

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume 5 2020

1 MAY

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Coming

Up

MON 0 4 M A Y

- Enrolment Period for Year 7 2021 officially opens

MON 1 1 M A Y

- Careers Week begins

MON 1 8 M A Y

- ASBA Information Session

FRI 2 2 M A Y

- Enrolment Period for Year 7 2021 concludes

MON 0 1 J U N

- Reconciliation Day Public Holiday

MON 0 8 J U N

- Queen's Birthday Public Holiday

WED 1 0 J U N

- Year 10 Exams begin (TBC)

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,

WELCOME TO TERM 2

Welcome back to one of the most unusual beginnings to Term 2 we have experienced in our lives. Attendances are slowly growing on both campuses as families return to work and students search for the social experience of schooling. Should your sons or daughters wish to return to school for a day or several days, they are most welcome to do so. Please advise their respective Campus Head the day before so that social distancing and expert supervision can be provided.

Years 7-9: paul.ocallaghan@mackillop.act.edu.au

Years 10-12: sandra.darley@mackillop.act.edu.au

All of us are no doubt delighted that the virus in the ACT continues to improve in terms of numbers of cases and other data. In my letter last Friday, I outlined a process for preparation for a safe return to school. This preparation continues. The school, with Catholic Education, will continue to monitor medical and safety advice, which will be paramount to any decision made about students returning to the classroom for face-to-face learning.

ANZAC DAY 2020

Thank you to Ms Sandra Darley, other staff and some student leaders who provided a very moving online commemoration of ANZAC Day. Many families chose to engage with this commemoration and messages of thanks and affirmation have been greatly received. Let's hope this is the last time we have to engage in this mode of commemoration.

ENROLMENT PERIOD FOR YEAR 7, 2021

At this time of year, I am usually drawing your attention to our information nights and Try MacKillop Day so that we can showcase our school to prospective students of the College. Due to the pandemic, these will not take place, but there is considerable online information about promotion and process that I hope will be a source of pride for our community and authentically persuasive for those who are seeking to join our school. If you know of people who are looking for a high school for 2021, please tell them about MacKillop!

Applications for Year 7, 2021 are now being received. If you are interested in a place for your son or daughter in Year 7 next year, please make sure to apply at your earliest convenience and certainly by 5pm on Friday 22 May. Applications received after this time will be moved immediately to a waiting list. Don't miss out!

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

"Welcome back to one of the most unusual beginnings to Term 2 we have experienced in our lives."

PRINCIPAL'S PRAYER

Lord,

We give thanks for the increasing good news involving the fight against COVID-19 in our community.

Amen.



Back to school

Students returned for Term 2 on Tuesday 28 April. While most students took part in their classes from home, the College had just over 20 students doing their remote learning at school on the first day. By the end of the week, the College had about 50 students at school across the two campuses.

Fundraising for Caritas & Project Compassion



A massive thank you to everyone who contributed to project compassion last term. We hosted a number of successful events at the start of the term including Shrove Tuesday, Caritas Corner at the Swimming Carnival, and Caritas Carpark, but the disruption meant we were unable to conduct most of our normal Caritas fundraising events. The total raised was \$6,080.

The top three PCs from each campus were:

Padua Campus:	1. 7F4	2. 8A3	3. 9F2
St Peter's Campus:	1. 12A3	2. 10F3	3. 10A3

The SRC would like to once again thank everyone who donated to Project Compassion for their faith, love and generosity, a great effort by all. These donations will go towards ensuring access to clean, safe water supplies or a sustainable income source or adequate health care for families supported by Project Compassion.

Ben Walker • Faith & Community Captain

Enrolling now for 2021

St Mary MacKillop College is now accepting enrolment applications for Year 7, 2021. Should you wish to enrol a student for next year, please ensure your applications are submitted by Friday 22 May.

If you know families who are looking for a high school for next year, tell them about MacKillop!

