



# MacKillop

St Mary MacKillop College Canberra



**COLLEGE  
NEWSLETTER**  
6 APRIL 2018

NO. 05

20  
YEARS

## IN THIS EDITION

### **ATHLETICS CARNIVAL**

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Meup Meup defended both trophies at last week's Athletics Carnival.

### **RELAY FOR LIFE**

PAGE 7

Year 12 have raised an astronomical amount of money for Cancer Council ACT.

### **YEAR 7 COMMUNITY DAY**

PAGE 8

Year 7 students spent a day working on their leadership and teamwork skills.

**COMING**

**UP**

THU **1 2** A P R

• ANZAC Ceremonies

FRI **1 3** A P R

• Last day of Term 1

MON **3 0** A P R

• Term 2 Commences  
• Parent/Teacher Interviews (W)

TUE **0 1** M A Y

• Parent/Teacher Interviews (I)

WED **0 2** M A Y

• Parent/Teacher Interviews (W)  
• Outdoor Ed Camp departs

THU **0 3** M A Y

• Parent/Teacher Interviews (I)  
• Year 11 Retreat departs  
• Year 7 Immunisations

FRI **0 4** M A Y

• Year 7 Immunisations

## CONTACT DETAILS &

## SOCIAL MEDIA



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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www.youtube.com/  
**stmarymackillop**





# PRINCIPAL'S

# LETTER



Dear families, students and friends,

## HAPPY EASTER!

Congratulations to Assistant Principal Mr Jonathan Moyle, Mr Benjamin Bowman, the staff/student choir, Mr George Nulley, and all who provided for our two dignified and moving Easter Liturgies at each campus last week. Thank you to all the students who participated and contributed to this very important event in the liturgical year.

## ENROLMENT PERIOD

The College is accepting Applications for Enrolment for Year 7, 2019 and I have been visiting primary schools since last week. Being a guest in our primary schools and being so warmly welcomed by students and staff has been a real pleasure. If you have a child in Year 6 or know of people who do, please note the following dates for our Enrolment Information Sessions:

### YEAR 7, 2019 INFORMATION NIGHT - Monday 7 May 2018

Wanniassa (Padua) Campus, 6:30pm

### TRY MACKILLOP DAY - Friday 11 May 2018

Details and registration available now via the College Website. For Year 6 students only.

### YEAR 11, 2019 INFORMATION NIGHT + CAREERS EXPO - Wednesday 16 May 2018

Isabella (St Peter's) Campus, 4:30-7pm with Principal's Presentation at 6pm

### PRINCIPAL'S TOURS OF THE JUNIOR CAMPUS - various dates

Details and registration available now via the College Website

## ATHLETICS CARNIVAL 2018

Each year these carnivals get better and better. Congratulations to Miss Jennifer Fahey, College staff, and to the students who were part of the organisation of this fantastic day.

Congratulations to all members of Meup Meup House who again won the Championship Trophy and Spirit Cup! Two years in a row!

The emphasis at MacKillop is on personal best, participation, and the competitive spirit. Fair play, the collaboration of each other's achievements, and personal endeavour were in clear abundance at the carnival.

## COLLEGE BOARD NOMINATIONS

The College will call for nominations at the beginning of June via this newsletter for parents to nominate for election to the Board. There will be three vacancies to fill. Any parent or carer who has signed an enrolment form and who is interested in being elected is encouraged to stand.

Depending on the number of nominations, elections will be held electronically in the middle of June, with results announced by the end of June. The nomination process will require your full name to be published, 50-100 words about you and your desire to stand, and an option to have your photograph circulated if you wish.

