



MACKILLOP NEWSLETTER

VOLUME 8 2016, 27 MAY

PRINCIPAL'S LETTER

Dear families, students and friends,

Athletics Carnival

After ten years, Meup Meup (so good they named it twice) won the 2016 Athletics Carnival by a margin Mr Turnbull and Mr Shorten could only dream about! A day of real spirit, courageous endeavour, good humour and mutual respect, record student attendance and participation, and full teacher presence; most people agreed it was our best Athletics Carnival ever – quite a big call, really.

It was, of course, the relays at the end of the day that captured the attention of the crowd and which sealed the deal for Meup Meup. How fabulous it was to see something red doing so well this winter! Congratulations also to Ngadyung, the winners of the closely contested Spirit Cup. Thank you to Mr Wood and the PE staff, their colleagues, and the College for a very good day.

A day for the ALP at Senior Assembly

Following the visit of Greens Senate candidate Christina Hobbs to the Assembly three weeks ago, last Wednesday was Labor's turn. Ms Gai Brodtmann, Labor Member for Canberra, and Dr Mike Kelly, Labor candidate for Eden Monaro (and formerly member), addressed the Assembly about their values, personal stories, motivations, and the transformative role education has played in their lives. Both were highly complimentary of MacKillop and our patron, St Mary of the Cross MacKillop, and reminded the College of the extensive legacy to the College of the Rudd-Gillard governments. Both were well received by staff and students.

Federal Senator for the ACT, Zed Seselja, and Federal Member for Eden Monaro, Peter Hendy (both of the Liberal Party), will complete our roster of visiting politicians prior to 2 July. It should be noted that Zed and Gai are almost always at College Masses and are strong supporters of the College. Zed and Mr Hendy will be at the Isabella Campus Assembly from 9am on 1 June. Should parents wish to attend, you would be most welcome.

Building Program

The refurbishment of the toilets on the Wanniasa Campus is now complete. This project was much needed and the work has been splendidly done.

On Wednesday night, the College Board met with our architects to sign off on an extensive building program on the Isabella Campus. A new classroom block will replace the demountables, the new Fr Julian Tenison Woods Science Centre will add momentum to the teaching of that vital area of the curriculum, and the refurbishment of the old Science block will allow for classrooms, meeting, recreational, and private study areas.

It is hoped we would commence this program in October. No interruptions to teaching and learning are envisaged.

Yours sincerely in St Mary MacKillop,

MICHAEL LEE,
PRINCIPAL

PRINCIPAL'S PRAYER

Lord,
May Mother Mary guide us
to walk in Your footsteps.
Amen.

UPCOMING EVENTS

MAY
TUESDAY

31

- ASBA Info Evening
- Senior Production

JUNE
WEDNESDAY

01

- Senior Production

JUNE
FRIDAY

03

- Year 11 2017 enrolment applications due

JUNE
TUESDAY

07

- Year 10 exams commence
- World Challenge meeting

JUNE
FRIDAY

10

- Senior Exams commence

COLLEGE NEWS

A Cappella Choir

Congratulations to the MacKillop A Cappella group, which has progressed to the Video Finals stage of the AUSACA Australian A Cappella Championships for their rendition of the Irish Blessing. A public vote is now taking place to help decide the groups that will progress to the Live Finals in September.

You can vote for the choir once every 24 hours at the link below:
<http://ausaca.com/video-finals/>

Year 11 2017 Enrolments

Year 10 students are reminded that they are required to return their Student Intention Forms (for Year 11 2017) by Friday 3 June. Any families wishing to enrol a new student into Year 11 2017 must complete an enrolment form, which is also due by Friday 3 June.

Vivienne Joice, Enrolment Officer

Student Achievement

Amy Daniel (Year 11) has been selected to go to Brisbane to represent NSW in the Chief of Army Challenge through the Army Cadets.

