



MACKILLOP NEWSLETTER

VOLUME 16 2015, 16 OCTOBER

PRINCIPAL'S LETTER

Dear families, students and friends,

Mary MacKillop's canonisation

On October 17, we observe the five-year anniversary of the canonisation of our patron St Mary of the Cross MacKillop. At this week's Wanniasa assembly, I explained to the students that, when Pope Benedict XVI announced in January of 2010 that Mary would be canonised, the school immediately announced the change of the name of the College.

MacKillop Catholic College was a good name for a school, but the change was designed to draw Mary more closely into our school community and ethos. Sometimes the "of the Cross" is overlooked by those organisations and communities like ours that seek to promote the MacKillop ideal.

It is important to remember that Mary MacKillop, when she entered the Holy Orders, took the name 'Mary of the Cross' because she realised that the symbol of our Catholic faith is more than two pieces of wood. The cross speaks of courage and sacrifice, crucifixion and resurrection, and the hope of eternity for us all – a powerful and mighty symbol that points us to Christ as Mary did.

Welcome back!

The two-week holidays have brought staff and students back refreshed, optimistic, and for most, a desire to achieve their best by the end of term. Term 4 is an emotional time as we welcome Year 7 2016 into orientation and farewell the graduating class of 2015, many of whom have been with us since 2010, and which has our first students from Cooma graduating in the cohort.

Whilst I spent my holidays mending the lawnmower (unsuccessfully), on the lounge, dodging swooping magpies (also unsuccessfully), and reading stacks of Crime Fiction, others seemed to have worked part time, visited the coast, interstate, and overseas, enjoyed the company of friends and family, and in a number of cases, found time for study and preparation. Congratulations to a great many staff who pursued further study, presented and attended educational conferences, and spent time evaluating and renewing teaching resources in preparation for the term.

College Captains 2016

Late last term, the senior campus heard from 19 candidates for six leadership positions, including College Captains. All of us were delighted with the integrity, common sense, talent, and commitment that each of the candidates demonstrated, success for any of them would have been welcomed by all of us.

Congratulations to the following students, who will be the elected student leaders for 2016:

Girl Captain: Anastasia Sysengthong
Boy Captain: Matthew Dredge
Faith & Community Captain: Chloe Boyd
Sustainability Captain: Elizabeth Batten
Sports Captain: Joseph Simpson
Performing Arts Captain: Harry Hattch

The College is in very good hands.

Yours in St Mary MacKillop,
MICHAEL LEE, PRINCIPAL

PRINCIPAL'S PRAYER

Lord, we give thanks for the five-year anniversary of the canonisation of St Mary of the Cross MacKillop. Amen.

UPCOMING EVENTS

NOV
WEDNESDAY

11

- Year 10 Exams commence
- Remembrance Day

NOV
THURSDAY

12

- ISART Exhibition Opening

NOV
TUESDAY

17

- Year 12 Breakfast and Farewell Assembly

NOV
WEDNESDAY

18

- Senior Exams commence

NOV
FRIDAY

27

- Year 10 Community Day

COLLEGE NEWS

Future Stars/Student Achievement

Adam Seary (Year 11) and his Australian U18 Indoor Cricket team won the recent Indoor Cricket World Series in Brisbane during the school holidays. Tyler Hays (Year 9) and Thomas Seaman (Year 10) also represented Australia during the competition.

Sophie Bui (Year 10) was named the ACT U17 Soccer Player of the Year at the Capital Football Awards Night last night.



Year 10 Spring Zing

In Term 3, Year 10 had their Spring Zing at the Italo Australian Club, which saw outstanding attendance and participation by all. The theme of the night was GLOBal, which enabled a wide variety of amazing costumes to be paraded by all staff and students in attendance.

It was a great night for everyone, due to the attitude and energy brought by each uniquely disguised individual. Much appreciation and thanks is due to the Year 10 Coordinators and PC teachers who gave up their Friday night to make the night as special as it was!

The Year 10 SRC

Status Awards

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

Bronze Status - Nicolas Bennett (7E1), Josephine Brogden (7A3), Noah Cairnduff (7F2), Ben Cristofani (7AF), Emily Croft-Sharp (7EW), Julia Del Bianco (7EW), Chris Evans (7A2), Gabbi Hays (7A2), Ryan Jackson (8E3), Lilly Kennett (7EW), Gaby Lukban (7A2), Alexandra Moody (7A2), Jessica Murray (7E1), Jasmyn Picker (7A2), Laurie Quayle (7A2), Liam Rogers (7A3), James Ross (7F2), Louis Shuang (7A3), Jack Thompson (7F1)

Silver Status - Ben Walker (7E3)

*Lachlan McNicol
AP Pastoral Care, Wanniasa*

Term 4 School Fees

Term 4 Fees have now been sent out. Fees are to be paid by 30 October 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*



International Cooking Comp

Claire Lonie and Katelyn Twiss (Year 10) represented the ACT Australian Culinary Federation in the International Secondary Schools Cooking Competition held in Tahiti from 4-11 October. There were 11 teams competing from Queensland, South Australia, Tahiti, Japan, Taipei, Cook Islands, New Zealand and New Caledonia.

