



MACKILLOP NEWSLETTER

VOLUME 2 2016, 18 FEBRUARY

PRINCIPAL'S LETTER

Dear families, students and friends,

The Opening Mass, 10 March

St Mary MacKillop College invites members of the community to join us at our Opening Mass, which will be held at the Tuggeranong Southern Cross Stadium from 9.30am on 10 March 2016. Guests are asked to be seated by 9.15am.

The Opening Mass, which will be celebrated by Fr Luke Verrell, will also include a celebration of the Sesquicentenary of the Sisters of St Joseph (their 150th anniversary).

Parent Information Evenings

Thank you to the hundreds of parents who attended Parent Information Evenings at the College over the last two weeks. I'm grateful to the Executive Staff and teachers who gave up several nights to impart valuable information and to spend time getting to know so many families. I'm particularly grateful for the interest so many parents showed and to the good humour and good will that they demonstrated towards the school.

The energy that so many of us are bringing to this very successful start for the year was in clear evidence at those evenings.

Swimming Carnival

For the first time in many years, MacKillop is holding its Swimming Carnival in summer - an exciting initiative for the College and a rare example of us following other schools, rather than leading! The temperature is tipped to be warm and dry - another rarity!

Sometimes, some students choose to absent themselves from this event. This is an error of judgment on their part, as they miss much that is good about our talented and diverse community. I encourage all students to attend and to bring their enthusiasm and talent to the event. Students will be strongly encouraged to "cover up" and to liberally avail themselves of sunscreen.

Yours in St Mary MacKillop,

MICHAEL LEE
PRINCIPAL

PRINCIPAL'S PRAYER

Lord, we give thanks for our community, for its strength and vibrance, for its respect for difference, and its desire to welcome all. Amen.

UPCOMING EVENTS

FEB TUESDAY 23	• Swimming Carnival
FEB WEDNESDAY 24	• Honours Assembly (I)
FEB THURSDAY 25	• Photo Day (W)
FEB FRIDAY 26	• Photo Day (I)
MAR TUESDAY 01	• Moderation Day (Pupil-free Day) • Year 11 AST Trial

COLLEGE NEWS

College Photos

College photos will be taken at the Wanniasa Campus on Thursday 25 February and at the Isabella Campus on Friday 26 February. Students have received a photo envelope/order form which is to be returned on Photo Day with any money or payment details and handed directly to the photographer at the time the photo is taken.

Boys will be required to wear the College tie in their photograph and are asked to bring this with them to school on Photo Day. For students in Year 7, others who are new to the College or Year 11 boys who do not yet have a senior tie, one will be provided for the photograph.

For students who are absent on Photo Day, a catch up day will be held on Thursday 3 March.

Future Stars/Student Achievement

Congratulations to Mikaela Mbonzi Geach (Year 10) who was selected as a TRY Hero ambassador for the Weetbix TRYathon event held at the AIS last Sunday. She was chosen alongside Olympic swimmer James Magnussen, Brumby Henry Speight, World Champion triathlete Michelle Wu and Olympian Triathlete Megan Hall. Mikaela heads to Devonport, Tasmania this weekend to attend the ITU Australian Series Triathlon race, and is currently ranked in the top 10 youth triathletes in Australia.

Bands and Instrument Ensembles

Last year saw the introduction of the Year 8 and 9 Rock Bands to the College. These groups have performed at Assemblies, Rock the Northside and also for Market Day. This year we are in the process of continuing and extending our Instrumental Music and Bands Program.

Students at Wanniasa Campus this year will have the opportunity to rehearse and perform in the following ensembles :

- WC Rock/Show Band - for woodwind, brass, guitar/bass/drum kit players and vocalists.
- WC Drumming Group- 'Drumstix' - for students who would like to rehearse and play drums and percussion as an ensemble.

Students involved in these ensembles will have group tutorials and rehearse once per week at the Wanniasa Campus.

