



# MacKillop

St Mary MacKillop College Canberra

COLLEGE  
NEWSLETTER

NO. **19**  
24 NOVEMBER 2017



## In this edition.

### Goodbye, Year 12

Year 12 students said an emotional farewell at their final assembly.  
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### Cricket Champions

Our Year 7/8 girls have become ACT & Southern NSW Cricket Champions  
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## Coming Up.

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

TUESDAY

05 DEC

- Year 10 2018 Transition Day

WEDNESDAY

06 DEC

- Year 10 2018 Transition  
Day

THURSDAY

07 DEC

- Year 7-9 Community  
Day

## Contact Us.



02 6209 0100



info@mackillop.act.edu.au



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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**mackillop.act**



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www.youtube.com/  
**stmarymackillop**



*Lord, may the Graduating Class know the comfort of Your love,  
as You carry them through a life of grace. Amen*

## The Principal's Letter.

Dear families, students and friends,

### FAREWELL (ALMOST) TO THE CLASS OF 2017

Year 12 were farewelled from the senior campus last Tuesday. Their assembly was good humoured, emotional, and a fitting end for a group of young women and men – most of whom arrived as boys and girls six years ago.

Their Graduation Mass will be at Holy Family Church, Gowrie at 10am on 1 December. All are welcome. The Graduation Formal will be held at the AIS that evening with arrivals from 6pm.

Thank you to the Year Coordinator, Mrs Kate Durham, for working with the year group over the past two years and to Ms Darley and Mr McNicol for their leadership of the campus during their time at MacKillop. Thank you also to all of the staff across the school who have provided each of the students with academic care, and extended to them their skill, patience, and friendship.

Academic results will be known in early December and CIT and university offers a little after that.

### YEAR 7/8 GIRLS CRICKET

Lachlan McNicol has coached many of our girls cricket teams to success and did so again with our Year 7/8 team at the ACT and Southern NSW finals. Women's sport has been a real strength at MacKillop and we had a number of sporting teams (both boys and girls) that had success in 2017. Congratulations to all students who have represented the College with enthusiasm and distinction.

We wish the girls the best of luck in the NSW State Finals next week.

### IMPORTANT DATES

29 November: Final day for Year 10  
5 & 6 December: Year 10 2018 Transition Days  
8 December: Final day for Years 7-9  
13 December: Issuing of Year 12 results and certificates  
5 February 2018: Years 7, 10, 11, and 12 commence  
6 February 2018: Years 8 and 9 commence

### COLLEGE BOARD MEMBERSHIP

Thank you to Dr Susanne Lawson who has completed her time on the College Board. Susanne has brought wisdom, judgment, and practical support to the Board and therefore to the school. Her contribution has not been insignificant.

Elections for parent representatives will take place in late February 2018. All families will be emailed directly and in that email the process for nomination and election will be outlined.

Yours in St Mary MacKillop,

MICHAEL LEE  
COLLEGE PRINCIPAL

*"Congratulations  
to all students  
who have  
represented the  
College with  
enthusiasm and  
distinction."*

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# College News.



## Goodbye, Year 12

The Class of 2017 bid an emotional goodbye to MacKillop with the Year 12 Breakfast and Farewell Assembly on Tuesday 14 November.

The day began at 8am with breakfast in F Block, put on by Year 11 Hospitality and next year's senior SRC members.

The graduating class were then led into the Isabella Campus Gymnasium as a year group for one last time for the Year 12 Assembly, which started at 9.15am.

The assembly featured tributes, performances, humour, video clips, photo montages, and reflection. Mr Lee read the famous Dr Seuss book, *Oh the places you'll go*, which has become tradition over the years, before handing each member of Year 12 a copy of the book as a gift.

Staff then created a guard of honour for Year 12 as they exited the gymnasium for one last time, where they were able to personally thank the teachers and support staff who have helped make their time at MacKillop so memorable.

Throughout the assembly, there were tears of sadness, but also joy at the accomplishment of 13 years of schooling.

