

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume *Ten* **2021**

6 AUGUST

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Coming

Up

THU 1 2 A U G

• Moderation Day (Pupil-free day)

MON 1 6 A U G

• Science Week
• UAC Info Night

MON 2 3 A U G

• Book Week
• Urban Challenge Group 1 (TBC)

WED 2 5 A U G

• Urban Challenge Group 2 (TBC)

MON 3 0 A U G

• Young Reader's Festival
• The Great Book Swap

TUE 3 1 A U G

• Year 12 AST (Sessions 1 & 2)

WED 0 1 S E P

• Year 12 AST (Session 3)

THU 0 2 S E P

• MacKillop Day Mass (Snr)

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, staff and students,

CHANGES TO LEADERSHIP AT MACKILLOP

Mr Paul O'Callaghan, Campus Head (St Peter's), has announced his retirement from the role from January 2022. Mr O'Callaghan intends to take deserved long service leave for part of that year. Paul has been a member of staff at MacKillop for 12 years and has been teaching in Catholic schools within the Archdiocese of Canberra and Goulburn for over 40 years. This commitment is to be applauded! Paul's wisdom and experience will be much missed in leadership at MacKillop. I am sure you will join me in wishing Paul, his wife Kerry, and his family all the very best for a long and happy retirement and share with me in the hope that he may return to MacKillop in a teaching capacity at some point.

As you would be aware, Campus Head (Padua) Ms Sandra Darley is Acting Principal at St Clare's College, Griffith, for the rest of this term. Mr Lachlan McNicol is now Acting Head of Campus for that time and Mr Paul Durham is now acting as Assistant Principal for Pastoral Care across the school. These changes are opportunities for talented staff members to exercise their skills in different roles. I am grateful for the depth of talent that is a feature of the MacKillop faculty.

YEAR 12 RETREAT

Congratulations to Mr Peter Johnson, his Year 12 team, Mr Lachlan McNicol, and Mr Paul O'Callaghan for leading an outstanding retreat experience for the year group. Held at Canberra Park, Gungahlin, the Year 12 Retreat was noteworthy for the outstanding facility (if not bleak outlook), warm and friendly staff, the commitment of the teachers, and the excellent cooperation of the year group. At a time of disappointing cancellations, I am so glad that this event went ahead and deeply impressed with the spirited cooperation that each student brought to this experience. Many of you may have noticed that the Canberra Times carried very favourable publicity of MacKillop's desire to invest substantial funds into a local tourist facility – a rare and happy outcome of the COVID experience!

COLLEGE MUSICAL

Congratulations to everyone who participated in the success of this year's musical, particularly Bella van Doorn, Veronica Boulton, Jessica Penny, Henry South, Jacinta Paquay, Amanda Knott, and Amelia Black, who ably led our talented cast and crew. I give thanks for the fact that it could go ahead and for the depth and range of talent amongst our staff and students. Musical theatre has a long tradition of excellence at MacKillop and we hosted an audience of around 1700 people this year across six shows. This was an opportunity again for students to engage in musical theatre of a very high standard, and it was an opportunity for genuine community celebration. I'm sure everybody enjoyed it as much as I did!

Yours in St Mary of the Cross MacKillop,

Michael Lee
College Principal

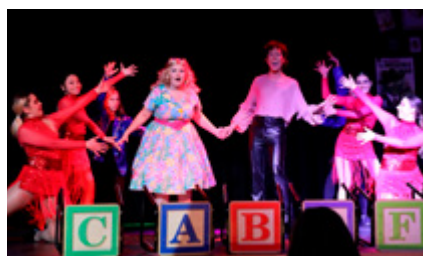
*"Congratulations
to everyone who
participated in the
success of this
year's musical."*

Prayer

Lord,

*We pray that the Canberra
community continues to be
respectful of protocols that
help keep us safe during this
pandemic.*

Amen.



