

**College**

**Newsletter**



**MacKillop**  
St Mary MacKillop College Canberra



# Volume 9 2020

24 JULY

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# Coming

# Up

FRI 31 JUL

- Staff Conference (Pupil-free day)

WED 05 AUG

- Semester 1 Awards Assembly (Padua Campus)

SAT 08 AUG

- Feast of St Mary of the Cross

MON 10 AUG

- UAC Info Night

WED 12 AUG

- Semester 1 Awards Assembly (St Peter's Campus)

MON 17 AUG

- Science Week begins

THU 20 AUG

- Moderation Day (Pupil-free day)

MON 24 AUG

- Book Week begins

## 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,

## **WELCOME BACK - TERM 3, 2020**

I'd like to take this opportunity to welcome the College back from what has been again an unusual holiday break. The many students I have spoken to seemed to have spent their time close to home with occasional, exciting excursions to Woden and South Point – they seem very well rested from the experience!

The data from reporting indicates that the considerable disruption in Semester 1 had only a limited negative impact on academic achievement, and the feedback from counsellors and pastoral leaders has indicated that the return from lockdown experience has generally been less traumatic than it might otherwise have been. I look forward to each student working with their teachers to take advantage of good routines, strong relationships and the contribution of each of us to learning.

## **THE MOIRA NAJDECKI THEATRE**

Mrs Moira Najdecki was the College's second Principal and led the school between 2004-2006. Moira prioritised academics, technology, and professional learning. Moira went from MacKillop to being Director of the Archdiocesan Catholic Education System. I would like to thank her for lending her name to the Wanniasa Theatre, which has now been completely refurbished. The theatre will be the home of dance, drama, community gatherings and performances – all of us are looking forward to one day having those things again at our school!

I would like to acknowledge the excellent relationship the College again had with the builders and subcontractors, Projex, and the work of the College Business Manager, Louise Davidson, in her work as Project Manager. This is a beautiful facility, and an overdue one.

The Theatre will be blessed and opened by Fr James Antony on Wednesday 19 August.

## **ESSENDON'S FORM**

Readers would be aware of the Bombers' triumph over Collingwood at the beginning of the holidays. Their success continued against North Melbourne the following week. Sadly, their momentum was interrupted – perhaps another casualty to the virus?

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE  
COLLEGE PRINCIPAL

*"I look forward to each student working with their teachers to take advantage of good routines, strong relationships and the contribution of each of us to learning."*

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## **PRINCIPAL'S PRAYER**

*Lord,*

*We give thanks for all the opportunities and blessings of a new Semester.*

*Amen.*



## We're back for Term 3

We returned to school this week for Term 3. We hope everyone had a safe and relaxing break and we look forward to a successful second half of 2020!



## New Facilities

The College is excited to have use of three recently-completed building and refurbishment projects. Handover of the Penola Administration Centre and Moira Najdecki Theatre took place just before the holidays, while regular use of the Chapel of St Peter will commence after finishing touches to the building were applied during the remote learning phase earlier this year.

To see more photos of these three facilities, and for more information, visit the [story on our website](#).



## Website Downtime

The College website is due to be down for maintenance on Friday 31 July (which is a pupil-free day). You can still log in to Canvas, Email, and the other College services through the login portal: <https://login.mackillop.act.edu.au/nidp>

[IT Helpdesk](#)

## School fees

Term 3 Fees were electronically sent to family email addresses on 8 July 2020. Fees are to be paid by 7 August 2020 unless paying by Direct Debit or other approved method. If you would like more information regarding Direct Debit payments or have any queries regarding your fees, please contact the Fees Office.

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

Please note that if you are seeking a credit for non attendance at a Camp or Retreat you must provide the College with a medical certificate or seek approved leave from the Campus Head.

**Michelle Predovan • Fees Manager**

## School Canteen

After a change to canteen menus and procedures due to COVID-19, the canteen is now in full operation at each campus. From Term 3, the College has a new canteen provider, Splash, which brings with it a new menu for students. You can still order online through Flexischools.

Learn more about the menu and Flexischools: [Visit our website](#)

## Inspire Art Competition

Don't forget that our annual art competition, Inspire, is on now until 28 August! Students in Years 7-12 can enter an artwork in any medium with any theme - just inspire us!

The launch of Inspire 2020 has been met with great enthusiasm and we look forward to seeing what students created during the holidays.

Usually, all entries are exhibited at MacKillop Day celebrations at the St Peter's campus in September. If this cannot go ahead, we will produce a digital exhibition in its place. We also hold an exhibition at the Tuggeranong Arts Centre each year that features the very best Inspire entries. At this stage, our exhibition will be held from 21 November to 19 December.