Their days were filled with cultural experiences trying native dance lessons, traditional food and sightseeing. On Friday 9 October there was a cook off between all the teams. The girls were the youngest competitors and most teams came from culinary schools. The awards are based on the following: if you achieve between 70-79 you receive a Bronze Medal, 80-89 a Silver Medal, 90-99 a Gold Medal, and 100 is Gold with Distinction.

The girls performed very well and achieved a Bronze Medal for their dish 'Baked Tahitian Batfish & Pan Fried Shrimp with a Lime & Chilli Gel, Pea Cream, Smoked Veloute Sauce and Crisp Choy Sum.' They were also awarded the Chef Paul Award, which is for the team that works well together, competes in the fairest way, and keeps going even though they have had to work through complicated situations.

Taipei won the competition, Japan came second and one of the New Zealand teams finished third. I wish to congratulate the girls for their efforts and great achievement. I am very proud of what they accomplished.

*Justin Kain
Hospitality Teacher*

Law Scholarship

Congratulations to Jessica Apolinar of Year 12 who was shortlisted to receive the Snedden Hall & Gallop University Scholarship for Legal Studies. Ten finalists were required to undertake a gruelling set of oral presentations and interviews to be selected for the scholarship. The student presentations were conducted at the University of Canberra's Moot Court and individual interviews with a judging panel at the office of Snedden Hall & Gallop in Deakin.

Jessica delivered a magnificent presentation on "Australia should sacrifice privacy to pursue national security objectives" to a packed courtroom of about 40 guests from eight other schools in the ACT.

Unfortunately, despite an excellent presentation and strong legal argument, Jessica was unsuccessful and did not receive the scholarship at this time.

The College wishes to congratulate Jessica on her outstanding efforts and achievements in making the final eight students and for delivering her presentation in such a magnificent way

*Michael Batten
SOSE Coordinator (Isabella)*

WANNIASSA NEWS

Student Leadership Elections 2016

Next week the process of electing student leaders for 2016 commences on the Wanniassa Campus with nominations opening for interested students. Nomination forms will be available for collection from Pastoral Care Coordinators on Wednesday 21 October. The nomination period closes on:

- Wednesday 28 October for current Year 8 students
- Friday 30 October for students currently in Year 7 and 9

How can you assist your son or daughter to be a school leader? Views of student leadership can unfortunately be distorted by movies and television programs. Student leadership elections at MacKillop are not presidential style campaigns or popularity contests that focus on the glamour of achieving a position. At MacKillop a student does not need to be elected for any position in order to be a leader. Leadership is something that everyone can do as part of their everyday life, regardless of their age or title. However, having structure in a school does lead to formal leadership roles for students.

Developing leadership skills at school can be a huge advantage in life. Parents are usually in the best position to know the strengths and weaknesses of their sons and daughters, they know what they have to offer and realise that making the most of opportunities can shape their future. Talking with your son or daughter about leadership opportunities, the importance of service and contributing to the College community may lead them to considering nominating. Some students speak about the fact that they are not confident public speakers and therefore feel unsure about having to deliver an election speech. All candidates are assisted in this regard and provided with some tips and information to assist them in preparing and delivering a speech.

Of course, while some students are elected for roles, others inevitably miss out. While this should not be what matters, other leadership opportunities are available to all students throughout the year.

QCity bus services to Royalla

On Monday 19 October 2015, Qcity Transit bus services will be implementing changes that will affect services between Michelago and Royalla Estate.

The changes include the introduction of a new service, Bus 52, which will replace the previous service, Bus 59, to and from the Wanniassa Campus. Further information is available on the Qcity website or by telephoning 6299 3722.



Year 9 Presentation: Building Bridges

On 23 September, Brett Hunt, a musician, actor and storyteller, came to talk to Year 9 about relationships. Through his amazing musical skills which include the guitar, harmonica and singing, along with storytelling Brett made us laugh and cry. He told us how people, even if they have a bad past, can change and really influence the community in a good way. He told us a story about Danny and how as a kid, he was troubled and ended up in gaol. He was in gaol for quite a long time and when he finally got out he met Brett. Through Brett's help he began gardening and helping out the whole community.

Brett's stories helped to tell all of us, how building bridges can greatly improve one's life and general well-being. This influenced the rest of Year 9 and myself to understand how we can build our own relationships and help influence other people's lives.

Kye Henson (9F3)

Talking with Young People seminar

headspace Canberra runs free information and education seminars about mental health and wellbeing for young people. The information is provided for parents and carers of young people between the ages of 12 to 25 years.

MacKillop will be hosting the next seminar on the topic "Talking with Young People". The details are:

Date	Tuesday, 3 November
Time	6.00pm - 7.00pm
Venue	Wanniassa Campus, Theatrette

All parents and carers are welcome to attend.

