

Prime Minister Julia Gillard opens MacKillop's Trade Training Centre

FEB 17

MacKillop hosted Prime Minister Gillard and Schools Minister Peter Garrett on Friday 17 February at the Official Opening of its Canberra Region Pathways Trade Training Centre.

The Centre, which has provided MacKillop students with state-of-the-art facilities for vocational courses in construction and hospitality, was built as part of the Federal Government's \$2.5b Trade Training Centres in Schools Program.

Before declaring the Trade Centre open, Ms Gillard commended MacKillop on its dedication to vocational education and spoke of the

importance of presenting students with a wide range of opportunities - much like the opportunities offered at MacKillop.

Principal Michael Lee thanked the Government for sticking to its promise to make education a priority, despite dealing with a tough economic climate, and congratulated the many parties involved in making the Trade Centre possible, in particular the Catholic Education Office of the Canberra and Goulburn Archdiocese, local member Gai Brodtmann, the staff at MacKillop, and the Canberra Institute of Technology.

After the Opening Ceremony, Prime Minister Gillard inspected the facilities, mingled with students and guests, and shared a brief afternoon tea in Cafe Bella, which had been upgraded in conjunction with the construction of the Trade Centre. Ms Gillard's daily press conference and staff briefing also took place at the College.

MacKillop students quickly established a real bond of interest, affection, and good humour with the Prime Minister, leaving her feeling welcomed and her educational agenda appreciated.

The Canberra Region Pathways Trade Training Centre consists of four different centres, located at St Mary MacKillop College, St Francis Xavier College, St Clare's College, and Merici College. MacKillop led the application process that saw the four systemic schools share \$5.7m in federal funding.

The vocational courses offered by the College in these new facilities will provide students with improved learning opportunities and career prospects in industries of high demand.



MacKillop farewells a faithful servant

On Friday 13 April, St Mary MacKillop College said farewell to one of its most faithful servants: Mrs Maria Philpot.

Mrs Philpot graced the offices of MacKillop's Wanniasa Campus as a staff member for the final time, retiring at the end of Term 1 after 34 years of dedicated service.

In 1978, Mrs Philpot became a foundation staff member of Padua High School, working in roles as School Bursar, Principal's Secretary, and finally as Student Receptionist, where she quickly developed an affinity with the student body. Many ex-students have often asked staff whether Mrs Philpot was still working at MacKillop, such is her status within the MacKillop community. But sadly, the answer will no longer be, 'yes'.

Mrs Philpot had been the one permanent fixture at a school that has seen several principals, hundreds of staff members, and thousands (and thousands) of students pass through its doors. She even witnessed several name changes to the school - firstly when Padua amalgamated with St Peters in Isabella to become MacKillop Catholic

College, and secondly when the school was renamed to St Mary MacKillop College after the canonisation of its patron.

So long was her stint at MacKillop that she had even seen ex-students send their very own children here.

College Captain, Tyler Friend, thanked Mrs Philpot for her many years of service.

"We all wish her well in the next step of her journey," he said.

"She had the respect of all the students, was one of the first people you'd see in the morning, and one of the last you'd see when you left in the afternoon.

"The students will miss her a lot - Mrs Philpot is MacKillop, and it just won't be the same without her."

In March, MacKillop held a special Mass in Maria's honour and then celebrated in the new Maria Philpot Staff Centre, appropriately named after MacKillop's longest-serving staff member.

Maria's service to the many students and their families, her warm but no-nonsense style, legendary efficiency, loyalty, and quiet dignity that has brought comfort to many, will not be forgotten.

APR 13



Students receive Children's Week Awards

OCT 24



involved students in Year 12 volunteering their time to work on the junior campus, increasing the exposure and interaction that Year 7 to 9 students have with senior students.

The Year 12 students have been involved in the classes of students in the younger years, assisting individuals and groups of students, along with the teachers, with classroom activities. The program has fostered individual relationships through the benefits of the mentoring provided by students in

Year 12 of those on the junior campus.

Winning two ACT Children's Week Awards is recognition for the many hours that Year 12 students have volunteered and generously dedicated to giving back to others within our College community. Their willingness to be involved in an opportunity that strengthens the connections between the students of each campus of the College has directly led to the success of this program in its inaugural year.



MacKillop's Year 12 students who have been involved in working in classes on the junior campus have been selected as recipients of two ACT Children's Week Awards – The Youth Commitment Award and the Community for Children Award. These

awards were presented at a ceremony during Term 4 at the National Museum of Australia, followed by afternoon tea with the Governor General at Government House.

The inaugural year of the Year 12 Cross Campus Interaction Program at St Mary MacKillop College,

Maria hits the big (young talent) time



Until she was about ten, Year 11 student Maria Suraci had no idea she could sing. Just six years later, she was suddenly a semi-finalist in Young Talent Time's Talent Quest.

In March, the opera singer blitzed her televised heat with a rendition of *Ave Maria*, where, according to the official YTT website, she showed 'a talent well beyond her tender years'.

Maria's bewitching range left the judges and crowd awestruck, and she was soon through to the semis where she performed

O mio babbino caro. Unfortunately, she did not make it through to the final but she showed the nation what she's capable of.

"It was a really good experience and I'd like to do it again someday," she said.

"I was nervous at first but the environment you're put in makes it easy – all the people on the show are normal, decent people, so it's a comfortable environment."

Maria had no idea she could sing until she auditioned for her primary school musical in Year 5. When people

realised her talent, they put pressure on her mother to get her into singing lessons, and the rest, as they say, is history.

Maria, who sent shivers down the spine of Prime Minister Julia Gillard when she performed the National Anthem at the Trade Centre Opening, said she'd like to pursue singing but it's not her priority just yet.

"I do want to pursue it but I'm just happy concentrating on my studies," she said.

"The Voice is on again next year so I might audition for that – we'll see."

Bendigo Bank Board beckons Bhuller



Your finances might happen to be in the very capable hands of a MacKillop student.

Amreeta Bhuller of Year 11 has been acting as a junior director for the Bendigo Community Bank since January after she was nominated by MacKillop to take part in its new junior director program.

As part of the program, Amreeta has attended monthly board meetings as well as training and networking events, which have allowed her to understand why and how banks make their decisions. These have given her invaluable insight and heightened her interest in finance.

"This experience has definitely helped me to get an idea of what it's like to work for a bank," she said.

"I would definitely like to do something like this in the future."

It ain't easy being Ashley



Students often wonder what their teachers might be like behind closed doors. Does Mr McNicol smile? Does Mr Antoniak even lift? Does Mr Chandra talk with a high-pitched voice? Well, Year 12 student Ashley Baldwin has the answers to those and many other questions, having learnt a lot about his teachers as a staff member in 2010-11.

It's not often that a staff member is able to go back to their former workplace as a student. While a number of staff members were actually students at MacKillop, Ashley's story is a rare one indeed for the College.