**Tamara Murdoch • Visual Arts Coordinator**





## Write a Book in a Day

The College had 135 students participate in the Write a Book in a Day Competition on Thursday 2 July. The all-day event took place between 8am-8pm and required students to illustrate and write a story of 3500-5000 words in 12 hours. As well as providing students a fun, creative outlet, the competition also supported a good cause, raising funds and awareness for the Kids' Cancer Project.

Congratulations to our participants, especially the Year 11 and 12 students who joined us despite being on holidays!

**Lyndall Baker • English Coordinator (Padua)**

## Subject Selection

Subject selection for students currently in Years 7-9 is now open. Students have now been emailed a link to the selection portal. Please complete your selections and submit your signed selection form by Monday 3 August. More information on subjects can be found in our [Handbooks](#). If you have any issues with subject selection, please contact Student Records.

If you would like to access a recording of the Electives Information Night, please do so through the Student Information Page on Canvas. The recording will be available until Monday 3 August. The Powerpoint for students is on the Announcements page for each year group.

**Maria O'Donnell • Assistant Principal Academic Care**

## Science Opportunities

### YEARS 7-10

The [Junior Science Olympiad Exam](#) and [ICAS Science Competition](#) are open to all students in Years 7-10 and are an opportunity to gain experience, and recognition, in a nationally benchmarked competition. Both exams are designed to recognise and reward academic excellence by allowing students to demonstrate a deeper, integrated, and thorough level of learning. They will be held online during school hours and questions are multiple choice (similar in style to competitions such as the Big Science Competition and RACI National Chemistry Quiz). The ICAS Science competition is one-hour while the Junior Science Olympiad is two-hours long. Students may opt to attempt one or both competitions.

Students should see their Science teacher for an entry form. Entries are due to Mrs Goolagong (Padua Campus), or Mr Burg (St Peter's Campus) by Tuesday 11 August. There is no cost to students for these competitions.

### YEARS 10 & 11

The Australian Science Olympiad Exams are designed for gifted and talented Year 10 and 11 Science students who are looking for a challenging test of their skills. These two-hour exams are held in the disciplines of Biology, Chemistry, Earth and Environmental Science (EES) and Physics and test critical thinking and problem solving abilities. They are the first step in being selected to represent Australia at the International Science Olympiads. Students who nominate to participate in the Olympiad exams will have access to the Olympiad Online preparation portal: <https://www.asi.edu.au/programs/olympiads-online/>. There is no cost to students for these competitions.

Students should see their Science teacher or Mr Burg for an entry form. Entries are due to Mr Burg by Tuesday 11 August and students also will need to complete an online application:  
<https://australianscienceinnovations.force.com/portal/s/asoe-application-form>

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

## New PC Teachers

A small number of Pastoral Care Classes have a new PC Teacher in Semester 2 due to due to staffing changes. The new PC Teachers are:

- 7A1 – Joanne Dougherty (commencing 3 August)
- 7A3 – Kelli Campbell (commencing 10 August)
- 7W3 – Tony Lazzarato
- 8F2 – Hayley Fielding
- 10W2 – Dan Ryall

## Pastoral Program

The Pastoral Program for Term 3 focuses on the theme of Relationships across Years 7 to 12. Each cohort will concentrate on a different topic within the broader theme including; building resilience in personal relationships, managing conflict with peers, relationships between self and others. Students will investigate aspects such as personality traits, causes of conflict and strategies for managing themselves and others positively.

## Bite Back Program

The "Bite Back" Program, created by the Black Dog Institute, is an online positive psychology program aimed at improving the wellbeing and resilience of students.

Year 10 students have participated in 6 modules during PC Classes each week since returning from remote learning. Results from the Black Dog Institute across Australia suggest that using "Bite Back" can decrease symptoms of depression and anxiety and increase wellbeing in young people.

Some comments and experiences from Year 10 are on the right:

"The program pushed us to find positives through our lives and work on our own mental health. For me it was good as it replicated exactly what I have been doing in the past though my own professional support." - Jordan Thurling

"The Bite Back program was a very positive experience. I got the most out of was the gratitude section. I feel being grateful adds to a person's life in a positive way." - Neika Henson

"It made me focus on the things in life we take for granted, the things we should be thankful for, because the reality is, not everyone has a home and a family to confide in. It opened my mental health to all the positive things that take place in my life without me even noticing." - Tadiwanashe Zvidza

## Attendance Certificates

During Semester 1, 332 students achieved a record of 100% attendance, having not missed a day of school. Those students will be presented with an Attendance Certificate recognising this accomplishment and their persistence and commitment to their studies. There is a vast range of evidence about the importance of school attendance and the impacts of non-attendance. Essentially, *"Attendance is an important contributor to a student's academic achievement – all school days matter. The correlation between absence and achievement is consistently negative and declines in achievement are evident with any level of absence"* (AITSL)

