

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume 15 2019

8 NOVEMBER

GREECE & ITALY TRIP PAGE 3 • PASTORAL CARE PAGE 5 • EES AT QUESTACON PAGE 7
SENIOR EXAMS PAGE 8 • NOTICES PAGE 10 • INSIGHTS PAGE 11

Coming

Up

MON	1	1	N	O	V	<ul style="list-style-type: none"> • Remembrance Day Services • Yr 7 PAT Testing
WED	1	3	N	O	V	<ul style="list-style-type: none"> • Assembly (W) • Year 10 Exams • ISART Exhibition • Yr 8 PAT Testing
THU	1	4	N	O	V	<ul style="list-style-type: none"> • Yr 10 Exams • Yr 8, 9, 10 PAT Testing
FRI	1	5	N	O	V	<ul style="list-style-type: none"> • Yr 10 Exams • Yr 9 & 10 PAT Testing
MON	1	8	N	O	V	<ul style="list-style-type: none"> • Last day of Semester 2 classes Yr 12
TUE	1	9	N	O	V	<ul style="list-style-type: none"> • Year 12 Breakfast & Assembly • Last day of Semester 2 classes Yr 11
WED	2	0	N	O	V	<ul style="list-style-type: none"> • Senior Exams • Year 7-9 SRC Elections
FRI	2	9	N	O	V	<ul style="list-style-type: none"> • Status Awards Afternoon (w) • Yr 12 Graduation Practice

Contact Us

Contact Details



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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 Parents, Teachers and Students

REMEMBRANCE DAY

This is an important day in the nations calendar where we remember the sacrifice of those in uniforms on behalf of this country. Thank you to the many students and families who will be involved in observance around the country and overseas. The day will be observed through prayers of remembrance at school at 11am.

LONG TAN AWARD

Each year the Australian Defence Forces invite schools across Australia to nominate students who demonstrate outstanding leadership in their schools and communities for the Long Tan Award. This year the Award was presented by ADF representative Squadron Leader Lee Stanway RAAF to Mara Brophy in Year 10 and Chris Caruana in Year 12. Congratulations to each of the recipients of the Long Tan Award.

HOSPITALITY DINNER

Congratulation to the Year 12 students of Hospitality and thank you to the Year 11 students and staff who worked to ensure that the evening was a huge success. Hospitality is a signature course within MacKillops Vocational Education Program. Every aspect of this course was showcased against excellence industry standards. The atmosphere of welcome and conviviality was pure MacKillop. Thank you to the many families, friends and ex-students who enjoyed the meal and added to the occasion.

Yours sincerely in St Mary MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

"Congratulations to the Year 12 students of Hospitality and thank you to the Year 11 students and staff who worked to ensure that the evening was a huge success. "

PRINCIPAL'S PRAYER

*Lord, when we pray and reflect on the sacrifice of 125,000 service women and men who have died for this country in war and peace keeping and the countless others that have served, help us to do so with gratitude
Amen".*

Greece & Italy Trip

During Week 10 Term 3 and the September/October school holidays, 30 students from years 9 -12 along with Mr Lee, Mr McNicol, Mr Ciccarone, Mrs O'Donnell and Miss Williams set off on an adventure discovering Ancient and Modern Greece and Italy. The first week was spent exploring numerous ancient ruins, archaeological sites and museums and travelling throughout Athens, Delphi, Olympia, Mycenae and back to Athens as well as trying local foods and market shopping. Then after an early start of 2am, the group set off to Rome where we experienced the Vatican, a pizza making class, art, fashion, packed public transport and mountains of gelato, pizza and pasta. From Rome, we travelled on a fast train up to Florence and enjoyed ourselves in the leather markets, leather workshops, galleries, food and fashion. Then we headed to Padua to start our week long student exchange. We attended a few classes as well as excursions to Verona, Venice, Sirmione and the city centre. This trip was an amazing experience where we met a number of memorable personalities and shared in a variety of unique moments that we will remember forever. On the behalf of the students, we would like to thank the teachers for accompanying us and making this trip unforgettable.