The College thanks and congratulates the Class of 2017: we're proud of what you've achieved at MacKillop. Thank you for being part of the MacKillop journey, and best wishes for the future!



## College News.



### Year 7/8 Girls Cricket

The MacKillop Year 7/8 Girls Cricket team recently had convincing wins in all five of their matches at the ACT Schools Cricket competition. The success qualified the team to compete in the ACT and Southern NSW finals day that was played this week. The team won their first three games and advanced to the semi-finals. The team put in a strong batting performance scoring 250 runs, going on to win the semi-final by 108 runs. MacKillop won a close Grand Final to remain undefeated after ten matches. In doing so the team qualified to represent MacKillop at the NSW State Final to be played at North Sydney Oval next Wednesday.

*Lachlan McNicol*

Campus Head - Wanniasa



### Night Patrol

The College has completed another successful year being involved with the Vinnies Night Patrol Van. This is a charitable work of the Society of St Vincent de Paul which provides food, drinks, warm clothing and blankets to homeless and disadvantaged people living in Canberra. This year, 27 Year 12 students and 21 staff members activity participated in this ministry. All students had a positive and affirming experience, albeit an eye-opening one. From December 2017, to support disadvantaged people living in local Tuggeranong area, staff and students from MacKillop will be operating the van on an additional weekend at the Tuggeranong Town Centre.

*Rev. Vince Barclay*

Religious Education Teacher



### Engarde

On Sunday 19 November, MacKillop had two students represent the College and the ACT for Fencing competitions in Sydney. In the NSW State fencing Championship, Ashy Kinsella (Year 11) won a Bronze medals in the Women's U20 Sabre and Oliver Bryson (Year 9) won a Bronze medal in the Men's U20 Epee. Oliver also competed in the Sydney Olympic Cup and won a Gold medal in the Men's U15 Epee and won Overall Champion for U15 Epee.

### Status Awards

Congratulations to the following students who have this week been presented Bronze Status at the Wanniasa Campus Assembly: Chloe Arnold (7W1), Rachel Corkery (7EW), Sarah Edwards (7A1), Kiara Green (7F1), Elizabeth Marchant (7W2), Patrick O'Connor (7F1), Jack Street (7F3).

#### STATUS AWARDS AFTERNOON

Over 50 Bronze and Silver Status Semester 2 awardees joined in a range of activities this afternoon as part of the end of semester activities awarded to all Status recipients. The event is one of the many advantages of gaining Status throughout the year. Others include tokens to spend at next week's Market Day and the opportunity to choose between a canteen voucher or instead opt to donate the money to their House charity. Congratulations to all students who gained Status this year.



### Swing Into Life

Mud, sweat, tears and more mud flowed when Year 10 students completed the Swing into Life course in Narrabundah. These lucky-ish students went through, under, over and slid down obstacles designed to test their individual fitness and teamwork. Whilst the idea of mud in shoes and the lovely smell of the water had some running for cover, others dived straight in with the only bit of colour left showing at the end of the day being the whites of their teeth. Well done to all those students who challenged themselves, moved out of their comfort zone and helped others when the going got tough. Looking forward to next years trip already!

*Mr Argall, Mr Schofield, Mr McCombe*  
PE Teachers



## Student Exchange.

### Want to host an exchange student?

In Term 1 2018, 23 students from MacKillop's Sister School, Institution St Joseph's, will be traveling all the way from Le Havre in France to Canberra.

The French Exchange students will stay with us for nine nights, from 21 February - 2 March 2018.

The College is seeking families who are interested in hosting a French Exchange student during this period. The opportunity is open to all MacKillop students and their families. It is a fantastic opportunity to meet someone from another culture and learn about their way of life. You don't need to be studying French to host an exchange student.

Host student testimonials:



"It was a great experience, getting to know what French people are like, and then seeing them have fun doing our things."



"We became really good friends, I would say she is one of my best friends and I consider her a sister rather than just a host-exchange partner."



