

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume 15 2020

27 NOVEMBER

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Coming

Up

MON 3 0 N O V

- Year 10 Community Day

TUE 0 1 D E C

- Year 10 final day
- Year 10 Semester 2 Awards

THU 0 3 D E C

- Market Day (Padua Campus)

FRI 0 4 D E C

- Year 12 Graduation Mass
- Year 12 Formal

TUE 0 8 D E C

- Year 9 Transition Day
- Year 7 2021 Orientation

WED 0 9 D E C

- Year 9 Transition Day
- Year 7 2021 Orientation

THU 1 0 D E C

- Community Day, Years 7-9

FRI 1 1 D E C

- Year 7-9 Semester 2 Awards
- Last day of Term 4

Contact Us

Contact Details



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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/
stmarmackillop

Principal's

Letter



Dear Parents, Teachers and Students,

The College's Principal's blessing over Year 12 – Farewell Assembly 2020

"When President elect Joe Biden stayed with his grandparents as a little boy, he would leave the house to go to school each morning. His granddaddy told him as he was leaving, "Hey Joey, keep the faith." His grandmother would call out, "No, Joey, don't keep it to yourself – spread the faith."

1 Thessalonians 5:13-22 tells us how to spread the faith:

Go forth into the world in peace; be of good courage; hold fast that which is good; redner to no one evil for evil; strengthen the fainthearted; support the weak; help the afflicted; honour everyone; love and serve the Lord, rejoicing in the power of the Holy Spirit; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. Amen."

YEAR 12 FAREWELL ASSEMBLY

Last week, Year 12 were farewelled at a breakfast provided by the staff, followed by their own assembly. A variety of awards were given by students to their peers (highly entertaining) and a number of theatrical and performing arts items by the students were presented at their assembly (even more entertaining!). At the end of the assembly, I made some remarks to the Graduating Class, read them Dr Seuss' *Oh The Places You'll Go*, and presented them with a copy each as they left school for the last time.

In my remarks, I shared with them the idea of going your own way, marching to the beat of your own drum, and having the courage and conviction to live by your own principles and values – and how irresistible that can be to others. Students at this school are encouraged to be themselves and to view their actions critically in light of the gospel framework – how do my actions best reflect faith, hope, and love?

The Graduating Class of 2020 have departed more strongly tested, denied, and challenged than most year groups. The unprecedented pandemic and its attendant trials has meant that their final year of high school has been very different. Their courage, fortitude, understanding, and good humour says everything about their parenting, their school, and the young women and men they have become. Few are better prepared to make a contribution to their wider world.

THE END OF EXAM PERIOD

Congratulations to all students who have completed examinations and assessment tasks. There has been a very good atmosphere around the school of preparation, collaboration, and giving of their best. Many students will achieve some of the highest grades they've ever had at school.

CONGRATULATIONS TO MRS RANGWALLA

Congratulations to Mrs Ummehani Rangwalla who has been nominated for the 2020 Actsmart Schools Sustainability Awards in the Teacher/Staff Leadership category. Ummehani runs the school's sustainability group and is completely committed to the role of science and her teaching thereof against a lens of sustainability and stewardship of the earth. The recognition of her efforts has been widely welcomed by her colleagues.

Yours in St Mary of the Cross MacKillop,

MICHAEL LEE
COLLEGE PRINCIPAL

*"Year 12's
courage, fortitude,
understanding, and
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everything about
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their school, and
the young women
and men they have
become."*





Goodbye and good luck, Year 12

The College wished its Class of 2020 an emotional goodbye at the Year 12 Breakfast and Farewell Assembly on Tuesday 17 November. The day commenced at 8am with breakfast in F Block before the graduating class gathered in the St Peter's Campus Gymnasium for their Year 12 Assembly.