Kira Tawton (Year 10)





Girls Rugby League 9's

Congratulations to the following students who have been selected to represent the College in Rugby League 9's:

Ebony Brunt	9F2
Jessica Lopes Brown	9F3
Donelle O'Donnell	9E2
Amy Scott	9EW
Maria Evgarae	10E3
Rica Carias	10W3
Abigale McIntyre	10A2
Clara Van Puyvelde	10W2
Jess Bateup	9E3

The competition was held on Tuesday 5th of October at Southwell Park, Lyneham and the girls won the entire competition.

Boys Rugby league carnival

The following students have been selected to represent the school in the 9/10 Boys Rugby league carnival on Thursday 7/11/19:

Riley Loughlin	10 E3
Daniel Anderson	9 EW
Clay Anderson	9 F1
James Smith	9 F1
Tarisayi Mbogo	10 E1
Jordan Thurling	9 W2
Anesu Maminimini	10 E3
Sam Clothier	10 F3
Jesse Eljuya	10 F2
Connor Harrison	10 E3
Clay Wheeler	10 E2
Harley Young	10 F2
Oliver Stokes	9 E1
Max Miller	9W1
Max Simms	10 A2
James Dyball	10 E3
Jackson Gilbert	
Archer Mossfield	

SRC Vinnies Christmas Appeal

With the school year coming to an end, the SRC has shifted focus to the Vinnies Christmas Appeal. Listed below are items that Vinnies have requested. To ensure that Christmas is a time for joyous celebration for all. Once again, we would like to thank everyone for their ongoing support throughout the year!

The SRC is requesting that students bring donations into PC classes for the rest of the year. The St Vincent De Paul Appeal has requested non-perishable food items such as the ones on the list below.

Thank you for your support.

Christmas pudding	Cordial	Candy canes	Muesli
Custard powder	Lollies	bars	
Tinned fruit	Couscous	Jelly	Pasta
Bon bons	Cereal	James	Pasta
Tea	Dried fruit	sauce	
Coffee	Fruit mince pies	Long life juice	Taco kit
Milo	Savoury biscuits	Christmas cake	Vegemite
Long life milk	Tinned vegetables		
Sweet biscuits	Confectionery		



2020 Student Leaders

Over the past three weeks elections have taken place for formal positions of student leadership on the 2020 SRC. All students who have nominated themselves are commended on their courage to stand for election among their peers and for the outstanding quality of their speeches.

The successful candidates are listed below:

College Student Leaders

College Captain Female	– Madison Lustri
College Captain Male	– Dylan Slattery
Faith and Community Captain	– Ben Walker
Sports Captain	– Ben Anderson
Performing Arts Captain	– Stewart Barton
Sustainability Captain	– Sabina Morgan
Communications and Connections Captain	– Archie Beresford



Padua Campus Captains

Female Captain	– Hayley Kelly
Male Captain	– William Perrott

College House Captains

Mindygari	Gurabang	Meup Meup	Ngadyung
Tianna Cossettini	Jessica Lee	Anna Hoang	Ella Hrstic
George Arrouk	Harry Virtue	Willem Lynch	Luka Filipovic

How to Finish Strong this School Year

Last week students in Year 7, 8 and 9 had their final Student Mentoring lesson of 2019. The focus of the lesson was "How to finish strong this school year", ensuring that students maintain focus and strive to achieve to their potential. Following a stimulus video students were asked to reflect upon; goals that they set at the beginning of the year or this semester, their current attitude towards their studies, seeking feedback from teachers about how they can improve, study habits, time management and personal qualities that they can draw on to finish the year strongly.

Students met with PC Teachers to discuss how they can finish the year positively. They have also been encouraged to submit their reflections on Canvas so that parents can view them.



Free parent Webinar

"Brave parenting in a culture riddled with worry"

This webinar is designed to help parents understand where their anxiety about their kids comes from, and why they don't let their kids do half the stuff they did growing up.

