



MACKILLOP NEWSLETTER

VOLUME 11 2016, 22 JULY

PRINCIPAL'S LETTER

Dear families, students and friends,

Past student achievements

Congratulations to Melissa Breen (Class of 2008) and Bec Henderson (Class of 2009), who have both qualified to represent Australia in their second Olympics in Rio de Janeiro in a few weeks. I received a text from Melissa, which expressed her excitement and humility and her gratitude to the MacKillop community that has always supported her.

Josh Chudleigh (Class of 2011) left the College at the end of Year 10 but decided to return in Year 11 and went on to attain a very respectable Year 12 Certificate and to play rugby league and AFL for MacKillop. Josh was contracted to the North Queensland Cowboys, and over the holidays scored a magnificent try under the posts in his debut against the Canberra Raiders. (Readers will appreciate that my knowledge of this game is a little limited.) A number of former students have texted me a video clip of the moment, along with lengthy and helpful explanations of what is going on. The success of Josh and so many other of our athletes reflects their character, perseverance, and talents, as well as the commitment of their parents and families which is unwavering and crucial to their success.

Jordan Martin (Class of 2012) has a starring role in the TV Show, the NRL Rookie. Jordan was a great member of his year group, a young man of real substance, and would be well-known as the smiling life saver at the Lakeside Leisure Centre in Tuggeranong. Jordan has now made the competition's top four, and I'm sure all of us wish Jordan continued success in the series.

Study into Catholic Secondary Schools in Canberra

The Catholic Education Office has engaged an experienced consultant to conduct a study into the strengths and opportunities of our secondary school. Ellen Davis-Meehan has toured the College, been introduced to some staff and students, and will be at the College on 2 August. Following the staff meeting, the usual College Board meeting at 5.30pm will be expanded to welcome all parents to the Wanniasa Campus Theatre to meet with Ellen and to participate in discussion and feedback. A simple meal will be available. She will write to all parents via the College next week. Please consider attending.

Federal Election results

Congratulations to Federal Member for Canberra Gai Brodtmann upon her re-election to the House of Representatives and to Katie Gallagher and Zed Seselja upon their re-election to the Senate. A particular congratulations to Senator Seselja upon his appointment to the ministry in the Turnbull Government. Zed is a past student of the College (St Peter's) and a frequent visitor to Mass and Assembly at MacKillop. I have written to him on behalf of the College community to convey our congratulations and hopes for success in his contribution to the Canberra community and the nation.

ACT Champions - U15 Boys AFL

Congratulations to coach Mr Daniel Ryal and to the U15 AFL Boys team, who swept all before them in the ACT AFL Championships at Reid Oval on Wednesday last. Their game featured strong, courageous marking, wisdom and judgment (most of the time) when it came to disposal, and fierce tackling. I can't tell you what it was like to be on the sidelines barracking for a side that actually wins!

Yours sincerely in St Mary MacKillop,

MICHAEL LEE, PRINCIPAL

PRINCIPAL'S PRAYER

Lord, we stand with the citizens of France: in admiration of the ideals of their revolution, in gratitude for their leadership in the promotion of the rights of humankind, and in shared grief upon the recent attack upon them in Nice. May they draw comfort from your mercy and love. Amen

UPCOMING EVENTS

AUGUST
TUESDAY

02

- Year 12 UAC Info Session (I)
- College Board discussion (W)

AUGUST
WEDNESDAY

03

- Semester 1 Awards Assembly (W)
- Year 12 Retreat departs

AUGUST
MONDAY

08

- Feast Day of St Mary of the Cross

AUGUST
WEDNESDAY

10

- Semester 1 Awards Assembly (I)

AUGUST
THURSDAY

11

- Moderation Day (Pupil-free)

COLLEGE NEWS

Year 12 UAC Information Session

Tuesday 2 August 2016, 5.30pm-7pm in the Isabella Gymnasium.

All students intending to gain an ATAR for university admission and their parents are encouraged to attend the information evening to learn about the UAC (University Admissions Centre) requirements. The focus of the evening is the university admission requirements, the Schools Recommendation Scheme (SRS) and the Educational Access Scheme (EAS).

