



# MACKILLOP NEWSLETTER

## VOLUME 5 2016, 1 APRIL

### PRINCIPAL'S LETTER

Dear families, students and friends,

#### Happy Easter

The long season of Lent, with its sacrifice and reflection, has ended with the Passion of Our Lord and His triumph of the cross and tomb. Easter reminds us of the sacrifice by Jesus of Himself for us, and His resurrection offers hope for us all. I hope the Easter season was a time of thanksgiving and gratitude. Thankfully, the MacKillop community has returned from the Easter holiday safe and well. Happy Easter!

#### Year 11 Retreat

Year 11 2016 were warmly congratulated by me and their teachers for their tremendous spirit of cooperation and a great willingness to engage whilst on their retreat at the bottom of the Blue Mountains two weeks ago. 274 students enjoyed each other's company, participated in activities, reflected, listened to presentations by staff and enjoyed themselves immensely.

Many schools outsource their retreat program to youth teams and people not connected to their school. This has always struck me as odd. The chance to have senior staff to share, witness and present to one of our senior years is something we value and would never wish to give up. The opportunity to share with students our perspective on Gospel values and the challenges that come with negotiating a life through the 21st Century, is a privilege. I would like to acknowledge again the contribution Year 11 made to the success of this enterprise. I would also like to thank the staff for the care and goodwill they offered.

#### Enrolment Period

During May, the enrolment period for Year 7 and Year 11 2017 will take place. Members of our MacKillop and the wider community can expect to see the usual road signs, printed advertising, and possibly radio ads, which are very much a feature for many schools at this time. MacKillop, of course, will set the standard for quality in this regard!

Most people choose MacKillop for their child in Year 7 because they know families connected with the school who are very happy with it. Students in Year 10 overwhelmingly choose to stay at MacKillop into the senior years because of their positive experiences of community, their relationships with their teachers and their confidence that MacKillop will be a positive difference in helping them realise their goals for the end of Year 12 and beyond.

Thank you to all members of our community who are so positive about our school and who are so encouraging of other families to come to our Information Nights, and to seek interviews with me.

<b>2 MAY</b>	<b>YEAR 7 2017 INFORMATION NIGHT</b> 6.30pm at the Wanniasa Campus
<b>5 MAY</b>	<b>TRY YEAR 7 AT MACKILLOP DAY</b> For current Year 6 students
<b>11 MAY</b>	<b>YEAR 11 2017 INFORMATION NIGHT</b> 6pm at Isabella (includes Careers Expo)

Yours sincerely in St Mary MacKillop,

MICHAEL LEE, PRINCIPAL

### PRINCIPAL'S PRAYER

*"Christ the Lord has risen today, alleluia!"*

*May we always remember we are an Easter community, putting our faith and hope in the resurrection. Amen.*

### UPCOMING EVENTS

<b>APR</b> WEDNESDAY <b>08</b>	• Final day of Term 1
<b>APR</b> MONDAY <b>25</b>	• ANZAC Day Public Holiday
<b>APR</b> TUESDAY <b>26</b>	• Term 2 begins • Parent/Teacher Interviews (W)
<b>APR</b> WEDNESDAY <b>27</b>	• Parent/Teacher Interviews (I) • ANZAC Ceremonies
<b>APR</b> THURSDAY <b>28</b>	• Parent/Teacher Interviews

# COLLEGE NEWS

## PE Pathways

Term 1 2016 has been an exciting time for 25 Year 10 students and their families who are completing the inaugural PE Pathways Course. This course has been designed to meet the academic and athletic requirements of a number of our students who are involved in high performance sport and committed to extensive outside of school training and competitions.

On Monday 21 March, Mr Argall and Mr Lenarduzzi officially welcomed the parents and students involved in this course and gave a short presentation regarding its main aims and curricula. Incorporated into this afternoon were the first quarterly progress interviews whereby students received a short progress report from all of their subject teachers in relation to classroom application, discussed these with members of staff present on the night and identified areas requiring attention.

Feedback was also sought from the students and parents about areas of benefit and improvement, which will be incorporated into the program where possible in the future.

I would like to thank all of the parents and students for attending this event and contributing their insights and positive feedback regarding the course so far. I would also like to sincerely thank Mr Lenarduzzi, Mr Durham, Mr Johns and Mr Lee for their attendance and the time they gave in conducting the progress interviews.