## After-School Sport – Indoor Soccer

During Term 3 Indoor Soccer will run as an after school sports activity, available to all students in Year 7 to 9. Year 12 students will be coordinating the activities with a staff member present to supervise. The sessions will be held on Thursday afternoons from Week 2 until Week 10, from 3.30pm to 4.30pm in the Padua Campus gymnasium. All students are invited to participate regardless of experience or ability. Consent forms are available from Pastoral Care Coordinators, the PE staffroom, and can be downloaded from Canvas. Students who have attained Bronze or Silver Status may count the hours that they attend towards their application for the next level of Status, as Community Involvement time.

## Status Awards

Congratulations to the following students who have been presented Bronze Status at this week's Padua Campus Digital Assembly: Mia Abell 7W2, Sebastien Beath 7A2, Ava Bond 7A3, Madeline Brown 7E2, Lara D'Ambrosio 7F1, Jasmine De Jong 7A2, Christina Giannis 7F1, Kyah Humphrey 8W1, Joshua Ireland 7W1, Cooper Lovekin 7A4, Briony Maginnity 8W2, Carissa May 7E2, Riley Mill 7W1, Tristan Santiago 7W1, Meaghann Scott 7E2, Jesinda Sebastian 7W1, Alex Spaccavento 7W1, Isobelle Subritzky 7E2, Max Swoboda 7W1, Millie Terracini 7W2, Kalan To 7E2, Charlotte Valois 7A3, Phoebe Vassallo 7E2

## Join a Music program!

We're always happy to have new members in our extra-curricular music programs. If you're interested in joining, simply come along to the next session:

Tuesday Vocal Ensemble 8.15am, Padua  
Wednesday Year 7 Band 8.30am, Padua  
Thursday String Ensemble 8.15am, Padua  
Friday Concert Band 8.15am, Padua

See you there!

**Veronica Boulton • Director of Music & Performance**



## What's been happening in Performing Arts?

### MUSIC

Music has been busy this year despite the disruption of COVID19. The Year 7 Ensemble Program was launched for the first time, with four wind band and four guitar ensemble classes. There were a total of 69 students playing an exciting range of wind instruments, including flute, clarinet, saxophone, trumpet, trombone and euphonium. Whilst we were unable to perform a live concert, we did manage to share a video final performance for family and friends.

The extra-curricular ensembles made great progress in the first semester and also presented a video performance for family and friends. A highlight was a combination of the Vocal Ensemble and String Ensemble performing Beethoven.

The senior choir, PCoPA, have resumed rehearsals after a long break.

As we head towards the end of the year, we look forward to being able to share some performances again. The Year 7 Ensembles have made an enthusiastic start and the newly formed Year 7 Band is sounding great.

### DANCE AND DRAMA

Drama and Dance are looking forward to an exciting semester of performances. While all of our usual external performances have been cancelled, we are making the most of the spectacular new venue, the Moira Najdecki Theatre, and replacing them with MacKillop celebrations.

If our plans for live performances go awry, in what is becoming traditional 2020 style, there are plans afoot to share our work with the community in creative ways. Performances you can look forward to seeing in the new Theatre include:

9-10 November	Year 12 Drama Production "Saving the Greeks: One Tragedy at a Time" by Jason Pizzarello
12 November	Year 9, 11 and 12 Dance Showcase
17 November	Year 8 Melodrama Drama Performance
18 November	Year 10 Dance and Drama Extravaganza
19 November	Year 9 Brechtian Drama Performance
24 November	Senior Drama Production "Waiting for Godot" by Samuel Beckett
2 December	Junior Drama Production

**Bella van Doorn • Performing Arts Coordinator**





## UAC Info Night - Year 12 parents/carers

As scheduled on the College's calendar, on Monday 10 August at 5:30 to 6:30 pm, we will be hosting an information session for parents and carers of Year 12 students who are applying to university. This session is designed for parent and carers to provide information on university entry procedures along with special admission programs including Early Entry Programs and the Educational Access Scheme.

The sessions will be held in the Academic Resource Centre (ARC) theatre on the Isabella Campus. Due to restriction of Covid 19 and to comply with social distance requirements, we are only able to have 50 people attend the session. To book your place, please email Ros Hollands on [ros.hollands@mackillop.act.edu.au](mailto:ros.hollands@mackillop.act.edu.au) before the 3 August. We will also be recording this event and providing a link for parents and carers who are unable to attend.

## Construction Apprenticeships

The Housing Industry Association (HIA) has a number of vacancies across various construction trades, namely Carpentry.