Representatives from the Australian National University, Australian Catholic University and the University of Canberra will be available on the evening to discuss admission and course requirements for their institution.

The 2016 UAC Guide will be distributed to students on the evening.

*Maria O'Donnell and Clare Fletcher,
Assistant Principals Curriculum (Acting)*

ACTION Bus Services

On Monday 29 August 2016, ACTION will be implementing a new timetable for the weekday bus network. This includes some timing changes to the ACTION schools network.

The MacKillop school service has been reviewed and improvements have been made. Affected routes include:

- Route 544 - This service will commence 3 minutes earlier at 7:52am
- Route 660 - This service will commence 1 minute later at 8:02am
- Route 671 - This service will commence 2 minutes later at 8:00am
- Route 851 - This service will arrive 2 minutes earlier at 8:27am
- Route 856 - This service will commence 2 minutes later at 8:13am
- Route 500 - This service will finish 4 minutes later at 4:06pm
- Route 604 - This service will finish 5 minutes earlier at 3:57pm
- Route 606 - This service will finish 5 minutes earlier at 3:52pm
- Route 670 - This service will finish 5 minutes earlier at 4:10pm
- Route 687 - This service will finish 5 minutes earlier at 3:57pm
- Route 695 - This service will finish 4 minutes earlier at 4:09pm
- Route 877 - This service will finish 2 minutes earlier at 4:00pm
- Regular Route 64 will now divert to the Wanniasa Campus at 3.31pm.

Further information can be found on the Transport Canberra website, transport.act.gov.au. Parents and students can also use the NXTBUS system (www.nxtbus.act.gov.au) to view live bus information for selected stops or stations.

School Fees

Term 3 Fees have now been sent out. Fees are to be paid by 5 August 2016 unless paying by Direct Debit or other approved method. If you would like more information regarding Direct Debit payments or have any queries regarding your fees, please contact the Fees Office.

Please note we now accept payment through the QKR! App. Please see instructions later in this newsletter.

Michelle Predovan, Fees Manager

ACT Secondary Bursary Scheme

The ACT Government's Secondary Bursary Scheme provides assistance to low income earners in the ACT with dependent full-time students.

Eligibility requirements and application forms are available online at <http://www.det.act.gov.au> and by following the links located at the top of the home page - School education/starting school/financial assistance for families. For further information please ring the Bursary Administrator on 6205 8262.

Michelle Predovan, Fees Manager



Student Achievement

Claire Lonie and Katelyn Twiss received a gold medal at the ACT Secondary Schools Culinary Competition, which was held at CIT Reid at the end of Term 2. They were required to present a spatchcock dish, which they cooked three ways. Claire and Katelyn spent a number of afternoons working with their teacher, Mr Justin Kain, to perfect their dish.

James Menham, Samuel Palic (both Year 7) and Luke Masters (Year 10) will represent the ACT at the National Schoolboys Football Championships in Perth next month.

Ally Thornton (Year 8) and Gabrielle Petersen (Year 9) will represent the ACT at the National Touch Football Championships in Western Australia at the end of October.

Oliver Holdway (Year 8), Jackson Holdway, and Sarah Purcell (both Year 10) are representing the ACT and the Canberra Waterpolo Academy in the Pan Pacific Games in New Zealand.

In Engarde Fencing news: Oliver Bryson (Year 8) represented MacKillop at the ACT Schools Fencing Tournament. He competed in two categories, finishing second in Épee and third in Foil.

Isabella English News

There are a number of clubs running again this semester. Book Club is back on every Day 5 in the IRC. Mrs Henry is running Fight Club (senior in-house debating) every week and we will be running Parliamentary debating teams again this term.

There are several writing competitions on offer for fiction writing (short stories and poetry) and essay writing. Details of these can be found on the English Noticeboard in B block just outside the English staffroom. The range of prizes on offer are fabulous from cash to electronic devices.

