



# MACKILLOP NEWSLETTER

VOLUME 7 2016, 13 MAY

## PRINCIPAL'S LETTER

Dear families, students and friends,

### Information Nights, Try MacKillop Day and the Careers Expo

Thank you to the 1500 people who attended a very successful Year 7 2017 Information Night on 2 May. It is always a pleasure to show off MacKillop to interested members of the Catholic and wider community who are seeking to join MacKillop next year or later. Thank you to the teachers, support staff, and the students (particularly the large group of Year 12 students) who helped to plan and run such a welcoming and warm evening.

Try MacKillop Day was held on 5 May. It is no easy thing to run a day for Year 6 students (400+ of them) on a campus that is busy and full of energy, whilst keeping order and causing very little disruption to student learning. Thank you to Mr O'Callaghan, Ms Bailey, Mr Durham, and all the staff who so successfully coordinated the event and who were so welcoming of so many visitors to our school.

The Careers Expo and Year 11 2017 Information Night were once again held as a joint event on Wednesday. Congratulations to Karen Hundy and her extensive and talented team for a highly successful Careers Expo. Over 800 people passed through the expo, and the Year 11 Information Session also had healthy numbers. This is an annual event, which offers an invaluable service to our students and to others around the valley. Thank you to everyone involved.

Finally, I would like to extend my gratitude to the families who helped to spread the word about our Information Nights and who have spoken so positively about the College in recent weeks.

### Australian Federal Election - 2 July

Several candidates for election have been invited to the school to speak to the senior campus. Christina Hobbs, Greens Senate candidate, has already been, and I apologise that parents were not invited to hear her, as her availability was limited. ACT Senator Zed Seselja and the Federal Member for Eden Monaro, Dr Peter Hendy, will be at the Assembly on 1 June, and Federal Member for Canberra, Gai Brodtmann, along with Dr Mike Kelly, the Labor candidate for Eden Monaro will be at the Assembly on 18 May. If parents would like to attend those assemblies, you would be most welcome. Please email me and we will ensure there is a seat: Michael.lee@mackillop.act.edu.au. Assemblies go from 9am-10:15am.

I am sure that the Catholic Education Commission will be circulating material regarding funding, which will be passed on via the newsletter.

If your child will be 18 on election day or before, I would encourage them to enrol to vote: [www.aec.gov.au](http://www.aec.gov.au).

### Thoughts and prayers

Please have some kind thoughts and devote some of your prayers on behalf of a significant number of MacKillop's community who are very sick or who are suffering loss and bereavement. We have, over the past few weeks, received some very sad news about a number of people here.

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

Yours sincerely in St Mary MacKillop,

MICHAEL LEE, PRINCIPAL

## PRINCIPAL'S PRAYER

Lord,  
Help us to honour You, Your church, and Your people.  
Amen.

## UPCOMING EVENTS

MAY TUESDAY <b>17</b>	• Athletics Carnival
MAY FRIDAY <b>20</b>	• Last day of Enrolment Period (Year 7 2017)
MAY TUESDAY <b>24</b>	• Year 7 Camp Parent Info Session
MAY THURSDAY <b>26</b>	• Variety Night
MAY TUESDAY <b>31</b>	• ASBA Info Evening

# COLLEGE NEWS

## School Fees

Term 2 Fees are due to be paid by this Friday 13 May 2016 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*

## Student (and Staff) Achievement

Natasha Brittain (Year 11) will perform in the Child Players ACT production of Dr Dolittle's Circus, which will take place during the school holidays.

Staff member Jen Robson received the Highly Commended Award in the 2016 ACT Volunteer of the Year Awards in the category of Community Services. Jen was nominated by the St Vincent de Paul Society for the work she has been doing with them since the age of 16.

