



MacKillop

St Mary MacKillop College Canberra

COLLEGE
NEWSLETTER

NO. **18**
10 NOVEMBER 2017



In this edition.

ISART

Senior students showcased their artist talent with the annual Year 12 ISART exhibition.
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Performance

It was a busy week for Performing Arts, with the Year 12 Production and senior dance recitals.
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World Challenge

Students are prepared to embark on their 30-day expedition through Vietnam and Cambodia.
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Coming Up.

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

28 NOV

- Year 10 Community Day

WEDNESDAY

29 NOV

- Year 10 Semester 2 Awards Assembly
- Last day for Year 10

THURSDAY

30 NOV

- Market Day (Wanniassa)

FRIDAY

01 DEC

- Year 12 Graduation Mass and Formal

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)



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www.instagram.com/
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www.youtube.com/
stmarymackillop



*Lord, we pray that Your love and strength will be with the
Banksia Road Public School, Greenacre community. Amen*

The Principal's Letter.

Dear families, students and friends,

BANKSIA ROAD PUBLIC SCHOOL

Most of you will be aware of the appalling accident at Banksia Road Public School earlier this week. This community is from time to time touched by tragedy and sadness but we have not experienced what Banksia Road is currently enduring for some time – thank God! MacKillop has sent flowers to the Principal and staff of that primary school and many of us are keeping them in our thoughts and prayers. The combination of an accident, a tragedy, and police charges in the glare of media attention will be a real trial. I hope that community knows how supported they are around the country.

ISART

Visual Arts, Hospitality, Fashion, and Performing Arts are getting a real workout at this time of year. Congratulations to all of them for putting together a memorable ISART Exhibition and Expo, which opened on Wednesday night. The quality and variety of work produced and displayed was again inspirational. Producing art is an important experience for the artist, heightened with the sure knowledge of an audience that will be confronted, challenged, and energised by what they have done

EXAMINATION AND ASSESSMENT

As days are warmer and longer, and a holiday period appears on the horizon, it can be tempting for some to consider downing tools and beginning their break a little earlier than I might like – or that might be good for them! Everything will be done by the staff to ensure focus and energy are brought to final assessments and maximum examination achievement. Homework Club will be running on the junior campus and the Learning Commons facilities on the senior campus will be at each student's disposal. See you there!

ACEL AWARD FOR MR LACHLAN MCNICOL

Congratulations to Mr Lachlan McNicol, Campus Head Wanniasa (Acting), who will be receiving an Excellence in Education Award from the Australian Council of Educational Leaders. The award will be presented on Wednesday at an ACEL dinner. Mr McNicol is a driving force of dedication, commitment, and certainty at MacKillop – held in much affection by his colleagues and deep respect by the students. This award is thoroughly deserved and reflects well on ACEL for their recognition of the contribution of Mr McNicol to the lives of so many students and to a school of real significance in Canberra.

*"Mr McNicol
is a driving
force of
dedication,
commitment,
and certainty."*

.....

Yours in St Mary MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL



College News.



ISART

ISART, an exhibition of Year 12 Visual Arts, Photography, Media and Graphic Design, took place on the evening of Wednesday, 8 November at the Isabella Campus. Guests were also treated to a display of Textiles and Fashion as well as performances by some of our Music students.

The exhibition was officially opened by Rauny Worm, CEO of the Tuggeranong Arts Centre.

The exhibition will remain on display for the next two weeks during school hours.

Tamara Murdoch

Visual Arts Coordinator



College News.

Performance

Congratulations to the Year 12 Drama class, which put on its Senior Production *The Brothers Grimm Spectaculathon* on Monday and Tuesday nights this week. The class also performed for junior students at the Wanniasa Campus.

On Thursday afternoon, Year 12 Dance students performed their final assessment pieces at the Wanniasa Campus Theatre in front of families and friends.





College News.



Art Success

Congratulations to Rachel Manangan (Year 9), whose entry in Gai Brodtmann's 2017 Christmas Card Competition has been chosen as the winning design. The theme for competition was Christmas in Canberra. Rachel's design will now feature on the Member for Canberra's 2017 Christmas Card to the community.

Kieran Mala (Year 12) won 3rd place in the Design Canberra Photography competition. The theme was Canberra's architecture from the 1950's to the 1960's. Kieran photographed the Alexandra building in Woden to show that not all the stunning mid-century architecture in Canberra has stood the test of time. The goal of his image was to show that beauty could be found in all places, even the forgotten ones.

Year 8 student Aaron Hilborn's entry, Banksia Crow, in the Australian National Botanic Gardens Photographic Competition received a Commended certificate for the 'altered images' category. This competition was open to students in Years 7 to 12 across the nation.

