



# MacKillop

St Mary MacKillop College Canberra

COLLEGE  
NEWSLETTER  
22 OCTOBER 2018

NO. 16



## WELCOME BACK

PAGE 3

Michael Lee welcomes staff, students, and the College community back from school holidays ahead of the busiest period at MacKillop: Term 4.

## CAPTAINS ELECTED

PAGE 4

Our 2019 College and Portfolio Captains have been announced, including a brand new leadership role for Communications and Connections.

## TOUR OF CALIFORNIA

PAGE 5

PE Pathways students embarked on a tour of the US during the school holidays, where they visited colleges/universities and a number of famous sporting landmarks.

## SPORTS NEWS

PAGE 7

MacKillop dominated the ACT Schools Cricket Gala Day, with the Year 7/8 team going undefeated during the tournament.

## PERFORMING ARTS

PAGE 9

The Performing Arts faculty reports on the past year and looks to finish 2018 on a high note, with a series of performances planned over the next few weeks.

**COMING**

**UP**

WED **31** OCT

- House Captain elections
- Senior Parent Hospitality Dinner

MON **05** NOV

- Year 7 Immunisations

TUE **06** NOV

- Year 7 Immunisations

WED **07** NOV

- Long Tan & Remembrance Day Assembly
- Campus Captain elections

MON **12** NOV

- Year 12 Production

TUE **13** NOV

- Year 12 Production
- Year 10 Exams commence

WED **14** NOV

- ISART Exhibition

## 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)



### **Absentee Phone Lines**

Years 7-9: 02 6209 5240  
Years 10-12: 02 6209 0110



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mackillop.act](http://www.facebook.com/mackillop.act)



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# PRINCIPAL'S LETTER



Dear families, students and friends,

## WELCOME BACK

Welcome to the new families who joined MacKillop this term and welcome back to staff and students from what was hopefully a relaxing break. Apart from Collingwood supporters – all three of them at the school – everybody seems to have enjoyed the time away, spent time with family and, for many staff, engaged in conferences, professional learning, and further study.

This is a busy term, particularly for Year 11 and 12. The term began with parent/teacher nights on the first four days. There was a very positive atmosphere at these evenings, with many parents commenting that they felt their child was known as a learner and that they gained constructive advice about their child's progress and ways to improve. This is what we want. Thank you to the many parents who came and to the staff for making themselves available.

## PE PATHWAYS EXCURSION TO CALIFORNIA

Thank you to Miss Fahey and Mr Argall for leading this initiative over the break. This is the first time the College has offered this opportunity. Students visited several colleges/universities and explored sporting programs and facilities at those institutions. They were able to use those facilities, understand what to look for in academic support, and gained insights around managing an academic program and a career as an elite sportsperson. The excursion will be offered again in two years' time, with a focus on the cities of Los Angeles, San Francisco, and San Diego. Should parents in Year 9 be interested in the PE Pathways Program on the senior campus, they are welcome to contact Mr Dale Argall via email at the College.

## BUS TIMETABLES

The *Canberra Times* has carried a list of schools, including this one, that have emerged favourably from the new bus timetable. I have not seen the final timetable but have been invited to a meeting at Transport Canberra this Thursday. Whether we have emerged with a favourable timetable or not needs to be considered, however as a very large school, catering for students across south Canberra and elsewhere, I would expect that we might have a higher number of designated bus services. What is clear is that the advocacy of so many of our parents seems to have been listened to. Thank you.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE  
COLLEGE PRINCIPAL

*"Welcome to the new families who joined MacKillop this term and welcome back to staff and students."*

## PRINCIPAL'S PRAYER

Lord,

*We acknowledge the Prime Minister's apology to victims of abuse and pray that comfort and justice come with it.*

*Amen.*







## CAPTAINS ELECTED FOR 2019

The Election process for the 2019 Student Representative Council commenced last term with current Year 11 students nominating and voting for College Captains and portfolio captains. Congratulations to the successful candidates, voted by their peers and staff, who were announced by Mr Lee:

Girl College Captain: Gabrielle Petersen  
Boy College Captain: Christopher Caruana

Faith and Community Captain: Alexis Lanuza  
Sports Captain: Jacob Church  
Performing Arts Captain: Flynn Gibbs-Patterson  
Sustainability Captain: Connor Maclachlan  
Communications and Connections Captain: Miguel Sanchez