After leaving Tuggeranong College at the end of Year 11 in 2009, Ashley gained a traineeship at MacKillop where he was able to complete a Certificate III in Information Technology, finishing up at the end of last year.

"When I was coming up to the completion of my Certificate, I started thinking about my options and decided I would finish my Year 12 Certificate," Ashley said.

"It was funny because I thought, 'maybe I should ask MacKillop if I could do it here', but I didn't because I thought they'd reject the idea."

Ashley's plan to complete Year 12 made its way to Mr Lee, who contacted Ashley early in 2012 and offered him a spot at the College – this time as a student.

"It was awkward, at first, really awkward," he said.

"But I guess it's like that for any new student at any school. Most of that first week was spent explaining the situation to people – why I was in uniform, what I was doing as a student – but on the whole, people were really welcoming."

"It was funny because I had to go from calling teachers by their first names to suddenly needing to use their last names, and I had to show them a whole new type of respect. A couple of times I've gone to walk into the staffroom for lunch and realised, *oh hang on, I can't do that anymore.*"

Due to his former position on the staff, Ashley was often asked what the teachers were like, and was also approached when there were issues in the classroom with IT.

"People were constantly asking me for IT help in the early days" he said.

"A lot of the time it's something I can't fix, because I don't have access or permissions, but if I can help, I'm generally willing to give it a go."

"When students asked about teachers, I had to watch what I said, but generally, I'd share something positive. Students don't always get to know how great their teachers are as people, but when I can share my perspective, they get to see a different side of them, so that's cool."

In brief.

NEWS/EVENTS/CULTURE

Wanniassa IRC Nominated for MBA Award

The new Wanniassa Information Resource Centre was nominated for the ACT Master Builders Association Awards, which were announced in early June. The IRC was entered in the "Renovations and refurbishments over \$5 million dollars" category. Unfortunately, it did not win an award but our builders, TPC, won three awards. It's comforting to know that our Science laboratory refurbishment at Wanniassa was in such skilled hands.



Ben wins another film award

Year 10 student Benjamin Murphy added to his collection of filmmaking awards this year, winning 'Best Mockumentary' in the Moviemania High School Short Film Awards. Benjamin's movie, *Mudes*, was shot at MacKillop with a number of staff and students.



Chapel dedicated to first Padua Principal Paul Butz

MacKillop celebrated the feast of its patron with the blessing of the new Wanniassa Chapel in August. The chapel, dedicated to the life and legacy of Padua Foundation Principal Paul Butz, was blessed by Fr John from the Corpus Christi Parish. Many members of the Butz family were in attendance, as were many former staff members – including Mrs Maria Philpot, who worked so closely with Paul in the first few years of Padua's – and, therefore, MacKillop's – existence.

New College role for 2013

In 2013, MacKillop is adding another captain to its repertoire. The Sustainability Captain, a fourth Year 12 Portfolio Captain, will be crucial in helping the College to bring in new methods to reduce its carbon footprint. Jayme Breitkopf will be the inaugural Sustainability Captain, supported by new Sustainability Coordinator Eugene Lehmensich.

Want more news?

Turn to page 86 for academic and pastoral news>>>

Public Events.

There were many other events in the St Mary MacKillop College Calendar. Here are just a few that haven't been covered elsewhere in the magazine.

29 Feb The Honours Assembly



7 May The Year 7 Info Night



16 May The Year 11 Info Night & Careers Expo



Term 3 Awards Ceremonies



Dancers (L to R): Lisa Moxon, Emily Chifley, Breena Walshe, Tayla Shields, Ashlee Evans, Paige Lowman.

Once again, MacKillop's Annual Variety Night was a great success. Thank you to Mr Tony Lazzarato and the staff and students who accompanied him in making this night as great as it could be. Also a thank you to Performing Arts Captain Clare Fealy and last but not least

the many performers who obviously contributed to the success of the night: they all displayed talent, confidence and enjoyment in what they were doing.

It was a pleasure to see such a representation of the many talents of students at MacKillop and the variety within the arts itself. Congratulations to everyone involved - a success once again and well deserved.

Variety Night

HELD AT THE WANNIASSA THEATRETTE.
28 JUNE 2012



▲ Nikki Kazias

▲ Clare Fealy

▲ Stephen Butcher

▲ Callum McCrossen

▲ Grace Barbic



Gemma Rootsey

▲ Curtis Wardley

▲ Kieran Rick

▲ Jordan Monge

▲ Suzie Berry

▲ Sarah Walsh



Louis Berenyi

Dante Clavijo

Peter Hoang

Nathan Ryan

Tom Burgess & Grace Vincent

Kun Ma

Natasha Lorkovic & Daniel Dwyer

Liam Wright

Lachlan Winks

Maddie Turner

Corrina Dwyer, Sarah Cunneen, Leah Town, Ashleigh Blake, Lara Haynes, Zoe Hoare.



MacKillop Presents Seussical Jr.

at the Waynassa Theatre
August 22, 23, 24

The story centres around Horton the Elephant, who finds himself faced with a double challenge: not only must he protect his tiny friend Jojo (and all the invisible Whos) from a world of naysayers and dangers, but he must guard an abandoned egg, left to his care by the irresponsible Mayzie La Bird.

Although Horton faces ridicule, danger, kidnapping, and a trial, the intrepid Gertrude McFuzz never loses faith in him. She is the only one who recognises his kind and his powerful heart.

Ultimately, the powers of friendship, loyalty, family and community are challenged and emerge triumphant, in a story that makes you laugh and cry.

This annual production showcases much of what the students of MacKillop have to offer: talent, creativity, enthusiasm and willingness to come together to produce something great.

Congratulations to the whole cast and crew - led by Mr Tony Lazzarato (Producer/Musical Director/ Director) and Miss Rikki Marks (Supervising Choreographer). A big thank you to these teachers and the countless others who helped the student production team along with the cast and crew. The three nights and matinee were more than I could have ever asked for, the success and response showed the amount of dedication from all, and the fact that the primary school students that came to the matinee performance enjoyed it so much only proves that from hard work comes great reward. A big thank you to all involved once again, I will see you all in Solla Sollew!

Clare Fealy



The Bird Girls



Liam Wright as Jojo

Cat in the Hat:
Adrian Thomas



The Wickersham Brothers



Gertrude (Bella Hunter) helps Horton (Nathan Ryan) search for the Who People



Kangaroos: Taylor Shiell & Sarah Mackey



The Cast



The Who people, led by Mr & Mrs Mayor (Chris Murphy & Tash Lorkovic)



Mayzie: Grace Vincent



The Grinch, played by Tyler Friend



Production Team: Tony Lazzarato, Clare Fealy, Rikki Marks, Lisa Moxon, Sarah Mackey, Ashlee Evans, Chelsea Wright, Karli Laredo, Joshua Creech, William Johnson.



Timeline.

A timeline of events at MacKillop and in the wider world in 2012.

