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The Principal's Letter

Christ is Risen, Alleluia!

Dear families, students and friends,

WELCOME BACK TO TERM 2

Welcome back from what I hope was an enjoyable break for families over Easter. The students have returned refreshed and enthusiastic.

Please keep in your thoughts and prayers those families in our community who have sustained sudden and tragic loss over the break. The College is making contact with those families as best we can and providing support on behalf of all of you.

ANZAC DAY OBSERVANCES

Thank you to the staff and students who provided excellent organisation and participation for our ANZAC Day Observances on both campuses this week. I was pleased to be able to compliment again the respectfulness, dignity, and sense of occasion displayed by all of our students across the school. The College also remembered the service of Australian servicewomen and men in our uniform around the world today – some of whom are parents of this school.

Lest we forget.

INFORMATION NIGHTS AND TRY MACKILLOP DAY

THE YEAR 7 2018 INFO NIGHT

MONDAY 1 MAY @6.30PM
WANNIASSA CAMPUS

TRY MACKILLOP DAY FRIDAY 5 MAY

WANNIASSA CAMPUS
Register: mackillop.act.edu.au

THE YEAR 11 2018 INFO NIGHT

WEDNESDAY 10 MAY @6PM
ISABELLA CAMPUS

Thank you to our families who have been helpful in spreading the word about our Information Nights and Try MacKillop Day. The above events are important for many families in Canberra and regional NSW in helping them to select a school for their child for Year 7 and Year 11 next year. The highest category of students that come to MacKillop in Year 7 are siblings. For families looking to send another child to MacKillop, please understand that the application form must be in by 5pm, Friday 19 May or your application may be put on a waiting list. Early submission of applications will help with the processing of forms.

ESSENDON V COLLINGWOOD ANZAC DAY MATCH

Just in case you missed it:

Essendon 15. 10. 100
Collingwood 11. 16. 82

Thank you to the many parents and students who have emailed and texted their congratulations to me upon hearing the news of this glorious victory. You've made me feel like I kicked every goal myself. Go Bombers!

Yours sincerely in RED and BLACK,

MICHAEL LEE
COLLEGE PRINCIPAL



College News

ANZAC Day in Cooma

On Tuesday 25 April, I had the opportunity to attend the ANZAC Day dawn service and march in Cooma. As is tradition, current MacKillop students from the region marched with students from St Patrick's Parish School, Cooma, to represent the College and honour the relationship between the schools. Recently graduated MacKillop students from the area were also eager to demonstrate their connection to the College and marched alongside our current senior students.

There was a real sense of community in the town as the services honoured past and present local members of the Australian Defence Force and our ANZAC soldiers. A number of St Patrick's and MacKillop students also contributed to the services through prayers and laying of wreaths. Congratulations to all students for the magnificent way they represented St Mary MacKillop College.

Desiree Disanayake, Defence Transition Mentor

Project Compassion

Congratulations to all students for working tirelessly across both campuses throughout the Lenten season in support of the Caritas Project Compassion fundraiser, reaching the target set at the start of Term 1 of \$20,000. Led by the SRC, a number of fundraising activities were conducted as well as a variety of Pastoral Care class ideas including bake and drink stalls, raffles, basketball games and comedy shows. The fundraising effort was a fine example of community spirit and collegiality with a focus of helping others in need. Congratulations and thank you for your efforts!

Monica Bailey, Assistant Principal Pastoral Care (Acting)

ASC Swimming

40 students competed at the ASC swimming championships on 4 April. Congratulations to the team, which came 3rd in both girls and boys pointscore and 1st overall. This was the best result we had achieved and each swimmer contributed to the points through individual swims and the team relays.

A number of students won their races or finished in the top three places and many students achieved personal-best times. Congratulations to Steven McGowan, 13 yrs boy ASC champion; runners up Kiara Mackie (12 yrs girl), Chloe Arnold (13 yrs girl), Riley Hulkkonen, (14 yrs boy), Jake Mackie (15 yrs boy), Rebecca Cross (17 & over girl) and third (Cassiel Galvin (14 yrs girl). All students who attended were a credit to the school in regards to effort, behaviour and enthusiasm.

Cathryn Thomas, Teacher Librarian

Student Achievement

Alyssa Davidson (Year 7), Tara Wyllie (Year 8) and Zac Robb (Year 10) were selected in the ACT team for the Australian Little Athletics Championships in Sydney during the holidays. To have three MacKillop students in the team is quite a feat when you consider the ACT is only able to select a maximum of 32 athletes from the ACT and Southern NSW.