Yours in St Mary MacKillop,

MICHAEL LEE  
COLLEGE PRINCIPAL

*"Congratulations  
to all members  
of Meup Meup  
House who  
again won the  
Championship  
Trophy and  
Spirit Cup!"*

## PRINCIPAL'S PRAYER

*Lord,*

*We place our hope in your  
Resurrection.*

*May we always be Easter  
people.*

*Amen.*





# MacKillop

St Mary MacKillop College Canberra

## ENROLLING NOW

## FOR 2019

**7 MAY** **Year 7 Info Night**  
6:30pm at the Wanniasa Campus  
Includes a presentation and tours

**11 MAY** **Try MacKillop Day**  
For Year 6 students. Book online:  
[www.mackillop.act.edu.au](http://www.mackillop.act.edu.au)

**16 MAY** **Year 11 Info Night**  
4:30-7pm at the Isabella Campus  
Includes a presentation at 6pm

More details at  
[www.mackillop.act.edu.au](http://www.mackillop.act.edu.au)







## VISIT OUR NEW SCIENCE BUILDING



**MacKillop**  
St Mary MacKillop College Canberra

### AN INVITATION

Parents/carers and former students of the College are warmly invited to visit the Fr Julian Tension Woods Laboratories on the Isabella (St Peter's) Campus.

The labs were completed this year at a cost of \$5 million and will be the centre of scientific inquiry, research and teaching in the senior years at MacKillop now and into the future.

**When:** Monday, 9 April 2018  
3:30pm – 5:30pm  
**Where:** St Mary MacKillop College  
Isabella (St Peter's) Campus

The Labs were Blessed and Opened by our Archbishop, Christopher Prowse, and the Regional Leader of the Sisters of St Joseph, Sr Mary Ellen O'Donoghue. Built entirely from school funds budgeted over several years, they are entirely paid for, leaving the College debt free.

Drop in for a quick look. See you there!

Michael Lee  
College Principal



## ATHLETICS CARNIVAL

A dramatic, come-from-behind victory saw Meup Meup claim both the Spirit Cup and Championship Trophy at last week's Athletics Carnival at the Australian Institute of Sport.

Despite leading the Spirit Cup points tally from the very start of the day, the Championship Trophy looked destined to go to Ngadyung or Gurabang until a late effort in the 4x100m relays saw Meup Meup clinch victory.

Meup Meup's 'double' meant that they have now won five of the last six Athletics Carnival trophies on offer and have taken over from Ngadyung as the "House to beat" in track and field.

The warm weather ensured maximum participation as students competed in the track and field events, took part in the tug o' war, or cheered on their peers. The huge number of competitors, unrelenting spirit in the stands, sense of co-operation, and displays of athleticism were real features of the day.

The high level of enthusiasm meant that any of the four Houses could have taken out the Spirit Cup on the day, but Meup Meup's 'fiery' spirit made them deserved winners in the end.

Congratulations and thank you to Miss Jen Fahey and her team of staff and students who helped to put on such a memorable event. Congratulations to all students for the high level of participation, spirit, teamwork, and athletic prowess.

It was certainly a carnival to remember!







## RELAY FOR LIFE

On Saturday 24 March, 103 Year 12 students participated in the Relay for Life at the AIS Athletics Track. Relay for Life is a fundraiser that contributes to the Cancer Council with all money raised at the event used in the Canberra community helping those in need.

Each year, Year 12 students are given the opportunity to participate in Relay for Life and this year we made it one of the biggest ever for MacKillop. We were able to raise \$12,800. One student raised over \$2,000 and another over \$1,500 for the Cancer Council.

All 103 students took turns in walking a baton around, which became exceedingly difficult in the early hours of the morning. Students aimed to beat 180 laps, or 72 kilometres, which was last year's record by a MacKillop student. We soon realised how difficult this challenge was! The MacKillop community held a strong presence on the day and the community spirit spread throughout our campsite. Relay for Life was an incredible bonding experience for all Year 12 students who were involved. Thank you to all teachers and students who attended and made the day possible. It was an incredible experience, which demonstrated our spirit of generosity, faith, and courage to rise to the challenge.

**Elle Caldwell**

Faith + Community Captain



### A WORD FROM THE COORDINATOR

Thank you to Elle Caldwell, the Faith and Community Captain, who helped in the lead up and during the event. Thank you to all the wonderful students who participated and the teachers who came to support our students during the day and overnight.

