

College

Newsletter



**MacKillop**  
St Mary MacKillop College Canberra



*Volume 2 2019*

22 FEBRUARY

ARTIST IN RESIDENCE PAGE 4 • RECONCILIATION ACTION PLAN PAGE 6  
INFINITE PROGRAM PAGE 7 • SCIENCE PAGE 8 • PASTORAL CARE PAGE 9

# Coming

# Up

MON	25	FEB	• College Photos (St Peter's Campus) • Year 10-12 ANU Application Info Evening
TUE	26	FEB	• Swimming Carnival
WED	27	FEB	• St Peter's Honours Assembly
FRI	01	MAR	• College Photos (Padua Campus)
MON	04	MAR	• Year 11 Parent Info Session (Cooma)
TUE	05	MAR	• Moderation Day (Pupil-free) • Year 11 AST Trial
THU	07	MAR	• Opening Mass
MON	11	MAR	• Canberra Day Public Holiday

# 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/  
**stmarmackillop**

# Principal's

# Letter



Dear families, students and friends,

## **MODERATION DAY AND MODERATION PACKAGES**

Many of you must wonder what happens on moderation days and indeed another moderation day is fast approaching on Tuesday 5 March. The short hand explanation of moderation day is that teachers across the city get together in their teaching areas (ie Mathematics, English, Construction etc) and ensure that there is alignment between schools in assessment tasks, the grading of those tasks and the quality of the feedback given to students. The Board of Senior Secondary Studies ( B.S.S.S.) captures and uses data from moderation day for schools to use to improve assessment.

Some good news about MacKillop is that, as a College, we have the greatest accuracy in our moderation packages across the ACT system. This is together with our consistently outstanding number of assessment tasks, identified as exemplar tasks.

This speaks positively of the quality of assessment tasks at MacKillop and the professionalism of the academic care that is provided for our students. Congratulations to Maria O'Donnell and the academic team for again leading this learning.

## **OPENING MASS**

I wish to remind families and friends that our Opening Mass 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! Please note that this date has changed from the original date that was published in the College Diary.

## **SRC STRATEGY AND PLANNING**

It was a pleasure to take all Student Representative Council members, House Captains, and Portfolio Captains on a short excursion to the War Memorial today, followed by a strategy and planning meeting at the offices of Catholic Education in Manuka. The sensitivity and respect at the War Memorial was deeply reassuring from the students and their range of ideas and confidence was impressive – a very pleasant day for me and hopefully for them!

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE  
COLLEGE PRINCIPAL

*"Some good news about MacKillop is that, as a College, we have the greatest accuracy in our moderation packages across the ACT system."*

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## **PRINCIPAL'S PRAYER**

*Lord,*

*Help us to be mindful of the needs of others - particular refugees.*

*Amen.*

## New Artist in Residence

Our Artist @ MacKillop for 2019 is Bec Selleck, a sculptor and photographer.

Bec commenced in Week 2 at the St Peter's Campus, introducing herself to senior Visual Arts and Graphic Design students. She will be on the senior campus every Thursday this term and will move to the Padua Campus in Term 2.

There is currently an exhibition of Bec's interactive sculptures and photographic works in the Phoenix Gallery on the St Peter's Campus. On Thursday 28 February she will be in the gallery at Recess and Lunch and Year 10 - 12 students are invited to visit the exhibition and meet the artist. Parents and carers are warmly invited to view the exhibition and meet Bec Selleck between 3.30pm and 5.00pm on the same day.

**Tamara Murdoch • Visual Arts Coordinator**



## Get your tickets!

Don't forget to get your tickets for *Unedjamacated*, a show featuring a band of MacKillop Drama students (Ashy Kinsella, Robert Kjellgren, Audrey Kent, Cale Merriman, David Hiscock, and Tayla Harnas) and Mr Margosis.

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.

**Jeremy Margosis • Humanities & Drama**

## Engarde News

The ACT Fencing Association held its annual presentation recently to acknowledge its 2018 award recipients. Engarde@MacKillop Fencing Club received the Club Participation award for Cadets (U17) and below. Engarde fencers also finished high in the final individual rankings with Darcy Kinsella (Year 11) 1st in U17 Sabre, Oliver Bryson (Year 11) 1st in U17 Epee, 2nd in U20 Sabre, and 2nd in U23 Sabre, and Benjamin Crowley (Year 9) 1st in U15 Sabre.