Maddy Bennett (Year 11) competed in the final of the single scull event the Australian Rowing Nationals at the start of April. Maddy performed well in order to make the final, in which she finished a very creditable sixth. Maddy has been training with the ACT Academy of Sport high performance rowing program.

The following MacKillop students performed in the recent production of Les Miserables, which played at the Queanbeyan Performing Arts Centre in April: Jake Keen (Year 7), Mia Cachia (Year 8), Sophie Highmore (Year 11), India Cornwell, and Laura Evans (both Year 12).

Nick Hosie and Luke Wright (Year 11) will travel to Cairns on Sunday to represent the ACT in the School Sport Australia Baseball Championships.

Rebecca Cross (Year 12) has been selected as one of four elite swimmers who will train under Ian Thorpe's former coach, Tracey Menzies, as part of the new National Training Centre Transition Program at the Australian Institute of Sport.

Isaac Leonard (Year 7) and Jeremy Blick (Year 9) have both been selected in the ACT Men's Gymnastics Team to compete at the Australian Gymnastics Championships in Melbourne in May. In addition to their regular training program, both gymnasts also train at the AIS every fortnight under the instruction of the National Men's Coach.



Upcoming Events

<p>MAY MONDAY 01</p>	<ul style="list-style-type: none"> • Year 7 2018 Information Night • Enrolment Period begins
<p>MAY FRIDAY 05</p>	<ul style="list-style-type: none"> • Try MacKillop Day
<p>MAY TUESDAY 09</p>	<ul style="list-style-type: none"> • NAPLAN begins
<p>MAY WEDNESDAY 10</p>	<ul style="list-style-type: none"> • Year 11 2018 Information Night • Careers Expo
<p>MAY FRIDAY 12</p>	<ul style="list-style-type: none"> • Cross Country

School Fees

Term 2 Fees have now been sent out. Fees are to be paid by 12 May 2017 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, email 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

Hosting opportunity

MacKillop is again participating in an exchange with students from Institution St Joseph's from Le Havre, France. Four students are visiting Canberra from 7 June - 6 August. The College is grateful for the support of families in hosting an exchange student and financial assistance is provided for these long-stay programs. Whilst most students have been placed with a family, a host family is still needed for one student. If you are interested in hosting Lucas, please contact Peter Johnson (email peter.johnson@mackillop.act.edu.au or telephone 6209 0155).

Peter Johnson, International Programs Officer



Curriculum News

Mrs Clare Fletcher & Mrs Maria O'Donnell,
Assistant Principals Curriculum

NAPLAN

NAPLAN testing will not be conducted online this year in any Australian school. As in previous years, testing will occur using test booklets and pencils. Students will need to bring a calculator for the numeracy test. Please refer to the attached article for ways you can support your child during the NAPLAN period. The College will provide a free breakfast in the canteen during this period starting from 8:30am.

Below is the timetable for the NAPLAN pen and paper testing.

	Monday 8 May	Tuesday 9 May Official Test Date	Wednesday 10 May Official Test Date	Thursday 11 May Official Test Date	Friday 12 May
Session 1		Language conventions Yr 7: 45 min Yr 9: 45 min	Reading Yr 7: 65 min Yr 9: 65 min	Numeracy Yr 7: Part A (calculator): 50 min Part B (non-calc): 10 min Yr 9: Part A (calculator): 50 min Part B (non-calc): 10 min	<i>Catch-up tests permitted</i>
Session 2		Writing Yr 7: 40 min Yr 9: 40 min			

If you have any questions about student participation in NAPLAN please contact Clare Fletcher on 62090100 or clare.fletcher@mackillop.act.edu.au.

Clare Fletcher, Assistant Principal Curriculum (Acting)

Pastoral Care

Mrs Monica Bailey,
AP Pastoral Care

Year 7 SRC

Year 7 have made a great start to secondary school and concluded their first term with a focus on building community and leadership skills, inspired by the story of St Mary MacKillop. Year 7 students engaged in a process to elect a member of the Student Representative Council for each House, discussing the qualities of a good leader. Congratulations to all students who put their names forward for nomination.

The elected Year 7 student representatives were announced on the final day of Term 1 and are soon to be inducted into the SRC and presented with their leadership badges.