## Library News

A new Library resource page has been created in Studywiz. Students and parents will have access to:

- Oliver (OPAC) to search for resources that are available at the College
- The use of EBSCO database
- E-books
- Essay writing skills
- How to write a bibliography for Junior and Senior students
- Links to magazines the College subscribes to
- Cover sheets for assessment tasks
- BSSS documents

You will find the resources in Learning tab in Studywiz 'Library'. If you do not have access to Studywiz or you have forgotten your password please follow the instructions below.

### Access a parental username or password on Studywiz

1. Go to <https://password.mackillop.act.edu.au/sspr-family>
2. To find your username click on 'Forgotten Username' and enter the email address provided to the school. Your username should then be sent to this address.
3. To reset your password click on 'Forgotten Password' and enter the email address provided to the school. A code should then be sent to your email address allowing the Studywiz password to be updated.



## Defence Students

On Tuesday 3 May, seven Year 7 and 8 students went out to Birrigai, Tidbinbilla on a Defence excursion. We were accompanied by Defence students from other schools around the ACT. The students had a great day on the Flying Fox, Vertical Playpen and really showed initiative and team spirit on the team challenge course. It was great to spend some time with Defence students from other schools and building relationships within the Defence community. A big thank you to the students who came out and participated on the day!

*Millicent Henry, Defence Transition Mentor*

## Science News

### PARLIAMENT OF YOUTH ON SUSTAINABILITY

The Parliament of Youth on Sustainability is the chance for ACT students in kindergarten to Year 12 to have their say about how we should reduce Canberra's ecological footprint and make Canberra a more sustainable city. Harleen Kaur and Kate Solari (Year 10 students) and Chloe Boyd and Cameron Prowse (Year 12 students) will represent MacKillop in the Parliament. The students have prepared their green paper outlining their proposal for action and are currently working on a 5 minute presentation for delivery to Parliament on 30 May. Harleen Kaur will be doing a radio interview on 'Voice of the Valley', FM 89.5, this Friday 13 May at 5.10pm.

### ASTRONOMY CLUB

The MacKillop Astronomy Club is open to students in Year 11 and 12 as a registered unit. The club meets on a Monday or Tuesday evening from 5-9 pm. This semester, the students have learned how to set up and use the telescopes and are currently star gazing and learning how to run a night sky. If you are interested, please see Mr Henry for more information.

### NASA TOUR

The NASA tour is rapidly approaching. All students attending the tour must provide Mr Brennan with a photocopy of their passport by the end of week 4. Please remember to call in to the uniform shop at the Trinity School in order to arrange your tour shirt. Looking forward to a great Trip!

*Mike Brennan, Science Coordinator (Wanniassa)*

## Languages & Exchange

### REQUEST FOR HOST FAMILIES

Every year, the College hosts a number of students from Italy for the exchange organisation Students of the World. Hosting an international student in your home is a rewarding experience. It exposes your family to another culture and way of life and builds long lasting relationships across the world. Students of the World has once again sent a request for host families as they have a number of students who are yet to be hosted as part of their program. Students are aged between 16 and 18 and will be in Australia from 24 June until 20 August or 7 September. Host families will be paid a donation of \$500 or \$600 depending on the length of the stay to contribute towards the cost of hosting the student. If you are able to assist in this program, please contact me via email on [Andrew.mitchell@mackillop.act.edu.au](mailto:Andrew.mitchell@mackillop.act.edu.au).

*Andrew Mitchell, Languages*



### HAPPENINGS IN JAPANESE

During Term 1, the Japanese classes participated in some exciting experiences at Wanniassa. All Year 7-9 Japanese students, accompanied by a number of music students attended a workshop on taiko drumming. This was an interactive experience where all students were taught how to play the taiko drums. While some students had difficulty keeping the beat, there was some great music made in the room and students had a wonderful time. The Year 9 Japanese class participated in a conference via Skype with a junior high school in Japan early in Term 1. Ashiyasu Junior High School is located in the city of Minami Alps, the sister city of Queanbeyan. Students spent the first few weeks of the year preparing speeches on life in Canberra and at MacKillop in Japanese to contribute to the conference. On the day of the conference, we were treated to an official welcome by the principal of Ashiyasu Junior High School and the Mayor of Minami Alps City. There was a panel of native English speakers who run businesses in Minami Alps present to provide feedback on the presentations given. We were able to listen to numerous presentations on life in Minami Alps and to ask questions of the Japanese students about their presentations. While nerves were high for our own presentation, the students spoke clearly in Japanese and were able to effectively share about their lives. We look forward to continuing these interactions with Ashiyasu Junior High School into the future as they have provided real and authentic opportunities for our students to try out their language skills.

