



MacKillop

St Mary MacKillop College Canberra

Newsletter

Volume 1

2020

7 February



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Coming

Up

MON 1 0 F E B

• Year 11 Parent Info Session (I)

TUE 1 1 F E B

• Year 7 Parent Info Session (W)

MON 1 7 F E B

• Parent/Teacher Interviews (Padua)

TUE 2 5 F E B

• Honours Assembly (W)

THU 2 7 F E B

• Swimming Carnival

WED 0 4 M A R

• Photo Day (I)

MON 0 9 M A R

• Canberra Day

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,

"Core of my heart, my country!
Land of the Rainbow Gold,
For flood and fire and famine,
She pays us back threefold-
Over the thirsty paddocks,
Watch, after many days,
The filmy veil of greenness
That thickens as we gaze"

My Country, by Dorothea Mackellar, 1915.

Although written in London during a bout of homesickness (which I can understand) in 1915, this famous poem captures so much of the emotions we brought to the drama and distress of the summer break. Thanks to emergency services workers and members of the ADF, AFP, RFS and so many volunteers who have laboured bravely to protect life, property and to care for the devastated wildlife of our bush.

Many such people are members of our MacKillop community, a source of pride for us all. Please accept my regrets to those who have suffered hardship during the fires. I would be pleased to be contacted by any families who are experiencing particular distress if it were thought to be of help.

WELCOME BACK!

I have enjoyed welcoming back returning students and new students to the school. It has been very good to see Year 10 enjoying the St Peter's Campus and Year 7 enjoying being in high school at last. My thanks to the College Executive, Pastoral Care Leaders and all staff who have planned and worked to prepare for such a smooth start to the year.

FACILITIES UPGRADE

The theatre on the Padua campus is currently having a complete refurbishment which will be finished by the end of term. The classroom blocks on the St Peter's campus experienced a one million dollar refurbishment which was completed over the break and the staff and administration building progresses towards its conclusion in May. Planning is underway for the Padua classrooms makeover.

Families will also notice the expansion of instant grass on the Padua campus, a significant improvement to play and recreational spaces for students.

This has been a significant investment of funds to college infrastructure that has prioritised enhanced learning facilities and recreation. The college remains debt free having relied on recurrent government funding (a forever anxiety) and funds saved from the payment of fees. I would like to again express the thanks and admiration of all of us to College Business Manager Louise Davidson who project managed the projects to their impressive conclusion over the summer.

WELCOME TO NEW STAFF FOR 2020

Last year MacKillop farewelled some talented staff to promotions positions elsewhere, interstate and to retirement. Twenty two new teachers and support staff have joined MacKillop from other Canberra schools and interstate. In a challenging climate for teacher recruitment, it has been reassuring that so many people of talent and promise wish to bring their wisdom and experience to our school.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

"I have enjoyed welcoming back returning students and New students to the school. It has been very good to see Year 10 enjoying the St Peter's Campus and Year 7 enjoying being in high school at last."

PRINCIPAL'S PRAYER

Lord,

All of us here give thanks for the strength and courage of our emergency services, ADF, AFP, RFS and others who put themselves between harm and our lives and property over the Summer. Grant them your protection and comfort Amen.

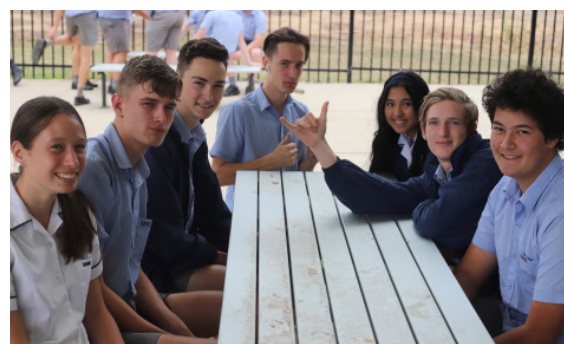


Welcome Back

The College welcomed students to the 2020 school year this week, with Years 7, 10, 11, and 12 commencing on Monday 3 February and Years 8 and 9 starting on Tuesday 4 February.

The energy, positivity, and enthusiasm that the students displayed ensured a smooth start to the year. The College is excited to build on its academic and community success in 2019.

MacKillop would like to particularly welcome the students who are new to the College in 2020 and we wish all students and families the very best for what should be an exciting year!



Flying Disk Federation

In December 2019 Grace Spratt (graduating class of 2019) represented Australia in the Asia Oceania Flying Disc Federation Junior Ultimate Championships, in which her team placed 2nd.