Congratulations on a great season 2018 and best of luck in 2019.

## Student Achievement

Lewis Bell (Year 8) won the gold medal in the under 60 kg Senior Boys at the 2019 ACT International Judo Open Championships this month.

Clare Levings (Year 9) is currently representing the ACT in the Australian National Cricket Championships.

## School Fees

Term 1 Fees were electronically sent to family email addresses on 13 February 2019. Fees are to be paid by 8 March 2019 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 Predovan • Fees Manager**

## College Photos

Details of when the College photos will be taken are:

- St Peter's Campus – Monday 25 February
- Padua Campus – Friday 1 March

Students have received a photo envelope/order form which is to be returned on photo day with any money or payment details handed directly to the photographer at the time the photo is taken.

Boys will be required to wear the College tie in their photograph and have been asked to bring this with them to school on Tuesday. For students in Year 7, or others who are new to the College, who may not yet have their own tie, one will be provided for the photograph.

**Lachlan McNicol • Assistant Principal Pastoral Care**

## Collection Notice

An email has been sent to all families regarding the ACT Government Department of Education and Training *2019 Student Residential Address and Other Information* collection notice. Please take the time to read this collection notice.

## MacKillop Judo Club

MacKillop Judo Club is still accepting new members! 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).

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**

## Absentee Lines

Please remember that parents and carers are required to call the campus absentee lines when their sons/daughters are going to be absent from school.

Padua, Wanniasa - 6209 5240  
St Peter's, Isabella - 6209 0110

**Leisa Bryson • Front Reception**

## Lawn mowers needed!

The Technology Faculty is hoping to seek out more 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**

## Canvas Notifications

Canvas includes a set of default notification preferences you can receive for your students classes.

Notifications are sent to Canvas contact methods as specified in your account. However, you can change the default settings by setting your own notification preferences.

These preferences only apply to you; they are not used to control how course updates are sent to other users. Notifications are sent as one of four delivery types: send right away, daily summary, weekly summary, or don't send.

If you change a setting, the change is made immediately to your account.

Notification settings apply to all of your courses; you cannot change settings for individual courses.

### HOW TO CHANGE YOUR NOTIFICATION PREFERENCES:

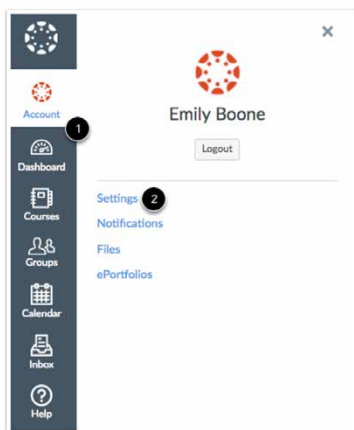
It is recommend that you TURN OFF all notifications, however, turn it on for:

1. DUE DATE
2. ANNOUNCEMENT
3. GRADING

To turn it off, click the X, and click the TICK to have it turned on.

**Jessica Stokman • Learning Commons Coordinator**

Open Notifications



Set Notification Preferences

Notification Preferences				
	<input checked="" type="checkbox"/> Notify me right away	<input type="checkbox"/> Send daily summary	<input type="checkbox"/> Send weekly summary	<input checked="" type="checkbox"/> Do not send me anything
Course Activities	Email Address	Email Address	Cell Number	Push Notification For All Devices
Due Date	emily.boone.canvas@gmail.com	emboone86@gmail.com	8013196118@txt.att.net	<input checked="" type="checkbox"/> <input type="checkbox"/>
Grading Policies	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>
Course Content	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>
Files	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>
Announcement	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>
Announcement Created By You	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>

In Global Navigation, click the Account link [1], then click the Notifications link [2].

## Reconciliation Action Plan

This year our school will be writing a Reconciliation Action Plan (RAP). A RAP is a formal statement of commitment to reconciliation. The writing and enactment of a RAP in schools is directed by a process outlined on the Narragunnawali website, <https://www.narragunnawali.org.au/>. The website also provides extensive information about reconciliation.

The process first involves the formation of a RAP committee. The committee should consist of staff, students, family, friends and community members of the school.