The assembly, which was streamed live to the rest of the campus, featured tributes, dance and song performances, humour, video clips, photo montages, and reflection. Mrs Darley began the tributes, asking Year 12 to take the legacy of Mary MacKillop into the future and inspire the world with faith and courage. There were emotional speeches from the College Captains and Year Coordinator Braden Longo, particularly in reference to Jasmine Ryan, a beloved member of the Class of 2020 who sadly passed away in April. In his address, Mr Lee urged the Year 12 students to 'go their own way', before he read the famous Dr Seuss book, *Oh the places you'll go*, and distributed a copy of the book to each student as a gift. At the conclusion of the assembly, Year 12 exited the gymnasium for one last time to a unique guard of honour from staff and students that stretched from the gym all the way to the student car park.

The College thanks and congratulates the Class of 2020: we're proud of what you've achieved at MacKillop, particularly in what has been an extremely tough year for the cohort. Thank you for what you've contributed to the College, and best wishes for the future! We'll see you at Graduation!

Visual and Performing Arts



The College has held a number of small events for Visual and Performing Arts. The INSPIRE Exhibition opened at the Tuggeranong Arts Centre and will run until 17 December. The ISART Exhibition also opened at the St Peter's Campus to showcase the final pieces of our graduating Year 12 students. Meanwhile, several performances and productions have been held at the Moira Najdecki Theatre over the past month. It's been great to see so much talent on show!



Parliament of Youth

On 3 November, Owen Lever and Julia del Bianca in Year 12 presented to a group of teachers. Their presentation covered their experience of the Parliament of Youth. Emily Rasheed and Sienna Molloy in Year 10 also made a video regarding their experience of the event. Both the video and presentation were well received. Teachers present at the professional learning were very appreciative of the students' input.

Ummehani Rangwalla • Science/Sustainability

Vinnies Christmas Appeal

SRC students have been collecting donations over the last few weeks for the Vinnies Christmas Appeal and we are thrilled with how this has been supported by the MacKillop community. The College would like to thank you for all of your generosity and kind donations for the appeal. Donations can still be made up until 9 December when they will be collected and distributed to those experiencing hardships in the Canberra/Goulburn region.

The SRC



Rugby League 9s event

On Wednesday 25 November, 12 students from Year 9 and 10 represented the College at the Alan Tongue League 9s event. Four students were new to the sport, however picked up the rules and tackling technique very quickly. The girls played 3 round games against Campbell High, Lyneham High and Melrose High and went through undefeated. They progressed to the Grand Final against Kingsford Smith College only to lose by a runaway try in the final few seconds. Congratulations and well done to all players!

Jen Fahey • PE/Coach



Reports

Our College is introducing a new process for the delivery of reports to parents and carers. This will begin with our Semester 2 2020 Reports. Parents and carers will be able to access all of their son's or daughter's Semester Reports through this portal.

Consequently, reports will no longer be emailed to parents and carers. Parents and carers will now be asked to login to the College portal, using their regular login, to access their daughter or son's reports.

Detailed information will be provided to all families and carers about how to access the reports closer to their release date. Parents and carers are asked to ensure they know their parent login. Should you require assistance with this login please contact the College via the help desk at helpdesk@mackillop.act.edu.au. Parents are asked to include their son's or daughter's name in the email together with a direct contact number.

Maria O'Donnell • Assistant Principal Academic Care

Student collection of Year 12 documentation

On Wednesday 16 December 2020, from 12pm, our Year 12 students will be able to obtain their original copies of the following documents:

- Year 12 Senior Secondary Certificate
- ACT Tertiary Entrance Statement (ATAR)
- Record of Achievement
- VET Certificates
- VET Statements of Attainment.

ATAR seeking students will be able to access their ATAR from 11am online (Wednesday 16 December) by accessing their 'Profiles Online'. Please refer to the recent email from Mr Cruwys for access instructions.

The venue for collection of documentation is the Learning Commons/Library at the St Peter's Campus.

If students are unable to collect their documentation themselves, they are able to send a delegate to collect their documentation on their behalf. Students will need to write a letter requesting that a nominated person can collect their documentation. This must be presented to the College by the person collecting the documentation.

Maria O'Donnell • Assistant Principal Academic Care





'Always was, always will be'

The theme for this year's NAIDOC Week is - Always Was, Always Will Be. Always Was, Always Will Be recognises that First Nations people have occupied and cared for this continent for over 65,000 years.

