

College

Newsletter



MacKillop  
St Mary MacKillop College Canberra



Volume 12 2019

6 SEPTEMBER

BOOK WEEK PAGE 4 • PASTORAL CARE PAGE 6 • SCIENCE WEEK PAGE 8  
FOOD & TEXTILES PAGE 9 • CAREERS PAGE 10 • SURVEY RESULTS PAGE 12

# Coming

# Up

FRI 13 SEP

• MacKillop Day

FRI 20 SEP

• Spring Zing

FRI 27 SEP

• Last day of Term 3

MON 1 OCT

• Term 4 begins

TUE 1 OCT

• Parent/Teacher Interviews

THU 1 OCT

• Parent/Teacher Interviews

WED 2 OCT

• Senior Leadership Elections

WED 3 OCT

• Senior Hospitality Dinner  
• House Captain Elections

# 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,

## **MACKILLOP DAY**

MacKillop Day on Friday the 13th has at its heart the celebration of the Eucharist. This is an opportunity for students, their teachers, families, to join in that celebration as baptised Catholics, as members of other Christian denominations, as members of other faith traditions, or simply as those members of our community who value and support the Vision and Mission of the College. Staff and students will attend the Mass and all other members of our community who are able are most welcome to join us at the Tuggeranong Basketball Stadium on Friday 13 September from 9:30am.

## **ITALIAN EXCHANGE STUDENTS**

The College has again hosted 25 students from Liceo Fermi this week. Having already visited Melbourne, Traralgon, and the La Trobe Valley, the students have found at MacKillop and Canberra a very different experience! The students brought to MacKillop a spirit of joy, cooperation, and enquiry. Their friendly manner and willingness to integrate themselves made the experience a very enjoyable one from every point of view. I would like to wish the students and their teachers a safe and comfortable trip back to Padua and look forward to seeing them there over the coming holiday.

## **STEM/EMERGING TECHNOLOGIES - STAGE II**

This project is now completed and furniture will be arriving over the next few weeks, making the facility available to students and teachers next term. Whilst I am not sure that education will be using the term 'STEM' into the future, I am certain that the principles of project-based learning will increasingly be part of the learning experience for students and emerging technologies in the area of Science, Applied Technologies, and Engineering, will increasingly inform that learning experience. This facility is, therefore, a real step forward for learning at the College.

I would like to acknowledge Projex who built the facility and Thursday Architecture who worked closely with the MacKillop leadership and staff to provide optimum design. A considerable debt is owed by the College to Business Manager Louise Davidson who project managed this facility with enviable expertise and against a challenging timeframe. With the completion of this project, the College continues to be debt-free and able to move forward with other important projects over the next 18 months.

## **PARENT SATISFACTION SURVEY**

Thank you to the many parents who participated in the satisfaction survey sent to everyone last month. The responses have been outstandingly encouraging and the comments provided very constructive in the process of strategic planning into the future. The number of parent responses was considered 'excellent' in terms of generating credible data. The results are attached at the end of this newsletter.

## **FAREWELL AIDAN BRUNSKILL**

Over the last 13 years, Aidan Brunskill has edited this newsletter, produced the College Magazine, and had carriage of all College publications and social media (including my Instagram account!). Aidan has been instrumental in ensuring communication to our community has been engaging, trustworthy, prompt, and that it has carried the spirit and energy of our school. Aidan leaves MacKillop to take a position with the Australian Taxation Office. This is a loss for us and an opportunity for him. Thank you, Aidan, your contribution to the College has been selfless, expert, and deeply appreciated.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE  
COLLEGE PRINCIPAL

*"The exchange students brought to MacKillop a spirit of joy, cooperation, and enquiry. Their friendly manner and willingness to integrate themselves made the experience a very enjoyable one from every point of view."*

---

## **PRINCIPAL'S PRAYER**

Lord,

*We give thanks for our community, which has you at its heart.*

Amen.





## Book Week

In Week 5, students and staff got involved in the College's Book Week celebrations.

The theme for Book Week 2019 was "Reading is my Secret Power" and the highlight of MacKillop's celebrations was the way students interpreted this theme during the annual Book Week dress-ups. We saw a range of costumes, from superheros and comic book characters, to Dr Seuss creations and, of course, the title character from *Where's Wally*.

Book Week also included special events in the Learning Commons areas at both campuses, including games and the opportunity for parents to visit the school and read with their children.



