



# MACKILLOP NEWSLETTER

VOLUME 17 2016, 28 OCTOBER

## PRINCIPAL'S LETTER

Dear families, students and friends,

### It's good to be back!

I returned to work from the United States last Wednesday. I'd like to take this opportunity to thank the Executive Staff of the school and Mr Lachlan McNicol, in particular, for their leadership in my absence. There is never a good time for a principal to be absent but with a strong and capable team the school continued to progress into the new term very effectively indeed. Mr McNicol's strength of judgment and the respect with which he is held by the staff made that progress particularly successful.

I would also like to acknowledge the extraordinary work of my executive Assistant, Mr Danaï Gapare, who managed the staffing, communication and pastoral matters that moved through my office in my absence. I know that the staff and many families appreciated his response to their needs.

### Senior Hospitality Parent Dinner

This is an annual event for the College. On Wednesday night, 132 guests attended this event, which was prepared and led by the senior hospitality classes under the professional direction of Mrs Janelle Maas and her team, which includes Mr Justin Kain, Ms Janelle Jolly, and Mrs Erica Halton.

Guests were treated to a three-course meal, mocktails, canapés, coffee and tea at beautifully presented tables in a highly professional atmosphere.

The College's Artist in Residence, Edwin Ride, was also able to display his art and jewellery pieces with a small exhibition.

I would like to thank College Board members who were present and a large number of ex-students who came along to support the students. This was also an opportunity for the students and the College to show our appreciation to the parents and families of our students for their invaluable support of their children and of the Hospitality program at MacKillop.

The extraordinary preparation behind such events should not be overlooked. Congratulations to Janelle, her team, and to every student involved.

Yours sincerely in St Mary MacKillop,

MICHAEL LEE  
PRINCIPAL

## PRINCIPAL'S PRAYER

**Hail Mary, full of grace. Our Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus.**

**Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.**

## UPCOMING EVENTS

**NOVEMBER**  
WEDNESDAY

**02**

- Long Tan Assembly (I)
- Campus Captain Elections (W)

**NOVEMBER**  
TUESDAY

**08**

- Year 10 Exams commence

**NOVEMBER**  
THURSDAY

**10**

- ISART Exhibition Opening

**NOVEMBER**  
TUESDAY

**15**

- Year 12 Farewell Assembly

**NOVEMBER**  
WEDNESDAY

**16**

- Senior Exams commence

# COLLEGE NEWS

## 2017 Senior House Captains

The successful candidates elected to the position of 2017 House Captains were announced at last week's Isabella Campus Assembly.

From a field of 36 Year 11 students who nominated, congratulations to the following students who will lead their Houses in 2017:

Mindygari: Sophie Dunn and Sam Ferguson  
 Gurabang: Jessica Bui and Connor Ingram  
 Meup Meup: Maddison Banks and Timothy Sixt  
 Ngadyung: Brianna Cayirylys and Riley Shield

*Lachlan McNicol, Campus Head (Acting)*

## Assessment and Reporting

The College has conducted a review of assessment and reporting. We are looking for ways to extend the assessment period, space assessments and to provide specific feedback about students' attitudes to learning. As a result of consultation opportunities for parents and teachers, a study of reporting practices in other schools and an appraisal of current research we have made adjustments to our practice. In 2017 there will be a progress report in week 10 and an end of semester report. Written comments will be replaced with information about how students approach their learning and how they operate within a learning environment. Alignment has been made with the Australian Curriculum General Capabilities. The new report structure will begin in term 4 2016. If you would like to see the new report format before the end of the year please contact Clare Fletcher- [clare.fletcher@mackillop.act.edu.au](mailto:clare.fletcher@mackillop.act.edu.au).

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

## Student Achievement

Aroha Peri (Year 10) represented the ACT at the National Oztag championships in Coffs Harbour last week, where her team won the tournament to become national champions.

## Year 9 Outdoor Ed Camp

Our camp began at 8am last Wednesday morning, boarding the bus and arriving at the coast mid-morning, excited to start our camp. We split into two separate groups and my group began the camp by packing our hiking backpacks and trekking to our base camp for the night. Upon arrival, we collected firewood and were taught how to start a fire from scratch. We then made a chicken stew for dinner, played a few games around the campfire and went to bed in our a-frame huts. We saw a few possums throughout the night, that hissed and growled at us, but it was all just part of the experience.

