

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume *Two* **2021**

26 FEBRUARY

**COLLEGE NEWS PAGE 4 • PASTORAL CARE PAGE 6 • RELIGIOUS STUDIES PAGE 8
INTEGRATED HUMANITIES PAGE 9 • TEACHING+LEARNING PAGE 10 • SPECIAL PROGRAMS PAGE 13**

Coming

Up

MON 0 1 M A R

• School Photos (Junior)

TUE 0 2 M A R

• Moderation Day (Pupil-Free)
• Year 11 AST Trial

THU 0 4 M A R

• School Photos (Senior)

MON 0 8 M A R

• Canberra Day Public Holiday

TUE 0 9 M A R

• Year 7 Vaccinations

WED 1 0 M A R

• Year 7 Vaccinations
• Photo Catch-Up Day

THU 1 1 M A R

• Opening Mass
(Due to COVID, this may be held over two days on each campus)

MON 1 5 M A R

• UAC/ANU Info Night

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 SMS Line
0429 131 463

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,

SWIMMING CARNIVAL 2021

Many of you would have received my email yesterday afternoon providing an explanation for the cancellation of the carnival and expressing my regrets that it could not go ahead. I would like to commend the conduct and spirit of the students, who accepted the decision with great forbearance and understanding. I would also like to acknowledge the tremendous work undertaken by Sports Facilitator Mr Matthew Crowe, his team of colleagues, the SRC, and all of the staff who aimed to make the carnival a success and who adapted back to the school day with great professionalism. The Swimming Carnival is one of the highlights of MacKillop's calendar and it is a great pity it was unable to go ahead.

NEW FENCE AT THE PADUA CAMPUS

The College erected a fence around the Padua Campus oval for the following reasons:

- The continued presence of dog droppings by people walking their animals with disregard for the primary purpose of the oval;
- to prevent inebriated members of the public walking through the oval during PE lessons and recess and lunch time;
- to prevent ongoing vandalism of the facility by motor and push bike riders, who tore up the turf.

The oval belongs to the school and is maintained at your expense so that your children can exercise, play, learn, and acquire skills in a safe environment, away from people who wish to use the oval outside educational purpose and independently of the school.

I do understand that a number of local residents use the oval respectfully and frequently outside school hours and now are unable to do so. I note that the basketball courts and parking area of the campus are still open to the public and that there is a public park directly across the street, free to all residents, and never used by MacKillop.

A number of residents have emailed me, expressing their unhappiness at the appearance of the fence and have generally been quite understanding and polite in expressing their regret. Some residents have been quite aggressive in their communication and quite disrespectful of the College's primary responsibility to its students and staff. The College has replied to each email and telephone call and has communicated with respect, dignity, and to highlight that we wish to prioritise the safety of your children and the workplace of their teachers. Some families are being approached at drop off and pick up and have been asked to sign petitions and read pamphlets. If this happens to you and you do not like it, please advise the College or contact the Police on 131 444.

BRENDAN MARSH EXCELLENCE IN TEACHING AWARD

This award recognises outstanding teaching by a MacKillop teacher, as determined by the College Executive. The Award carries professional recognition and \$1000 towards professional learning. The award and the quest was made by the brothers and sisters of Brendan Marsh (two of whom are MacKillop alumni) who died at a young age, quite suddenly at home. Brendan's father and mother were long employed by Catholic Education and continue to be great supporters of MacKillop.

Congratulations to Eugene Lehmensich who received the award at the St Peter's Campus Assembly on Tuesday – thoroughly deserved!

Yours in St Mary of the Cross MacKillop,

Michael Lee • College Principal

"The Swimming Carnival is one of the highlights of MacKillop's calendar and it is a great pity it was unable to go ahead."

Prayer

Dear Lord,

We thank you for the rain, even when it falls on carnival day.

Amen.



Swimming Carnival *Cancelled*

Students had to deal with the disappointment of the cancellation of the College Swimming Carnival, which is one of the most popular events on the school calendar. Students handled the news well as they demonstrated an understanding of the decision that had to be made. It was only the third time in the College's history that the Swimming Carnival had been cancelled due to inclement weather.



Honours *Assembly*

The Honours Assembly took place on Tuesday to recognise the achievements of Years 11 and 12 in 2020. The College acknowledged Mykal Marham from the Class of 2020 as he was presented with the College Dux Award for achieving an ATAR of 99.55. Students from Year 11, 2020 were then presented with certificates to honour their achievements academically, in sport, and in the community.