The committee will meet 4 times during 2019 and will write a vision for reconciliation, a school based Acknowledgement of Country and will select the actions for reconciliation relevant to St Mary MacKillop College.

I would like to invite any interested member of the St Mary MacKillop College community to contact me in regard to participating in the MacKillop RAP committee. We are interested in having both Aboriginal and Torres Strait Islander people on our committee as well as non-indigenous community members.

If you are interested in being part of this important process, please contact Caroline Winslade (Contact Teacher for Aboriginal Education).  
P: 62090100  
E: [caroline.winslade@mackillop.act.edu.au](mailto:caroline.winslade@mackillop.act.edu.au)

**Caroline Winslade • Aboriginal Education**



## Infinite Program applications are now open!

**INFINITE**  
  
@MacKillop

Applications are now open for the College's Infinite Program.

The Infinite Program is a student-directed learning experience for academic extension. It is available to students in Years 7 (Semester 2), 8 and 9 who are working significantly above their peer group. The program runs for one semester and successful applicants are welcome to participate just once, or up to a maximum of five semesters from Year 7 - 9.

Incorporating the pedagogies of the 21st century to deliver project-based learning opportunities where students think critically, create, collaborate and communicate, learning is individualised through negotiation between students, staff and parents.

Based in the Wanniasa Learning Commons, students in the Infinite Program will have access to the equipment and expertise available at St Mary MacKillop College. Where outside expertise or equipment is required, we will endeavour to connect with external organisations, institutions and industry to ensure that learning is optimised.

Features of the Infinite Program:

- Individualised curriculum
- Academic mentoring
- Tailored timetable
- Tailored assessment
- Regular supervised study sessions

Entry into the Infinite Program is by application and will be decided case by case. It is important that all applications are supported by the student, parents/carers and the College. Applications will be evaluated based on attitude, aptitude and suitability to work in a self-directed situation.

Application forms are available via the St Mary MacKillop College website - under special programs. Applications close on 27 February.

Further information is available from the Infinite Program coordinator, Eugene Lehmensich, at [eugene.lehmensich@mackillop.act.edu.au](mailto:eugene.lehmensich@mackillop.act.edu.au).

**Eugene Lehmensich • Infinite Program Coordinator**

## Welcome to the Academic Year!

Each new year offers students the opportunity to build upon their past successes, re-invent themselves and create new versions of themselves. Nearly all cultures across the world celebrate new year. A new year brings promise for change and implicit in this change is improvement of some type. Perhaps students and parents are seeking better grades, the development of a wider circle of friends or greater participation in extra-curricular activities.

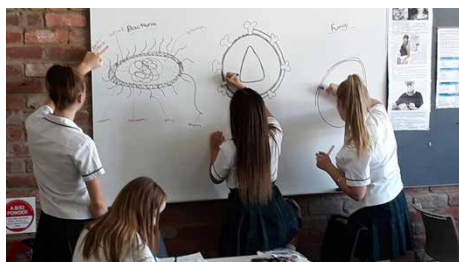
One expression we often hear is 'good luck for the new year'. Luck is an interesting concept. It implies that forces beyond the individual have a great impact on the outcomes in their lives. Sometimes this may be true. When one enters a lottery, the selection of the winning ticket is generally randomised. Education is not a randomised activity, but it is a complex one.

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

## Science News

### VISITING PROFESSOR

Prof. John Richards from the Australian National University came to MacKillop in Week 3 to present how space, electrical engineering, computer science and mathematics intersect to create fabulous career paths for young people in the areas of weather prediction, GPS navigation, telecommunication and satellite imaging systems. Seventy students attended the presentation (including at least one aspiring astrophysicist) which touched upon a range of topics from the influence of gravitational forces on the paths of celestial objects to how satellites are used to monitor water use in the Murray Darling System. We thank Prof. Richards for sharing his time and expertise with us.



**Nadira Pardo • Science**

### AUSTRALIAN MINERALS COUNCIL EXCURSION

We were absolutely *mine*-blown. A group of interested students from Year 10 and the Year 12 Engineering and Year 12 Earth and Environmental Science classes were invited to Parliament House to view the Australian Mineral Council Expo. There were many companies showcasing the new technology used in the mining industry to enhance the overall safety and efficiency of mining. We were in *ore* of what they had to offer. It was a very informative event that opened our eyes to the vast range of jobs in the mining sector- with companies showing the types of careers paths that are available and universities showing us which degrees we would be able to enrol in. We would like to thank Mr O'Connor for organising the excursion and Dr Pardo and Mr Ciccarone for taking us on the day.

