



# MACKILLOP NEWSLETTER

VOLUME 17 2015, 30 OCTOBER

## PRINCIPAL'S LETTER

Dear families, students and friends,

### The Rosary

This week brings to an end one of the two months of Mary (the other being May). The Rosary has been said on both campuses each afternoon during October, led by different staff for staff, students, and guests.

Quite beautifully, a number of staff belonging to different denominations and other religions have been attending.

Devotions to Our Lady through the Rosary is a distinctly Roman Catholic phenomenon. Its challenge to us to concentrate, meditate, focus, and to pray together fosters community, deep peace, and calm. Thank you to those who have led us in the Rosary this month.

### Co-education

This week's news that Canberra Grammar School will move to full co-education after over 80 years as a boy's school has been a source of wide discussion in the educational and wider community of Canberra.

From the point of view of a principal of a large, co-educational school like MacKillop, my first thought was "welcome into the fold." The reasons articulated by the Grammar Headmaster and Governing Board are some reasons that underpin MacKillop's co-educational foundation.

"The boys that we have are going to be working with bright, inspirational, talented, educated young women...we feel that they needed to learn to think together, to learn together, to work together." - Justin Garrick, Headmaster CGS

I can only fully endorse Mr Garrick's remarks as being very close to my own. This is not to say that co-education suits all children or parent choice. A number of families choose MacKillop for one of their children and Merici, St Clare's, Marist, or Eddies for another child.

Canberra is blessed with a range of outstanding schools of great diversity - this school is among them - and we are a lucky city indeed. I've worked in a range of schools; boys, girls, co-ed, boarding, privileged, disadvantaged, city, rural, Catholic, Protestant, Orthodox Jewish, K-10 and secondary. It has been a rich and varied career for me.

The discerning factor between a school that is successful and one that is not is not its students' gender, it will always be the integrity of its vision and its commitment to a learning experience that is engaging, challenging, and enjoyable.

Key to this is the quality of the staff and their relationships with each other and their students. At MacKillop, key targets for school improvement lie in professional learning for our staff, improved learning environment, and a pedagogy that reaches all students and that promotes a love of learning, a pride in the community in which the learning occurs, and a confidence and sense of well being that comes from a school identity and sense of belonging.

There is more work to do at MacKillop but these key principles explain the progress of the College and will sustain us into the future.

Yours in St Mary MacKillop,

MICHAEL LEE, PRINCIPAL

## PRINCIPAL'S PRAYER

*Hail Mary, full of Grace, the Lord is with thee. Blessed art thou among women, blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of death. Amen.*

## UPCOMING EVENTS

NOV WEDNESDAY <b>11</b>	<ul style="list-style-type: none"> <li>Year 10 Exams commence</li> <li>Remembrance Day</li> </ul>
NOV THURSDAY <b>12</b>	<ul style="list-style-type: none"> <li>ISART Exhibition Opening</li> </ul>
NOV TUESDAY <b>17</b>	<ul style="list-style-type: none"> <li>Year 12 Breakfast and Farewell Assembly</li> </ul>
NOV WEDNESDAY <b>18</b>	<ul style="list-style-type: none"> <li>Senior Exams commence</li> </ul>
NOV FRIDAY <b>27</b>	<ul style="list-style-type: none"> <li>Year 10 Community Day</li> </ul>

# COLLEGE NEWS

## Families leaving the College

Families leaving the College at the end of the year are requested to contact Vivienne Joice, Enrolments Officer on 6209 5217 or [vivienne.joice@mackillop.act.edu.au](mailto:vivienne.joice@mackillop.act.edu.au). As we have a number of families on the waiting list, early notification of departures would be appreciated.

*Vivienne Joice, Enrolments*

## Host families needed

In February 2016, the College will be hosting the annual visit from our French Sister School, St Joseph's Le Havre. We are currently looking for host families for 20 students. They will be staying with us for 2 weeks from mid-February. If you are able to provide accommodation for these students with your family, please contact Mr Andrew Mitchell: [andrew.mitchell@mackillop.act.edu.au](mailto:andrew.mitchell@mackillop.act.edu.au).