If you would like more information, contact Mr Peter Johnson ([peter.johnson@mackillop.act.edu.au](mailto:peter.johnson@mackillop.act.edu.au)) or Ms Isabella Ensueque ([Isabelle.Ensueque@mackillop.act.edu.au](mailto:Isabelle.Ensueque@mackillop.act.edu.au)).

A big thanks to all the families who have hosted a student in 2017. The exchange program wouldn't be possible without the generosity of the MacKillop community.

*Peter Johnson*

Project Officer - International Programs

## Important Notices.

### Reports

Semester 2 reports will be emailed to families at the end of the year. If you require a hard copy of your child's report or would like to update your email address, please contact Ros Hollands at [ros.hollands@mackillop.act.edu.au](mailto:ros.hollands@mackillop.act.edu.au) for Isabella or Amanda Lowman at [amanda.lowman@mackillop.act.edu.au](mailto:amanda.lowman@mackillop.act.edu.au) for Wanniasa.

### 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](mailto: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](http://www.det.act.gov.au). Enquiries can be made through [ACTSecondaryBursary@act.gov.au](mailto:ACTSecondaryBursary@act.gov.au) or by calling 6205 8262.

*Michelle Predovan*  
Fees Manager

### Homework Club

Homework Club Wanniasa Campus - The last day for Homework Club for 2017 is Thursday 30 November. Homework Club will resume in Week 2 2018.

All books are to be returned to school by Wednesday the 29 November. A reminder that if books have been damaged or misplaced the replacement cost of the books is to be paid.

*Cathryn Thomas*  
Teacher Librarian - Wanniasa

# Pastoral Care.

## SRC 2018

The announcement of House Captains and SRC positions for 2018 this week brought to an end a very successful leadership process that saw a large number worthy students put their names forward for nomination. The successful candidates of both campuses are listed below:

### College Portfolio Captains

College Captain Female - Sarah Purcell  
College Captain Male - Thomas Couper-Logan  
College Captain Faith and Community - Elle Caldwell  
College Captain Sustainability - Ryan Badowski  
College Captain Performing Arts - Sophie Highmore  
College Captain Sport - Lochlan Hattch

### College House Captains

Mindygarri House Captain: Bailey Goymer Peak & Jessica Povey  
Gurabang House Captain: Amber Brophy & Bradley Jones  
Meup Meup House Captain: Sarah Masters & Connor Fitzgerald  
Ngadyung House Captain: Abby McKenzie & Bastijn De Ruijter

### Year 11 SRC

*Elections to take place Term 1 Week 1 2018*

### Year 10 SRC

Mindygarri: Tianna Cossettini  
Meup Meup: John Whinfield  
Gurabang: Joseph Packer  
Ngadyung: Colby Brown

### Wanniassa Campus Captains

Lilly Vassallo and Jack Batty-Matheson

### Wanniassa House Captains

Mindygarri House Captain: Aakriti Mehra, Aaron Hilborn  
Meup Meup House Captain: Kira Tawton, Samuel Palic  
Gurabang House Captain: Alyssa Shiell, Jayavi Keerthisinghe  
Ngadyung House Captain: Mia Cachia, Daniel Carroll

### Year 8 SRC

Mindygarri: Marcus Murphy  
Meup Meup: Ebony Brunt  
Gurabang: Joshua Campbell  
Ngadyung: Jake Keen

### Year 7 SRC

*Elections to take place Term 1 Week 10 2018*

## MacKillop School Shoes

In preparation for the 2017 school year, many students may be in a position of needing to purchase new school shoes. The policy regarding school shoes is outlined on the College website and in the Student Diary and states the following:

- Traditional, black, leather, lace up, polishable school shoes.
- Suede shoes and black joggers are not acceptable for safety reasons.
- Elevated shoes and platform heels are not a part of the College uniform. The sole should be no more than 2 cm high and the heel 3 cm.
- Buckle shoes, canvas shoes, ballet shoes, cloth shoes, and slip on shoes are NOT permitted.