Matilda The College Musical

Last Friday saw the culmination of six months of hard work, with the College musical, *Matilda*. Students performed in an epic six shows, with a number of them performed to a full house. Congratulations to the entire cast, backstage team, sound and lighting crew, production team, choreographers, stage designers, costume and prop creators, front of house, and all students, parents, and staff who made the production possible. Some of the rave reviews we received included:

- "This was the best high school musical I have ever seen!"
- "I saw Matilda on Broadway and enjoyed this version just as much."
- "All MacKillop Musicals are great but this one was the best one yet!"

Bella van Doorn • Producer/Dance & Drama Coordinator



National Eisteddfod Success

Our music ensembles achieved great success in the Australian National Eisteddfod. The College sent recordings for this last term because COVID stopped the competition from being held in person. Congratulations to the following ensembles for their impressive results!

- Concert Band - SILVER
- Guitar Ensemble - GOLD
- String Ensemble - GOLD
- Senior Wind Ensemble - GOLD

Veronica Boulton • Director of Performance & Music



Year 12 Retreat

For Year 12 Retreat this year, the cohort went to stay in Canberra Park in Gungahlin. We embraced the opportunity we had to leave the school grounds and spend a few nights and days with our peers. We engaged in a variety of activities, including a PC competition with limbo and juggling followed by a liturgy. Day 2 consisted of some heartfelt reflection and affirmation time with our PCs as we spoke about our time together over the past five years. We got the opportunity to embark on a hike up Mt Ainslie where we took a group photo and enjoyed the view as we ate lunch. On our return to Canberra Park we were given free time before dressing in green for Christmas in July, with a themed dinner to fit the occasion. Throughout our time at the venue, we got the opportunity to write letters to our peers. These letters were placed in personal envelopes designed by each student and at the end of the trip we sealed them up and took them home to read. Before we made our final departure, everyone scrambled to fit in last minute letters to our friends, family and teachers. As well as this, we opened letters we wrote to ourselves in Year 11 and wrote to our heroes and the people we look up to. It was a rewarding experience and the cohort thanks Mr Johnson and the teachers for making it so memorable.

Clara van Puyvelde • Year 12

SRC Report

Despite it being only Week 4, it has been a crazy start to Term 3!

This week was **Meup Meup's House Charity Week**. We raised money for Menslink Canberra, an amazing organisation that supports young men in our community. On the Junior Campus, flavoured milks and bacon rolls were sold, both campuses had a jersey and hoodie day, and on the Senior Campus, we held a Year 12 v teachers Oztag game, BBQ, and an activity where students could reflect on what they were grateful for in the spirit of Menslink's purpose.

The College also donated warm clothing and blankets to the **Vinnies Winter Appeal** and we thank those who contributed items or money.

In Sustainability, the **Junior Sustainability Club** has spent the last few weeks collecting numerous bottle caps to be donated to Lids4Kids. These bottle caps, which cannot be recycled through our bins at home, are transformed into prosthetic limbs for kids. Thanks to those who contributed!

Kira Tawton • Communications Captain



Student Achievement

Lachlan Collier (Year 9) represented Brumbies Rugby in the Southern State Championships during the school holidays. His team went undefeated in the four games they played.

Maddie Hayes (Year 8) was selected to be part of the ACT BMX team.

Parents *Assisting students to achieve better results*

There are a variety of ways that parents can assist their sons/daughters to achieve better learning outcomes and results at school.

All students have an Assessment Planner that can be accessed by parents. The Assessment Planner displays all assessment task due dates and for Semester 2, is located on pages 72 and 73 of the Student Diary. Students in Years 10 to 12 have had time to complete their Assessment Planner during Student Mentoring in the early stages of Semester 2. Students in Year 7 to 9 will have time to complete this task next week.

Parents taking the time to regularly check the Assessment Planner with their son/daughter, can assist students in better managing their time, completing assessment tasks by the due date and achieving to a higher standard on assessment tasks.