Grace is also hoping to represent Australia at the World Flying Disc Federation, 2020 World Junior Ultimate Championships to be held in Malmö, Sweden.

Congratulations Grace and best of luck with your future sporting endeavours!

Joseph Kiraly (10E1)





Australian Youth Championships

MacKillop had five baseballers representing Canberra in its Under 16 Team at the 2020 Australian Youth Championships that were played in Geelong in January: Paterson Trudgett, Bailey Watson, Lawson Trudgett, Rohan McDonough and Brianna Hosie.

Message from the New Director of Music and Performance

It has been exciting to commence at Saint Mary MacKillop College in the role of Director of Music and Performance. I made the move from South Australia to the ACT over the holidays with my partner, two cats and four horses! I've been playing, teaching and conducting music for most of my life and have great enthusiasm for sharing my passion. I'm looking forward to meeting you all and hope to see many of you in class and the ensembles. If you are keen to learn an instrument, participate in the Concert Band, String Ensemble or Vocal Ensemble, please come and have a chat with me or send an email: veronica.boulton@mackillop.act.edu.au

Veronica Boulton



Parent Info Evenings

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

Year 7 – Tuesday, 11 February. 7.00pm in the Gymnasium (Padua Campus)
Year 8, 9, 10 – Monday, 17 February between 5.00pm and 7.00pm at the St Peter's Campus)
Year 11 – Monday, 10 February. 5.30pm in the Providence Building (St Peter's Campus)

Lachlan McNicol • Assistant Principal Pastoral Care

The illusion of comfort and greatness

Welcome back to what promises to be an exciting 2020 school year, complete with its myriad of events, challenges and successes. To those joining us for the first time, we hope you experience and feel our vision of being a dynamic, welcoming and inclusive community; Namaste, Assalaam Alaikum, Sat Sri Akal, Shalom, the Lord be with you.

Our College liturgical theme for 2020 comes from Emeritus Pope Benedict XVI: "You were not made for comfort. You were made for greatness". The prefix and totality of the statement begins with "The world offers you comfort". At first hearing or reading there is something incongruous about it; there is nothing negative or wrong with comfort per se, especially in consideration of what the various layers of the term entail. It also seems at odds with the concept of "greatness" which must surely be accompanied by some level of comfort. After all, why seek the latter if there was not the promise of the former?

Such is the power of poignant statements. Given the opportunity to meditate on meaning, one starts to reconceptualise an understanding of what real comfort and greatness actually denote. It is reasonable that we should expect to achieve the security of health, wellbeing and basic comforts for self and others. However, we can fall for a manufactured perception of comfort in the 21st Century: the accumulation of wealth and power in a consumerist culture where nothing other than economic growth (often at the expense of our planet) carries a negative value. This in turn creates materialist individualism and the illusion of comfort and greatness that, by its own fallacy, can never be satisfied.

This is not necessarily a 21st Century paradigm, though through globally connected networks perhaps the above issues are now more amplified. St Mary of the Cross MacKillop and the Sisters of St Joseph saw through these vanities and, though they did not seek it, achieved greatness by abandoning the material trappings of 19th Century comforts (to the present day) to give themselves totally to improve the lives of those most in need; action displaying Benedict's statement around 150 years before he made it.

We can further draw inspiration going back 2000 years to Scripture and the source of Benedict's and St Mary MacKillop's faith and world view. St Paul wrote to the Romans: "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will". (Rm 12:2) It could be easy at this point to criticise that after 2000 years (through the Christian lens) we are still short of the mark, but I suggest it is the opposite. We have setbacks and challenges in the new era just like any other, but also have more significant positive moments that move us towards a tolerant, inclusive and compassionate society, evidenced by the young people who surround us at St Mary MacKillop College. At times how they address the needs of our time may be naïve or even misguided, but this is the very nature of the learning and the core of their motivation comes from wanting to make our world a better place.

So we continue in confident optimism to work with our students and invite them into a space that offers a particular world view complete with its own language, grounded first and foremost in the theological virtues of faith, hope and love (1 Cor 13:13). From there, all things are possible. May we provide our students with a language to be positive agents of change. And may our students be challenged to not be made for comfort, but for greatness.

Saint Mary of the Cross MacKillop, pray for us.

