

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume *Seven* **2021**

4 JUNE

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Coming

Up

MON 0 7 J U N

• Senior Exams commence

TUE 1 5 J U N

• Year 11 2022 Parent Info Session

THU 1 7 J U N

• Mathematics Parent Info Session

MON 2 1 J U N

• Year 7 Camp departs (Group 1)
• Year 10 Urban Challenge departs (Group 1)
• Year 10 Reflection Day (Group 2)
• Year 12 AST Trial

TUE 2 2 J U N

• Year 10 Course Counselling (Group 2)
• AST Feedback

WED 2 3 J U N

• Year 7 Camp departs (Group 2)
• Year 10 Urban Challenge departs (Group 2)
• Year 8 Pilgrimage (Group 1)
• Year 9 Transition Day

THU 2 4 J U N

• Year 8 Pilgrimage (Group 2)
• Year 10 Course Counselling (Group 1)

FRI 2 5 J U N

• Last day of Term 2
• Year 10 Reflection Day (Group 1)

Contact Us

Contact details



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Ellerston Avenue, **Isabella Plains** (Years 10-12)



Absentee SMS Line
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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, staff and students,

SATISFACTION SURVEYS

The annual satisfaction surveys should now be with students, parents and carers. Should a parent or student not have received theirs, please contact MacKillop's Media Desk.

Catholic Education has engaged the services of a new company to gather this data so I apologise if the format, instructions, and access to this survey is different to recent years. I hope that the email that I sent with the survey communicates to you the value of honest responses, appropriate affirmation, and constructive feedback. The results of the survey will be provided through the newsletter later this year.

RECONCILIATION WEEK

Last Monday was Reconciliation Day, celebrated as a public holiday here in Canberra. My experience of the day was considerable media commentary around truth telling, treaty, and National Reconciliation. I think this was a good thing and I'm pleased that the Australian Curriculum and our delivery of that curriculum ensures that respectful and informed dialogue around these issues happens in classrooms.

I have recently been to the *Unsettled* exhibition at the Australian Museum in Sydney. This exhibition was a highly articulate and challenging presentation about the place of the First Australians in Australia prior and subsequent to 1788. I commend the exhibition to all of you as a challenging statement of integrity that will cause deep reflection for anyone who attends.

YEAR 8 CAMP

Congratulations to everybody involved in a highly successful camp experience. I was able to spend two remarkable days with the year group and was grateful for the openness, cooperative spirit, and sense of bonhomie. Thank you to the Year Coordinators, Kathleen Galvin and Nathan Wood, for their leadership of the event, and to all staff who helped to make it possible.

THE SPLENDID AND THE VILE BY ERIK LARSON

For those of you who are readers, and who are fans of WWII and Winston Churchill, this book was published last year and I finished reading it last weekend – a real page turner! I commend it to you all.

Yours in St Mary of the Cross MacKillop,

Michael Lee
College Principal

"I was able to spend two remarkable days with Year 8 and was grateful for their openness, cooperative spirit, and sense of bonhomie."

Prayer

Lord,

We give thanks for the strength we possess in our unity.

Amen.



Reconciliation Week *at MacKillop*

Reconciliation Australia's theme for 2021 is **More than a word: Reconciliation takes action.**

Reconciliation is a journey for all Australians and at the heart of this journey are relationships between the broader Australian community and Aboriginal and Torres Strait Islander peoples. The entire MacKillop community have engaged in meaningful and authentic learning experiences across all faculty areas. A few of these included:

IT classes used the Ngunnawal word of the week "Yhuun naa ghuulu", which means 'hello world' in their 'hello world' programming activities.

In Food, students researched native tastes of Australia including saltbush, wattle seed, bush plums, native thyme and bush tomato. The Year 7's made delicious Lemon Myrtle Hotcakes using Australian Native Lemon Myrtle served with a wild tea.

Learning Commons served up a heap of great interactive activities while English explored a range of poetry from Aboriginal writers.

In Art, students have been looking at the concept of portraits and how they captured the personality and identity of the subject. They looked at the portrait by Julie Dowling 'Self-Portrait in Country', 2002 and considered how she has drawn on her family background and identity as an Aboriginal woman to inform this portrait as well as how she had shown her connection to country.