Parenting Webinar *Recording Available*

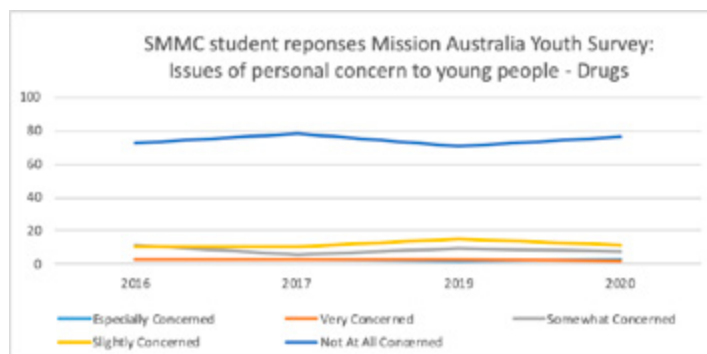
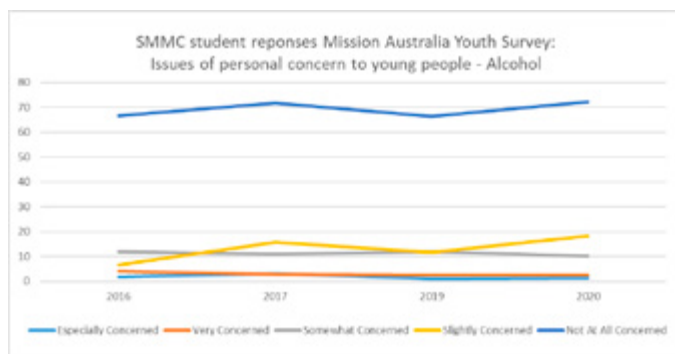
A free webinar for parents, presented by Dr Justin Coulson this week, provided information to support parents in their important role. There has been positive feedback from MacKillop parents about the value of the webinar. For those interested, the webinar was recorded and can be accessed for the next two weeks. [Simply click here to view the webinar.](#)

Themes covered include: Active parenting, parent-child relationships, conflict resolution, establishing rituals for healthy relationships, and screen time issues.

Lachlan McNicol • Assistant Principal Pastoral Care

Mission Australia *Youth Survey*

Some 600 students on the St Peter's Campus recently completed the Mission Australia Youth Survey 2021. The data provided assists us in identifying trends in student attitudes towards significant issues. Below I have attached some historical data from the four previous occasions students at the College have completed the survey. The data promotes a view that drugs and alcohol are issues that many students are not concerned about. Paul Dillon (whose website [DARTA](#) I referenced in the last newsletter) agrees, arguing that the majority of students are not engaging in risk taking behaviour with drugs and alcohol. Even taking the data at face value, students still require information and education from sources and people they trust. As the primary educators, parents and carers critically fulfil that function. So too do teachers, and the data provided from the Mission Australia Youth Survey certainly informs our practices related to student wellbeing and pastoral care.



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

Hospitality High Tea

Ms Moller's Yr 12 Hospitality class had the privilege of preparing food and providing front of house service for High Tea at Isabella Gardens Retirement Village. Students, although competent in preparing food and beverages for service, took their skills to a whole new level, preparing food and adhering to a COVID safe plan as requested by the venue. The event was a complete success as stated below in an extract by Jean Pennell and Jenny Turnbull who organised and liaised with SMMC staff.

Thank you all, again, for today's amazing High Tea. The students seemed to enjoy themselves even though it was hard work and you were all kept busy all the time you were here.

Just to let you know that we raised \$350 which will be donated to Ricky Stuart's Foundation.

Please thank all the students involved in the preparation of the food yesterday and the team today. As usual it was a pleasure to have your students here and they are all a credit to themselves and your school. All the residents love having them here and especially love the food. A wonderful time was had by everyone.