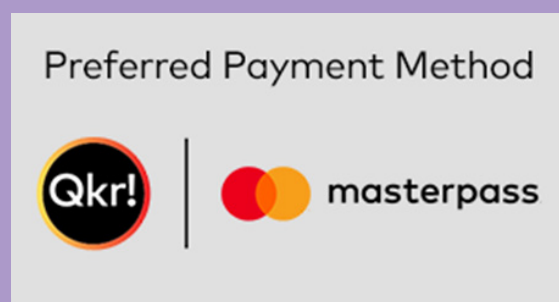
Jonathan Moyle • Assistant Principal Faith Leadership

Exchange Students

Our sister school Institution St Joseph's were to visit MacKillop in February, but have delayed their visit to Australia due to their concerns around the recent bushfires and air quality. The group of French exchange students will now visit MacKillop between 4-17 May. Thank you to the MacKillop families who have generously volunteered to host an exchange student during their visit to Canberra. If your family would also like to participate in the Exchange Program, hosts are still being sought for the May visit. In addition there is a further hosting opportunity for 8 weeks during July/August for families who would like to host a French student for a longer period. A financial allowance is provided to families who host a French student on the long-stay program and the extended time allows for a strong bond between the MacKillop and visiting French exchange student. If you are interested in hosting a French exchange student, please contact Peter Johnson (peter.johnson@mackillop.act.edu.au)

Qkr Payment

The College offers a more convenient way for parents and guardians to make various payments to the school. Qkr! (pronounced 'quicker') is a mobile payments app which enables parents to pay for school fees, excursions, ticketed events etc directly from their smart device. Qkr! accepts all major credit and debit cards accepted by the school (Visa and MasterCard), you can also register more than one card within the app. The Qkr! app is available from the Apple App Store and Google Play. By downloading and registering for Qkr! now <http://mackillop.act.edu.au/qkr/> you no longer need to leave the comfort of your home or send cash into the College to pay for these items.



School Fees

Term 1 fee statements will be sent next week. Fees are to be paid by 6 March 2020 unless paying by Direct Debit or other approved instalment payment method.

Please note the College does not accept cheques.
The following methods of payment are available:

- Payments by Qkr!

All payments to the College can be made through the Qkr! app. Details on how to download and register the App are available on our website.

- Cash & Eftpos

Cash and Eftpos payments may be made in person at both the St Peter's and Padua Campus Front Reception.

- Bpay

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

- Direct Debit

Direct Debits usually commence in January and run over 52 weeks or 26 fortnights, however, it's not too late to commence a Direct Debit for 2020. Please contact Jayne Limbrick via email, jayne.limbrick@mackillop.act.edu.au to set up your Direct Debit. All Direct Debits are to be altered in December for the following year's School Fees.

- Credit Card Payments - Mastercard or Visa

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

Michelle Predovan • Fees Manager

New Opportunities for Success

Welcome to the 2020 School Year New Opportunities for Success

The beginning of each new school year brings many opportunities. Hopes for strong achievement levels, classes that will engage students, goals about grade achievement, and hopefully a desire to achieve at one's best. The latin origins of the word opportunity come from two words. The 'op' (or ob) means towards. Portus (portun) indicates port. The term 'ob portus' was used in the world of navigation to refers to the conditions, such as wind, current and tides, required to get one to port. In the same way, school has a set of conditions which support the attainment of goals. Students are encouraged to:

- Take the opportunity to formulate new goals- think about what it is that you want to achieve
- Utilise opportunities to build on their strengths
- Use the available resources (your teachers, the Learning Commons, Canvas, homework clubs, submitting drafts etc) of the College to build new skills and develop existing skills
- Develop belief in themselves
- Recognise that achievement is measured anew each year- it is a new start!
- Working collaboratively can boost everyone's achievement

Successful students come in many forms and display a variety of learning habits and preferences. What they have in common is a pattern of regular engagement with their work, consistent organisational skills, and time spent working independently on their assignments, homework and integration of new learning into their knowledge base. They are active in their learning.

The College recommends that all students spend time each school night completing study, homework and assessment work.

The recommendations for each year group are:

Year 7 and 8: Approximately 1-1.5 hours per night

Year 9 and 10: Approximately 1.5-2 hours per night

Years 11 and 12: A minimum of 3 hours per night

Planning one's time to ensure that there is sufficient time to balance the commitments of school work, casual employment, sporting and other activities, and social time, are important to ensure that students have the best opportunities to succeed in all domains of their lives.

Welcome to the new school year and the many possibilities it brings.