Students then selected a First Nations Australian who has had an impact on Australian society and culture. They could be a person that has made significant contributions in sport, culture, language, politics, law or arts.

In Science, the students are currently learning about Astronomy. They looked at the Dreaming story which relates to the seven sisters constellation and how the land was formed when a young man pursued the seven sisters. Many other Indigenous cultures around the world told similar stories about the same constellation.

Integrated Humanities created posters exploring the concept of Reconciliation and analysed how artists convey meaning through artwork and in Maths students investigated using spoken word and art to communicate abstract ideas such as Algebra. During Reconciliation Week, the Aboriginal and Torres Strait Islander Students continued to work on the MacKillop art design for the College as well as creating a wonderful Reconciliation video talking about Reconciliation and what it means to them. This video can be viewed on the College website.

The MacKillop community truly showed this week that Reconciliation is more than a word, and acknowledged that action also needs to be something that is more than is done in isolation.

Jeremy Margosis • Aboriginal & Torres Strait Islander Contact Teacher



SRC Report

House Charity fundraising gets underway

This week was the College's first **House Charity Week** at the St Peter's Campus, with Ngadyung kicking things off by raising funds for OrangeSky. OrangeSky provides mobile washing machines, hygiene and assistance to unhoused people in the Australian community. On Tuesday, students wore hoodies in exchange for a gold coin donation. On Wednesday, a guess-how-many-balloons-in-a-car competition saw many students taking their mathematics skills outside of the classroom. On Thursday, hot chocolates and cookies were sold, and on Friday, car park donations were taken. Thank you to everyone who donated and helped out! Next week is the Padua Campus's turn.

During Term 3, the other three Houses will support:

Mindygari	Canberra Hospital Foundation
Gurabang	MacKillop House
Meup Meup	Menslink

Reconciliation Week took place between 27 May and 3 June, and was a time to reflect on Australia's history with the First Nation's people. The SRC helped the MacKillop Mob put together a video answering questions about not only Reconciliation Week but other frequently asked questions about their heritage. If you wish to watch, and I highly recommend doing so, check it out on the MacKillop website.

Good luck to all our students taking their **semester exams and final assessments**. Year 10 students had their exams this week so we wish them well with Urban Challenge at the end of term! Good luck to the Year 11 and 12 students sitting their senior exams next week.

Kira Tawton • Communications Captain

Student Achievement

Jessie Gevorgian (Year 8), **Jake Bell** (Year 9), **Adrian Georgiadis**, and **Lewis Bell** (Year 10) will travel to the Gold Coast next week to represent the ACT at the National Judo Championships.

Three of our MacKillop students will be found performing in Dance Central's upcoming pre-professional show, *'Unveiled'*. **Shara Murdoch** (Year 9), **Tara Luchterhand** (Year 10) and **Linzi Moszt** (Year 12) will perform at Erindale theatre Friday 16 and Saturday 17 July. Based on the traditional ballet *'Giselle'*, *Unveiled* reveals a more modern tale of infidelity, deception, depression and self-reliance. The project showcases pre-professional dancers from the ACT region.

Stephanie Brettargh (Year 12) will represent Australia in water polo against New Zealand during the school holidays.

Ben Symington (Year 10) took part in an Australian Talent ID water polo camp at the AIS in May.

Amy Frost, **Chloe Arnold**, **Kaycie Arena**, and **Maddie Arnold** (all Year 11) have been selected in the ACT Netball team to play in Tasmania in the second week of the holidays.

Bailey Watson (Year 9) will represent the ACT at the National Baseball Championships in Lismore next week.

Amber Sibley, **Bridie Harriott** (Year 9), and **Ty Pettersen** (Year 10) competed at the Australian Gymnastics Championships. Among their many achievements, Amber finished 4th overall (including 3rd on bars and 4th on beam), Bridie received the Artistry Award and finished 10th overall (5th on beam, 6th on vault), and Ty finished 19th overall (8th on rings).



Year 8 Camp

In 2020, Year 7 Camp missed the opportunity to have a camp due to COVID-19; this year the College offered us the chance to have our camp in Year 8, a first for the College.

