



MacKillop

St Mary MacKillop College Canberra

giving thanks for
20
YEARS

**COLLEGE
NEWSLETTER**
9 MARCH 2018

NO. 03

IN THIS EDITION

SWIMMING CARNIVAL

Gurabang and Ngadyung were the big winners at this year's Swimming Carnival, held at the Dickson Aquatic Centre on 1 March.

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STUDENT ACHIEVEMENT

Students have been achieving great things in their personal endeavours at the start of 2018 - particularly in sport.

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NAPLAN INFORMATION

NAPLAN is coming up in May. Get the latest information on how NAPLAN will work at the College in 2018.

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COMING

UP

MON **12** MAR

• Canberra Day Public Holiday

TUE **20** MAR

• Opening Mass
• Opening of Providence Building and
Julian Tenison Woods Laboratories

WED **21** MAR

• Year 7 Learning Conversations

TUE **27** MAR

• Athletics Carnival

WED **28** MAR

• Year 7 Community Day

THU **29** MAR

• Easter Liturgies

FRI **30** MAR

• Good Friday

CONTACT DETAILS &

SOCIAL MEDIA



02 6209 0100



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Tuggeranong ACT 2901**



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



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PRINCIPAL'S

LETTER



Dear families, students and friends,

COLLEGE'S NEW VISION STATEMENT

One of the few recommendations from MacKillop's five-year registration and accreditation review last year was that the College Vision Statement be revised. This has been a 10-month process involving consultation with students, staff, clergy, Catholic Education, and with the MacKillop College Board.

The board signed off on the final draft last week and as part of the 20-Year Celebrations, I am pleased to publish the new Vision Statement.

A Vision Statement challenges, defines, and enables a shared belonging, belief, and sense of purpose. It can be used to defend, guide, and explain policy, process, and action.

I would like to thank everybody involved in the process. The statement retains the open, clear language of the original document, but spells out more clearly the values of the Gospel, and invites the work and legacy of the Sisters of St Joseph into the school's sense of direction and endeavour.

**St Mary MacKillop College is a dynamic welcoming community
based on the gospel values of Faith, Hope and Love
and upon the legacy of the Sisters of St Joseph.**

It is a learning environment where excellence in education is valued.

**Members of the community are nurtured and empowered
to face the future with faith and courage.**

SWIMMING CARNIVAL

Congratulations to Miss Jen Fahey, her organising team, all staff, student leaders, and participants who worked to make the College Swimming Carnival a successful and memorable day for the College. The sense of community, healthy competition, and spirit were features of the day.

The winners on the day were Gurabang (Championship) and Ngadyung (Spirit Cup). Congratulations to everyone who participated, particularly those who broke records and set new personal bests.

NAPLAN

Important data surrounding NAPLAN testing 2017 is now with the school. I will publish more details in the next newsletter but a first reading of the data for this school compared to 'like schools' around the country is reassuring.

Yours in St Mary MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

*"A Vision
Statement
challenges,
defines, and
enables a shared
belonging,
belief, and sense
of purpose."*

PRINCIPAL'S PRAYER

Lord,

Give us guidance in this
Lenten season.

Amen.





COLLEGE SWIMMING CARNIVAL

Ngadyung and Gurabang claimed the honours at the end of a closely fought and entertaining Swimming Carnival at the Dickson Aquatic Centre on 1 March.

Ngadyung made it back-to-back victories in the Spirit Cup, while Gurabang returned to winning ways, capturing the Championship Trophy and bringing to an end its brief two-year trophy drought.



Despite being held on the first day of autumn, the students were able to enjoy some warm summer weather, which fit the carnival's theme, "Bring back the holidays". To embrace the theme, the College turned Dickson pool into a tropical paradise, with most students donning Hawaiian shirts or dressing in their house colours. Caritas Corner also featured a baby pool full of inflatable pool toys for students to lounge around in between events.



Fundraising for Caritas has been a prominent feature of the carnival over the years, and this continued with events like the baby pool and a sponge throw. At the end of the day, Mr McNicol delivered on his promise to dive into the pool, despite the fundraising efforts on the day falling short of the \$3000 target.