This assembly also provided the College with the chance to present the Brendan Marsh Excellence in Teaching Award, which was this year presented to Mr Eugene Lehmensich.



Constitutional Convention

Congratulations to Kira Tawton (Year 12) who was one of only five ACT students to be selected for the National Schools' Constitutional Convention in March. The convention is an opportunity for students across Australia to deepen their learning about civics and the nation's governance framework.



Project Compassion *gets underway*

Throughout Term 1, our main fundraiser is Caritas's Project Compassion. For over 50 years, Project Compassion has been raising vital funds to help those facing poverty and injustice in our world. This fundraiser officially kicked off on Ash Wednesday, however, the SRC started a day earlier on Shrove Tuesday.

On Shrove Tuesday, the SRC on both campuses sold pancakes for a gold coin donation alongside a variety of toppings. With the help of the maintenance staff, we managed to raise almost \$400 towards our Project Compassion goal.

Aside from our PC fundraisers and other events at school, students and parents have the opportunity to donate via the QR code. Once scanned, donors have the opportunity to choose their PC and the amount they are donating.

To keep up to date with all the events, fundraisers and important information, follow @mackillop_src on Instagram!

Kira Tawton • Communications & Connections Captain



Matilda *The Musical*

Auditions for *Matilda*, the 2021 College Musical, are now complete and we are looking towards announcing the cast and starting rehearsals. If your son or daughter was not successful, we offer a few words of advice:

1. Look for other ways to be involved – We currently are seeking cereal boxes for use as props on stage. These can be dropped off at the Learning Commons.
2. Refine your skills for next year. We have a number of ensembles and clubs which will give students more experience. Students who thrive in musical theatre have skills in the following three areas:
 - **Acting: Join the Drama Club** – 8.10-8.55am Wednesdays, Moira Nadjecki Theatre
Notes available from Jeremy.margosis@mackillop.act.edu.au
 - **Dancing: Join the Dance Crew**
Watch student messages for the commencement of this opportunity
 - **Singing: Join the Vocal Ensemble** – 8-9am, Music Room 1
Notes available from henry.south@mackillop.act.edu.au

PIT MUSICIANS WANTED

This year we will be using live musicians in our new pit. Members of the MacKillop Community are invited to volunteer to be part of this exciting experience. The minimum standard required for this score is Grade 5 (or equivalent). The instruments required are Woodwind (Flute, Clarinet and Saxophone), Trombone, Trumpet, Percussion, Cello, Guitar, Bass and Keyboard. Please contact Veronica Boulton to express interest: veronica.boulton@mackillop.act.edu.au

Bella van Doorn • Performing Arts Coordinator



Tennis *Championships*

On Monday 22 February, eight students from Years 7 to 12 participated in the Pizzey Cup Trials at the Lyneham Tennis Centre. Amelia Nolan (8A3) and Keelan Leahy (9EW) performed very well in winning their Consolation draw.

Year 11 SRC

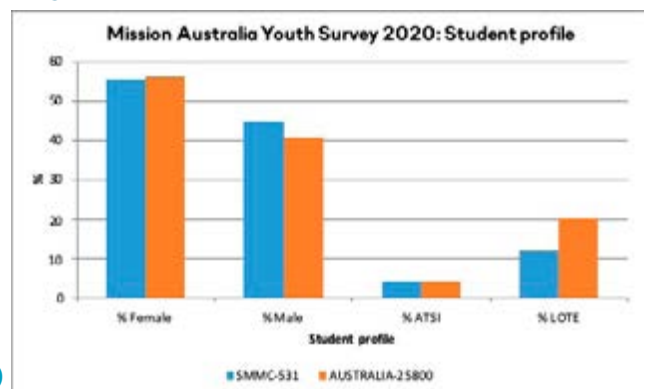
At the beginning of this year, elections for the Year 11 SRC took place. These students joined other SRC members in being inducted into their positions of leadership at the opening assemblies on each campus. Congratulations to the students elected to represent their Houses: **Zoe Barling (Mindygari)**, **Jonathon Silver (Gurabang)**, **Neika Henson (Meup Meup)**, **Madison Arnold (Ngadyung)**.