Warmest regards from Jenny and Jean



Paula Moeller and Janelle Maas • Food & Textiles



Learning Commons Reminder

REMINDER: NO FOOD ALLOWED IN THE LIBRARY

The Library enjoys being an active hub of the school, and a place for learning, reading and studying. What it doesn't enjoy is food!

This is a polite reminder that food and drink (other than bottled water) are not allowed in the Library.

If you turn up with food, you can expect to be turned away immediately. You are welcome to eat it outside and then come in!

Samantha Rutter • Learning Commons Coordinator (St Peter's)

MacKillop Mob *Updates*

STUDENT SUPPORT

Student support has started again for all Aboriginal and Torres Strait Islander students. Students are encouraged to come along if they would like any assistance with any class work or assessment. Semester 2 times are:

- Year 7: Thursday A Period 4
- Year 8 and 9: Thursday B Period 4
- Years 10 - 12: Friday A before school from 8:30am
- Year 10: Friday A Period 1
- Year 11 and 12: Monday B Lunch
- Study Periods: Wednesday A Period 5, Friday A Periods 1 and 2 and Monday B Period 4 and 5

Remember to keep an eye on the MacKillop Mob Canvas page for details of upcoming events.

BOOMERANGS

Students from both campuses engaged in a cultural activity learning about the traditional uses of various Boomerangs. This culminated in the students having the opportunity to throw the boomerangs. Thanks to Dr Burg for her assistance on the day.

Hunting Boomerang: This is a long curved teardrop shape. The hunting boomerang is not built to return with its main purpose being to kill prey for food such as kangaroo, wallaby, emu, cassowary and scrub turkey.

Returning Boomerang: This V shaped boomerang is designed to return to the thrower and was primarily designed as a toy that would allow a youngster to practice throwing skills. Sometimes this boomerang may have been used for hunting. When hunting ducks, for example, nets were set up at either ends of a creek or river. A boomerang was then thrown out over the ducks which gave them a scare so that they took off and flew directly into the nets. At other times the boomerang was thrown horizontally along the ground into a flock, and, as they took off the boomerang would follow them into the air. This may or may not kill the bird and was a harder way to hunt.



TENNIS CARNIVAL

The National Indigenous Tennis Carnival is being held in the ACT on Friday 20 August from 9am-3pm at the Canberra Tennis Centre and is open to participants aged 6-18. The Carnival is a celebration of indigenous culture through sport, art and music. An information pack can be found on the MacKillop Mob Canvas Page.

The Carnival will include the below activities:

- Welcome to Country
- Traditional Smoking Ceremony
- Basket weaving
- Boomerang painting
- Tennis clinics
- ANZ Tennis Hot Shots Competition
- Lunch and recess provided
- Gift packs for the participants

All ability levels are welcome. If you are interested in going, please email me: jeremy.margosis@mackillop.act.edu.au as we are keen to get a group together to go.

Jeremy Margosis • Aboriginal & Torres Strait Islander Education

School Fees *are now due*

Fees for Term 3 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.

Michelle Predovan • Fees Manager

University *Information*

UNIVERSITY OF WOLLONGONG

Early Admission applications close 13 August. UOW assessors look beyond marks and grades and will consider unique skills and experiences, alongside Year 11 results. As part of students' online application, they will also have the opportunity to let UOW know of any hardships they've faced that may affect their grades etc. For more information, head to <http://uow.edu.au/early-admission>

UC FAST FORWARD PROGRAM

The University of Canberra (UC) invites, by application, 25 students in Year 11 across the ACT and surrounding area into their Fast Forward Program, giving students the opportunity to participate in a range of opportunities during senior school that will help prepare them for university life. Successful students will gain a conditional offer to their preferred UC course by the end of Year 11. Applications for the 2022 program (current Year 10 students) are now open and will close Tuesday 31 August 2021. For information, visit:

<https://www.canberra.edu.au/future-students/get-into-uc/admissions-programs/fast-forward-program>