*Andrew Mitchell, Languages*

## Term 4 School Fees

Term 4 Fees are due to be paid by Friday 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*



## Fencing News

ACT Fencing hosted its first School Fencing Tournament in mid-October, with fencers representing their school rather than their club. St Mary MacKillop College was the most successful school on the day.

Earlier in the month, Tom Makin won three silver medals at the ACT Age Championships in the U20 and U23 categories, and Oliver Bryson and Darcy Kinsella won bronze and silver in the U15 Sabre Championships.



## Year 12 Drama Production - Jingo

This year, for the first time in a long time, Year 12 Drama is doing a professional production. We are performing *Jingo*, by Terry Pratchett, adapted for the stage by Stephen Briggs. Our performance will be at the Tuggeranong Arts Centre, on 9 and 10 November.

We are very excited and have been working hard for the last semester to present our work to the public. Not only has this experience included learning lines and portraying a character, but we have also been in charge of the production of lighting, props, costuming, publicity, stage crew and directing.

Tickets are being sold at the Front Office of each campus from Monday 2 November and will also be available at the door for \$10.

This performance encapsulates our entire semester's work and we hope to see you there!

*Year 12 Drama*

## BYOD Feedback

This year the Bring Your Own Device (BYOD) program has enabled students in Year 11 and 12 to bring their own tablet or computer (laptop, iPad, android, netbook etc.) to school for the purpose of learning. As with any program, we are dependent on collaboration and communication with parents to build on the success of BYOD. We are currently reviewing the program to ensure a BYOD model is the most suitable for the school. Parents are invited to share their opinions/views/suggestions with Mrs Ruth Walton or Ms Jessica Stokman at their earliest convenience:

Phone: (02) 6209 0100  
[ruth.walton@mackillop.act.edu.au](mailto:ruth.walton@mackillop.act.edu.au)  
[jessica.stokman@mackillop.act.edu.au](mailto:jessica.stokman@mackillop.act.edu.au)

*Ruth Walton and Jess Stokman,  
ICT Managers*

## Future Stars/Student Achievement

Jeremy Blick (Year 7) has been awarded the 'Best in School' prize at the 2015 Australian Mathematics Trust Competition.

## END OF YEAR DATES FOR YEARS 7 & 9

2 DECEMBER WEDNESDAY	3 DECEMBER THURSDAY	4 DECEMBER FRIDAY	10 DECEMBER THURSDAY	11 DECEMBER FRIDAY
<ul style="list-style-type: none"> <li>Year 10 2016 Transition Day</li> <li>Year 7 2016 Induction Day</li> </ul>	<ul style="list-style-type: none"> <li>Year 10 2016 Transition Day</li> <li>Year 7 2016 Induction Day</li> </ul>	<ul style="list-style-type: none"> <li>Wanniassa Campus Market Day</li> </ul>	<ul style="list-style-type: none"> <li>Year 7-9 Community Day (Big Splash)</li> </ul>	<ul style="list-style-type: none"> <li>Final day of Term 4</li> <li>Year 7-9 Mass and Awards</li> </ul>

# WANNIASSA NEWS

## Year 9 Small Group Transition to Isabella

On Monday 26 October a group of 14 Year 9 students travelled with Mrs Donna Anderson, Inclusive Education Coordinator, and Learning Support Assistants Mrs Di Lovekin and Mrs Jacinta Aranda to the Isabella Campus as part of the small group transition in preparation for the move to the senior campus next year for our current Year 9 students. This opportunity was in addition to the year group transition days at the end of Term 2 and Term 4, allowing a small group of students an extra occasion to familiarise themselves with the staff and facilities on the senior campus. Students had the opportunity to talk with current Year 10 students and navigate their way around the Campus and particular areas of interest.

## Student Mentoring

The final Student Mentoring session for the year took place in Pastoral Care Classes on Wednesday 28 October. Throughout the year students have worked with their Pastoral Care teachers to set academic and personal goals for themselves with opportunities to reflect on their progress. In the most recent session Year 7-9 students viewed a video produced by Year 12 students reflecting on their time at MacKillop; the challenges they faced and how they overcame them to successfully complete Year 12. Their words provided encouragement and inspiration for many Wanniasa students, realising others shared their struggles and yet were able reach their goals.



