

College

Newsletter



**MacKillop**  
St Mary MacKillop College Canberra



*Volume 1 2019*

8 FEBRUARY

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# Coming

# Up

MON 1 1 F E B

• Year 11 Parent Information Session

TUE 1 2 F E B

• Year 7 Parent Information Session

MON 1 8 F E B

• Year 8, 9 & 10 Parent Information Session  
• PAT Testing Week

MON 2 5 F E B

• College Photos (St Peter's Campus)  
• Year 10-12 ANU Application Info Evening

TUE 2 6 F E B

• Swimming Carnival

WED 2 7 F E B

• St Peter's Honours Assembly

FRI 0 1 M A R

• College Photos (Padua Campus)

MON 0 4 M A R

• Year 11 Parent Info Session (Cooma)

## Contact Us

### Contact Details



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

### Socials



www.facebook.com/  
**mackillop.act**



www.twitter.com/  
**mackillop\_act**



www.instagram.com/  
**mackillop\_act**



www.youtube.com/  
**stmarymackillop**

# Principal's

## Letter



Dear families, students and friends,

### **WELCOME BACK!**

Welcome to the 2019 academic year. A particular welcome to new staff who have or will be joining us this year, and to the many new students who have joined our community. Year 7 deserve a special mention for the maturity, enthusiasm, and sense of fun that they have brought to their early days as high school students. The staff have been delighted with the willing spirit and have high hopes for their success. I'm sure they know that the rest of their school wishes them every success and enjoyment as they learn to belong to their school!

Welcome to the new staff who come to MacKillop from as far away as the United States, Darwin, Port Lincoln (SA), Tasmania, and Gungahlin! They bring with them serious talent, a diverse range of interests, and varied experience and wisdom, which will add to the quality of the staff and the engagement of the students.

Our new staff are: Marina Askandar, Katrina Banyai, Leisa Bryson, Carmel Coady, Danielle Logue (returning), Ashleigh McClelland, Nicholas McGinness, Nadira Pardo, Neel Shah, Ethan Tulk (former student), Yazmin Wallis, and Hannah Weiss.

### **OPENING MASS**

MacKillop always begins the academic year with an Opening School Mass. This will be held on 7 March at the Tuggeranong Basketball Stadium, with Mass commencing at 9:30am. Parents, grandparents, family friends, and younger siblings are all welcome – this is not a ticketed event!

### **NEW BUILDINGS - STAGE 1 STEM CENTRE**

Congratulations to Kieran Igoe-Taylor, Tom Munnings, and Dominic Crawford of Projex Building Group and to Business Manager Louise Davidson and their teams who in 10 weeks demolished and rebuilt the Padua Campus kitchens, textiles and technology facilities, and built a new café and staff room – all for \$1.8million. The College is most grateful to these people. Without their dedication and energy, four teaching areas would not be available for students this week.

The buildings will be officially opened at a later date this term and some suggestions for naming the facility will be put to the College Board at the first meeting of the year.

The integration of Science, technology, engineering, mathematics, and the arts is not new in secondary schools, but Stage 1 (completed) and Stage 2 (July 2019) will provide first class facilities to enhance this important aspect of the curriculum.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE  
COLLEGE PRINCIPAL

*"Welcome back to the 2019 academic year. A particular welcome to the many new students who have joined our community."*

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### **PRINCIPAL'S PRAYER**

*Lord,*

*We give thanks for the promise of the year before us. 'Encourage one another and build each other up'.*

*Amen.*





## Back to School

The College welcomed students to the 2019 school year this week, with Years 7, 10, 11, and 12 commencing on Monday and Years 8 and 9 starting on Tuesday.

The energy, positivity, and enthusiasm that the students displayed ensured a smooth start to the year. The College is excited to build on its academic and community success in 2018.

MacKillop would like to particularly welcome the 400+ students who are new to the College in 2019 and we wish all students and families the very best for what should be an exciting year!



## STEM Stage 1 and kitchen refurbishment

As mentioned by Mr Lee, the refurbishment of the Padua Campus' food and textiles facilities and the construction of STEM Stage 1 has now been completed.