Students are to be congratulated for their teamwork, spirit, high levels of participation, and their displays of athleticism in the pool. Thank you to the staff – especially the new Sports Facilitator, Miss Jen Fahey – who played a crucial role in making the day a great success.



SUSTAINABILITY

In Week 2, Year 12 students Ashy Kinsella and Harleen Kaur were invited to present to a panel of teachers about the youth parliament of sustainability. Last year the two girls were selected as one of the few presentations (focused on reducing Canberra ecological footprint) to politicians at the Legislative Assembly. They were asked to present this presentation to teachers as well as give advice on how the program could be taught and gave ideas that the teachers could utilise to support their students for the youth parliament in 2018.

Aisling Kinsella

Year 12



STUDENT ACHIEVEMENT



Abigail Adera (Year 11) competed in the Australian Cross Triathlon and Aquathlon Championships last month. She finished 1st in her age group, 1st overall in the Cross Triathlon and placed 2nd in the Aquathlon. Both events took place on the same day with only three hours rest in between!



Ben Stokes (Year 12) competed in the Australian Swimming Trials at the start of March in the 200m Freestyle Para Multiclass S14 event. Ben managed a 3.1 second PB in the heats and qualified for the National Final, which had National TV coverage. Ben finished the final in 7th place overall.



Michelle Bryant (Year 11) was one of only 60 Canberrans chosen to participate in the Queen's Baton Relay for the Commonwealth Games on Australia Day during the school holidays. She was selected for her dedication to her sport and for her commitment to teaching children healthy habits and fitness.

Grace Lyons (Year 7) was a finalist in the School Sport ACT 2017 Awards for the 12 & Under All Rounder Award.

Scarlett Kris (Year 10) has been selected for the Australian Indigenous U15 Netball team (known as the Budgies), which will compete at a range of events throughout the year.

Shayne McMahon-Lee (Year 7) has headed to South Australia to represent the ACT at the National Wakeboarding Championships.



IMPORTANT NOTICES

LAWN MOWERS NEEDED!

The Technology Faculty is looking for the donations of old lawn mowers so that Year 10 students can work on them. If you would like to donate, contact John on 6209 0164 or email john.solari@mackillop.act.edu.au.

John Solari

Technology Assistant - Isabella

TERM 1 SCHOOL FEES

Fees for Term 1 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

EXCHANGE STUDENTS VISIT ENGARDE

Two of our visitors from Institution St Joseph's, Simone and Gabriel, took the time to visit the Engarde Fencing Club at the Wanniasa Campus. It was great to hear 'Engarde' in an authentic French accent!





YEAR 10 CAMP - URBAN CHALLENGE

The Year 10 Camp, scheduled for the last week of Semester 1, will be run in conjunction with The Urban Challenge. The company provide an innovative and adventurous program designed to engage students in the urban landscape of Sydney and its surrounds. Students will operate in small teams of approximately 15 with each student taking on the responsibility of a specific role within the team. Teams are required to complete a series of challenges and activities, embarking on an unfolding adventure that takes them all over Sydney with the aid of public transport. Students are given the freedom to make their own decisions. This includes being responsible for navigating their way around the city, buying and cooking food, solving clues and managing a team budget.

In preparation for the camp, staff from The Urban Challenge will be at the College next week to provide information to parents and students. The details of the parent information session are:

Date Wednesday 14 March
Time 6.00pm
Venue Learning Commons at the Isabella Campus

An information session for Year 10 students will be held the following morning, Thursday 15 March.

GRIP LEADERSHIP

On Monday 5 March the Wanniasa SRC participated in the GRIP Leadership Conference at the Australian Institute of Sport. Throughout the day we participated in various team building exercises and elective sessions.

Some key topics throughout the day included: fundraising ideas, our capacity as leaders, event participation, school pride, team effectiveness and four ways to grow in integrity. The theme of the day was TRANSFORM, which means to make changes that help others and also to grow ourselves. We had the opportunity to meet leaders from many other schools, share ideas and expand on what we had learnt.

We found the day to be very informative and are grateful for the opportunity to attend. We look forward to implementing some of the insights we have gained into our leadership roles at MacKillop.

Lilly Vassallo + Jack Battye-Matheson

Campus Captains, Wanniasa

STATUS AWARDS

Congratulations to the following students who have been presented with Bronze Status Awards at the Wanniasa Campus Assembly: Isabella Pinzon (7A3), Joshua Piper (7A3).