To enrol online, or for more information, please visit our website:

www.mackillop.act.edu.au



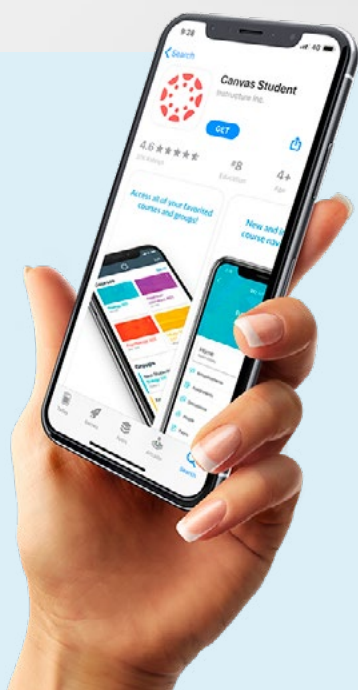
Thanks from the Canberra Hospital

The Canberra Hospital Foundation wrote to MacKillop recently to express their thanks for donations of Christmas gifts to patients in two wards at TCH. Students in Year 10 last year 'adopted' Wards 7B and 11A, delivering Christmas donations in time for the holiday season.

In the letters and cards we received, staff at the hospital wrote:

"Families of our patients have asked their sincere thanks be pass on to the students, families, and teachers of MacKillop...We were told by the staff members in your adopted wards that, although the gifts were for patients, just seeing their smiles and gratitude made their day happier too. We are gratified that you believe in our work enough to take part in this program."

Congratulations to Year 10, 2019 and thank you for contributing to this worthy cause.



Canvas App

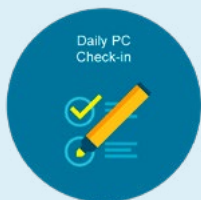
Need more help to stay on top of your classwork from home? Download the Canvas app on your phone, which will give you reminders for school work or conferences so you don't miss a thing or fall behind.

It will notify you whenever a new task has been added to your classes or when your teacher posts a discussion.

Once you download the app, it will ask to enter your school. At this point just write 'mackillop' and press enter from there, as our school's website for Canvas is just: <http://mackillop.instructure.com>

Madi Lustri • College Captain

PC Daily Check-In



Students now have access to a Daily PC Check-in on their Pastoral Care Class Canvas page. The check-in involves answering simple questions about

- how they are feeling
- how they are coping with their academic classes
- any extra support required from the staff at the College

The responses will then be available only to the PC Teacher and the Pastoral Care Coordinators of each student to review. The information will be of value to the PC Teacher in:

1. monitoring the wellbeing of students
2. providing some assistance or direction to students about where or from whom the best support may be accessed

Please encourage students to take the check-in seriously and complete it on a regular basis.

7 WAYS TO HELP YOUR HOME STUDENT MAINTAIN A ROUTINE

by @inner_drive | www.innerdrive.co.uk



- 1 CONSISTENCY** – Encourage your student to weave their new behaviours into a daily routine. If they do this consistently then after a while, it will become automatic.
- 2 DON'T BLUR LINES** – It is easy for home-life/student learning to blur into one. If possible have a dedicated spaces to learn and different spaces to eat and relax, so as to help avoid confusion.
- 3 STRUCTURE THE DAY AROUND KEY EVENTS** – Having a relatively set times for breakfast, lunch, dinner and bed makes it easier to maintain the learning part of the routine.
- 4 HAVE HIGH STANDARDS** – Don't settle for mediocrity. Children take their cue from the adults in the room, so set the bar high.
- 5 HAVE SOME FLEXIBILITY** – The best laid plans can quickly change. The key is sticking to routines and having high standards, while also accepting that some things will need to change last minute.
- 6 LIMIT DISTRACTIONS** – Learning is challenging enough without the constant temptation of distractions. This is going to mean, amongst other things, limiting access to phones during study periods.
- 7 PRODUCTIVE BREAKS** – Your student should be encouraged to use breaks to rejuvenate both physically and mentally. This also means taking exercise and catching up with friends online.

How to learn from home effectively

A range of Pastoral Program content has been created to provide students with information and skills to assist with the changed circumstances of remote learning.