Elections for Year 7 representatives will take place at the end of Term 1.



Mission Australia Youth Survey

Last year, 531 students on the St. Peter's campus participated in the Mission Australia Youth Survey. The survey is designed to elicit responses from young people concerning a range of issues of concern to them. The attached graph outlines some of the basic student profile information related to the students who completed this survey, compared to the rest of Australia. Over the next few newsletters, I intend to share with you some of the data that we received from Mission Australia based on MacKillop student responses. I will include an analysis of that data and an explanation as to how we are going to use that data to inform our practice, especially in relation to pastoral care.



Rohan Langford • Director of Student Wellbeing (St Peter's)

Student Mentoring

Throughout each semester, students have an opportunity to participate in Student Mentoring lessons within their PC Class. This week students have taken time to set academic and personal goals for the coming semester/year.

Students have also completed a Semester 1 Assessment Planner. This provides an overview of due dates for each assessment task. It assists students to organise their time and the attention they give to each task to ensure that all assessment is complete by the due date and to a high standard.

Parents can access this information in the Student Diary on pages 22 and 23 (Semester 1 Planner) and page 25 (Goal Setting).

School Photos

Details of when the College photos will be taken are:

- Padua Campus – Monday 1 March
- St Peter's Campus – Thursday 4 March

Students have received a photo envelope/order form which is to be returned on photo day with any money or payment details handed directly to the photographer at the time the photo is taken.

Boys will be required to wear the College tie in their photograph and have been asked to bring this with them to school on Tuesday. For students in Year 7, or others who are new to the College, who may not yet have their own tie, one will be provided for the photograph.

After-School Sport

During 2021 an after-school sports program will again be conducted on the Padua Campus for students in Years 7 to 9. The afternoons are organised by the College Sports Captain, led by Year 12 student volunteers and supervised by a member of staff.

In Term 1, an opportunity for students to be involved in Touch Football will run on Thursday afternoons from Week 5 until Week 10, from 3.30pm to 4.30pm on the Padua Campus oval.

The afternoons are open to all students including boys and girls who play Touch Football competitively, while also catering for students who may have no involvement in organised sports. Students wishing to attend do not have to have any experience of playing Touch Football. They can attend with friends and participate in an atmosphere of fun while developing and maintaining fitness and learning new skills.

Students who have attained Bronze or Silver Status will be able to count the hours that they attend towards their application for the next level of Status, as Community Involvement time.

Consent forms for students interested are available from Pastoral Care Coordinators, the PE Staffroom or they can also be downloaded from Canvas.



Communicating with teenage boys Webinar

Presented by bestselling author and educator Maggie Dent • Wednesday 24 March 2021, 8 – 9pm

"Adolescence has a way of transforming children's brains that can make communication challenging, especially with teenage boys who often start articulating in monosyllabic grunts. These brain changes also make them more sensitive, volatile and critical of themselves, making the teen years a high-risk window. In this webinar, Maggie Dent shows how using compassionate, empowering communication with teenage boys can better guide them across the bridge to healthy manhood to a place where they feel worthwhile and engaged in respectful relationships".

Key learning and discussion points include:

- Communicating effectively
- Giving feedback
- Avoiding arguments Helping teenage boys to problem solve
- Letting our sons know we really hear them, and that they matter

HOW TO ACCESS THE WEBINAR

Visit: www.parentingideas.com.au/parent-resources/parent-webinars/webinar-communicating-with-teenage-boys

- Click 'Add to cart'
- Click 'View cart'
- Enter the Coupon code COMMUNICATION and click 'Apply Coupon'
- Enter your school's name to verify your eligibility. The \$39 discount will then be applied.
- 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'

This webinar offer is valid until 24 June 2021. If you're unable to make the broadcast time, registering will get access to the recording.

Lachlan McNicol • Assistant Principal Pastoral Care



Religious Studies

faculty report for Religious Education

To say that there have been changes in Religious Education and Religious Studies would be an enormous understatement. After nearly three decades that had seen a curriculum serve its purpose and do it well, it was timely to reconceptualise what the curriculum would look like into the 21st Century, most especially regarding student engagement and therefore improved achievement. As a result, the RE curriculum in every year group has been completely rewritten.