Below are some details regarding the aims of the PE Pathways Course for future students of Year 10. Please feel free to contact the Isabella PE department for further information.

1. Help students achieve academic and sporting goals
2. Provide students with extra opportunities to study and work on time management/ organisation
3. Improve athletic IQ of students
4. Prepare students for Year 11 and 12 PE Pathways course.

*Dale Argall*  
*Physical Education and Health Coordinator*



## Rugby League 'Try Day'

On Tuesday 29 March, 16 girls from Years 7-9 attended the Canberra Raiders Rugby League 'Come and Try Day'. The girls participated in passing and tackling drills in the morning led by junior Raider players. After lunch, the girls participated in several games of Rugby League. At first some of the girls were apprehensive, but after a few tackles, each athlete grew in confidence and started to enjoy the exciting play. Mr Crowe and Mr Belcher were very proud of the way the girls represented MacKillop. The girls played in the spirit of the game and showed great courage to get up to their feet after being on the receiving end of some big tackles. The girls ran hard and scored plenty of tries and at the end of the day the amount of smiles outweighed the bumps and bruises.

*Phil Belcher*

## Term 1 School Fees

Fees for Term 1 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*

## Future Stars/Student Achievement

Tim Fraser (Year 11) won a bronze medal in the U17 5000m race walk at the Australian junior Athletics Championships in Perth in mid-March.

## CURRICULUM CORNER

### English Faculty News

The introduction of affordable and seemingly indispensable devices such as the smart phones, tablets and games systems into our lives has changed the way we spend our leisure time, the way in which we approach work and study and the way in which we communicate with each other. It changes the way in which we think and process information and in young people the dominant presence of technology in their lives has led to a decrease in opportunities to use their imagination, to think for themselves and leave little time or inclination to read.

Educational research suggests that to improve student literacy schools must engage students in reading. Developing student engagement with reading is an important part of any curriculum planning and provision for literacy. This need to engage students in active reading is an area the English Department has been working to improve through the implementation of an action research project specifically designed to enhance students' engagement with reading.

Throughout 2015 staff across both campuses were led by the College's Literacy Coordinator in a series of Professional Learning workshops on developing reading strategies to implement in classrooms across Years 7 to 12. This level of professional training continues into 2016 with an emphasis on differentiation in reading.

As a part of the process of encouraging students to read more widely the libraries have purchased books short listed for a number of awards and teachers have been actively seeking to introduce more

contemporary fiction into the classroom. As a part of this we have designed multi modal texts for Year 10 and Year 11 English and for the senior literature courses. These multi modal texts are comprised on story extracts, paintings, cartoons, poetry, articles and hyper links to YouTube clips, Ted Talks and music clips all in an effort to create texts designed to engage students to actively read and immerse them in a range of text types.

As a part of many strategies being implemented on the Wanniasa campus, Years 7 and 8 are participating in the Chief Minister's Reading Challenge which requires participants to read 15 books by September 9.

**REMEMBER:** As adults, we can sometimes take the skill of reading for granted because we've been doing it for such a long time. But, it's important to remember that reading is hard work, especially for children with learning difficulties. It requires work, practise and concentration and it can be tiring.

For both teachers and parents the following tips may be helpful in encouraging young people to read:

1. Create an inviting space in which to read comfortably
2. Daily reading is ideal but not to be forced and doesn't always have to be at the same time every day.
3. Take young people to book shops, visit libraries, provide an opportunity for books to be accessible and of interest to your particular child. Help your child to find books that feature people, places or topics that are of special interest to them.
4. Be a role-model and let your young people see you reading too
5. Talk to your child about reading and ask questions about what they enjoy and what they don't enjoy about books.

*Nicola McLennan and Kath Piper*  
*English Coordinators*

# WANNIASSA NEWS

## Winter Uniform

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

- Boys- tailored mid-grey school trousers worn with a black belt and junior school tie.
- Girls- pleated tartan winter skirt or tailored navy slacks with College monogram, a white over-blouse with College monogram and 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.
- School shoes are to be traditional, lace up, black and polishable.

Students are reminded that facial piercings and fashionable extremes to hair, of colour or style, should be rectified before returning to school for the new term.

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.