SENIOR LEADERSHIP DAY

While most of the school was enjoying Moderation Day on Tuesday 6 March, the 2018 senior student leadership team participated in a 'Burn Bright' leadership conference. This conference offered opportunities to network with other school student leadership teams from across Canberra and to discuss the qualities and ideology behind positive leadership.

Throughout the day we engaged in a number of activities that pushed our comfort zones and encouraged us to connect and form relationships with other student leaders. The team from 'Burn Bright' ran a multitude of teamwork building activities and sessions throughout the day with the purpose creating a strong leadership team with a clear vision for the year.

The day provided a platform for our team to build and grow as well as foster a strong sense of unity between our senior college leadership team. Thank you to Mrs Galvin for attending the day and providing support.

Sarah Purcell + Thomas Couper-Logan

Campus Captains, Wanniasa

AFTER-SCHOOL SPORT

During 2018 an after school sports program will again be conducted on the Wanniasa Campus. The after school sport has been a success in recent years. Students in Years 7 to 9 are encouraged to participate in the sporting activities and games organised by College Sports Captain Lochlan Hattch; led by Year 12 student volunteers and supervised by a member of staff.

Lochlan spoke at this week's Wanniasa Campus Assembly about the opportunity for students in Years 7 to 9 to participate in an afternoon of sport activity. In Term 1, the sport will be Soccer and the program will run on Wednesday afternoons from Week 6 until Week 10, from 3.30pm to 4.30pm on the Wanniasa Campus oval.

The afternoons are open to all students. It may attract boys and girls who play Soccer competitively, while it is also designed to cater for those students who may have no involvement in organised sports. Students wishing to attend do not have to have any experience of playing Soccer. They can attend with friends and participate in an atmosphere of fun while developing and maintaining fitness and learning new skills.

Students who have attained Bronze or Silver Status will be able to count the hours that they attend towards their application for the next level of Status, as Community Involvement time.

Consent forms for interested students are available from Pastoral Care Coordinators, the PE Staffroom or they can also be downloaded from Canvas.

Similar opportunities in other sports will be organised during Terms 2 to 4 this year.

Lochlan McNicol

Assistant Principal Pastoral Care



NAPLAN INFORMATION

NAPLAN COORDINATED PRACTICE TEST

On 22 March at 10.30 am, ACT schools will participate in a nationally coordinated 45 minute practice test session. The goal of this test event is to support student familiarisation and replicate the load on the NAPLAN platform anticipated for the first session of NAPLAN Online 2018. At St Mary MacKillop College, all Year 7 will participate in the testing on this day. Students will need a fully charged laptop and a set of headphones.

DEMONSTRATION SITE (FAMILIARISATION)

Students, teachers and parents can become familiar with NAPLAN Online by completing mini-tests available at the public demonstration site, <http://bit.ly/naplanonline>. The purpose of the site is to familiarise students with the type of items they will see on NAPLAN Online and related functionalities. This level of familiarisation is worthwhile to help students understand and be comfortable with the format of the test.

Mazia O'Donnell + Clare Fletcher

Assistant Principals Curriculum (Acting)



LEARNING COMMONS

How can the Learning Commons Library support students learning?

There are many great resources that are available from the Learning Commons Library. The resources The Learning Commons Library provide include:

FACTS ON FILE: a database for students in Year 7-12. Facts on File can be found on the Library Canvas page. The username and password can also be found there. Currently there are databases for English, SOSE, IHUM, Religious Education and Science. There is also an additional database for Issues and Controversies.

EBSCO: a database for students in Year 10-12 students. EBSCO can be found on the MacKillop login portal. This site does not require a username and password. Currently there is a database for Science, English, Physical Education, Psychology and a database on Australian/New Zealand points of view.

LIBGUIDE: a Library of texts selected by the Learning Commons team and other SMMC staff. The LibGuide can be found on the Library Canvas page or the URL libguide.mackillop.act.edu.au. The aim of the LibGuide is to provide students with curated materials that directly relate to their classwork. This includes websites, videos, Facts on File, EBSCO, DVC and books from our collection. You may find useful materials for your next research task here.