Term Dates (red dots)

T1: Feb 6 - Apr 13

T2: Apr 30 - Jul 6

T3: Jul 23 - Sep 28

T4: Oct 15 - Dec 14

Other events (not listed):

- Civil war in Syria
- London Paralympics
- Protests to anti-Muslim film, *Innocence of Muslims*
- Obama is re-elected

Aug 1: Year 12 Retreat

Year 12 goes to Sydney for an enjoyable but emotional trip away to mark 'the beginning of the end.'

Aug 6: Year 7 Camp

Year 7 also heads to Collaroy to bond over team-building games and relaxation time. Due to the size of the year group, the camp was split into two groups.

Sep 4: Year 12 sits AST exams

Sep 14: MacKillop Day

The biggest whole-school event of the year included Mass at the Tuggeranong Stadium followed by activities at the Isabella Campus.

Jul 20: Dark start to Dark Knight

The *Dark Knight Rises* is released. At a movie premier in Denver, a madman kills 14 and injures many more.

Jul 4: Scientists find new particle

Experiments at the Large Hadron Collider lead to the discovery of a new particle: consistent with the Higgs Boson Theory.

Jul 27: Summer Olympics begin in London

Jul 1: Carbon pricing scheme is introduced

The Government's 'Carbon Tax' receives mixed reviews.

Aug 22: College Musical, *Seussical Jr*, plays to three sell-out crowds

Sep 28: Finals

The Swans took out the AFL title, before the Storm won the rugby league final the following day.

Sep 21: Year 10 Spring Zing

Dress-ups and dancing.

Feb 6: first day

Feb 17: Trade Centre Opening

Feb 24: Opening Mass

Feb 21: Greece bailed out by Europe

The Eurozone finance ministers agree on a bailout of 130b Euros for Greece, one of many bailout packages for a struggling Europe.

Jun 16: Year 11 Info Night & Careers Expo

Jun 28: Variety Night

Oct 14: High jump

Austrian Felix Baumgartner performs a record space dive from 39km in the sky

Mar 16: Swimming Carnival

Mar 29: Year 7 Community Day

May 7: Year 7 Info Night

Jun 7: Athletics Carnival

Jun 12: Chamberlains found innocent

A coronial inquest into the disappearance of Azaria Chamberlain rules that the dingo took the infant from the Uluru campsite in 1980.

Oct/Nov: Zed falls just short

Ex-student Zed Seselja narrowly misses out on becoming ACT Chief Minister in the Territory elections.

Oct 22: Armstrong stripped of titles

Cyclist Lance Armstrong loses his seven Tour de France titles for the use of performance-enhancing drugs.

Oct/Nov: Hurricane Sandy devastates US and Caribbean

Mar 30: Year 12 Mentoring Day

May 4: *Avengers* is released

Avengers was the highest-grossing film of 2012, taking in US\$1.5bn world-wide. It is also the third-highest grossing film in US history, behind *Avatar* and *Titanic*.

May 10: Year 11 Retreat

Year 11 heads to Jindabyne for two days of fun and reflection.

Jun 5: The Queen celebrates 60th milestone

Queen Elizabeth II celebrates her Diamond Jubilee with boat rides, concerts, and costume changes.

Jun 5: The Transit of Venus

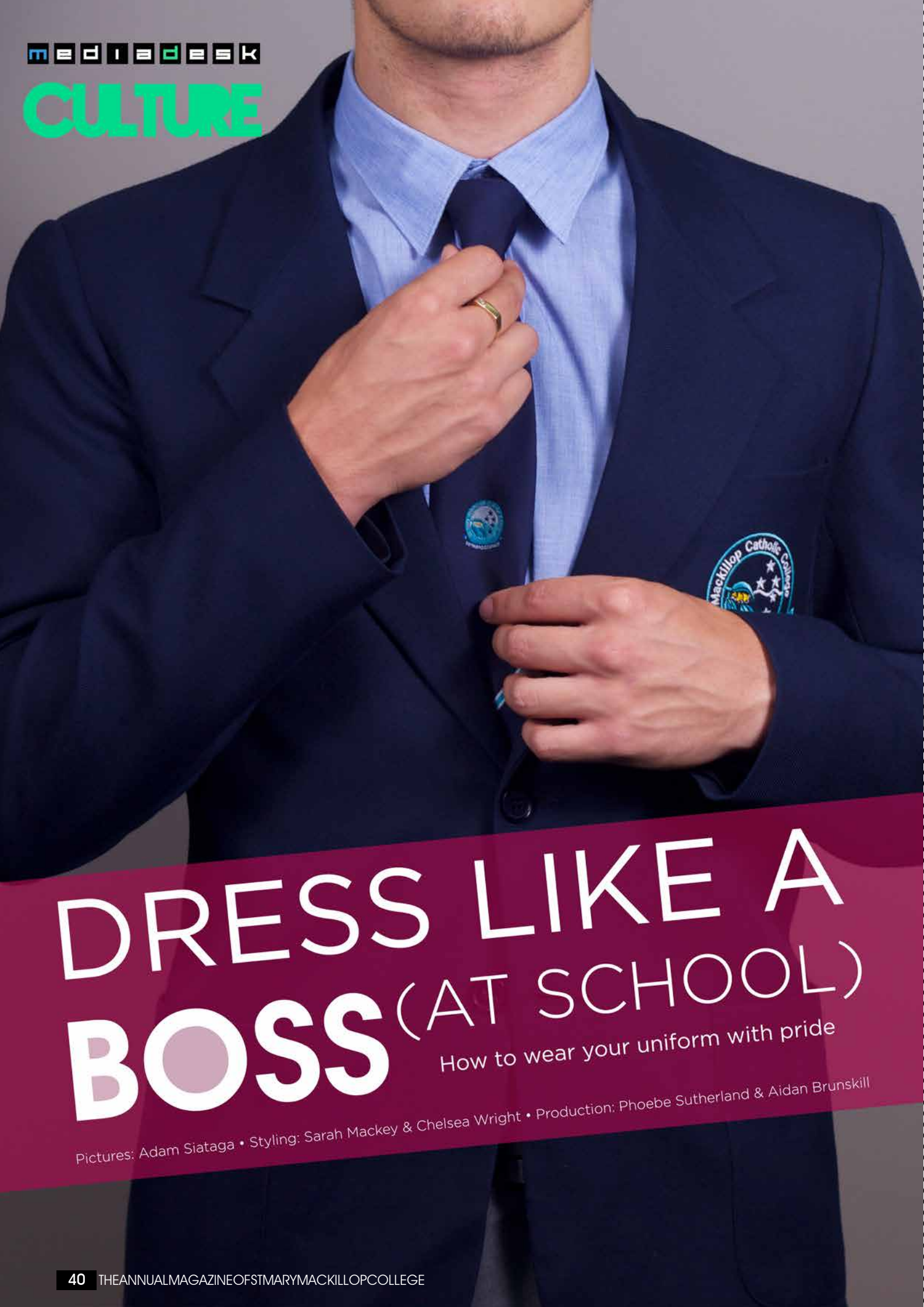
The Century's second and last solar Transit of Venus occurs. The next pair isn't due until the years 2117 and 2125.

