



# MACKILLOP NEWSLETTER

VOLUME 18 2015, 13 NOVEMBER

## PRINCIPAL'S LETTER

Dear families, students and friends,

### Remembrance Day

November the 11th was observed with dignity on both campuses of MacKillop on Wednesday. With prayers, readings, the Ode, and the Rouse, the MacKillop community paused to remember the sacrifice of over 120,000 dead in our uniform in the service of the nation and the cause of freedom everywhere.

It was pleasing to see so many students and staff wearing the poppy and participating respectfully in a brief but important moment of remembrance.

### Year 12 Production

Congratulations to the students who presented their final Year 12 drama item at the Tuggeranong Arts Centre on Monday and Tuesday evenings. Their skill, dedication, and talent was strongly in evidence in this performance.

Large audiences were able to recognise the success of the performing arts at MacKillop and the enjoyment that is evident in the senior year's performances. Thank you to the staff, in particular Mrs Bella van Doorn, who led the students to production.

### Exam Period

School students around the ACT are commencing formal examinations for the end of Year 12 Assessment Program and for other assessment purposes in junior years. Best wishes to all MacKillop students, who have carefully prepared with their teachers for these important examinations. Congratulations to those who have set personal goals for improvement and achievement.

Although this is a demanding time for the staff, it is a rewarding time to recognise the progress and improvement that so many of our students have made throughout the semester.

Yours in St Mary MacKillop,

MICHAEL LEE  
PRINCIPAL

## PRINCIPAL'S PRAYER

Lord, we give thanks for the sacrifice of our servicemen and women who put themselves in harms way to keep this country safe. May you bless and protect them in their work. Amen.

Lest we forget.

## UPCOMING EVENTS

NOV  
TUESDAY

17

- Year 12 Breakfast and Farewell Assembly

NOV  
WEDNESDAY

18

- Senior Exams commence

NOV  
FRIDAY

27

- Year 10 Community Day

DEC  
WEDNESDAY

02

- Year 7 2016 Induction Day
- Year 10 2016 Transition Day

DEC  
THURSDAY

03

- Year 7 2016 Induction Day
- Year 10 2016 Transition Day

# COLLEGE NEWS

## Families leaving the College

Families leaving the College at the end of the year are requested to contact Vivienne Joice, Enrolments Officer on 6209 5217 or [vivienne.joice@mackillop.act.edu.au](mailto:vivienne.joice@mackillop.act.edu.au). As we have a number of families on the waiting list, early notification of departures would be appreciated.

*Vivienne Joice  
Enrolments*

## Fees Information

It is now time to review all existing Direct Debit payments for 2016. If you currently pay fees by Direct Debit please email the Accounts Office at [jayne.limbrick@mackillop.act.edu.au](mailto:jayne.limbrick@mackillop.act.edu.au) for a new calculation of payments.

Bpay calculations are also available for parents wanting to pay by this method.

The 2016 fee schedule is on the College website and can be accessed at <http://www.mackillop.act.edu.au/index.php/enrolment/school-fees-schedule>.

Fees for 2015 not paid by Direct Debit should now be finalised. Any outstanding fees should be paid immediately.

*Michelle Predovan  
Fees Manager*

## ACT Secondary Bursary Scheme

The ACT Government's Secondary Bursary Scheme provides financial assistance to low-income families with student(s) in years 7 to 10 attending an ACT public, Independent or Catholic systemic school or who are home schooled. To be eligible, applicants must have a current Centrelink card or Healthcare card with means tested payment codes.

The ACT Secondary Bursary Scheme is an annual payment of \$750 per applicant. To ensure eligible applicants receive payment for the start of the 2016 school year applications must be lodged with the ACT Education and Training Directorate by 30 November 2015. Applications received after this date will be paid as soon as possible but payment may not be made until after school has commenced in 2016. An electronic copy of the form can be found at: [http://www.det.act.gov.au/school\\_education/starting\\_school/financial\\_assistance\\_for\\_families](http://www.det.act.gov.au/school_education/starting_school/financial_assistance_for_families).