Students at Isabella Campus also have opportunities to rehearse and perform in these ensembles:

- College Rock/Show Band - for woodwind, brass, guitar/bass/drum kit players and vocalists.
- College String Ensemble - for students in Year 7 -12 who play violin, viola, cello and double bass.

Students involved in these groups will rehearse once per week at the Isabella Campus.

For More information about the Band and Ensemble program please contact Mr Tony Lazzarato on 62090230.

Tony Lazzarato, Performing Arts Coordinator

National NAIDOC Poster Comp

Aboriginal and Torres Strait Islander artists over the age of 13 are invited to submit an artwork before Monday 21 March 2016 for their chance to win \$5,000 and have their artwork displayed across Australia in workplaces, schools and community organisations to promote NAIDOC Week 2016.

Artworks should reflect this year's theme - Songlines: The living narrative of our nation.

For Aboriginal and Torres Strait Islander people, the Dreaming describes a time when the earth, people and animals were created by ancestral spiritual beings. They created the rivers, lakes, plants, living creatures and landforms. Dreaming tracks are sometimes called 'Songlines' which record the travels of these ancestral spirits who 'sung' the land into life.

Tamara Murdoch, Visual Arts Coordinator



UOW Discovery Day

On Friday 5 February, I was privileged to accompany sixteen Year 12 students who had registered to attend the University of Wollongong (UOW) Discovery Day in November last year. The Discovery Day provides Year 12 students with an opportunity to experience, for a day, life as a university student. Students navigated their way around the university campus, reading timetables and attending classes.

After leaving Canberra at 5:30 am to travel to Wollongong University, Students attended an information session, which provided the students with an insight into the opportunities available at the university. The students then commenced their first class, which included creative writing, history, photography, IT, education, medicine, law, engineering and more! Students also experienced the facilities available on campus, from the expansive library, cafes, university bookshop, banks and sporting facilities.

We returned to the Isabella Campus tired, yet excited. Students enjoyed the day and the opportunity to experience life as a university student, for a day.

Karen Hundy, Careers and VET Coordinator

Fees Information

Term 1 fees have been mailed out. Fees are to be paid by 4 March, unless paying by Direct Debit or other approved payment method.

The following methods of payment are available:

Cash & Eftpos: Cash and Eftpos payments may be made in person at Isabella Front Reception or Wanniasa Front Reception.

Bpay: Bpay is available at the College for payment of school fees only. Payments can be made through internet and telephone banking by quoting the Biller Code and Reference Number located on your school fee statement.

Direct Debit: Payment of school fees by Direct Debit will require completion of the relevant paperwork. Please contact Jayne Limbrick via email, jayne.limbrick@mackillop.act.edu.au to set up your Direct Debit. Direct Debits usually commence in January and run over 52 weeks or 26 fortnights. All Direct Debits are to be altered in December for the following year's school fees.

Credit Card Payments - Mastercard or Visa: Credit Card payments may be made in person, over the telephone, or details can be provided at the bottom of your school fee statement.

Michelle Predovan, Fees Manager

ACT Secondary Bursary Scheme

The ACT Government's Secondary Bursary Scheme provides financial assistance to low-income families with student(s) in years 7 to 10 attending an ACT public, independent or Catholic systemic school or who are home schooled. To be eligible, applicants must have a current Centrelink card or Healthcare card with means tested payment codes. Applications must be lodged with the ACT Education and Training Directorate. An electronic copy of the form can be found at: http://www.det.act.gov.au/school_education/starting_school/financial_assistance_for_families. If you require further information please call the Bursary Administrator on 6205 8262 or via email at: ACTSecondaryBursary@act.gov.au.

Lawn mowers needed!

The Technology faculty is looking for old lawn mowers for the Year 10 systems class project. Email john.solari@mackillop.act.edu.au or call John on 62090164 for pick up or delivery.