Samantha Thomas, Kathryn Thomas (both Year 11) and Valeria Volkova (Year 10) will represent the ACT at the National Calisthenics Championships in Adelaide in July. Congratulations to Maisie Ullrich and Taylah Hull (both Year 10), who recently became ACT Calisthenics Intermediate Duo Champions.

School Fees

Fees for Term 2 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



Parliament House visit

Larissa Bascunan and Thomas Opie represented the Defence students of the College at Parliament House on Tuesday 17 March. Senator Zed Seselja invited two Defence students from each school across Canberra to a morning tea to thank them for their support and their family's contribution to the Australian Defence Force. It was a great morning and another fantastic opportunity to spend time with Defence students from other schools. After a few photos and Danishes we then changed into house colours and joined the rest of the College at the Athletics carnival. A big thank you to Tom and Larissa and of course to Senator Seselja for having us!

Millicent Henry, Defence Transition Mentor

Year 12 Drama Production

Senior Drama students are putting on a production of *Treasure Island*. The show will take place on Tuesday 31 May and Wednesday 1 June from 6.30pm at the Tuggeranong Arts Centre. Tickets are available from the Isabella Campus Front Office for \$10.

School Uniform Providers

The College has been advised that the Lowes store in Tuggeranong will no longer be stocking schoolwear. From Wednesday 1 June, school uniforms will be available from Savvy Schoolwear in Homeworld, Tuggeranong.

SPORT

Oztag Champions

Congratulations to the St Mary MacKillop 9/10 Boys Oztag team who were crowned ACT champions last Thursday 19 May. The boys played four round games going through to the finals undefeated. They met Campbell High in the semi-final. We had a slow start, but the team finished strongly to continue their undefeated streak and land them a spot in the grand final against Erindale College. The team outclassed Erindale, winning 3-2, crowning the boys ACT champions for 2016.

The team was: Jamie Anderson, Josh Arnold, Josh Brussow, Jacob Church, Liam Dredge, Jackson Gallagher, Brad Jones, Tim Locus, Jack MacFadyen, Lachlan McAvoy, Samuel Rusanov, Ayden Senior, Jordan Van Aalst, Deakin Velis, Luke Wright, and Jake Quilter.

Braden Longo



ASC Cross Country

On Wednesday 18 May 2016, MacKillop sent a select number of students to the ASC Cross Country Carnival, which was held at Weston Park. We arrived with an hour to spare so we could observe the track which we would then run later in the day. The first race was Under 12s, and the last race was the Seniors. All of the students who went on the day raced extremely well, trying their hardest to finish the course.

A special congratulations to Coby Lee-Maguire in Year 8 who gained second place in her age group and Emma Turton in Year 12 who gained third place in her age group. Also a big thanks to Mr Crowe, Mrs Holding and Mr Webster for looking after the students on the day.

Sally Cunningham

WANNIASSA NEWS

Student Mentoring

At this crucial point of the semester, Wanniassa students took time this week to reflect on their progress and how this has aligned with the personal goals they set for themselves last term. Pastoral Care teachers discussed these reflections with students in Pastoral Care Classes as well as strategies and support they could employ to assist with the reaching of these goals.

All students are encouraged to discuss the progress of class and assessment work and seek assistance where required. Pastoral Care teachers are a great support for overall organisation and support.

Special Mention

Well done 9W2! A special mention goes to Pastoral Care Class 9W2, which was the leading fundraising PC Class for our Term 1 Project Compassion fundraising efforts. They were awarded a PC pizza lunch for raising their impressive total of \$841. However, a unanimous decision by the PC Class and their PC teacher Mrs Leonie Sullivan was to forgo this prize and instead to add the cost of the lunch to their tally. A truly selfless act and a great example for us all.

Parenting ideas

The article for parents, "The trick to being at your parenting best", acknowledges the struggles that come with the parenting role.



Wanniassa and Holy Family SRC

On 24 May, the Holy Family Primary School SRC travelled to MacKillop to combine with the Wanniassa SRC in a planned meeting. The aim was to give the primary students an opportunity to attend MacKillop and experience what it is like to attend a Junior Campus SRC meeting.