**Lachlan McNicol**  
AP Pastoral Care

## STATUS AWARDS

Congratulations to the following students who were been presented Status Awards at last week's Padua Campus Assembly:

### BRONZE STATUS

Ihsan Ahmed 7A2, Imogen Badham 7EW, Caitlin Don 7E1, Taylah Lee 7EW, Tara Luchterhand 7A2, Ryan Mapstone 7E2, Grace Mengelkamp 7F3, Riley Noble 7E2, Layla Smith-Stone 7A1, Zoe Thompson 7W1

### SILVER STATUS

Montana Mundy 8W2

**Lachlan McNicol**

Assistant Pricipal Pastoral Care

## STUDENT ACHIEVEMENT

Ebony Brunt (Year 8) will represent Australia at the IIHF Ice Hockey U18 World Championship qualifiers in Spain this January. Ebony has also been selected to play for the Sydney Sirens in the Australian Women's Ice Hockey League.

Max Mercer (Year 7), Jake Mercer, Bohden Dowling, and Keira Rogers (all Year 9) have been away in Coffs Harbour where they have represented the ACT at the Australian Oz Tag Championships.

Keira also represented the ACT at the Australian Junior Squash Championships in Darwin, during the school holidays.

Grace Lyons (Year 7) and Tyra Petersen (Year 9) are representing the ACT at the National Touch Football Championships in Hobart this week.

Daniel Anderson, Jack Peraic-Cullen (both Year 8) represented the ACT at the FFA National Youth Football Championships at the end of September.



## SPORTS TOUR OF THE UNITED STATES

On 3 October, Canberra airport was a buzz with 13 very excited senior students, Ms Fahey and Mr Argall preparing to depart for the first ever St Mary MacKillop College PE Tour of California. With bags checked-in and final goodbyes said our first leg to Sydney didn't really prepare us for the 14 hours that awaited us from Sydney to Los Angeles and the concept that our arrival time in LA was earlier than our departure from Canberra on the same day.

Despite the jet lag the group dived into the planned activities which included visiting the iconic Venice Beach and Santa Monica Pier followed by a visit to the Staples Centre to watch the LA Clippers take on the Minnesota Timberwolves.

For the next five days students participated in a variety of College visits and talked with Athletic staff about the life and expectations of a student athlete. Highlights included visiting the amazing Pepperdine Campus overlooking the beaches of Malibu, touring the 70,000 student campus of UCLA and training in the MacKay Centre at USC with one of their strength and conditioning coaches. This was an amazing facility which has an indoor 50m football field and gym that would rival the AIS. Students also spent one Saturday afternoon watching College Football with 80,000 UCLA and Washington State fans at the world famous Rose Bowl before touring the stadium and playing their own game on the field the following day.

The Staples Centre became a second home as the group visited frequently to watch NBA games and the opening 2 games of the LA Kings National Hockey League season. The atmosphere and excitement, particularly at the hockey was unbelievable and something no one will forget.

Students went on to visit Universal Studios, the National Science Centre and Griffith Observatory on the remaining days in LA before heading south to San Diego and visiting Balboa Park, Coronado Island and some braver students and teacher visiting the most haunted hotel in the USA. Needless to say it was quite amusing to watch a group of toughened athletes running out the front door screaming.

From San Diego it was time to head back to LA and our flight home and whilst sad for this amazing experience to be coming to an end most were looking forward to their own bed, softer comforts of home and permanent access to Wi-Fi.

Thank you to all of the students who attended and made it such a great experience and to Ms Fahey for her travel experience and leadership.

Looking forward to seeing this tour again in 2020.

**Dale Argall**

PE Coordinator - St Peter's Campus





## SRC ELECTION SCHEDULE

The election schedule for student leaders on the Padua Campus commences this week with nominations open for interested students. Nomination forms will be available for collection from Pastoral Care Coordinators on Wednesday 24 October.

Key upcoming nomination closing dates and election dates are listed below:

POSITION	ELIGIBLE	NOMINATIONS CLOSE	ELECTION
College House Captains (one female and one male from each of the four Houses)	Current Year 11	Closed	Wednesday 31 October
Padua Campus Captains (one female, one male)	Current Year 8	Wednesday 31 October	Wednesday 7 November
Padua House Captains (one female and one male from each of the four Houses)	Current Year 8	Wednesday 31 October	Wednesday 21 November
SRC Positions (one student from each House for Years 8 and 10)	Current Year 9 and current Year 7	Friday 2 November	Wednesday 21 November

## HOUSE FUNDRAISING

Over the course of Terms 2 and 3 each House has conducted various fundraising activities to raise money for their chosen charities. These activities have raised over \$5,350 to be shared evenly between the charities listed below.