If you require further information please call the Bursary Administrator on 6205 8262 or via email at: [ACTSecondaryBursary@act.gov.au](mailto:ACTSecondaryBursary@act.gov.au)



## St Patrick's Bazaar Fair

MacKillop participated in the community festivities of St Patrick's Bazaar Fair at Centennial Park in Cooma last Saturday. A number of staff joined some of MacKillop's Cooma-based students to set up a stall at the fair.

## Host families needed

In February 2016, the College will be hosting the annual visit from our French Sister School, St Joseph's Le Havre. We are currently looking for host families for 20 students. They will be staying with us for 2 weeks from mid-February. If you are able to provide accommodation for these students with your family, please contact Mr Andrew Mitchell: [andrew.mitchell@mackillop.act.edu.au](mailto:andrew.mitchell@mackillop.act.edu.au).

*Andrew Mitchell, Languages*

## Future Stars/Student Achievement

Samuel Frost (Year 7) and Lachlan Squire (Year 8) have been selected in their respective ACT Emerging Comets squads for 2015-16 in the sport of cricket.

Ryan Johnson won the Gold Medal at the Regional World Skills competition, while his classmates Daniel Aksila won Silver and Ryan Altinger came 4th. This result means that Ryan Johnson will represent the ACT at the National Championships in Melbourne next year.



## END OF YEAR DATES FOR YEARS 7 & 9

**2 DECEMBER**  
WEDNESDAY

- Year 10 2016 Transition Day
- Year 7 2016 Induction Day

**3 DECEMBER**  
THURSDAY

- Year 10 2016 Transition Day
- Year 7 2016 Induction Day

**4 DECEMBER**  
FRIDAY

- Wanniasa Campus Market Day

**10 DECEMBER**  
THURSDAY

- Year 7-9 Community Day (Big Splash)

**11 DECEMBER**  
FRIDAY

- Final day of Term 4
- Year 7-9 Mass and Awards



# WANNIASSA NEWS

## Wanniassa Movie Night

Friday the 30th of October, the Wanniassa Campus held their Halloween themed Movie Night to continue fundraising for their 2015 House Charities.

It was a fun night for students to come along and watch both Hotel Transylvania and Monsters Inc, whilst enjoying some food or a drink, and it was great to see many students who attended the Movie Night dressing up in their favourite Halloween costume.

The raffle drawn on the night won by Byron Anderson allowed he and three friends entry to the VIP section.

On behalf of the SRC we would like to thank the following staff who helped organise and supervise on the night:

Miss Avis, Mrs Bright, Mrs Durham, Mrs Hunter, Ms McKinnon, Mr Wood, Mr Dromgold, Mr Johns, Mr Lazzarato, Mr Leer, Mr Lowe and Mr Reay.

Tamara Darwich  
Wanniassa SRC



## Assessment Planning

Students of Year 7-9 will be busy over the coming weeks with their final Semester 2 assessment. With a focus of finishing well it is important that all students take the time to map out what is required and the time frame available to complete the task.

It is important that students learn to balance school work with other commitments and this is best done when we use the time we have available productively. This can be achieved through organisation and planning - allocating specific times outside of school hours every week day to work on tasks. This assists in submitting quality work by the due date and to be well prepared for tests.

Attendance at school and punctuality to classes will reduce the stress of missing vital information and provides greater opportunity to raise questions or queries with class teachers on class or assessment tasks. Students should set specific goals to avoid procrastination as well as getting enough sleep, exercising, eating well and drinking plenty of water. Each of these areas is critical in keeping well, especially in busy times.