Early the next morning, we went to the beach where we went paddle boarding in the lagoon and played team-building activities. After lunch, group two left base camp and trekked up to the camp that we had stayed at the night before. That afternoon we attempted to go kayaking on the lake, but it was too windy and we all capsized; some of us even having to be rescued by the teachers and instructors. That night we went back to camp and cooked curry for dinner and went for a night-walk to the beach, where we watched the stars and reflected on our time at camp and the many valuable lessons that we'd learnt along the way.

The next morning we went back down to the lake, where we built our own floatable rafts, and then had a race to see which group's



## Science tour of the USA

The photo above (with Mr Brennan testing out his "selfie" skills) was taken at Santa Monica Pier during the Science Tour of the USA in conjunction with Trinity Christian School. The tour took place during the school holidays and involved visits to the Universal Studios, the Kennedy Space Center and the Smithsonian museums in Washington. Nadia Hatzismalis (Year 9) compiled a list of the ten top things to do at Kennedy Space Center:

1. Retail therapy in the two-storey tall gift shop!
2. Get up close with a space shuttle.
3. Have lunch with an Astronaut.
4. Ride the NASA shuttle launch simulator.
5. Experience zero gravity on the giant slide.
6. Space Camp.
7. Watch an IMAX movie shot in space.
8. Visit the rocket assembly workshops and the rocket launchpads.
9. Take a selfie with friends in the Rocket garden.
10. Get out before the Hurricane.

*Mike Brennan, Science Coordinator (Wanniassa)*

## School Fees

Term 4 Fees have now been sent out. Fees are to be paid by 28 October 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.

If you would prefer to have your fees sent electronically please send an email to [michelle.predovan@mackillop.act.edu.au](mailto:michelle.predovan@mackillop.act.edu.au) from the email address you would like to have your statement sent to.

Please note we now accept payment through the QKR! App.

*Michelle Predovan, Fees Manager*



raft proved to be the best. After raft-building, our group went kayaking again, this time on calm waters. We paddled out into the lake, where we saw a baby seal, which was extremely cute. After lunch, we hopped on the buses to begin the journey home.

The Outdoor Ed camp was a fun experience that I was able to take a lot of valuable lessons away from, including how much time I spend with my eyes glued to my phone when there is so much more fun that can come from actually interacting with my friends without our devices. It was an experience that I am extremely grateful for and that I'm sure I will remember for years to come.

*Kendall Oakman, Year 9*

# WANNIASSA NEWS

## Leadership

On Wednesday 19 October Year 8 attended a presentation on leadership. The speakers included our Year 8 Coordinators Mrs Kain and Mr Wood, Assistant Principal Pastoral Care Mrs Bailey, Campus Head Mr O'Callaghan and 2016 Campus Captain Tamara Darwich.

All of the speakers gave the year group an insight in to what being a leader was like and how we can be leaders in our community; reminding us that we are all leaders whether we have a formal leadership role or not. This is especially relevant as Year 8 will lead the Wanniassa campus in 2017 and are currently preparing to elect some of their fellow classmates to be the Campus and House Captains during this time.

We discussed some of the traits that we thought a leader should have. This included traits such as courage and organisation, but the words that stood out to us the most were service, community minded and resilience. A good leader will always get up when are knocked down, and will continue to build their strength as a leader every time they fall and get up again.

Leading in to the presentation many Year 8 students hadn't thought of ourselves as leaders but afterwards we realised that even though we may not be wearing a badge, we are still leaders in our school community. The presentations helped us recognise our potential as leaders and I'm sure many of us who had not considered a formal leadership role in 2017 will now as they have realised they hold valuable qualities of a leader. Thank you to everyone who spoke you really helped us all to realise our potential as leaders within the MacKillop community.

*Darcy Kinsella, Year 8*

## Student Mentoring

Students on the Wanniassa Campus have had many opportunities to engage in Student Mentoring sessions with their Pastoral Care teacher this year. During these sessions students concentrate on their progress and map out ways to continually improve.

