

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume 13 2020

16 OCTOBER

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Coming

Up

THU 1 5 OCT

- Progress Reports sent home

WED 2 8 OCT

- House Captain Elections

WED 0 4 NOV

- Long Tan Awards
- Campus Captain Elections

WED 1 1 NOV

- Remembrance Day
- ISART Exhibition
- Year 10 Exams commence

MON 1 6 NOV

- Final day of Classes - Year 12

TUE 1 7 NOV

- Year 12 Farewell Assembly
- Final day of Classes - Year 11

WED 1 8 NOV

- Senior Exams commence
- Junior SRC Elections

FRI 1 7 NOV

- Year 12 Graduation Practice

Contact Us

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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!

Welcome back from what has been, for most, a very happy and relaxing holiday. Many senior students are wearing their 'stayed at home on my holiday' badges as sources of pride. It has been pleasing to hear from students of the time they have found for examination preparation, wide reading, and engaging with moving image. Many students enjoyed success in sporting finals and have offered thanks for the opportunities they had to play when friends and families in other parts of the country were denied the opportunity.

Although I know very little about NRL, even I noticed the tremendous victory for the Raiders last weekend. The Raiders' win was a triumph of skill, strength, and perseverance, which many of us hope will bring them to the grand final with perhaps a different result to last year – the Storm may have something to say about that, however. (You can see how informed I am!)

Geelong's victory over Collingwood by 68 points is a whole other story, and perhaps best not told here. There are, after all, around three Collingwood supporters in the school...

Over the holidays, extensive work has been done restoring the grounds to pristine condition following strong and early spring rain. The College looks as good as it ever has.

I would like to tell you about the son of friends of mine, who is in Year 11 at St Kevin's College, Toorak (MacKillop was too far to travel). During the long lockdown, cancelled sporting season and severely restricted social life, my friends noticed their boy's academic results have soared! They put it to him that for his final year he might like to continue in isolation and aim for Medicine or Engineering at Monash.

"Not a chance," he told them. "I believe in a well-rounded education!"

In this troubled year, a clear and direct focus on strong engagement with teachers, content, and refinement of research and critical skills are still open to all of us. My friends' son has discovered all over again the joy of high achievement in the classroom. For those of us who have choice to do lots of things, that joy is still there.

I hope Term 4 is rich in personal bests for all our students.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

*"I hope Term
4 is rich in
personal bests
for all our
students."*

PRINCIPAL'S PRAYER

Dear Lord,

*We pray for survivors
of domestic abuse and
violence. May their
circumstances be relieved.*

Amen.



Back at it for Term 4!

Students returned to school after the two-week break with renewed enthusiasm to finish out this challenging year in a positive way. We were blessed with some beautiful spring weather for the first few days of term - hopefully a sign that things are beginning to brighten up in 2020!

BSSS High Commendation

Each year the teachers of the College participate in two cross-sectoral moderation days. At these meetings, teachers present their assessment tasks and discuss the marking of the tasks. At the end of each moderation day, teachers nominate exemplar tasks. These tasks are recognised as being of the highest quality. They are innovative and reflect a best practice approach.

Each year, St Mary MacKillop has a large number of assessment tasks that are nominated for commendation. The nominated tasks for Commendation for the 2020 school year are: Essential English (Ms Morris, Mrs Nagabhushan, Ms Paquay), Photography T (Ms Miller), Dance (Mrs Van Doorn), Social & Community Work (Ms Jolly), Human Biology T (Dr Pert, Mrs Rangwalla), Maths Methods (Mr Chandra), Design & Textiles (Ms Hundy).

Congratulations to these teachers!

Michael Lee • College Principal

Women in the Navy

On Saturday 10 October we represented MacKillop and TS Canberra by participating in a catafalque party for the Women's Royal Australian Navy memorial (WRANS) at HMAS Harman. The memorial was to pay tribute to women in the Navy who engaged in communications during World War 2. This was a great experience for all of us and gave us the opportunity to talk to many women from different backgrounds who have served and are currently serving in the Royal Australian Navy. The three of us are extremely grateful to have been given this opportunity.

Taylah Scowcroft, Archisha Meeson and Ella Grech • Year 11



Semester 2 Progress Reports

Parents and carers will have received their child's progress report for Term 3 of Semester 2 via their nominated email address. This report will provide feedback about their son's or daughter's progress over Term 3, after the completion of one assessment task. In addition, this semester's report offers strengths and areas to develop for each subject.

