



MACKILLOP NEWSLETTER

VOLUME 13 2016, 19 AUGUST

PRINCIPAL'S LETTER

Dear families, students and friends,

Website targeting young women

Thank you to the families and indeed students and staff who have responded with information and support in response to my email to all of you on Tuesday night. Since that time, I have been in touch with the Children's eSafety Commissioner, Catholic Education, the AFP and some other schools.

At this stage, we have no confirmed reports of any of our students, past or present, who have had their images posted on this site, nor do we have any reports that our young men have commented upon or posted images. Our IT Team is closely monitoring our internet traffic at school - the results of which have been reassuring.

I spoke to all year groups yesterday advising them of the issue, asking those who know something to come forward, encouraging them to support each other (particularly friends that they may have who are involved), and offering clear advice about who to contact.

On the matter of reporting and lodging complaints, the College is happy to manage this with families, however, police advice is that the AFP may be contacted on 131 444 and that Care and Protection may be contacted on 1300 556 729. In my communication with the Office of the Children's eSafety Commissioner, I was advised to encourage you to visit their website, where clear details can be easily found regarding cyberbullying affecting under 18s and offensive and illegal online content. Their website is www.esafety.gov.au. I cannot be more praiseworthy of each of these agencies in their support of MacKillop and indeed of young people in Canberra.

In my remarks to each of the year groups yesterday, I stressed the following:

1. Young women should be treated with respect
2. Young women who have been targeted need not be victims but should speak to their families and the school for support and empowerment regarding their lodgment of a complaint about their treatment
3. The actions of those men who have critiqued images on the website unfairly taint many young men and should be seen as a small minority of reckless and inconsiderate individuals (to say the least).
4. I reminded our students of the deep respect and affection in which they are held by their families, teachers, and myself. I spoke of their powerful capacity to bring dignity and mutual respect to their relationships and of their enormous ability to positively contribute to their families, their school, and to the broader community
5. Some media outlets are contacting individual students, asking them for their response. Our students have been asked not to respond and to tell their parents or the school. This has been an unfortunate episode for some students in other places.

Over the last few days, I've spoken to ABC television and radio, including Triple J, with the aim of supporting young women, being an advocate for young men, and in the hope that some strategies for people who are targets of this website might be more clear. I have to commend the ABC for their sensitivity with this matter. Indeed, they conducted an interview yesterday with three student leaders in Year 12 with the aim of reaching out to targets and reassuring young people everywhere. This story featured on local ABC 7pm news and already the school has received warm community response for their courage, dignity and desire to support other young people. We are fortunate to have many students like Chloe, Joseph and Anastasia as role models for our younger students.

MacKillop is a strong and resilient community, largely because of the families that choose to send their children here, the quality of their children, and the calibre of our staff. I will continue to keep you informed as more information comes to light, but our focus will now be a well-ordered and calm school, focusing on teaching and learning and building the resilience of our school. I would like to thank everyone for their support and express the wish that the AFP move swiftly to destroy this website and bring the perpetrators to justice.

The Living End - The Musical

Congratulations to the large team of staff and students, led by Director Petrina Mansfield, who have performed a musical of real quality this week. I am looking forward to witnessing the musical for myself at tonight's show having already received a lot of positive feedback. Thank you to the large crowds that have supported the musical throughout the week - it's delightful to see the MacKillop community enjoying the talent of our staff and students again this year.

Yours sincerely in St Mary MacKillop,
MICHAEL LEE, PRINCIPAL

PRINCIPAL'S PRAYER

Lord, we give thanks the creative talents splendidly showcased in the College Musical. Amen.

UPCOMING EVENTS

AUGUST
MONDAY

22

• Book Week begins

SEPTEMBER
TUESDAY

06

• Year 12 AST

SEPTEMBER
WEDNESDAY

07

• Year 12 AST
• Year 11 AST Trial

SEPTEMBER
FRIDAY

09

• MacKillop Day Mass and Celebrations

SEPTEMBER
MONDAY

12

• Parent/Teacher Interviews (I)
• Year 7 Elective Change-over

COLLEGE NEWS

School Fees

Fees for Term 3 should now be finalised unless paying by Direct Debit or other approved arrangement. Any outstanding fees should be paid immediately.

We are now able to email Term Statements. If you would like to switch off your paper statements and receive Fee Statements by email, please email michelle.predovan@mackillop.act.edu.au from the email address you would like to receive your statement.

If you require more information regarding Direct Debit arrangements or other approved payment methods or are experiencing difficulty paying fees, please contact the Fees Office.
Michelle Predovan, Fees Manager

Book Week: 20-26 August

The library is gearing up to celebrate another fabulous week of frivolity and dress-up! Lollies, readings, author quizzes, Australian displays, Australian Movies, Children Book Council Senior and Picture Book Award Winners.. And MORE!!