**Audrey Kent & Georgia Opie • Year 12**

### SENIOR CAMPUS STUDY SUPPORT & TUTORIALS

Science tutorials for Year 11 and 12 students are off to a great start this year – students are taking the opportunity for individual research and collaborative study supported by expert staff during these scheduled times.

Every Monday afternoon, a Science teacher will be in the St Peter's Library from 3:30-4:30 offering support for Science studies. All students in Years 10-12 are welcome.

**Tristan Burg • Science Coordinator (St Peter's Campus)**

## Performing Opportunities

We enjoy a rich culture of performance at MacKillop and 2019 looks set to be another exciting year. Here is a brief summary of opportunities your son or daughter may be keen to try.

### CONCERT BAND/CHAMBER ENSEMBLE (YEARS 7-10) ONGOING

Brass, woodwind, percussion and string instrumentalists who are currently having lessons and have played for at least two years are welcome to bring their instruments to the Music room at the Padua Campus at 8:30am on Friday Mornings to join one of our ensembles.

### CHOIR (YEARS 7-9) ONGOING

Students interested in singing in a choir should meet Mrs Maloney in the Padua Music Room at recess on Tuesdays.

### BOYS' DANCE CREW (YEARS 7-12) ONGOING

Rehearsals scheduled each Thursday morning at 8am on the St Peter's Campus – Please see Mrs Mansfield for more information.

### VARIETY NIGHT (WHOLE COLLEGE COMMUNITY) TERM 2

Scheduled for Term 2, 30 May, there will be a highly competitive audition process showcasing MacKillop's most outstanding performers.

### COLLEGE MUSICAL (WHOLE COLLEGE COMMUNITY) TERM 3

This year we are putting on the critically acclaimed comedy Monty Python's *Spam-a-lot!* An information session for all interested students – cast and crew – will be held in the Padua Campus Theatre on Thursday 28 February (Week 4) from 3:45 – 4:45pm.

### PERFORMING ARTS CAMP (YEARS 7-12) TERM 3

This two-day camp is an opportunity to attend workshops in Dance, Drama and Music run by experts and professionals in each discipline.

### PRIMARY SCHOOL FEEDER PERFORMING ARTS TOUR (YEARS 7-10) TERM 4

Continuing from the success of last year's tour, we are planning on visiting our feeder schools again in 2019 to showcase our musicians, dancers and actors.

Please keep an eye out for further information via student messages, student emails and Year meetings. If you have any queries, contact: [petrina.mansfield@mackillop.act.edu.au](mailto:petrina.mansfield@mackillop.act.edu.au).

**Petrina Mansfield • Director of Performance**



## Young Carers Group

A Young Carers Group will be organised this year on the Wanniasa Campus to support students in Year 7 to 9. The program has been a success in recent years assisting those who take on the role of a carer in the home.

A Young Carer is a person under the age of 18 who cares for a family member who may be affected by a long term illness or disability.

Students involved will have the opportunity to participate in numerous workshops and learn more about their significant roles as young carers. This may include skill building workshops such as first aid, cooking, budgeting, relaxation techniques, communicating with family members and time management. It may also involve supporting students with their study demands.

The Group will be facilitated this year by Mrs Melanie Denmead.

If you believe that your son/daughter is a young carer, if or you would like further information please contact Mrs Melanie Denmead on 6209 5223.

## Goal Setting and Assessment Planners

This week students have been involved in setting school and personal goals along with strategies for how these might be accomplished.

They have also had time to complete a Semester 1 Assessment Planner to provide an overview of due dates for each assessment task issued during the semester.

Parents can access this information in the Student Diary:

- 2019 Student Goal Setting – Page 25
- Semester 1 Assessment Planner – Pages 22 & 23

Checking the goals and Assessment Planner may assist parents when speaking with their sons or daughters about upcoming assessment and supporting them with their organisation and focus throughout Semester 1.



## Year 11 SRC

Elections took place for this year's SRC members from Year 8, 9, 10 and 12 in Term 4 of 2018. Year 11 had their elections at the start of this year. Congratulations to the students elected to represent their Houses: Dylan Slattery (Mindygari), Harry Virtue (Gurabang), Willem Lynch (Meup Meup), Luca Gagliardi (Ngadyung).