*Andrew Mitchell, Languages*



# WANNIASSA NEWS

## Project Compassion Fundraising

Annually the MacKillop Term 1 fundraising focus is Project Compassion-the Caritas Lenten appeal that funds the continuing work of Caritas Australia in Africa, Asia, the Pacific, Latin America and Australian Indigenous communities. Project Compassion is an opportunity to share what we have with those who have less. The Wanniassa SRC set an optimistic goal of \$11,000 for the Wanniassa Campus- \$2000 more than last year's goal and then worked tirelessly over the Term encouraging and inspiring all students to dig deep to improve the future of those in need. It was great to see the initiative taken by many Pastoral Care Classes in an attempt to meet this target from raffles, coin lines and coin towers to selling ice blocks and sherbet. The Wanniassa Campus finished the term with a generous \$13,685.38. This topped last year's best ever effort by \$4000.

This was only possible with the generosity, enthusiasm, and comradery of each PC class and each Wanniassa student.

The College SRC recently decided upon the charitable organisations that each House will be raising money for during Terms 2 and 3.

These are:

Mindygari	HeartKids
Gurabang	Aboriginal Children's Advancement Society (ACAS)
Meup Meup	New Hope for Cambodian Children (NHCC)
Ngadyung	Snowy Hydro South Care

## Parenting ideas

The article for parents, "Easing children's anxiety," acknowledges anxiety is a normal part of everyday life and the importance of teaching children tools for anxiety management.



## Year 7 Camp - Parent Information Evening

The Year 7 Camp Parent Information Evening will be held for interested parents at 6.00pm on Tuesday 24 May in the Wanniassa Campus Library (IRC). For some students the Year 7 Camp stirs excitement and eager anticipation for a new challenge; however, other Year 7 students may have anxieties surrounding particular aspects of the camp or the whole camp in general. The information evening will provide an opportunity for parents to receive an overview of the camp and address any general questions in order to ensure that the camp is accessible to all Year 7 students in a safe and enjoyable environment. All Year 7 parents are invited - please note that the evening is not for the information of students.

## Status Awards

Congratulations to the following students who were presented with Bronze Status Awards at last week's Try MacKillop Day Assembly:

Bronze Status - Kira Tawton (7F3), Cody Golding (7E1), Joseph Kiraly (7E1), Erin Fisher (7W3), Taylah Moriarty (7E3), Cassiel Galvin (7A1), Abbey Christensen (7A1), Dylan Hair (7A2).

*Monica Bailey  
AP Pastoral Care, Wanniassa Campus*

# COMMUNITY NEWS

## Transport NSW Travel Passes

From 12 May 2016, applications for school travel passes in rural and regional NSW will need to be completed online:  
<http://www.transportnsw.info/school-students>

This change only affects the application process; no changes to any public transport services are planned.

Most students who already have a school travel pass in 2016 won't need to re-apply for next year. However, you need to update student details online if the student:

- Is moving from Year 6 to Year 7
- Is changing schools or campuses
- Is changing address

If the student already has a school travel pass and their address, school or name changes, or the student is entering Years 3 or 7, you will need to update your details at:

[apps.transport.nsw.gov.au/ssts/updatedetails](http://apps.transport.nsw.gov.au/ssts/updatedetails)

For more information visit [transportnsw.info/school-students](http://transportnsw.info/school-students) or call 131 500.