This is not to say that MacKillop teachers have remained as generational as the old curriculum, quite the opposite. They have always sought to apply best pedagogical practices to engage students in their learning, both because we have dedicated teachers wanting to see students achieve, but also because it is a justified cliché to say that RE is the hardest subject to teach for a myriad of reasons, most especially in the era in which we live. At some point, best practice and contemporary curriculum must align. As we enter 2021, we seek to do that.

As we explore “this thing called religion” in our classrooms, we do not shrink away from our Catholic identity. But to be “Catholic” means to be “universal” by definition. The curriculum therefore needs to take into account divergent views as well as space to scrutinise, both good and bad, the human agency that is “the Church”; the Church as the body of Christ in faith, but also the Church that exists within and not separate from its socio-historical context.

Some may call this a “phenomenological” approach to studying religion and there is certainly a strong emphasis in the development of the new curriculum to do so. After all, for those in our classes disconnected with religion, or perhaps those of another faith, examining religion in such a way hopefully includes rather than excludes our students; to understand religion as a normal part of the human condition across time and cultures.

However, there also exists space within this approach to invite our students to explore a deeper understanding of “the Church”, warts and all as it were, as it existed and exists in its setting. Even more importantly, it invites our students to explore the nature and person of Christ within an academic discipline, to provide an intellectual foundation in faith. With a reinvigorated curriculum, Religious Education and Religious Studies teachers at St Mary MacKillop College continue to provide the best possible environments for our students to learn and achieve.

Jonathan Moyle • Assistant Principal Faith Leadership



Integrated Humanities

A positive start to the year

Entering high school can be challenging, exciting, and different. Our students in the Integrated Humanities (IHum) have made a positive start to the year, embracing the change and challenges of a new school with determination and optimism. They are beginning to build strong relationships with their peers and teachers, who are getting to know them very well.

This semester students in IHum are currently studying the topic of 'This is Australia', where they have already begun exploring the Australian Identity, Australian histories, and the legacy of St Mary MacKillop.

There are three assessment tasks that students will work through in this first semester. These are the Sustained Writing Task, Classwork Portfolio, and Inquiry Task.

Their Classwork Portfolio consists of three tasks that will be completed in class. Their teachers will be giving continuous verbal feedback during a series of progress checks.

Students can resubmit their Classwork Portfolio until the final due date in Week 17. This allows students to:

- Make improvements as suggested by their teacher through the verbal feedback given.
- Track their progress on the academic outcomes found in the Learning Mastery (on Canvas).
- Reflect on achievement and address potential areas of academic growth.

The IHum teachers of 2021 are excited for this semester. We aim to work with your boys or girls to foster independent learning and the development of core skills that they need for high school and thereafter. We truly believe that our students have the capability to make a positive change in their world and endeavour to help build skills that make them critical thinkers and lifelong learners.

"Let us pick up our books and our pens, they are the most powerful weapons." Malala Yousafzai (Education activist and the youngest Nobel Prize laureate, 2013)

Jayne Ogilvie • Integrated Humanities Coordinator

Questacon *Invention Convention*

In January I was lucky enough to take part in the Questacon Invention Convention, joining 18 other students from across Canberra for a week of immersive Science.

The week included presentations from entrepreneurs and scientists, including Tim Miller, who is the founder of Lids4kids. His organisation collects plastic bottle tops which are then sent to Envision Hands to recycle them into mobility aids for children, such as prosthetic limbs. Since starting in May 2019 they have collected millions of lids.

Another focus of the week was to develop an idea and make it a reality. My idea was to build a mobile app which allows you to track your CO2 pollution and provides tips to reduce your carbon footprint. At the culmination of the week I presented this idea at an event at Questacon. Guests included the Governor General and local MP David Smith.



Casey Thomas • Year 10

Visual Arts *Know My Name*

ROSALIE GASCOIGNE

One of the great artists represented in the Know My Name exhibition at the National Gallery of Australia is Rosalie Gascoigne. For me, her assemblage pieces evoke an emotional response. The carefully arranged collections of discarded and weathered materials induce visions of the rolling hills, windswept grasses and winding roads of the rural region surrounding Canberra. Gascoigne lived much of her life in Canberra and the surrounding Monaro, travelling the same roads and enjoying the same environments that I and my family experience on many a long weekend or holiday break as we make our way to the Sapphire Coast or the Snowy Mountains. Her exhibited artwork, 'Monaro', is a large, two-dimensional work carefully constructed from sawn pieces of painted and stencilled wooden soft-drink boxes; very ordinary materials. The undulating yellow and black lines created by the meticulously arranged wooden pieces appear almost to move before my eyes. The stencilled black suggests words I can't quite make out, creating a strange form of poetry. Rosalie Gascoigne's ability to elicit feelings of nostalgia and connection to the natural world through the repetition of very simple materials and visual elements makes her my favourite artist in 'Know My Name: Australian Women Artist 1900 to Now' at the National Gallery of Australia.