Nov/Dec: The Graduation Events

Including: Year 12 Mass & Formal, Year 12 Assembly, Year 10 Mass & Presentation, and Picnic Days.

Dec 21: The world doesn't end.

And if it does, you won't be around to prove us wrong.



DRESS FOR SUCCESS

We're always hearing from our teachers and parents that we should take pride in our appearance. While most of us will never look like those models on catwalks in Milan and in the pages of fashion magazines, that doesn't mean you can't dress like them.

As my College years come to an end and I get closer to facing the real world, I'm coming to the realisation that we really should take pride in our appearance. We have to dress smart for interviews, in the workplace, and we'll soon be going to functions (much like our formal) where we have to look sharp. Soon, my Year 12 peers will have to dress for success. But if we have to do it in the real world, why don't more of us do it at school?

There was a bit of a turnaround in uniform standard at MacKillop in 2012, led mainly by our Year 11 boys. It could have been that they were required to buy the new senior shirt, meaning they were able to buy something that fit properly, but whatever the reason, they looked sharp. It was a culture that spread across most of their year group.

The Design Team decided to create a feature on wearing your uniform in such a way. We consulted Penola Award-winning fashion student Chelsea Wright and got her tips on what you can do to make your uniform look good. Bella Hunter suggested some quick and easy (and different) hairstyles. Then the two of them posed alongside Andre Wilks (one of the aforementioned Year 11 students) and Harry Lucas for Art student Adam Siataga for photos around town.

Sarah Mackey took some liberties with the hair and makeup (which you should not do, especially at the Wanniasa Campus) to add to the artistic feel of the piece. We wanted to be informative and accurate while making it look good – a hard balance to find.

We often hear that dressing well can help you climb the corporate ladder, and if it works in the workforce, then taking pride in your appearance is bound to work at school as well. Showing self-respect will help you command respect from your peers and teachers.

Just like eating well or doing physical exercise can do wonders for your self-esteem, so can dressing well. And the best thing is, it doesn't matter what your body shape is, and it's not too hard to do. We've supplied some tips over the next few pages for anybody looking for a little extra inspiration.

Phoebe Sutherland & The Design Team

AN ARTISTIC UNIFORM FEATURE - FOR STUDENTS BY STUDENTS

DRESS LIKE A BOSS (AT SCHOOL)

How to wear your uniform with pride

Pictures: Adam Siataga • Styling: Sarah Mackey & Chelsea Wright • Production: Phoebe Sutherland & Aidan Brunskill

GEAR



TIPS FOR BOYS

For most boys, looking smart can be as simple as tucking your shirt in. But here are a few pointers if you want to go the extra mile:

Wear a belt. There's a popular rule that suggests belt and shoes should match, and if this is the case, you should be wearing a black leather belt to match your black leather shoes. You don't want to draw too much attention to the belt. Belts obviously look weird when they've got a shirt hanging over them, so make sure you tuck your shirt in!

Polish your shoes. While it's ideal to do it with traditional shoe polish, you can buy cheap liquid polishes these days that hide all the scuffs to keep your shoes looking black and, more importantly, clean.

Choose clothes that fit. No matter what your body shape, clothes that are too tight or too baggy are unflattering.

Tailor your pants. You want your pants sit just above your shoes and not hang over them. Get a pair of pants that aren't too baggy around the leg, and if you need to, get them tailored. Make sure you wear the proper grey socks underneath.

Try a bit of variety. It's become fashionable again to do up the top button of your shirt, with or without a tie. On those hot summer days you'll want to loosen it off, but keeping it done up can be an alternative (and uniform legal) option.

BOYS

HOW TO TIE A HALF-WINDSOR



1. Start with the wide end of the tie on the right.



2. Cross the wide end over the narrow end.



3. Bring the wide end behind the narrow end.



4. Bring the wide end up.



5. Pull through the loop and to the right



6. Bring the wide end across the front.



7. Bring the wide end through the loop again.



8. Bring the wide end through the knot.



9. Tighten knot and bring it to the collar.



10. Walk around like a boss.



GIRLS

TIPS FOR GIRLS

It's hard to look messy if you're a girl, especially since the uniform allows you to have the top untucked. However, we think there are a few things you should be aware of:

You're not a cowboy. When not folded properly, the kerchief can look messy. Avoid that 'cowboy bandana' look when putting it on. The neater the kerchief, the smarter you will look.

Don't roll up your skirt. The College skirt wasn't made to be rolled up so that it sits above your belly. In fact, no skirt was made for this, so it's best not to do it. While high-waisted skirts are fashionable in the wider world, they're generally made to be worn that way.

Choose clothes that fit. As with the boys, clothes that are too tight or too baggy are unflattering. Try to get skirts, tops, and dresses that fit well – although we know it can be tough with all the growth spurts teenagers have.

Put your finger on the button. For the junior summer dress, it's the rule to have your buttons done up. Remember, modesty can go a long way.



HAIRSTYLES

REVERSE BUN



1. Put hair in a tight and secure pony-tail.



2. Hold tip of your hair and bring it up.



3. Fold hair over, securing with hair-tie.



4. Spread hair in circle and fix bobby pins.



5. Apply hairspray if necessary.

MESSY FISHTAIL BRAID



1. Brush hair out, straighten if necessary.



2. Take two sections of hair and tie at back.



3. Fold hair inward to create a twist.



4. Separate hair in two and prepare to braid.



5. Place hair from outer left to right side.



6. Place hair from outer right to left side.



7. Repeat steps 5 & 6.



8. Continue to repeat until the desired length.



9. Pull pieces outward to make braid fatter.



10. hold in place with another hair-tie.

THE RULES COMMON MISTAKES

Sometimes, discrepancies arise in the way of some uniform items. Here are the most common:

HAIR

The College diary states: "Hair should be clean and neat; fashionable extremes are not permitted. Accessories are to match College colours (navy, teal, white). Only natural, all-over hair colour or subtle highlights can be used to dye or highlight hair. Rats tails, dreadlocks and geometric shapes cut into the hair are not permitted."

The key phrases in this are 'natural colours' and 'fashionable extremes are not permitted'.

The rule is straightforward when it comes to colour: your hair should be dyed only natural colours. While

red hair is a natural colour, bright red is not – keep this in mind when colouring your hair.

The rule, 'fashionable extremes are not permitted,' is not often broken – students generally have a good idea of what this means. As mentioned in the diary, rats tails, dreadlocks and shapes cut into the hair are not acceptable.