Maintaining a routine is one area that some Year groups covered. It can be easy to fall into poor habits at the expense of learning and well-being. An effective routine can help students to use their time productively. The infographic shares some simple points that may help parents in working with students to develop good habits and a quality routine.

How well did I do today?
Date: ____/____/2020

Discouraging good habits, avoiding bad habits

Today I ...	Today I didn't spend too much time ...
<input type="checkbox"/> Had Breakfast	<input type="checkbox"/> Over-sleeping
<input type="checkbox"/> Started at 9:00	<input type="checkbox"/> On social media
<input type="checkbox"/> Downloaded	<input type="checkbox"/> Watching TV
<input type="checkbox"/> Engaged in learning/completed school work	<input type="checkbox"/> Gaming
<input type="checkbox"/> Spent some time outside	<input type="checkbox"/> Looking at the news
<input type="checkbox"/> Set 5 rules and expectations	
<input type="checkbox"/> Drank 8+ glasses of water	
<input type="checkbox"/> Did something fun	
<input type="checkbox"/> Made contact with friends & family	

How did you work towards your goals today? (refer to your goals on page 25 of your Student Diary)

What did you today better than yesterday?

What can you improve tomorrow?

What were you grateful for today?

What are you looking forward to tomorrow?

The importance of routine, balance, and goal setting

For some students, remote learning has come with challenges in maintaining routine, balance and motivation. Some common questions from parents in recent times have included:

- How do we keep students engaged in their learning?
- How do we get them to develop a healthy routine when at home all day?

Self-awareness, accountability and goal setting are all important factors. To assist students in developing these, the worksheet [How well did I do today](#) may assist students in affirming good habits to be developed and eliminating bad habits, reflecting on the positives of their day and planning for the following day.

This worksheet can be accessed by clicking on the image above.

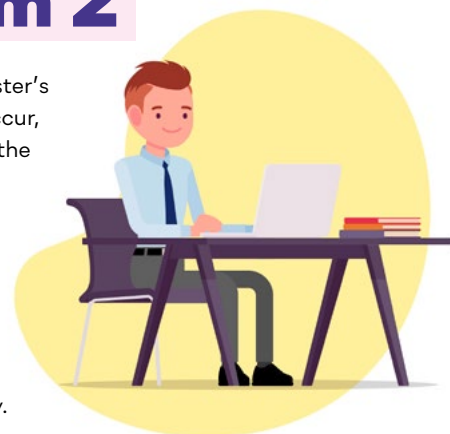
Lachlan McNicol
Assistant Principal Pastoral Care

Teaching & Learning for Term 2

Welcome back to all students, parents, and carers as we work to the completion of the semester's work. With continued uncertainty about when our return to full face-to-face schooling will occur, students are encouraged to employ strategies that will assist the completion of their work to the best of their ability.

These strategies include:

- Create and maintain a space for study with good lighting, comfortable seating, and a good-sized desk.
- Create and maintain a study routine
- Work regularly – completing work every day reduces stress on the brain and improves cognitive capacity to undertake and learn new work. Take breaks for your brain and body.
- Organise the work to be completed for each subject. Use the Remote Learning Subject Planning Tool (found on Canvas in Student Information). Reward yourself when you have completed your work.
- Get help from our teachers. Always try to work something out first and then ask for help as required. Our Learning Commons on both campuses can also help.



Remember that the journey of a thousand miles starts with one step!

Maria O'Donnell • Assistant Principal Academic Care

We're looking inside the fitness centre at MacKillop through our series of profiles on some of the College's elite athletes.

Name: Lachlan Arnold

Sport: Basketball

Year Group: 12

Biggest accomplishment so far: Winning NAIDOC competition and season finals in the same season 2019. Making the Division 1 team Under 19's 2019/20

Sporting Hero: Kobe Bryant

Sporting aspirations: Becoming a starting 5 player for an NBL team

Favorite inspirational quote: "They call you lucky, but have no idea how hard you've worked" - Dwayne 'The Rock' Johnson

Favorite song to listen to when training? Victorious, Tyrone Briggs

What do you like most about the PE Pathways program?

