligence matters

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