



# MacKillop

St Mary MacKillop College Canberra

COLLEGE  
NEWSLETTER  
29 JUNE 2018

NO. 10



## COLLEGE BOARD

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Mr Lee announces the three new parent representatives on the College Board.

## YEAR 7 CAMP

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Year 7 students spent three days in Collaroy, Sydney, where they took part in fun activities and team building challenges.

## YEAR 8 PILGRIMAGE

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Year 8 students visited Sydney this week where they visited St Mary's Cathedral and Mary MacKillop Place.

## SUSTAINABILITY

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The Parliament of Youth on Sustainability gave students the chance to tackle environmental issues in Canberra.

## COLLEGE MUSICAL

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Tickets will be on sale for the College Musical, *Mary Poppins Jr*, from Wednesday 4 July. The show takes place at the beginning of August.

**COMING**

**UP**

MON **02** JUL

- Year 11 2019 Parent Info Session
- Year 10 Camp (Group 1)
- Year 10 Reflection Day (Group 2)

TUE **03** JUL

- Year 10 Camp (Group 1)
- Year 10 Course Counselling (Group 2)

WED **04** JUL

- Year 10 Camp (Groups 1 and 2)

THU **05** JUL

- Year 10 Camp (Group 2)
- Year 10 Course Counselling (Group 1)

FRI **06** JUL

- Last day of Term 2
- Year 10 Camp (Group 2)
- Year 10 Reflection Day (Group 1)

MON **23** JUL

- Term 3 begins

WED **01** AUG

- Year 12 Retreat departs

**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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stmarymackillop**

# PRINCIPAL'S

# LETTER



Dear families, students and friends,

## COLLEGE BOARD ELECTIONS

Thank you to the three parent members who nominated for the two vacant positions on the College Board. Given the breadth of experience and talent of each of the three nominees, Board Chair Danielle Chifley accepted my recommendation to place all three nominees on the Board and to forego an election. Each of the three nominees have children across the school and bring strong industry and service experience to the Board, which will enhance parent voice in strategic planning, finances, and advocacy of the College.

Congratulations to Yvette Croft, Sally Bunnell, and Captain Nathan Robb RN.

## CAMPS AND EXCURSIONS

Thank you to the many staff who have accompanied (and those who are still yet to accompany) students on camps and excursions this term. Often away from their own families, their dedication is crucial to the provision of experiences that are so memorable and valuable to MacKillop.

The Year 7 Camp and the Year 8 Pilgrimage are now completed and the Year 10 Urban Challenge will take place next week. Early indicators are that the expeditions have been highly successful, which is good news.

## EXAMINATION PERIOD CONCLUDES

Congratulations to students on the senior campus who prepared well for the examination period and thank you to the many staff who are bringing wisdom and judgement to student evaluation and assessment. This is a stressful and demanding time for our senior students and the period seems to have gone well from many points of view.

## PRINCIPAL'S LEAVE

I will be on study leave from 8 July to 5 August of this year. The leave will include the two-week school holiday period. I will be at a National Principal's Conference in Chicago, Illinois and will engage with cultural institutions in Richmond (CA), Washington (DC), Hyde Park (NY), and Dallas (TX). Ms Sandra Darley will be Acting Principal in my absence.

I would like to thank staff, students, and parents for the many successes that the College has enjoyed this semester – not least of all, a record number of applications for Year 7 2019. I hope the holiday period is a refreshing and safe one for everybody.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE  
COLLEGE PRINCIPAL

*"I would like to thank staff, students, and parents for the many successes the College has enjoyed this semester."*

## PRINCIPAL'S PRAYER

*Lord,*

*We give thanks for the many teachers who give their time and skill to the school, especially during the time of school camps and excursions.*

*Amen.*







## YEAR 7 CAMP

This week, Year 7 students attended a three-day camp in Collaroy, Sydney.

Year 7 Camp was awesome. Busloads of excited kids ready for an adventure set off for Collaroy. After a long trip, students arrived to a huge hamburger lunch followed by our first of many fun activities. Over the next few days we got to try archery, rock climbing, abseiling, laser tag, drop pole and the giant swing. All of these activities were great in pushing us out of our comfort zone and we were grateful for the encouragement of our mates that helped us get through what many of us found challenging or a bit scary.

Without our amazing teachers, camp would not have been as enjoyable or as special. They were able to bring happiness and laughter into every situation and were always there to lend a guiding hand. Camp also was a great opportunity for us to meet and make lots of new friends from other classes, and to strengthen those special friendships we already have. These friendships will see us through to Year 12 and beyond. All in all, Year 7 Camp has been one of the best things about high school so far!