Special Wanniasa Campus Book Week Day: Tuesday 23 August

Pay homage to your favourite book character by dressing up to recreate their unique dress and style. A parade will be held at lunchtime.

Book week activities throughout the week include: staff reading to students and discussing favourite books and authors at recess and lunch times, a quiz each day for the students and during RAGE in Week 5 and 6 the Book Week books and winning books will be read by members of the Library team.

Special Isabella Campus Book Week Day: Wednesday 24 August

Pay homage to your favourite book character by recreating, on your person, their unique dress and style. Meet in the Quad at recess and lunch, where the judging panel could note your creativity. Book prizes will be awarded.

Remember: you need to wear appropriate safety clothing to your classes on the dress-up days.

Marilyn Veech and Cathryn Thomas, Teacher Librarians

New Zealand Trip Meeting

An important meeting will be held for all NZ trip students and their parents on Wednesday 24 August at 5:30 pm. It is an opportunity to go through the full itinerary, requirements for travel, packing details and address any last minute questions you may have. Please contact Mr Batten or Mrs Maas if there are any questions or concerns regarding attendance at this meeting.

Michael Batten, SOSE Coordinator (Isabella)

Student Achievement

Samantha Bowles (Year 9) participated in the Australian Schools Hockey Championships in Brisbane last week and has been selected in the Australian U17 Girls Hockey team to play in Germany later in the year.

Coby-Lee Maguire (Year 8) and Emma Turton (Year 12) will represent the ACT at the Cross Country Nationals that are being held here in Canberra this weekend.

Tyra Petersen (Year 7) has been selected in the ACT 12&U Netball team that will play in the National Championships in Melbourne at the end of the month.

Mckenzie Murray (Year 9), Jeremy Blick (Year 8) and Angelo Bourdanis (Year 7) represented Southern Canberra Gymnastics at the Christchurch Classic held in New Zealand in July. All three boys came home with both team and individual medals.

Ashleigh Maynard (Year 10) has competed in the 2016 City of Orange Ballet Eisteddfod this week.

Engarde News: Oliver Bryson (Year 8) represented Engarde@MacKillop at the Central West Fencing Championships in Bathurst earlier this month, where he placed third in Men's Epee.



PE Pathways Team Building Day

On Thursday 4 August, Year 9 students accepted into the PE Pathways program for 2017 joined the current Year 10 students at the Isabella Campus for a day of activities and motivational sessions.

The day started with fitness testing and movement screening in the gym, fitness centre, and on the oval. As expected with the broad array of talent we have at MacKillop, there were some exceptional performances and results. Following a break, the students engaged in a motivational session provided by Canberra Raiders legend Alan Tongue who spoke to the students about focusing on things in their control and how to apply themselves in reaching their goals both physically and academically. The day finished with a number of fun Amazing Race challenges on the oval with students sprinting around the oval and courts in teams, completing basketball shots, soccer dribbles, target throws and kicks.

It was great to see the interaction between the Year 9 and 10 students throughout the day and the active engagement in each session. Thanks to Mr Lendaruzzi and Mr Longo for their efforts in constructing and coordinating the day. Their enthusiasm for this course and its goals was overwhelmingly reflected in the events running and overall success. Some of the feedback included:

- "It was a good day where we got to meet other people with the same interests and goals." - Lauren
- "It was an interactive and fun day. Well planned." - Lachlan
- "I liked the fitness testing in the morning and the talk with Alan Tongue and then finishing with fun games in the afternoon. I really liked getting to know other people with the same interests in sport." - Abbey

We are looking forward to building on the PE Pathways program in 2017 and assisting our student athletes in reaching their goals. Further information about the PE Pathways program can be obtained by emailing pepathways@mackillop.act.edu.au.

Dale Argall, PE and Health Coordinator (Isabella)

INSPIRE Art Competition



SENIOR STUDIES

Schools Recommendation Scheme

The SRS is an early offer scheme for current Year 12 students seeking admission to university for 2017 as an undergraduate. The SRS uses criteria other than (and including) the ATAR to make early offers to Year 12 students.

Students wishing to access this scheme must:

Step 1: Access the Schools Recommendation Schemes (SRS) 2016 booklet online at the following address: <http://www.uac.edu.au/documents/srs/SRSbooklet.pdf>. Carefully read the booklet to determine your eligibility for the scheme. Please note that the SRS is not available for all universities and all courses. Specific conditions exist for all institutions.