Mindygari  
Gurabang  
Meup Meup  
Ngadyung

Cancer Council (ACT)  
Ricky Stuart Foundation  
New Hope for Cambodian Children  
Mission Australia

Congratulations to the SRC on each campus who have led these activities and to all students who have contributed.

To date, MacKillop's fundraising efforts for 2018 have exceeded \$34,000.

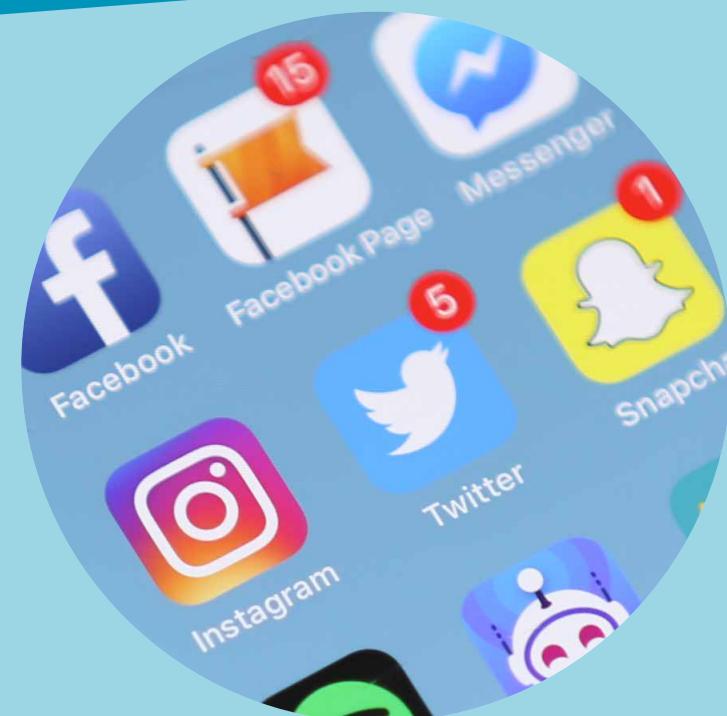
## STRATEGIES TO DEAL WITH CYBERBULLYING

This week's article from Parenting Ideas, at the end of this Newsletter, outlines what cyberbullying is and discusses several strategies that students and parents can use in response to bullying behaviour online.

Students at MacKillop are regularly told that if they have a problem of any sort, including bullying, that they should speak with their teachers or Pastoral Care Coordinators for support in dealing with the matter. This includes cyberbullying, particularly if those involved are other students of the College. Doing so can assist in bringing issues to some form of positive resolution. If parents have children who are being bullied they are also encouraged to contact the appropriate College staff so that we can work to ensure that all students can feel safe and valued at school, as well as in the digital world.

**Lachlan McNicol**

Assistant Principal Pastoral Care







## GIRLS' CRICKET GALA DAY

MacKillop continued its success and dominance that it has enjoyed in the ACT Schools Cricket competition over recent years.

The MacKillop Year 7/8 Girls Cricket team in particular had convincing wins in each of their five matches. The winning margins in the preliminary matches were:

- 204 runs vs St Francis Xavier College
- 232 runs vs Merici B
- 121 runs vs Merici A
- 148 runs vs Stromlo High

The highlight of the day for the team came in their final match when it was organised for them to play against the also undefeated Year 9 MacKillop team. The girls in Year 7/8 played their best cricket of the day to have a resounding victory over their older opponents (and some older siblings) winning by 210 runs.

Congratulations also to the girls who were in the Year 7/8 B team and Year 10 team, both of which managed to claim some impressive victories on the day.

## TERM 4 AFTER SCHOOL SPORT: NETBALL

During Term 4 Netball will be run as an after school sports activity, available to all students in Year 7 to 9. This is again being organised by College Sports Captain Lochlan Hattch with assistance from other Year 12 student volunteers.

The sessions will take place on Wednesday afternoons from Week 2 until Week 7, from 3.30pm to 4.30pm at the Wanniasa Campus.