We shared morning tea as they watched and listened to our meeting; able to see how it was run. Tamara Darwich and Chris Caruana began the meeting with prayer and an introduction of who was on the Council and what position they held. After this we went through the agenda items as each of our SRC contributed with ideas and suggestions.

Throughout the meeting Holy Family SRC and St Mary MacKillop College SRC were able to share their thoughts, gain knowledge and great ideas from each other. It was a great experience for all students involved.

*Monica Bailey
AP Pastoral Care, Wanniassa Campus*

ISABELLA NEWS

English News

The Year 10 Legislative Assembly Debating team will be participating in their first debate for the year on Friday. Aisling Kinsella, Ruben Mayenco, Harleen Kaur and Dominic Strmota will be representing the College with Danielle Logue as team coach and mentor!

Debating 'Fight Club' is still a regular activity for Years 11 and 12. See Mrs Henry if you want to join!

Book Club is going strong every Day 5 in the library - bring your lunch and share your books!

With exams looming, students should make the most of seeking teacher support and attend tutorials on Tuesdays or Thursdays. Schedules are up in B Block, IRC and student entrance door.

Finally, IRC and English have some terrific new prize winning literature...Burial Rites by Hannah Kent, Cairo by Chris Wommersley, The First Stone by Helen Garner, All The Birds Singing by Evie Wyld just a few of many fantastic titles for your perusal!

*Nicola McLennan
English Coordinator, Isabella (Acting)*

Geography Excursion

On 23 May 2016, Year 11 and Year 12 Geography students travelled to Cowra and Canowindra to participate in an educational program run by Mid Lachlan LandCare. The focus of the excursion was to observe and record how landholders and primary producers are adapting to the impacts of climate change. Students spoke to local farmers, assessed soil quality and observed holistic farming practices. The field trip provided a valuable opportunity for students to visit a rural environment, observe the impact of human activity and further their geographical understanding.

Peter Johnson



Year 11 Hospitality Excursion

On 12 and 13 May, Year 11 Hospitality students were given the opportunity to travel to Sydney to participate in a wide variety of hospitality experiences to enhance their knowledge and understanding of the Industry. We arrived in Sydney on a glorious autumn day to explore a back of house tour and dining experience at Sydney Tower. After a tour of the kitchens, the 360 Bar, and a talk with the head chef, students enjoyed an all you can eat buffet lunch in the revolving restaurant at Sydney Tower. We then ventured into David Jones Food Hall and the exquisite Queen Victoria Building to explore many more culinary delights. A welcome rest was had at the YHA in Rawson Street, before we finished the first day with dinner at the Galleries Food Hall. A walk around Darling Harbour followed with some small treats from the Lindt Cafe.

On Day 2, the students enjoyed a guided tour of the Sydney Fish Markets with lots of unique and unusual species of fish, crustaceans and shellfish from across Australia. The early start allowed us to witness the live Dutch Auction system with many restaurants and fish mongers purchasing their seafood for the day's business. Students then ventured into The Rocks to visit the Friday Foodie Markets where a wide variety of cultural and local foods were on offer.

The two days concluded with a Korean BBQ lunch and a cultural tour of Chinatown led by our guide Wee Lynn Tao, of *Feasting in the Know*. This is what she had to say about our students: "Again I was impressed by your students, who were courteous, enthusiastic in participating and answering questions, and curious about what I showed them."

Congratulations Year 11 Hospitality, you represented our school with great pride and have shown a keen interest in the Industry.
Janelle Maas, Food & Textiles Coordinator

VARIETY NIGHT

The College's annual Variety Night, held last night, was once again a great success, with students showcasing their talent in front of a packed Wanniasa Theatrette.

There was definitely a wide 'variety' of talent on show, with comedy, instrumentals, vocals, dance, gymnastics, drama, and magic on display. Congratulations to all involved in the production and performances.