Presenter Lenore Skenazy will talk about ways to make it easy and normal to start loosening the reins so both generations get more freedom. Key learning outcomes include:

- why treating our kids as physically and emotionally fragile is bad for their future
- that your kids are not in constant danger
- how independence impacts children
- how to raise nimble problem solvers
- ideas to know how safe, smart and capable your kids can be

Date: Wednesday 27 November 2019

Time: 8:00pm AEDT.

Price: Free to MacKillop families (valued at \$37)

To redeem the voucher:

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-brave-parenting-in-a-culture-riddled-with-worry>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code BRAVE and click 'Apply Coupon' (valid until 27 December 2019). Your discount of \$37 will be applied.
5. Click 'Proceed to checkout'

How Parents React to Failure

[Research](#) suggests that how parents react to failures and mistakes plays a big role in their children's mindset. If parents view setbacks as an opportunity to learn, grow and develop, then their child is more likely to develop a growth mindset.

Lachlan McNicol •
Assistant Principal, Pastoral Care

EES at Questacon

We went on a quest... To Questacon, as part of the Earth and Environmental Science class, to gain a deeper understanding of energy in our world. From solar to kinetic energy, all energies were experienced in Questacon activities. We visited the exhibitions and related each activity to the type of energy that was experienced. What else can we talk about (pun intended)? The Earthquake room taught us how to build a stable building during a natural disaster, during which we all shook. Kinetic and potential energy were generated to represent the movement of the earth during an earthquake; it rocked! Let's slide right into the last part of the trip, where sound energy was exerted through the screams of fear while on the vertical drop. We'd like to thank all the teachers involved, especially Mrs Rangwalla who made this trip possible!

Audrey Kent • Year 12

Year 12 Bio

On the 31st of October Year 12 Biology students had the opportunity to attend an excursion to ANU. Students participated in a DNA profiling lab where they learnt how DNA fingerprinting was used in a forensic investigation. Students had the opportunity to use technology such as a micropipette, gel electrophoresis chamber and micro centrifuges. This excursion allowed students to experience a real world application of biotechnology.



Inclusive Education Report

Our Inclusive Education Team has new arrivals this semester with Vicki McCarthy, Isaac Milnes and Natasha Brittain joining us as Classroom Support Assistants (CSAs) on a part-time basis. They join the established CSA team of Di Lovekin, Jacinta Aranda, Jo Burch, Jodie Newman, Ben Bowman and Tim Markcrow. Caroline Winslade has taken the place of Donna Anderson who has been on long service leave for the first four weeks of term 4. We are blessed with the breadth of experience and background in our staff.

In term three we ran the annual Reading Program. It is a program for junior students who need to develop their literacy skills for success. This year, 22 students participated and all achieved good growth. The Heather Harvey Reading Program boosts the students' confidence and exposes them to strategies which improve their vocabulary and comprehension. This year, we have further developed the Mentoring Program. Our CSAs work individually or in small groups with students

who may need organisational support. Students develop the skills required for success with their school studies. These skills can also be useful in other parts of their lives. The obvious success of the Mentoring Program means that it will continue to grow in the years ahead. Support for students and teachers in the classroom continues on a strategic basis. Staff training and skills development remains a priority. Our focus at present is on the Early Transition programs for the year 6 students coming to us next year, and the year 9 students going to the St Peters campus next year. It's beneficial for students with special needs to get their feet on the ground at MacKillop College a little early, to reduce anxiety about transition.

Parents who have any questions regarding learning support at MacKillop are invited to contact Caroline Winslade or Sandy Duncan.

Sandy Duncan • Teacher LOTE

Senior Exam Guidelines for Students

Semester 2 2019

The upcoming senior exams form part of the assessment package for most students. They are an opportunity to demonstrate learning and achievement. The following guidelines are in place to provide the best opportunities for success for all students.

- Students are responsible for ensuring they know when and where their exams are on.
- If a student believes they are entitled to special provisions they are responsible for completing the required form (see Canvas) and making supporting documentation available to Mrs. Anderson (Inclusive Education). This is to be done in a timely fashion.
- If a student is absent from an exam due to misadventure (eg illness or accident), they must provide documentation to substantiate their absence. This may be in the form of a doctor's certificate or a pharmacy certificate. Arrangements will be made for exam re-sits as required.
- If a student is absent without a valid reason they will be permitted a re-sit but will receive the Notional Zero for their attempt regardless of result.
- Any student who is late is to follow the normal sign in procedures at student reception.
- Late students will not be allowed additional time to complete their exam unless they have appropriate documentation.