ACU OPEN DAY

Saturday 7 August & Sunday 8 August 2021 between 2 - 4pm. This will provide students and their families the opportunity to chat with staff about study options, learn more about ACU courses, check out videos, virtual tours and photos of our campuses and discover how ACU can help them achieve their goals. To register your interest, visit <https://openday.acu.edu.au>

Karen Hundy • Careers & VET Coordinator

Community News

ST JOHN VIANNEY'S 50TH ANNIVERSARY BALL

St John Vianney's 50th Anniversary Ball will be held on Saturday 4 September at the Southern Cross Club, Woden. If you are a former parent or ex-student (over 18+) the community would love to see you at the ball! The evening includes a three-course meal, drinks package, prizes and live entertainment. Visit <http://sjv50.eventbrite.com.au> for information or to book your tickets!

PARENTLINE - FREE PARENTING SUPPORT

Bushfires, hail, home schooling, lockdowns and the pandemic have been tough on all of us - but especially on children, young people and their parents/carers. Call 6287 3833 for free advice and counselling, or visit www.parentlineact.org.au

NATIONAL SCIENCE WEEK AT TUGGERANONG HOMESTEAD

From 10 am on Saturday 14 August, you can enjoy an array of displays, talks and hands-on activities for a special science-filled day at Tuggeranong Homestead! Plus, the Homestead kitchen will be serving heritage food - the old favourites from the 1900s. Entry is free, though some activities will have a charge. Brought to you this Science Week as part of *Served With a Side of Science: A Canberra Food Festival*. There's also a Science Week Dinner available! Visit <https://tuggeranonghomestead.com.au/blog/> for information.

KEEP OUR KIDS SAFE AT SPORTING EVENTS

Play by the rules when parking at ovals and sporting venues. Parking inspectors will be patrolling local sporting events throughout the year to keep our future athletes and Olympians safe - break the rules and you risk a fine. Don't park on footpaths, across driveways, no stopping zones, no parking zones, bus zones or in disabled parking spaces. Please also remember to treat our parking inspectors with respect. Like umpires on the field, they are enforcing the rules to keep us all safe. To report unsafe and illegal parking call 13 22 81 or visit www.act.gov.au/illegalparking

INSIGHTS

Make time for down-time



If your teenage children live wound-up, highly scheduled lives then they need to rediscover the lost art of down-time.

Down-time is like mucking around except that it's passive. It's about kids relaxing, doing whatever it is they feel like doing – whether that's watching a screen, hanging around with siblings or mates, reading a book or simply daydreaming.

There are three compelling reasons to allow kids down-time:

1. It's great for mental health. Hard-driven kids need some time to rest their brains. The thinking wheels can't keep spinning all the time.
2. It builds relationships. You've got to be close to someone to feel comfortable down-time with them. A household needs to be relaxed and free from tension for down-time to happen.
3. It feels good, which is good reason to do something.

The art of down-time comes with age

Toddlers are too active for down-time. Their physiology ensures that when they have some free time they'll generally keep moving and exploring.

Kids in primary school start to learn the value of down-time. They generally spend down-time on their own or by mucking around with their friends.

Teenagers are natural down-timers. They do it without trying. Teens take up a lot of space during down-time at home, tending to sprawl out and fill living rooms. Many don't mind down-time with their parents if their friends don't see them.

Many parents feel uncomfortable when their kids spend too long in down-time. Busyness is seen as a virtue. Sure, it's good for our kids to be occupied a lot of the time, but active lives need to be balanced with opportunities for inactivity.

Don't confuse down-time with brooding

Brooding, like ruminating, involves a young person repeatedly visiting their thoughts, going over past mistakes, or worrying about the future. Down-time is different as it enables a young person to chill out and relax. It's free-range mindfulness, or unstructured meditation.

Down-time is a lifetime mental health, relationship-building, and happiness habit. It's something to be encouraged, rather than clamped down.



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.