## Year 12 completes ACT Scaling Test

Congratulations to our Year 12 tertiary students who sat the ACT Scaling Test on Tuesday and Wednesday. This examination measures skills necessary for success at university and facilitates the comparison and scaling of T and H course scores both within and across colleges.



On Tuesday, Year 12 students were provided with breakfast before heading into the gymnasium for the exam. Over the two days, students completed three components: a multiple choice test, short response, and writing task.

We congratulate Year 12 on completing the AST and wish them the very best for the rest of their studies at the College.



## Aussie Rules Champions

Following last semester's Gala Day, the Year 9/10 Boys AFL team regathered on Wednesday 14 August to contest the Schools Cup Finals.

The team staged a courageous comeback win over Alfred Deakin High School before easily accounting for Lyneham High School in their second match.

This result put MacKillop through to the Grand Final against St Francis Xavier College. Inaccuracy in front of goal plagued the team in the early stages of the game, but the overwhelming pressure applied by the team eventually saw MacKillop pull away on the scoreboard and claim the victory to become winners of the ACT Schools Cup. Congratulations to the team!

**Nicholas McGinness • Coach**

## SRC Update

The SRC would like to thank everyone for their participation in the Gurabang House Charity Weeks. More than \$600 was raised for Rise Above and will help with financial aid towards cancer patients around Canberra.

Some exciting news from the sustainability team: Another bottle collection will be held on MacKillop Day and a waste audit will be conducted on both campuses at the end of the term.

Follow the SRC Instagram page @mackillop\_src for future updates and ideas!

**Miguel Sanchez**  
Connection & Communications Captain

## Student Achievement

Congratulations to **Oliver Bryson** (Year 11) who won a bronze medal in the Individual Boys Epee, representing St Mary MacKillop College at the 2019 Australian Senior Schools Fencing Championships in Sydney.

**Stephen Burg** (Year 10) won the CRC CARE award for writing on contamination of our planet: how can we ensure a clean and safe environment for future generations.

**Amber Sibley** (Year 7) and **Grace Jenkins** (Year 8) will compete at National Gymnastics Championships on the Gold Coast this month.

**Lauren Hall** and **Jordan Rezek** (Year 7) represented the ACT at the School Sport Australia Football Championships here in Canberra last week. **Joel Stiles** (Year 8) was a referee/official at the event.

**Caitlin Jorritsma** (Year 7) won first place at the Canberra Revolution of Dance competition for her 'Matilda' Song & Dance routine.

## NGA Teen Council

Congratulations to Harrison Lye (Year 10), Lachlan Geerdink (Year 11), and Charlie Pettersen (Year 9) who will be a part of the National Gallery of Australia's inaugural NGA Teen Council.

The National Gallery has put together a team of young creatives aged 13 – 17 years to form the inaugural NGA Teen Council and help to develop and deliver programs for teens in the remaining months of 2019.

The dynamic group will work closely with the National Gallery from August to December to co-create programs for their peers including a whole-Gallery takeover, Saturday 7 December.

The Teen Council will meet every 3 – 4 weeks from late-August, supported by the Tim Fairfax Teen Coordinator and artist educators. In these meetings, the Council will receive one-on-one moments with Gallery professionals and Cultural leaders and work creatively to co-produce events and programs for the NGA's young audiences.

**Tamara Murdoch • Visual Arts Coordinator**

## Step back so kids step up

Teenagers are often capable of so much more than they are often given credit for. Closing the expectation gap between what adults believe young people are capable of, and allowing them to create their own solutions to the challenges they face can greatly impact their resilience. The parenting ideas article below "Are you asking your kids to step up?" outlines some suggestions for doing that, and the guiding principles that will make it possible.

Information about a free webinar for MacKillop parents is also contained on page 2 of the article.

## Student absence procedures

When a student is absent from school, parents are asked to contact the absentee line on:

Padua Campus (7 – 9)	6209 5240
St Peter's Campus (10 – 12)	6209 0110

If a student is recorded as absent and a call has not been received, parents will receive a text advising of the absence. This ensures that both parents and the College are aware of an absence.

The College also requires parents to provide a written explanation of their son or daughter's absence from school or late arrival. This is a requirement of the ACT Education and Training Directorate and Catholic Education.