SHOES

College policy is that school shoes should be traditional, black, lace up and polishable. Traditional school shoes have a heel and sole of sufficient density to ensure safety in the differing learning areas where students work.

This means that soft-sole shoes like the typical shoes produced by Converse or Vans are not permitted. It also means that some polishable heels are not permitted because their sole is not thick enough.

Keep these things in mind when buying your shoes for the 2013 school year!



ACCESSORIES

Here's a reminder of the rule when it comes to accessories:

- Two plain gold or silver stud or small plain sleeper earrings – no costume jewellery is permitted.
- One medical bracelet.
- One fine, plain gold or silver neck chain with discreet religious symbol is permitted.
- One signet ring.
- One wrist watch.
- One Tegan Blunt plastic wristband.

Please note: Nose, tongue, and facial studs/rings, body piercing ornaments or plastic plugs are not permitted. Clear piercings are also not permitted.

ACKNOWLEDGEMENTS

Mocan & Green Grout for use of their café, Goodspeed Bicycles, Paul Durham (supervision), Adam Siataga (photography), Sarah Mackey (hair and makeup), Chelsea Wright (styling, model), Bella Hunter (model), Harry Lucas (model), Andre Wilks (model), Phoebe Sutherland (production).

Statistics.

The numbers that reveal your interests, backgrounds, and opinions

Coffee break?



Do you rely on a caffeine hit to get through the day? You're not alone: **55%** of students are coffee drinkers. **11%** of all students (that's 1 in every 5 coffee drinkers) claim to have a mild addiction to it. Luckily, coffee can fight against certain cancers, so it's not all bad news.

The answer to your prayers

2/3

Two-thirds of our students believe in miracles.

Home, sweet home.

More students live in Gordon than any other suburb.

(11% of all students)

12%

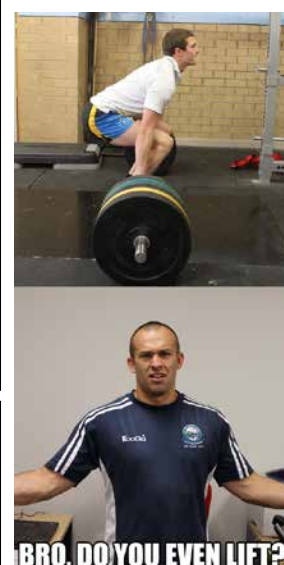
That's the percentage of MacKillop students who come from NSW to be here each day.

Quick figures

- 43. The amount of MacKillop support staff
- 53% The quota of Catholic students at MacKillop
- 136. The amount of teaching staff at MacKillop
- 1740. The number of students at MacKillop

Da Gym.

Three in every five MacKillop students go to the gym, according to our survey. Interestingly, a higher percentage of girls go to the gym (62%) than boys (55%). Boys, time to 'lift' your game.



Represent.

55% of sport-playing students would play for MacKillop if it had a club team. **67%** of students play organised sport.



Favourite Olympic sports?

Boys - Team sports
Girls - gymnastics



J F M A M J J A S O N D
More students are born in October than in any other month of the year.



4/5 students have at least one household pet

1/3 One-third of our students have at least one parent who was born overseas



The genders.
52% are girls
48% are boys

Students voted *The Dark Night* *Rises* the best of the trilogy

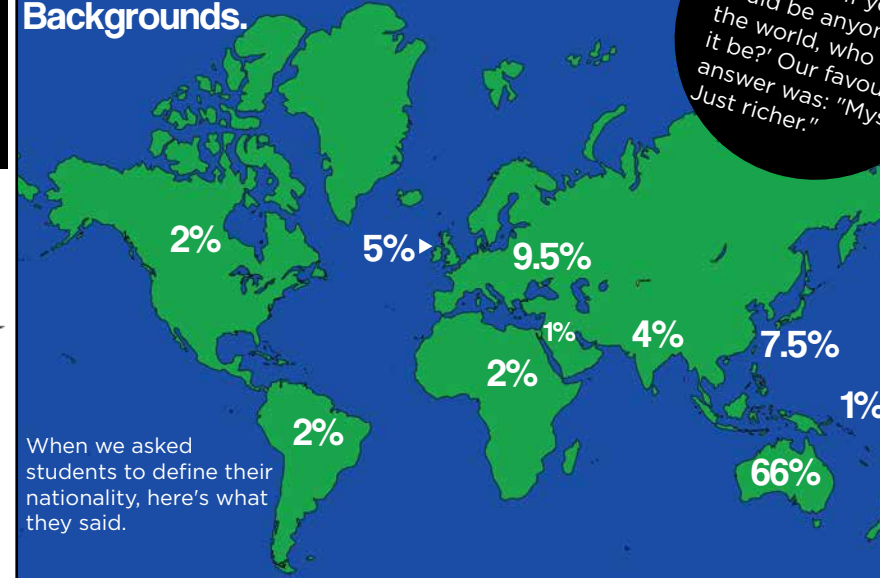
Twelve.

That's how many staff members used to go to MacKillop (including St Peter's or Padua) and are now...well...staff.

They are:

Aidan Brunskill, Jane Davidson, Kim Devlin, Teresa Donnelly, Matt Egan, Jennifer Lee, Romina Mamone, Rikki Marks, Dai Moore, Andrew Reay, Sam Walton, and Chris Webster.

Backgrounds.



Best answer.
We asked 'if you could be anyone in the world, who would it be?' Our favourite answer was: "Myself. Just richer."

Mackillop students know their school.

Well, mostly. When asked a series of ten multiple-choice quiz-style questions about MacKillop, **the vast majority answered correctly.** There were two exceptions: not all students were aware that **every student will have a laptop in 2013.** We also stumped them on a trick question about St Mary MacKillop's canonisation: the Pope was Benedict XVI, not John Paul II.

In the quiz, we asked students how many parent/offspring staff combinations there are on the staff - most of you got it correct: there are five. Here they are:
Ruth Walton and Sam Walton
Michelle Marks and Rikki Marks
Richard Dromgold and Jake Dromgold
Karen Davidson and Jane Davidson
Paul O'Callaghan and Peter O'Callaghan

Lookalikes.

Think you've seen a celebrity or two walking around campus? We forgive you. Here are six lookalike combinations we've seen at school.



