

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume 17 2019

19 DECEMBER

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2020

Term Dates

MON 03 FEB

- Year 7 commences
- Years 10, 11, 12 commence
- New 8 & 9 Students (Padua IRC)

TUE 04 FEB

- Years 8 and 9 commence

THU 09 APR

- Term 1 ends

TUE 28 APR

- Term 2 begins

FRI 03 JUL

- Term 2 ends
(Years 11 and 12 finish after Exams)

MON 20 JUL

- Term 3 begins

FRI 25 SEP

- Term 3 ends

MON 12 OCT

- Term 4 begins

FRI 18 DEC

- Term 4 ends
(Years 10-12 will finish early in December)

Contact Us

Contact Details



02 6209 0100



info@mackillop.act.edu.au



www.mackillop.act.edu.au



PO Box 1211
Tuggeranong ACT 2901



Mackinnon Street, **Wanniassa** (Years 7-9)
Ellerston Avenue, **Isabella Plains** (Years 10-12)



Absentee Phone Lines

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

Socials



www.facebook.com/
mackillop.act



www.twitter.com/
mackillop_act



www.instagram.com/
mackillop_act



www.youtube.com/
stmarymackillop

Principal's

Letter



Dear parents, teachers and students,

YEAR 12 RESULTS 2019

Congratulations to the class of 2019 upon achieving well beyond their expectations with their results. College Dux Darcy Lynch achieved the highest ATAR from a crowded field at the top. He and a number of other students were congratulated at the Recognition Of Excellence Ceremony hosted by the BSSS at Llewellyn Hall, ANU on Tuesday.

The class also achieved a record number of VET certificates across the courses offered at the school. This reflects the breadth of study pursued by senior students at MacKillop.

Students received their results in hard copy on Wednesday morning in the Learning Commons at St Peter's Campus. It was deeply affirming to be talking with students who had received ATARS in the 80's rather than the 70's as was expected. The hard work of the students and the support of their parents should not be overlooked in this achievement. The exceptional results the Class achieved in the AST exams allowed "all boats to rise". The skilled approach to AST preparation by the staff was critical to this outcome.

Those students who will follow the Class of 2019 will be learning from talented teachers who are experts in providing support, engagement, knowledge and skills that will carry them to high achievement. The Mentoring Program, the Academic Resource Centre and other facilities including the arrangement of resources in the Learning Commons will provide excellent support for them as well.

All staff should be delighted with the achievement of their students.

I would like to wish all members of the College community a safe and happy break.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

*"College Dux
Darcy Lynch
achieved the
highest HR from
a crowded field at
the top."*

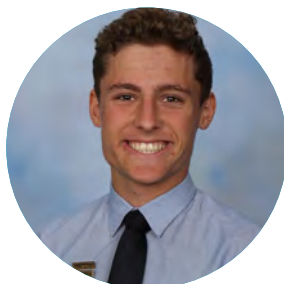
PRINCIPAL'S PRAYER

Lord,

*Keep our students and their
families safe during the
school holiday break.*

Amen.

YEAR 12 PERPETUAL AWARDS FOR THE CLASS OF 2019



Christopher Caruana

THE PRINCIPAL'S AWARD



Darryl Maningding

ST MARY MACKILLOP AWARD
FOR CHRISTIAN LEADERSHIP



Darcy Lynch

SR NOELENE QUINANE AWARD
FOR ACADEMIC EXCELLENCE



Rebecca Zivkovic

ROHAN SCHULTZ 'PER
ARdua AD ASTRA' AWARD
(JOINT WINNER)



Georgia Riley

ROHAN SCHULTZ 'PER
ARdua AD ASTRA' AWARD
(JOINT WINNER)



Zachary Robb

JODIE HIGGINS CALTEX BEST
ALL-ROUNDER AWARD
(JOINT WINNER)



Audrey Kent

JODIE HIGGINS CALTEX BEST
ALL-ROUNDER AWARD
(JOINT WINNER)



Felix Huber

ST MARY MACKILLOP COLLEGE
CREATIVE ARTS AWARD



Will Granger

TEGAN BLUNT SOUTHERN
CROSS SPORT AWARD

STUDENTS REACTIONS TO THEIR ATARS



"I shocked myself by getting 10 points above my estimate... My mom was so happy, she started crying while I couldn't talk."