The easiest way to provide this written notification is by emailing your son/daughters PC Teacher. Alternatively, a written note can be provided or an absence proforma can be downloaded from the College website [HERE](#) and returned to the PC Teacher by the student on their return to school.

## Status Awards

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

### Bronze Status

Tara Davey 7E3, Gavin De Guzman 7F3, Gemma Drake 7F2, Ava Fattore 7F3, Charlie Jordan 7W3, Thomas Lynch 7F2, Milly McCabe 7AF, Brianna Simon 7W3, Tom Smith 9A2, Hannah Vickers 7EW.

### Silver Status

Brinda Raju 8W2, Jack Street 9F3



## Year 7 Immunisations

The second round of vaccinations for Year 7 students are scheduled to take place on 31 October and 1 November. The vaccine offered free as a part of the ACT High School Immunisation Program is Human Papillomavirus (HPV) Dose 2.

Parents who have not returned a consent card can do so by downloading the form, completing the card and returning it to the College: [www.health.act.gov.au/services-and-programs/immunisation/adolescents](http://www.health.act.gov.au/services-and-programs/immunisation/adolescents)

If a student misses the day of vaccination and you have returned a consent card, you will receive a letter about how to access the vaccines. They will be available free from your GP from 1 December 2019 until your son or daughter's 20th birthday.

More information can be obtained from the above website or by contacting 5124 1585.

Lachlan McNicol • Assistant Principal Pastoral Care





## Senior Biology

For two weeks, from Monday 26 August through to Friday 6 September, Senior Biology students have been hatching ducklings and baby chickens at the St Peter's Campus. This is to assist students undertaking the Human Biology course, in which the current focus is on the growth, development and care of a human from embryo through to death. Observing the hatching process and watching the changes that occur as the ducklings and chicks grow has helped students develop better awareness of the biological challenges facing each step of survival, and they have been able to draw comparisons between the surprisingly similar early developmental stages of the chicks and humans. This has been a highly engaging experience, with students asking fantastic questions about the way these animals develop and the way to best care for them. Every day, Biology students (and their teachers!) have been excited to check on the hatching process, see how our baby animals have grown, and take the chance for a quick cuddle!

Melissa Pert • Science



## Maths Conference

On Saturday 17 August a number of mathematics teachers attended the 17th Annual Conference of the Canberra Mathematics Association which was held at the Australian Defence Force Academy. We attended a number of workshops but ensured we attended the workshop of one of our colleagues, Sonali Kansal, who was presenting at the Conference this year.

Sonali's workshop focused on a learning framework known as ELPSA (Experience, Language, Pictorial, Symbolic Application), challenging tasks involving multiple entry and exit points, student engagement, and resilience. Having moved to Canberra in 2018 to commence her teaching career, Sonali is eager to learn and share her understanding of teaching and learning mathematics. Sonali enjoys trying new approaches to see how students react and engage in their learning. This Semester she has started her Masters in Mathematics at the ANU.

Anna Keppel & Neelima Gupta • Mathematics



## Technical Drama

On Monday of Week 6, students in the Year 9 and 10 Drama Technical classes went on an excursion to the Canberra Theatre Centre in Civic. We were given a tour of the Playhouse Theatre by the staff of the Canberra Theatre Centre where we learnt about the various facilities in the theatre, such as the lighting box, fly system and dressing rooms. We then got to use the stage to act out a script excerpt and call the sound and lighting cues from side of stage. The excursion was an interesting and informative experience that we were all grateful to have had.

Callum Doherty • Year 10



## Lego Masters

After epic builds and more imagination than we could have dreamed, Jacob and Rhys were crowned the first MacKillop Lego Masters. Out-of-this-world creative superstars Jacob and Rhys faced off against two mighty teams including Ty and Felix in second place and Liam and Finn in third. The winning Lego construction was 'The Saga of the Burning Money Tree', followed by 'A Classic Battle Between Good and Evil Hover Ships' and third place 'The Villainous Mailbox Man'. The students were judged on technical skills, stunning aesthetics, and of course, the all-important story-based theme of Super Powers for Book Week.

Get your teams together and sign up for a new MacKillop Lego Masters Challenge, held every Tuesday recess and lunch in the IRC.

Amanda Knott • I-Hum & STEM

## Science Week

National Science Week is an annual celebration of science in Australia, an opportunity to explore the wonders and benefits of science. *Destination Moon: more missions, more science* was the school theme for National Science Week in 2019.

