



MacKillop

St Mary MacKillop College Canberra

COLLEGE
NEWSLETTER

NO. **17**
27 OCTOBER 2017



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One Year 12 student achieved a gold medal at the National Titration Finals this week
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Coming Up.

WEDNESDAY

01 NOV

- Campus Captain Speeches and Election

TUESDAY

07 NOV

- Year 10 Exams commence

WEDNESDAY

08 NOV

- ISART Exhibition Opening

TUESDAY

14 NOV

- Year 12 Breakfast
- Year 12 Assembly

WEDNESDAY

15 NOV

- Senior Exams commence

FRIDAY

24 NOV

- Year 12 Grad Practice
- Status Awards Afternoon

TUESDAY

27 NOV

- Year 10 Community Day

Contact Us.



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Ellerston Avenue, **Isabella Plains** (Years 10-12)



www.facebook.com/mackillop.act



www.twitter.com/mackillop_act



www.instagram.com/mackillop_act



www.youtube.com/stmarymackillop



Lord, we pray for improved health of former MLA Steve Doszpot, a great supporter of the MacKillop community. Amen

The Principal's Letter.

Dear families, students and friends,

HOSPITALITY DINNER

Congratulations to staff members Janelle Maas, Justin Kain, Janelle Jolly, and Jenny Light and to the senior hospitality students who put on a Parent Dinner of real quality on Wednesday evening.

Hospitality is about much more than just a meal. It is about kindness, generosity, and warmth. But it is also (rather importantly) about a meal, and the students and staff delivered a range of beautifully presented and appetising courses for the 100 guests in attendance. It was pleasing to note that a number of former hospitality students were also in attendance.

This was a wonderful meal and a great community event for the College.

PERFORMANCE REVIEWS FOR SENIOR LEADERS

Congratulations to the following senior staff, who have undertaken a review of their performance this year: Lachlan McNicol, Dale Argall, Jessica Stokman, Lyndall De Ambrosis, and Sandhya Tupule.

A review of one's performance can be an unsettling and challenging time, but on this occasion, the contribution of colleagues and College Executive Staff has provided those leaders with a reassuring experience and with some clear goals upon which to build a program of professional learning that will further enhance their capacities over the life of their next contract.

A particular congratulations to Mr Lachlan McNicol, who is in the substantial role of Assistant Principal but acted as Campus Head for the past two years. The qualities of his leadership, judgment, and regard for student welfare and wellbeing was most favourably highlighted in his outstanding review. Hard won and well deserved!

*"Hospitality
is about more
than just a
meal."*

PARENT SATISFACTION SURVEY

Thank you to the 38% of parents who participated in the Parent Satisfaction Survey, the results of which are now on our website and will also be included in our Annual Report. The information gathered by these surveys will be incorporated in our strategic planning and our ongoing review of policy and practice.

Generally, the results were extremely positive, however there were a number of constructive suggestions, which were valuable.

These surveys will be an annual event for all Archdiocesan system schools. Reassuringly, a number of suggestions paralleled the College's identified areas for school improvement, which we are currently working on and which we had alerted our Registration and Accreditation panel to earlier this year.

Yours in St Mary MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL



College News.



Parent Dinner

Congratulations to the Hospitality students in Years 11 and 12 who put on a delicious meal for parents and staff at the Isabella Campus' Cafe Bella.

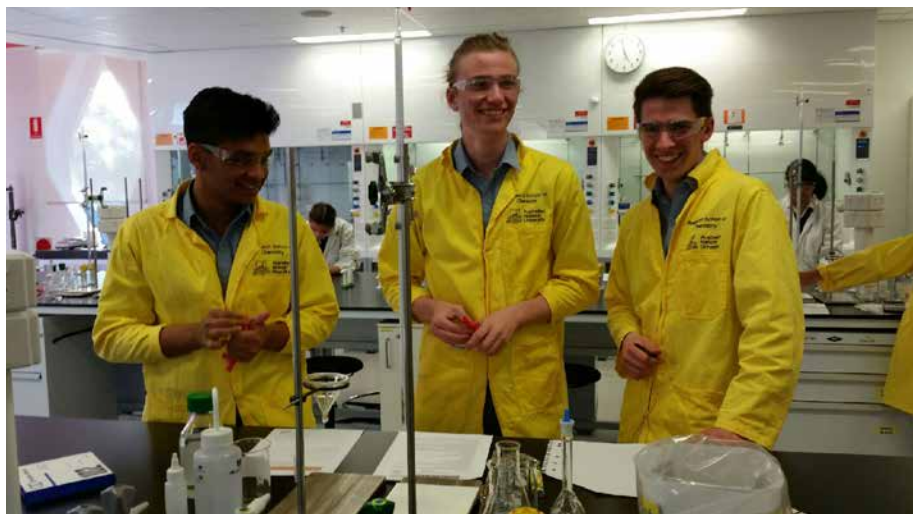
The students served canapes and mocktails as guests waited to be seated and then served up entrees, mains, cheese plates, dessert, and tea and coffee.