Our Year 8 Camp was a great experience and we participated in some awesome activities that included high ropes, flying fox, bubble soccer, laser tag and initiatives, just to name a few. We worked in small groups and developed our teamwork, communication and leadership skills. We made new friends and are excited for these to develop. A great time was had by all. A truly memorable experience!

Mia O'Connor and Jackson Sullivan
Year 8

End of Semester Events

As the end of semester approaches, below is a summary of the activities taking place for students in Years 7 to 10.

YEAR 7 CAMP

- Monday 21 June to Wednesday 23 June – Students in Mindygari (Air) and Meup Meup (Fire)
- Wednesday 23 June to Friday 25 June – Students in Gurabang (Earth) and Ngadyung (Water)

YEAR 8

Wednesday 23 June

- Pilgrimage to Mary MacKillop Place in Sydney for students in Mindygari (Air) and Meup Meup (Fire)
- Coastlife program and first aid workshop for students in Gurabang (Earth) And Ngadyung (Water)

Thursday 24 June

- Pilgrimage to Mary MacKillop Place in Sydney for students in Gurabang (Earth) And Ngadyung (Water)
- Coastlife program and first aid workshop for students in Mindygari (Air) and Meup Meup (Fire)

YEAR 9

- Wednesday 23 June - Transition day at the Isabella Campus
- Thursday 24 June – yLead leadership seminar

YEAR 10

- Tuesday 15 June – Year 11 2022 Parent Information Evening (6:00pm)
- Friday 18 June – Course Preview Day

DATE	GROUP A	GROUP B
Monday 21 June	Urban Challenge (depart)	Reflection Day
Tuesday 22 June	Urban Challenge	Course Counselling
Wednesday 23 June	Urban Challenge (return)	Urban Challenge (depart)
Thursday 24 June	Course Counselling	Urban Challenge
Friday 25 June	Reflection Day	Urban Challenge (return)

Legal eagles come to MacKillop

In Term 2, St Mary MacKillop College students hosted two ex-students who have gone on to careers as lawyers in Canberra to speak to the College Legal Studies Class.

In Legal Studies this semester, students have been learning about Crime and Justice and Human Rights. Our classes were visited by Bowan Shelton and Bwayla Chifuntwe, who are both practicing lawyers in Canberra. Bwayla works for the Office of Public Prosecutions and Bowan for a private law firm.

The two barristers spoke for over an hour on the benefits and opportunities of studying law. They also spoke of how much the College had prepared them for success at University and the workplace by instilling a love of learning and passion for the law. The Year 11 and 12 students were given a great insight into pathways of success from what they intended to do at College and what both lawyers have ended up doing. Bwayla began studying business and then moved into law once at university, while Bowan's Yearbook aspiration from 2011 states; "I want to study law and economics, get rich and play footy until I'm 40." We hope all three have been achieved!

Both classes really enjoyed and valued the time our guests took out of their busy schedule to visit us. It was such a wonderful to experience to hear the real experiences and views of successful students achieving in such vital areas as the law and justice.

We wish to give a very big thank you to the Bowan and Bwayla for visiting our College and speaking to us on the *trials* of being a barrister in Canberra!



Michael Batten • HASS Coordinator (St Peter's Campus)

Senior Exams

As we approach the Senior Exams for Semester 1, I would like to highlight a few points for parent/carers and students:

1. Students are required to know when they have exams - the date, day, time and venue. The timetable is included at the back of this newsletter and has also been emailed to the students and families of Years 11 and 12.
2. If students are unwell and cannot attend one or more of their exams, their parent/carer is asked to call the College (Colby Cruwys on 6209 0173).
3. If students are absent due to illness a Doctor's Certificate is required. This certificate cannot be retrospective.
4. If a student is unwell, we recommend that they stay at home and recover. Sometimes students come in when they are not well, begin their exam and then wish to leave because they are unwell. In these circumstances, because the exam has been seen, this will be considered an attempt. It will not be possible to offer extra time or a re-sit.
5. If a student becomes subject to misadventure, and misses an exam, a re-sit may be offered.

If circumstances arise that are outside these events above, please make contact with Colby Cruwys, Senior Studies Coordinator on 6209 0173.

Exam guidelines were emailed to all students and families of Years 11 and 12. Please take the time to read over these.