Congratulations to the elected student leaders in Year 7 for each House:

Mindygari – Clare Levings
Gurabang – Jonathon Silver
Meup Meup – Neika Henson
Ngadyung – Amy Scott

Young Carers Group

Young Carers Group will again be organised this year on the Wanniasa Campus to support students in Years 7 to 9. The program aims to support students who undertake a carer's role at home when a family is affected by a long term illness or disability.

Students involved will meet once a week during lesson time and will have the opportunity to participate in numerous workshops and learn more about their significant roles as young carers as well as supporting students with their study demands.

If you believe that your son/daughter is a young carer, if or you would like further information please contact Ms Bronwyn Griffin:
bronwyn.griffin@mackillop.act.edu.au



Term 2 After School Sport

The After-School Sports program facilitated by the Year 12 Sports Captain Jack Adamson will be available to all Wanniasa students again this term. The sessions will run from Week 2 until Week 7 from 3.30pm to 4.30pm on the Wanniasa Campus. Year 12 students will be coordinating the activities and a staff member will be present to supervise. All boys and girls are invited to participate including those who may play various sports competitively as well as those who may have limited experience in organised sports.

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. Students who have attained Bronze or Silver Status can count the hours that they attend towards their application for the next level of Status, as Community Involvement time. Consent forms for students interested are available from Pastoral Care Coordinators, the PE Staffroom or they can also be downloaded from Canvas.

Parentingideas

This article for parents, "Helping students get ready for the NAPLAN tests," encourages families to help students to reflect on the positive learning experience in completing NAPLAN tests rather than viewing them as dreaded tests.

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

Helping students get ready for the NAPLAN tests

The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it's best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

During the second week of May Australian children in Years 3, 5, 7 and 9 will take part in the National Assessment Program – Literacy and Numeracy (NAPLAN). The stated purpose of this testing program is to gain an overall picture of educational attainment levels to assist education policy and decision-making.

The program first implemented in 2008 has drawn some criticism from a number of different quarters, particularly in regard to the use of the information gained through the NAPLAN tests. You've probably heard a number of different viewpoints expressed in the media over the last few weeks.

One view commonly put forward is that the NAPLAN tests put undue pressure on children to perform in test situations. If so, then perhaps the best approach for parents and teachers is to help them handle the pressure rather than avoid it. The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it's best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

Children and young people take their cues from their parents about how to handle many situations. American psychologist Martin Seligman discovered more than a decade ago, through his research into children's thinking styles, how closely a child's explanatory style

mimics that of the parent they spend most time around. Optimistic parents beget optimistic kids, just as anxious parents can beget anxious kids. The impact of a parent's explanatory style seems to be magnified somehow in small families where there are fewer voices to be heard.

As a parent it helps your child, if you take a positive view of the NAPLAN tests. It's better to see them as learning opportunities for kids as well as opportunities to overcome any anxieties or nerves that these tests may bring on. It's also worth remembering that many children don't stress over these tests. The vast majority take them in their stride, wondering what all the fuss is about.

Whether your child stresses or takes them in his stride here are some tips to help prepare for the NAPLAN tests:

1 Take your cues from your child:

If your child doesn't worry about them then neither should you. Be careful not to create a problem that doesn't exist by incessantly talking about, or worse, worrying about the test.

2 Focus on doing their best and trying hard:

Choose your words carefully when you speak with your kids. As with all their learning activities place your focus squarely on effort rather than results. The only pressure on kids should be to try hard rather than to do well.

3 Listen to any concerns they have:

If your child confesses to some nerves then validate their feelings, rather than shut them down with a 'get over it' response. "Yes, sometimes tests can be a little scary, but they get easier every time you take them." Use this as an opportunity to develop some emotional smarts, which starts with recognising how kids feel.

4 Give them some relaxation ideas:

Anxious or nervous kids will benefit from some simple relaxation strategies. Taking some deep breaths, changing their thinking and exercising the morning of the test are some simple ways to help kids get some feeling of control.

5 Help them retain their perspective:

One way to help children who become excessively anxious about an event is to ask what's the worst thing that could happen? Okay, they may not do as well as they would like but the sun will still rise tomorrow, regardless of how well they do. Keeping perspective is a life skill that we all need to practise.

A positive, caring parent attitude is one of the best gifts you can give a child when they are apprehensive or nervous about approaching any different situation whether it's going on school camp, joining a new club or sitting a NAPLAN test.



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.



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