## Parent Info Evenings

Parents are invited to attend information evenings being held over the coming two weeks. Information relevant to each Year group will be presented at the Year 7 and 11 sessions. The Year 8, 9 and 10 evenings will be held at the St Peter's campus with parents able to access information about different aspects of the College that they wish to learn more about. There will also be an opportunity for parents to meet with their son or daughters PC Teacher along with the Pastoral Care Coordinators on each of the nights. The details for each information evening are outlined below:

- Year 7 – Tuesday, 12 February. 7.00pm in the Theatrette (Padua Campus)
- Year 8, 9, 10 – Monday, 18 February between 5.00pm and 7.00pm at the St Peter's Campus)
- Year 11 – Monday, 11 February. 5.30pm in the Learning Commons (St Peter's Campus)

**Lachlan McNicol • Assistant Principal Pastoral Care**



## Canberra Comedy Festival

Tickets are now on sale for *Unedjamacated*, a show featuring Mr Jeremy Margosis and a band of MacKillop Drama students (Ashy Kinsella, Robert Kjellgren, Audrey Kent, Cale Merriman, David Hiscock, and Tayla Harnas).

The act is part of the Canberra Comedy Festival and will be held on Wednesday 20 March from 7pm in the Courtyard Studio at the Canberra Theatre Centre. Tickets are available at the Canberra Comedy Festival website.

Former students Ben and James Stevenson (Class of 2007), who commonly feature on Channel 10, ABC, Eleven, and The Comedy Channel, also have a show at the Festival on Saturday 23 March. Their show is called *The Stevenson Experience – Takes One To Know One*.

**Jeremy Margosis • Humanities & Drama**



## School Fees

Term 1 fee statements will be sent next week. Fees are to be paid by 8 March 2019 unless paying by Direct Debit or other approved instalment payment method. Please note the College does not accept cheques.

The following methods of payment are available:

### PAYMENTS BY QKR!

All payments to the College can now be made through the Qkr! app. Payments for school fees, excursions and tours, etc can all be made using Qkr! Details on how to download and register the App are available on our website and some information is also included towards the end of this newsletter.

### CASH & EFTPOS

Cash and Eftpos payments may be made in person at both Isabella and Wanniasa Front Reception.

### BPAY

Bpay is available at the College for payment of School Fees only. Payments can be made through internet and telephone banking by quoting the Biller Code and Reference Number located on your school fee statement.

### DIRECT DEBIT

Payment of School Fees by Direct Debit will require completion of the relevant paperwork. Please contact Jayne Limbrick at [jayne.limbrick@mackillop.act.edu.au](mailto:jayne.limbrick@mackillop.act.edu.au) to set up your Direct Debit. Direct Debits usually commence in January and run over 52 weeks or 26 fortnights.

All Direct Debits are to be altered in December for the following year's School Fees.

### CREDIT CARD PAYMENTS – MASTERCARD OR VISA

Credit Card payments may be made in person, over the telephone, or details can be provided at the bottom of your school fee statement.

**Michelle Predovan • Fees Manager**

## ACT Bursary Scheme

The ACT Secondary Bursary Scheme can provide financial support for students in Years 7-10. Applicants must hold a pensioner concession card or a health care card win means-tested 'payment codes'. For information, contact 6205 8262 or visit the DET website: [www.education.act.gov.au](http://www.education.act.gov.au).

## MacKillop Judo Club

MacKillop Judo Club is now open! The club operates every Tuesday and Friday evening from 5:30pm at the Padua Campus. Our club offers classes for beginners and advanced judo athletes as well as a self-defence class every Tuesday.

During our judo classes you have the opportunity to learn the Art and the Sport of judo and train side-by-side with National level representatives (MacKillop students).

You do not have to be fit or strong to start judo. Our judo programs are structured in such a way to help you develop strength, speed, flexibility, confidence, respect, concentration, explosive power, and more. Most importantly, you will develop coordination, balance and safe falling which is useful in everyday life and will assist you in other sports.

The judo and self-defence sessions will teach you how to overcome your fears and show courage when under pressure.

Judo has helped many teens improve their studies. Students utilise the concentration skills learnt in classes, the discipline and responsibility to complete their tasks and the determination to improve themselves during every lesson. Being able to exhibit these positive traits at school translates to better grades as schooling requires the proficiency of these characteristics.

MacKillop students receive discounted fees. We are looking forward to seeing you for a free trial. Please visit [www.judomackillop.com](http://www.judomackillop.com) or call Stephanos on 0411 105 449 for more information.