If you have any questions about your student's progress report, please email me at maria.odonnell@mackillop.act.edu.au.

Upcoming changes to Report delivery

The College is evolving its process of report delivery for the final 2020 end of year report. Reports will be made available through an online portal. This portal will provide parents and carers access to all of your son's/daughter's reports for the duration of their studies at St Mary MacKillop College. More information will be made available over the next few months in the lead up to the delivery of the final 2020 report.

Maria O'Donnell • Assistant Principal Pastoral Care

Not returning in 2021?

If you have a student in Year 7 to 11 who is not returning to the College in 2021, we would like to know as soon as possible to help us with plans and processes for next year.

Please email enrolments@mackillop.act.edu.au and provide us with your son's or daughter's name and the school that they are going to for 2021.

Leeanne Lang • Enrolment Officer

School fees

Term 4 Fees were electronically sent to family email addresses on 29 September 2020. Fees are to be paid by 30 October 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.

Michelle Predovan • Fees Manager

Notices for Year 12 students

CIT OPEN DAY

Save the date for the CIT Virtual Open Days, on Friday 13 and Saturday 14 November 2020. The event has live online information sessions, virtual tours and Q&A's, you can find out all you need to know. https://cit.edu.au/news/cit_open_day_2020

CAS HAWKER SCHOLARSHIPS

C.A.S. Hawker Scholarships are one of the most generous privately-funded scholarships available to undergraduate students in Australia. Each residential scholarship is valued at up to \$60,000 over three years. Visit www.hawkersscholarship.org for information.

Karen Hundy • Careers & VET Coordinator

Mathematics Competition

The Australian Mathematics Competition is an engaging 30-problem competition that demonstrates the importance and relevance of mathematics in students' everyday lives; it is open to students in Years 3 to 12 across the country. Australia's leading educators and academics, with a deep understanding of our national curriculum standards, actively design the unique AMC problems each year.

On Thursday 30 August a number of MacKillop students from Year 7 to Year 12 participated in the Australian Mathematics Competition in their respective Junior (Years 7-8), Intermediate (Years 9-10) and Senior (Years 11-12) divisions.

This year, 15 students achieved awards in the area of High Distinction and Distinction. We congratulate these students on their achievement and they will be awarded a certificate at a future online assembly. We would like to thank all the students who participated in the competition in 2020.

Year 7 - Distinction: Eleanore Burg, Amelia Nolan.

Year 8 - High Distinction: Georgia Lynch. Distinction: Freya Stanford.

Year 9 - Distinction: Patrick Dunn, Jacob Loughlin, Thomas Rodgers, Ari Gilchrist, Riley Noble.

Year 11 - High Distinction: Stephen Burg. Distinction: David McLauchlan.

Year 12 - High Distinction: Mykal Marsham. Distinction: Aiden Maher, Matthew Cawley, Darcy Kinsella.



Anna Keppel & Jon Chandra • Mathematics Coordinators

Science Olympiad Results

The Australian Science Olympiad Exams are designed for gifted and talented Year 7 - 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 for Year 10-11 and (for the first time) in 2020 were offered to Year 7-10 as a 'Junior Science Olympiad'. Each Olympiad exam tests critical thinking and problem solving abilities and are the first step in being selected to represent Australia at the International Science Olympiads.

It was so pleasing to see the number of students who volunteered to sit these exams. We are proud of the efforts of all participants and are happy to announce the winners of merit awards:

- Year 8: Distinction - Aran Moody, Lucius Stefanuti; Credit - Alexander May, Alexandra Phathanak, Freya Stanford.
- Year 9: Distinction - Thomas Rodgers; Credit - Jacob Loughlin, Lucas Murray, Chelsea To, Hamish Williamson.
- Year 10: Distinction - Isaac Muscat; Credit - Ryan Blundell, Patrick Couper.
- Year 11 Biology: Credit - Emma Downes.
- Year 11 Chemistry: Distinction - Stephen Burg; Credit - Rebecca Naess.
- Year 11 EES: High Distinction - Stephen Burg; Distinction - Tory Henson; Credit - Abbey Christensen, Brooke Tangye, Lilly Virgo.
- Year 11 Physics: Credit - Abbey Christensen, Jayaharsha Divi, Samuel Fisher, Archisha Meeson, Harrison Quinn, Angeline Reed.

Kate Goolagong & Tristan Burg • Science Coordinators



Learning a second language

Learning a second language may improve verbal skills. One of the biggest benefits of learning a foreign language appears to be in the development of verbal skills. Several studies show that bilingualism supports – even enhances – the development of verbal abilities among students of all age groups.