Being able to chat to the teachers and friends while getting a workout in and being able to get mentored by the teacher and other students about how I can better myself. The overall energy in the gym for our year is positive and we are all friends trying to better each other while having a good time. Pathways is a kind of stress release in a way from other school work. The relationship between the teachers and the students is always strong and friendly.

PE Pathways Student Profile



PE Pathways Success Story

Trent Buchanan from the Class of 2019 has been granted a baseball scholarship to attend Three Rivers College in Buffalo, USA. Trent was part of the PE Pathways/Sports Development Program and was selected as the catcher in the 2019 Australian Schoolboys Baseball team.

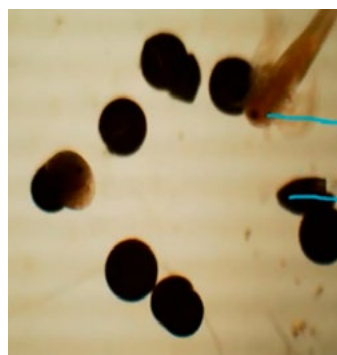
Big Science Competition

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. This online, multiple choice competition tests critical thinking, scientific literacy and problem solving skills. The Big Science Competition questions are written by science education professionals. The questions are aligned with the Australian Curriculum – Science and draw on real-life examples and contemporary issues.

Students can access the online competition from home from 20 May to 5 June 2020.

Registrations are now open. If you would like to participate please contact Tristan Burg, St Peter's Campus (Tristan.burg@mackillop.act.edu.au) or Kate Goolagong, Padua Campus (kate.goolagong@mackillop.act.edu.au) by 8 May.

Tristan Burg & Kate Goolagong • Science Coordinators



Remote Learning in Science

In the last two weeks of Term 1 the Science staff (like all teachers at MacKillop) were eagerly putting together remote-learning resources to best support students from 7-12 in their studies.

Along with content and theory, practical activities and investigation skills are a large and important part of the Science courses. However, the challenge of achieving these outcomes didn't deter the Science staff. Instead, their creativity and dedication in challenging circumstances shone through.

Seeing an opportunity, they took advantage of the fortnight of free (and quiet) lab time to prepare video experiments for MacKillop students. These included: microscopy and brine-shrimp hatching in Oceanography; galvanic cells and physical property analysis in Chemistry; momentum and collisions in Physics; chemical reactions, greenhouse models and instructions on how to build a 'solar system in your pocket' in Year 10.

These resources, and the learning activities built around them, will enable students to collect, analyse and present data; thus, continuing to apply and develop their investigation and critical thinking critical skills via remote learning.

Tristan Burg & Kate Goolagong • Science Coordinators

National Youth Science Forum

The National Youth Science Forum is a 10-day long science camp for Year 12 students from all across Australia. I was lucky enough to attend the Brisbane session in January of this year. It was genuinely one of the best experiences of my life and opened my mind to many different STEM possibilities. Now that applications are open for the 2021 program, I would like to encourage all Year 11 students to apply.

After applying I had to go through the selection process, which included a day of try-outs – assessing communication and problem-solving skills. After this, I had to find a way to pay. Fortunately, the Tuggeranong Rotary Club covered half of the fee.

On session, I was put into a group dedicated to computer sciences. However, there were groups dedicated to almost every scientific discipline. Extra elective field trips and lectures that were incredibly entertaining exposed me to sciences that I never would have considered a career possibility.

During my time in Brisbane, I met kids from all over Australia who shared my passion for learning and for STEM. It was amazing to be in an environment where I knew that anyone I spoke to would be just as enthusiastic about STEM as I was. My new friends and I stayed up late almost every night talking about school, politics, our hobbies and what life would be like after we went home. On the last day, sitting for the buses to come, there were more than a few tears. Now, though, I am still in touch with each and every one of them.

As well as all this, the National Youth Science Forum let me speak to many people from a variety of institutions that could provide me with educational/employment opportunities. Having returned from the session, I have many different pathways for my future. Being a National Youth Science Forum alumnus has already opened up a number of opportunities for me. This includes roles in government adverts and a place at the Questacon training program.