Maria O'Donnell • Assistant Principal Academic Care



Pastoral Care Teams

The majority of students in Years 8 to 12 will maintain the same PC Teacher in 2020 that they had last year. This is because teachers have elected to remain with their PC Class, ensuring continuity in student-teacher relationships that aid in supporting the wellbeing of each student and their academic achievement. PC Teachers are available for parents to contact to discuss issues of general nature or to direct enquiries to the appropriate staff member.

Pastoral Care Coordinators play a critical role in leading each cohort and providing direction in a variety of areas. The Pastoral Care Coordinators are:

Year 7 – Mrs Kathleen Galvin and Mr Nathan Wood
Year 8 – Mrs Colleen Kain and Mr Steve Lowe (Ms Jackie Bryant in Term 2)
Year 9 – Mr Simon Kelly and Mrs Jane Cunneen (Ms Jackie Bryant in Term 1)
Year 10 – Mrs Leonie Sullivan and Mr Peter Johnson
Year 11 – Ms Lyndall De Ambrosis
Year 12 – Mr Braden Longo

The Directors of Student Wellbeing who work closely in supporting the Pastoral Care Coordinators on each campus are:

Padua Campus - **Mr Paul Durham**

St Peter's Campus - **Mr Rohan Langford**

Absence & Late Arrivals

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

School Drop-Off & Pick-Up

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

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

Status Awards

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

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

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

Cooper Badowski 8W1, Freya Bryant 8A3, Denzeil Maningding 8EW, Aleena Naeem 8EW, George Stergiou 8W1.

Parenting Ideas

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

As a member of school Parenting Ideas, all MacKillop parents and carers have access to webinars each year at no cost. The Programs this year are:

- | | |
|--|-------------|
| - Future-proofing your child. | 18 March |
| - Understanding techno tantrums. | 17 June |
| - Teaching young people about healthy relationships. | 9 September |
| - Parenting like a cat and dog. | 11 November |

The article in this newsletter addresses "Five forgotten skills that contribute to student success".

Lachlan McNicol • Assistant Principal Pastoral Care

INSIGHTS

Five forgotten skill sets that contribute to student success



At a time when we hear a great deal about growth mindsets, good mental health habits and creating digitally savvy students, we can easily overlook the skill sets that form the building blocks of long-term school success. These are skill sets that are also easily forgotten when we narrow our focus onto numeracy, literacy, performing arts, STEM and other academic areas.

While all these other mental skills and academic areas are important, the skills I want to focus on here are ones that can be taught, or at the very least drawn out, alongside every other skill when we as parents and teachers know what to look for.

Following are five skill sets that contribute massively to overall student success and contentedness at school.



1. Friendship skills

The ability to get along with others is hugely important for children and teenagers. Those students with a strong set of friendship skills are easy to like, easy to relate to and easy to play with. The skills they possess include knowing how to win and lose well, how to approach others to join in a group and how to lead rather than boss.

2. Organisational skills

The ability to organise your time, your space, your items and other aspects of your life is a massive plus for any student. The best way to help children who are organisationally challenged is to introduce them to systems and processes to help them organise themselves. These processes include the use of visual reminders, anchoring (i.e. linking new behaviours to habitual behaviours) and the mapping out of activities.

parenting*ideas

3. Optimism skills

It may seem strange to see optimism as skill set, but as leading psychologist Professor Martin Seligman discovered through his research, optimism can be taught. Seligman found that while some children are more inclined by nature to see a glass as half empty than half full, all children are capable of developing an optimistic explanatory style through exposure and direct teaching. The skills of optimism include being aware of self-talk, reframing negative events into positive events and the practice of perspective-taking.



4. Coping skills

Kids will generally face a number of challenges during the course of their school lives including overcoming the disappointment of not being picked on a team, working their way through difficult learning situations and dealing with rejection. The impact of these challenges will depend on each kid's own spirit, the support they receive and their coping skills. The good news is that coping skills can be taught or, at the very least, encouraged if adults know what to focus on. Coping strategies include parking problems for a while, normalising difficult situations and accepting and moving on. Some kids will use coping strategies quite naturally, while others need parental and teacher input to help them cope with even seemingly minor challenges.

5. Relaxation skills

The ability to relax and get away from it all is vital for the maintenance of mental health, which in turn affects a student's ability to perform. Many of today's kids live with pressure. That pressure needs to be released through relaxation and play, otherwise it can lead to anxiety and other mental illnesses. The ability to relax and unwind is paramount to your child's school success. Relaxation techniques include mindfulness and meditation, participating in hobbies and enjoying creative pursuits.