Step 2: Make an online application using their UAC Personal Identification Number (PIN) at www.uac.edu.au/srs/apply/. Applications open 3 August 2016. Applications close on 30 September 2016.

Step 3: Complete a 'Request for Statement of Support for Schools Recommendation Scheme 2016' form available from Mrs Hannon (near the front office). The form must be completed in detail and returned to Mrs Hannon by 12 September 2016.

Once a student has made an online application, UAC invites the College to provide an online assessment of student ability in areas of study and aptitude. This is called a 'school rating'. The form completed by students ('Request for Statement of Support for Schools Recommendation Scheme 2016') provides information from which to make this assessment or school rating.

If students and parents/care givers have any questions, please contact Maria O'Donnell at maria.odonnell@mackillop.act.edu.au.



Educational Access Scheme

The EAS is a scheme for Year 12 UAC applicants seeking university admission who have experienced long-term educational disadvantage as a result of circumstances beyond their control or choosing. Some of the disadvantage considered include:

- Disrupted schooling
- Financial hardship
- Home environment and responsibilities
- English language difficulty
- Personal illness/disability
- Refugee status

Information about the scheme is available at <http://www.uac.edu.au/eas/>. Applications open 3 August 2016 and close for main round eligibility letters on 30 November. See the EAS booklet for more details.

Students and parents/care givers who like to discuss eligibility for this scheme can contact Maria O'Donnell or Karen Hundy: maria.odonnell@mackillop.act.edu.au or karen.hundy@mackillop.act.edu.au

Maria O'Donnell
Assistant Principal Curriculum (Acting)

COLLEGE MUSICAL



WANNIASSA NEWS

Year 7 Pastoral Program: Cyber Safety

During Pastoral Program in Week 4, Year 7 was fortunate to have a representative from the AFP who spoke of the importance of cybersafety. Cyberspace provides us with connections near and far; however, we all need to be aware of the dangers.

We learnt how to respond to cyberbullying, including social media and its boundaries. We also learnt that if you post anything on social media, for example Facebook that the image was then owned by them and can be used in advertising and other ways. The message of the presentation was we don't have to be terrified of the Internet but we do need to be cautious while online.

Lana Malone, Year 7

Year 8 Sources of Strength

During Pastoral Program in Week 4, Year 8 students participated in some fun and group-bonding activities organised by the Sources of Strength Peer Leaders. The activities/games played were a good way for the students of each Pastoral Care Class to have fun as well as learn about their sources of strength. The activities chosen were Jelly Beans (in groups each student got 2 jelly beans of differing colours, and depending on that colour, would share their idea on the selected part of the SOS wheel) and the String Game (two people have string tied around their hands, interlocked with each other, and have to find a way to escape). At the end of each game, the students reflected on how certain things affect the lives of them or people around them. There was also an activity where students in small groups would talk about all the segments of the SOS wheel, and its impact on their lives.

Overall, the Pastoral Program session was very good for students to interact with each other and have some fun while doing it. The Sources of Strength Peer Leaders enjoyed designing and leading the activities.

Archie Beresford (Year 8), Sources of Strength Peer Leader



Year 9 Pastoral Program

In Pastoral Program this term Year 9 has been working on the topic of conflict resolution. Students have undertaken several tasks focusing on the best way to handle conflict situations in the most effective and responsible way possible. In our first lesson, we thought about different personality types and strategies that could be used in finding solutions to a relationship problem. In the following lesson we rearranged a script between two friends that ended in a heated argument. Both of these tasks helped our understanding of how to overcome tough situations in a calm and respectable manner. We now have a new set of skills to help support our relationships.

Georja Dickie and Maddy Garfath, Year 9

Parenting ideas

The article for parents below, "The pitfall of using other children as benchmarks" suggests that benchmarking children's progress will inevitably lead to parent frustration as there are always children who perform better than you own.

*Monica Bailey
AP Pastoral Care, Wanniasa Campus*

COMMUNITY NEWS

Tuggeranong Lions Girls AFL

The Tuggeranong Lions have a number of AFL teams for girls to play in a six week season starting mid October. If you are interested, contact Sean Heelan: tuggeranonglionspresident@gmail.com or check out the Tuggeranong Lions Facebook Page.

Woden Valley Youth Choir

Do Your Children Love to Sing? Come join the Woden Valley Youth Choir! Auditions will be held on Saturday, 20 August.

If you are interested in joining this community please contact: Rachael Saint on 0417-835-130 or email russrach@live.com.au for more information.

Tuggeranong Little Athletics

Tuggeranong Little Athletics Club invites new and returning families down to the oval to register for the upcoming 2016-17 summer season! Competition begins Saturday 15 October 2016 at 8.45am (This is also our Come & Try Day).