Interested students should submit an application by 8 August through the [HIA online recruitment portal](#).

## Department of Finance Career Starter Program

Applications for the Department of Finance Career Starter program open on Monday 27 July and close at 11:30pm on Sunday 9 August 2020.

To learn more about the recruitment process, visit one of the two Virtual Candidate Information Sessions via Microsoft Teams:

1. Thursday 30 July, 5:00pm – 6:00pm. To join this live session, please [click here](#) at the time and date stated.
2. Thursday 6 August, 12:00pm – 1:00pm. To join this live session, please [click here](#) at the time and date stated.

## Employment Opportunities

### LITTLE ISTANBUL, TUGGERANONG

Little Istanbul is seeking part time staff in Years 9-12. Weekday shifts are available (5pm start - roughly 10pm) as well as on the weekend. Please send your resume to [monzer\\_mazaydeh@hotmail.com](mailto:monzer_mazaydeh@hotmail.com). Successful applicants will be asked to come in for a trial shift.

### ZAMBRERO, ERINDALE

Multiple positions are available at Erindale Zambrero for ages 14-16. The hours are between 4-9:30pm on weeknights and potentially on the weekend between 10am-8:30pm. Availability for four shifts would be ideal. Interested students should hand resumes directly to Erindale Zambrero within the next week.

## Uni Virtual Open Days - save the date

### AUSTRALIAN CATHOLIC UNIVERSITY

ACU has three Open Days: 29 August, 5 September, 12 September from 9am-3pm. [LEARN MORE](#)

### UNIVERSITY OF CANBERRA

The UC Virtual Open Day is on 22 August, with recorded sessions available until 28 August. [LEARN MORE](#)  
Year 11 students can also gain early entry through the Fast Forward Program. [LEARN MORE](#)

### AUSTRALIAN NATIONAL UNIVERSITY

ANU's Virtual Open Week takes place on 22-28 August, with an interactive day on 22 August. [LEARN MORE](#)

INSIGHTS

## There are better questions than 'How much screen time?'



'How much time should my child be allowed in front of a screen?' 'What about my five-year-old?' 'How long should I let my 13-year-old play Fortnite?' As a digital wellness and online safety expert, these are some of the questions I am most frequently asked.

They are certainly all relevant questions as parents fumble about trying to make rules and boundaries around their child's screen time habits. Obviously we all want to prevent the screen time obsessions we hear about in the media. We want to maintain a sense of control over our child's screen time habits.

As the digital world is far more complex and nuanced, our approach and questions need to mirror those complexities. We can certainly apply some time limits, and prescribe times when devices are not to be used. But it's wise to ask more pertinent questions to help us make more informed choices about the rules and boundaries we set up for our kids.

In particular, there are three important questions we should ask. These are:

### 1.'What is my child doing with his or her screen?'

There's no point worrying about how long your child is on a screen if you have no idea what they are doing when they're on it. Handing a child a device without guidance can lead to a vast range of different experiences. One child might spend the time researching the dietary habits of a green tree frog, or learning how to make the best paper plane to fly with a younger sibling. Another might watch a funny cat video, or even watch hard-core pornography. These are vastly different ways to spend their time online.

### 2.'What is the effect of the screens on my child?'

Is your child enjoying socialising online because it allows them deeper connections with their friends, provides them with support and gives them a sense of belonging? Alternatively, is he or she feeling excluded or being cyberbullied? A child's online experiences can help or hinder wellbeing. If online activities lead to tantrums when transitioning to offline tasks, or even aggression then it may be a sign that online use is having a negative impact.

### 3.'What is my child missing out on?'

Children and teens benefit from involvement in a wide range activities so they can maintain optimum physical, social and emotional development. Spending time outdoors, enjoying active sports, connecting face-to-face with friends, sharing family meals, keeping up with homework and assisting with household chores are the types of activities that most experts agree are beneficial for children and young people. If the amount of time a child spends on digital devices excludes him or her from these types of activities then it can be considered excessive. If this is the case, then it's reasonable to expect that, with your assistance, your child begins to place some limits on their screen use.

Digital devices present new challenges for parents to manage. As a result parents need to shift the focus away from simply managing a child's time to helping him or her successfully integrate screen use into their daily life in ways that support learning, development and wellbeing.



## **Martine Oglethorpe**

Martine is a parent educator and a youth and family counsellor who speaks, writes and consults on the challenges faced by families in the modern world. Martine has a Masters in Counselling and a background in secondary education. Through her personal and professional work with families raising children, she recognises the important role technology plays in the social and emotional wellbeing of young people. Martine is an accredited speaker with the Office of the eSafety Commissioner.