Here is one of my favourite emails to the team leading up to the event just two days before:

*Dear Students,*

*We have now reached a staggering \$11446 dollars. This money could do so much to help someone with cancer or support future research in find cures. Thank you so much to my year level you are a wonderful group of students and I am so proud to have been your Pastoral Coordinator for the past three years. You put a smile on my face every day.*

*Tomorrow we walk for cancer and for those in our families past and present who have had or still have cancer.*

*Love, Mrs Keppel*

**Anna Keppel**

Year 12 Coordinator



## NEWS + NOTICES

### STUDENT ACHIEVEMENT

Clare Levings (Year 8) is playing cricket with the Country NSW team against a touring USA girls cricket team in Bowral today.

### UNIFORM SHOP

The College's Second-Hand Clothing Store will be open on 24 April from 9am-11am at the Wanniasa (Padua) Campus in the Student Reception area.

### LAWN MOWERS NEEDED!

The Technology Faculty is looking for the donations of old lawn mowers so that Year 10 students can work on them. The College thanks families that have been able to donate so far. If you would like to donate, contact John at [john.solari@mackillop.act.edu.au](mailto:john.solari@mackillop.act.edu.au) or call 6209 0164.

*John Solari*

Technology Assistant - Isabella

### SCHOOL FEES

Thank you to the families who have paid Term 1 fees. Any outstanding fees should be paid immediately unless paying by Direct Debit or other approved arrangement.

Term 2 fees will be sent out during the holidays. Term 2 fees are due to be paid by 18 May 2018.

Please note – if you pay via Direct Debit your fee statement will be automatically emailed to your home email address.

If you would like to switch off your paper statements please send an email to [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



### YEAR 7 COMMUNITY DAY

All Year 7 students have participated in a Year 7 Community Day where the purpose of the day was to build skills in leadership and learn to work as a team.

We gathered in the morning to see a play about the life of St Mary of the Cross MacKillop and how she helped others during her life. Then we listened to a presentation given by Mr McNicol about leadership. He spoke about the qualities of a good leader and showed us examples. He also spoke about how we all have different strengths and ways of being a good leader.

There were four different activities throughout the day, that all focused on different types of leadership. Working in our Houses allowed us to get to know others and see who in our house might be a good representative member for our SRC (Student Representative Council). We were encouraged to show our leadership qualities, but also to show that we can work efficiently and cooperatively with others. The activities throughout the day helped us to build friendships with the other people in our House through different activities. We learnt that leadership is very important and is about helping others so they can perform to the best of their ability. Leadership is important because in a society you need to be able to take charge for the good of others and yourself. Teamwork is a valuable quality to possess and you need to be able to take everybody's thoughts into account but not be overpowering.

*Kalan Hais + Sarah Lilley*

Year 7 students





## WINTER UNIFORM

A reminder that from the beginning of Term 2 all students are to wear the Winter Uniform.

- For boys this means that tailored mid-grey school trousers are to be worn with a black belt and junior (7-10) or senior (11-12) school tie.
- Girls may wear the pleated tartan winter skirt or tailored navy slacks with College monogram, a white over-blouse with College monogram and a teal kerchief. Opaque navy tights are optional.
- The College teal jumper and/or navy College jacket with College crest should be worn to keep warm
- School shoes are to be traditional, lace up, black and polishable

Students are reminded that any holiday 'variations' such as facial piercings or fashionable extremes to hair such as colours or styles should be rectified before returning to school for the new term.

More detailed information is available in the Student Diary, on the College website and on Canvas.

If there are circumstances that prevent students from wearing the correct uniform, they are required to bring a signed note from their parents to explain the situation. This needs to be presented to the Pastoral Care Coordinator during PC time each morning to obtain a uniform pass.

## NAVIGATING YOUR TEEN'S MENTAL HEALTH

Details of a Black Dog Institute webinar for parents and carers of any young person is attached to this newsletter.

Date: Thursday 19 April  
Time: 7.00pm - 7.45pm (AEST)  
Register: [community@blackdog.org.au](mailto:community@blackdog.org.au)  
Cost: Free

## HEALTHY HEADSPACE SKILLS WORKSHOPS

Headspace Canberra are running a free skills-based workshop designed to provide young people with tools for maintaining wellbeing.