Tamara Murdoch • Visual Arts Coordinator



Rosalie Gascoigne *Monaro* 1989; 130.5 x 465cm



Legal Studies *Excursion*

Last Thursday, the Year 12 Legal Studies class visited the Museum of Australian Democracy (MOAD) at the Old Parliament House. Once we arrived we had a quick briefing and then proceeded to explore the idea of how important the media is to Australian Democracy.

We enjoyed a short tour of the Parliament house, including, the rooms where the press were stationed, the House of Representatives and the Senate. Whilst walking through the Old Parliament House we discussed the role of the media in our society and to what extent it should be involved in Australian politics. After moving on from the media exhibition, we entered another exhibition that detailed a timeline of multiple important movements and protests in Australian history. We were put in small groups and given cards to explore each event in a bit more detail.

After lunch, we headed toward the Aboriginal Tent Embassy, where we met with Debby. She spoke to us about her experiences as an Aboriginal woman and activist for the First Nations Rights and sovereignty. Debby offered our Legal Studies class an alternative point of view on the progression of human rights in Australia.

The excursion was a valuable and insightful experience for Year 12 Legal Studies students!

Kate Conway & Riley Helmling • Year 12

Learning Commons *News*

It has taken two weeks, but the three Year 9 students took on the challenge and didn't waiver! In the Padua campus Learning Commons, a wall-sized Periodic Table has been created for all students to challenge their knowledge and understanding of the chemical elements.

The first week back was busy with the Year 7 BYOD program assisting students to gain access to the College wifi network. This week the Learning Commons team have commenced the Literacy Continuum program across Years 7, 8 and 9. The program started with an orientation of the library, the physical and digital resources available through the Learning Commons, and a book tasting, introducing students to the various genres of fiction novels available to borrow. The book tasting is an initial introduction to a year-long research-based targeted reading intervention program, with the prime goals of accelerating literacy learning and reducing reading and writing difficulties for all students. In addition, students were reminded of the importance of academic integrity with an exploration of the SMMC Referencing Guidelines, Reference Generator, and the College rules and penalties for plagiarism.

In the coming weeks, further programs will roll out with maths problem solving skills, inquiry research, source analysis and exam preparation.

Amanda Knott • Learning Commons Coordinator (Padua)





Mathematics + Maths Club

10 TIPS FOR SUCCESS IN MATHS AND MATHS CLUB

1. Do all of the homework. Don't ever think of homework as a choice. It's the most important way that you can practise and master the concepts taught in class.
2. Fight not to miss a maths class. Math class moves fast; a new concept is taught every day. What students do today builds towards tomorrow. Math punishes absences; to keep up, students have to make time to come back and learn what they missed.
3. Find a friend to be your study partner. Find a friend who will take good notes when you're not there and will call that night to fill you in on the homework. This is good practice for the real world, where building positive relationships is necessary to thrive.
4. Establish a good relationship with your teacher. High school teachers have up to 175 students that they teach, so it's important to distinguish yourself. Let your maths teacher know that you are interested in her or his class, and welcome the opportunity to learn. Ask questions that show you're paying attention. Teachers respond best to students who show that they care about the class.
5. Analyze and understand every mistake. It's important to fix mistakes and understand why they were made; otherwise we're doomed to repeat them. Take time to figure out the thinking behind a mistake, and figure out how to do it right. Ask your teacher if you're unclear.
6. Get help fast. If you realize that something is difficult, you should seek as much help as possible as quickly as possible. Teachers are very receptive to requests for extra help. Straighten out misunderstandings before they start to snowball.
7. Don't swallow your questions. Questions are the vehicle by which we learn. If you have one, ask it. Chances are that many students in your class have the same question. Asking good questions is a lifelong skill, and school is a safe place to practice. The more questions we ask, the easier it gets.
8. Basic skills are essential. Multiplication tables are the basis for most high school math problems. If you do not know them, practice, practice, practice!
9. Algebra must be mastered. Algebra skills are crucial to later math courses.
10. Understand what the calculator is doing. It's not enough to know how to use the calculator; you need to know what the answer means. You should ask yourself what the calculator is doing for you, and always analyze the calculator's answer.