Tamara Murdoch

Visual Arts Coordinator



Long Tan Award

The Australian Defence Force (ADF) Long Tan Youth Leadership and Teamwork Awards recognise students who demonstrate leadership and teamwork within both the school and the broader community, and who display strong values, such as doing one's best, respect for others and "mateship". This year, at our special assembly, Brianna Ambrosino (Year 10) and Jack Adamson (Year 12) received the Long Tan Award, while Lauren Frost (Year 12) was presented with the ADFA Education Award. Congratulations to these students.



World Challenge

Three teams of Year 10 and 11 students have been working towards a 30-day expedition through Vietnam and Cambodia. Preparation for the expedition started in October 2016 when students planned their itinerary. The next stage of the program was a training expedition over two days in Wee Jasper, where students were guided through a number of experiences, including: First Aid, casualty evacuation, river crossings, lost procedures, safety on steep ground, and crossing busy roads. On the trip, students will visit historic Hoi An, trek through the jungle, visit Ho Chi Minh City, take part in community engagement, and visit the temples of Angkor.

Sam McCombe

World Challenge Teacher



College News.



Defence Community Day

On Tuesday 31 October, members of the MacKillop Defence community, students, parents and staff, gathered together to celebrate the end of the year. Notably, the community were able to hear from Captain Jan Noonan, who, in her 30 years of Defence experience, had some captivating stories to share. As the first woman to command a Royal Australian Naval ship assigned to active service, Captain Noonan had a unique perspective to share with our boys and girls. Mr Gareth Bowen also presented a unique perspective to the students, sharing the many ways Defence life has coloured his family's experiences.

There was a great buzz in the afternoon as senior Defence students led various activities, some quite competitive! It was a great day to celebrate our achievements this year and look forward to everything to come in 2018.

A huge thanks goes to the parents who have supported the Mentor program, especially this event, and, as always, to the students for their energetic participation!

Desiree Disanayake

Defence Transition Mentor

Individual Achievement

Congratulations to the following students who will represent the ACT at the Pacific School Games in Adelaide from 3-9 December: Tom Grant, Daniel Anderson, Sienna Birnie, Stephanie Nikias, Max Curry, Jamie Bowles, Sophie Tindale, Kaycie Arena, Chloe Arnold, Madison Arnold, Rory Hesling, Cambell Willey, Georgia Willey, Ariadne Stergiou, Jordan Thurling (all Year 7), Laura Monterosso, Riley Hulkkonen, Jordyn Parritt, Tyra Petersen (all Year 8), Felix Birnie, Daniel Skazlic, Benjamin Anderson, Coby-Lee Maguire, Ally Thornton (all Year 9), Samantha Bowles, Gabrielle Petersen, Zoe Strzelczykowski (all Year 10), Sarah Nolan, Joshua Arnold, Joshua Ball (all Year 11), and Rebecca Cross (Year 12), who is also the team captain for the ACT Pacific School Games squad.

Important Notices.

Reports

The final 2017 semester reports will be emailed to families at the end of the year. Could you please ensure that we have the details of your preferred email address. If you have any queries or would like to update your current details please contact Amanda Lowman at Amanda.lowman@mackillop.act.edu.au.

School Fees

Fees for Term 4 should now be finalised unless paying by Direct Debit or other approved arrangement. Any outstanding fees should be paid immediately. 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.

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

Michelle Predovan
Fees Manager

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

Michelle Predovan
Fees Manager

Community Notices

BRINDABELLA BLUES FOOTBALL CLUB

Brindabella Blues are looking for girls U8-U14 for their Summer Development Academy from 13 November. To register, visit www.myfootballclub.com.au or contact brindabellatigersgc@gmail.com.

JOYELLE CALISTHENICS

Joyelle Calisthenics is looking for girls aged 12 and above to join their teams. Classes are in Calwell or Kambah. If you love to laugh, have fun, dance, do tricks, and work hard to get fit, contact Ali on 0412 831 695 or enquiries@joyelle.com.au.

Pastoral Care.



Campus Captain Elections

Congratulations to the Year 8 students who stood for the position of 2018 Wanniasa Campus Captain during last week's election process. We congratulate Lilly Vassallo and Jack Battye-Matheson on their success in gaining these important positions in the College for 2018.