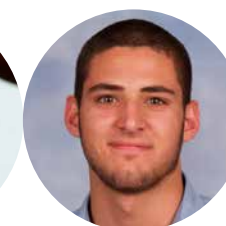
Ashley Baldwin, Year 12



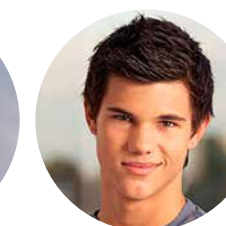
Shaggy (Scooby's friend)



Daniel Pasquetti, Year 12



Brendan Fevola, former AFL player



Jake Floros, Year 12



Taylor Lautner, *Twilight*



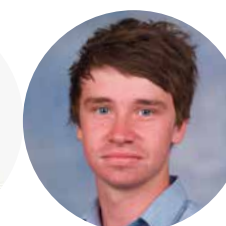
Na yoo Yen, Year 12



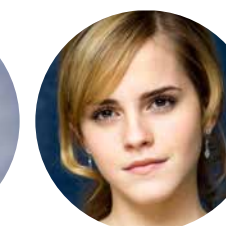
Sandra Oh, *Grey's Anatomy*



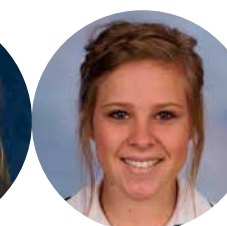
Troy Dale, Year 12



Reece Mastin, Singer



Emma Turner, Year 12



Emma Watson, *Harry Potter*

*Yes, we messed the names around on purpose.

Trends.

This new part in our Culture section looks at the Top 5 trends of the year (in no particular order) - things that have been popular at MacKillop and in the wider world.



INSTAGRAM

Selfie-takers have a new best friend: Instagram. Instagram is a tool that allows people to take photos on their phone, add filters and frames, and share them with their 'followers'.

While 44% of MacKillop students currently use the social media app, expect that number to grow. Facebook bought Instagram out for roughly US \$1 billion in April, because they knew its popularity was on the rise.

MacKillop is not immune from jumping on a bandwagon, so we're trialling Instagram to see how it goes. Follow us: @mackillop_act

LANGUAGE

If not for Canadian rapper Drake, people would think that we all live twice. Well, not really, but his coining of the term 'YOLO' (meaning *you only live once*) hit the mainstream at the end of 2011 and has become a common phrase this year. While the message is meant to be along the lines of *carpe diem/seize the day*, it's often said (whether rightly or wrongly) after doing something particularly silly. It's not just limited to that; some people say YOLO after doing just about anything.

Other habits? Changing the spelling and pronunciation of words: using 'sah' instead of 'so', 'dat' instead of 'that', and 'dem' instead of 'them', among other things. We know it's done ironically, but hopefully this trend ends before the new year.



784 MILLION YouTube hits and counting. That's how much *Gangnam Style* has taken off this year. The music video from South Korean artist PSY is the second most-viewed YouTube clip of all time, behind Justin Bieber's Baby. But it's closing in, and by the time you read this, could have taken top spot. Everybody's doing the dance - including our Year 12s, who did a parody for their Year 12 DVD. If you've been living under a rock and don't know what we're talking about, scan the QR code to take you straight to the video.

If PSY didn't burst onto the world stage with his mega-hit, 2012 would have been the year of One Direction or Carly Rae Jepsen, who dominated the early part of the year with their respective pop songs *Beautiful* and *Call Me Maybe*.

FASHION

While 'indie' or 'hipster' fashion has always been around, it became a little more mainstream in 2012. Now here's the dilemma: the whole point of being indie is to not conform to mainstream ideals - so what are the true hipsters going to wear now that everyone's wearing their fashion?

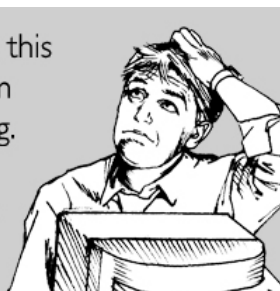
But how was everyone dressing? Unconventional colours were typical, with maroon, navy, mustard, and teal making their way into everyone's wardrobe. Vintage clothing, printed jeans, and doing the top button up were popular. A popular hairstyle for boys was the short back and sides, with longer hair styled on top.

MEMES

Internet 'memes' have taken off in recent years, and they did not die down in 2012. The style of memes has evolved, however, moving away from storyboard-style stick-figure drawings (remember the Troll Face that was popular in 2011?) toward single images with a caption. Ecards have also taken off. The popularity of internet memes is a result of the ability to convey a message simply but powerfully. And they're funny. If you've got the internet, you've seen a meme. Here are a few MacKillop-related examples:

I'm glad I'm doing this assignment at 3am instead of sleeping.

Said no one, ever.



Looks like Aidan is working.

For once.



PUTS ON SENIOR SHIRT



GETS SWEATIES

PUTS ON SENIOR SHIRT



DOESN'T GET SWEATIES



STUDENT COMMENT

Do Good Samaritans really exist?

A FEW GOOD MEN
GEORGIA HOPE, YEAR 12

As the ute and gooseneck trailer containing our three horses bounced over the bumps in the road, I awoke from my sleep. Still drowsy, I noticed we were on the Sydney - Newcastle freeway. I sat upright, and I heard a horn. "BEEP, BEEP!" The man in the car next to us was yelling and pointing out his window. All that mum and I could put together was "pullover" and "wheel."

THE GOOD SAMARITAN
Mum pulled over in the emergency-stopping lane that was hardly wide enough to allow room for the speeding semi trailers that went by. I was looking in the mirror. My heart had stopped. I jumped out of the car and ran to look at the wheels on the gooseneck we were towing. I hoped that it was just a flat tyre; I could fix that. But to my horror... there was no wheel.

I called dad and his first words were, "What's wrong?"

I said, "Dad, we have no wheel."

"What do you mean you have no wheel?"

"WE HAVE NO WHEEL."
"I am on my way."

So there we were, on the side of the freeway, with only three of the four wheels on the trailer containing three horses, in 30-degree heat, with dad five hours away. To my amazement I turned around to see a car pulling up behind us. It was the guy that had waved us down to pull over. The man got out of his car, walked to the back of his ute and picked up our wheel. He placed it on the ground and started examining the damage on the gooseneck. He said all this stuff that made no sense. I said "can you please just tell that to my dad?" I handed him the phone. Mum and I were in complete shock, *what was happening?* As we listened to the conversation we could hear the man say, "If I can get the parts I can fix it." My mouth dropped open. Was this man really going to help us? We later learned that while we were waiting on the side of the freeway, Scott, our saviour, drove approximately 20kms to buy parts. He returned after about 40 minutes and without a moment's delay he jacked the gooseneck up and fixed the wheel. I sat and watched, completely stunned. All I could say was "No one does this!" and "Thank you so much, you have saved our lives! How can we ever repay you?" and in return the man said, "Not a worry at all, all in a day's work."

How could we ever thank such an amazing man?"

A SUDDEN THOUGHT

This experience got me thinking. Are there really kind-hearted people left in this world? For me, I would have said no one would pull over to help, people are too wrapped up in their lives to lend a hand to someone in need. When the

man stopped to help and did not expect anything in return, and did it without a second thought, I was really in shock.

BACK TO REALITY

During the time when Scott drove away to buy parts, another car pulled over. Initially I was in shock that a second person had stopped to help. But as the person got out and walked over to me he said, "I am lost, can you please give me directions?" Our wheel was sitting in plain sight and the man did not even ask if we were okay. My shock disappeared and I said to myself "This is what people are like today, too worried about their own lives."