These students joined other SRC members in being inducted into their positions of leadership at the opening assemblies on each campus.

Elections for Year 7 representatives will take place at the end of Term 1.

## Parent Presentation: ThinkUKnow

ThinkUKnow Australia is a cyber safety education program that educates parents and carers about how people are using technology, the challenges they may face online, and how to help them overcome these in a safe and ethical way.

A ThinkUKnow presentation will take place for members of the MacKillop community on Monday 1 April, at 6.00pm in the Theatre at the Padua Campus.

More information will be shared with parents/carers about this event as the date draws closer.

**Lachlan McNicol • Assistant Principal Pastoral Care**

## After School Sport

During 2019 an after school sports program will be conducted on the Padua Campus for students in Years 7 to 9. The afternoons are being organised by College Sports Captain Jacob Church, led by Year 12 student volunteers and supervised by a member of staff.

In Term 1, the sport will be Oztag and the program will run on Thursday afternoons from Week 5 until Week 10, from 3.30pm to 4.30pm on the Padua Campus oval. The afternoons are open to all students including boys and girls who play Oztag competitively, while also catering for students who may have no involvement in organised sports. Students wishing to attend do not have to have any experience of playing Oztag. They can attend with friends and participate in an atmosphere of fun while developing and maintaining fitness and learning new skills.

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

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

## FREE Parent Webinar

The results of focusing on our children's strengths rather than always trying to correct their weaknesses is extraordinary.

With many specific techniques for parents, the Parenting Ideas *Switching on your child's strengths* webinar will demonstrate how to discover your children's strengths and talents, use positive emotions as a resource, build strong brains, deal with problem behaviour and talk about difficult situations and emotions.

When: Wednesday 6 March 2019, 8:00pm – 9:00pm (AEDT)

Price: Usually \$37 per person, this is free of charge to MacKillop families as a Parenting Ideas member.

How parents can register for free:

1. Visit: [www.parentingideas.com.au/parent-resources/parent-webinars/webinar-switching-on-your-childs-strengths](http://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-switching-on-your-childs-strengths)
2. Click 'Add to cart' and then 'View Cart'
3. Enter the voucher code STRENGTHS and click 'Apply'. Your discount of \$37 will be applied to the order. This voucher is valid until 6 April 2019.
4. Click 'Proceed to checkout'
5. Fill in your account details. These are the details you will use to login to your account and access your parenting material
6. Click 'Place Order'

Lachlan McNicol • Assistant Principal Pastoral Care

## Community News

### GROWING GOOD MEN RETREAT - MEN ALIVE

Growing Good Men' is a unique opportunity for dads and their teenage sons to embark on a quest of discovery. A son's relationship with his father can be a powerful guiding force as he wrestles with the questions of what kind of man he is becoming. The most important ingredient in this relationship is time.

The retreat takes place on 5-7 April 2019 at Warrambui Retreat Centre for fathers and boys in Years 7 & 8. The cost is \$400 inclusive of meals and accommodation for a father and son pair. For information or to register, contact Nathan at [nathanahearne@mcc.act.edu.au](mailto:nathanahearne@mcc.act.edu.au).

### TENNIS CARNIVALE - CANBERRA SCHOOL OF TENNIS

The Ronald McDonald House Tennis Carnivale will be held on tomorrow (23 Feb) 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. Visit [www.csot.com.au](http://www.csot.com.au) for information.

### SMITH FAMILY SAVER PLUS

Saver Plus helps families with school costs by matching savings, dollar for dollar, up to \$500. This can assist with school activities, uniform, and supplies. View eligibility requirements at [saverplus.org.au](http://saverplus.org.au) or contact [CanberraSP@thesmithfamily.com.au](mailto:CanberraSP@thesmithfamily.com.au).

### BEAUTY AND THE BEAST PRODUCTION

Year 11 students Jake Kalleske and Darcy Kinsella are performing in the Canberra Philharmonic Society's production of Beauty and the Beast. It shows from 7-23 March. Tickets available at [philo.org.au/tickets](http://philo.org.au/tickets).

