



MacKillop
St Mary MacKillop College Canberra

COLLEGE
NEWSLETTER
12
NO.
4 AUGUST 2017

In this edition.

Hairspray Jr

The Musical, *Hairspray Jr*, took place last week.
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Student Achievement

With success in Science and Hospitality competitions, and the recent Semester 1 Awards Assembly, there has been great achievement at MacKillop lately.
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Feast Day

Although we celebrate the Feast of St Mary of the Cross MacKillop in September, the official Feast Day takes place next week.
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Coming Up.

MONDAY

07 AUG

- Year 12 Retreat begins

TUESDAY

08 AUG

- Feast Day of St Mary of the Cross MacKillop

WEDNESDAY

09 AUG

- Semester 1 Awards Assembly
- Year 12 Retreat concludes

THURSDAY

10 AUG

- Moderation Day (Pupil-free)
- Year 11 AST Trial

MONDAY

14 AUG

- Science Week begins

MONDAY

21 AUG

- Book Week begins

Contact Us.



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www.mackillop.act.edu.au



PO Box 1211
Tuggeranong ACT 2901



Mackinnon Street, **Wanniassa** (Years 7-9)
Ellerston Avenue, **Isabella Plains** (Years 10-12)



Lord, with the Feast of St Mary of the Cross next week, we give thanks for the example of our patron and pray that she continues to lead us to you. Amen.

The Principal's Letter.

Dear families, students and friends,

HAIRSPRAY JR - COLLEGE MUSICAL

Over 1500 parents, past and current students, staff, and primary school matinee audiences saw the MacKillop musical this year. I understand three of the four nights were sold out!

MacKillop's musical is always well above standard, however this year showcased talent, precision, joy, and energy rare among high school productions. All students and staff involved, including light, sound, props, costumes, backstage, front of house, and, of course, those onstage should be delighted with the success of *Hairspray Jr* and in knowing that they contributed so positively to this important College community event.

TITRATION COMPETITION

Congratulations to Anooj Lad, Ryan Walls, and James Maas, who formed a team in the RACI Titration Stakes last week. MacKillop, entering only one team, came third in the ACT, in this most demanding and prestigious competition. Personal chemistry aside, I understand little of the process of titration, but I do understand that serious wisdom and judgment based on a profound understanding and use of high-end maths and chemistry is demanded of the team. As the boys now advance to the national finals at the ANU later this year, we can all congratulate them and their teachers on this most distinguished achievement.

YEAR 12 RETREAT

Best wishes to Year 12 and their teachers who will be on Retreat on Monday to Wednesday next week. This event is looked forward to fondly every year and is always a huge success. The students will be at Collaroy for two nights and I look forward to joining them for most of that time. It will be a time to look back and reflect on their time at MacKillop and the important sense of community identity, belonging, and the strength that their diversity has brought to each other and their school. May God bless them during this time.

Yours in St Mary MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

"All students and staff involved should be delighted with the success of *Hairspray Jr*."



College News.



Hairspray Jr.

Our College Musical, Hairspray Jr, ran over four nights last week at the Wanniasa Campus Theatrette.

The musical was an upbeat and energetic affair, with powerful songs, theatrical choreography, fun costumes, interesting characters, and relevant themes. The talent that students brought to the acting, singing, and dancing made for a truly entertaining experience.

The College thanks the core production team of Mrs Mansfield, Mrs van Doorn, Mrs McKenzie, Mrs Jiear, and Performing Arts Captain Natasha Brittain for the many hours they spent perfecting every aspect of the musical.

Congratulations to the entire cast and crew who produced a stellar performance each and every night!



College News.



Titration Comp

As mentioned by Mr Lee, Anooj Lad, Ryan Walls, and James Maas have been successful in progressing to the national finals of the Australian Chemical Analysis Competition.

The Year 12 students competed in the Royal Australian Chemical Institute's Titration Stakes, held at the ANU's Research School of Chemistry on Tuesday 25 July. They finished the competition in third place among 30 teams.