BLAME THE MEDIA

A number of television shows such as, *Criminal Minds* and movies such as *Wolf Creek* have given society the idea that if they are on the side of the road and in trouble they might get mugged, raped or killed by someone who stops or by someone they stop for. It is believed that people are too busy and focused on themselves to help others and if someone does pull over they must be expecting something in return. Even in my experience, my first reaction was why is this man helping us? There are global stories of people being killed or mugged when helping or being helped on the side of the road. Do people want to help but are terrified of what might happen?

The media is constantly displaying negative rather than positive stories. The public is more likely to see stories of people coming to some sort of harm. It is very rare that stories of good deeds and helping people are shown. In 2005, 37% of the headlines in Australian metropolitan and regional newspapers were dealing with crime, accident/emergency or similar stories. The remaining percentage focused on political arguments or sport. Stories showing the good will of people were rare. This has shaped the way people think.

BLAME SOCIETY

A survey on the subject identified issues of sexism when it came to helping others in need. The survey looked at what circumstances a person would stop to help another and if they would expect to be helped if in the same situation.



Most women surveyed believed that if they were stuck on the side of the road someone should stop to help, but they would not have to return the favour. Males said they would stop to help a female but would not expect help in the same situation because they are male. Society sees males as more capable than females in some circumstances. With cars, it is believed that males are more capable, but this stereotype has not just appeared, it is caused by society. Not all males know how to change a tyre, while many women can change a tyre.

ONE THEORY

I hope its not that people don't want to help, they are just scared or stereotyped to do otherwise. However, despite society's views, there are people out there who don't expect something in return, who are willing to give up time in their day to help another in need and this was shown by my experience. The man knew help was coming, but he chose to help us and did not expect anything in return. A number of people drove past, clearly seeing that there were two females in need. Even a police car drove past without stopping.

CHANGED FOREVER

The definition of a Good Samaritan is a person who voluntarily offers help or sympathy in times of trouble. That day proved there are still Good Samaritans left in this world. People who don't hesitate to help others in need, who ignore headlines and help simply because someone needed it. I now feel compelled to be a Good Samaritan too: I won't be driving past anyone stuck on the side of the road without stopping to ask if they need help.

Shared schooling or social suicide?

DATING AT SCHOOL /STEPHANIE JAMESON, YEAR 12

School has hardships and moments of celebration, both of which are best shared with the people closest to you. Having someone undergo an almost identical experience can enhance it for both of you – whether that person is a friend, or even a boy/girlfriend. It's natural to want to date at school, but there are definitely things to consider before you proceed.

THE POSITIVES

Your partner has the ability to be empathetic towards your situation; providing copious amounts of support, companionship and stress relief when necessary. They can provide a well-earned break after a particularly tough day or a shoulder to lean on and an ear to confide in. Results from a 2012 survey given to senior students at MacKillop even suggested that a minority of people draw motivation and healthy rivalry and competition from their partners and one Year 12 student stated that she and her boyfriend often worked together in some of classes that they mutually attend. Using such a common experience also provides a common ground from which the relationship can stem.

Once the relationship is established, seeing each other

every day can prove highly beneficial if commitments or parents restrict the amount of time you can spend on out-of-school socialising.

WHEN THINGS GO WRONG: SOCIAL SUICIDE

Dating in school can soon see your relationship extend past your partner to their friends, and even a great majority of the grade.

As with many things at school, other people can end up knowing your business. What normally might be confidential experiences can be thrust into an unwanted spotlight. Arguments, which are inevitable in all relationships, must be lugged to and from school where everyone can bear witness and have their unnecessary input. Friends can get jealous that your social calendar is suddenly less available.

In an attempt to escape the social torment and criticism couples will often withdraw from friends creating an even more detrimental effect as friendships become distant and space between the couple non-existent.

THE INABILITY TO PERFORM

In an environment that constantly reminds us of the importance of academic success, there is an automatic



de-emphasis on forming relationships. The pressure (or desire) to spend time with your partner can place extra pressure on one's school performance. Spending time with your other half may feel right but if priorities are not understood and respected, academic achievement can begin to suffer.

FINDING A BALANCE

The most successful in-school relationships are of the exterior kind, maintaining a professional manner at school and using weekends to go on dates. One senior girl expressed that she rarely sees her boyfriend, despite the fact that he attends the same school, as they both understand the importance that school has and are unwilling to place that in jeopardy for the sake of their relationship.

WHEN IT'S OVER

A fortnight, one month, three years. Cheating, lack of balance or pressure. Via text, phone call or face-to-face. Regardless of the reason, time frame, or means, break-ups are never easy, but especially at school. The compulsory nature of attendance makes

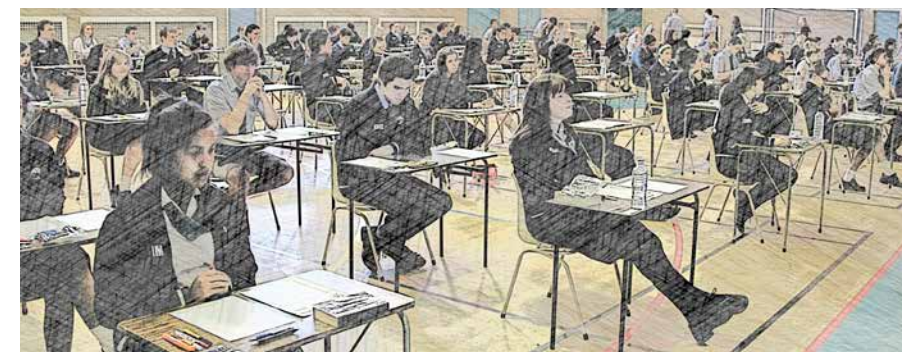
breaking up awkward. There is imminent tension and attempted avoidance. "Eluding certain conversations and restricting one's ability to act freely has detrimentally impacted upon my schooling experience," stated a senior student when asked about the effect of her break-up.

Going from one's best friend to stranger causes damage to not only the couple's relationship but also the relationships they possess with close parties. Especially when break-ups turn nasty, friends are pressured to choose sides and support one of the partners and almost ignore the other. Possibly the greatest pain comes from the moment when an ex commences a new relationship with someone from school. One is constantly witness to their newfound relationship and happiness and irrelevant of whether one has accepted their separation, pain and jealousy can still surface.

THE ULTIMATUM

It is not up to us to choose where or how love occurs; it chooses us. We do not fall for a situation, but rather for personality, similarities and companionship. Although it appears that the most beneficial relationships for the couple, friends, authority and one's academic achievement occur exterior to school, as always there are exceptions to the orthodox and depending on the individual's demeanour there is no reason for interior relationships to be mutually beneficial and enhance one's schooling experience. **SJ**

THE PRESSURE



AN INCREASE IN THE NEED FOR A TERTIARY EDUCATION AND COMPETITION FOR HIGH PAYING JOBS HAS MADE ACHIEVEMENT IN YEAR 12 HIGHLY VALUABLE. **MICHELLE HOITINK** EXPLORES THE PRESSURE PLACED ON YEAR 12 STUDENTS TO ACHIEVE, BUT SAYS IT'S NOT ALL DOOM AND GLOOM FOR THE STUDENTS OF MACKILLOP.