Students are encouraged to use the Learning Commons which is offering extended opening hours this week and during the exam period. Good study habits, eating well, exercise and sufficient quality sleep are all recommended to assist students to achieve their best.

Maria O'Donnell • Assistant Principal Academic Care

Earth + Environmental Science

On the 18th of May, Senior Earth Science went on an excursion to Geoscience to learn about the formation of the Earth. When we first arrived, Lousia, an educator at Geoscience, took us on the geological time scale walk. The walk started at the beginning of the Hadean Period (the beginning of the formation of Earth) up until the Holocene Epoch (our current Earth). Some events in between the Hadean and Holocene periods included the Oxidation period, the dinosaur age, up until their extinction. The walk highlighted different rocks that include the moon rock, opals and rocks that have different materials embedded into them. After the walk, two other educators at Geoscience led us downstairs to see the SHRIMP. The SHRIMP is a machine that measures the age of rocks through radioactive decay. The SHRIMP machine itself was invented by an Australian scientist here in Canberra.

Overall, it was a very fun and enlightening experience that everyone present enjoyed. We learnt a lot about the formation of the Earth and saw some amazing things.



Natasha Luther and Brooklyn Sullivan • Year 12

Reconciliation Week in Visual Arts

ICONIC FIRST NATIONS AUSTRALIANS - AT HOME ACTIVITY

In Visual Art we have been looking at the concept of portraits recently and how they capture the personality and identity of the subject. This lesson is an opportunity to become involved and start a discussion at home around reconciliation with our families.

DISCUSS

Look at the portrait by Julie Dowling 'Self-Portrait in Country', 2002. Consider how she has drawn on her family background and identity as an Aboriginal woman to inform this portrait. How has she shown a connection to country?

RESEARCH

Research and select a First Nations Australian who has had an impact on Australian society and culture. They could be a person that has made significant contributions in sport, culture, language, politics, law or arts.

Find out some facts about your chosen person and the achievements they have made. Brainstorm some ways you could show and celebrate these achievements.

DRAW

Using this knowledge draw a portrait of your chosen subject, being mindful to design your composition to illustrate aspects of their achievement, personality, background or their field of expertise. Don't forget to draw your portrait using the scale of proportion formula. Consider how colours, shapes and patterns may also be used symbolically.

REFLECT

Show your drawing to a friend and discuss with them how you have visually represented your chosen subject. What visual symbols have you used to showcase their achievements and impact on Australian society?



Julie Dowling
Badimaya/Yamatji/Widi peoples
Perth, Western Australia
Self-portrait: in our country.
Oil on Canvas. 2002

Katrina Banyai • Visual Arts



Music

The Music Department has had a busy first semester with many performances, including the Open Information Evening, Senior Information Evening and Career Expo, and assembly performances.

This week, the **Concert Band**, **String Ensemble** and **Senior Wind Ensemble** travelled to Cowra to perform in the Eisteddfod. We also look forward to travelling to the Ryde Eisteddfod in Term 3 where the Guitar Ensemble will debut.

PCoPA continues to provide stunning performances for our liturgies, having performed for the Opening Mass and at Easter.

Instrumental music lessons have recommenced this year after a break in 2020 due to COVID19. We now have Gypsy Cook teaching piano, woodwind and brass, Matthew Foster teaching orchestral strings, Sean Reardon teaching guitar and bass and Jessica Horton giving singing lessons. We hope to add a percussion teacher next semester, particularly to develop student skills in playing some of our new orchestral percussion instruments such as timpani and xylophone.

The appointment of **Henry South** to the Music Department as a string specialist has resulted in some fabulous young string players emerging and we look forward to seeing our string program grow.

The first **Year 7 Ensemble Program** is coming to the end of the semester and we look forward to many of these students continuing in our Year 7 Band and Year 7 String Ensemble.

Rehearsals for the musical, **Matilda**, are progressing well and we're very excited about sharing our performance with family and friends next term, July 26 - 30. Look out for the promotion and be quick to get tickets.



Performing Arts

Dance + Drama

It has been an exciting beginning to 2021 with a lot of performances being readied to showcase the talents of our MacKillop community.

In Semester 1, **Drama Club** have been participating in improvisation activities and building a strong foundation for a one act performance they will commence during Semester 2. Any students who are interested are welcome to join. Notes are available from the Performing Arts Staffroom. Meetings are at 8.10-8.50am on Wednesday mornings.