As a student, the general consensus for having to stay in PC for an extra hour to do student mentoring is "oh, this is boring" or "I don't want to do this"; however, when reflecting on the year or our personal studies, we realise that there is so much more we should be doing. Throughout the mentoring sessions students have the opportunity to seek help from their Pastoral Care teacher and learn new skills to assist with their studies. Not only is there the reflection aspect of student mentoring but also the opportunity to set personal and academic goals. These goals are discussed with our PC teachers who are constantly willing to give of their time. Along with setting goals, students create their assessment planner for the semester which is one of the most useful resources, especially for students who struggle with time management. The assessment planner is without a doubt one of the best ways for students to stay on top of their school work. Student mentoring allows students the chance to improve their attitude towards school and their activities outside of school. It is definitely an opportunity that is worth continuing.

*Maddi Barbic, Year 9*

## Parenting ideas

The article at the end of this newsletter, "Exploring the new frontier in parenting," recognises the important role emotions have in the development of our children. Socrates reminded his Greek compatriots, "Educating the mind without educating the heart is no education at all." The article helps to provide strategies on how assist children to recognise, manage and regulate their emotions.

*Monica Bailey, AP Pastoral Care, Wanniassa Campus*

# COMMUNITY NEWS

## Connect Mass

On Sunday 30 October, Corpus Christi Parish will host a celebration of the youth of South Canberra. The Sunday 6pm Mass at Holy Family Church, Gowrie will be a Connect Mass, where youth and their families are invited to gather together in prayer, song and community. After Mass, pizza will be provided in the church foyer to allow the opportunity for people to connect with others in an informal setting and to encourage conversation and interaction. Following the meal a brief Youth Ministry session will be held. All youth and their families from across South Canberra are welcome.

## Dance Central

Dance Central is launching a new hip hop boys' crew and is looking for Year 7 to Year 12 boys with talent and the ability to work hard! A free hip hop workshop will be held at the Open Day on Sunday 20 November at Dance Central, 13-15 Altree Court, Phillip. Crew auditions will be held on Sunday 27 November. For information, call Linda on 0404 931 031 or visit [www.dance-central.com.au](http://www.dance-central.com.au).

## Computer Programming Workshop

Female students from Year 7 to 12 who are interested in learning about computer programming and technology through hands-on workshops. The Department of Defence ASD information and Security Hub (DiSH) is holding a workshop on Sunday 27 November at 9:30 am to 4 pm. The workshop caters for girls of all programming skill levels and the topic is Markov Chains. The workshop will be held at Gungahlin College. To register, email [asd.dish@defence.gov.au](mailto:asd.dish@defence.gov.au) by Monday 21 November 2016.

## St Thomas the Apostle Fete

The St Thomas the Apostle School and Parish Fete, "The Arts," takes place on Saturday 12 November at 39 Boddington Cct, Kambah from 10am-2.30pm. There will be show bags, cake stall, trash 'n' treasure, craft stalls, plant stalls, community displays, tombola, dodgem cars, competitions, prizes, great food, and more!

## St John Vianney's Fete

The SJV School Fete takes place from 10am on Saturday 5 November. A cake decorating competition will also take place in the school hall. Entries are to be submitted by midday. Winners announced at 1pm. Cakes can be collected after 1pm or donated to the cake stall for sale. Contact Eleanor at [e297@hotmail.com](mailto:e297@hotmail.com) for details.

## Free Hotshots/Cardio Tennis trial

Come and try tennis at the Pines Tennis Club, Chisholm. Call or email to find out a suitable day and time. All participants will receive a special offer for Term 4 2016 lessons. All participants will trial ANZ Hotshots Coaching and Adults can trial Cardio Tennis. Contact Robert Jamieson on 0432 118 204 or [robert@csot.com.au](mailto:robert@csot.com.au).

## Swimming Instructor Jobs

Royal Life Saving ACT is seeking enthusiastic people to join our team of swimming and water safety teachers! Free training will be provided. Contact Nicole Lloyd on 0409 070 125 or email [nlloyd@rlssa.org.au](mailto:nlloyd@rlssa.org.au).