OLIVIA PEREIRA



"I got an ATAR that was a lot more than I expected."

BENJAMIN SLATER



"The AST workshops really did help when it was time to sit the AST."

JONATHAN NEMEČ



"Without the workshops I don't think we would have got the results."

HANNAH MCGEE

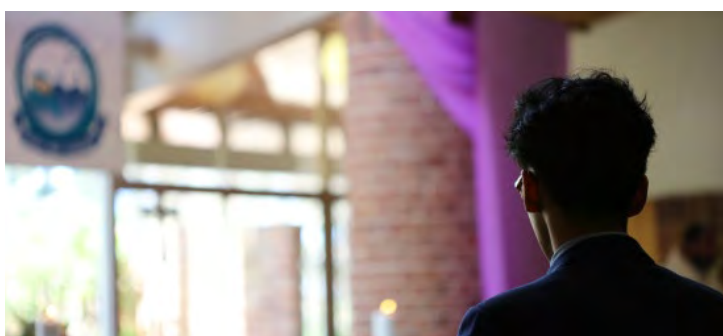


"I can't believe how fast those two years went."

ISABELLE MILLER

Year 12 Graduation Mass and Awards

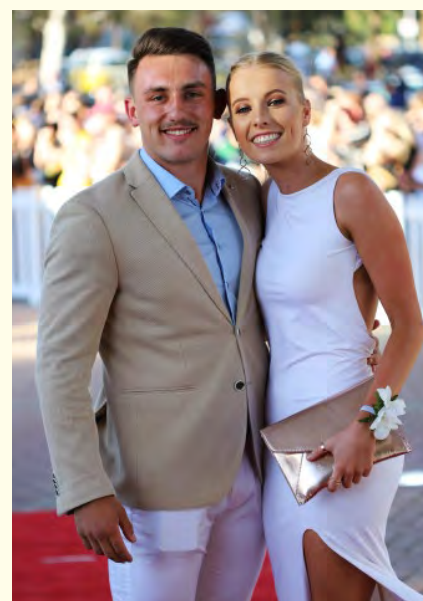
Wednesday 4 December was a wonderful day of celebration as we congratulated and farewelled the graduating class of 2019. The day commenced at Holy Family Church to celebrate the Eucharist and give thanks for the past six years at St Mary MacKillop College. The graduating class received prayers and a blessing from the Mackillop community as the students prepare to embark on their new journey beyond school. Celebrations continued after Mass when the recipients of the Perpetual Awards were announced and all warmly congratulated on their fine achievements.



Year 12 Formal

Year 12 continued to impress right to the very end as they made their entrance on the red carpet at formal that evening. The formal commenced with a presentation of each graduating student where each received their Graduating Student Portfolio from Mr Michael Lee and their respective Pastoral Teacher. A three-course meal was enjoyed by all after the presentations followed by dancing to their favourite tunes. A final dance was enjoyed by both staff and students together which was a great way to mark the end of Year 12's time at MacKillop. Congratulations and best wishes to the graduating students of 2019!

Lyndall de Ambrosis • Year 12 Coordinator



Students Exchange

Would you like to host a French Exchange Student?



When are they here? 12th – 25th February 2020

Who is visiting? 20 students (male and female) from MacKillop's sister school - Institution St Joseph's, Le Havre, France

What are the benefits of hosting an exchange student?

MacKillop students will learn about French culture and way of life. MacKillop students will make a lifelong friend with someone on the other side of the world. They may even travel to France to visit them soon!

Further details

The College is grateful for the generosity of MacKillop families in supporting the visit of students from our sister schools. The visiting French students need somewhere safe and welcoming to stay during their visit to Canberra. The French students will attend classes at school and participate in excursions organised by the College.