WORLD CHALLENGE



St Mary MacKillop College World Challenge Expedition to Vietnam & Cambodia

For Current Year 9 and 10 students



After several successful expeditions in the past, St Mary MacKillop College is delighted to announce that we are launching another very exciting program, offering students the opportunity to plan, fund and ultimately lead their own 28-day expedition to South-East Asia in late November 2017.

World Challenge is unique; students have a chance to CHALLENGE themselves and lead the expedition team in a developing world country, run a budget, organise some of the accommodation and transport, and run group meetings with the guidance of teachers and staff. Not only is World Challenge a chance to travel throughout the developing world and appreciate our lives in Australia, students will develop leadership and communication skills that they will use in their lives as they work and study into the future.

If you are interested in World Challenge, or if you have any questions about the expeditions, support provided to candidates, or the fundraising requirements, please come to the information on 7 June:

Information Session

Date: Tuesday June 7th, 2016
Time: 6.00pm
Venue: Theatrette at the Wanniasa Campus

World Challenge Level 5, 163 Eastern Road, South Melbourne, Victoria, Australia 3205

T: Australia 1300 728 568, 9245 7400

F: +61 (0)3 9681 6551 E: support@worldchallenge.com.au

Web: www.worldchallenge.com.au

World Challenge Pty Ltd is a member of the TUI Travel PLC Group of Companies.

World Challenge Pty Ltd ACN: 104769584 ABN: 690104769584 Travel Agents Licence Number: 32553

challenge...participation...environment...

EXAM TIMETABLE

New format for Year 10 exams

The exam schedule for Year 10 students has changed from previous years. Students will now sit for their semester exams over a three day period beginning on Tuesday 7 June. This decision has been made in the best interests of students, enabling them to better perform at their best and reduce any possible stress. Please refer to the table below for the details of the exams.

*Lachlan McNicol
Campus Head, Isabella*

Year 10 and Senior Exams - Semester 1 2016

Year 10 Exams S1 2016		
Tuesday 7 June	Period 1-2	Year 10 English
Wednesday 8 June	Period 1-2	Year 10 Mathematics
Wednesday 8 June	Period 5-6	Year 10 History
Thursday 9 June	Period 1-2	Year 10 Science

- Students are to attend normal scheduled Year 10 classes for all other periods.
- All other Year 10 Exams will be scheduled in normal class time.

Senior Exams S1 2016		
	Year 11	Year 12
Friday 10 June Morning (9.00am)	English T	Economics Psychology A/T Earth Science Physics
Friday 10 June Afternoon (1.15pm)	History A/T – Ancient Business A/T	RE A/T
Tuesday 14 June Morning (9.00am)	IT A/T Social and Community Work Specialist Mathematics Exercise Science A/T	English T
Tuesday 14 June Afternoon (1.15pm)	RE A/T	Sociology A/T Specialist Mathematics History A/T – Modern
Wednesday 15 June Morning (9.00am)	Mathematical Applications Mathematical Methods	Essential English Literature
Wednesday 15 June Afternoon (1.15pm)	Essential English Literature Economics	Mathematical Applications Mathematical Methods Essential Mathematics
Thursday 16 June Morning (9.00am)	IT DM History A/T – Modern Sociology A/T Chemistry	IT DM Business A/T Biology
Thursday 16 June Afternoon (1.15pm)	Psychology A/T General Science A/T Geography A/T	IT A/T History A/T – Ancient Geography A/T
Friday 17 June Morning (9.00am)	Hospitality T Biology RE DM Music A/T	Hospitality T Social and Community Work Chemistry RE DM Music A/T
Friday 17 June Afternoon (1.15pm)	Legal A/T Physics Business Administration	Legal A/T Exercise Science A/T Business Administration

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

All Year 11 and 12 students will receive a personalised examination timetable indicating session start and finish times and locations.

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



Building parent-school partnerships

WORDS Michael Grose

The trick to being at your parenting best

Parenting is place of great joy, but it's also a place of great struggle.

We struggle with our role as it's constantly evolving and changing.