The coming fortnight will start the focus on elections for the Year 8 and 10 SRC positions for 2018 as well as the Wanniasa House Captain roles. Best of luck goes out to all students who have put their names forward in this election process

Monica Bailey

Assistant Principal Pastoral Care (Acting)

GRIP Leadership

The 2018 Year 12 SRC Leadership Team recently completed the GRIP Leadership program at the AIS. After the conference we are inspired and motivated for the responsibilities of year ahead of us. We really enjoyed the chance to work with other school leaders and share our ideas. We are looking forward to a big year next year – we already have many ideas and activities that we want to share and then put into action. We can't wait for 2018!

2018 Year 12 SRC

Early Transition – Year 9

On Tuesday 31 October a group of year 9 students went to the Isabella Campus for an early transition opportunity. We were met by Ms Darley and the Year 10 Pastoral Coordinators and were shown around by some Year 10 students. I was impressed by the Trade Centre and the hospitality area. The IRC had many students from Years 10 to 12 studying and working on their assessment pieces. They seemed to be collaborating with other students about their work. This transition was an excellent opportunity to see what we have to look forward to in Year 10 next year.

Kiah Noble

Year 9 student

Year 7 Vaccinations

The following vaccines will be offered free as part of the ACT School Immunisation Program in Term 4 on 13 and 14 November.

- Human Papillomavirus (HPV) Dose 3
- Varicella (chickenpox)

If your son/daughter missed a vaccine during the year you will receive a letter in the post with information on catching up through the GP. Varicella is recommended for all students who have not had the vaccine, including those that have previously had the disease.

More information is available at:

<http://www.health.act.gov.au/our-services/immunisation/high-school-immunisation-program>

Monica Bailey

Assistant Principal Pastoral Care (Acting)

Status Awards

Congratulations to the following students who have this week been presented Bronze Status Awards at the Wanniasa Campus Assembly:

Jessica Baker (7F2), Lauren Bunnell (7AF), Brielle Carter (7AF), Riley Coonan (7AF), Patrick Cunningham (7E1), Jazmin Evans (7A2), Leila Haider (7A2), Grace Horrocks (7W3), Georgia Manera (7F2), Lucas O'Dea (7A2), Erin Shute (7E3), Jordan Thurling (7W2).

Parentingideas.

The article below "Help young people beat exam stress" is a timely reminder of positive ways we can support our boys and girls during this assessment dense period. The students of the Isabella Campus engage in specified exam periods and both campuses experience a number of in-class test and activities as well as take home assignments at this time of year. This article focuses on ways we can support and guide them during this challenging time.

Faith & Community.

Christmas, intention and Vinnies

When we speak of Christmas a myriad of thoughts, memories and feelings can spring to mind. For those of us who can remember a previous generation (or is it two now?) it may have meant wearing the 'Sunday best' in often stifling Australian heat and sitting down to an equally stifling hot meal of turkey, ham and Christmas pudding stuffed with coins and covered in brandy sauce.

For others, and perhaps more common these days, it means lazing around in thongs and eating cool salads with cold cuts, or at most prawns or kebabs from the BBQ. For some, it is a deeply religious time, for others this only goes as far as Carols by Candlelight on Channel Nine.

For some it can mean the joy of gift giving to loved ones. To others the urban nightmare of crowded malls and rapidly emptying wallets; the fellow shopper nearby wondering what that peculiar noise is as the teeth grind down as rapidly as the bank account under the yoke of consumerist pressure.

One common thread perhaps is an emphasis on family, although that too can be open to a range of experience. For some it's the delight of the 'clan' coming together, a bond that cannot be expressed in words. For others, it's the perplexing curiosity (and at times frustration) of the bizarre great aunt who continuously tells stories that have no relation to anyone, or the uncle who has a party of one in terms of his sense of humour. All the while the host slowly, sometimes rapidly, unravels as they cater for the many, receive praise from the few and try to keep the peace amongst the menagerie we call relatives.

Yet amid the morass of reflections on the Christmas experience, we should pause a moment and contemplate what this is all about, that of intention. Consider the intention/s of the above; to come together, to give, to share, to love and be loved. At times, and often through no fault of our own, our intention is there, but it can become lost with pressures like those mentioned.

For some this added pressure is that none of the above is possible. For some, bringing family together is a challenge, regardless of good, bad or quirky. For some, being able to have salad on Christmas Day will be a banquet. For some, a parent will be in anguish as their child tries to comprehend why Santa did not bring them a gift.

There are many sayings that we can draw on from St Mary MacKillop that moves our intention to action, perhaps the most commonly used being "never see a need without doing something about it". Throughout the year, our students have demonstrated their magnificent generosity to help those in need by raising literally tens of thousands of dollars for worthy causes.