Australia has the world's oldest oral stories. The First Peoples engraved the world's first maps, made the earliest paintings of ceremony and invented unique technologies. We built and engineered structures - structures on Earth - predating well-known sites such as the Egyptian Pyramids and Stonehenge.

Our adaptation and intimate knowledge of Country enabled us to endure climate change, catastrophic droughts and rising sea levels. Always Was, Always Will Be acknowledges that hundreds of Nations and our cultures covered this continent. All were managing the land - the biggest estate on earth - to sustainably provide for their future.

NAIDOC 2020 invites all Australians to embrace the true history of this country - a history which dates back thousands of generations. It's about seeing, hearing and learning the First Nations' 65,000+ year history of this country - which is our Australian history. We want all Australians to celebrate that we have the oldest continuing cultures on the planet.

At St Mary MacKillop College, we celebrated our Aboriginal and Torres Strait Islander culture in several ways for NAIDOC Week.

[Jacklyn Bryant • Contact Teacher for Aboriginal Education Support](#)

Bush Tucker Workshops

Padua students had the opportunity to engage in Bush Tucker workshops with Aaron from Dreamtime Connections. Aaron is a Gamilaroi man who works to connect community, culture and school groups. Aaron brought along some traditional bush tucker plants which will be planted in our kitchen garden. Students will then have to opportunity to cook and create using these traditional ingredients in the kitchen.

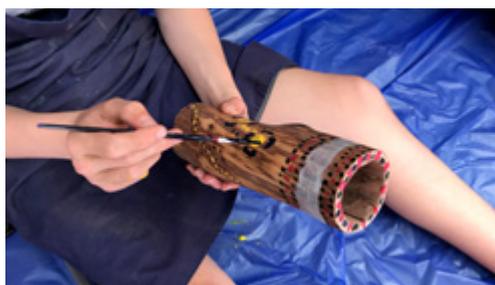


Art Workshops

On Tuesday 10 November, art students at the St Peter's Campus participated in a workshop with acclaimed artist Hubert Pareroutja. Hubert is a senior Western Aranda-Luritja man who lives at Kulpitharra / Lundara outstation west of Hermannsburg (Ntaria) and is an established artist at the Iltja Ntajarra (Many Hands) art centre, which follows the traditions of the iconic artist Albert Namatjira. Hubert is the 2020 Wynne Prize for Australian Landscape Art Award winner. Students were guided through a range of water colour techniques to paint an image of a ghost gum on country. Students listened to Hubert's story as he painted and explained how he connects to country when he is painting and the traditions that have been passed down to him by his Uncle, Father and Grandfather. At the end, we were able to ask questions and we were most interested with the layering technique Hubert uses to build up the intensity and depth of colours used in his works. Students on the Padua campus had the opportunity to participate in a similar workshop with artist Vanessa Inkamala on the 24 November. This time they will painted Mt Sonder on Country and investigated this artist's unique painting style and techniques.



Katrina Banyai • Visual Arts



Emu Caller Workshops

Padua 'MacKillop Mob' students worked to create an Emu Caller. An Emu Caller is an Aboriginal hunting tool used to attract emus. Tapping one end with the flat of their hand produced an unusual sound that aroused the emu's curiosity and lured it away from the nest so that the Aborigines could safely steal the emu eggs. The Year 7-9 students participated in this day long activity to shape and decorate their own personal Emu Caller. This was an excellent opportunity for our students to have a hands on cultural and creative experience!

Dance Workshops

Our Year 7 Physical Education classes were visited by Fred Reid from the Maluerindi group. Fred has performed nationally and internationally for over 20 years and has passed on his knowledge to his sons to continue his aim of "bridging the gap" between Indigenous and non-Indigenous Australians. Being a victim of the stolen generation, Fred believes telling his story within the education systems will enable a better understanding of the past injustices of his people. His ability to build positive relationships with students and teachers through his performances and workshops guarantees a rich and exciting experience for all involved. Our students had the opportunity to learn about traditional musical instruments, symbolism in dances and participate in an Aboriginal dance led by Fred.