Students are also reminded about the weekly tutorials offered for all students needing extra assistance for English class work and assessment. These are mainly on Tuesday afternoons but a timetable can be found in the IRC, the student reception entry and the noticeboard in B Block.

Nicola McLennan, English Coordinator (Acting)

Year 11 2017 - Subject Selection

For current Year 10 students, Subject Selection Online (SSO) is now available for students to select their Year 11 2017 classes. An email with the student's Login Name and Password has been sent to the student's College GroupWise account. The selections should be signed by both student and parents and returned to Student Records by COB Friday 29 July 2016.

Lachlan McNicol, Isabella Campus Head

Isabella afternoon student pick-up

Parents, or others, who pick up students after school from the Isabella Campus are asked to do so on the Basketball Courts. Signs directly in front of the College have been changed to indicate that there is no stopping between 3.00pm and 4.00pm. These changes will allow for a better flow of traffic including access for buses, ease congestion and improve the safety of students and other members of the community.

Lachlan McNicol, Isabella Campus Head

INSPIRE Art Competition

INSPIRE, the St Mary MacKillop College Art Competition, is now open for 2016. Students are to produce ONE artwork on any theme, using the art media of their choice. The best entries will be exhibited at the Tuggeranong Arts Centre, and prizes will be awarded in the Year 7/8, Year 9/10, and Year 11/12 categories. There will also be an overall winner on each campus. A new 'sculpture prize' will be awarded in 2016! Entries are due 26 August. See Art staff for more information.

WANNIASSA NEWS

Year 7 Camp

After a long drive, Year 7 finally reached Collaroy Camp in Northern Sydney and we were keen to begin the awesome activities that had been planned for us.

Year 7 attempted various activities which included; Laser tag, archery, pole drop, abseiling, rock climbing, vertical challenge, initiatives, the giant swing, high ropes and finally the flying fox. Some activities brought us outside of our comfort zone such as the giant swing or the death-defying 13 metre pole drop.

As well as having some free-time in the afternoon, the Collaroy staff had planned lots of fun and challenging activities for us after our initial activities. On the second day, they organised a movie/state of origin night for us to enjoy.

Each night, the students and staff all gathered to attend a reflective liturgy. This gave time for the Year 7s to think about all the good things that have happened at school and on the camp. As well as having some alone time which can be pretty rare during the stressful days of high school.

While on this camp, the Year 7 community learnt the importance of working as team and building a confident community; we learnt how to trust in one another. The bond between the Year 7s is evidently stronger than it has ever been for this experience.

Year 7 would like to give a huge thank you to all the teachers and staff who attended the camp with us; we really appreciate your support and without your organisation this camp would not have happened. We also would like to thank the Collaroy staff for being so friendly in helping us with all of our activities and giving us such a positive experience.

Christian Barac and Abi McIntyre, Year 7

Term 3 After School Sport - Indoor Sports

During Term 3 Indoor Sports will run as an after school sports activity including sports such as badminton and volleyball and is available to all students in Year 7 to 9. This is again being organised by College Sports Captain Joseph Simpson with assistance from other Year 12 student volunteers and supervised by a staff member.

The sessions will run from Week 2 until Week 10 from 3.30pm to 4.30pm in the Wanniasa Campus gymnasium. The afternoon sports activities provide a great opportunity for students to involve themselves in the school community, enjoy a social sporting environment and build friendships. All students are invited to participate regardless of experience or ability.

Consent forms are available from Pastoral Care Coordinators, the PE staffroom and can be downloaded from Studywiz.

Students who have attained Bronze or Silver Status may count the hours that they attend towards their application for the next level of Status, as Community Involvement time.