Registration days are on Saturday 10 and 17 September from 9am - 12pm at Kambah No 3 Oval, Kett Street (opposite the Burns Club). Online Registration is also available. Go to www.tlaa.org.au and follow the Join up/Register link.

For more information, email tlaa_president@hotmail.com or visit www.tlaa.org.au.

Vikings Baseball

Sign up with Vikings Baseball on Saturday 20 August from 1-3pm at Viking Park, Wanniasa. This is also a Come and Try Day. A second registration day takes place on Saturday 10 September from 1-3pm. Vikings Baseball welcomes all new and returning players and can accommodate your desire to play competitively or socially. For more information please email vikingsbaseballtuggeranong@gmail.com or visit <http://vikings-baseball.blogspot.com>.

Canberra School of Tennis

Have you been enjoying the Olympics? Get your child into a sport that will improve their fundamental motor skills. Term 3 Enrolments are still open. For more information, visit www.csot.com.au.

Sutherland Softball Club

A gala registration day will be held on Sunday 11 September from 11am-1pm. Meet our friendly members, play some games, have a sausage and sign up! You can also register and find further information at www.sutherlandact.softball.org.au.

Tuggeranong Lions 40 Year Gala

The Tuggeranong Lions are 40! Tickets are now available for the gala dinner dance on 3 September online at www.trybooking.com/210758. Robert Dipierdomenico will be the evening's special guest and the event will include a three course meal and live music. This is an adults only event. Email tuggeranonglionsfundraising@gmail.com for information.



Building parent-school partnerships

WORDS Michael Grose

The pitfall of using other children as benchmarks

Benchmarking children's progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.

Have you ever compared your child's behaviour, academic progress or social skills with a sibling or your friend's children?

Comparing your child with others is a stress-inducing and, ultimately, useless activity.

But it's hard to resist, as we tend to assess our progress in any area of life by checking out how we compare with our peers.

When you were a child in school you probably compared yourself to your schoolmates. Your teachers may not have graded you, but you knew who the smart kids were and where you ranked in the pecking order.

Now that you have kids of your own do you still keep an eye on your peers? Do you use the progress and behaviour of their kids as benchmarks to help you assess your own performance as well as your child's progress? Or perhaps you compare your child to yourself at the same age?

Benchmarking children's progress with that of other children is not a wise parenting strategy. Inevitably, it will lead to parent frustration as there will always be a child who performs better than your own on any scale you use.

Kids develop at their own rates

Each child has his or her own developmental clock, which is nearly impossible to alter. There are slow bloomers, early developers, bright sparks and steady-as-you-go kids in every classroom. The slow bloomers can cause the most concern for parents who habitually compare children to siblings, their friends' kids and even themselves when they were in school.

The trick is to focus on your child's improvement and effort and use your child's results as the benchmark for his or her progress and development. "Your spelling is better today than it was a few months ago" is a better measure of progress than "Your spelling is the best in the class!"

Gender matters

It's no secret that boys' and girls' brains were developed by different architects. One major difference lies around timing, or maturity. The maturity gap between boys and girls is anywhere between 12 months and two years. This gap seems to be consistent all the way to adulthood.

Quite simply, girls have a developmental head start over boys in areas such as handwriting, verbal skills and relationship skills.

Boys benefit greatly from teaching strategies designed for their specific needs. They also benefit from having teachers and parents who recognise that patience is a virtue when teaching and raising boys, as it seems to take longer for many boys to learn and develop.

more on page 2 >>



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



... The pitfall of using other children as benchmarks ...

Kids have different talents, interests and strengths

So your eight-year-old can't hit a tennis ball like Novak Djokovic, even though your neighbour's child can. Avoid comparing the two as your child may not care about tennis anyway.

It's better to help your child identify his or her own talents and interests. Also recognise that the strengths and interests of a child may be completely different to those of his or her peers and siblings.

Avoid linking your parenting self-esteem to your child's performance

As a parent you should take pride in your children's performance at school, in sport or their leisure activities. Seeing your child do well is one of the unsung pleasures of parenting. You should also celebrate their achievements and milestones, such as taking their first steps, getting their first goal in a game or getting great marks at school.

However, you shouldn't have too much personal stake in your children's success or milestones, as this close association makes it hard to separate yourself from them. It may also lead to excessive parental pressure for kids to do well for the wrong reasons – to please you!

The maxim "You are not your child" is a challenging but essential parental concept to live by. Doing so takes real maturity and altruism, but it is the absolute foundation of that powerful thing known as "unconditional love".

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.