Who: Young people between 12 and 25 years of age (Parents & carers welcome)  
When: Thursday evenings from 5:30pm – 6:30pm  
Where: headspace Canberra  
RSVP: 6201 5343

### Key Dates & Topics

3 May Sleeping Well  
10 May Physical Wellbeing for mental health  
17 May Communicating with Confidence  
24 May Mindfulness and Relaxation  
31 May Understanding & Accepting Myself  
7 June Understanding my Anger  
14 June Understanding my Feelings  
21 June Healthy Thinking

The workshops are designed as standalone workshops to provide skills on a range of different topics. Workshops include facilitated discussion & activities with a take home booklet and resources.

## ANU MENTAL HEALTH OPPORTUNITY

A report released in 2017 by Mission Australia and the Black Dog Institute indicated higher levels of psychological distress among young females in the ACT.

In response to this data, the ACT Office for Women is keen to investigate what may be driving this higher level of psychological distress and are working in conjunction with staff from the Centre for Mental Health Research at the ANU. As part of this process in trying to understand the reason for the higher levels in the ACT, focus groups consisting of students, school staff and parents will be formed.

Female students in Years 10-12 at St Mary MacKillop College have been invited to participate in this research. The focus groups will be facilitated by a psychologist and held at the College during school hours. Interested participants will be invited to attend a focus group lasting approximately 90 minutes, which will explore potential factors impacting on the wellbeing of female adolescents in the ACT. Research staff at the ANU are also interested in running a focus group with interested parents (5-10) who may have some insights into this issue.

Students and/or parents who are interested in being involved in the focus groups are asked to contact Associate Professor Alison Calear at the ANU directly at [Alison.Calear@anu.edu.au](mailto:Alison.Calear@anu.edu.au) or 6125 8406.

## PARENTING IDEAS

Parents play a vital role preparing teenagers for success at secondary school. This week's Parenting Ideas article shares six tips about how parents can support their children to achieve their best at school.

*Lachlan McNicol*

Assistant Principal Pastoral Care



## MATHEMATICS NEWS

### STUDYING FOR AND SITTING A MATHS ASSESSMENT TASK

The following are some suggestions about how to thoroughly prepare for and sit a Maths assessment task:

Preparing for the task

- 1) At least a week before the task, thoroughly review your notes.
- 2) As you review each section of your notes be honest with yourself and think about whether you really understand the work. If the answer is yes then it would be a good idea to practise some related questions. If the answer is no then you need to address this and this can be done in a variety of ways: speak with your teacher, research Maths related videos such as YouTube, Wootube, Khan Academy, Education Perfect, Mathspace etc or read through any related worked examples in your textbook.
- 3) Practise, practise practise! Make sure that you practice a variety of question types, don't just choose the easy ones.
- 4) You may like to prepare a summary sheet to assist your study especially making note of any formulae required. It is particularly important at this stage to know what each formula is used for.
- 5) Ensure that you mark your work. It is very important that you check that you are getting the correct answers so you don't keep repeating the same mistake.

Sitting the task

- 1) Approach the task with a confident attitude recognising the effort that you put into preparing for the task.
- 2) Read the questions carefully, remembering that this is where we unlock how to tackle the problem. Sometimes we might have to re-read the question several times or underline/highlight key words.
- 3) Manage your time carefully. You want to try and answer all questions. If you find yourself spending too long on a question or you are stuck it is important to move on to other questions as these might be easier for you to work on.
- 4) If your brain freezes then try and do simple things to get it going again like writing down some formulae that is related to the topic.
- 5) If you finish your task early then use the remaining time to check over your work being careful that you haven't made any silly mistakes with rounding errors or basic calculations.

**Jonathan Chandra + Frances Sargeant**

Mathematics Coordinators

## NAPLAN

### NAPLAN YEAR 9

All students participating in NAPLAN Online 2018 are expected to complete a practice/familiarisation test prior to the May NAPLAN tests. A practice test window has been scheduled between 22 March and 20 April. Year 9 completed a successful trial session 22 March.