Students will need to bring their student identification card to all exams. This will be placed on the top right hand corner of their desk for the duration of their exam.

- Mobile Phones

- a. Students are NOT allowed to have their mobile phones out before, during or after entering an exam venue.
- b. Students are to ensure that their mobile phone is switched off and remains in their pocket for the duration of any exam. Failure to do so is in breach of exam conditions.

- Smartwatches are not permitted within the exam venues.

Clocks will be used to display the time in all venues.

- Students must remain in the exam venue for the duration of the exam.

- Only permitted equipment is allowed into the exam venue.

Such generally include prescribed calculators, bibles and writing equipment.

- Eating is not allowed during exams; student may bring a water bottle.

- Communication with other students is strictly prohibited during exams. If a student has a question they are to raise their hand and wait for a supervising teacher to come to them.

- Students should make genuine attempts on all exam questions and endeavour to provide detailed responses to all questions.

Year 10 & Senior Exams – Semester 2 2019

Year 10 Exams S2 2019		
Wednesday 13 November	Period 1-2	Year 10 Mathematics
Wednesday 13 November	Period 3	Maths PAT Testing
Thursday 14 November	Period 1-2	Year 10 RE
Thursday 14 November	Period 3	Reading PAT Testing
Friday 15 November	Period 1-2	Year 10 Science

- Students are to attend normal scheduled Year 10 classes for all other periods.
- All other Year 10 assessment will be scheduled in normal class time.

Senior Exams S2 2019		
	Year 11	Year 12
Wednesday 20 November Session 1 (9.15am)	English T	Essential English Literature
Wednesday 20 November Session 2 (11.45am)	Literature Exercise Science A/T	English T
Thursday 21 November Session 1 (9.15am)	Mathematical Applications	Mathematical Methods Biology
Thursday 21 November Session 2 (11.45am)	Hospitality T Mathematical Methods Specialist Methods	Mathematical Applications Specialist Methods
Friday 22 November Session 1 (9.15am)	Earth Science Economics Human Biology Modern History A/T	Earth Science Chemistry Hospitality T Human Biology Legal Studies A/T
Friday 22 November Session 2 (11.45am)	Business Services Geography A/T IT A/T Legal A/T	Business Services Geography A/T Economics Psychology A/T Specialist Mathematics
Monday 25 November Session 1 (9.15am)	Global Studies A/T IT DM Ancient History A/T Biology	Global Studies A/T IT DM Ancient History A/T Exercise Science A/T
Monday 25 November Session 2 (11.45am)	Physics Psychology A/T	Business A/T
Tuesday 26 November Session 1 (9.15am)	Business A/T Health and Wellbeing A/T Sociology A/T	IT A/T Modern History A/T
Tuesday 26 November Session 2 (11.45am)	Oceanography Chemistry	Physics Sociology A/T

Please Note: Some courses do not have a final semester exam

- All Year 11 and 12 students will receive a personalised examination timetable indicating session start and finish times and locations.

Enquiries regarding exam schedule should be directed to Janine Hickson, Student Records in the first instance on 62090129.

Michelle Predovan • Fees Manager

School Fees

Fees for Term 4 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



Community News

FETE AT ISABELLA GARDENS RETIREMENT VILLAGE

This year's Fete at Isabella Gardens Retirement Village, Drumston Street will be held on the 16th November 2019 from 11am to 3pm.

There will be a great selection of stalls, food, drinks and raffle prizes.

Everybody welcome to come and enjoy the day.

WODEN VALLEY YOUTH CHOIR

75th Canberra Carols by Candlelight

School families are invited to bring a picnic dinner and join in the 75th Canberra Carols by Candlelight, to be held at Stage 88, Commonwealth Park, on Saturday, December 14 from 7pm.