## Status Awards

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

Bronze Status -

Ben Buckman (7F1), Luka Filipovic (7W2), Alyssa Fraser (7F2), Natalie Hite (7E1), Katrina Larobina (7A3), Grace Lloyd (7E3), Sarah Muir (8A2), Corey Summerfield (7E3), Portia Thompson (7F1)

Silver Status -

Samuel Ryan (9EW), Jasmine Fraser (9F2)

Monica Bailey

Acting Assistant Principal, Pastoral Care, Wanniassa Campus

# COMMUNITY NEWS

## Pedal Power Ride n Dinner

During the month of November & December Pedal Power will host FREE Friday's Ride n Dinner cycle tours across Canberra. A guided tour ride around each of Canberra's lakes, approximately 40 - 60min in durations starting and finishing at the same location and finishing with a light meal. Register at [www.pedalpower.org.au](http://www.pedalpower.org.au). All children under 16yrs need to be accompanied by an adult.

- Friday 20 November - Lake Tuggeranong at (NEW: Tuggeranong Foreshores, off Mortimer Lewis Dr) at 6pm
- Friday 27 November - Lake Burley Griffin at (Kings Park, near Boundless Playground) at 6pm
- Friday 4 December - Lake Ginninderra at (John Knight Memorial Park, off Townsend Place) at 6pm

## Lifeline Christmas Book Sale

This book sale will take place at Calwell Shops on Friday 27 and Saturday 28 November.

## St Thomas the Apostle Fete

The St Thomas the Apostle School/Parish Combined Fete will be held on Saturday 14 November between 10am-2.30pm. The school is located on Boddington Crescent, Kambah. For more information about the fete, visit <http://sttap.act.edu.au/fete/>

## Speed Cameras

Changes to the ACT Road Safety Camera Strategy mean that mobile road safety cameras will commence to be used in the vicinity of ACT schools. This is an important component of the road safety strategy in managing speeds on ACT roads and ensuring student safety. Drumston Street, which runs past the Isabella Campus, has recently been assessed as suitable for the placement of mobile camera vans and will shortly be included as part of the mobile camera program.

Please find attached Y10 and Senior Exam Schedules for Semester 2 2015.

<b>Y10 Exams S2 2015</b>		
Wednesday 11 November	Period 1-2	Y10 Mathematics
Wednesday 11 November	Period 3-4	Y10 RE
Thursday 12 November	Period 1-2	Y10 Science
Thursday 12 November	Period 3-4	Y10 English

- Students are to attend normal scheduled Y10 classes for all other periods.
- All other Y10 Exams will be scheduled in normal class time.

<b>Senior Exams S2 2015</b>		
	<b>Year 11</b>	<b>Year 12</b>
Wed 18 Nov Morning (9.00am)	English T	Social and Community Work Economics History A/T - Ancient Maths Specialists Extension
Wed 18 Nov Afternoon (1.15pm)	Chemistry History A/T Ancient Hospitality T	RE A/T
Thur 19 Nov Morning (9.00am)	IT A/T Social and Community Work Business A/T	English T
Thur 19 Nov Afternoon (1.15pm)	RE A/T	IT A/T Business A/T Psychology A/T
Fri 20 Nov Morning (9.00am)	English A Literature Maths Specialists	Maths Applications Maths Methods Maths Specialists
Fri 20 Nov Afternoon (1.15pm)	Maths Applications Maths Methods	English A Biology Earth Science
Mon 23 Nov Morning (9.00am)	Psychology A/T Geography A/T	Legal A/T Geography A/T Hospitality T
Mon 23 Nov Afternoon (1.15pm)	Legal A/T Biology Physics Business Administration	Exercise Science Business Administration History A/T - Modern
Tues 24 Nov Morning (9.00am)	Economics History A/T - Modern Sociology A/T	Sociology A/T Physics Music T
Tues 24 Nov Afternoon (1.15pm)	IT DM Exercise Science Earth Science	IT DM Chemistry

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

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

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



## Kids shine with tough love parenting

*...research suggests that if parents want kids to develop the characteristics to succeed, then they should default to authoritative or tough love parenting.*

**Children with parents that use a tough love parenting approach are best prepared to do well in life, according to a recent British study.**

Kids that experience a mix of discipline and warmth are more likely to develop important character traits, such as self-regulation, empathy and application by the age of five than parents that use permissive, authoritarian or disengaged styles.