New PC Teachers

There have been a few changes to Pastoral Care teachers for Semester 2. They include:

- 7A1 will now be taken by Mrs Teresa Miller and Ms Amie Connor
- 7F3 will now be taken by Mrs Claire Park
- 7W3 will now be taken by Mrs Shevaun Doughton and Ms Stephanie Ongarelo
- 8A2 will be taken by Mr Andrew Brennan
- 9E2 will be taken by Mr Tim Spry

Attendance Certificates

At this week's campus assembly, 80 students were awarded attendance certificates, recognising students who attended 100 per cent of school days in Semester 1. Achieving this milestone is an accomplishment as there are valid reasons why students cannot attend school on a particular day. Consistent student attendance throughout the semester reflects determination and perseverance as well as good physical and mental health. A positive school routine assists in building relationships and support networks that aid student's academic achievement and wellbeing.

Status Awards

Congratulations to the following students who were presented with Bronze Status Awards at this week's Campus Assembly:

Gemma White (7A2), Tory Henson (7F1), Ella Whinfield (7F2), Samantha Urbaniak (7F1), Daniel Baldan (7F3), Jayavi Keerthinsinghe (7E1).

Status Activities Afternoon

Congratulations to the 46 students who received Bronze and Silver Status in Semester 1 and celebrated with the afternoon activities on the final afternoon of Term 2. It was a positive and fun way to finish the term with students involved in team building, problem solving and sporting activities.

Parentingideas

This week's Parentingideas article, "Five ways to know you are over-parenting," focuses on ways parents can find a more balanced approach to over-parenting and encourage children to become independent young people.

*Monica Bailey
AP Pastoral Care, Wanniasa Campus*

COMMUNITY NEWS

Canberra School of Tennis

Canberra School of Tennis runs programs for all ages. Kids (ages 4 and up) start in the ANZ Hotshots program and will receive a free racquet when signing up for Term 3. Adults can take part in adult technique sessions or the Fitbit Cardio Tennis. For information, visit www.csot.com.au, email robert@csot.com.au or call 0432 118 204.

Skate Programs ACT

Skate Programs ACT is running a children's Learn to Skate program on Wednesdays (5.15pm-6.30pm) and Saturdays (10am-11.15am) during the school term at Queanbeyan High School. For information, contact skateprogramsACT@gmail.com.

St Joseph's 60th Anniversary

Save the date for St Joseph Primary's 60th anniversary on 5-6 November. Contact joeysis60@gmail.com for information.

Marymead programs

The Kids and Youth Are Kool post Separation (KAYAKS) program aims to support young people aged 4-18 within the context of their family to deal with family separation through 6-8 counselling sessions. The New Horizons program provides services for families with children and young people who are showing early signs of, or are at risk of developing mental health issues.

For referrals and enquiries, contact Stephanie Stephens on 6162 5800 or email stephanie.stephens@marymead.org.au

CANTEEN: ONLINE ORDERS

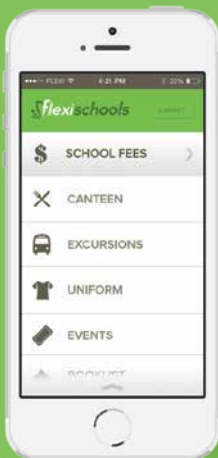
Flexischools system for canteen orders

MacKillop has combined with Flexischools to provide a new cashless way for you to pay for school canteen services.

Flexischools is the fast, convenient and secure way to order and pay for canteen purchases from home or on your mobile. Flexischools makes this service available to you 24/7.


- Parents set up a Flexischools account online and pre-load the account with funds.
- Parents can use the funds in their account to order and pay for canteen services online.
- Parents can view their orders online and can set a daily spending limit.

You can set up an account online – it only takes a minute.




Save time.
Make school payments online.

A simple process from mobile, tablet or PC.



Flexischools is the fast and secure way to make all school payments.



**CASH FREE,
HASSLE FREE**

**PAY ANYWHERE,
ANYTIME**

**SAFE &
SECURE**

Take advantage of this convenient new service. Go to **flexischools.com.au** and click **register**.