Every year the MacKillop community gives to the St Vincent de Paul Christmas Appeal, but instead of money or food, MacKillop gives gifts. Last year students and their families gave a trailer load of gifts for children in Canberra and we would love to do so again. We ask our students to purchase a gift for children aged between 5 and 15 and to think about something that they would really enjoy receiving at Christmas. Pastoral Coordinators will be discussing the Appeal in more detail with their cohorts.

The word 'compassion' means 'to experience with' and what a wonderful way our students can experience the true meaning and intention of Christmas than sharing it with those in need through such a kind gesture.

Jonathan Moyle

Assistant Principal Faith Leadership

THIS CHRISTMAS, YOUR SUPPORT CAN MAKE WISHES COME TRUE.



Get involved through your school.

Support the Vinnies Christmas Appeal at school
or visit vinnies.org.au/getinvolved

 **Vinnies Christmas Appeal**
St Vincent de Paul Society

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.



Help young people beat exam stress

by Michael Grose



Now that we are coming to the pointy end of the year many young people will start to experience the stress that comes with impending examinations. Young people respond differently to the pressure that exams present. Some will see an exam as challenge that they need to rise to; some will be nervous because they haven't done enough work; and many will experience real stress as they see exams as THAT time of the year that determines their future.

The notion of exams, particularly final-year exams, as life-defining events can be very real for students who've spent 13 years of schooling leading to this single moment in time. At least that's how many see it. So as much as possible we need to help young people take a realistic view of examinations and remind them that they shouldn't pin all their hopes on one option. As generations of young people have found, life after finishing school doesn't always take the path they imagined when they were secondary students. Parents also need to keep our options open and be flexible about potential future pathways for our young people.

However, no matter how rational parents and students manage to be, exam stress can be very real. So let's look at some ways you can help your young person manage their stress and prepare well for their coming examinations.

1. Help them study smarter

Your young person's teachers have more than likely spent time helping them to develop smart study habits so you might want to check in and follow the teachers' advice. However you can also pass on some of these smart study tips: *Minimise the clutter around workspaces. For each study period, plan what you want to cover. Use mind maps and other aids to assist memory and organise thoughts. Take regular five-minute breaks to refresh. List issues you are unsure about and ask for help at school.*

2. Develop a relaxation strategy

Your young person needs to take regular breaks from the pressure and resultant stress of pending examinations, which is code for rest and relaxation. In a perfect world your young person would have already established a healthy relaxation habit that recharges and replenishes his or her batteries but importantly allows them to take a break from the pressure and grind of work. If not, it's never too late to encourage your young person to exercise each day, relax to music or even practise meditation and mindfulness to clear their mind of mental clutter.



3. Make sure they look after themselves

Good physical health affects exam performance as well as wellbeing. So make sure your young person gets 30

minutes of exercise each day, eats regular healthy meals and takes care of their sleep. Having enough sleep is extremely important to wellbeing and exam performance. These sleep tips may help: *Set a routine of going to bed and waking up at regular times. Aim for between seven and nine hours of sleep each night. Take 10 minutes time out before bed to process the day and put thoughts aside. Drink warm mild or chamomile tea to help relaxation. Play gentle, slow music to slow your heart beat down before bed.*

4. Steer clear of stimulants

It's tempting for a young person to turn to stimulants such as cigarettes, caffeine, NoDoz, alcohol, marijuana, dexamphetamine and other drugs to lift study performance. Reinforce to your young person that these short-term fixes inevitably lead to poor performance in the longer term.

5. Make sure they don't drop out of the family

Keep your young person connected to the family at this stage by expecting them to join you for family meals, help out at home and not to spend all their time in their bedrooms. Meal times can be therapeutic as they provide the opportunity for the student to talk. They're also a good chance for parents to keep an eye on their young person's wellbeing and mental health.



And on the day of the first exam....

If you're a veteran of young people's exams then you'll probably know how a low key, matter-of-fact, the-sun-will-rise-tomorrow approach will help. If you are new to the exam game as a parent then you can help your young person to be calm and positive by taking this approach yourself. Kids of all ages take their cues from their parents, particularly so when they are under stress.

Also encourage your young person to organise what they need the night before, to focus on relaxation techniques such as deep breathing to deal with the butterflies, and to steer clear of speaking to nervous and anxious friends on the morning of the exam to minimise their own anxiety.

Make sure you also do a little reality check yourself to make sure your expectations are in line with your young person's interests and abilities so that they don't leave home with the added burden of excessive parental expectation. The pressure to succeed that many young people place on themselves is often high enough as it is.

And of course, hearing "I love you no matter what..." should be the last words that your young people hears from you before he or she heads off to their exams.



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.