Under the guidance of staff members Janelle Maas, Justin Kain, Janelle Jolly, and Jenny Light, the students demonstrated real skill in creating and serving the range of courses.





College News.



National Titration Competition

Congratulations to Year 12 students Anooj Lad (Captain), James Maas, and Ryan Walls, who competed in the National Titration Finals at ANU on Monday evening. They achieved an outstanding result, with James picking up a gold medal and Anooj and Ryan each being awarded silver.

They qualified for the competition when they achieved a silver medal at the ACT Competition in July.

Anne Mackinnon

Science teacher



SisterACT

Congratulations to Ellen Scott and Caitlyn Williams (Year 9), whose idea to empower and support young women has received the Audrey Fagan Young Women's Enrichment Grant. The aim of the project is to create groups within Canberra schools, supported by an online forum, to ask questions and discuss issues they find important. Congratulations!



Melbourne Visual Arts Excursion

In Term 3, Visual Arts students flew to Melbourne with Mrs Prestipino and Mrs Murdoch. Over the course of three days, students were exposed to a range of art experiences in Victoria's capital city.

Some of these included: the National Gallery of Victoria; the exciting and fascinating animated world of Wallace & Gromit and Friends at the Australian Centre for the Moving Image (ACMI); the Heide Museum of Modern Art; a street art tour led by a practicing street artist through famous alleys such as Hosier Lane; and Blender Studios.

It was a busy but rewarding three days with students also enjoying the excitement and challenges of Melbourne city life, navigating public transport and eating at restaurants and cafes in well-known locations such as Lygon St. We look forward to offering this experience to Year 11/12 Visual Arts, Photography, Graphic Design and Media students again in 2019.

Tamara Murdoch

Visual Arts Coordinator



Ancient History

On 19 October, Year 11 and 12 Ancient History students travelled to Macquarie University to visit their Classics Museum and hear from Egyptologist Dr. Eve Guerry. In addition to hearing about her fascinating work on the continuing archaeological excavations in Thebes, Egypt, students had first-hand experience investigating and handling many ancient artefacts on display in the museum; analysing their origin, purpose and usefulness. Overall, it was a highly enjoyable day and rewarding for both students and teachers alike.

Tara Williams

SOSE teacher



Sport News.



Engarde Fencing Club

During the end of term 3 break, the Engarde@MacKillop Fencing Club had representatives compete in the Riverina Fencing Championship in Wagga Wagga and the ACT Under 20 Fencing Championships. Across the two tournaments, three MacKillop students featured heavily in the medal tally. Oliver Bryson (Year 9) won six medals (one gold, three silver, two bronze), Ashy Kinsella (Year 11) also won six medals (one gold, three silver, two bronze) and Benjamin Crowley (Year 7) won three medals (one silver, two bronze). Former MacKillop student Tom Makin also represented the club and won four medals (one gold, one silver, two bronze). Well done to those Engarde@MacKillop fencers.

Individual Achievement

Georgia Bryant (Year 7) and Maia Ergarac (Year 8) competed at the National Gymnastics Club Competition in Bendigo. Both girls were part of a five-member team that won the Australian title for their level; they were all round winners and also won floor and bars with a second place on vault and third place on beam. Georgia Bryant was first on floor and second on bars and Maia was first on the beam.

Michelle Bryant (Year 10) has been selected to be a runner in the Commonwealth Games Baton relay when it comes to Canberra. She was selected for her commitment to her sport and to teaching children healthy habits and fitness.

Sophie Tindale, Olivia Hart, Jamie Bowles, and Max Curry (all Year 7) represented the ACT at the National Hockey Championships in Perth during the school holidays.

Important Notices.

School Fees

Term 4 Fees are due to be paid by this Friday 27 October 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 like to switch off your paper statements and receive Fee Statements via email, please send an email to me at michelle.predovan@mackillop.act.edu.au from the email address you would like to receive your statement.