NAIDOC Assembly

In Week 5, our Assembly focussed on the celebration of NAIDOC Week. Sadies-Avari Petersen spoke to students about the significance of the theme of NAIDOC week and connection to Country. Hayley Kelly and Billy Perrott read a beautiful prayer about forgiveness and forgiving a pathway forward together. Stewart Barton and Scarlett Kris showed their exceptional music talent with a performance of 'I am Australian'.

2021 Student Representative Council

Following the elections in recent weeks of Year 12 student leaders and Padua Campus Captains for 2021, 16 elections took place across the Padua Campus last week. The successful candidates and 2021 SRC members in Years 8, 9 and 10 are listed below.

Year 10 SRC

Billy Perrott (Mindygari), Ryan Conroy (Gurabang), Skye D'Ambrosio (Meup Meup), Cassandra Regala (Ngadyung)

Padua Campus House Captains

Freya Doherty and Juan Gonzalez Guerrero (Mindygari), Jasmine Dube and Adam Watson (Gurabang), Danika Ballon and Oliver Wright (Meup Meup), Emma Leonard and Cohan Riley (Ngadyung)

Year 8 SRC

Cooper Lovekin (Mindygari), Phoebe Vassallo (Gurabang), Lara D'Ambrosio (Meup Meup), Milie Terracini (Ngadyung)

Congratulations to the above students and the many others who nominated themselves and ensured that each of the elections were closely contested. Elections for the 2021 Year 11 representatives will take place at the start of next year and Year 7 elections will be held at the end of Term 1.

Lachlan McNicol • Assistant Principal Pastoral Care

Status Awards

Congratulations to the following students who have been presented Status Awards at the two most recent Padua Campus Assemblies:

Bronze Status: Mary Bunt 7F4, Daniel Collis 7A3, Charlie Fletcher 7E4, Gabriella Hlevnjak 7F4, Rachel Niven 7A2, Sebastian Denison-Edson 7W3, Isabel Heathcote 7E3, Ashley Newham 7A4, Ava Neilsen 7W3, Daniel Obst 7F1, David Reyes 7A4, Nathan Salvage 7W2, Flinders Tonner Dixon 7W1, Sophie Trappett 7W3, Ruby Travers 7E3, Caillie Warwick 7A4

Silver Status: Charlotte Valois 7A3

Lachlan McNicol • Assistant Principal Pastoral Care

Community Notices

CORPUS CHRISTI PARISH MASS TIMES

Bookings are essential for all Masses and will be open from 30 Nov-23 December:

<https://corpus-christi-parish-gowrie-christmas-masses.eventbrite.com.au>

- Christmas Eve:
- 6pm outside Sacred Heart Church, Calwell
 - 6pm outside Holy Family Church, Gowrie
 - 9pm at Holy Family Church
 - Midnight at Holy Family Church
- Christmas Day:
- 8am at Holy Family Church
 - 10am outside Holy Family Church
 - 10 am outside Sacred Heart Church

Christmas Mass online will be available from 6pm Christmas Eve at this link:

<https://www.youtube.com/channel/UCOAdf8aNPk5VczlOGPLHixw>

SOUTHERN CROSS BASKETBALL

Trials are coming up for the Tuggeranong Southern Cross Junior Basketball Club's 2021 Winter Season. If you are interested in playing, please visit www.southerncrossbasketball.net and register for a trial.

The trialst will run from 7 Dec to 17 Dec, depending on age group and gender.

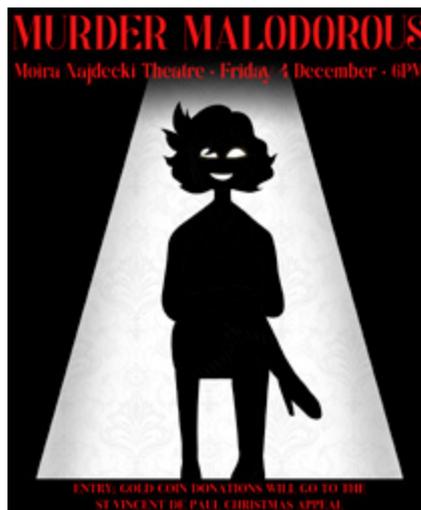
Homework Club

The final Homework club at the Junior Campus for 2020 has now taken place, with the club finishing up yesterday. Thank you to all the students that have participated in Homework club this year.