The afternoon sports activities provide a great opportunity for students to involve themselves in the school community, enjoy a social sporting environment and build friendships. All students are invited to participate regardless of experience or ability.

Consent forms are available from Pastoral Care Coordinators, the PE staffroom and can be downloaded from Canvas.

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

**Lochlan McNicol**

Assistant Principal Pastoral Care



## ENGARDE NEWS

Three Engarde@MacKillop fencers made the trip to Wagga Wagga to compete in the 2018 Riverina Fencing Championships, across the October long weekend.

Engarde came away with a bag of medals, with Aisling Kinsella (Year 12) winning Gold in the Women's Open Sabre and Bronze in the Women's Open Foil. Oliver Bryson (Year 10) winning Silver in the Men's Open Foil and Bronze in the Men's Open Epee and Ben Crowley (Year 8) winning a Silver in the U14 Foil and Bronze in the Novice Foil.

A great performance from our Engarde@MacKillop fencers coming away with an impressive 6 medals from the championship. Well done!



## STEM DAY AT UNSW

Last Friday, students from Years 8 to 11 were inspired by a presentation given by Test Pilot and Chief Commander of the F-35 development team, Tucker Hamilton (a.k.a. Cinco). In his speech, which included many accomplishments, he emphasised the importance of studying STEM-based subjects to achieve his career goals. Our students were enthralled by the opportunities that both the UNSW Engineering Faculty and ADFA had to offer for future careers. This was further reinforced with practical activities which engaged students in testing the aerodynamics of multiple objects in a subsonic wind tunnel and the analysis of data taken from a flight simulator using a variety of aircraft. Mr. Hamilton completed the day by expressing his utmost respect for the knowledge and professionalism that the SMMC students brought to the STEM event. A special thanks is due to Dr Tristan Burg for his contribution to the success of the excursion.



**Perry O'Connor**

STEAM/PBL Project Officer

## TIMSS - MATHS & SCIENCE STUDY

Two Year 8 Maths classes, Mr Kruger's (04) and Mrs Gupta's (01) have been selected to take part in the Trends in International Mathematics and Science Study (TIMSS). Testing will take place on 6 November after PC and will run until lunch. TIMSS is an important educational research project investigating student achievement in mathematics and science. More than 60 countries, including Australia, are participating in this study. TIMSS is an important activity to keep us, as parents and citizens, informed about how our students in Australia are performing in comparison to their peers in other countries and to compare programs of study and teaching practices. We will be able to obtain current national and international information which will help improve the teaching and learning of mathematics and science in our country.

Selected students will do an assessment in mathematics and science and complete a questionnaire about their experiences at home and school. There is no need for students to study specifically for the assessment as it will not affect individual students' grades or progress in school.

All data will be kept strictly confidential and no individual student or school will be identified in published data or reports.

A brochure outlining the details of TIMSS will be sent home to the selected students.

If you have any questions regarding your son's or daughter's participation in TIMSS testing please contact Clare Fletcher at:

[clare.fletcher@mackillop.act.edu.au](mailto:clare.fletcher@mackillop.act.edu.au).

**Clare Fletcher**

Teaching & Learning Coordinator -Padua Campus





## PERFORMING ARTS

Students in the Performing Arts Faculty have almost completed another strong year of experiencing, discovering, learning, composing and performing.

Recently more than 50 dance students from both campuses performed at Dance Fest in a range of different styles, including Jazz, Contemporary and Hip Hop. The performances were choreographed by students under the capable guidance of dance teachers Bella van Doorn and Sam Herring. Alongside the elective dance classes, and featured heavily, were both the Junior and, newly formed Senior boys dance troupes. Congratulations to all dancers on an outstanding performance, once again raising the bar of dance at MacKillop.

In both Year 10 and Year 12, Drama students are working towards their annual major performance, with Year 12 performing the comedy spoof 'Game of Tiaras' by Don Zolidis, and Year 10 presenting 'Dreams' by Barry Kay. The Year 12 performance will be at the Tuggeranong Arts Centre on 12 and 13 November at 7pm. Keep watching the College website for ticket sales. Year 10 will perform their production at the Padua Campus Theatre on Monday 19 November at 5pm. Staff, parents and friends are welcome to attend.