WANNIASSA NEWS

Assessment Planner

As part of our Student Mentoring Program in Pastoral Care, students spent time on Thursday this week preparing an Assessment Planner for Semester 1. The schedule lists the subject, task and due date for all work assigned for completion in Semester 1. Mapping out this information in a calendar format aims to assist the time management and organisation of each student; the importance of good planning and revision; and working towards due dates in the lead up to these times.

Students were advised that a copy of the Assessment Planner should be emailed to parents to enable families to support them in their planning, time management and organisation. This then provides parents with the ability, if need be, to be more informed in speaking with their sons or daughters about upcoming assessment and submitting work that they can be proud of for each assessment task. If you have not received a copy of your son/daughter's Assessment Planner in the coming week contact can be made with their Pastoral Care teacher.

Status Awards

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

Bronze Status - Emma Ferguson (9F2) and Jackson Tippett (8A1)



Student2Student Program

The College has been approached by The Smith Family requesting volunteers from Year 8-10 to take up the opportunity to become a buddy in their Student2Student Program. This peer to peer 18 week mentoring program invites students to provide an invaluable experience and the opportunity to help disadvantaged students improve their reading skills.

Students in the program will receive free training by specialist staff, are provided with a complete tool kit and are fully supported during the program. Interested students are asked to speak with Mrs Bailey for further details.

Parentingideas

This newsletter's article for parents, '10 confidence-building strategies every parent and teacher should know' provides strategies to assist parents to build confidence in young people that impact on how they think, how they feel and what they can do.

*Monica Bailey
AP Pastoral Care (Acting), Wanniasa Campus*

STUDY TOURS

NZ Hospitality, SOSE & Science Tour

The College is extending an invitation to an information evening for all students and their parents who are interested in attending a Hospitality, SOSE and Science extra-curricular tour in October 2016.

Date: Thursday, 3rd March at 5.30pm

Student Numbers: 25 students

Eligibility: The trip is designed to extend the Hospitality, SOSE and Science students of 2016 in the Senior College (Years 10, 11 and 12)

Location: F block of the Isabella Campus.

This information session is designed to go through the trip details, including contacts, timings and activities. If you are interested but unable to attend, please email the Hospitality Coordinator Janelle Maas, janelle.maas@mackillop.act.edu.au, or the SOSE Coordinator (Isabella), Michael Batten at michael.batten@mackillop.act.edu.au, prior to the evening.

Students will be selected by an application and deposit will be required to secure your place on the trip. Meeting eligibility criteria does not guarantee you a place on the tour. Final schedule of the study tour will be confirmed at the Pre-Departure briefing.

*Michael Batten,
SOSE Coordinator, Isabella*



USA Science Tour 2016

This year the Science Faculty - in conjunction with the Science Department from the Trinity Christian School - will be running a study tour to the USA. The tour will take place during the school holidays in September/October this year. The tour will involve visits to a theme park, the Everglades, the NASA Space Center and the Smithsonian Museums in Washington. The 12 day tour is expected to cost approximately \$6300. We have a unique opportunity for additional students to join the tour if the interest exists. Parents should contact Mr Brennan via email: mike.brennan@mackillop.act.edu.au to register interest or for further details.

*Mike Brennan
Science Coordinator, Wanniasa*

ENGLISH NEWS - ISABELLA

As usual the school year is off to a flying start and there are a number of events and activities taking place in the area of English.

English Tutorials

If students need any extra assistance with English assessment and especially with aspects of assessment such as oral presentation, in-text citations and bibliographies, then all students from Years 10-12 are welcome to join English tutorials. These are held weekly on either a Tuesday or a Thursday. The schedule for tutorials is published on the English noticeboard, in the IRC and on the student entrance door to student reception. Sessions run from 3.20pm-4.20pm so students can still make training and employment situations after school. Should these times not suit students then please encourage your charge to seek teacher assistance on a study line or at recess and lunchtime from the English staffroom in B Block.

Writing Competitions

At the moment we have a competition running which invites students to express their opinion on 'What Matters.' For 600 words there are four \$350 and four \$200 cash prizes on offer. As well, winners and runners up are offered a full day's workshop with a professional writer and an iPad. Entries and details available on the English noticeboard in B Block. The competition ends 6 May, 2016.