Culinary Competition

On the last Friday of Term 2, Year 12 students Katelyn Twiss and Claire Lonie entered the Australian Culinary Federation Secondary Schools Culinary Challenge for the ACT. There were four other teams from other schools also competing.

They had to use chicken as their protein and include other culinary skills and techniques, and they had one hour to produce two dishes of exactly the same quality. Their dish was Tea-Smoked Chicken Breast with Brussel Sprout Dumplings and Soy Caramel Sauce.

In these competitions, every dish is judged individually and can earn a Gold, Silver or Bronze Medal. The girls performed very well and received a Gold Medal (the only one awarded this year), which means they are now off to Brisbane on 4-6 August to compete in a National Competition with teams from NSW, Tasmania, Queensland and South Australia. Congratulations!

Justin Kain
Food Technology Teacher



Student Achievement

Billy Margosis and Ebony Brunt (Year 7) are off to Perth next week to represent the ACT in the Australian National Ice Hockey Championships. Ebony has also been named captain of the team.

What's been happening?



THE ISABELLA AWARDS ASSEMBLY

On Wednesday, student achievement from Semester 1 was recognised at the Isabella Campus Awards Assembly. Students received awards for academic excellence, application to studies, or contribution to the community. The Wanniasa Campus Awards Assembly takes place at the junior campus next week.



NGADYUNG CHARITY WEEK

This week was Ngadyung's Charity Week. Ngadyung's House Charity for 2017 is the Canberra Hospital Foundation. At last week's assembly, representatives from the foundation presented a certificate to the College to display their gratitude for MacKillop's contribution to their cause.



GET SET PROGRAM

On Wednesday 19 July, 16 girls attended the GET SET program at the ANU. The day involved participating in workshops, listening to presenters and women in engineering. The aim of the day was to encourage girls to take up engineering.



BRAIN BEE COMPETITION

On 26 July, Alexis Lanuza, Angela Ovari, Aiden McLachlan, Amy McGregor, and Matthew Baker represented the College at the ACT final of the Brain Bee Competition. They competed with four other ACT schools in both the individual and team challenges. The students also took a tour of the neuroscience laboratories at the John Curtin School of Medical Research at the ANU.



Liturgical News.

The Feast Day of St Mary of the Cross

On Tuesday 8 August, Australia celebrates the Feast of St Mary of the Cross MacKillop, the first patron saint of this nation. In our College, sometimes this specific day can overshadowed by our own "MacKillop Day" in September. Anyone who has lived in Canberra for more than a couple of winters needs no explanation as to why we would delay activities and stalls for just a bit longer! So while our MacKillop Day Mass and the following festivities are a colossal day on the College calendar, the Feast Day itself is certainly not forgotten.

As I write this reflection, I wonder whether this sequence would actually be more pleasing to Mary. Mary and the Josephite sisters lived lives of simplicity and selflessness. I cannot help but think about how she might respond to being told she has a Feast Day in her name; perhaps no so much with disdain, but perhaps a glance of acknowledgement or two words over tea to start the day before getting on with the business of education and helping the marginalised.

But then she would look at our MacKillop Day celebrations and see the "spirit of unity and love reign amongst us" (1884) with such clarity. Commencing with our Mass as one, and following with activities and stalls not only in the party spirit, but also in seeing a need and doing something about it by using this platform to raise money for the Tegan Blunt Memorial Fund; to aid those within our community who need support. Coming together in Eucharistic celebration and fun with a social purpose! Add to this our consistent message that we are a Catholic school for everyone and that we place at the centre of our purpose the education of all the students in our care so they can become more fully human and control their destiny. I am certain she would be very proud. We hope and continue to pray to our patron, St Mary MacKillop, especially on her Feast Day, that we are indeed seeing need and doing all we can about it:

Ever generous God, you inspired St Mary MacKillop to live her life faithful to the Gospel of Jesus Christ, and constant in bringing hope and encouragement to those who were disheartened, lonely or needy.