If you are interested in this opportunity, or would like further information, please email Mr Peter Johnson before the end of the 2019 school year at peter.johnson@mackillop.act.edu.au

Defence Students

On Friday 6 December, Defence students gathered for our last morning tea of the year. Pizza was collected and transported back to the classroom where students and their friends enjoyed a catch up and an end of year wrap up from Mr. Bowen. A few of our students have moved throughout the year as part of the posting cycle, and today was no exception. We said our goodbyes to two more of our students making interstate moves, Danica and Tahlia, and wish them all the best!



Are you a student with parents in full time uniformed positions in the Army, Navy or RAAF? Or have they recently left the services? If so, make sure you stay tuned to announcements for morning teas, excursion and events.

Garry Bowen • Defence Transition Mentor

Market Day

Market Day was held on Thursday 5 December. The event is a small-scale version of MacKillop Day, held on the Padua Campus at the end of the year as one last event to support the College's House Charities. Students in Years 7-9 created a range of stalls for the day, selling food and drink and providing entertainment through events like the photo booth, sponge throw, sports games, and various competitions for prizes. Students also performed a concert to close the day.

Congratulations to Mr Jeremy Margosis and the Padua Campus SRC for their leadership in organising Market Day.



Adopt-a-Ward

Year 10 students collected over 300 donated items to provide to wards of The Canberra Hospital's Adopt-a-Ward program. The year group adopted four wards: general medicine, oncology, orthopedics and aged care. In appreciation for the hard work and long shifts over the holiday season, students also created Christmas video messages for the staff of the Hospital. Canberra Hospital invited students to formally present these donated gifts to staff members of the wards. A group of Year 10 students met with staff of the Canberra Hospital to exchange gifts and witness the impact that they have had on the lives of others. Staff of The Canberra Hospital Foundation were overwhelmed by the generosity of the MacKillop community and grateful for the ongoing support and connection to our College.

Peter Johnson • Year 10 Coordinator



The Love and Peace of Christ at Christmas

Our Christian tradition notwithstanding, Christmas can be a challenging time. For those on the margins, in poverty or the homeless these challenges speak for themselves. But for those of us more fortunate, Christmas can still carry some weight. It comes at year's end; even a good year at its conclusion can carry a mixture of elation and exhaustion. Add to the mix the consumerist trappings, the at times incongruous lyrics of carols blaring out nearly everywhere you need to purchase something when Australia is having anything but a white Christmas in this terribly dry weather. And of course, there is the desire to make this season as joyous as possible for those we love since the expectation is that this is precisely what it should be, right at the time when it is forgivable to want to 'switch off'.

This same mix of elation and exhaustion is atypical for those who work in education, not just teachers, but all the staff who work to create an environment where students have the opportunity to achieve success, feel safe and included and in our case, know that they are loved by God. And in this latter point, dare I say we are advantaged in being able to draw on our faith to reflect and evoke the real meaning of Christmas; that of love and peace through Christ.

Christ is in our presence, yet Christmas is also a time of immanence, awaiting His coming, and a time of our petition for Him to come. This very idea drew me to undertake a simple yet powerful Christian meditation as staff commenced Professional Learning Week involving nothing more than controlled breathing, silence and internally focusing on four simple syllables as a mantra: "Ma-ra-na-tha". Maranatha is the language of Aramaic, the language Christ spoke. It can be translated in three similar ways, but with slightly different contexts: "the Lord is coming" (immanence), "the Lord has come" (presence), "come, Lord" (petition).

Christ is the King of peace. He says to us "come to me all who are weary and burdened and I will give you rest" (Mtt 11:28) and "I love you just as the Father loves me" (Jn 15:9). We can be unburdened through Christ's love in turn and we can unburden others with that same love since we know Him. This is the joy of Christmas; in the immanence of His coming, His constant presence to give us rest, and through our petitions, love and peace. If we only take a moment to step back, to retreat, between all the white noise of the end of year, we can hear Christ's immanence and presence; elation and exhaustion becomes elation and peace. Peace and love to everyone for a safe, holy and peaceful Christmas.

Come, Lord

The Lord is coming

The Lord has come

Maranatha!