### UNIVERSITY OF MELBOURNE HANSEN SCHOLARSHIP

Applications for the University of Melbourne's new flagship equity scholarship, open on 1 March. Find out more at <https://scholarships.unimelb.edu.au/hansen>.

### ACT GIRLS' BRIGADE

The Girls' Brigade is a vibrant community for girls of all ages. It is a relationship building, achievement-based program that incorporates physical, social, educational, and spiritual aspects. Visit [www.girlsbrigade.org.au](http://www.girlsbrigade.org.au).

### REBELS NETBALL CLUB - TUGGERANONG

Registrations and gradings for Rebels Netball Club are on in February and March! For information, visit [www.rebelsnetballclub.wordpress.com](http://www.rebelsnetballclub.wordpress.com).

# insights

## Preventing childhood bullying

by Michael Grose



Childhood bullying is an insidious behaviour that thrives on secrecy and adult acquiescence.

The recent efforts by a father in Ohio, USA to hold his child accountable for bullying is commendable, even if the technique he used is questionable.

Matt Cox insisted that his ten year daughter walk eight kilometres each way to school for three days after she was banned from the school bus for bullying.

He posted a film of her walking to school on social media, which has drawn over 15 million viewers. Cox's actions have drawn mixed responses from parents and professionals alike.

Let's look at the filming and posting of a disciplinary measure to social media first. It's a firm belief of the Parenting Ideas team that discipline works best when it's a private matter between parents and their children, and not something shared with others.

### **Keep discipline private**

Many kids feel uncomfortable when even their close family are aware of the discipline they are experiencing. The posting of the film on social media borders on the realms of humiliation, which probably wasn't this father's intention. Imagine thirty years ago if Cox's parents had filmed an act of discipline involving their son and screening it as a short in movie theatres across the country. There would have been a public outcry about this invasion of privacy. Now thanks to social media posting of private matters is the new normal, which often goes unquestioned.

Parents should be encouraging their children to think very carefully before they post anything on social media as once the genie is out of the bottle it can't be put back. This video could well come back to haunt his daughter in the years to come.

### **Being accountable**

It's laudable that this father wants to hold his daughter accountable for her actions rather than dismiss the behaviour as minor, or 'just one of those things that happen.' Too often parents excuse their children's poor behaviour, or simply don't take it seriously enough.

This father backed the actions of the bus driver, which were presumably endorsed by the school. Parent inaction over children's inappropriate behaviour is a common frustration for many teachers and principals so I suspect knowledge of this dad's actions would have been greeted by high fives by most of the staff at the girl's school.

Reflection is a pre cursor to behaviour change so the fact that she walked to school gave her plenty of time to ponder on her actions. However this type of punishment doesn't generally lead to a reduction in bullying in the long-term.

## **Restore relationships**

Relationship restoration is a key strategy used by many Australian schools that's proving successful in changing bullying behaviour. Increasingly, kids who bully are expected to face up to their victims in safe, teacher-lead meetings. They are required to recall their actions and account for their behaviour. They also hear first hand the impact that their behaviour has had on the person they bullied, which is usually very confronting. This restorative justice method promotes real accountability as kids are expected to make amends in some way for the hurt that they have brought to the other person.

Research shows that many children who bully generally don't identify with the impact of bullying, so hearing first hand how their behaviour impacts on others is more likely to create some empathy, and hopefully, a decrease in bullying.

Like any behaviour change method, restorative justice doesn't work all the time. It needs to be applied in a calm, respectful way and it requires the support of the families of all children involved. This restorative justice method is less about seeking vengeance ('you'll get your come uppance') and more about seeking justice for the person who is bullied ("do you feel safe and also that you've been heard?") and achieving behavioural change from the child who bullies.

## **Use the restorative approach at home**

Parents can practise this restorative approach in their families by encouraging a child to make amends if they've upset or been nasty to a brother or sister. 'You mess up relationships, you make up relationships' is a fabulous way for kids to take ownership of their anti-social behaviours. Again to be effective this method needs to be carried out in a safe, calm manner at a time when children and teenagers are likely to listen.

Childhood bullying requires a zero tolerance approach from parents, teachers and coaches if it is to be stamped out. The approach taken needs to be respectful to everyone involved; aimed at achieving justice and maintaining personal safety rather than seeking vengeance and gaining pay back; and stay firmly in the private rather public domain.



### **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*.