MATHS CLUB AT THE JUNIOR CAMPUS

If students want help with maths or you just want to catch up on maths homework our College runs a Maths Club on Tuesday and Thursday in the IRC from 3.15pm to 4.15pm. Please note there will be no club held on the following dates this term:

- Tuesday 2 March
- Tuesday 9 March
- Thursday 25 March
- Thursday 1 April

Anna Keppel • Mathematics Coordinator (Padua)

Music *Lessons + Ensembles*

INSTRUMENTAL LESSONS

Instrumental lessons are available with private teachers who are coming into the school. Instruments available for tuition include:

- **Woodwind** – Flute, Clarinet, Saxophone
- **Brass** – Trumpet, Trombone, French Horn, Euphonium, Tuba
- **Percussion** – Drum Kit and Orchestral Percussion
- **String** – Violin, Viola, 'Cello, Double Bass, Guitar, Bass Guitar
- **Piano**
- **Voice**

Tuition forms are available from outside of Music at the Padua Campus.

ENSEMBLES

Ensemble rehearsals have commenced:

- **Vocal Ensemble** – Padua Ensemble Room – Tuesday mornings, 8am
- **Guitar Ensemble** – Padua Music Room – Tuesday mornings, 8.30am
- **Senior Wind Ensemble** – St Peter's Music Room – Wednesday mornings, 8am
- **String Ensemble** – Padua Ensemble Room – Thursday mornings, 8am
- **Concert Band** – Padua Ensemble Room – Friday mornings, 8.15am

Contact Ms Boulton for more information: veronica.boulton@mackillop.act.edu.au

Veronica Boulton • Director of Music & Performance

Defence *Support*

We have 100 students who come from Defence families, meaning at least one parent is a serving or transitioning member of the ADF. This brings with it a number of unique challenges and opportunities, including deployment and postings. At MacKillop, we provide support for these students through Defence Club, meetings, our Canvas page, assessment support and one-on-one mentoring. If you have any concerns or your family situation has changed please contact me at danielle.logue@mackillop.act.edu.au.

- Defence Club Padua Campus: Friday A, recess, W7
- Defence Meetings St Peter's Campus: Thursday A, recess, K1
- Assessment Support St Peter's Campus: Monday 3:30-4:00 Library.

Danielle Logue
Defence Transition Mentor

Careers Educator *(Padua Campus)*

St Mary MacKillop College has initiated a new role in 2021, bringing in a Careers Educator on the Padua Campus.

Unlike a traditional role of a Careers Advisor, my role is slightly different. On a daily basis I work with individual students to develop and improve connection and engagement between the classroom and life after or outside of school. I provide them perspective on school life and how their attitudes affect both choices and opportunities.

I assist and coach students to become "employment ready" so they can be the best version of themselves. Communicating skills, presentation of documentation and themselves, and developing an employment ready attitude are the key areas of emphasis.

I am also available to assist students who are considering casual employment for the first time. Resumé and application assistance and interview techniques are areas we work on.

Students who wish to access my services can find me in the electives staffroom and parents can contact me by email (garry.seary@mackillop.act.edu.au) or phone (6209 5222/0424 696 444).

Garry Seary • Careers Educator (Padua)



H-Courses *at UC*

A reminder to all students and parents/carers that enrolment applications for the H-Courses offered by the University of Canberra close on 10 March 2021. Applications for H-Courses at the Australian National University have now closed.

Maria O'Donnell • Assistant Principal Academic Care

School Fees *Have been sent*

Term 1 Fees were electronically sent to family email addresses on 8 February 2021. Fees are to be paid by 5 March 2021 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

Transport Canberra *MyWay Cards*

Transport Canberra have contacted the College to remind all students and parent/carers that it is a requirement of travel with Transport Canberra that passengers have an active MyWay card, containing sufficient credit and that students tap and on and off each service.

Transport Canberra have advised that in the coming weeks they will be checking that all passengers have a valid MyWay card and that fares are being paid.