We struggle with external factors such as the changing face of technology and it's impact on kids' daily lives.

We struggle with factors we can't control such as the messages kids get from the media and their peers that we rather they didn't receive.

But the biggest struggle for most of us happens within the grey matter between our ears. It's the battle that goes on between our lizard brain (*where the fight or flight response occurs*) and our pre-frontal cortex (*where reasoning and calculation*) occurs.

The pre-frontal cortex (*put your hand on your forehead and you're there*) is a cool, calm and rational place. This article is being written from that space. The lizard brain sits way back in the middle of our brain and is programmed to take over from our pre-frontal cortex when we're under threat or stress. If I took a phone call about an imminent bomb threat while writing this article my lizard brain would take over and I'd be out of my office in a heartbeat. Writing would become impossible, not to

say stupid! Thank goodness for our lizard brain. When I'm safe and feeling calm my pre-frontal cortex can do it's rational thing once more. This system has served us well, keeping us safe for an eternity.

Unfortunately our lizard brain, the simple creature that it is, can't differentiate between a significantly stressful situation such as a bomb threat and an everyday stressor such as a noisy sibling fight that occurs right under our nose. Our limbic system responds in exactly the same way – the lizard brain takes over from our pre-frontal cortex so you'll either fight (argue, yell, lash out) or flee (get away fast) regardless of the stress. Both situations would elicit the same type of physical response such as an increase in heartbeat, sweaty palms and shortness of breath. Only the severity and intensity of the response is different.

Just when we need to be at our parenting best

So the great struggle for many parents, and also the great irony, is that when we need to be at our parenting best (when we're responding to poor behaviour or a child's genuine cries for help) our lizard brain often takes over and we're at our parenting worst.

That's why most of us know how we want to respond and communicate with our kids when we're calm but when we are under intense pressure not only can't we find the words we need but we lose our cool as well!

The good news is your lizard brain can be tricked into working for you, not against you. It takes patience and practice. Here's how:

1 Recognise the situations and the symptoms

Self-knowledge is the best knowledge you can have. When you understand the situations that cause you stress and bring you quickly to high emotion then you can prepare yourself in advance for such situations. Also when you understand your typical physiological responses you are well positioned to control your responses. Our physical responses vary: I generally feel nauseous; become physically agitated and my breath gets very high in my chest when I'm under intense stress. Knowing this has been a huge help to me staying calm in situations where I used to over-react.

more on page 2 ➤



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.



... The trick to being at your parenting best ...



2 Train yourself to STOP!

The lizard brain wants you to act fast – *to get away, to lash out, to defend yourself* – when you're under threat or stress. So going against this natural urge is a challenge but it can be done. Develop the habit of doing nothing when you find yourself under parenting stress. STOP rather than act impulsively. Don't let the lizard-brain win!

3 Step away and breathe

Deep nasal breathing is the quickest way to bring down your physical symptoms and rein in negative thoughts ("I'm going to &&*** him!") that feed your lizard brain. Step away or turn slightly away from the stressful situation to help you breath slowly and deeply.

4 Think of your Best parenting self

Inspire your pre-frontal cortex to trump your lizard brain by activating an image of your 'best' or 'ideal' self as a parent. First you need to work out when you're at your parenting best – it maybe when you're patient, caring, loving, calm... (You can learn this powerful process in my *Parenting with the Meta-Moment* course available in Parentingideas Club) Your "Best Parenting Self" is the motivator to help you refrain from making emotional responses that you'll regret later.

5 Now act!

Now that your pre-frontal cortex is winning again it's time to think of the best possible response to a tricky parenting situation: which may be to ignore behaviour; use appropriate language or just listen calmly when your child is in distress.

So how often does your lizard brain win when you experience parenting stress? If it always comes out on top then you'll find it hard to parent as you'd like. You'll be fighting your limbic system as well as your kids. Get it under control and you'll be better placed to respond to your kids as you'd like to in the cool, calm light of day.



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. You'll be so glad you did.