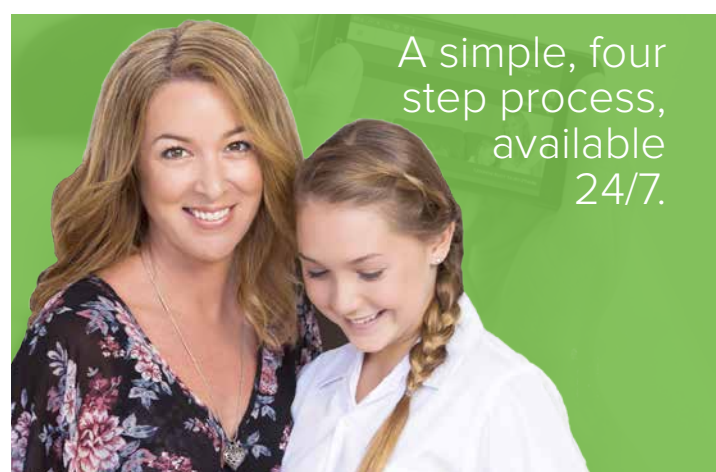


1. Register for Flexischools by visiting www.flexischools.com.au. Add your child, their school and class to get started.
2. Top-up your account via Visa, Mastercard, PayPal or deposit.
3. Make an order by selecting from the range of options made available by your school and proceed to make payment for the order listed in your order pad.
4. Review Orders by logging back in to your Flexischools account. You can set recurring orders, view transaction history or cancel orders via your Flexischools login.

Costs:

Online Ordering Fees
Account Top-Up Fees

\$0.29 per order
Direct Deposit \$0.00
Credit card (visa/mastercard) \$0.15+1%
PayPal \$0.15+1%



1. Register for Flexischools

Add your student and input their school and class to get started with online ordering.

2. Login & Select Payment

To Login, click 'Online Ordering' next to your student's name. Select pay excursion. Select Items you wish to pay. Click 'Next: Select Payment' to proceed to check out where you will finalise your payment.

3. Choose Payment Method.

Select your payment method - Mastercard, Visa or Paypal or use your Flexischools balance. If you need to top up, don't forget to place your order once your balance is replenished.

4. View Order Confirmation

An confirmation detailing your order will be sent to your registered email address. If you used credit card or PayPal you will also receive a separate email with a receipt of your top-up.






For quicker, hassle-free school payments, try Qkr! today

Introducing Qkr! (pronounced 'quicker') by MasterCard, the secure and easy way to order and pay for school items from your phone at a time and place that suits you.

With Qkr! you can:

- Pay for school fees, uniforms, excursions and more;
- See your receipts on the app and get them sent by email if required.



Getting started is easy - try it yourself today

Step 1 Download Qkr!

on your Android phone or iPhone. iPad users can download iPhone app



Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our school

Our school will appear in 'Nearby Locations' if you're within 10km's of the school, or search for our school by name.