Jonathan Moyle • Assistant Principal Faith Leadership



Charity Fundraising at MacKillop

Throughout Term 4 the focus of charities has shifted to the St Vincent De Paul Christmas Appeal. A large number of children's gifts and food items were generously donated by students to assist those in need within our community at Christmas. The donations were handed over to the Vinnies Calwell Chapter on the last day of school at the Padua Campus.

In addition, MacKillop students raised the following amounts for charities over the course of 2019:

- Over \$16,600 for Project Compassion
- Over \$28,000 for the Cancer Council through Relay for Life (by Year 12 students)
- Over \$11,300 for the Tegan Blunt Fund from MacKillop Day
- Almost \$13,500 through the House Charities and Market Day.

Students have wholeheartedly supported the College charities throughout the year and in doing so raised a total of \$69,467.

House Charity Shield

Ngadyung were announced as the winners of the House Charity Shield for 2019 after the end of Year Mass for students in Years 7, 8 and 9. It is the fourth time that Ngadyung has won the shield in the past 5 years having raised the highest amount across all charities for the year. The money raised for the House charities will be divided evenly meaning that; Veteran 360, The Ricky Stuart Foundation, Rise Above and Headspace will each receive \$3,370.



MacKillop School

In preparation for the 2020 school year, many students may be in a position of needing to purchase new school shoes. The policy regarding school shoes is outlined on the College Website and in the Student Diary. An information page in this Newsletter is designed to assist parents and students in clarifying what is suitable in order to avoid any confusion.

Status Awards

Congratulations to Jake Keen (9W1) who was presented with Gold Status last week.

Lachlan McNicol • Assistant Principal, Pastoral Care



St Mary MacKillop College

School Shoes

In terms of footwear, the expectation is traditional, black, leather, lace up, polishable school shoes. Suede shoes and black joggers are not acceptable for safety reasons. Elevated shoes and platform heels are not a part of the College uniform. The sole should be no more than 2 cm high and the heel 3 cm. Buckle shoes, canvas shoes, ballet shoes, cloth shoes, and slip on shoes are NOT permitted.



Traditional school shoes are leather, have a heel, a sturdy upper and a sole of sufficient density to ensure safety in the differing learning areas where students work.



Shoes which do not meet the College criteria:

- do not cover all of the upper foot
- are not polishable
- do not have a heel
- have a thin sole
- are not robust enough to protect the top of the foot



Dear Parents

SIBLING DISCOUNT

The Catholic Education Office offers a discount on Tuition Fees to siblings who are attending St Mary MacKillop College and one or more of the following schools:

- Merici College
- St Clare's College
- St Francis Xavier College
- John Paul College

If you have a student attending any of the above Colleges, as well as having a student at St Mary MacKillop College, please complete the section below and return it to the Accounts Office for the sibling discount to be applied to your account in 2020.

Please note that you do not need to fill in the form below if all siblings are attending St Mary MacKillop College as they automatically receive the sibling discount.

If you have any concerns regarding this matter, please contact the Fees Manager on 6209 0147.

FAMILY NAME: _____

Address: _____

STUDENT'S FULL NAME	SCHOOL ATTENDING IN 2020	Year Group 2020

PLEASE RETURN THIS FORM TO THE ACCOUNTS OFFICE **ASAP**



Australian Government

Department of Defence

The Principal

St Mary Mackillop College
Ellerston Avenue
ISABELLE PLAIN ACT 2906

Dear Michael

LONG TAN YOUTH AWARDS PRESENTATION

I would like to congratulate you for the excellent organisation and running of your school awards ceremony in 2019, and I thank you for the opportunity you gave me to take part in the event. Being able to present the 2019 ADF Long Tan Youth Leadership and Teamwork Awards at your school was a privilege I will never forget. I thoroughly enjoyed the school environment and was most impressed by the students who won the Awards – they are a great credit to you and your school.

I am interested in maintaining links with the school and would like to offer my assistance in future, while I am moving to Melbourne January 2020, I would be more than happy to talk to students about life in the Australian Defence Force. I can be contacted by email at Lee-Anne.Stanway@defence.gov.au.

Once again, please accept my gratitude for the opportunity to be involved with your school in this way. I am sure that your future involvement with the Long Tan Youth Awards will be of great benefit to your school, to the students who receive the awards and to the Australian Defence Force.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Lee Stanway', with a long horizontal stroke extending to the right.