### PADUA CAMPUS

Staff and students celebrated Science Week on the Padua Campus with a number of activities. Students were able to make parachutes, balloon rockets, paper planes and sherbet and compete in science trivia. Congratulations to Aran Moody who won the science trivia and Samuel Warner and Adrian Georgiadis who won the paper plane competitions.

### ST PETER'S CAMPUS

A busy Science Week at St Peter's started with the Science Olympiad Examinations. These exams for students in Years 10 and 11 challenge students' scientific knowledge and problem-solving and are used to select Australia's Science Olympiad Team. Eager and talented MacKillop students sat the exams in Biology, Chemistry, Earth & Environmental science and Physics and we eagerly await their results.

Throughout the week there were a number of Science enrichment and entertainment activities offered to students. Monday saw students battle their wits in the Science Trivia challenge (won by Mykal Marsham & Aiden Maher). On Tuesday, all Physics students in Years 11-12 were audience to a guest lecture by Dr Helen Maynard-Casely, Australia's 2019 *Women in Physics Lecturer* who delivered a talk on "How Neutrons Will Save the World". Wednesday and Thursday saw students able to participate in two special chemical experiments as they tried to perfect the 'Chemical Clock' and the 'Silver Mirror'. Friday was the day for those who participated in Science Week events to celebrate with a tasty ice-cream treat that they made using the Science of 'Freezing Point Depression'.

Thank you to all the staff and students that contributed to a wonderful week!

**Kate Goolagong and Tristan Burg • Science Coordinators**



## Big Science Competition

The ASI Big Science competition is open to all students in Years 7-10 and is an opportunity to gain experience, and recognition, in a nationally benchmarked competition. The Big Science Competition questions draw on real-life examples and contemporary issues. To answer the question students have to synthesise information from a variety of sources and formats and apply critical thinking, scientific literacy and problem solving skills.

We are very impressed with the number of students who volunteered for this competition this year, they should all be proud of how they faced the challenge and learned from the experience. We are also very happy to be able to award certificates of merit to students who, up against some of the best scientific thinkers in the country in their age group, achieved excellent results with a credit top 25%, Distinction top 10% and High Distinction top 5%.

**Credit:** Daniel Baldan, Lachlan Baldan, Daniel Bellato, Cadell Carden, Euan Coram, Jayaharsha Divi, Mason Gourlay, Chiara Hackney-Britt, Lachlan Harris, Blake Meadley, Georgia Mercieca, Aidyn Owen, Francis Rodgers, Michaela Shenton, Freya Standford, Jamie Tran.

**Distinction:** Stephen Burg, Darcy Clark, Tyla Hardy, Tory Henson, Lucas Murray, Ty Pettersen, Alexandra Phathanak, Max Richardson, Zoe Standford.

**High Distinction:** David McLauchlan (100%), Thomas Rodgers, Jasper Van Doorn, Maia Wei, Oliver Wright.



## Year 9 Textiles

Recently the Year 9 Creative Textiles class were fortunate to be able to attend the Dressmakers Costume Exhibition at the National Film and Sound Archive. The aim of the excursion was to gain inspiration from the costumes on display to design their own corsets. Ms Askandar and the Year 9 students enjoyed a very colourful and inspiring exhibition and informative presentation from gallery staff.



## Hospitality

On Wednesday 28 August, Year 11 and 12 Hospitality students prepared and served lunch for 60 Isabella Gardens Retirement Village residents. Students prepared the food at school prior to walking across the road to engage with the residents at their lunch function in their community hall. Year 11 students plated the food while Year 12 students provided table service. The menu included everyone's favourite Lasagne and Salad with a White Chocolate Raspberry Cheesecake with Raspberry Coulis Splat for dessert. This was a positive initiative involving community engagement, which has given our students an opportunity to get to know our closest neighbours and engage in real industry experience.

Once again Café Bella has been a key feature our senior Hospitality curriculum. Each week the café is open to staff and students along with our neighbours from Isabella Gardens. Menu items have included pumpkin and feta risotto (GF, V) BLT burger & chips and vegetarian bolognese with chilli gremolata along with chicken schnitzel, gravy and chips. Students are continuing to develop their barista skills and interactions with customers, all while providing advice on food.