# EXAM TIMETABLE

Semester exams form an important part of the teaching and learning, and assessment and reporting cycle. The upcoming exams are an opportunity for all students to demonstrate their learning over the semester. Students can maximise their achievement by:

- Creating and using an organised, regular study routine
- Seeking clarification when understanding or learning is challenged
- Practising the skills and knowledge that will be tested
- Studying in a comfortable space with minimal distraction
- A regular sleep routine
- Fuelling their bodies with nutritious food
- Balancing study time with exercise and relaxation time

You will find the Semester 2 Exam Timetables below. Year 11 and 12 students and parents will shortly receive an email outlining Exam Guidelines. These guidelines ensure that all students have an opportunity to do their best and are underpinned by BSSS principles.

*Mrs Maria O'Donnell, Assistant Principal Curriculum (acting)*

Year 10 Exams S2 2016		
Tuesday 8 November	Period 1-2	Year 10 Religion
Wednesday 9 November	Period 1-2	Year 10 Science
Thursday 10 November	Period 1-2	Year 10 Mathematics

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

Senior Exams S2 2016		
	Year 11	Year 12
Wednesday 16 November Morning (9.00am)	Psychology A/T General Science A/T Specialist Mathematics	English T Essential English
Wednesday 16 November Afternoon (1.15pm)	English T Essential English	Psychology A/T Physics Economics
Thursday 17 November Morning (9.00am)	History A/T - Modern Hospitality T Physics	RE A/T
Thursday 17 November Afternoon (1.15pm)	Mathematical Applications Mathematical Methods	Literature
Friday 18 November Morning (9.00am)	Business A/T IT A/T Biology	Business A/T History A/T - Ancient Chemistry
Friday 18 November Afternoon (1.15pm)	Literature Exercise Science A/T Social and Community Work	Mathematical Applications Mathematical Methods
Monday 21 November Morning (9.00am)	Geography A/T Sociology A/T Economics	Geography A/T Exercise Science A/T IT A/T Sociology A/T Specialist Mathematics
Monday 21 November Afternoon (1.15pm)	Legal A/T Business Administration	History A/T - Modern Legal A/T Business Administration
Tuesday 22 November Morning (9.00am)	IT DM History A/T - Ancient	IT DM Earth Science Biology
Tuesday 22 November Afternoon (1.15pm)	Chemistry Music A/T	Hospitality T Social and Community Work Music A/T

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

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

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

# Parenting *ideas* INSIGHTS

*Building parent-school partnerships*

WORDS Michael Grose

## Exploring the New Frontier in Parenting

So what is this new frontier of parenting? Emotions are now recognised as an important part of the parenting landscape. Here are five ideas to help you explore the alien landscape of kids' emotions.

It's official!

Emotions are now part of the parenting and educational mainstream!

For some time they've been relegated as a sideshow to the main events of discipline, confidence building, character building, and lately, resilience.

Not now.

The recently released movie *Inside Out* gives life to emotions in a fun, accessible way. It's a wonderful demonstration of why we must put emotional intelligence front and centre in our parenting and teaching. The quickest pathway to happiness and success is the acceptance and recognition of feelings.

This is not a new idea. Over 2,000 years ago Socrates reminded his Greek compatriots, "Educating the mind without educating the heart is no education at all."

Current day muse Dr. Marc Brackett, Director of the Yale Centre for Emotional Intelligence is more expansive. He says, "Emotions matter as they drive learning, decision-making, creativity, relationships, and health."

This is not to say that we ignore children's poor behaviour, neglect to set limits or not ask anything of them when they've experienced hardship at school. Accepting and recognising emotions is an added layer in our interactions with kids, which may well be the missing link in building cooperation, connection and resilience.

Emotions are messy. They can be loud. They can be hidden. They so often interrupt our well-organised schedules. "What do you mean you're sad? We're off to watch a movie. It's a happy time!" Emotions are hard to control and difficult to see. Like slippery eels swimming in a dam, you know that they are down there somewhere but it's hard to figure out just what they are doing.