With confidence in your generous providence and through the intercession of Saint Mary MacKillop, we pray that we inspire our students to be courageous, strong and a light to the world; that the spirit of unity and love continue to reign amongst us as a community that lives by your example.

We ask that our faith and hope be fired afresh by the Holy Spirit so that we too, like Mary MacKillop, may live with courage, trust and openness.

Ever generous God hear our prayer. We ask this through Jesus Christ, Amen.

Jonathan Moyle

Assistant Principal Faith Leadership

To acknowledge the importance of St Mary MacKillop within the Corpus Christi community and to recognise her feast day, students and leaders from St Mary MacKillop College will join with the parish community to celebrate Mass on Sunday 6 August at 10am at Holy Family Church in Gowrie. Everyone from our community is warmly welcome to attend.



MACKILLOP MASS AT CORPUS CHRISTI

06.08.17

**10AM, CORPUS CHRISTI PARISH
167 BUGDEN AVENUE, GOWRIE**

St Mary MacKillop College will be hosting two Masses a year at one of our parish churches, commencing at Holy Family Church on 6 August. Many staff will be attending with students engaged in the liturgy as readers, with music and Prayers of Intercession.

Morning tea will be hosted by the College in the church foyer following Mass. All members of the MacKillop community are welcome.

8 August is the Feast day of St Mary of the Cross MacKillop.



Admin News & Notices.

MacKillop LibGuide Digital Library

The MacKillop LibGuide is a digital Library for students to access curated information and resources. Like a traditional Library where the Teacher Librarian and Librarian have handpicked print texts, magazines, DVD's and other physical resources, a LibGuide is the digital version.

MacKillop's LibGuide is available at: <https://libguide.mackillop.act.edu.au>. It can also be accessed through Canvas.

Currently students have access to millions of websites, YouTube videos and other digital documents. Often when they are researching they are overwhelmed with information and do not know where to begin, most often only viewing the first two Google Pages/search results.

The purpose of the LibGuide is to provide reliable sources to our students so that they can form their own ideas and concepts for a topic. From there, students can then use the databases (Facts on File & EBSCO – both available from the Library Canvas Page and LibGuide) and Google to find additional sources.

As this is a new platform, it is currently only in its early stages. It will be an evolving website with new content each week.

The LibGuide is now available to all students and the MacKillop Community.

If you have any questions, comments or would like to provide feedback, please don't hesitate to contact me at 6209 5229 or by emailing Jessica.stokman@mackillop.act.edu.au.

Jessica Stokman
Learning Commons Coordinator

INSPIRE Art Competition

The INSPIRE Art Competition closes soon! Students are to produce one artwork on any theme, using an art medium of your choice. Entries are due on 18 August. Entry forms are available on Canvas.

The best entries will go on show at the Tuggeranong Arts Centre and prizes will be awarded to Year 7/8, Year 9/10, and Year 11/12. There will also be an overall winner on each campus. This year there will be a special prize for 'Mixed Media.'

Tamara Murdoch
Visual Arts Coordinator



Bus Changes

Transport Canberra has advised that the intersection of Clift Crescent and Ashley Drive will be closed from Monday 31 July 2017 for up to 6 weeks. Road works will require temporary bus stop closures during this time.

School services will be diverted via surrounding roads. Maps of the diversion for the below dedicated school services are available on the Transport Canberra website (<https://www.transport.act.gov.au>) and for more information please call 13 17 10.

Morning School Routes:
502, 564, 589, 650, 851

Afternoon School Routes:
468, 530, 632, 646, 687, 877

Weekday Routes:
65/765

Monica Bailey
Assistant Principal Pastoral Care (Acting)

School Fees

Term 3 Fees are due to be paid by this Friday 4 August 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.

From Term 4 all families that pay by Direct Debit will automatically receive their Fee Statements via email to their home email address.