## Social and Community Work

Year 11 Social and Community Work students have been enjoying workplace visits to Holy Family School, interacting with the children in the Preschool and Kindergarten classes. They are learning about child development and communicating with young children in a Community Services environment. In the coming weeks they will design and present their own learning experiences to the children.

## Other Food & Textiles News

What else have our students been up to?

- Year 10 Interior Design students are developing their knowledge of the program SketchUp in order to produce a mock presentation for a client.
- Year 11 Hospitality students learnt how to steam foods using bamboo steamers while working effectively with others. A shared lunch was the end result!
- The Kitchen Garden students have been learning about growing and producing their own foods, including things like truffle infused butter!



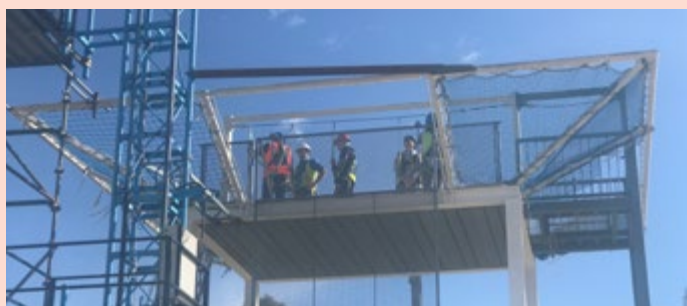
## Careers Website

Our College has a dedicated careers website for our students and their parents/caregivers to assist in career research and post school planning. You can access it via the College's home page, under the tab 'Education and Care' or by going to the link: <https://www.mackillopcareers.com/>.

It's a "one stop shop" containing a huge amount of information on almost every conceivable career and post school option topic. This is a central location for everyone (students, parents and staff) to be able to access information on career topics. In the Secure Student Area, students can create, store and update a range of documents including resumes, cover letters, a career plan, a career investigator, and a digital portfolio/e-portfolio. Students can also access various assessment tools including a career personality quiz, an interests test, skills, abilities and work values evaluations and an entrepreneurship quiz.

The site is also designed with parents and caregivers in mind, to provide you with all the information you need about your son or daughter's Career Planning and post school options as the information is constantly changing in these areas.

If students are looking for employment (whether full time, part time or ASBA) I post all opportunities that I receive via phone calls and emails in the Job Vacancy tab which is located in the drop down menu under "for students" on the Careers Website.



## Working at Heights

Students from the Year 11 Construction Class along with Mr Clegg and Mr Longo completed the Work safely at heights course at CIT on 16 and 21 August. The training enabled the students to gain the skills and knowledge required to work safely on construction sites where the work activity involves working above 1.5 metres from ground level and where fall protection measures are required.



## WVCC Visit

On Friday 23 August, six senior students attended the Woden Valley Child Care Centre (WVCC) to participate in Book Week activities. Chelsea Boulding read the two books she has published called Oceans around Australia and A hippopotamus in the sink, with the children making the noise of the animals from the books. Mackenzie Burns worked with the Nature Pedagogy Educator and the children in the garden while Stewart Barton joined in the music lessons. Sophie Gildea, Chloe Gray and Kiralee Eppelstun engaged with children in small groups to read books the children had selected. It was a wonderful opportunity for our students.

## Post-School Options

An alternative program was held on Tuesday 2 September for the Year 12 students who didn't sit the AST. The presentation looked at post school options including employment, traineeships and apprenticeships along with enrollment into CIT. We were very fortunate to have representatives from the Australian Training Company, the National Electrical and Communication Association (NECA) and the Canberra Institute of Technology, who spoke with the Year 12 about employment opportunities and enrollment procedures. Information was also delivered on online applications, fake jobs, how to maximum your resume and preparation for an interview. I would like to thank a number of teachers who assisted me on the day including Kylie Figge, Anneliese Prestipino, Scott Clegg, Melissa Burt, Tracy Pearson, Nicola McClennan and Prathiba Nagabhusan.

**Karen Hundy • Careers & VET Coordinator**



## School Fees

Fees for Term 3 should now be finalised unless paying by Direct Debit or other approved arrangement. Any outstanding fees should be paid immediately.

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

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**

## Spring Zing

Tickets are now on sale! To receive a ticket, Year 10 students need present to their proof of purchase (QKR receipt) and their signed consent form to Student Reception. Tickets must be purchased by Monday 9 September.