It's a wonder parents haven't smartened up to emotions earlier because 'good parenting' is hard emotional labour. When your three-year old throws a tantrum in a supermarket and all you can do is grin and bear it (rather than throwing your own tantrum or doing what you really feel like which is disowning your own child!) you're doing hard emotional labour.

When you console and contain the hurt of a primary school aged child who throws himself at your feet howling that everyone hates him, you are doing emotional labour.

Staring down a teenager who looks you straight in the eye while spitting out "I hate you!" because you've denied their request to go out is hard emotional labour. Parents do emotional labour all the time. That's one of the reasons it's so draining.

Accepting kids' emotions mean we need to listen to them. We need to be mindful of their feelings as well as their behaviours and thoughts, which is what most parents and teachers are conditioned to do. We've built a broad vocabulary around behaviour management featuring terms such as consequences, limits and boundaries, and time-out to name a few. And the perennial 'To smack or not to smack' question shows we are very willing to have debates about behaviour management methods, but discussions about emotional management are few and far between.

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](http://parentingideas.com.au). You'll be so glad you did.



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## ... Exploring the New Frontier in Parenting ...

The limits of many parents' emotional vocabularies are matched by the limitations in method as well. Most parents when asked can provide plenty of ways to raise a well-behaved child but I suspect many would struggle if asked to name three or more ways to build their children's emotional smarts. This is not a criticism but an acknowledgement of lack of training in the area.

Ask yourself, "Who taught you how to recognise, manage and regulate your emotions?" If you answered your parents then lucky you. They've given you the tools you need to have successful relationships, to maximise your earning potential (I kid you not) and to behave like a champ, not a chump, when playing sport and participating in other competitive or high performance activities. If you were able to identify any adult who taught you emotional intelligence then I suspect you are in rare company. My guess is you probably couldn't identify anyone, so your emotional intelligence (if you've read this far you have the emotional smarts needed for focus, self control and concentration) is unconscious, rather than conscious, making it hard to teach or pass on emotional intelligence skills to kids. So where do we start?

**Here are five ideas to help you explore the alien landscape of kids' emotions, the new frontier of parenting:**

### 1 Listen first

When your child fusses and fumes about some wrong-doing or hurt they've experienced clear your mind and listen.

Avoid trying to fix the situation just show understanding and compassion. There is no better feeling than being understood.

### 2 Contain rather than manage (let your kids do the managing)

Children's behaviour can become tangled up in upsets and disappointments. It's hard to separate their behaviour from their feelings. Sometimes as a loving, caring adult you just have to soak up their feelings, and give them the time and space to soothe their own souls. We don't have to do that for them.

### 3 Know that emotions can be pleasant and unpleasant

We often place value judgements on emotions by saying some emotions are good or positive (happy, motivated, energised) while some are bad or negative (sad, worried, sullen). Avoid passing judgement in such ways. Recognise that emotions are pleasant or unpleasant and that all emotions are acceptable, whereas some behaviours (such as hurting someone when you are angry) are unacceptable.

### 4 Build a vocabulary around emotions

Just as feelings have names, there are terms for the emotional intelligent parenting method. For instance, I-messages\* are a type of communication used by parents and adults who take an emotions-first approach.

### 5 Help your kids recognise, then regulate emotions

Ever told a child to calm down only to

see their emotions escalate? Kids, like adults, need to recognise their feelings before they can regulate their emotional state, and that's not easy. Emotional recognition is a complex process that takes practice. Even when we are good at it we don't always get it right. Learning to recognise your feelings is a continuous process that's best started when young, before the ups and downs of adolescence becomes a reality.

Emotional intelligence is best learned when it becomes part of your family's culture, or way of doing things. When it becomes part of your family's DNA then emotional intelligence will be passed down from generation to generation. You'll know it's had generational impact when your children identify you as the person who trained them in the skills of emotional intelligence. How cool is that!

*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](http://parentingideas.com.au). You'll be so glad you did! When you subscribe you'll also get my fantastic Kid's Chores & Responsibilities Guide with plenty of ideas to get your kids to help at home without being paid.*

Michael Grose



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