**Stephanos Georgiadis • Club President**

## Lawn mowers needed!

The Technology Faculty is hoping to seek out old lawn mowers so that Year 10 students can work on them. Contact John on 6209 0164 if you are able and would like to donate.

**John Solari • Technology Faculty**

## New beginnings...

To be human is to love 'story'. We all do, whether the medium is a novel, a film, the spoken word, or Scripture. My academic background in History says to me that we long to hear of the human condition; of where we have been, adversity or triumph we may have experienced which makes us who we are and a frame of reference into who we may become and why.


'Story' speaks to us of many endings and the hope of even more new beginnings with all the associated opportunities that may come. Perhaps that's why so many place value on the year cycle when it ticks over and we sincerely wish people "Happy New Year!" After all, it's an arbitrary day on the modern calendar. In this respect, we need to admire our ancestors who based such strong cyclical values on astronomical observations such as solstices. These had a far more significant impact on the life cycle in relation to agrarian survival and of 'darkness' followed by 'light'.

The deeper point here is that we have not lost our sense of cycle despite modernity; of beginnings, endings, and new beginnings replete with tales tall and true. It is the narrative in between that makes us human, that creates 'story'. We are all cycles within cycles, at times in a constellation of our own as individuals, whilst overlapping as a collective, as a community, all at once a spark from the mind's eye of the Divine. 'Story' and the sense of immanence to becoming calls to us in Genesis 1:1: "In the beginning..." through to the last book of the Gospels when John 1:1 says "In the beginning was the Word...and the Word was made flesh"; we come from knowing into being.

In 2019 we have a new cycle at St Mary MacKillop College, moving forward as a community and as individuals. We are joined together in the story of our Patron, St Mary of the Cross MacKillop who, in one of her last letters, wrote to her Order: "Love one another, bear with one another and let charity guide you in all your life" (1909). So too we have chosen our liturgical theme for this year to be "encourage one another and build each other up" (Thess 1 5:11). In our new cycle, our new beginning, may we draw on our past to inspire us, live in the present to encourage one another and build each other up so that "while we are but travellers here" (1867), our story will be an agent for positive change in this world and within our students, both in 2019 and beyond.

St Mary of the Cross MacKillop, pray for us.

**Jonathan Moyle • Assistant Principal Faith Leadership**



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# TEACHERS' COMMISSIONING MASS

AT CORPUS CHRISTI

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**17.02.19**  
**10AM, CORPUS CHRISTI PARISH**  
**167 BUGDEN AVENUE, GOWRIE**

All teachers, especially those beginning their career, and their families are most welcome to attend. Please bring some morning tea.

## ANU Extension 2019

ANU Extension is the University's extension program for senior secondary students. The program offers courses in sciences, engineering, mathematics and Asian languages. Students who successfully undertake studies in ANU Extension can receive an early offer of entry into an ANU bachelor degree program and receive credit towards the bachelor degree for the studies successfully completed.

These courses are open to students in Year 11 and take place at ANU, one afternoon a week for approximately two hours. Some course content may be covered through online work. Students may be able to use their results from these courses to contribute to their ATAR calculation.

Year 11 families have been emailed a copy of the ANU Extension Program flyer, which explains the the course in detail.

Please note that all applications for these courses must be made by 17 February 2019.

**Maria O'Donnell • Assistant Principal Academic Care**

## Concert Band

MacKillop Concert Band has recommenced for 2019. Existing students who have borrowed an instrument from the school are asked to bring it to re-hire for 2019.

If your son or daughter played in the IMP at their Primary school last year or if they have at least two years playing (and reading) experience either on the Flute, Clarinet, Trumpet, Trombone, Bass Brass, Saxophone, Percussion or Piano, they are encouraged to meet the conductor and the band on Friday Morning at 8:30am-9:30am.

This year we are keen to hold onto our Year 10 band members and will be providing transport options for those students continuing on their instrument. These students are asked to see Mrs Mansfield for further information.

If you have any questions regarding concert band, please contact email [Petrina.Mansfield@Mackillop.act.edu.au](mailto:Petrina.Mansfield@Mackillop.act.edu.au).

**Petrina Mansfield • Director of Performance**

## Instrument Program

If you are interested in learning an instrument during school time, please contact Bellchambers Music School on 6281 6270.