The ticket price of \$60 includes food and drink all evening, DJ playing the latest nonstop tunes, photowall and more.

The red carpet entry starts at 6pm, with the evening concluding at 10pm.

If you have any questions please contact the Year 10 Coordinators.

**Peter Johnson & Kathleen Galvin  
Year 10 Coordinators**

## Community News

### SMITH FAMILY SAVER PLUS

The Smith Family Saver Plus matches savings, dollar for dollar, up to \$500 for school costs. To find out more, visit [saverplus.org.au](http://saverplus.org.au).

### PARENTLINE

Available to all families in the ACT, Parentline offers a free and confidential counselling service to assist and support parents with ideas about raising children. Contact Parentline on 6287 3833. 9am-5pm.

### PARISH SECRETARY NEEDED

People are invited to apply for the position Parish Secretary for St Anthony's Parish Wanniasa. This is a part-time permanent position, 15 hours per week, Monday-Friday 9am-12noon. Salary will be subject to Clerk Award Level 4 rates. Please email your application (including resume) to [deborah.foote@cg.org.au](mailto:deborah.foote@cg.org.au). Applications addressed to Fr Tony Percy, Parish Priest must be received by Friday 21 September 2019.

### UNIVERSITY OF CANBERRA FAST FORWARD PROGRAM

UC has introduced a new early entry program for Year 11. They will be selecting 25 student from ACT region with two places in the program will be prioritised for Aboriginal and Torres Strait Islander students: [www.canberra.edu.au/future-students/apply-now/alternative-entry/fast-forward-program](http://www.canberra.edu.au/future-students/apply-now/alternative-entry/fast-forward-program)

### BANDITS BASEBALL

A come and try day will take place on 15 September. Junior, senior, and womens' teams are available! For information, visit: [www.actbandits.com.au](http://www.actbandits.com.au)

## Sustainability

### Recycling Update: What to Recycle

The following items can generally be recycled in your home recycle bin, but check your local council website. For business recycling, it's best to get in touch with a waste management company to discuss your needs.

**Recycling Metal:** Aerosol cans (including deodorant), aluminium foil baking trays, baby formula tins, cooking oil tins, food and drink cans, pet food cans

**Recycling Plastic:** Cake and biscuit trays, cleaning product bottles, deodorant (roll on), drink bottles (juice, milk), punnets (berry), shampoo, conditioner and soap bottles (including pumps), sports drink bottles (reusable), take away food containers, yoghurt containers

**Recycling Paper and Cardboard:** Butcher/deli paper, cartons (milk, juice.etc), cereal boxes, envelopes, long life cartons, junk mail, newspapers and magazines, paper plates, phone books, pizza boxes, toilet rolls, wrapping paper, washing powder boxes

**Recycling Glass:** Bottles, jars

**What not to Recycle:** Plastic bags, plastic wrap, shredded paper (this can go in your garden organics bin), clothes, toys, nappies, white goods, heat-resistant glass (such as Pyrex), crystal, organic waste, pens, furniture, car parts, sharps (needles and/or syringes), foam, rubber.

Info provided by *Waster*.

**Lani Bevan • Sustainability Captain**



## PARENT SATISFACTION SURVEY

As mentioned by Mr Lee, the results below are from the Parent Satisfaction Surveys that were conducted in August. Each response was ranked between 0 and 3. The numbers listed below show the school average for each question asked in the satisfaction surveys.

### Parent Satisfaction Survey

School  
Average

#### Executive Summary

2.4	School is a safe place for my child
2.4	The staff at our school take an interest in my child
2.1	Most teachers in our school make learning really satisfying and engaging for my child
2.1	I am happy with my child's learning progress
2.1	I feel my child is being challenged to improve
2.4	The school communicates clearly that it has high expectations for student attendance, engagement and outcomes
2.4	I would recommend our school to others
2.4	I am happy with the school's facilities
2.4	Our school is well maintained e.g. clean, buildings painted etc
2.2	Communication between the home and school is effective
2.3	I can make contact with my child's teacher or other staff easily
2.3	Our school responds quickly to my concerns
2.1	Parent/teacher conferences are helpful at our school
2.2	Our school's reporting processes give me a good understanding of my child's progress and areas for improvement
2.3	Our school celebrates student achievements
2.2	Our school manages behaviour incidents well
2.2	The use of technology (iPads, computers) enhances my child's learning
2.2	I am happy with my child's access to technology in our school
2.2	Change initiatives are well managed at our school
2.1	Our school has explicit, clearly communicated school-wide targets for improvement
2.1	Our school promotes and sets targets for improving student outcomes
2.2	I feel welcome and a part of our school community
2.0	I have opportunities to be involved in the life of our school
2.2	Catholic religious identity is a strong focus in our school
2.1	Staff, students and parents are actively involved in the prayer life of our school
2.1	There is a strong partnership between the parish/Chaplain and our school
2.1	The School Board/Community Council is effective at our school