## Dr Dolittle's Circus

Child Players ACT proudly presents **Dr Dolittle's Circus**, adapted by BJ Anyos from the books by Hugh Lofting. This exciting and colourful original production is suitable for all the family. Performances at 10.30am and 2pm on 7, 8, 9 and 13, 14, 15 and 16 July 2016. Shows are at Theatre@bcs, Belconnen Community Centre, Swanston Court, Belconnen.

For Bookings, visit [www.canberrarep.org.au](http://www.canberrarep.org.au) or call 6257 1950 (Weekdays 10am - 4pm). Further information about Child Players ACT can be found at [www.childplayersact.com.au](http://www.childplayersact.com.au).

## Canberra School of Tennis

Canberra School of Tennis is now enrolling for Term 2. Come and try ANZ Hotshots for the kids and Fitbit Cardio Tennis for the adults for FREE at the only community Tennis club in the Tuggeranong Valley The Pines Tennis Club.

Contact Robert Jamieson, Tennis ACT ANZ Hotshots Coach of the Year, at [robert@csot.com.au](mailto:robert@csot.com.au) or on 0432 118 204. The Pines Tennis Club is located at Norris St, Chisholm.



## Building parent-school partnerships

WORDS Michael Grose

# Easing children's anxiety

Anxiety is normal and part of everyday life. There's no better time than childhood for learning how to cope with anxiety.

For those with no personal experience of anxiety it can be hard to understand how debilitating it can be. "Come on, get on with it," seems so obvious. Of course, this response is nowhere near adequate.

Most kids experience some anxious moments or have fearful thoughts and feelings from time to time about certain events. These thoughts and feelings prompt them to proceed with caution.

But anxiety and fear can be paralysing. Some kids simply can't stop their 'bad thoughts and feelings'. They can't silence the voice of fear that whispers to them continually.

### Staying calm

Anxiety is a normal part of life and can be managed, but it takes time. It's also contagious so it's the job of parents to stay calm, think clearly and role model confidence when kids get anxious.

**CALM** is created through your words, voice and facial expression. When children become anxious, help them recognise what's happening. Some kids get angry, some become upset and others withdraw. Work out the pattern for your child and help them recognise when they are anxious.

**ACCEPT** your child's anxious feelings. Your child needs to trust that you are with them, and then they will be more willing to let you help them cope. It's hard sometimes to differentiate between what may be a bad case of negative thinking and true anxiety.

Is a child being negative when she doesn't want to join a new club because she thinks no one will like her, or is there something more going on? Try to confirm whether there is any validity in their fears. If not, point out diplomatically, that they may be catastrophising. If you feel there is reason for concern, help them to overcome their anxiety.

**CHALLENGE** the validity of your child's fears and anxiety, using logic and rational thinking. Don't allow kids to wallow in self-pity. Move their thoughts towards the future rather than allow them to mope around.

### Making a plan

**ENCOURAGE** your child to overcome their anxiety through action. Vanessa came up with a creative solution to help Ruth, her seven-year-old daughter, overcome her reluctance to attend birthday parties without her. Initially Vanessa attended

parties with her daughter so she wouldn't miss out, but Ruth was becoming too reliant on her, so it was time to make a change.

The next time Ruth was invited to a party, Vanessa put a plan into action. First, she set up a little birthday party scenario at home using dolls and teddies as friends, so her daughter would know what to expect. Vanessa explained that she would leave her at the party for a short time. Vanessa let her daughter know that she had no doubt that she'd cope.

The little plan worked a treat. Vanessa arrived at the party an hour after the start to find Ruth involved in a game. She acknowledged her mum, but she didn't leave the game. Later, at home Vanessa made a fuss over her daughter for being brave. Ruth agreed that next time she was invited to a party she would go for the whole time without her mum.

**Anxiety is normal** and part of everyday life. However, it can be debilitating unless it's managed. Anxiety management takes time for kids to learn, but it's one of those valuable life skills that parents can teach their kids.



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.