Our **Dance Crews** are meeting weekly as they work towards their entry in the 2021 Youth Dance Festival. Each crew is exploring digital performance, taking inspiration from K-pop music videos.

On Tuesday, our **Year 10-12 Dance and Drama** students showed their major performance tasks at our Performing Arts Festival at the Moira Najdecki Theatre. The audience was treated to comedy, tragedy and entertaining acts.

Our **Year 8 Drama** classes are preparing **Melodrama Performances at 6pm on 8 June**. Melodrama makes use of over the top stereotypes and this performance will see this brought to life in a murder mystery, a twisted traditional fairy tale and watching James Bond making an appearance.

Our **Year 9 Drama** classes are preparing for a **Verbatim Performance Evening at 6pm on 10 June**. Verbatim theatre is a type of documentary theatre made from real people's words. The students are exploring topics that they feel should be talked about more such as mental health, cancer, peer pressure, bullying, dementia, domestic violence and social isolation.

Bella van Doorn & Veronica Boulton • Performing Arts Coordinators

Physical

Education

News from PE + Health



As we currently work our way through the final busy weeks of the semester it is hard to believe that it has been 12 months since students were first returning to practical PE classes after an extended period of remote learning. It has been very pleasing to see students engaged in active participation with their usual enthusiasm and positive peer interaction and the PE staff have made numerous comments about student effort and skill development.

As the PE staff finalise assessment there has also been time to review some of the current practical and health units with a focus on improving the current curriculum to better facilitate the needs of all students. Initial planning has been underway to ensure some new activities and modification of content takes place to ensure the continual improvement of content delivery. One area of improvement at the Padua Campus has involved discussion around better implementing some **indigenous games** into the curriculum resulting in the adaptation of current throwing and catching activities to focus on games such as Buroinjin.

We have continued to access a number of resources off campus for **Year 9 PE** students. A number of classes were able to complete both squash and tennis lessons at Erindale College. Squash lessons again proved very popular as it gave students a different racquet skills experience in a new activity. Some PE classes were also able to utilise Viking Health and Fitness and complete some alternative group fitness sessions.

Year 10 students have been working hard to complete the **Road Ready** course. This course focuses on the impact of road trauma, hazards awareness, skills of driving and the consequences of speeding. Throughout the Road Ready course, students have been able to engage in practical lessons using radar guns and driver awareness activities. Students who successfully complete the course and reside in the ACT will be able to sit the Road Ready Knowledge Test and if successful will obtain their ACT Learner's Licence.

Outdoor Education classes completed a number of excursions as part of the practical assessment for this semester. All classes completed a swim safety unit at local swimming pools, where they studied how to recognise potential dangers in aquatic environments. Recently, classes have been completed indoor rock climbing excursions and activities. This has provided yet another challenging and enjoyable activity for all students and the progress and effort from many students was commendable.

The students studying Outdoor Education at the Padua Campus have also recently completed the much-anticipated **camp** to the Bega Valley. This was a great experience for the students who completed the camp with awesome weather allowing students to enjoy the hiking, raft building and surfing lessons that made up part of the camp program.

This semester **Senior PE** students have engaged in a number of skill acquisition activities, where they have learnt skill development and the cognitive process of learning a new movement pattern. To assist them in completing their theory-based assignment, students were able to attend an excursion to the Woden Squash centre. Here they participated in a number of skill based games and activities where they were able to put in to practice what they have learnt in class.

This semester, the staff at the St Peter's Campus have been working hard to continue to adapt **teaching programs** and curriculum to suit the needs of our elite athletes. Students studying **Year 11 and 12 Sports Development** have been able to create flexible training and study programs to suit their heavy training loads outside of school. Some of our athletes travel to Sydney weekly to train and compete in their respective sports, hence this new style of learning has enabled students to be supported by their teachers both academically and in the gym. To build on this program students have participated in an excursion to the Stromlo Leisure Centre where they utilised the gym facilities to complete their strength and condition programs as well as a pool session to aid in recovery. Students enjoyed using the facilities and the PE department will continue to offer this experience to students in the PE Pathways and Sports Development programs.