Our musicians continue to perform on a regular basis. On Friday 21 September, our senior PCOPA choir were invited to perform at the CE 'Recognition Awards Mass and Ceremony' held at St Christopher's Cathedral in Manuka. Under the direction of Kim Maloney, and accompanied by staff members Lyndall de Ambrosis and Michael McPhillips, students performed exceptionally beautiful four part harmonies, with lyrical melodies reverberating throughout the Cathedral in both English and Latin. The Junior College Concert Band continue to perform regularly at Padua assemblies, with their standard moving from strength to strength. Their final performance for the year will be held during assembly on Wednesday 14 November, including a popular rendition of 'The Spook!' Parents and family of band members are invited to attend.

Rounding the year off will be the Senior Performing Arts Showcase on Thursday 15 November. Also held at Tuggeranong Arts Centre, this event is not to be missed. It incorporates Year 11 and 12 Dance, Drama and Music major works and will be a combination of filmed and live events. All welcome to attend.

Congratulations to all staff and students involved in both curriculum and performance events during 2018. We look forward to what will be in store for the coming year!

*Kezrie Jicar*

Performing Arts Coordinator



## SCHOOL FEES

Term 4 Fees were electronically sent to family email addresses on 4 October 2018. Fees are to be paid by 2 November 2018 unless paying by Direct Debit or other approved method. If you would like more information regarding Direct Debit payments or have any queries regarding your fees, please contact the Fees Office.

It is most important that you notify the College regarding any changes to your email address as this is our primary form of communication.

Please note that if you are seeking a credit for non attendance at a Camp or Retreat you must provide the College with a medical certificate or seek approved leave from the Campus Head.

**Michelle Predoran**

Fees Manager



## COMMUNITY NEWS

### ST THOMAS THE APOSTLE SCHOOL AND PARISH FETE - 10 NOVEMBER

St Thomas the Apostle School and Parish Fete – STEM (Science, Technology, Engineering & Mathematics) - is proudly brought to you by CQ Electrical & MEJ. The fete takes place at 37-39 Boddington Circuit, Kambah on Saturday 10 November 2018 between 10am and 2:30pm. There will be Show Bags, Cakes, Trash 'n' Treasure, Crafts, Plants, Tombola, Dodgem Cars, Sizzler Supa Cha Cha, Competitions, prizes, great food & much more. For information, visit <http://sttap.act.edu.au/fete/> or search for the event on Facebook!

### WALSH TAE KWON DO

Walsh Martial Arts (Weston Creek Branch) invites you to join them to learn Tae Kwon Do. All ages and families welcome! Sessions take place every Wednesday, 6:30-7:30pm, at Arawang Primary (Nemarang Cr, Waramanga). Visit [www.walshtkd.com](http://www.walshtkd.com) for information or contact instructor Lachlan Abrahams (3rd Dan Black Belt) on 0416 119 177.

### RISING STAR TENNIS ACADEMY

Start learning to play tennis today. Enrol any time for RSTA's ANZ Tennis Hot Shots programs. Rising Star Tennis is based at the North Woden Tennis Club, De Large Place, Hughes. Contact Frank on 0438 258 624 or visit [www.risingstartennis.com.au](http://www.risingstartennis.com.au) for details.

### CANBERRA SCHOOL OF TENNIS

The Canberra School of Tennis is now enrolling for Term 4. CSOT offers programs for kids as young as 3 in the ANZ Hotshots program all the way to Adults in the Fitbit Cardio Tennis at The Pines Tennis Club (Tuggeranong). All new junior students who enroll will receive a racquet, shirt and Hotshots Match Play program for free when signing up to the Hotshots Coaching program. For more info and lessons times please contact Robert Jamieson on 0432 118 204 or [robert@csot.com.au](mailto:robert@csot.com.au).

### TENNIS CANBERRA JUNIOR COACHING

Tennis Canberra coaches in the Tuggeranong area on Friday nights at Erindale Active Leisure Centre. For a limited time, all new players receive a free tennis racquet & ANZ Hot Shots player shirt and have the opportunity to attend a trial lesson. Sign-up and more information is available at: [www.tenniscanberra.com.au/junior-tennis](http://www.tenniscanberra.com.au/junior-tennis).

### GAP YEAR INFO EVENING

Letzlive is presenting a Gap Year Information Evening at Radford College on Thursday 25 October from 6-7pm. The presentation will be held in the Heath Lecture Theatre. Register your interest online: <https://www.letzlive.org/about/information-sessions/>

### PARENTLINE

Parentline ACT is a confidential and free counselling and information service. Contact Parentline ACT on 6287 3833 on Monday to Friday (except on public holidays), between 9am and 5pm.