On Wednesday 11 April, during PC and PC program (P1), YR 9 will undertake the NAPLAN practice/familiarisation test. IT will be visiting PC classes to install the NAP browser. Students will not be able to complete the test without this. It must not be deleted once installed. Students will need a fully charged laptop, a pen or pencil and a set of head phones to complete the test.


### DEMONSTRATION SITE (FAMILIARISATION) FOR YEARS 7 AND 9

Students, teachers and parents can become familiar with NAPLAN Online by completing mini-tests available in 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.

If you have any questions regarding your son/daughter's participation in NAPLAN, please contact Clare Fletcher at [clare.fletcher@mackillop.act.edu.au](mailto:clare.fletcher@mackillop.act.edu.au).

**Clare Fletcher**

Assistant Principal Curriculum (Acting)




**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](http://www.nap.edu.au) to see how the test works and for more information.**









## PE PATHWAYS NEWS

### **PE PATHWAYS: PROMOTING LONG TERM ATHLETIC DEVELOPMENT AND EMPOWERING STUDENT ATHLETES TO ACHIEVE THEIR FULL POTENTIAL.**

Term 1, 2018 marks an exciting year of growth for PE Pathways! The College established PE Pathways in 2016 and piloted the program with one Year 10 class. We now have six Pathways classes—two Year 10 Pathways classes, two Year 11 Sports Development classes and two Year 12 Sports Development classes. Our expansion of PE Pathways has established a clear avenue to support student athletes at the College.

Our PE Pathways teachers have worked to improve class content, resources and assessment based on feedback received throughout 2017. Students have been diligent in their start to the academic year, demonstrating enthusiasm in their course work and assessment items. We are keen to build on this level of interest throughout the year as we continue to develop the Pathways program.

### **AIS BASECAMP**

In 2018, PE Pathways has partnered with the Australian Institute of Sport to provide Pathways students with access to the AIS Basecamp program. Pathways students can use the online Basecamp portal to access training programs, videos and other information on topics such as athletic development, nutrition, sports psychology and recovery.

In Term 2 we will release more information about our partnership with AIS Basecamp. Until then, you can learn more about AIS Basecamp at: [https://www.ausport.gov.au/ais/athlete\\_pathways\\_and\\_development/myaisbasecamp](https://www.ausport.gov.au/ais/athlete_pathways_and_development/myaisbasecamp).

### **PARTNERSHIP WITH TUGGERANONG VIKINGS RUGBY UNION CLUB**

PE Pathways has established a partnership with the Tuggeranong Vikings Rugby Union Club to promote the long term athletic development of Pathways students. Lee Bozwell, Pathways Development and Athletic Performance Manager at Tuggeranong Vikings, will attend PE Pathways classes throughout the year and support Pathways teachers to develop students' athletic ability.

Lee is the strength and conditioning coach for the Tuggeranong Vikings and has extensive experience in this field. Lee will assist in the supervision and coaching of Pathways students in practical lessons in the College's fitness center.

*Dominic Lenasduzzi*

PE Pathways



## COMMUNITY NEWS

### **SMITH FAMILY SAVER PLUS PROGRAM**

Can Saver Plus assist you with high school costs? Join Saver Plus and match your savings, dollar for dollar, up to \$500 for education costs including school uniforms and text books; computers, laptops and tablets; excursions and camps; sports equipment, uniforms and lessons; and music tuition and instrument hire. For information and eligibility requirements, visit [www.saverplus.org.au](http://www.saverplus.org.au) or contact Kathleen Watson at [kathleen.watson@thesmithfamily.com.au](mailto:kathleen.watson@thesmithfamily.com.au).

### **PARENTLINE ACT**

Parentline ACT is a confidential and free telephone and face-to-face counselling and information service. Phone Parentline if you would you like:

- To talk with someone about those parenting issues.
- Help with some ideas on raising children.
- Support in the important job you are doing.
- To know what is available for parents, teenagers and children.
- To build better relationships in your family.
- Help to understand your child or teenager's behaviour.
- Make an appointment for a counselling session.