**Petrina Mansfield • Director of Performance**



**BELLCHAMBERS**  
*Music School*  
The Beat Goes On

**LEARN MUSIC AT  
ST MARY MACKILLOP COLLEGE -  
NOW AT BOTH ISABELLA AND  
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Escape to music! Individual lessons  
GUITAR, PIANO and BAND INSTRUMENTS  
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conducted by our excellent music  
educators during school time at school.

Enrol NOW for 2019!  
Call 6281 6270, limited  
places available!

See [bellchambersmusicschool.com.au](http://bellchambersmusicschool.com.au) for more details



## Pastoral Care Teams

In 2019 the majority of students in Years 8 to 12 will maintain the same Pastoral Care Teacher that they had last year. This is because teachers have elected to continue to work with the same class and maintain continuity in supporting the wellbeing and academic achievement of those students in their PC Class. The PC Teacher is usually the first point of contact for parents for issues of a general nature.

The Pastoral Care Coordinators who provide leadership and direction to each year group have written a letter of introduction to families this week. The Pastoral Care Coordinators this year are:

- Year 7 – Mrs Colleen Kain and Mr Nathan Wood
- Year 8 – Mrs Jane Cunneen and Mr Simon Kelly
- Year 9 – Mrs Angela Dirago Mr Steve Lowe
- Year 10 – Mrs Kathleen Galvin and Mr Peter Johnson
- Year 11 – Mr Braden Longo
- Year 12 – Ms Lyndall De Ambrosis

The Directors of Student Wellbeing who work closely with the coordinators on each campus are: Padua Campus – Mr Paul Durham (Padua) and Mrs Monica Bailey (St Peter's).

## Status Awards

On the Padua Campus, a Status System recognises, affirms and rewards students for positive behaviours. Students may advance to the levels of Bronze, Silver or Gold Status.

Students are issued with a Merit Point Card and encouraged to seek recognition for their positive contributions to the life of MacKillop through aiming for the progressions of Bronze, Silver and Gold Status. When students have met the criteria for each level an application form can be sought from their Pastoral Care Coordinator.

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

Bronze Status: Keira Deahm 8F1, Tijana Hlevnjak 8AF, Rachael Lowry 8AF, Alisha Mallia 8A1, Luke Olivier 8EW, Hanna Whalen 8A2

Silver Status: Nila Ranjith 8W2



## Absence & Late Arrivals

If students are absent from school for any reason, or arrive late, a signed note or parent email is required explaining the late arrival or absence. A proforma is also available for this purpose and can be downloaded from the College website:  
<http://www.mackillop.act.edu.au/index.php/our-school/publications-policies/policies-forms/item/absence-proforma>

## School Drop-Off & Pick-Up

All parents, or others, who drop-off or pick-up students before and after school are asked to do so on the Basketball Courts at each campus. This is in the interests of maximising the safety of all students and road users at these busy times of the day.

Parents are requested not to utilise the streets around the campuses or the bus bays. Cars parked on surrounding streets combined with students crossing roads increases the risks of accidents that could potentially be avoided.

## Parenting Ideas

A "parentingideas" article will be published in each edition of the College Newsletter this year. The articles provide a wide range of practical parenting advice on topical issues. These resources are provided to support parents with the challenges of raising their children, particularly through the complexities of adolescence.

The article in this newsletter addresses "Top five strategies to improve your parenting this year".

**Lachlan McNicol • Assistant Principal Pastoral Care**



**MacKillop**  
St Mary MacKillop College Canberra

# Parent Info Sessions



## YEAR 11

**Monday 11 February, 5.30pm**

**St Peter's Campus, Isabella Plains**

*Includes a presentation and a meet and greet with staff.  
(A session for Cooma families will be held on 4 March.)*

## YEAR 7

**Tuesday 12 February, 7.00pm**

**Padua Campus, Wanniasa**

*Includes a presentation and a meet and greet with staff.*

## YEARS 8, 9 & 10

**Monday 18 February, 5.00pm - 7.00pm**

**St Peter's Campus, Isabella Plains**

*Stalls will be set up at the Year 8-10 Parent Info Session for parents to visit at any time between 5-7pm.*

**[www.mackillop.act.edu.au](http://www.mackillop.act.edu.au) • 6209 0100**

## Community News

### BRINDABELLA BLUES FOOTBALL

Registrations for girls' football with the Brindabella Blues are now open. This season Brindabella will field teams in the U12, U14, U16 and U18 age divisions in the Capital Football 2019 season starting in early May.