Lee Stanway

Squadron Leader
AIR5428 PH3 Ops Manager
BP1-4-171 PO Box 7922
CANBERRA BC ACT 2610

Tel: (02) 6144 1953 or 0423920257

November 2019

School Fees

It is now time to review all existing Direct Debit payments for 2020. If you currently pay fees by Direct Debit please email the Accounts Office at jayne.limbrick@mackillop.act.edu.au for a new calculation of payments.

Bpay calculations are also available for parents choosing to pay by this method.

The 2020 Fee Schedule is now available on our website www.mackillop.act.edu.au

Please finalise any outstanding 2019 fees immediately.

Michelle Predovan • Fees Manager

Community News

ACT SECONDARY BURSARY SCHEME 2020

The ACT Secondary Bursary Scheme can provide financial support for students in Year 7-10. Application forms are available at all Primary Schools, High Schools, Centrelink Regional Offices and online at <http://education.act.gov.au/support-for-our-students/financial-assistance>

HOLIDAY CRICKET CAMPS & T20S

The Team at Pro Performance Cricket are excited to announce our upcoming Holiday Cricket Camps & T20s. Catering for ages from 6 – 15 we offer intensive individual and group skill development for all ages and stages across all facets of the game. With an excellent coach to player ratio and incorporating current and former first class cricketers it's a perfect environment for the kids to get up close and personal with the Pro's while having heaps of fun, making new friends and taking their game to a new level.

VOLUNTEER DURING HOLIDAYS

The 27 Vinnies shops across the Canberra/Goulburn region are looking for volunteers to help in January. There are a variety of roles available – retail assistants, general hands (lifting and carrying!), and sorting donations. If you are interested, please call 02 6234 7348 , email volunteer@svdp-cg.org.au or drop into your local Vinnies. You can find your nearest Vinnies shop by visiting www.vinnies.org.au/shops

PARENTLINE

Parentline is the only free telephone counselling service for parents and carers in the ACT. Assisting and supporting parents with ideas about raising children.

Phone: 6287 3833

insights



Why validation is the best parenting skill of all

by Michael Grose



At a time when the mental health and wellbeing of children and teenagers is firmly in the spotlight, validation is an essential parenting skill.

When a child or teen comes to you when they are struggling emotionally, they want you to understand their dilemma. They don't want to be dismissed or told to 'get over it'. They generally want someone to acknowledge that their concern is real with comments such as:

"I see you're worried about going to camp. I can understand that."

"Thanks for telling about the scary monsters in your bedroom. Let's see what we can do about them."

"I'd be afraid too if I was left alone on my own for that long."

Validation of a child's struggles helps them

Validating a child's struggles helps in a number of ways. It works to:

Build deep connection

Relationships built at the time of vulnerability go deep and are hard to break.

Promote a child's wellbeing

Validation helps kids feel safe, which is what 'worry warts' and anxious kids want. Lack of understanding rather than fear itself often impacts negatively on a child's happiness.

Overcome disappointment and build resilience

Validation encourages kids to give voice to their concern or disappointment and either takes steps to rectify it or move on.

Develop emotional intelligence

Parental validation models emotional intelligence for children and teens. It requires you to identify the emotions that may be behind their language or behaviour.

Encourage empathy

Validation requires you to stop, listen and get on the same wavelength as your child.

Four steps to validating your child's emotions

Follow these steps when your child comes to you with their worries or concerns to make sure they feel understood.

Attend

Stop what you are doing and give your child full attention.

Observe

Listen with your eyes as well as your ears.

Reflect back their worries

Get down to their eye level if necessary, saying something like, "I see you're really concerned about this."

Touch

If appropriate, gently touch their shoulder or give them a hug when you speak to them. This will help them feel safe and comforted.

There's no better feeling for a child or teen who is struggling than knowing someone they value truly understands them.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 12 books for parents including *Spoonfed Generation* and the best-selling *Why First Borns Rule the World and Last Borns Want to Change It*. His latest release *Anxious Kids*, was co-authored with Dr Jodi Richardson.