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

Michelle Predovan
Fees Manager



Pastoral Care.



Sources of Strength

Adults are so important in aiding our development in early life, childhood and adolescence. We may argue with our parents, disagree with our teachers and get in trouble with our older siblings, but it is so important that we acknowledge the adults in our lives and the effort they devote to ensure our happiness and wellbeing.

The Sources of Strength team at MacKillop asked students of Years 7, 8 and 9 to write down their special and trusted adult and these have been placed on our "Trusted Adult Wall" in the IRC. It was awesome to see such a variety of trusted adults from across the year groups and we hope that if you do need the help of an adult, you can seek inspiration from our wall and from our peers.

Jake Kalleske, Siobhan Grant + Gabby Milgate
Year 9 Sources of Strength Peer Leaders

Pastoral News

SEMESTER 2 ASSESSMENT PLANNERS

Students of the Wanniasa Campus have this week spent time with Pastoral Care teachers completing the semester assessment planner in the College diary using the unit outlines uploaded to Canvas. This planner provides quick reference for students, teachers and parents to support students in their time management and organisation around the completion of quality assessment tasks.

SEASONS FOR GROWTH GRIEF PROGRAM

Change and loss are issues that affect all of us at some stage in our lives. Changes occur in families through death, separation, divorce or related circumstances and young people can benefit from learning how to manage these changes effectively. In Semester 2, the College will be offering the successful education program called Seasons for Growth.

This program is facilitated in small groups and is based on research which highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks.

MacKillop is pleased to be able to offer this important program and we are confident that it will be a valuable learning experience for those who request to be involved. If you think your son or daughter would benefit from participating in the Seasons for Growth program, please contact Monica Bailey (6209 5226 or monica.bailey@mackillop.act.edu.au).

Parentingideas.

The article for parentingideas, "Anxiety in Secondary School Kids," aims to better-equip parents in their understanding of what's happening in an anxious mind, how to recognise it and ways to offer support for teens.

Monica Bailey

Assistant Principal Pastoral Care (Acting)

BRAINSTORM PRODUCTIONS

On Wednesday 26 July, Year 8 had the opportunity to watch an educational production called "Cyberia" from Brainstorm Productions. The Year 8 students gained many life lessons about staying safe online as the play covered issues relevant to the year group including cyber bullying, the responsible use of technology, online reputations and impulse control. These issues were portrayed through the actions of two main characters Ruby and Tim. Their story allowed us all to reflect on the choices we make and their impact on others.

Claudia Ormeno + Micaela Mewburn
Year 8 students



Pastoral Care.



Vehicle Safety campaign

St Mary MacKillop College hosted the launch of a new ANCAP campaign in support of safer vehicle choices. MacKillop students joined with the ACT Minister for Road Safety, Shane Rattenbury MLA, and ANCAP Chief Executive Officer, James Goodwin to launch the campaign via Facebook Live.

The campaign is aimed at young drivers to raise their awareness of the benefits of newer, safer cars. The campaign poses the question, "What's your ANCAP?" encouraging all road users to check the ANCAP safety rating of their current or prospective car.

To illustrate the importance of a safer vehicle, ANCAP brought a pair of crash-tested cars – one from 1998 with a one-star ANCAP rating and one from 2015 with a five-star rating – and showed students how different the damage to the vehicles could be in an accident depending on the vehicle's rating. The older car crumbled in a way that would have crushed the driver and passengers, while the cabin of the newer vehicle remained relatively unscathed.

Students were also asked to guess the speeds of the cars in the crash test collision. At a speed of 64km/h, each of the vehicles had travelled at faster speeds than the roads surrounding MacKillop – and the damage to the vehicles was devastating.

It was interesting to see the impact of a safer ANCAP rating, and an eye-opening experience to witness the damage that can be done in a relatively low-speed accident.

Jack Adamson

Year 12 student

Community News.