Gemma Kirk is our most recently acknowledged writer, receiving a highly commended certificate for her entry in the Waltzing Matilda National Poetry competition 2015. Well done Gemma.

Book Club

This year we are introducing a book club for students in Years 10-12. It will be held in the back of the IRC every Friday Day 5 at lunch. Students are to bring their lunch and favourite books. Once we get established we are looking to create a comfy reading room, with cushions, bean bags and hot chocolate!

Debating

We are currently finalising two teams for the Senior (Years 11 and 12) ACT Legislative Assembly debating competition to be held in March. We have two teams attending, but will happily take a third if we have enough interested student participants. Please email Nicola McLennan (nicola.mclennan@mackillop.act.edu.au) or Danielle Logue (danielle.logue@mackillop.act.edu.au) if you are interested.

We will also run a team or three for Year 10. Once again interested students should email either myself or Danielle Logue.

Millicent Henry and a few Year 12 students are running an in-house debating club for Year 11 and Year 12 students only. Much to Mrs Henry's chagrin the Year 12s have named it Fight Club. This club will run every Friday Day 5 at lunch for interested students in F Block.

Excursions and Incursions

Our Year 12 Literature classes went to the Tom Roberts exhibition at the NGA as a part of their unit 'The Power of Literature'. Ms Goebel and Ms Logue are teaching how literature and art have contributed to the formation of our national identity and the contradictions that are apparent in this created identity.

Coming up we have the Poetry in Action team scheduled to visit the school in March...watch this space!

Please encourage all students to visit the English noticeboard as it also displays flyers for visiting authors to Canberra and writing workshops available to students around the territory.

That's the latest English news! With warm wishes from all on the English team,

*Nicola McLennan
English Coordinator (Acting), Isabella*

COMMUNITY NEWS

Tuggeranong Lions AFL

The Tuggeranong Lions are recruiting for the 2016 season for ages 5-15. The Registration Day takes place at Kambah Adventure Playground on Sunday 21 February from 10am-2pm.

Canberra City Cheerleading

Canberra City Cheerleading at the Erindale PCYC offers cheer, pom and hip hop to all ages 5 and up. Come along and join in the fun! Email enquiries.ccc@gmail.com for more information.

Empower U Seminar

Empower U is a seminar for young people run by Tomorrow's Youth. It covers topics such as communication skills, emotional intelligence, creativity, goal setting, family & relationships, money and finance and career skills. The next Empower U seminar takes place in Canberra in March. Visit www.tomorrowseyouth.com.au for more information.

Woden Weston Rams

Woden Weston Rams Junior Rugby League celebrates its 50th anniversary in 2016 and has opened its registration process for new players. Registrations are now available online by visiting the website wodenwestonrams.sportingpulse.net. A registration and information session will also be held on Sunday 21st February between 10.00am and 1.00pm at The Tradies, Woden.

Queanbeyan Sports Expo

This unique event brings together all of our Queanbeyan sporting clubs and associations in one venue to allow you to come, try, and learn more about what's on offer in the community. Some clubs will be offering registration on the day. It takes place on 20 February at Town Park from 10am to 2pm. Food and drinks available.

Vikings Junior Rugby

Registrations are now open. For details, head to the Vikings Junior Rugby Facebook page or contact vikingjuniors1@gmail.com.



Building parent-school partnerships

WORDS Michael Grose

10 confidence-building strategies every parent and teacher should know

Instilling confidence takes more than heaping praise on kids. Here are 10 practical confidence-building strategies for parents and teachers of children and young people.

Children with healthy self-esteem and self-confidence learn more, achieve more and are generally happier than those with low confidence levels. Building children's and young people's confidence is complex. It's more than being a praise robot and heaping positive comments on a child at the first sign of them doing something well. Confidence building requires a number of approaches that impact on how they think, how they feel and what they can do.