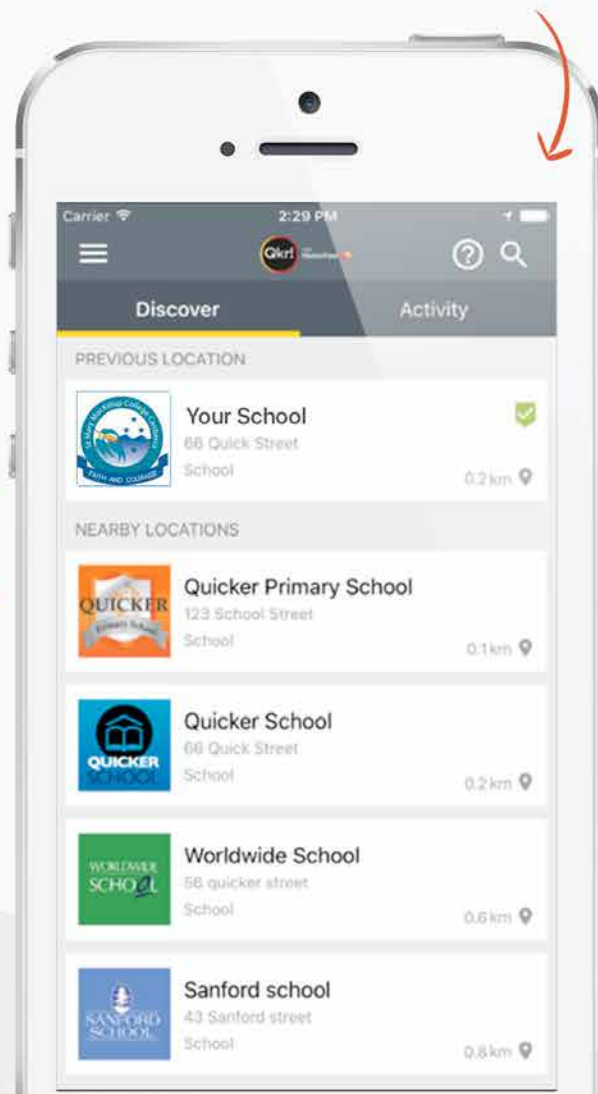
Step 4 Register your children

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them.

Search for our school name

If you have made a purchase you can select our school from 'Previous Location'

If you're within 10 kms of the school, you can select our school from 'Nearby Locations'

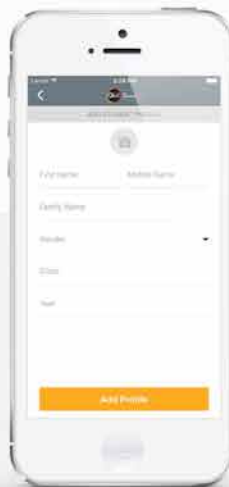


Add your children's details in Student Profiles

Select
'Add student profile'



Add each
child's details

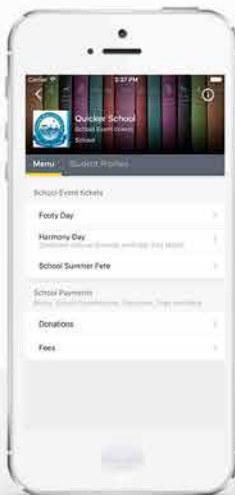


Manage each
child's details in
Student Profiles

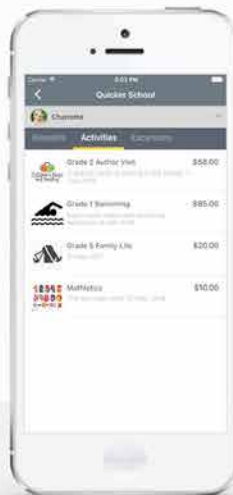


Purchase school items

Select a menu
from our school

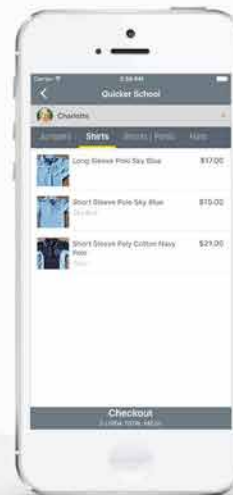


Select child
you are
ordering for



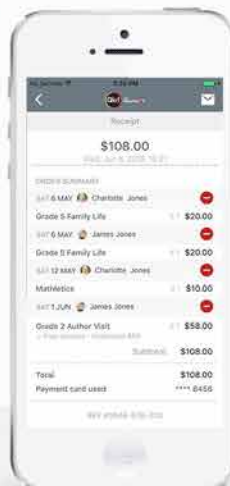
Select your items

Tap 'Checkout'
then confirm and pay



Making payments

Add up to 5 cards to your wallet



At checkout select which card to
pay with.

Pay with any cards accepted
by the school.

Once your payment is approved you
can continue to the home page, or
view your receipt.



Building parent-school partnerships

WORDS Michael Grose



Five ways to know you are over-parenting

Here's 5 tips to find a more balanced approach to over-parenting or helicopter parenting and encourage children to become independent young people.

Times have changed!

When I began as a parenting educator over two decades ago the biggest issues I spoke about in the media generally revolved around under-parenting. Neglected kids; kids with poor or delinquent behaviour and raising kids that lived on society's margins were popular media topics in the early 1990s.