Organised by the Woden Valley Youth Choir, this event is the second longest-running city community carols in Australia (Melbourne is the longest).

Come and join us for a night of song and celebration. It's a great way to begin the Christmas season.

We'll also be collecting donations for this year's charity.

Find us on Facebook ("75th Carols by Candlelight") for more details.

ST THOMAS THE APOSTLE SCHOOL & PARISH FETE

Proudly Brought to you by Jupiter Kitchens & MEJ
37-39 Boddington Cres, KAMBAH ACT 2902

Saturday 9th November 2019 - 10am - 2:30pm

There will be Show Bags, Cakes, Trash 'n' Treasure, Crafts, Plants, Tombola.

Dodgem Cars, Sizzler Supa Cha Cha, Competitions, \$1,000's in prizes, great food & much more.

10 Fantastic Prizes on Pick a Prize.

There is lots to see, do & buy.

insights



When relationships go wrong for girls

by Collett Smart

Girlhood relationships are so important, yet they can be both wonderful and awful in the same week. A friendship fallout hurts, but children need to know that arguing doesn't have to be the end of the friendship. Developmentally, some squabbling is vital because it helps kids learn about respectful conflict resolution. Here's how parents can help at these difficult times:

[Listen to their story](#)

When inevitable conflict arises, girls can often get caught in a 'rumination loop' replaying the scene over in their minds, like a song stuck on repeat, which makes things feel catastrophic. As a girl's brain is still learning how to interpret some responses, she may be misinterpreting a friend's words or signals. If this is the case, ask her to look for evidence to support her interpretation. Suggest your daughter talks to her friend privately in an assertive way. Help her plan the conversation beforehand, starting with 'I' words, which encourage her to own her feelings. She could say, 'I felt let down when ...' Model apologies at home. Help her think of ways to say, 'I'm sorry. Can we fix this?'

[Discuss the shifting nature of friendships](#)

Relationships don't always last. As girls grow their tastes and interests change. They want to explore the possibilities of new people and activities. This often leads to hurt when one girl is not ready for a shift.

Parents can help by explaining that changes in friendships are a part of growing up (although never an excuse for meanness). Rather than simply dismissing a girls' feelings as silly, acknowledge the hurt and gently reassure her there are many new, interesting people she will meet.

[Expand her village](#)

Ensure your daughter has friends in a few settings – a neighbour, a team mate, a family friend. They can provide a different connection and helps girls realise they are not alone.

[Discuss toxic friendships](#)

Most girls will experience the pain of interacting with a toxic 'friend' during their school years. This type of interaction is called relational aggression and serves to damage a person's sense of social place. For instance, a girl may appear to be friendly but she may use passive-aggressive strategies such as gossip, ostracism and online exclusion. These actions can be very confusing, leading to feelings of shame and loneliness.

When not given healthy ways to express their pain, girls can often internalise their emotions in unhealthy ways like

such as through self-harm, anxiety, eating disorders and self-loathing.

Allow her to express hurt

Allow your daughter the chance to process pain, vent or cry when they are hurting. Adults may not be able to change a toxic person's behaviour, but shouldn't underestimate the power of listening and being available. Don't assume that you know what your daughter needs. Rather ask, "What do you need from me in this situation?" When a relationship problem escalates it may need to be taken to the school for further intervention.

Provide growth opportunities

Help your daughter develop the skills for developing healthy friendships. Explicitly teach your daughter to think about what compassion, kindness and empathy look like in a friend and helps her recognise what it means to be a good friend herself.

Helping girls manage friendship issues can be exhausting so parent self-care becomes a priority during these times. Girls benefit enormously from having a caring, emotionally healthy adult in their lives who can support them and help them process their thoughts and emotions when peer relationships turn sour.



Collett Smart

Collett Smart is a psychologist, qualified teacher and author of '[THEY'LL Be OKAY: 15 Conversations To Help Your Child Through Troubled Times](#)'. Collett has over 20 years' experience in private/public schools, as well as in private practice. She appears regularly in the media as an expert in teen and family issues, has delivered psychology seminars worldwide and is an Ambassador for International Justice Mission Australia.