## 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 Monica Bailey on 6209 0100 or by email at [monica.bailey@mackillop.act.edu.au](mailto:monica.bailey@mackillop.act.edu.au)



## Year 7 Community Day

On Wednesday 23 March all of Year 7 was involved in Community Day; a day where we could work with each other to accomplish set activities and learn things about Mary Mackillop. There was a play on Mary Mackillop's life, including the foundation of the Josephite nuns, a presentation on leadership and four fun activities; Tower Power, Get Smart, Let's get Physical and Mackillop's Next Top Model. A highlight of the day was definitely SMMC Next Top Model where the aim was to use creativity with limited resources. Although we couldn't all win it was still fun and a great experience to work with friends. Each of these activities was done with our four House groups. We learnt to work together as a team, made new friendships, met new people and had so much fun and enjoyment.

*Article by: Maia Ergarac and Tiroja Lubbersen, Year 7*



## Harmony Day

Harmony day is a celebration of Australia's diversity – a day of cultural respect for everyone who calls Australia home. On Monday 21 March, Year 9 students wore orange as a symbol of their awareness of the continuing message of Harmony Day, "Everyone Belongs". The day began with a Year 9 Assembly where the tone was set with the performance of "I Am Australian" (Bruce Woodley) by two talented Year 9 students, Noah Cairnduff and Christopher Esguerra. At the assembly, the completed Harmony Day artwork by the students was presented to the cohort. For this artwork, Year 9 students were asked to decorate a hand which symbolised their Nationality. This took the form of various flags, languages and other symbolic features of various countries and arranged to form a map of Australia. A great day was had by all celebrating inclusiveness, diversity, respect and a sense of belonging for everyone.

*Article by: Steve Lowe and Lyndall Ruig, Year 9 Coordinators*



## Parenting ideas

This week's article for parents 'Is your teenager sleep-deprived?' highlights the importance sleep in young people with research showing that sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

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

# COMMUNITY NEWS

## NFL Flag Holiday Camp

Bring it on Sports is holding an NFL Flag School Holiday Camp for boys and girls aged 7-17 years. The camp is on Thursday 21 and Friday 22 April at Griffith Park. For registration and information, visit [www.bringitonsports.com.au/events/nflflagcamp](http://www.bringitonsports.com.au/events/nflflagcamp).

## Canberra School of Tennis

Tennis Holiday Camps are being run at the Weston Creek Tennis Club and Pines Tennis Club during the holidays. All camps include professional coaching, fruit and drinks, and all equipment provided. For details, visit [csot.com.au](http://csot.com.au), or call Robert on 0432 118 204.

## Rugby Union Camps

A co-ed Rugby Union camp will take place at Viking Park on 11-13 April, for ages 10-16. All skills levels are welcome. Call 1800 753 127 or visit [www.sportscampsaustralia.com.au](http://www.sportscampsaustralia.com.au) to book your place today.

# Parenting *ideas* INSIGHTS

## Building parent-school partnerships

WORDS Michael Grose

# Is your teenager sleep-deprived?

Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Many teenagers today are sleep deprived because they don't get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less. Sleep deprivation is akin to jet lag, where they don't function at their optimum. The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children.

Most teens secrete melatonin, which makes them sleepy, around 11.00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this.

Cortisol, the chemical that wakes them up, is secreted at 8.15am for many teens. It seems the teen brain wants to be asleep just when most have woken up.

One US study found that 20% of teens were asleep in class in the morning, which had catastrophic effects on learning. As a result a number of high schools have delayed the start of school time to accommodate the teen sleep-wake cycle. This enables teens not only to get more sleep but to be at their best (or at least awake) when they are at school.

The results were startling and immediate, including better learning, better behaviour, less fights and fewer kids dropping out of school.

Sleep maximises brain growth, which occurs during adolescence. Sleep also consolidates learning. Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

### Good sleep habits include:

- 1 Regular bed-times** Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.
- 2 Have a wind-down time** of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).
- 3 An established bed-time routine** that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.
- 4 Keeping bedrooms for sleep** and not for TV. Bedrooms that resemble caves seem to be recommended.
- 5 Maximising the three sleep cues** of: darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night's sleep.

### Sleep tips for teens:

- 1** Allow them to catch up on lost sleep during the weekends.
- 2** Help your young person schedule their after school activities to free up more time for rest.
- 3** Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.
- 4** Afternoon naps are good ways to recharge their batteries.
- 5** Make sure they go to bed early each Sunday night to prepare for the coming week.

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.