Lachlan McNicol • Assistant Principal Pastoral Care

Canteen *Online Ordering*

Did you know that online ordering for the canteen can be done through Flexischools Portal? Information about this is available on the website in the 'Special Information' section under the tab 'News and Events'. Please note that we have had one issue with ordering: many parents have not updated the year group of their son/daughter so some orders have been put with the wrong year group. Please remember to update the year group of the students to ensure orders get to the students efficiently and accurately.

Fencing and Judo *Clubs*

The Engarde at MacKillop Fencing Club and the MacKillop Judo Club have both recommenced for 2021.

- For more information about fencing, visit: <https://www.engardemackillop.club/>
- For more information about judo, email: judo_mackillop@hotmail.com

Community News

VIKINGS JUNIOR RUGBY UNION

The 'Come and Try Rugby/Registration Day is being held on 27 February from 10am-2pm at Gowrie Oval for U5-U18. Find more information on Facebook or email vikingjuniors1@gmail.com.

JOYELLE CALIDANCE FREE TRIAL CLASSES (AGES 12-17)

Come and join our fun classes, meet new people and get fit. Previous dance or gymnastics experience is not essential as we teach you everything! Check us out on Facebook or Instagram (Joyelle Calisthenics Club) or email head-coach@joyelle.com.au.

GIRLS PROGRAMMING NETWORK

The Australian Signals Directorate is again sponsoring a Girls Programming Network (GPN) event to be held on Sunday 21st March 2021. It's girls teaching girls how to code! GPN is a community of women and girls who are interested in computer science, programming and IT. Workshops are free and no prior coding experience is necessary! Visit: canberragpn.github.io

INSIGHTS

Helping your child become the best student they can be



The new school year is full of excitement and possibility for students and parents. Regardless of how a child or young person has previously performed, this year offers a chance to set a new course.

While it's tempting as a parent to make the attainment of good academic results the main priority, this is a narrow view that may be incompatible with long-term success. It's wiser to broaden your view and focus on helping your child or young person become the best student they can be. Here's how.

Encourage learning

The rapidly changing world and workforce that your child will enter requires that they have a willingness to continually learn and adapt. The concept of a lifelong learner, previously lauded by educators with an eye to the future, has now become a reality. Learning and continual improvement should be embedded in each child's psyche so that school life is just a starting point to a lifetime of learning, growth and development. Help your child see themselves as successful learners who achieve results through hard work and application, and that nothing is beyond them if they apply themselves.

Promote leadership

Leadership is required in all walks of life including at school, at work, in families and in the wider community. Help your child see themselves as a leader by focusing on personal leadership capacities such as planning ahead, communicating clearly, being accountable for their behaviour, developing emotional awareness and fostering good relationships with siblings and peers. Personal leadership development provides a strong foundation for the development of leadership skills in more public forums in later life.

Applaud independence

The school years are critical for the development of independence, which can easily be closed down by the roadblocks of impatience, overindulgence, fear and lack of time. Alternatively, independence is promoted when we show patience, provide opportunity, display confidence and teach students how.

Embed wellbeing

If there is one difference that modern schooling is making to the next generation it's in the leadership they have shown in recent years to the maintenance of mental health and wellbeing practises. Parents can support their child's long term wellbeing by embedding wellbeing habits including healthy eating, exercise, sleep, relaxation techniques, regular time in nature, gratitude and mindfulness.

Teach socialisation

If you want your child to be liked by others, it's essential to spend time and effort developing the skills and attitudes needed to succeed. Develop in them an awareness of how their behaviour impacts on others, instil manners and community-mindedness and develop a broad range of friendship skills that will assist them to relate well to others.

Foster resilience

2020 showed us life is unpredictable, full of ups and downs, straight balls and curve balls. It's the unpredictability, the downs and the curve balls that develop kids' resilience. How parents and teachers react to the hardships, frustrations and difficulties kids face either hamper or foster resilience. Spoil, overprotect or pamper and growth opportunities are wasted. Support, encourage and teach kids to cope and you'll be helping them develop a real sense of psychological hardiness and resilience that's essential for long term happiness and success.

Make this year a memorable one by helping your child grow and develop into the best student they can be. Keep the focus broad and do all you can to ensure that your child sees themselves as a confident and continuous learner.



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.