To coincide with Female Football Week, Brindabella will be offering a free football clinic for new and returning players Monday evenings throughout February from 5.30 to 7pm at Calwell Playing Fields.

Further information is available on the BBFC website: <https://www.bbfc.org.au/> or contact Michael at [juniors@bbfc.org.au](mailto:juniors@bbfc.org.au) or 0423 824 192.

### TENNIS CARNIVALE - CANBERRA SCHOOL OF TENNIS

The Ronald McDonald House Tennis Carnivale will be held on Saturday 23 February from 1:30-4:30pm at The Pines Tennis Club, Chishom. Try out Tennis Australia endorsed programs including ANZ Hotshots for kids and Fitbit Cardio Tennis for adults. The event will include a speed serving competition, face painting, barbecue, raffle, DJ, and some special guests.

Contact Robert Jamieson on 0432 118 204 or visit [www.csot.com.au](http://www.csot.com.au) for information.

### TENNIS CANBERRA SUMMER SEASON

Tennis Canberra's coaching and summer season is now underway. Join any time! There are programs for young and old with a range of competitions. Tennis Canberra holds sessions at the Active Leisure Centre, Erindale.

For information, visit [www.tenniscanberra.com.au](http://www.tenniscanberra.com.au) or call Robbie on 0416 186 121.



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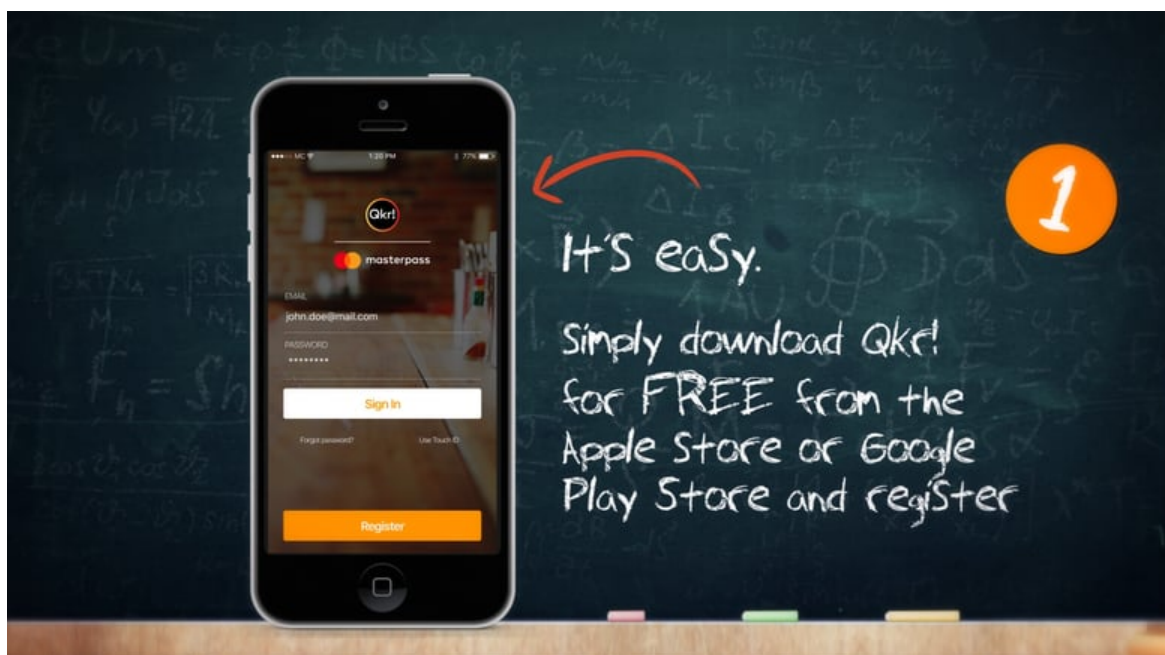


The College uses an online payment system for the convenience of parents making payments for school fees, excursions, purchasing tickets, uniforms, sport socks, etc. You no longer need to leave the comfort of your home or send cash into the College to pay for these items.