Here are ten practical strategies that you can use to build real self-confidence in kids of all ages:

1 Model confident thinking

Kids soak up the language, thinking and behaviour of those closest to them in their environment. Parents and teachers play a part in modelling confident thinking and behaviour particularly when it comes to tackling new activities. In particular, let kids hear positive self-talk when you tackle something new. They should hear something like, "I'll have a go at this. If I don't do so well then I can try again tomorrow." This is far more effective than "I'm no good at this. I'll probably stuff it up."

2 Focus on effort & improvement

Current thinking shows that people who believe that they can increase their intelligence through effort and challenge actually get smarter and do better in school, work, and life over time. One way to develop a growth mindset is to focus your language on effort and improvement rather than on the results of what they do. By linking success with effort you are teaching them success comes from something other than purely their ability, talents or smarts.

3 Praise strategy

While effort is key for achievement, it's not the only thing. Kids need to try new strategies and seek input from others when they're stuck. They need this repertoire of approaches – not just sheer effort – to learn and improve. It helps too to focus language on better and smarter ways on improving. Comments such as "That was a smart idea to tackle the hardest task while you were fresh!" (strategy) and "You recognised the first few steps were the most important but then after that you were right" are descriptive statements that have significant instructional value for kids.

4 Develop self-help skills from an early age

A child's self-esteem comes as a result of his or her successes and accomplishments. The most important competencies to build confidence are basic self-help skills. These form the building blocks upon which other competencies such as organisational skills and many social skills are formed.

5 Give them real responsibility

From a young age start giving children responsibility for some aspects of their lives. By giving kids responsibility we are sending a powerful message that we think they are capable. Also they are learning the skills necessary to care for themselves.

6 Practise unconditional acceptance

Your ability to accept children and young people's best efforts in any area of endeavour, irrespective of the results, will go a long way toward determining their self-esteem and confidence.

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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. You'll be so glad you did.



Building parent-school partnerships



... 10 confidence-building strategies every parent and teacher should know ...



If a child makes their bed to the very best of their ability, resist fixing it, even though it may fall short of your adult standards. Instead remind them next time of how to do it well.

7 Expand their horizons

Some kids are confident and capable at home but are fearful and nervous when it comes to new social situations and unfamiliar environments. Children today have less opportunity than those in the past to negotiate and explore unpredictable situations. Wherever possible look for opportunities to expand children's horizons to include unfamiliar places and unfamiliar locations including catching public transport and walking to friends' places unattended when capable.

8 Recognise improvement

Focus your comments on children's effort and improvement rather than on winning the game or getting top marks. Help kids set realistic goals in line with their capabilities and interests. Learning five new spelling words a week maybe more realistic than 20 words that school may require.

9 Put the training wheels on to support learning

Putting training wheels on a bike is a great way to teach a young child to ride. They keep them upright and mobile while they

are getting the knack of balancing. We can use the same principle to support kids learning while they develop independence in many areas of life. For instance, we can accompany anxious kids to birthday parties and stay for a short time so they become comfortable before leaving.

10 Build teaching and training into your day

Teaching and training needs to be part of the every day repertoire of a parent. This means we need to add a little extra time to many of our interactions so we can help children acquire many of the basic skills of living, whether it is a young child learning to do up his or her shoelaces or a teenager learning how to fill out his or her tax form for a part-time job. When adults are busy it is often easier to do things ourselves.

Ask children for help

Doing things together is a great way to build competency and build the confidence that mastery brings. A simple way to initiate joint activity is to ask your child or young person to give you a hand with something. Better still, get them to teach you or show you how to do something you are unfamiliar with. Being a teacher rather than the learner is a great confidence-builder particularly for those kids who struggle with activities that others find easy.

Most importantly, great parents and teachers have a knack of communicating confidence in kids. They find ways to let kids know that they believe in them – that they know their kids will perform and succeed, that they have faith that they can deal with life's challenges and know that they can become more independent.



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. You'll be so glad you did.