SAVVY SCHOOLWEAR

Our uniform supplier is having 20% off schoolwear on Thursday 10 August for Lowes Zero and Savvy Schoolwear Rewards Card holders. This takes place instore and online.

YOUTH INTERACT GRANTS - UP TO \$1500

If you're a young person between 12-25 years who resides or studies in the ACT and would like to organise a project, event or activity for other young people, we would like to hear from you! Individuals and groups are encouraged to organise and participate in projects which provide opportunities for young people to actively engage and connect with other young Canberrans in the community, with a focus in the following areas:

- Creating awareness of issues affecting young people;
- Building supportive community connections using sport, recreation, cultural activities and events; and
- Recognising the contribution that young people make to their local communities

Apply at dhcs.smartygrants.com.au/2017-18YouthInterACTGrants

ACU OPEN DAY

The ACU Open Day takes place on 26 August from 9am-4pm at 233 Antill Street, Watson. Tour the campus, meet staff and students, discuss entry opportunities, and talk to experts about your study options and career goals.

To view more information on Open Day or to register, visit openday.acu.edu.au/Canberra/Open-Day

CANBERRA CITY CHEERLEADING

Cheerleading is one of Australia's fastest growing sports. It involves stunts, tumble, dance and pom routines which increases your fitness, flexibility, confidence, and introduces you to lots of new friends. Now is the perfect time to jump on board and come along to a training session at Erindale PCYC. The initial free class will introduce you to cheerleading. Visit www.canberracitycheerleading.com for information.

SAVER PLUS PROGRAM

Can Saver Plus assist you with high school costs? Join Saver Plus and match your savings, dollar for dollar, up to \$500 for education costs including school uniforms and text books; computers, laptops and tablets; excursions and camps; sports equipment, uniforms and lessons; and music tuition and instrument hire. You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner), and have a child at school or study yourself.

Contact Kathleen Watson, your local Saver Plus Coordinator at kathleen.watson@thesmithfamily.com.au or (02) 6283 7606 or enquire online at www.saverplus.org.au.

CANBERRA YOUTH THEATRE

Canberra Youth Theatre's (CYT) Company Ensemble presents an arresting new work shaped by the poetry of Canberra poet, Joshua Bell. The piece has been developed using the cast's individual and ensemble responses to the poetry, focusing on the poem 'Don't hide your weirdness.' The show takes place at Ainslie Arts Centre, Braddon, on 17-19 August from 7pm. Tickets from www.cyt.net.



Anxiety in Secondary School Kids

By Dr Jodi Richardson

Anxiety is common and treatable, but it's also something that can be scary and confusing.

It doesn't have to be. I'm hoping that this article helps you feel more in the know and better equipped to understand what's happening in an anxious mind, recognise it, support your teen and seek help if needed.

First, some stats. In Australia, 1 in 3 women and 1 in 5 men will experience anxiety in their lifetime. That's an average of 25 per cent of the population. I'd be surprised if you didn't know someone who has it. The statistics are more comforting when it comes to secondary school kids where 7 per cent (that's around 1 in 14) are diagnosed with anxiety.

We've all experienced it. It's a completely normal reaction under dangerous or stressful circumstances. Perhaps you've narrowly avoided a car accident. Your heart pounds, your breathing becomes shallow and fast, your body floods with adrenaline to put you on red alert, your blood pressure goes up, you might perspire and glucose dumps from your muscles into your bloodstream. All of this is preparing you to face-up to the 'threat' or run like heck in the other direction. This is 'fight or flight' in action.

This reaction is a survival instinct, dating back to early times when

life-threatening situations were ever present. These days we can experience anxiety when we're under pressure to meet a deadline, talking in front of our colleagues, preparing for a job interview or even just opening our email. Our lives are not in danger but our bodies react as if this were the case. The same can be true for teenagers.