These skills are part developmental and part environmental. That is, kids will naturally develop many of them as they mature but the skills also need to be nurtured environmentally. They need to be recognised, encouraged, taught and modelled by adults who children and teenagers respect and admire. That makes parents and teachers 'Very Important People' in the process of acquiring them.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

Attention Year 7 Parents



Your child's first round of vaccinations are due in Semester 1


The following vaccine will be offered
FREE as part of the ACT High School
Immunisation Program in Semester 1


✓ Human Papillomavirus (HPV) Dose 1



Keep an eye out for consent cards which are sent home with students during the first week of school and due back to school as soon as possible.

 **Find** a consent card at your school OR download one from our website

 **Sign** and complete the card

 **Return** it to your school ASAP

For more information:

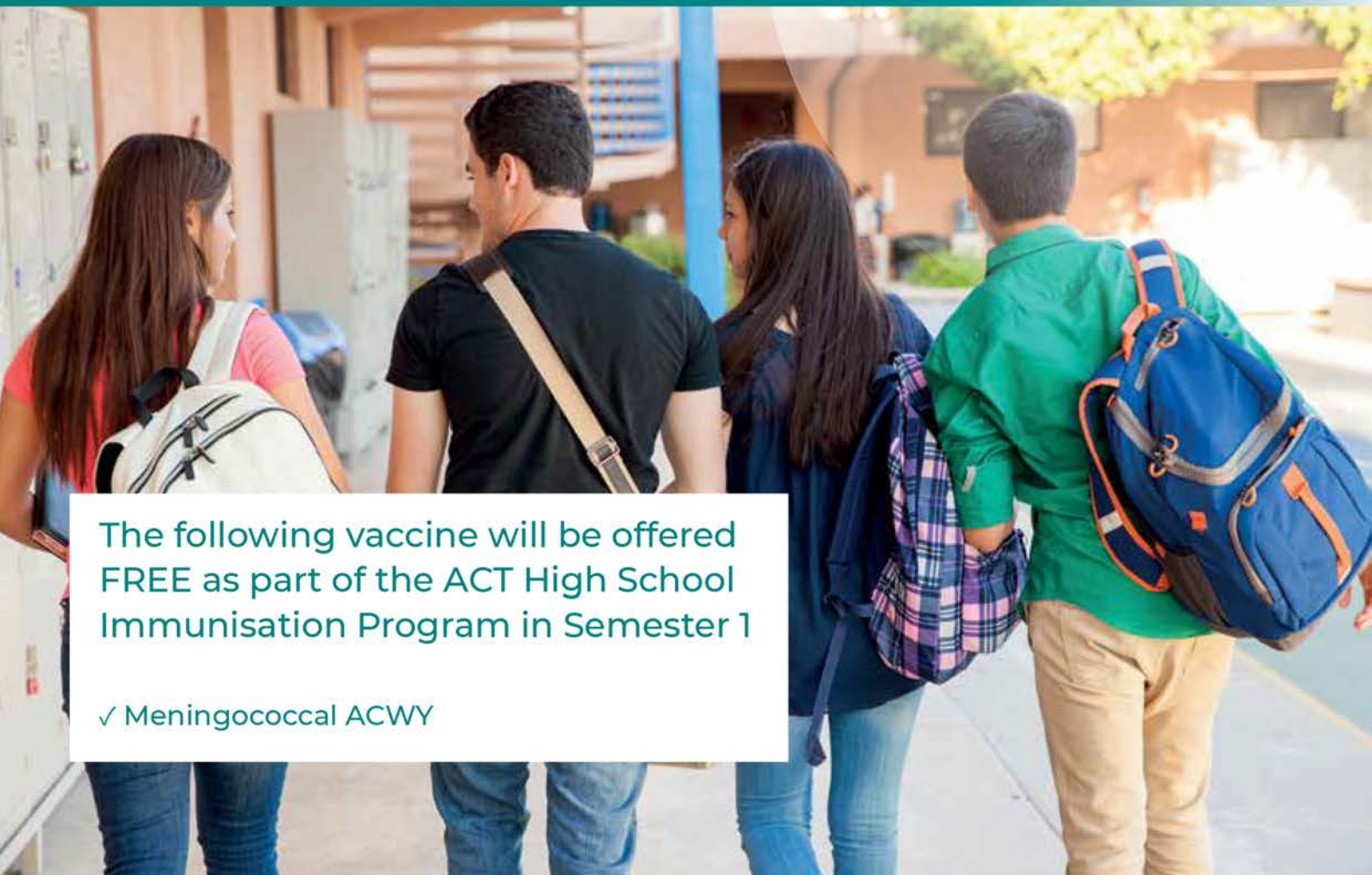
www.health.act.gov.au/services-and-programs/immunisation/adolescents