Now two decades later it's over-parenting that captures the main media attention. Spoilt kids; kids with a false sense of entitlement and parents that place excessive demands on schools are among the popular media topics right now. These all fit into the over-parenting, or more colloquially helicopter parenting category.

Is over-parenting new?

While we hear a great deal about over-parenting at present it's not a new phenomenon. Parents of past generations have been overly protective and over-indulgent of their offspring at times, however it does seem many parents today are a little over-enthusiastic in

their endeavours to optimise the future prospects of the current generation.

In fact, the defining feature of twenty-first century parents is a fierce determination to provide children with the best possible childhood and the best possible start in life. In pursuit of these admirable goals a parent can easily over-extend their role entering areas of children's lives that would have been off-limits to parents a couple of generations ago.

How to know that you are over-parenting

It's a quirk of twenty-first century parenting that we need an objective measure to assess our parenting. Past generations were satisfied with more subjective measures such as whether their kids were happy; whether they got good marks at school; whether they were employable; and whether or not if they stayed out of trouble (read goal in extreme cases)! It's safe to say the parenting waters were far clearer in the past than they appear to be now. But the parenting industry has come

a long way in a short time so we now have stringent indicators that let us know what parenting track we maybe on. And that, for many people, would appear to be the over-parenting track.

You know you are over-parenting if:

1 You take on all, or nearly all, of a child's problems.

Kids are good at handballing their problems to their parents. They'll bring disputes with siblings for you to sort; expect you to take forgotten school lunches to school and pester you to organise their after-school lives. Mums and dads that over-parent invariably end up sorting out all their children's problems which may make life easier in the short-term, but can mean kids become more dependent on their parents than children in the past.

Point to remember: Leave some problems for kids to solve.

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.



... Five ways to know you are over-parenting ...

2 You regularly do for a child the things he or she can reasonably do for themselves.

It's an irony of modern life that the busier parents get the more we tend to do for kids. In the race to get things done we dress young children; prepare children's snacks and accompany them on trips outside the house even when they are old enough to do these activities themselves. If your child is becoming more rather than less dependent the older he becomes then it's probably time to reassess your parenting.

Point to remember: *Never do regularly for a child the things they can do for themselves.*

3 You take on too many of your child's responsibilities

Let's see how you go with these questions! "Who's responsible for getting your child up each morning? Who's responsible for packing lunches and bags? Who is responsible for cleaning away children's toys?" If you answered "My children, of course", then congratulations; you shifted responsibility to where it rightfully lay: with kids. If not, then you guessed it. It may be time for a parenting reassessment.

Point to remember: *If you want a child to be responsible then give responsibility to him.*

4 You know too much about your child's life

Being an attentive parent of a small family invariably means that you know in minute detail every quirk and vagary of your child's life. "He didn't eat all his breakfast this morning. Hmm! That's not good."

"She seems a bit grumpy after school. What's wrong?" "They left their jumper at home. I'd better take it to them." Kids benefit from having some emotional and physical space from their parents. It gives them chances to rely on their own resourcefulness and develop the skills needed to get by on their own.

Point to remember: *A little bit of benign neglect can benefit children's development.*

5 You parent the individual and not the gang

If you are constantly trying to make sure life is smooth for each child then you are probably parenting the individual, rather than for the good of the whole family! I'm not talking about 'playing favourites', but having an intense focus on meeting each individual's wants can often be at the expense of family life in general. For instance, you allow a child to go on a sleepover rather than attend the birthday of a sibling. Parenting the gang means that children need to fit into the patterns of family life and don't always get what they want.

Point to remember: *Raise your small family with a big family mindset.*

Most of the research indicates the authoritative approach as 'parenting best practice'. Authoritative parenting is a mix of firmness and warmth; discipline and nurturance; high expectations and relationship building. It's an approach that sits... surprise, surprise... somewhere between over-parenting and under-parenting.

Yep, as always a balanced approach to parenting, as to most things in life, seems to be the best way to go. Who would've thought it!



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.