Call Parentline on 6287 3833 on Monday-Friday from 9am-5pm.

### **TENNIS CANBERRA**

April School holiday camps will take place in both weeks of the school holidays. For information, visit [www.tenniscanberra.com.au/holiday-program](http://www.tenniscanberra.com.au/holiday-program).

The Autumn/Winter Tennis Season is about to launch. If you want to get involved, visit [www.tenniscanberra.com.au/junior-tennis](http://www.tenniscanberra.com.au/junior-tennis).

# NAPLAN Online – information for parents and carers



2018

## Why do students do NAPLAN tests?

The National Assessment Program – Literacy and Numeracy (NAPLAN) assesses literacy and numeracy skills that are essential for every child to progress through school and life.

Students in Years 3, 5, 7 and 9 participate in the annual NAPLAN tests in reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy.

The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests. NAPLAN tests are just one aspect of a school's assessment and reporting process; they do not replace ongoing assessments made by teachers about student performance.

NAPLAN tests also provide schools, education authorities and governments with information about how education programs are working and whether young Australians are meeting important educational outcomes in literacy and numeracy.

## What will be tested?

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum. All government and non-government education authorities have contributed to the development of NAPLAN materials.

In 2018, for the first time, some students will sit NAPLAN online. To get an idea of what the tests look like, visit the public demonstration site at [nap.edu.au/online-assessment/public-demonstration-site](http://nap.edu.au/online-assessment/public-demonstration-site)

NAPLAN Online will not be a test of keyboard skills. There are variations in how fast and well a student can type – just as there are variations in how fast and well a student can write by hand. Year 3 students will continue to complete the writing test on paper.

## How can I help my child prepare for NAPLAN?

Help your child prepare for NAPLAN by reassuring them that the tests are just one part of their school program, and by reminding them on the day to simply try their best. Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance. Ensuring students are familiar with using devices, typing on them and navigating through programs are a part of student learning and a requirement of the Australian Curriculum from the first year at school.

ACARA does not recommend the use of services by coaching providers or excessive preparation. NAPLAN is not about passing or failing, but about assessing learning progress.

## Will my child sit NAPLAN on paper or online?

Your child will sit the NAPLAN online tests in 2018.

However, children in some other schools across Australia will sit the NAPLAN paper tests this year. Federal, state and territory education ministers have agreed that NAPLAN will move online over the next two to three years. State and territory education authorities will determine when their schools move online.

NAPLAN Online uses an adaptive test design, which presents questions that better match student achievement levels and provide more precise results for teachers and schools. As students are presented with questions that test the same range of difficulty, regardless of whether they complete the test online or on paper, results for both formats will be reported on the same NAPLAN assessment scale.

To find out more about NAPLAN Online, visit [nap.edu.au/online-assessment](http://nap.edu.au/online-assessment)



## Participation in NAPLAN

All students in Years 3, 5, 7 and 9 are expected to participate in the annual NAPLAN tests.

Students with disability may qualify for adjustments that reflect the support normally provided for classroom assessments. Where applicable, you should first discuss the use of any disability adjustments for your child with your child's teacher.

A formal exemption may be granted for a student with significant intellectual disability and/or significant coexisting conditions, or for a student who has recently arrived in Australia and has a non-English speaking background.

Your school principal and your local test administration authority can give you more information on NAPLAN Online disability adjustments or the process required to gain a formal exemption.

## NAPLAN Online 2018 tests timetable

The test window for NAPLAN Online is extended from three days provided for the paper test to nine days to give schools more flexibility in scheduling and accommodate schools that may have fewer devices. The NAPLAN Online test window starts on Tuesday 15 May and finishes on Friday 25 May.