THERE is a particular feeling that those who have experienced Year 12 know intimately. It rises on queue prior to important examinations and is a sibling of anxiety, yet a little less consuming. It is awareness that the next few hours are extremely important for the future.

MacKillop's Year 12 will bid this feeling farewell after their final exam on 27 November. However, when the exams end, these 18 year olds have set a large part of their future in stone.

Tertiary students will be awarded one number for their academic performance over Years 11 and 12 in the form of an Australian Tertiary Admission Rank (ATAR). This number will determine the university courses and career paths they are deemed intelligent enough to pursue, and more frighteningly, which they are not.

The ATAR is the dominant selection criteria for university entrance and is still a large part of the criteria for alternate entry schemes. The importance of the score has created an 'achievement culture' in Year 12. This culture revolves around the need for continual success. It is a perfectionist approach to the final year of school and is accompanied by high expectations and stress.

THE PRESSURE AND IMPORTANCE

The opinions of staff at MacKillop have indicated that Year 12 results are highly important, but they are not everything. Ms Jorgensen has commented "I think it's great if you can do it the first time and achieve a fantastic result. But, in this day and age, there are so many alternative pathways that help you go back and study."

A student survey has revealed that MacKillop students perceive their Year 12 results to be very important. On a scale

of one to 10, all but one surveyed student in Year 12, rates the results to have an importance of more than 6, while the average rating of the academic pressure they felt was 8 out of 10.

GLOBAL PHENOMENON

The pressure to succeed has become an international phenomenon. Students all over the world, particularly in Asian countries, experience extremely high academic pressure. This is the result of high selectivity in tertiary institutions and large populations.

India has a highly competitive academic system, as education has the power to lift family status. Universities in New Delhi have acceptance rates as low as 1.5% of the total applicants.

The effects of excessive pressure are highly confronting. Thousands of students exhibit signs of mental illness and medical ailments as a result of academic pressure. A shocking study in 2006 into the effects of pressure has revealed that negative symptoms and thoughts have affected one in five Australian Year 12 students.

PRESSURE IN MODERATION

MacKillop students have indicated that whilst academia is one of the most important aspects of Year 12, family, friends and social events are imperative. The students were of the opinion that pressure should be in moderation. "I think that a little bit of pressure is good as it encourages you to work harder," said one student.

Year 12 is a juggling act and the social events of the year present the opportunity for a balanced lifestyle.

Ms Jorgensen has commented on the issue of balance: "As a Catholic school, we believe in the education of the whole student; we see the spiritual, the social,

and the academic component as all being important."

A SECOND CHANCE

Australians are extremely fortunate to be offered alternate entry pathways into university if they do not meet the academic requirements of Year 12.

Many students overlook this option in the frenzy of Year 12, and with good reason, because Year 12 results are still considered for these alternate pathways. However, alternate entry reduces the pressure on students to excel in Year 12.

Taryn Noll, in her Academic Advisory Journal, states, "Life is all about developmental stages – people learn what they need to know when the time is right for them."

Australian students do not have to achieve the first time. In India, the academic results of students in Year 10 can rule out the possibility of medical school if results are average. There are no such implications for Australian students. Students who do not sit the AST can use alternate entry and work to be accepted into the most selective university courses such as medicine and law.

Ms Jorgensen emphasised the positives of this option; "If you're not ready now to do it the first time, then it's not the end of the world."

PRESSURE AS A MOTIVATOR

Academic pressure is the influence to achieve at school. Whilst accompanied with high expectations, it pushes students to strive for, and focus on, their goal.

MacKillop students commented, "Pressure encourages you to work harder," and "It drives you to perform." Pressure exposes potential. Ms Jorgensen was of a similar belief; "High expectations are crucial to getting the best results."

Academic pressure forces students to develop organisation skills. MacKillop ensures this through use of a semester planner to assist in meeting deadlines and balancing lifestyle.

Pressure can also develop a healthy competition. Many students indicated they asserted themselves in assessment in order to keep up with or avoid being 'beaten' by their cohort.

THE REAL DEAL

Pressure can be extremely detrimental if not controlled. Fortunately, the students of MacKillop have a considerate academic system and a school that provides strategies to minimise stress whilst working under high expectations.

Pressure is the personal trainer of Year 12. The students resent it, but it is the reason for their results. **MH**



'DYING' TO BE THIN.

EATING DISORDERS

/BELINDA GARCIA, YEAR 12

"I hate my body. I don't feel beautiful. Everywhere I look I see girls that are thinner than me – they're perfect. When I look at myself in the mirror I remember all those girls in the magazines, online or even just out at the shops and think 'why can't I look like her?'" (Elena, 17). Unfortunately, Elena is not the only girl that feels this way about herself; in fact she's in the vast majority.

Body image is the reflection of how we perceive ourselves. Girls are three times more likely than boys to have a negative body image. More than 90% of girls aged between 15 and 17 want to change at least one aspect of their physical appearance, with body weight ranking the highest.

The image is promoted too

often through the media: a rail-thin size zero. Young girls are constantly exposed to what magazines and TV say they should look like.

Desire for that unattainable perfection can take over every aspect of a young girl's life, causing them to develop serious body image issues and eating disorders because they feel the need to stay thin.

With eating disorders and body image issues soaring to new heights, women of all ages need to realise how dangerous it all is. As many as 40 - 60 % of high school girls are on a diet, while recent studies indicate that eating disorders may affect up to 22% of all college women.

Eating disorders can result in serious health conditions, both mental and behavioral.

It's not just psychological damage, these disorders can lead to serious physical problems, such as kidney failure and stroke. Extreme cases can even lead to death.

The statistics are frightening: people with eating disorders have the highest mortality rate of any other mental illness. A study by the National Association of Anorexia Nervosa and Associated Disorders reported that 5 - 10% of anorexics die within 10 years after developing the disease; 20% of anorexics will be dead after 20 years and only 30 - 40% ever fully recover.

The mortality rate associated with anorexia nervosa is 12 times higher than the death rate of ALL causes of death for females 15 - 24

years old. 20% of people suffering from anorexia will prematurely die from complications related to their eating disorder, including suicide and heart problems. Girls are literally 'dying' to be thin.

So what can be done to help reduce these statistics? The media has the greatest role to play: women of all body types deserve and have the right to feel beautiful, just the way they are.

Parents and schools can help by supporting and educating girls about the importance of a healthy lifestyle.

Next time you long to be as thin as those models in the magazines, think twice: with vanity, there's a fine line between healthy and sick. **BG**