Anxiety is a normal response to a threatening situation. All of these physical changes happen instinctively as a tiny part of our brain called the amygdala tells the sympathetic nervous system to take over and fire us up so we can do what we have to in order to survive.

Do you know the feeling? Perhaps it happens to you now and then. But maybe, if you're one of the two million-plus Australians (including me) who experience an anxiety disorder, your body and brain respond like that more often, more quickly and more intensely than others.

Trust me, it feels awful. I've experienced anxiety since I was a child, still do and always will. My parents didn't even know anxiety existed when I was a kid and it took me until my early twenties to be diagnosed. Now that I know, I can, and do, take action to manage it. And despite having ups and downs like everyone else, on the whole I live

a rich, full and meaningful life. Your teenagers can too.

Our kids are lucky. They have great parents (that's you) who know to look out for their mental health, and who have access to lots of great resources including the family GP.

How do I know what's 'normal'?

Nervousness, stress and anxiety are normal reactions to logical circumstances. What to look out for is if your teen is reacting anxiously to situations where there's no danger present, their reaction is out of proportion to the circumstances or they can't participate in normal daily activities. Below are some of the other symptoms of anxiety in teenagers:

- Difficulty concentrating
- Poor memory
- Mind racing
- Difficulty sleeping
- Always tired
- Feeling edgy
- Avoidance behaviour
- Stomach pains
- Chest pain
- Shakiness
- Nausea
- Diarrhoea
- Sweating



parenting *ideas

Anxiety in Secondary School Kids

Okay, so how can I help?

1. Maintain open lines of communication with your teen by regularly spending one-on-one time together, having fun together and making yourself available at a regular time each day for an uninterrupted chat.

2. If you think your teenager is experiencing anxiety, talk to him/her and go together to see your GP to have a conversation about what's been happening.

3. Help your teenager understand what's going on in their body and brain when they are experiencing anxiety. Explain that the amygdala is trying to protect them but can 'overreact' sometimes and prepare their body for 'fight or flight' when it's just not warranted. It's the amygdala that causes all of the physical symptoms like a racing heart (pumping more oxygen to the muscles, readying them for battle), light headedness (due to an imbalance between oxygen and carbon dioxide caused by fast, shallow breathing), shakiness (due to the adrenaline being pumped into their bloodstream), and nausea (resulting from the body shunting blood away from the stomach to the arms and legs so they're primed for a fight or a sprint).

4. Because breathing becomes shallow and fast with anxiety, a simple yet incredibly effective way to show the amygdala that everything is okay

is to take deliberate, slower breaths (in for 3, hold for 1, out for 3). After all, no-one can do this when they really are running for their life!

5. Mindfulness is a superpower for the anxious brain (any brain in fact!) and there are lots of great ways to help teenagers learn. The Smiling Mind app is a wonderful way to introduce a regular mindfulness practice or you could take mindfulness classes together. Mindfulness reduces the size of the amygdala as well as fostering other protective changes in the brain.

6. If they are worrying excessively over something – let's say it's presenting a project to their class, a test or an exam – instead of saying, "You'll be fine, you always do so well" or "Don't worry, all the other kids will be nervous too" or similar, try this instead: "I understand how you're feeling, that's so normal, I'd feel the same way". They want to know you 'get' it and that they're not alone. You could also ask, "Is it helpful to keep thinking about it?" When they (inevitably) say "no", suggest focusing attention on something that will help, like practicing more, making cue cards, revising, doing another practice exam or doing something completely different to engage their mind in a fun and positive activity.

7. Help them to discover their values so they can take action in the direction of what really matters to them despite feeling anxious.



Visit our website for more ideas and information to help you raise confident and resilient young people.

Dr Jodi Richardson Jodi is a happiness and wellbeing speaker and writer, retreat facilitator and mum to two primary school aged kids. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at drjodirichardson.com.au and say hello on facebook. [com/DrJodiRichardson](https://www.facebook.com/DrJodiRichardson). Enquiries to jodi@drjodirichardson.com.au