**Lachlan Baldan**

Year 7



## MACKILLOP PLACE PILGRIMAGE

This week, Year 8 travelled to Sydney to learn about St Mary MacKillop. Students travelled to North Sydney to visit her home, MacKillop Place. Students had the opportunity to learn the story of St Mary MacKillop, including the founding of the Josephite nuns, what it was like to be a nun at this time, the lifestyle she experienced, and the impact she had on the lives of people around her. Students also visited the resting place of Mary, taking the opportunity to pray for those in need. The trip provided a unique experience in understanding the life, values and experiences of our College patron.

**Joshua Campbell**

Year 8

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## YLEAD ACTIVITIES - YEAR 9

On Thursday, Year 9 participated in a day of activities by led by YLead. YLead Day was very beneficial in helping students understand leadership in different aspects. It gave us many life lessons to take away such as being resilient in the face of rejection, how working as team helps to achieve bigger things and how it doesn't hurt to try something new. They gave us many examples of people exceeding their limits and reaching their goals, such as the Make Poverty History concert in 2006, by using their leadership qualities. Overall it was a great day and we as a year group are very thankful to the Ylead Team.

**Kiya Tawton**

Year 9



## PARLIAMENT OF YOUTH ON SUSTAINABILITY

MacKillop students were offered a great opportunity during Term 2 to participate in the Parliament of Youth on Sustainability Day at the Australian National University. Multiple presentations were made by students that tackled serious environmental issues within Canberra. The experience was surreal for many students as they acted as parliamentary ministers for the day and their proposals were considered by members of the ACT legislative assembly.

Year 12s also had the opportunity to volunteer at the event, where they facilitated groups, MC'd the event, and took videos and photographs of the event.

The day was insightful, innovative and fun. Thank you to Ms Rangwalla and Ms Gooch for organising the event and believing in each student's environmental project.

**Caitlin Court**

Year 11



## AUSTRALIAN DANCE THEATRE VISITS SMMC

Australian Dance Theatre performer Matte Rolfe ran a two-hour intensive workshop with our senior dance class. He taught them 'The dance of the wind elemental God', a section from the company's latest work, *The Beginning of Nature*. It was an exceptional experience for the students.

**Bella van Doorn**

Performing Arts

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## STUDENT ACHIEVEMENT

Jessica Wood (Year 7), Isabella Wood (Year 9), and Megan Jeffery (Year 8) will perform at the International Children's Culture and Arts Festival in China at the end of July.

Alison Staniforth (Year 9) recently competed in Australia's largest dry land sled dog race, the Northern Victorian Sled Dog Classic. Alison and her Alaskan malamute, Blaze, came 2nd overall in the junior class (for mushers aged up to 18 years old).

Riley Hulkkonen (9AF) will represent the ACT at the National Swimming Championships in Hobart at the end of July.

At the recent National Judo Competition on the Gold Coast, Lewis Bell (Year 7) finished 3rd in the Senior Boys age group and Adrian Georgiadis (Year 7) ranked 9th in the same age group but in a different weight division. MacKillop is starting a judo club at school in Term 3 – see the ad in this newsletter for more information!





## COASTLIFE AND FIRST AID - YEAR 8

This week all Year 8 students took part in two half-day workshops which were both held at the College. Students worked with the Coastlife Adventure staff who led a range of activities. All students got to strengthen their skills in problem-solving, working in teams and also leading their group. I really enjoyed the activities and in particular the team challenges.

We also got to work with the staff of St John's Ambulance who led us in a First Aid course. This has given us important knowledge and learning about what do to in dangerous situations and the 'DRSABCD' acronym.

I would like to thank the Coastlife Adventure and St John's staff for making the day very enjoyable and memorable.

*Jake Keen*

Year 8



## YEAR 9 PHILOSOPHY ART EXCURSION

On Monday 25 June, Year 9 students of Philosophy attended an excursion to the National Gallery of Australia. The trip provided an opportunity for students to consolidate their learning on the topics of Aesthetics and Truth while also exploring Eastern Philosophies represented in the Asian Art gallery displays.

The trip enabled the circumstance for students to consider the significant relationships between art and society and the degree to which art both reflects and influences culture.

Students were also able to enjoy lunch in the sculpture garden while considering the delicate interrelationship of art, beauty and nature.