The Learning Commons Team

Junior Play

The Junior Play is on next week! It is called Murder Malodorous and will be held in the Moira Najdecki Theatre on Friday 4 December from 6pm. Come along! Entry is just a gold coin donation for the St Vincent de Paul Christmas Appeal.



Lost Property

There is a huge amount of lost property at the Wanniasa Campus - without names and in new condition. Please have students check our lost property for any items that may belong to them.

School fees & ACT Bursary Scheme

Fees for Term 4 should now be finalised unless paying by Direct Debit or other approved arrangement.

Any outstanding fees should be paid immediately.

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

If you require more information regarding Direct Debit arrangements or other approved payment methods or are experiencing difficulty paying the fees please contact the Fees Office.

ACT SECONDARY BURSARY SCHEME

The ACT Government's Secondary Bursary Scheme provides assistance to low income earners in the ACT with dependent full-time students. Eligibility requirements and application forms are available online at:

<http://www.education.act.gov.au/support-for-our-students/financial-and-resource-assistance-for-families>.

For further information please ring the Bursary Administrator on 6205 8262.

Michelle Predovan • Fees Manager



SIBLING DISCOUNT FORM

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

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

If you have a student attending any of the above Colleges, as well as having a student at St Mary MacKillop College, please complete the section below and return it to the Accounts Office for the sibling discount to be applied to your account in 2021.

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

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

FAMILY NAME: _____

Address: _____

| STUDENT'S FULL NAME | SCHOOL ATTENDING IN 2021 | Year Group 2021 |
|----------------------------|---------------------------------|------------------------|
| | | |
| | | |
| | | |

PLEASE RETURN THIS FORM TO THE ACCOUNTS OFFICE **BY 17 DECEMBER 2020**

INSIGHTS

Modelling self-kindness



This has been a tough parenting year. On a personal level it's been challenging, but when you add the extra difficulty of helping children and young people navigate this year, you'd be forgiven for feeling like you've had enough.

It's timely to look at US-based academic Dr. Brene' Brown's research that informed her book *The Gift of Imperfect Parenting*. Brown's core finding was that the best parenting strategies rely on modelling for them to be adopted by children. That's a little scary as it means we need to be the adults that we want to our kids to become.

There is great power in kids watching us practise how we manage hardships, frustrations and difficulties. Whether we use self-kindness or self-put downs, either will leave an impression on our kids. Not only do they see how we react when we stumble or make mistakes, but we give them permission to act in the same ways.

It's hard to be self-kind

If you're a goal-oriented type of person, highly-judgemental or someone who likes to get things done, then self-kindness can be difficult to befriend. It goes against the grain to laugh at your mistakes or miss a deadline, even though it won't be the end of the world as you know it. If you recognise this type of rigid approach then it may be time let go of some old ways. Inflexibility is the enemy of healthy wellbeing, which thrives on adaptability and self-forgiveness.

Let them hear the process

Giving a child or young person insight into your thinking is a powerful parenting strategy. Sharing your struggles and mess ups with kids in age-appropriate ways takes vulnerability and promotes empathy. It takes courage to share a comment such as, "I keep putting myself down, which is not helpful. I've got to talk to myself as if I'm talking to someone I love." Disclosing this type of self-talk is only useful if it's done in a safe, matter of fact way and a child is comfortable with the message.

Self-kindness means acting compassionately toward yourself when you are struggling to meet your own expectations, meeting with unexpected difficulties and/or met with failure. It's time to drop the stiff upper lip, put aside the strict schedule and stop berating yourself. Instead say to yourself, "This is really tough right now. How can I take some comfort and look after myself?" This is a message worth modelling particularly, if you are living with a perfectionist or a child with tendencies toward anxiety.



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.