## Student Movement

A reminder that the designated drop off and pick up point for students each morning and afternoon is the Wanniasa basketball courts. In recent weeks students have been dropped off and collected along Mackinnon St. with cars stopping in the bus bays and along both sides of the road hindering the flow of traffic. Students required to cross Mackinnon St. should do so via the pedestrian underpass.

## Talking with Young People seminar

Parents and carers are invited to a free information seminar presented by Headspace Canberra and hosted at St Mary MacKillop College. The topic of this seminar is "Talking with Young People" and is targeted towards parents and carers of young adults aged between 12-25 years.

Details are:

Date Tuesday, 3 November

Time 6.00pm - 7.00pm

Venue Wanniasa Campus, Theatrette

See flyer to follow- all parents and carers are welcome to attend.

*Monica Bailey  
Acting Assistant Principal, Pastoral Care  
Wanniasa 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.

## St Thomas the Apostle Fete

The St Thomas the Apostle School/Parish Combined Fete will be held on Saturday 14 November between 10am-2.30pm. The school is located on Boddington Crescent, Kambah. For more information about the fete, visit <http://sttap.act.edu.au/fete/>

## MARSS migrant & refugee programs

The Ainslie Arts Centre is hosting a Girls Rock! Camp in January 2016. GR!C encourages creativity, self-expression and teamwork through music. Visit <http://www.agac.com.au/event/girls-rock-canberra-2016/> for more information.

## Free clinic for sun awareness

This clinic is being held at Gowrie Discount Pharmacy on Wednesday 18 November between 10am-3pm. It is a 15 min one on one consultation with assessment of risk factors and assessment of your current level of sun damage using a double exposure camera designed for UV damage. Ring the pharmacy on 62910011 to book your Appointment today.

## St Benedict's 60th birthday

St Benedict's Primary School, Narrabundah is holding a day of celebrations for its 60th birthday on Sunday 8 November. Mass will be held at 10.30am in St Benedict's Church, followed by a cake and activities up until 2pm.

## MARSS migrant & refugee programs

MARSS offers the following services and opportunities to High school migrant and refugee students and youth in the ACT: Program for After School Studies, Harmony Sports Program, and the Learn to Drive & Road Ready Programs. For info, visit [www.marss.org.au](http://www.marss.org.au).

Please find attached Y10 and Senior Exam Schedules for Semester 2 2015.

<b>Y10 Exams S2 2015</b>		
Wednesday 11 November	Period 1-2	Y10 Mathematics
Wednesday 11 November	Period 3-4	Y10 RE
Thursday 12 November	Period 1-2	Y10 Science
Thursday 12 November	Period 3-4	Y10 English

- Students are to attend normal scheduled Y10 classes for all other periods.
- All other Y10 Exams will be scheduled in normal class time.

<b>Senior Exams S2 2015</b>		
	<b>Year 11</b>	<b>Year 12</b>
Wed 18 Nov Morning (9.00am)	English T	Social and Community Work Economics History A/T - Ancient Maths Specialists Extension
Wed 18 Nov Afternoon (1.15pm)	Chemistry History A/T Ancient Hospitality T	RE A/T
Thur 19 Nov Morning (9.00am)	IT A/T Social and Community Work Business A/T	English T
Thur 19 Nov Afternoon (1.15pm)	RE A/T	IT A/T Business A/T Psychology A/T
Fri 20 Nov Morning (9.00am)	English A Literature Maths Specialists	Maths Applications Maths Methods Maths Specialists
Fri 20 Nov Afternoon (1.15pm)	Maths Applications Maths Methods	English A Biology Earth Science
Mon 23 Nov Morning (9.00am)	Psychology A/T Geography A/T	Legal A/T Geography A/T Hospitality T
Mon 23 Nov Afternoon (1.15pm)	Legal A/T Biology Physics Business Administration	Exercise Science Business Administration History A/T - Modern
Tues 24 Nov Morning (9.00am)	Economics History A/T - Modern Sociology A/T	Sociology A/T Physics Music T
Tues 24 Nov Afternoon (1.15pm)	IT DM Exercise Science Earth Science	IT DM Chemistry

Please Note: Some courses do not have a final semester exam

- All students will receive a personalised examination timetable indicating session start and finish times and locations.