Ben Antoniak & Jen Fahey • PE & Health Coordinators

Sporting Success

A number of MacKillop's sports teams have achieved success in recent weeks:

- The 7/8 Boys won the Brumbies Rugby 7s competition.
- The 7/8 Girls won the Brumbies Rugby 7s competition.
- The 7/8 Boys won the Southside Volleyball competition and will compete in the finals day in a few weeks.
- The Senior Girls were champions in the first phase of the ACT AFL Championships and will compete in the finals day next term.
- The Senior Boys were also champions in the first phase of the ACT AFL Championships and have qualified for their finals day.
- The Senior Girls were runners up in the ACT Soccer Championships.



Judo Club Self-Defence Classes

MacKillop Judo Club is enrolling now for Term 3 after-school self-defence classes. The sessions will be held after school until 4:45pm every Wednesday.

The cost is \$150 for the term, which includes:

- 10 classes
- Insurance cover
- Uniform jackets and belts (which will be provided for the period of the course)

Please email stephanosjudo@hotmail.com or call 0411 105 449 to register your interest.

Stephanos Georgiadis • MacKillop Judo Club



MacKillop Judo Club News

MacKillop's Padua Campus hosted approximately 50 competitors from the ACT and the surrounding region for a judo competition on Sunday 16 May.

It was a very successful event that ran smoothly, thanks in large part to the volunteers, including MacKillop's very own Andrew Reay. The new audio system in the gym helped the competition marshals to maintain order, with over 100 parents and supporters in attendance.

The judo community thanks the College for its support of both the competition and the MacKillop Judo Club.

Stephanos Georgiadis • MacKillop Judo Club

School Fees *for Term 2*

Fees for Term 2 should now be finalised unless paying by Direct Debit or other approved arrangement. Any outstanding fees should be paid immediately.

Credits for Camps, Retreats and Excursions are processed after the event has taken place and the Student must be on approved leave or have a medical certificate. Please contact the Campus Heads to apply for approved leave.

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.

Michelle Predovan • Fees Manager

Second-hand Uniform Shop

We are excited to announce we are reopening a second-hand uniform shop for MacKillop, where we will be offering quality uniform items for less than half price. To restock the second-hand uniform shop, we are now calling students and parents to bring in uniform items in good condition that no longer fit or are no longer needed. Items that need minor repair will be accepted. In exchange for your uniform donations, we are offering a canteen voucher of \$5. Your donations can be left at the Front Office at each campus. Given the current uniform shortages, your donations will greatly assist families who have had trouble purchasing particular uniform items. More information will be provided to families about how to access the uniform shop in the next few weeks.

Stephen Dunkerley • Business Manager (Acting)

School Reports *On the Portal*

We would like to remind you that Semester Reports will be placed on the Parent Portal in the final week of school (Week 19). We ask that families make sure they can access the Portal before Week 19 – the password and username for the Portal is the same as your parental Canvas login. If you have issues accessing the Portal, please contact helpdesk@mackillop.act.edu.au.

Please note that parents should now be able to access/download reports on their mobile device.

Careers & Community News

SCHOOL TO WORK FOR STUDENTS WITH DISABILITY

Imagine More is hosting face-to-face workshops that aim to build the capacity of families and supporters to help secondary students with disability find meaningful, paid work. Two one-day workshops will be held from 9-4 on 5 June and 10 June. For more information or to register, visit <https://imaginemore.org.au/school-to-work-events>

STUDY IN THE UNITED STATES

An information evening about studying in the US will be held at Canberra Girls Grammar School on 15 June and is open to students in Years 9-12 (and families). Register by 11 June at: <https://events.humanitix.com/cggs-ss07>

HOLIDAY HAPPENINGS

Looking for something to do during the next school holidays? Visit www.holidayhappenings.com.au/online-booklet