*Leonie Sullivan*

SOSE



## JUNIOR CONCERT BAND

So Shiny! So Cool! Concert Bands represent the essence of brass and wind instruments. There's something spine-tingling about hearing the deep rich tones of the Horn section or having your spirits lifted by the light trills of the flute and the clarinet. MacKillop's concert band performed at last week's Padua assembly and did just that.

*Petrina Mansfield*

Performing Arts Director



## TRANSITION DAY AND CAREER FOCUS TALK - YEAR 9

On Tuesday this week, Year 9 students heard from six former students of the College who spoke about their transition from MacKillop into their current careers. On Wednesday, Year 9 spent the day at the St Peter's Campus to experience senior life ahead of their move next year.



## COLLEGE MUSICAL

The College Musical, *Mary Poppins Jr.*, will be held in Week 3 of Term 3 over four nights from Tuesday 7 August to Friday 10 August. Each show will commence at 7pm.

Tickets will be available on Qkr! and from the Front Office of each campus from Wednesday 4 July:

- Students/Concession: \$20
- Adults: \$25

## YEAR 10 URBAN CHALLENGE

The inaugural Year 10 Urban Challenge takes place next week with students spending three days completing challenges around Sydney.

A reminder to parents that students should be at school at 6.45am:

- Group A will depart on Monday 2 July
- Group B will depart on Wednesday 4 July

*Lachlan McNicol*

Assistant Principal Pastoral Care

## CARBON CHALLENGE

The College is participating in the ACT Smart Carbon Challenge for Secondary Schools.

Register at [actsmart.act.gov.au](http://actsmart.act.gov.au) and join the school team! Complete as many challenges as you can from 1-29 July. Win great prizes for your household and up to \$1500 for the College.

*Ummehani Rangwalla*

Science Faculty

## SCHOOL FEES

**Please note: From Term 3 2018 all fee statements will be sent electronically.** This decision has been made due to the ever-increasing costs of paper and postage. The benefits will help to keep fees down and reduce our environmental footprint.

Thank you to the families who have paid Term 2 fees. Any outstanding fees should be paid immediately unless paying by Direct Debit or other approved arrangement.

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





## MACKILLOP JUDO CLUB - STARTING NEXT TERM!

St Mary MacKillop College is pleased to inform you that our Judo Club will be operational at the Wanniasa/Padua Campus from Term 3.

The club will be overseen by Stephanos Georgiadis (4th Dan Judo Black Belt), a former Australian and Greek National champion and representative of both countries at work level competitions and an ACT State coach. Stephanos also has a bachelor degree as a PE and classroom teacher.

MacKillop Judo club will operate on Tuesdays and Fridays and will offer classes for Juniors and Seniors, along with self-defence for all (with or without uniform) and self-defence specific for women and teenage girls.

### ABOUT JUDO

Judo is an Olympic sport created as a physical, mental and moral pedagogy in Japan, in 1882 by Jigoro Kano. Judo (which means "gentle way") is a modern martial art. Its objective is to throw an opponent to the ground, immobilise him/her or force them to submit with a joint lock or a choke. Strikes and thrusts by hand and feet are part of judo and taught as part of the self-defence lessons.

The judo practitioner is called judoka. Judo ranks are marked by the coloured belts carried by the judoka and the uniform used for practice (judogi) is white or blue.

Judo, through its practice, benefits teens, kids and adults by developing discipline, self-control, manners, punctuality, respect for self and others, strength, stamina, toughness and confidence.

In Judo classes, judoka learn how to fall safely, how to conduct themselves against difficult situations, and how to address bullying situations.

In judo, we use the attackers' power against them, so it is very effective when confronted by strong or physically imposing opponents.

**For more information about the Judo club and classes, please contact Stephanos at [Judo\\_mackillop@hotmail.com](mailto:Judo_mackillop@hotmail.com) or call 0411 105 449.**







## INSPIRE ART COMPETITION

It's the Inspire Art Competition time again! This is MacKillop's annual art competition and entries are due Friday 31 August.

Students in Years 7 - 12 can enter an artwork in any medium (drawing, painting, digital art, sculpture, mixed media, photography) with any theme - just inspire us! This year there will be a special prize for Sculpture - sculpture can be made from ceramic, stone, paper, wood, recycled materials, found objects, mixed media, anything really!

Don't forget, Art Club runs for Years 7 - 9 every Monday after school on the Padua Campus. You might want to use this time as an opportunity to create your entry and to get some expert advice and assistance from our resident artist, Smalls (still at Art Club Weeks 1 and 2 of Term 3).