The online tests must be taken in the following order:

Test	Duration	Order	Details
Writing	Year 3: 40 min. Year 5: 40 min. Year 7: 40 min. Year 9: 40 min.	To be completed in the first two days	Year 3 students do a paper-based writing test
Reading	Year 3: 45 min. Year 5: 50 min. Year 7: 65 min. Year 9: 65 min.	To be completed before the conventions of language test	Students read a range of informative, imaginative and persuasive texts
Conventions of language	Year 3: 40 min. Year 5: 40 min. Year 7: 45 min. Year 9: 45 min.	To be completed after the reading test	This test includes spelling, grammar and punctuation
Numeracy	Year 3: 45 min. Year 5: 50 min. Year 7: 60 min. Year 9: 60 min.	To be completed after the conventions of language test	This test includes number and algebra; measurement and geometry; and statistics and probability

## What if my child is absent from school on test days?

Where possible, schools may arrange for individual students who are absent at the time of testing to complete missed tests at another time during the school's test schedule. Individual students are not permitted to sit NAPLAN online tests after Friday 25 May 2018.

## How is my child's performance measured?

Individual student performance is shown on a national achievement scale for each test. A result at the national minimum standard indicates that the student has demonstrated the basic literacy and numeracy skills needed to participate fully in that year level. The performance of individual students can be compared to the average performance of all students in Australia.

A NAPLAN report will be issued by your school later in the year. If you do not receive a report, you should contact your school.

## How are NAPLAN test results used?

- Students and parents may use individual results to discuss progress with teachers.
- Teachers use results to help them better identify students who require greater challenges or additional support.
- Schools use results to identify strengths and weaknesses in teaching programs and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- The community can see average school NAPLAN results at [myschool.edu.au](https://myschool.edu.au)

## Where can I get more information?

For more information about NAPLAN:

- contact your child's school
- contact your local test administration authority at [nap.edu.au/TAA](https://nap.edu.au/TAA)
- visit [nap.edu.au](https://nap.edu.au)

For information about how personal information for NAPLAN will be handled by ACARA, visit [nap.edu.au/naplanprivacy](https://nap.edu.au/naplanprivacy)

## BLACK DOG INSTITUTE WEBINAR EVENT:

# Navigating your teen's mental health

This webinar event is for parents and carers of any young person.

**Date:** Thursday April 19th

**Time:** 7pm - 7.45pm (AEST)

**Register:** [community@blackdog.org.au](mailto:community@blackdog.org.au)

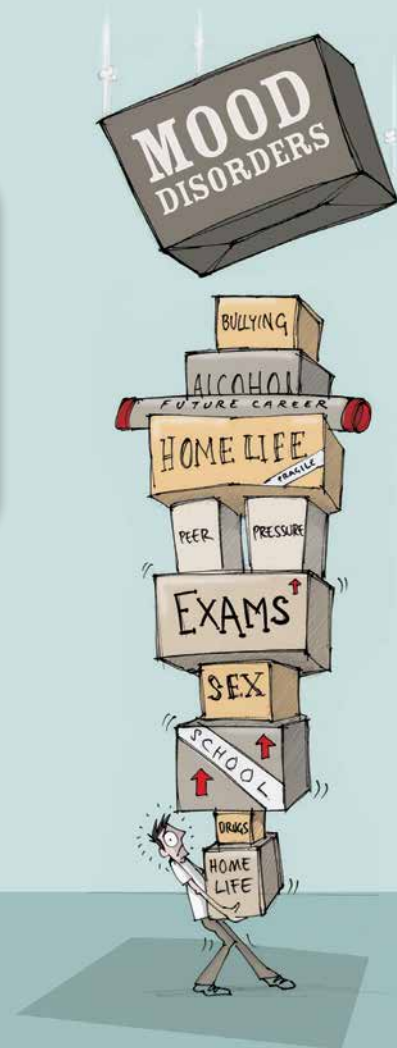
**Cost:** Free

This webinar will be delivered by a trained presenter with lived experience of a mental illness. They will provide you with insights of what it's like to grow up as a young person with a mental illness.