Senior Exam Timetable

Semester 1, 2021

Date	Session Time	Year 11	Year 12
Monday 7 June	9:15 - 10:45am	English T Essential English	Human Biology English Literature
Monday 7 June	11:45am - 1:15pm	English Literature	English T Essential English
Tuesday 8 June	9:15 - 10:45am	Mathematical Applications	Mathematical Methods Specialist Methods
Tuesday 8 June	11:45am - 1:15pm	Mathematical Methods Specialist Methods	Mathematical Applications
Wednesday 9 June	9:15 - 10:45am	Business Studies A/T Chemistry Modern History A/T	Business Studies A/T Psychology A/T
Wednesday 9 June	11:45am - 1:15pm	Earth and Environmental Science Engineering Health and Wellbeing A/T Legal Studies A/T Computer Science A/T <i>Competencies</i>	Earth and Environmental Science Modern History A/T Computer Science A/T <i>Competencies</i>
Thursday 10 June	9:15 - 10:45am	Ancient History A/T Geography A/T Economics Psychology A/T	Ancient History A/T Geography A/T Biology Global Studies A/T
Thursday 10 June	11:45am - 1:15pm	Exercise Science A/T Sociology A/T	Economics Engineering A/T Physics Sociology A/T
Friday 11 June	9:15 - 10:45am	Biology A/T Hospitality T Physics	Chemistry Health and Wellbeing A/T
Friday 11 June	11:45am - 1:15pm	Oceanography A/T Global Studies A/T Human Biology Information Technology A/T <i>Competencies</i>	Oceanography A/T Exercise Science A/T Hospitality T Legal Studies A/T Specialist Mathematics

INSIGHTS

Common sense strategies for raising girls



As a father of six girls I'm often asked for strategies for raising girls to be happy, responsible and strong. Here are my top five strategies that are relevant for parenting girls of any age.

Help her feel connected

When you connect with your daughter you help her to feel seen, heard and valued, which are vital psychological needs. You connect by helping her feel your delight when she walks into the room. You connect by stopping what you're doing and really listening when she speaks to you, and by ensuring she feels truly worthy and loved.

Help her feel she's enough

On Father's Day 2020, a 12-year-old girl completed a quiz about her dad, answering questions such as "What's your favourite thing to do with your dad?" "What's your favourite memory of your dad?" "What's your favourite song to sing with your dad?"

One question asked her to complete a sentence: "I know my dad loves me because..." His daughter wrote, "Because I'm me, and that's all he wants me to be." Help your daughter feel that she's enough because she is.

Help her navigate friendships with grace

Research highlights that girls have more friendship challenges and experience more relational issues than boys. Girls are more socially oriented. They fight more with words and emotions than boys who tend to fight with their bodies. Girls also ruminate more than boys. While fitting in is important for both genders, girls use social exclusion and relational aggression in unique ways that can really hurt.

If your daughter struggles with friendship issues there are no easy answers, however your attitude will make a huge difference. Gentle conversations that emphasise her value and worth, reinforcing your relationship are important when girls struggle. At some stage ask your daughter to reflect on these questions, "Do I like myself when I'm around those people?" and "Do I feel like I'm being true to who I am when I'm around these people?"

Help her love her body

Most girls want to feel beautiful. It's a parent's job to let them know they are – always. And that beauty comes from the inside. Never talk negatively about your daughter's body. Body shaming doesn't encourage healthier behaviour. It just makes girls want to disappear into the black hole of unworthiness. Remind her that it matters more what she can do with her body than how it looks.

Remember to let go

A parent's job is to prepare them for life without them. You're playing the long game, so the quality of your relationship really matters. Raising them to let them go is hard. But that's just how it should be.

Dr Justin Coulson presents a related webinar: Connecting with teenage daughters

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Connecting with teenage daughters' at no cost.

About

In this webinar, Dr Justin Coulson (father to 6 daughters) unpacks the science and provides practical real-world advice for parenting teenage daughters. You'll discover what is really going on in their minds, how they really feel and what they wish you knew.

When

23 June 2021 8:00pm AEST

To redeem

1. Click this link: <https://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-connecting-with-teenage-daughters>
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the coupon code DAUGHTERS and click 'Apply Coupon' Your discount of \$39 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

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Dr Justin Coulson

Dr Justin Coulson helps families be happier. His Goalcast and TEDx positive parenting videos have been viewed by more than 100 million people. He is the author of 6 books about creating flourishing families and raising resilient children. Justin and his wife, Kylie, are the parents of 6 daughters. Find the Dr Justin Coulson's Happy Families podcast on Apple Podcasts and Spotify. For further details visit www.happyfamilies.com.au