# insights



## Are you asking your kids to step up?

by Dr. Deborah Gilboa

We do a lot for our kids, because we love them and often they need us. But we forget that one of the best things we can do for our kids is to help them learn to do for themselves and for others.

Do you ask your kids to do chores, to help out on a regular basis? You would be surprised how many parents – who were raised doing chores – don't ask the same of their kids. If you do give them chores, do you sometimes go behind them and redo the work when they're done? Don't! If it's not done right, get your child to fix it.

When I ask why parents don't give chores or why they don't challenge their kids with hard things – and I do, all over the world – parents tell me it's because kids are too... busy! They're working their tails off on classwork, teams, clubs, groups, trying to excel at 100 different things! So adults are willing to take on every other responsibility in their lives in order to facilitate these goals. And it's hurting kids.

We drive them everywhere – fewer teens are seeking drivers' licences each year. We type their work, do their research and try to buy them anything they or we think might possibly increase their success. We solve every problem and bulldoze over every potential obstacle. And kids accept this as the natural order of things.

We are stepping in front of our kids, when in fact we should be stepping *back* and allowing our kids to step up.

It sounds like tough love, but it's not. This is parenting. This is making sure that our kids, in just a few short years, don't still need us to do everything for them. Our kids know that we are expert problem-solvers. Now it's their turn to step up and learn to help themselves and others.

So how can we let kids step up? Here are a few tips you can try right now with kids of any age.

1. When your child or teen comes to you with a problem, don't fix it. Say "You're a good problem-solver. What do you think?" And then listen to the answer.
2. Expect them to fail, and talk about what they'll do when (not if) that happens.
3. Give them tasks to do that help the whole family (not only themselves) and make sure they do them, until it's done well. Be patient, but firm.

It's crucial that you take a step back and let your kids make mistakes and learn from their experiences. You aren't going to be there in adulthood to clear the obstacles they face or solve the struggles. They eventually will have to make decisions and find solutions on their own and they will be ill-prepared if they weren't allowed to make those

mistakes under supervision while you're right there to show empathy and give support!

You may be thinking "but what if there's an emergency and I have to jump in?" Well, first define emergency.

Two percent of the time, kids need an adult to jump in front of them and solve the problem. They need an adult to protect them from a life-threatening issue that overwhelms their internal resources such as when they experience bullying, mental health issues and eating disorders.

The other ninety-eight percent of the time kids need a compassionate adult to take an interest, from a distance, without fixing anything. So step back so that a child or a young person can step up and handle problems and dilemmas themselves.

[You can attend our upcoming webinar, Step back so kids step up, at no cost!](#)

### **About the webinar**

Children and teenagers are capable of so much more than they are often given credit for. Closing the expectation gap between what adults believe kids and young adults are capable of, and allowing them to create their own solutions to the challenges they face will greatly impact their resilience, and society as a whole. In this webinar, Dr. G will outline the practicalities of doing that, and the guiding principles that will make it possible.

### **When**

Wednesday 18 September 2019 8:00pm AEST.

### **Price**

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a membership.

### **How parents can redeem the voucher**

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-step-back-so-kids-step-up>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code **STEP** and click 'Apply Coupon' (valid until 18 October 2019). Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details. These details are used to login to your account and access your parenting material
7. Click 'Place Order'



### **Dr. Deborah Gilboa**

Internationally respected parenting and youth development expert, Deborah Gilboa, MD, is the founder of [AskDoctorG.com](http://AskDoctorG.com). Known as Dr. G, she is an industry leading speaker, author, social influencer, and media personality. Dr. G inspires audiences with relatable stories and tools to develop life skills in children, teens and young adults ages 2-22. Connect with Dr G on [Twitter](#), [Facebook](#), [Instagram](#) or via [her website](#).