The Millennium Cohort Study involving 9,000 UK households, found that while family structure and parent income levels impacted on children's development, it was parenting style that had the greatest influence on outcomes for kids.

An analysis of school results is revealing. One quarter of kids with authoritative parents were in the top 20 per cent at school. Next came permissive parenting with 18 per cent, 15 for authoritarian and 11 per cent of this top cohort going to kids of disengaged parents.

Parenting style is not necessarily fixed. It changes over time according to children's needs, our well-being and their ages. Common sense suggests parents need to be stricter with some children than with others and there will be times when parents need to adopt a more permissive approach.

Certainly parental mood and well-being contributes to how parents respond to kids. But most parents will default to one style. Recent research suggests that if parents want kids to develop the characteristics to succeed, then they should default to authoritative or tough love parenting.

### **Here are 10 tough love parenting strategies to use in your family:**

1. Set **limits and boundaries** that expand as kids get older and become more capable. Boundaries make kids feel secure and teach them how to behave well.
2. Use a **negotiable style** with children according to their age and stage of development. Parents also need to realise that not everything is up for negotiation. There are times when the word 'no' needs to be heard as parents act in the best interest of their kids.

3. Use **consequences** and other tools to teach kids to behave well and develop a sense of personal responsibility. Resist the temptation to let kids off the hook when they do the wrong thing. Firm, but fair, is the key here.
4. Put **family rituals**, such as shared mealtimes, in place to make sure you interact regularly with your kids.
5. **Praise** kids for improvement, effort and contribution rather than their ability at school, in sport and other areas of their lives. Focus your positive comments on their participation rather than the results of what they do so kids learn that trying and persistence are important.
6. **Recognise cooperative behaviours** with positive attention such as praise, physical touch and rewards and **minimise negative behaviours** through a range of measures such as ignoring and using consequences.
7. Teach kids the skills needed for **independence** from an early age so they learn to look after themselves. Avoid regularly doing things for kids that they can do for themselves.
8. Adopt an **open communication style** in your family where kids learn that there's nothing so bad that they can't talk about it.
9. Encourage a sense of **empathy** in children by recognising their emotions and giving them permission and assistance to talk about their feelings.
10. Encourage **generosity and kindness** in your kids. They do this by sharing toys and other items, helping others and doing chores that benefit their family. This sense of community that authoritative parenting promotes is the real strength of the style.

At a time when a parent's voice can be drowned out by the din of modern life, this research is a great reminder that it's effective parenting not media, celebrities or peers that have the greatest impact on future outcomes for kids.

**Published by Michael Grose Presentations.**

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[www.parentingideas.com.au](http://www.parentingideas.com.au)





SPECIAL PROMOTION FOR

ST MARY MACKILLOP COLLEGE

**SPECIAL SALES**

**Discount Days x 3**

**AT LOWES STORE - TUGGERANONG**

Thursday 3<sup>rd</sup> – Friday 4<sup>th</sup> – Saturday 5<sup>th</sup>  
December 2015

**RECEIVE 15% DISCOUNT**

Off the regular price on all uniform items for  
Mary Mackillop College Students

**PLUS**

**BONUS EZY-WAY 5% DISCOUNT**

additional for Lowes Ezy-Way customers

**OR 5% REWARDS**

Lowes Rewards Card holders receive in-store Gift Vouchers  
to the value of 5% of their purchase

**PLUS**

Lowes will pay your school annual **5% rebate** on every  
uniform purchased in-store.



**BLACK FRIDAY SPECIAL**

**13% OFF\***  
**SCHOOLWEAR**  
& EVERYTHING ELSE

**ONLINE ONLY**

**1 DAY ONLY FRI 13 NOV**

SIMPLY ENTER THE CODE **13FRI2015** AT CHECKOUT

\*Offer does not apply to items already on sale. Cannot be combined with other offers or discounts.