There are many academic benefits of studying or learning a foreign language for students – some obvious, some not so obvious. Some research has shown that children who have studied a foreign language in elementary school tend to perform better academically and in standard tests.

A study that focused on the verbal achievement of junior school students showed that those students who studied a foreign language performed significantly better in language mechanics and reading comprehension (Carr, C.G. 1994. *The effect of middle school foreign language study on verbal achievement*). A study conducted by A. D'Angiulli and E. Serra in 2001 (*The development of reading in English and Italian in bilingual children*) suggested that adolescent bilinguals score higher on word-reading and spelling tasks than skilled monolingual readers of the same age group.

Language learning improves students' ability to learn other languages. Not surprisingly, students who are able to learn one foreign language find it significantly easier to learn another foreign language (T.H. Cunningham and C.R. Graham in 2000). There are many more studies that support the benefits of learning a foreign language. Apart from the academic benefits there are many social and career benefits. Bilingual people are sought out in many careers such as hospitality, translating, interpreting in all sorts of settings, court, international conventions, and overseas work in government, private industry, and business.

This year has been a fairly difficult year for everyone, and for our department, overseas visits and exchanges had to stop and this limited our students' experience of the language and culture. Of course, with modern technology, students were still given opportunities to 'electronically' experience aspects of cultural characteristics of various countries through visual mediums.

Year 7 and 8 students are to be congratulated for the way they entered into their language studies classes, particularly during the lock down and distance learning. I would encourage students to continue with their language studies post Year 8. Last term we welcomed a new French teacher, Sophie Burton, a French native speaker. I would like to thank her for developing an immediate positive rapport with her students. I would like to thank all teachers in Modern Languages for their contribution to the study of language at St Mary MacKillop College. I would like to congratulate our senior teachers who were given a positive commendation for the assessment developed for the newly introduced BSSS Study of Language Course. Finally, I would like to thank parents who support and encourage their children to persevere with their language studies.

Joe Ciccarone • Languages Coordinator

2021 Student Leadership Elections

The Election process for the 2021 Student Representative Council commenced last term with current Year 11 students nominating and voting for College Captains and portfolio captains. Congratulations to the successful candidates, voted by their peers and staff, who were announced by Mr Lee in the last edition of the newsletter.

In the coming weeks, elections will take place for House Captains and SRC members from the current Year 7, 8, 9 and 11 cohorts. Nominations open for interested students on the Padua Campus next week. Nomination forms will be available for collection from Pastoral Care Coordinators on Wednesday 21 October.

Many students possess fine leadership qualities that are demonstrated through both formal and informal leadership opportunities. Sometimes students can be reluctant or lack confidence to stand for election for a formal position. Some encouragement from trusted adults such as parents/carers and teachers can often assist students in making the decision to nominate themselves. Please consider having a conversation with your son or daughter about this possibility noting the personal qualities that would assist them in both standing for election and potentially fulfilling a formal position of leadership.

Key upcoming dates are listed below:

POSITION	ELIGIBLE	NOMINATIONS CLOSE	ELECTION
• College House Captains (One female, one male from each House)	Current Year 11	Closed	Wednesday 28 October
• Padua Campus Captains (One female, one male)	Current Year 8	Wednesday 28 October	Wednesday 4 November
• Padua House Captains (One female, one male from each House)	Current Year 8	Wednesday 28 October	Wednesday 18 November
• Year 8 SRC (One student from each House)	Current Year 7	Friday 30 October	Wednesday 18 November
• Year 10 SRC (One student from each House)	Current Year 9	Friday 30 October	Wednesday 18 November



Term 4 After School Sport - Oztag

During Term 3 Oz tag 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 7, from 3.30pm to 4.30pm on the Padua Campus oval.

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.

Parenting Webinar

As a member of Parenting Ideas, parents/carers of St Mary MacKillop College students can attend the below webinar at no cost.

Overview

The webinar, **"Parenting like a cat and dog"**, will discuss how effective parents use more than one style when communicating with their families, altering their style to suit the situation. The 'cat' and 'dog' metaphors introduce parents to two diverse styles of parenting. This will increase their ability and confidence to manage, nurture and build relationships with their children. The cat-dog approach to parenting is easy to use, respectful and maximises parent effectiveness in challenging situations.