Michelle Predovan
Fees Manager

Qkr! Payment App

The College offers a convenient way for parents and carers to make various payments to the school. Qkr! (pronounced 'quicker') is a mobile payments app which enables parents to pay for school fees, excursions, ticketed events etc directly from their smart device. Qkr! accepts Visa and MasterCard and you can also register more than one card within the app. The Qkr! app is available from the Apple App Store and Google Play. By downloading and registering for Qkr!, you no longer need to leave the comfort of your home or send cash into the College to pay for these items. Qkr! is also available through your computer at <http://mackillop.act.edu.au/qkr/>

Jayne Limbrick
Fees and Accounts

Bursary Scheme

The ACT Secondary Bursary Scheme can provide financial support for students in Years 7-10. To be eligible, you must hold a Pensioner Concession Card or a Health Care Card with means tested 'payment codes'.

To apply, or for more information, visit www.det.act.gov.au and click through: school education > starting school > financial assistance for families.

Enquiries can be made through 6205 8262 or ACTSecondaryBursary@act.gov.au.

Michelle Predovan
Fees Manager



Pastoral Care.

Student Mentoring

The mentoring activities students undertake in their Pastoral Care classes throughout the year are an important aspect of College life and provide all students with opportunities for self-reflection: How am I going? What can I do to improve? Where can I go for support, guidance or assistance?

In the rush of completing tasks and meeting deadlines it is important for students to reflect on their practices and to make adjustments to their routines in seeking more effective ways of meeting the requirements of their classes and developing themselves as learners and members of a community. The Pastoral Care teacher aids this process through their engagement with the students about their learning, and by supporting, advising, guiding and responding as required.

This week on the Wanniasa Campus students were given the opportunity to reflect on their achievements throughout the year with a focus on being better than they were yesterday. This included reflecting on their progress, recognising strategies they have employed to make positive change, ways they have built upon their community involvement and areas in which they have improved throughout the year.

Monica Bailey

Assistant Principal Pastoral Care (Acting)

Leadership

On Wednesday Week 2, in preparation for the SRC elections this term, Year 8 attended a leadership presentation that highlighted key characteristics of a great leader. These included but are not restricted to a willingness to serve and working towards the betterment of the community. This presentation inspired us to get more involved with the community by nominating ourselves for the 2018 SRC with the elections held in the coming weeks. Although the election process will be a very nerve racking experience for those who have the courage to participate, we were reassured that, badge or no badge, as Year 9 students in 2018 we will all be leaders of the Wanniasa Campus. We are very grateful for the inspiring words said as many of us are now considering this opportunity to engage in the 2018 SRC.

Tyza Petersen + Rica Carasso

Year 8 students

Parenting ideas.

The article below "The secrets to communicating effectively with teenage boys" recognises the importance of maintaining open lines of communication with teenage boys even when their engaging them in conversations is challenging. The article provides some practical ideas to help stay in the game.



Sources of Strength

Over 10 days during Term 3, Sources of Strength ran a Gratitude Challenge, encouraging the students on the Wanniasa Campus to reflect on all the things they are grateful for. For 10 days, PC groups spent time as a group chatting about the top 3 things they were grateful for that day, from Breakfast to time to talk with friends before school. It was a great reminder that the little things count.

Year 8 Sources of Strength student leaders

Year 10 and Senior Exams - Semester 2 2017

Year 10 Exams S2 2017		
Tuesday 7 November	Period 1-2	Year 10 Mathematics
Wednesday 8 November	Period 1-2	Year 10 RE
Thursday 9 November	Period 1-2	Year 10 Science

- 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 2017		
	Year 11	Year 12
Wednesday 15 November Morning (9.00am)	English T	IT A/T Social and Community Work Exercise Science A/T Sociology A/T
Wednesday 15 November Afternoon (1.15pm)	Sociology A/T Earth Science Physics	English T
Thursday 16 November Morning (9.00am)	Literature Business A/T Geography A/T	RE A/T (Mr Nulley, Mr Barclay and Ms Milo's Classes Only)
Thursday 16 November Afternoon (1.15pm)	Mathematical Applications Mathematical Methods	Literature Geography A/T Chemistry English A
Friday 17 November Morning (9.00am)	History A/T – Modern Biology	Mathematical Applications Mathematical Methods
Friday 17 November Afternoon (1.15pm)	IT DM Hospitality T Economics Psychology A/T	IT DM Psychology A/T
Monday 20 November Morning (9.00am)	IT A/T Legal A/T	Business A/T Biology
Monday 20 November Afternoon (1.15pm)	Exercise Science A/T Senior Science Business Administration	Hospitality T Economics General Science A/T Business Administration
Tuesday 21 November Morning (9.00am)	Social and Community Work Chemistry	History A/T – Modern Physics
Tuesday 21 November Afternoon (1.15pm)		

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.