Ph: 02 5124 1585

Attention Year 10 Parents



Your child's vaccinations are due in Semester 1



The following vaccine will be offered
FREE as part of the ACT High School
Immunisation Program in Semester 1

✓ Meningococcal ACWY

Keep an eye out for consent cards which are sent home with students during the first week of school and due back to school as soon as possible.

Q Find a consent card at your school OR download one from our website

Sign and complete the card

Return it to your school ASAP

If your child misses this vaccine at school and you returned a consent card, you will receive a letter in the mail on how to access it through your GP instead.

The Meningococcal ACWY vaccine will be available FREE from your GP up until your child's 20th birthday.

Where can I get more information?

www.health.act.gov.au/services-and-programs/immunisation/adolescents

health.act.gov.au

Are you back to school ready?



Visit transport.act.gov.au



ACT
GOVERNMENT



Transport
Canberra

Dear School Administration Team,

As we start a new school year, we would like to remind you, parents and students about our services and how to best prepare for travel on both bus and light rail in the new year. Details of all school and regular services are available [online](#) for parents and students to begin planning their journeys.

School routes and services remain unchanged for 2020. Transport Canberra is here to support the safe passage of students to and from school using public transport and active travel options.

To assist in planning school bus travel, use our handy tips and checklist below.

Routes and timetables:

Check the details of services required for your child to and from school, also making sure your child is familiar with the times and stops. If your child is new to school or changing schools, please check available [school services](#) or [regular bus timetables](#) information.

Journey Planner:

The Transport Canberra Journey Planner includes school services, allowing you to plan out the most convenient mode of transport for your trip to school. Use Transport Canberra's [journey planner](#) to plan your travel, and use [NXTBUS](#) to track your awaited service.

MyWay cards:

MyWay is the cheapest and easiest way to travel with Transport Canberra services. A student [MyWay card](#) can be purchased online, over the phone, or at a MyWay Recharge Agent. Adding travel credit is even easier with the options of B-Pay or Autoload direct debit, attracting an additional 5% discount on all fares. Students can also top up their MyWay card or purchase a single or daily ticket at Transport Canberra's new [ticket vending machines](#), available at selected bus stations and Light Rail stops.

When travelling on Transport Canberra services, it is important for students to carry their concession entitlement in addition to their MyWay card as Customer Service Officers regularly check concessions.

Fares:

A single trip school student MyWay fare is now \$1.22 on school days and a single trip school student cash fare costs \$2.50. All information about MyWay and cash fares are available [online](#).

Public Transport Safety:

If your child is new to public transport or a regular user, don't forget safety is a top priority. Make sure your child is familiar with the safety rules for inside and outside their chosen bus or light rail service. For further information on Transport Canberra travel safety, please visit the [Etiquette and Safety](#) and [Staying Safe](#) sections on our website.

School Safety Tips:

A School Crossing Supervisor program has been in place since 2018. School crossing supervisors (lollipop people) assist children to cross roads safely by directing traffic with a stop sign and providing instructions. They also help to manage the flow of pedestrians and motorists at the busiest crossings. For further information on schools participating within the program please refer to our Active Travel page, under [School Crossing Supervisors](#).

Active Travel:

Walking, riding or scooting to school is also a great way to reduce congestion and increase safety around schools. There are several initiatives in place to support families wishing to walk or ride in 2020, including the Ride or Walk to School, Active Streets for Schools and School Crossing Supervisor programs. Part way drop off points near a school, like a local oval or the shops, can be a great option if walking or riding the entire trip is too far.

Further information:

Pick-up and set down guidelines, tips for parents, tips for staff/volunteers, tips for students, safe driving, safety tips, safe school travel plans and travel congestion information can be found under the [School Safety Tips](#) on the Transport Canberra website.

Staying up to date:

To keep up to date with Transport Canberra news and important service information, sign up for our email alerts or follow us on our social media channels: [Email Alerts](#) [Facebook](#) [Twitter](#)

Further information can be found under the [FAQ's section](#) on our website. For all other enquiries, please contact us on 13 17 10.