Simply download Qkr! By Mastercard from the Apple Store or Google Play Store on your mobile device or head to <http://mackillop.act.edu.au/qkr/> to set up your Qkr! account. When setting up your account and your student/s profile, make sure you **opt in** to receive notifications. By opting in to receive notifications you will be notified about new payments relevant to your student's year group. Qkr! is provided by MasterCard so you know your payments are secure. No information is stored on your phone. Registration details and card information are saved securely on the MasterCard network. If you choose to pay using a MasterCard, you will also benefit from MasterCard's Zero Liability policy which protects the cardholder from fraud and unauthorised charges. The College accepts Visa and MasterCard. If you require help downloading Qkr!, come into front reception at the Padua Campus with your mobile device and Jayne Limbrick would be happy to help with this process.

Already registered but cannot remember your password? Please email [jayne.limbrick@mackillop.act.edu.au](mailto:jayne.limbrick@mackillop.act.edu.au) with your query and our Qkr! Accounts Manager will delete your account, you then re-register to take advantage of this quick and easy payment app.

All payments to the College can be made quicker with Qkr!





# insights



## Top five strategies to improve your parenting this year

by Michael Grose

The start of the year is a great time for making changes and improvements to the way you raise kids. But it's difficult to know where to begin.

To assist with the change process we've carefully selected five practical strategies that will have a positive impact if acted upon. We've organised webinars in the first half of the year to assist you to implement each strategy.

### 1. Switch on your child's strengths

Most of us have been conditioned to focus on what kids can't do. There is a better way. The Positive Psychology movement lead by US-based psychologist Dr. Martin Seligman showed that when we can unearth kids' strengths we are, in effect, unlocking their true potential for success and happiness. Three elements come together to make a strength and parents need to be mindful of all three: performance (being good at something); energy (feeling good doing it); and high use (choosing to do it).

[Professor Lea Waters](#), author of the wonderful new book *The Strength Switch* and current President of the [International Positive Psychology Association](#) will show you how to focus on kids' strengths in her webinar '[Switching on your child's strengths](#)'.

### 2. Balance kids' extra-curriculum activities

Alongside social media and news events, being busy is now recognised as a major stressor for many children and young people. The choice of activities to keep kids busy after school hours is mind-boggling.

Having so many options is wonderful but it does place a new set of pressures on parents and kids. The cost of loading kids up with scheduled activities is that many don't get the chance for free play, or simply 'vegging out' on the couch.

Parenting Ideas expert [Dr. Jodi Richardson](#) will help you find the right balance of activity for your family in her webinar '[Balancing extra-curricular activities](#)'.

### 3. Focus on friendships

Friendships are an important part of the road to adulthood for a child or young person. Friendships can also be

problematic. Not every child is naturally outgoing and makes friends easily. If your child has difficulty forming friendships and is worried by that, then there are many ways to approach this including: encouraging kids to spend one-on-one time with others, making extra-curricular activities fit their interests, and coaching kids to develop friendly behaviours.

The wonderful [Sharon Witt](#) will conduct a webinar ‘[Teach girls to build each other up](#)’, focusing on friendship skills especially for parents of girls.

## 4. Give kids tools to manage anxious moments

Currently we have a childhood anxiety problem. A big one! And it’s mostly undetected as community understanding of anxiety is low. It’s our experience at Parenting Ideas that many parents are anxious and they don’t know it, and many children routinely experience anxiety, which goes unrecognised.

Parenting Ideas founder Michael Grose is conducting a webinar ‘[Managing your child’s anxiety](#)’ to help parents on this challenging but important topic.

## 5. Develop rights of passage

Community changes have largely eradicated many traditional rights of passage, making it harder for a young person to know when they’ve become an adult.

Fortunately, many families are now creating their own to mark events such as the end of primary school, the move into the teenage years, and mark different stages of adolescence. These traditions are now becoming legitimate rights of passage for young people.

Internationally recognised expert on rites of passage Arne Rubenstein will outline practical ways you can recognise a young person’s important life markers in his webinar ‘[Creating 21st century rites of passage](#)’.

## Will anything be different this year?

Change and improvement in anything worthwhile generally comes incrementally rather than in one giant leap. We’ve pointed you in the right parenting to take this year. With our webinars we’ve made it easy to take that vital first step. Have a great parenting year.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia’s leading parenting educators. He’s the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spoonfed Generation: How to raise independent children*.