*Lachlan McNicol
Assistant Principal Pastoral Care
Wanniassa Campus*

COMMUNITY NEWS

St Patrick's Bazaar Fair

St Patrick's Parish School, Cooma, would like to extend an invitation to St Mary MacKillop College to join in some community festivities of St Patrick's Bazaar Fair being held in Centennial Park, Cooma on Saturday, 7 November 2015. The commencement time is 10.00 am. This is a massive weekend for Cooma with the Snowy Ride, Busking Championships and Motorfest all being held that weekend in Cooma. Set up of stalls will commence from 7.30 am onwards. Breakfast will be available in the park at that time. All stalls will be ready to commence trading by 10.00 am.

Canberra City Cheerleading

Canberra City Cheerleading is now located at the Erindale PCYC and is taking on new enrolments for Term 4! Visit <http://canberracitycheerleading.com/> for more information.

Cranleigh School Art Show

Cranleigh School in Holt is holding a fundraiser Art Show on 16, 17, and 18 October. It features works by Honours students from the ANU School of Art, plus quality artworks for sale by students and local artists to raise money for Cranleigh School. Opening Night is Friday 16 October, 7-9pm, with live music, wine, and canapés, and tickets are \$15 at the door. Entry over the weekend is by donation. Visit their website, www.cranleighps.act.edu.au, for more information and open times.

Dyslexia Empowerment Week

18-24 October 2015 is Dyslexia Empowerment Week, the aim of which is to increase awareness and understanding of dyslexia so that people with dyslexia receive the understanding and support they need. Find out more at <http://dyslexiaempowermentweek.com.au/>



Building parent-school partnerships

WORDS Michael Grose

Developing your child's social media scripts

It's important to start conversations with children about using social media at a young age to prepare them to be savvy users when we're not around.

"If a job's worth doing, it's worth doing well."

This mantra always pops into mind whenever I'm about to cut some corners or do a rushed job in any endeavour. As a result I double-check every article I write for mistakes. I over prepare every talk I give. And I continually edit and re-edit my books. This message keeps me at the top of my game.

I can thank, or blame, my mother for inserting this mantra in my mind as she repeated it whenever I did a rushed job as a youngster making my bed, doing homework or cleaning up my bathroom mess.

Parents of every generation have always found ways to frame messages of safety and success for their children to remember. Parents of past generations who only had to contend with the offline or real world intuitively knew that they needed to teach child important lessons about safety and manners rather than assume they'll be understood.

The same maxim holds true for the world of social media that children now inhabit from an increasingly young age. Even though our children are growing up with technology as a part of their every day lives, they will still make plenty of mistakes while using it. This means we need to have direct conversations with our kids about the comments and posts that are okay to make using social media of all forms.

As parents we teach our kids to talk politely and clearly so that they know how to speak to others when we're not around. In effect, we give our kids social scripts to fall back on when they talk to friends, teachers and relatives. There's no guarantee they'll look an adult in the eye when they speak to them, but our discussions, reminders and lessons about manners will hopefully hold up when we're not around.

The same applies to social media. Our conversations and lessons will prepare them to be savvy users when we're not

around. Here are some ideas to get you started:

1 "Is this worth posting?"

The relatively impersonal nature of social media means that we can post information and pictures with relative immunity. Also its immediacy means that we can do so without much thought. This means that kids need to be very critical about what they see online. 'Is this accurate?' and 'Is this worth posting?' are two valid questions children can ask when they read posts placed by others.

2 "Have you taken a big breath?"

A child who blurts out everything that comes into his mind without thinking is sure to put plenty of people offside. 'Think before you speak' is the type of message that every child should have in mind.

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... Developing your child's social media scripts ...

The same applies to social media. Just because they think something doesn't mean they post it. 'Take a big breath' may just about be the most important message to give your kids about social media.

3 "Do you want the principal to see this?"

An invitation to a teenage birthday party posted on social media is one way to get more attendees than you bargained for! The viral nature of social media means that kids should only post messages and photos that they want to be spread and read by a large audience.

4 "How does this post make you feel?"

We need to teach kids that not every post needs to be commented upon and not every thought needs to be shared, particularly when they are angry. Teaching them to walk away and then to step back in when they've calmed down is perhaps the most important communication lesson of all. It is very relevant to social media as emotions are often the last thing on many people's minds when they haphazardly post a message.

5 "How will you fix this?"

Social media just like any social space requires kids to behave ethically and with kindness. When kids overstep the mark and post hurtful things then it's fair that they fix their mistakes, and apologise. It's reasonable that we teach our children to act with tolerance and with empathy online, and if mean things are posted then they should be expected to try to repair relationships through social media, just as they should offline.

I agree with *Galit Breen* author of *Kindness Wins* who says that parents should have conversations with children around social media before they reach the teenage years. Starting these conversations when they are younger means that they are more open to our parenting opinions, as well as being a little more amenable to the messages of tolerance, kindness and empathy that we need to encourage.

Michael Grose



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