Key learning and discussion points include:

- How parents can identify their natural style and work harmoniously with their partner and/or support networks
- Building confidence to manage children who relish getting their own way
- Constructive ways to adjust communication so that it meets the individual needs of children
- Effective methods to communicate with anxious children so they feel supported, safe and listened to
- Techniques to adapt parenting styles as children move into adolescence

Date 11 November
Time 8.00pm – 9.00pm
Presenter Michael Grose

Access

To access the webinar:

- Click this link: www.parentingideas.com.au/parent-resources/parent-webinars/parenting-like-a-cat-and-dog
- Click 'Add to cart'
- Click 'View cart'
- Enter the coupon code METAPHOR and click 'Apply Coupon'
- Click 'Proceed to checkout'
- Fill in your account details. These are the details you will use to login to your account and access your webinar and resources
- Click 'Place Order'

The offer is valid until 31 December 2020. If you're unable to make the broadcast time you will get access to the recording.

Status Awards

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

Bronze Status: Jay Anderson 7A2, Caitlin Barbaro 7A4, Millana Charnock 7W2, Jonah Fairhall 7E4, Ava Fradgley 7A4, Faye Grant 7A4, Andy Lieu 7E3, Jake Schultheis 7A3, Verity Smith 7A1, Geneva Sweeney 7A2

Lachlan McNicol • Assistant Principal Pastoral Care

INSIGHTS

Hopeful kids are happy kids



Think of two children who you have regular contact with: one who is resilient and happy, and one who is struggling and languishing. Imagine you are interviewing each of them and you ask them to rate their response to these six questionnaire items:

- I think I am doing pretty well
- I can think of many ways to get the things in life that are important to me
- I am doing just as well as other kids my age
- When I have a problem I can come up with lots of ways to solve it
- I think the things I have done in the past will help me in the future
- Even when others want to quit, I can find ways to solve the problem.

Chances are that the child who is resilient will respond affirmatively to these items. The child who is struggling is more likely to say 'no' than 'yes'.

These items form the basis of the internationally-recognised Children's Hope Scale that is used to assess the hopefulness of children and teens. Hope is a critically important predictor of their wellbeing and resilience.

Understanding hope

Psychologists say a person has hope when they believe that they can find ways to achieve their goals and to motivate themselves to try and follow those ways and meet those goals. Hope theory suggests we need three things to actually have 'hope':

- goals: something we are aiming to achieve in the future
- pathways: at least one way (and hopefully more than one) that we might follow to achieve those goals
- agency (sometimes called efficacy): the belief that we can actually make things happen along those pathways in order to meet the goals.

Hope or optimism

Hope sounds a bit like optimism. We hope good things will happen ... so we're optimistic. But there's more to it than that.

While optimism is the belief that good things will happen in the future, and the sense that the glass is half full, hope is about taking that optimism, making it goal oriented and putting legs on it to make things happen.

And while optimism is great for boosting wellbeing and can act as a useful tool for inoculating people against depression, it seems hope does it better. This may be because while optimism is a positive mindset, hope is about action.

In contrast, if you don't have hope, you're, well, hope-less. That's related to all the things we don't want for our children. Hopeless kids don't try, have poor relationships and feel helpless. They don't achieve goals, often because they don't set any. And when they do set them, that's where it stops because they don't have enough hope to find ways to achieve those goals.

Encouraging kids to be hopeful

Parents who want to instil hope in their children can try the following three ideas:

1. Build a future focus

Speak to your children about their possible futures. What do they want to achieve, and why? Have them imagine their potential best selves. Talk to them about what they're looking forward to. Ask them what they want to have, do and be.

2. Work with them on plans (or pathways)

When your child or young person says "I want to be a marine biologist", be encouraging and then ask them, "What do you need to do to get there?" Discuss pathways, options and possibilities. Thinking about the future and making plans is central to fostering hope.

3. Help them solve problems

When your child or young person is stuck, instead of giving them an answer, ask them, "What do you think is the next best thing to do?" or "When have you overcome something like this before?" This type of question promotes a sense of agency or efficacy. Rather than having our children rely on us for all the answers, they can rely on themselves, their resourcefulness and their initiative. They can recall times they've succeeded before and use that to build hope that they can succeed again.

As parents, our wish for our children is that they will grow up happy and resilient. Our wish can become 'hope' when we use these three keys to build hope in them as they look towards the future.



Dr Justin Coulson

Dr Justin Coulson is one of Australia's most respected and popular corporate and education keynote speakers, facilitators, authors and researchers. He has spoken to and worked with tens of thousands of people aiming to improve relationships, meaning and wellbeing in leadership, education and, especially, family life. Learn more about Justin at www.justincoulson.com.