All entries will be displayed in an exhibition on MacKillop Feast Day in September. A selection of the best entries will be exhibited at the Tuggeranong Arts Centre in the last two weeks of Term 3. Further details regarding entry forms, judges and prizes will be available early next term. Get busy planning and use the school holidays to begin your masterpiece!

*Tamara Murdoch*

Visual Arts Coordinator

## CANBERRA SCHOOL OF TENNIS

Tennis Holiday Camps take place at the Weston Creek Tennis Club or Pines Tennis Club these school holidays. Events include Hotshots coaching and play, Tennis & Chess, or Pee Wee Tennis. Lots of prizes and expert coaching.

Visit [www.csot.com.au](http://www.csot.com.au) or contact Robert Jamieson on 0432 118 204 or at [robert@csot.com.au](mailto:robert@csot.com.au).

## I AM THE DRAGON RESILIENCE WORKSHOP

This is a workshop for high school girls/young women to help them build strength, resilience, and empowerment through storytelling, art, chakras, colour, and crystals.

This takes place on Sunday 8 July from 1-4pm at the Pearce Community Centre. Contact Kate on 0402 255 335 or visit [www.holisticbynature.com.au/courses](http://www.holisticbynature.com.au/courses) for more information.

## ATOM ONE-MINUTE FILM COMPETITION

Entries for 2018 are now open! This year's theme is 'Memory'. Create and submit your one-minute film for a chance to win one of four \$500 prizes! Entries close midday AEST, Friday 3 August 2018. The One-Minute Film Compe on 2018 is free to enter, and is open to all primary and secondary school students in Australia and New Zealand.

For more information, or to enter, visit: [1-minutefilmcompetition.org](http://1-minutefilmcompetition.org)

## BRAZILIAN JIU JITSU FOR KIDS AND TEENS

Sessions are held every Wednesday between 6:30 - 7:30pm 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. Visit [www.epicbjj.com.au](http://www.epicbjj.com.au) for information.

## AITA TAEKWON-DO

AITA Taekwon-Do is the first and only class with a fully adapted curriculum for all abilities, ensuring what you learn is effective and you reach your full potential. Open to adults and teens, with all ability levels welcome. Classes are held every Tuesday from 6:30-8pm at Miles Franklin Primary School, Evatt. Two free trial lessons are available. Contact 0409 386 462 or [aitacanberra@gmail.com](mailto:aitacanberra@gmail.com)

## BELLCHAMBERS MUSIC SCHOOL

Bellchambers Music School has individual and group music lessons for all levels, all ages, and all styles. Visit [bellchambersmusicschool.com.au](http://bellchambersmusicschool.com.au) for class details and times or call 6281 6270.

## POP IN ART CLASSES

FREE art classes for ages 10-25 are held each Tuesday from 3:30-5pm at the Tuggeranong Arts Centre. Paint, draw, sculpt, and play music! Materials included.

## ATO TAX, SUPER & YOU COMPETITION

The Tax Office want to see your creative ideas! Think outside the box and pitch your creative idea on how you would encourage your friends to see the value of tax and super in the community. You can Write It, Make It or Film It. Visit [taxsuperandyou.gov.au/competition](http://taxsuperandyou.gov.au/competition) for details and an entry form.



CATHOLIC SCHOOLS WEEK

FILM

FEST

**CREATE A SHORT FILM**

*Categories*

PRIMARY AND SECONDARY

VIDEO

MUSIC VIDEO

Up to 5 minute duration | Submit videos to your school Principal | Prizes awarded to individuals, groups or schools | Best ACT and NSW video will feature in your local media

Judging panel will comprise of local media identities

Winners announced 14 September

Awards presented at the Catholic Education Recognition Awards 21 September

**CLOSING DATE 30TH AUGUST**

**THEME** *Celebrating my school*

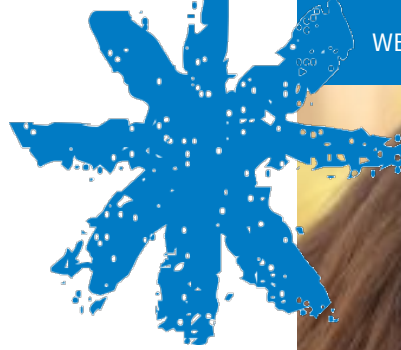


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# insights



## 5 ways to validation: showing distressed kids you get it

by Dr Jodi Richardson



*Every day, we send messages to our kids that shape their thoughts, feelings and behaviours. Equally, our kids are sending us messages about their thoughts and feelings through their behaviour, particularly when they're feeling distressed.*

When kids feel distressed their behaviour can vary enormously. Some might lash out while others cry. There can be displays of frustration, fear, sadness, anger or disappointment, to name a few.