The information page later in this newsletter is designed to assist parents and students in clarifying what is suitable in order to avoid any confusion.

## Parentingideas

The article at the end of this newsletter, "When young people catastrophise" investigates some children's tendencies to catastrophise situations and suggests ways that help steer them towards a more positive, more realistic appraisal to help combat one bad event or incident define their entire day.

*Monica Bailey*

Assistant Principal Pastoral Care (Acting)

# Community News.

### INDIGENOUS ART MARKET 2017

The AIATSIS Indigenous Art Market takes place on Friday 8 December (12-8pm) and Saturday 9 December (10am-3pm) at 51 Lawson Crescent, Acton Peninsula. Come along and buy authentic Aboriginal art, crafts, fashion and jewellery from some of Australia's most remote regions and support the artists and their communities.

### TUGGERANONG HAWKS JUNIORS

The Tuggeranong Hawks Juniors are recruiting players for the 2018 season. The Hawks are planning to field teams in the Under 13 to Under 17 boy's and in the Under 15 and Under 18 girl's competitions so if you looking to enjoy the action on the footy field and be a part of this ground breaking season, come play for the Hawks. For more information about the Hawks go to [www.tuggeranongfc.com.au](http://www.tuggeranongfc.com.au).

### INTERNATIONAL NATIVITIES EXPO

This exhibition of 350 Nativities is an entrée to family discussion on the true meaning of Christmas. From some 80 countries, they present the diverse cultures that embrace the Christian story, from the Palestinian Territories to Vietnam and China. Hands-on craft activities for children, as well as nativity jigsaws, puppets and books. This will be held at the Catholic Pastoral Centre, 55 Franklin St. Manuka on:

- Fri 8 December: 2pm-7pm
- Sat 9 December: 10am-5pm
- Sun 10 December: 9am-7pm.

Contact: Keith Linard at [linard.keith@gmail.com](mailto:linard.keith@gmail.com) or on 0412 376 317.

### TEEN START UP

Teen Start-Up offers educational school holiday programs that encourage students to be curious, solve problems and extend their thinking. Our January 2018 program includes:

- The Science of Everyday (11 & 12 January 2018)
- Digital Design (15 & 16 January 2018)
- People Power (22, 23, 24 January 2018) – scholarships available

Visit <https://www.teenstartupcamp.com.au/> or call (02) 6163-8300 to find out more.

### WODEN VALLEY YOUTH CHOIR

Auditions for WVYC will be held on Saturday 2 December between 8.30am and 5pm. people between the ages of 6 and 25 are warmly invited to audition. Visit [www.wvyc.org.au](http://www.wvyc.org.au).



### **SIBLING DISCOUNT FORM**

Catholic Education offers a discount on Tuition fees to siblings who are attending St Mary MacKillop College and one or more of the following schools:

- ☐ Merici College
- ☐ St Clare's College
- ☐ St Francis Xavier College
- ☐ St John Paul College

If you have a student attending any of the above Colleges, as well as having a student at St Mary MacKillop College, please complete the section below and return it to the Accounts Office for the sibling discount to be applied to your account in 2018.

**Please note that you do not need to fill in the form below if all siblings are attending St Mary MacKillop College as they automatically receive the sibling discount.**

If you have any concerns regarding this matter, please contact the Fees Manager on 6209 0147.

NAME: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

STUDENT'S FULL NAME	SCHOOL ATTENDING IN 2018	Year Group 2018

PLEASE RETURN THIS FORM TO THE ACCOUNTS OFFICE **BY 8 December 2017**





# St Mary MacKillop College

## School Shoes

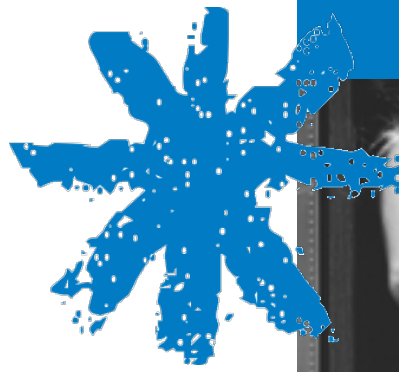
*In terms of footwear, the expectation is traditional, black, leather, lace up, polishable school shoes. Suede shoes and black joggers are not acceptable for safety reasons. Elevated shoes and platform heels are not a part of the College uniform. The sole should be no more than 2 cm high and the heel 3 cm. Buckle shoes, canvas shoes, ballet shoes, cloth shoes, and slip on shoes are NOT permitted.*