Whether your teen is experiencing issues now, or if you want to be prepared for the future, this webinar will benefit any parent or carer of a young person. You will learn:

- What is anxiety, depression and bipolar disorder?
- How to spot early warning signs in young people
- When and where to seek help
- How to support a young person you care about

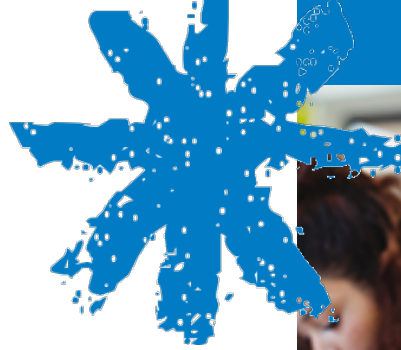
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# insights



## Helping teenagers achieve sustained school success!

by Sharon Witt

*The secondary school year is well and truly underway and thousands of teenagers (and their parents) across the country are settling in for a full year ahead. For some this marks the beginning of an entirely new stage in their schooling, while others are buckling in for another year of academic rigor. The following are a few tips to help you and your young person navigate the year ahead.*

### 1. Communicate with school

Communication with the school is important in aiding a successful school year for your teenager. Familiarise yourself with the names of your child's subject teachers, year level coordinator and pastoral care/homeroom teacher. If your child has any specific learning or behavioral issues it is important to share these with their teachers at the outset. Don't assume that information will be passed on from previous teachers.

Be sure to communicate early any concerns you have regarding your teen's experience at school. As a secondary teacher myself, I can't stress enough the importance of parents letting us know of issues before they become big problems. We can only deal with information you share with us.

It can be annoying wading through the mountain of communication that arrives home via your teen's schoolbag or your inbox, however it is important that you read such communication. Have a dedicated place for keeping incoming and outgoing forms. Note important term dates, sports days, excursions and camps in your diary and on a family calendar visible to all.

### 2. Organisation tools to support success

We like to believe our teenager will naturally develop strong organisational skills and be a self-motivated young person. However this is not often the case. As parents we often need to model organisation tools and strategies.

Ensure your child uses his or her school diary on a daily basis to record homework, assessment tasks and tests. Take a look at it regularly and ask questions if there are weeks of blank pages.

### 3. Create and support a homework plan

Many teenagers find homework an inconvenience. However, if homework is set for your teenager it is better to set them up for success rather than ignore the issue. Ensure your child has a well-lit space where they can complete homework each night, ensuring they also have the tools they need. Ensure their social media devices are somewhere else and keep healthy snacks at the ready. Encourage your teenager to get into the habit of creating a 'to do' list to keep them focused on two or three tasks in a session.

## 4. Encourage your teen to find their spark

The school year is long and can be exhausting at times, and it is *not* the be-all and end-all. Encourage your teenager to find their spark by being involved in non-academic activities that bring them joy. Examples are sports, music, dance, art or anything else they have a passion for. Having an interest outside of school that encourages socialising and developing friendships is also great for resilience.



## 5. Prepare for a successful day ahead

Preparing for a successful day starts with getting plenty of sleep. This is becoming increasingly difficult as an unprecedented number of teenagers are reporting sleep issues as a concern. Most teenagers require 8 to 10 hours of sleep each night, but many report getting less than 5.

Young people often lack the self-control to avoid engaging online when they should be sleeping. One strategy for improving this situation, which may require you to develop your 'digital spine', is removing internet-enabled devices from the bedroom. Insist devices are placed in a central charging area in the home, away from bedrooms, at a nominated time each evening. Many teenagers also benefit from developing a pre-sleep routine such as reading a (paper) book or magazine half an hour before bed, having a warm bath or shower and/or a warm milk drink. If sleep continues to be an issue, it would be worth a visit to your local GP for a consultation to rule out any underlying issues.

The best way to set the scene for a successful day ahead is to ensure your teenager eats a healthy breakfast and takes a nutritious and balanced lunch with plenty of healthy snacks to keep their brain focused throughout the day.

## 6. Make time to chat about school

Finally, keep the lines of communication open with your teenager about their school experiences. While you may be met with an awkward grunt when you ask about their day at school, don't give up on asking. Often a teenager will chat more in the car or in a café. Keep reminding your child that you are always available to listen – listening being the crucial point here. Many adolescents don't want you to fix their concerns but they may need you to just listen.



Talk about the positive experiences you had during your own high school years and reassure your teen that it will go by quicker than they can imagine.



### Sharon Witt

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