There are times as parents when we do and say all the 'right' things in response to such situations, but there are also times when we don't. It makes it especially hard to respond in helpful ways when we think our kids are completely overreacting or are feeling differently to what we'd expect to (or what we'd feel) under the circumstances. Feeling this way can prompt us to say unhelpful things like "Don't be silly", "You're overreacting", "It's not as bad as you think it is" or "It will all be forgotten tomorrow".

Our responses can also be influenced by how distressed we feel in the situation. It's hard to hear our kids crying and upset, no matter how old they are. So we might find ourselves saying things like "stop crying", "settle down", "take some deep breaths" or "it's not that bad", all in an attempt to calm our child down, stop the crying and feel better ourselves.

By understanding that all behaviour is a form of communication, we can begin to respond in ways that show our kids that their message has been received, that we get it, and that we genuinely understand and care about how they're feeling – whether we agree with their reactions and feelings (or the extent of them) or not. This is called 'validation', and it's the first step to helping our kids wind back their emotional response. Done properly, validation also helps them to connect their feelings with the situation that provoked their reaction in the first place. "You're frustrated that you have to re-sit the chemistry test" or "You're disappointed that you didn't get invited to the party", for example. Validation also shows them that you care and you understand.

[Here's how to go about validation:](#)

### **Use 'ahh' and 'oh' statements and keep it brief**

"Ahh, you're feeling jealous that you weren't picked for the team and she was", "ahh, you're having the idea that you can't do it", "oh, you're feeling nervous about the exam."

When it comes to validation, keep it brief. When our kids are distressed, it's harder for them to listen and concentrate so keep validation clear and to the point. The intention for now is for our kids to know that their

message (via their behaviour) has been received; there'll be time for more of a discussion about the situation later.

## **Build a more nuanced emotional vocabulary**

Validation is the perfect opportunity to help your child broaden their language when it comes to their emotions. It's never too early, or too late, to start. Try replacing 'upset' with 'disappointed', or 'angry' with 'frustrated'. The [Mood Meter mood tracking app](#) is a great tool that offers a wide choice of emotions associated with positive and negative feelings of high and low energy. In it you'll find 100 emotions including apathetic, at ease, proud, timid, alienated, furious, alone, inspired, ecstatic and more.

## **Show some emotion**

Another important component of validation is showing some emotion yourself. It can feel intuitive to try to remain calm when your kids are distressed but this actually sends the message that you don't get it. They actually need to see an emotional response from you. Use your facial expressions and your body language to match your validation statements.

## **Remind them that thoughts are not facts**

Recognise also that thoughts and ideas can feel like facts when kids and teens are distressed. It's hard for them to differentiate between the two. You can help by saying things like: "Oh, you're having the idea right now that it will be too hard", "it looks like you're having the idea that you'll never find it", "ahh, you're having the thought that you won't be included."

## **Sit with them**

One of the most helpful things you can do is to sit with your child or teen while they are suffering psychologically. Once you've shown them validation you need to simply be there for them. Sit with them and comfort them by holding their hand, putting an arm around their shoulder or giving them a big hug. In doing this you're strengthening their ability to tolerate their discomfort.



Try not to let your distress hurry them or shut down how they're feeling. Reassure them that you understand, that you're there for them, that they can tolerate their discomfort and that it will pass. By doing this, you're building within them strength, tolerance and emotional intelligence which will all contribute to their lifelong resilience and mental health.

Of course, if at any time you're concerned about your child or young person's mental health, make time to see your family GP for reassurance and answers to your questions.

*Parenting Anxious Kids is our new online course, created to help the parents of children with anxiety. You can find out more by [visiting our website](#).*



### **Dr Jodi Richardson**

*Jodi is a happiness and wellbeing speaker and writer, and is mum to two primary school aged kids who light her up. For more great ideas on flourishing mental health for the whole family, subscribe to her newsletter at [drjodirichardson.com.au](mailto:drjodirichardson.com.au) and say hello on [facebook.com/DrJodiRichardson](https://facebook.com/DrJodiRichardson). Enquiries to [jodi@drjodirichardson.com.au](mailto:jodi@drjodirichardson.com.au)*