Traditional school shoes are leather, have a heel, a sturdy upper and a sole of sufficient density to ensure safety in the differing learning areas where students work.

Shoes which do not meet the College criteria:

- do not cover all of the upper foot
- are not polishable
- do not have a heel
- have a thin sole
- are not robust enough to protect the top of the foot





## When young people catastrophise

by Michael Grose

*Recently, Deidre (not her real name), a mother of two children, told me how her 13-year-old son would often exaggerate his woes with comments such as "This is the worst day ever" when he came in the door after school. She was seeking my advice on what approach she should take with her son.*

Diedre was attuned to her son's needs. She realised that he had a need to talk about what was on his mind, which put her at odds with her husband who viewed her son as a pessimist. So what approach to take?

### Place time limits on pessimism

Her son was more than likely down the pessimist end of the pessimism-optimism continuum. There's nothing wrong with that although it would very limiting if he saw the world only through a negative lens. Pessimism and optimism are part genetic and part learned so regardless of how sunny and optimistic the adults around them are, some kids are just more prone to seeing the downside in most situations. It's important to listen to kids but at the same time don't allow them to wallow in self-pity or go over old, negative ground. Listen to their tale but at some point it's best to say, "Enough! It's time to think about other things."

### Cue kids to talk

Children of all ages have a need to talk about their days and get things off their chests. [Kids Helpline's](#) busiest part of the day is the time immediately after school when kids call to talk about problems with teachers and also with peers. It's healthy for young people to talk to adults to debrief. "The worst day ever" is a type of cue for Deidre's son to vent. Perhaps Diedre can let her son know that she's always available to talk and that all he needs to do is say, "Mum, I need to talk", letting him know that he doesn't have to be negative in order for her to listen.



### Allow kids to vent and be understood

There's nothing more therapeutic than knowing someone understands you. As a listener that means you need to stop what you are doing and really tune into the feelings behind your child's venting. If your child is feeling sad, mad or rejected think of a recent time when you felt the same way and share that with them. It will allow you to get on the same wavelength as your child. This takes time and a willingness to be vulnerable, but it is probably what your child wants from you.

## Call kids out on extreme black-and-white language

Many young people catastrophise or see situations in extreme terms. "The worst day ever", "Everyone hates me" and "The teacher never says anything nice to me" are examples of extreme views. The world is rarely so black and white. Challenge extreme language. Wind it back with more realistic responses such as "Yes, it sounds like you're having a bad day", "Some people can be unpleasant but you have some terrific friends" or "That teacher can be grumpy sometimes but I think you'll find he can be reasonable too"



## Encourage kids to show gratitude

If you have a child who constantly brings the negative parts of their day to you then it may be wise to bring some balance to his or her viewpoint. Do this by encouraging them to show some gratitude for the good or positive things that happened to them. Many resilience experts encourage children and young people to keep a gratitude journal. At the end of each day they should note in this journal three things that happened to them that they are grateful for. Not only does this add some much-needed perspective but routinely looking for the good and positive sides of life can become habit-forming even for died-in-the-wool negative Nevilles and Nellies.

Deidre's initial approach – listening to her son when he wanted to talk about his day – was the right one. However she admitted she was tired of being the sole recipient of her son's constant negativity. If you can identify with Deidre then I encourage you to be empathetic and understanding but also to have some different strategies at your finger tips to steer your child or young person towards a more positive, more realistic appraisal, not allowing one bad event or incident define their entire day.



### 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.*