The secrets to communicating effectively with teenage boys

by Michael Grose

Communicating with adolescent boys can often consist of a series of questions (asked by parents) followed by monosyllabic answers (from your son). This can then deteriorate into grunts at certain ages or when your questions cut too close to the bone. For boys, mumbling or grunting monosyllabic answers is a great way to keep parents out of their lives.

However, it's important to continue to connect with your son, so here are some practical ideas to help you stay in the game with your teenage boy:

1. Don't shut them down

Boys often learn from a young age to keep their problems in. If a boy comes to his parents and says he has a big test tomorrow and he is really nervous it is easy to shut him down with remarks about his lack of study and messy bedroom. If he receives this type of response when he tentatively presents issues, then he will learn to shut down and keep his problems to himself in the future. It is really important for parents to read the subtext of a boy's conversations and requests. They frequently don't know how to say what is on their mind or how they are feeling. They can be very clumsy. Realise that your son may have something bigger on his mind than the presenting issue or question.

2. Respect their space

Boys tend to be cave dwellers when things go wrong for them. A bad day at school may be followed by an angry outburst on arrival home, particularly if he is asked that time-honoured question: "How was your day?"

"&^\$%%!!" may well be the response as he slams his bedroom door behind him. He has just entered his cave where he will take his time to settle his thoughts and generally turn within to draw on his internal resources. Resist the temptation to knock on his door and lovingly say, "Darling, is everything alright? Would you like to talk about it?" You are only inviting more rejection. The best solution is to wait until he comes out of his cave before you talk. Generally, he will come out when he has made some sense of what has happened to him and is ready to engage. This is the time to talk.

3. Get moving together

One way to get boys talking is to get them moving. Go for a walk together, wash the dishes together or do some other job and you will find their tongues loosen up. The pressure to speak is removed by activity. More than this, males are activity based. Just as activity and play is the language of fatherhood, activity is the mode to get many boys to open up and talk.

4. Ask what they think to find out how they feel

The way to a boy's heart is through his mind! If you want to find out how a boy is feeling, ask him what he is thinking. For instance, if he experiences rejection at school and he is obviously unhappy, ask him what he thinks about the situation rather than how he feels. He will actually tell you how he feels in the process. It is important that parents understand this and put this knowledge to good use if they want an entry point into their son's emotional life.



5. Keep the banter up

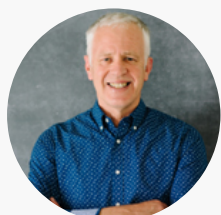
Esteemed educator Dr Tim Hawkes, author of *Ten conversations you must have with your son*, maintains that banter and small talk are essential elements in conversations with boys. Fun, trivia and jest are the foundations for more serious, significant conversations that a parent will have with their sons. If you are always serious – particularly a father – then a primary or secondary school-aged boy is less likely to listen to you than if you have the balance right between silly and significant.

6. Reinforce more than nag

Your effectiveness as a communicator to boys will be enhanced if you get the (positive) reinforcement to (negative) nagging ratio right. Many teenage boys benefit from being reminded about doing the right thing by others, being smart and acting confidently, but that doesn't mean that you should nag them all the time. They'll switch off to your message in a heartbeat. They're more likely to listen if you regularly point out their positives ("I love the way you..."), bite your tongue more than you speak (when you want to tell them how to behave), and choose your timing and words carefully when you have something important to say to them.

Despite your best communication techniques there will be times when feelings aren't shared, information is withheld and secrets are kept. As frustrating as this is for parents, it's a young man's prerogative to keep things close to his chest. When your son really clams up it's best to be open in your communication style and be on hand for when he eventually wants to talk. Parental availability is an underestimated parenting strategy.

Learn some great skills and knowledge to help you successfully raise the boys in your family in my practical 3-week Parenting Boys course. It's available now at [Parentingideas.com.au](https://parentingideas.com.au).



Michael Grose

*Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.*