The National Youth Science Forum provided me with a deeper understanding of my chosen STEM subjects, gave me a network of young people who I will be in contact with my whole life and provided me with opportunities for my future. If there is any year 11 who even thinks that this is something they might be into – please apply. You will not regret it!

Olivia Boddington • Year 12



Apply for the NYSF

The National Youth Science Forum (NYSF) Year 12 Program is a 10-day residential program designed to give students a broader understanding of the diverse study and career options available in science, technology, engineering and mathematics (STEM) and to encourage continued studies in these fields.

Applications for the NYSF 2021 are now Open for Yr 11 Science students. You can start your online application here:
<https://www.nysf.edu.au/what-we-do/how-to-apply/>

Applications close on 4 June and you are encouraged to get your application started early so you can apply for sponsorship from your local Rotary club.

Tristan Burg & Kate Goolagong • Science Coordinators

Careers at MacKillop

To assist students and their family remain connected to career service and information, I have established the Career Canvas Page.

Events, presentations, career appointments, career information and opportunities can be found on this page. Events and presentations will be updated on the date advertised. I am also working on a virtual career event for the week of 11 May to coincide with National Career Week and the date that our annual Career Expo was originally scheduled.

Online appointments

Over the next term, I have introduced one-to-one online career appointments for students in Years 10, 11 and 12 to obtain career information. The appointments are booked through Canvas calendar and when all appointments are booked additional times will be added for the next week, until we return to "normal" school.

Notifications are being sent regarding the appointments that cannot be adjusted from my end. If you wish not to receive these notification, please go into your canvas page, under account and you will find a notification setting that you can change in order to eliminate invitation notifications.

Career and Study opportunities

Please view the information on this page about our upcoming careers events and ANU applications for 2021.

Karen Hundy
Careers and Vocational Education and Training Coordinator

ANU Applications

ANU application for admission in 2021 is open and closes on 25 May 2020. Please see below some information sent to the College from ANU. The university is also providing students with webinars to walk students through direct applications to ANU.

The following information is from ANU:

We want to provide certainty and be as flexible as possible to allow your students to attend ANU in 2021.

- If your student is eligible and they have applied by 25 May 2020, they will receive an offer on 10 August 2020 based on their Year 11 results.
- If student accepts their offer, all they need to do is complete Year 12 in order to study at ANU in 2021.
- If their Year 11 results do not meet the entry requirements for ANU, students can still be assessed on their Year 12 results and may be eligible to receive an unconditional offer on 23 December 2020 or when ATARs are released.
- If your student receives an offer for a program that is not their first preference, they can still change their preferences and be re-assessed for a new unconditional offer based on their Year 12 results.
- As meeting the co-curriculum and service requirements within Year 12 has been disrupted, we have adjusted our commitment requirements and schedule.
- Given the circumstances, we will be offering extra support to our first-year cohort in 2021, to better assist with the transition to university.
- If you would like to learn more about this change, please view our webpage for domestic applications or read through our FAQs. These are available at: www.anu.edu.au

Upcoming Careers Events

Virtual Careers Expo

During the week of 11 May to 15 May 2020, we will be hosting careers events to coincide with National Career Week. I have been in contact with Universities, Canberra Institute of Technology (CIT), and other post-school providers to organise a Virtual Careers Expo for students and their families to gain information that may assist them in the future. The events schedule will be posted on the Canvas Career Page from Monday 11 May.

ASBA Info Session

The Australian School-Based Apprenticeship program (ASBA) information session for interested students in Years 10, 11 and 12 (and their families) will be held online on Monday 18 May 2020 at 5:30pm through Canvas Conferencing. During this presentation I discuss how the ASBA program works and what it entails.

UAC Info Session

The University Admission Centre (UAC) admission process will be explained at the College's UAC Information Session on Monday 10 August 2020. This session will also outline the School Recommendation Scheme (SRS) along with Equity Access Scheme (EAS). The venue for this presentation is yet to be confirmed. More details will be released closer to the event.

INSIGHTS

Successful close quarter living



The current physical distancing measures due to the COVID-19 pandemic will be with us for some time. This cocooned existence is a test of parental patience, children's willingness to cooperate and a family's ability to pull together.