And, of course, there are books, textbooks, DVC videos and more! Library resources can be found on the Canvas 'Library' page. If parents need assistance or want to know how these resources can support their son/daughter's learning, please contact Learning Commons Library Staff at either campus.

Jessica Stokman

Learning Commons Coordinator



NAPLAN will be online from 15-25 May 2018.



NAPLAN Online:

- is more engaging and adjusts questions to meet your child's achievement level.
- delivers more precise literacy and numeracy achievement results to schools and parents more quickly.
- supports school improvement by enabling teachers to monitor student progress over time and to identify areas of strength and development.

Our school encourages all eligible students to participate in NAPLAN.
Visit www.nap.edu.au to see how the test works and for more information.

20-YEARS



20 YEAR CELEBRATIONS

CURRENT AND FORMER STAFF BRUNCH

SUNDAY 18 MARCH • 10.30AM • ISABELLA PLAINS CAMPUS

All current and former staff of MacKillop, St Peter's, and Padua are invited to brunch at the College's Isabella (St Peter's) Campus. Following brunch, tours of both Campuses will take place.

RSVP: events@mackillop.act.edu.au by Friday 9 March.

OPENING MASS

TUESDAY 20 MARCH • 9.30AM • TUGGERANONG BASKETBALL STADIUM

Members of the community are invited to celebrate Mass at the Tuggeranong Basketball Stadium on 20 March. Mass will be celebrated by Fr James Antony of the Corpus Christi Parish. All welcome.

OPENING OF THE NEW BUILDINGS AT ISABELLA

TUESDAY 20 MARCH • 12PM • ISABELLA PLAINS CAMPUS

The Opening and Blessing of the Fr Julian Tenison Woods Laboratories and the Providence Building takes place after the Opening Mass. These buildings are to be opened by Sr Mary Ellen O'Donoghue, Regional Leader of the Sisters of St Joseph (NSW/ACT) and blessed by His Grace, Archbishop Christopher Prowse.

RSVP: events@mackillop.act.edu.au by Friday 15 March.



COMMUNITY NEWS

BRAZILIAN JIU JITSU (BJJ) FOR KIDS AND TEENS

This takes place on Fridays from 5:30 - 6:30pm at Elite Physique Phillip, corner of Townshend and Botany streets. Brazilian Jiu Jitsu is a martial art where students use submission grappling techniques to overcome larger or stronger opponents.

No special equipment or clothing required, no locked in term fees and the first lesson is free! great for building confidence, fitness and promoting respect, BJJ is always more fun with friends so spread the word. For more info, email Mr Margosis - Jeremy.margosis@mackillop.act.edu.au

CANBERRA CITY CHEERLEADING

Canberra City Cheerleading is a not for profit community club that offers competitive and recreational cheer and dance to all ages. Anyone who is interested in joining the club is welcome to come along and join in - we train at the Erindale PCYC on Sunday afternoons. For more information, email enquiries.ccc@gmail.com

SAVVY SCHOOLWEAR

Our uniform suppliers, Savvy Schoolwear, are holding an exclusive offer to Zero & Rewards Card holders: 20% off schoolwear instore and online on Thursday 15 March.

ITALIAN SCHOOL

The Italian Language School offers Saturday classes in Italian from 1.30pm until 4pm at Yarralumla Primary School, Loftus Street Yarralumla. Practise and consolidate the Italian you learn at school and extend your learning and experience of the language and culture. For information, visit <https://italianlanguageschool.org.au>.

CORPUS CHRISTI EASTER MASS TIMES

Holy Thursday, 29 March:	7:30pm - Mass of the Lord's Supper
Good Friday, 30 March:	11am - Stations of the Cross (St Clare of Assisi School grounds) 3pm - The Passion and Death of Our Lord, Followed by 1st Rite of Reconciliation
Holy Saturday, 31 March:	10am-11am - 1st Rite of Reconciliation 7.30pm - Easter Vigil
Easter Sunday, 1 April:	8am & 10am Mass (NO 6pm)

TUGGERANONG UNITED WOMEN'S PREMIER LEAGUE

TUFC has opportunities across all age groups and squads (U13 - Senior) in 2018. It is a fantastic opportunity to join a club dedicated and committed to developing its pathway for girls to play football. Training occurs every Tuesday and Thursday throughout the season:

Place:	Kambah 2
Time:	WPL Under 13 & 15 5.00pm - 6.30pm WPL Under 17 & Senior 6.30pm - 8.30pm

If you are interested in playing or would like more information about the TUFC women's program, contact the WPL Head Coach Michael Aldred on 0438 327 155 or wplcoach@tufc.org.au

FRIENDS OF IRELAND SOCIETY ECUMENICAL SERVICE

You are warmly invited to attend the Friends of Ireland Society Annual Ecumenical Service in honour of St Patrick, held in conjunction with the Australian Centre for Christianity and Culture on Friday 16 March from 12-2pm, 15 Blackall St. Barton. The service will be led by Anglican Bishop, who will be joined by clergy from the Catholic, Uniting and Presbyterian Churches, and by representatives of Canberra's Irish community organisations. The Canberra Celtic Choir will perform as well as traditional musicians. Key note speaker is journalist and Canberra identity Genevieve Jacobs. www.friendsofireland.org/contact/



insights

Let kids off the leash for greater confidence and resilience

by Michael Grose



“Did you as a child or teenager enjoy more freedom to move around your neighbourhood than you give to your kids?”

I often ask parents this question at my presentations and the answer is usually overwhelmingly affirmative. I then ask:

“Put your hand up if you benefitted from this freedom in any way including developing self-confidence, gaining independence and learning how to solve your own problems.”

Almost every parent present raises a hand.

Deep down we know that giving kids more freedom is good for their overall development, yet we so often struggle to give kids the same liberties to roam that many of us enjoyed as children ourselves.

Recently Tim Berryman, principal of Fitzroy Community School, [gave a speech](#) urging parents to be brave and give their children more freedom.



The speech obviously struck a chord, as more parents in his school now allow their children to travel to school independently, as well as walk to the shops, the park or friends' homes without an adult.

Bravo to the principal for taking a stand and three cheers to the parents who changed their ways and gave their kids the opportunity to roam away from home without adult supervision.

In my book *Spoonfed Generation* I wrote how it was the edgier escapades – such as climbing walls, exploring drains and building cubbies from scraps scrounged from a nearby wood yard – and not the safe experiences that shaped me and made me less fearful as a child. These types of experiences in unpredictable environments taught me about being resourceful, assessing risk and confronting my fears.

I would strongly argue that although I benefited greatly from a very good formal education at school it was these unorganised activities that helped me reach my full potential. Unfortunately, these are not the type of experiences many of today's children and young people enjoy.



Not all risks are the same

There are a number of reasons why today's generation experience less freedom than previous generations. These include busy after-school schedules leaving less time for wandering and the centralisation of shops and parks reducing opportunities for walking. However it's the perception that the world is a more dangerous place that seems to be most pertinent. This is despite there being little evidence to suggest that stranger danger is on the rise.

The wish to keep kids safe is now paramount for many adults, but it comes at the expense of children's and young people's natural developmental need for unpredictable experiences away from constant adult supervision.

We need to be careful we don't throw all risk into the same basket. We need to separate risk-taking in terms of unsafe/unhealthy risks (e.g. playing chicken with cars on busy roads) and safe/developmental risks (e.g. using traffic lights to cross busy roads). It's evident that children who are exposed to safe risk-taking usually are less fearful, less anxious and more able to take on new

challenges and experiences.

Parents need to be brave

Perhaps one of the hardest parts of parenting is letting go of our primal need to keep kids safe from pain and harm. The wish to protect is in the DNA of most parents, yet we can't let that innate desire restrict children's basic developmental need to explore, to be curious and to pull away from parental protectiveness.

As Tim Berryman said so eloquently in his speech, "We don't need to reflect for long to consider all the disasters that could befall our children in the park, travelling to school or going to the shops. (But) if we are aware of the cost of this fear, and instead keep it in check, we will help to nurture a more empowered child, laying out the ground for a more empowered adult."

Just as we want our children to be brave and face their fears, we too need to face down some of the unwarranted fears that we have for our children's safety. Navigating fear is a part of parenting just as it is part of growing up. It makes us feel uncomfortable. But when we face those fears, confidence and competence grows and anxiety dissipates. This principle is just as pertinent for parents as it is for our kids.



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.