Enquiries regarding exams should be directed to Janine Hickson, Student Records in the first instance on 62090129.




**headspace**  
Canberra

Street Level B, Building 18, University of Canberra,  
170 Haydon Drive, Bruce ACT 2617  
Mail Level B, Building 18, University of Canberra,  
Bruce ACT 2601  
Tel 02 6201 5343 Fax 02 6201 2345  
[headspace.org.au](http://headspace.org.au)

# ed-space @ headspace Canberra

## information seminars

Free information and education seminars about youth mental health and wellbeing (ed-space).

Next topic: **Talking with Young People**

**Special Location @ St Mary MacKillop College**  
**( Wanniassa Campus )**

**Tuesday 3rd Nov — 5:30pm for 6pm Start**  
**Til approx 7pm.**

**RSVP via - phone : (02) 6201 5343 or**  
**email : [info@headspacecanberra.org.au](mailto:info@headspacecanberra.org.au)**



**Address:** St Mary MacKillop College Mackinnon Street Wanniassa (NOT Isabella Plains)

See our website or call us for more details.

[www.headspace.org.au/Canberra](http://www.headspace.org.au/Canberra)

\*Presented by intern psychology students from the University of Canberra.

**We hope to see you there!**





## Building parent-school partnerships

WORDS Michael Grose

# What to say when kids become anxious

## 7 practical things to say to kids to help them when they feel anxious.

Anxiety has a way of making everyone feel helpless - those experiencing anxiousness and those trying to help. It's hard to know what to say when a child becomes overwhelmed with anxiety, but it's most important to be a strong, steadying influence. You may not be able to take their anxiousness away, but your emotional support and your calmness makes a difference.

Children take their cues from their parents so your trust that they can cope when they become overly anxious will send a powerful message that they'll come out the other side safely. The language you use will convey your trust and also offer your child the comfort they need to feel safe, as well as the courage to find their own solutions to their anxiousness.

**When you see anxiousness take hold here are some things that you can say that will help your child cope:**

*"You're okay. I'm here and I won't be going anywhere."*

Such statements indicate warmth, safety and comfort. Your child may not believe you straight away but that's okay; your presence will get the message across.

*"You don't have to do anything right now. Just breathe."*

A big part of the stress of anxiety comes when children don't know what to do. They don't have to fight the feeling of anxiousness, but let it pass. The less children fight

anxiousness, the more likely it is that the feeling will go.

*"Let's go for a walk and see if we can take some big breaths."*

Physical activity is the best antidote to an anxiety attack as it helps burn up the adrenalin that prepares a child's body to fight or take flight. Try to help them take some strong breaths while they walk, which will be easier if they've practised when they aren't anxious. Practise by breathing in to the count of three, holding for one, breathing out for three and holding for one.

*"Take some big, deep breaths. I'll do it with you."*

Anxiety comes from the fight or flight response when the brain perceives a threat. It doesn't matter whether the threat is real or not, the brain thinks and acts as if it's true, leading to tenseness, hyperventilation and confused thinking. Breathing triggers the relaxation response which, like the fight or flight response, is hardwired in all of us.

When children are calm explore different approaches to empower them to better manage their anxiousness. You might say:

*"I'd like to understand what your worry feels like for you. Can you teach me?"*

The ability to accurately identify a feeling when it occurs is at the heart of emotional intelligence so encourage your child to

verbalise what their anxiety feels like. Greater self-awareness increases your child's ability to manage their feelings.

*"What would you say to a friend who was going through what you go through?"*

Invite your child to take a more objective look at their own anxiety to help them gain a different perspective and level of understanding. This approach also gives parents a greater insight into what a child is going through.

***"Your brain is amazing. Every time you breathe through your anxious feelings you're teaching your brain how to manage your anxiousness."***

Brains have an amazing capacity to adapt and learn new ways of coping. By helping your child understand that he is, in effect, training his brain to better respond to anxiousness you empower your child to positively manage their feelings.

Help children manage their difficult emotions, including anxiety, by validating their feelings and encouraging them to experiment with different ways of coping. Encourage kids to come up with their own solutions when anxiousness threatens to overcome them. Kids are usually adept at solving their own problems when they have loving, supporting and positive adults in their lives.

Michael Grose 



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.