So, if you're about to enter the family cocoon, or even if you've been living in close family quarters for some time, the following tips will help ensure your children not only survive each other, but emerge from the cocoon with a strong sense of camaraderie, a greater appreciation for their siblings and knowledge that they belong to a rock solid family who can pull together in a crisis.

Get kids on board

Start your period inside the family cocoon by getting everyone on board. Give kids a voice in how they'd like their social isolation time to flow. Listen to their fears and worries. Empathise with any concerns about missing regular activities and contact with friends but point to the positives of having more free time than normal. Consider providing kids with family organisation roles – the music girl, games guy, food planner and so on – and swapping these regularly to maintain interest. At Parenting Ideas, we believe that it's reasonable to expect kids to help at home and there are many resources at our website that help with this.

Establish structure

Many kids struggle with anxiety when routines break down, so ensure that you have a regular structure that brings predictability to each day. Parents and kids need their own routines starting with get up times, work times and in the event of at home learning, times for schoolwork. Break the day into different time zones that mirror their school days. A regular structure will make the days more workable, feel shorter and be more manageable. It's important to keep daily foundation behaviours in place such as waking up at the same time, dressing for school and preparing for class as they trigger your child's readiness for learning. Similarly, relaxing your routine on the weekend gives everyone a break from the structure of the school and working week. A regular family meeting provides an ideal way to give kids some input into their own routines and also a say in how family-life looks in the cocoon. If formal meeting are not for you, then ask for opinions and gain feedback in more conversational ways.

Set up activity zones

The Nordic countries with their long, dark winters lead the way in successful close quarter living. One of their major strategies for success is the establishment of living zones within homes and apartments. These zones differ from the usual sleeping, cooking and communal living areas that you may be used to. They incorporate areas for individual activities including learning, playing, chilling out and exercise. With consistence use children soon associate a specific activity with a particular zone making concentration and focus a great deal easier. Avoid having multiple activities in one space as this may lead to conflict, while diluting the impact of this whole zoning strategy.

Get moving, grooving and having fun

Maintaining children's healthy exercise levels when organised sports and informal group play are prohibited is a major challenge for parents. Some organisation and creativity will help. Establish mini movement breaks during each day involving dancing, shooting hoops and exercise to movement. Remember that any activity that gets kids arms and legs moving is beneficial to their physical and mental health. Amp up the fun factor by incorporating music, dancing to online videos and playing simple indoor games.

Instil good mental health habits

As the old saying goes 'prevention is better than a cure', which is pertinent if your child is prone to anxiety and depression. With routine preventative measures such as playing and talking face to face with friends on hold, consider introducing regular mindfulness and breathing into your daily routine. At Parenting Ideas we recommend the resources at smilingminds.com.au as they cater for mindfulness for all groups and at any level. Schedule times for kids to digitally connect with friends so that they don't experience the effects of isolation.

Know when to steer clear

It's hard for family members who are used to doing things on their own to suddenly be thrust together in each other's company for extended periods of time. Many family holidays end in sibling squabbles because family members aren't used to spending so much time together in the same space. Encourage kids to spend some time alone each day so they can relax, reflect and draw on their own emotional resources. Time alone is an under-rated contributor to a child's resilience and mental health.

And know when to come together

While time alone is important it's also essential for your family to come together to connect, to have fun and to enjoy each other's company. Work out your regular family rituals and make these non-negotiable. Evening meals, family discussions and at least one weekly movie or entertainment activity give children and parents the opportunity to come together on a regular basis.

This time spent with your family inside the cocoon at first may be difficult, as it requires changes of habit and behaviour from everyone. There are many positives to close quarter living brought about by COVID-19. Families now get a chance to connect with each in real time and bond with each other in deep, meaningful ways.

Parents also get the chance to establish the positive behavioural and mental health habits in their children that has so often been made difficult by the insanely busy lifestyle that we've all been living for some time now.

The roller coaster has stopped. It's now time adjust to a slower pace and have the types of conversations and pleasurable times with kids that have meaning, have impact and leave lasting memories.



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.