### OPAL CARD - TRANSPORT NSW

The School Opal card gives eligible students free or discounted travel between home and school using the train, bus, and light rail services you nominate in your application. More information on the Opal Card is available at [www.transportnsw.info/school-students](http://www.transportnsw.info/school-students)

# insights

## Strategies to deal with cyberbullying

by Martine Oglethorpe



*Cyberbullying is certainly one of the downsides of the digital world and something that evokes great fear amongst parents and educators. While the extent of the harm and the effects of cyberbullying can vary greatly, it is important that young people know there are things that can be done to minimise that harm, and to help put an end to bullying behaviour.*

Cyberbullying can be described as any bullying that occurs via a technological medium, either via texting, email, social media interactions, gaming comments or the unwanted sharing of images and videos. It tends to have three characteristics: it usually involves a power imbalance, it is behaviour intended to cause harm or embarrassment, and it doesn't cease when the target asks for it to stop.

We should make a distinction between behaviour that is bullying – and thus reportable – versus that which is simply 'mean and nasty'. Some behaviours are hurtful and unkind, but not necessarily bullying. An action may be thoughtless, bold, mean, rude or ill mannered, but it doesn't necessarily have the characteristics of bullying. Such one-off behaviours would rarely be reportable or require follow up in line with anti-bullying laws. Nevertheless, for such behaviours we can still use the strategies below, as well as a healthy dose of resilience. We just wouldn't be reporting the behaviour to police or looking to the law for help.

When bullying behaviours do occur, we now have some good data to support a number of potential strategies that can work for young people. Some of these are more appropriate for certain people and certain situations, but the most important thing for young people is to know that they do have options.

### **Block**

Every social network, app or gaming device has the ability to block or mute someone who is abusing you in any way. It is important to familiarise yourself with the 'settings' button on any network or game as this is where you will find the ways to block those people who are no longer serving you well.

### **Report**

If the behaviour is particularly malicious or threatening and appears to be breaking any codes of behaviour set out by the service or network, the perpetrator can be reported to that service or network. Their account can be looked at and taken down if they are deemed to be breaking those codes of conduct. Again, look to the settings in the particular app or game to find reporting instructions.



## Ignore

For those who are able, simply ignoring the behaviour has also been found to be most effective. When there is no one there to respond, the offender often gets tired of the lack of interaction. The refusal 'to take the bait' often sees the behaviour subside. Of course if ignoring it doesn't stop the behaviour, then other steps need to be taken.

## Be an upstander

The power of numbers can be both a good and a bad thing online. If one person takes a stand and sticks up for someone there is usually a ripple effect and others will join in to admonish the behaviour. Encouraging young people to have the courage to stand up for others who are unable to stand up for themselves goes a long way to stopping these behaviours.

## Seek help from the Office of the eSafety Commissioner

If you have not had any success in getting comments, photos or videos taken down by a social network, the next step is to take your issue to the [eSafety Commissioner](#). The Commissioner's office has the power to deal with cyberbullying and take down any content thought to be threatening or abusive. Take screenshots if needed as evidence of offending behaviour. Find more information at [www.esafety.gov.au](http://www.esafety.gov.au).

## Get others involved

'A problem shared is a problem halved' they say, and this can certainly be true for those experiencing bullying. This can be difficult for some kids who fear retribution to themselves, embarrassment or having their tech taken away. However it is important for them to know that these do not have to be concerns for them. Ask your young person who they feel they could turn to should something go wrong online. This will preferably be a parent or teacher, but even if it is another friend both kids can discuss how they could help someone else in the same situation. What are the steps they could take to help someone being bullied online?

Every young person has the right to safe access to the internet and to be able to engage in positive interactions with others. When this right is denied, it is imperative that young people know they have options at their disposal to put an end to the bullying behaviour and get back to their fundamental right of safe access to the online world.



### Martine Oglethorpe

*Martine Oglethorpe is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Martine is available for student workshops focused on positive online behaviours, for teacher professional development on how the digital world affects what happens in the classroom and for corporate and parent information sessions. For more information head to her website [themodernparent.net](http://themodernparent.net). Contact details: [info@martineoglethorpe.com.au](mailto:info@martineoglethorpe.com.au), [themodernparent.net](http://themodernparent.net), [facebook.com/themodernparent](https://facebook.com/themodernparent)*