

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume *Seven* **2021**

27 AUGUST

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Coming

Up

FRI 03 SEP • MacKillop Day Liturgy

FRI 10 SEP • Spring Zing (TBC)

WED 15 SEP • College & Portfolio Captain elections

THU 16 SEP • Variety Night (TBC)

FRI 17 SEP • Term 3 ends

MON 04 OCT • Labour Day Public Holiday

TUE 05 OCT • Term 4 begins
• Parent/Teacher Interviews

THU 07 OCT • Parent/Teacher Interviews

Contact Us

Contact details



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Tuggeranong ACT 2901



Mackinnon Street, **Wanniassa** (Years 7-9)
Ellerston Avenue, **Isabella Plains** (Years 10-12)



Absentee SMS Line
0429 131 463

Socials



[www.facebook.com/
mackillop.act](http://www.facebook.com/mackillop.act)



[www.twitter.com/
mackillop_act](http://www.twitter.com/mackillop_act)



[www.instagram.com/
mackillop_act](http://www.instagram.com/mackillop_act)



[www.youtube.com/
stmarymackillop](http://www.youtube.com/stmarymackillop)

Principal's

Letter



Dear parents, staff and students,

LOCKDOWN AND REMOTE LEARNING

Greetings from Amaroo! No doubt most of you, like myself, are getting very used to the inside and backyard of our houses, screen time, and the foibles of the personalities of people we live with! The numbers of COVID cases in Canberra over the last few days have been encouraging, which means we have all been doing the right thing. The few visitors to the school and the many teachers, students, and families I've spoken to share a strong interest in bringing lockdown to an end. Compliance, thoughtfulness, and consideration of the wellbeing of others is something each of us can control.

The feedback from students and their families has been overwhelmingly positive about the College's approach to remote learning this time. Constructive feedback from 2020 has been incorporated into issues such as timetabling, presentation of content, clarity of assessment, and a realistic understanding that we all learn differently with remote learning. Should students encounter challenges, I would urge them or their parents/carers to communicate those challenges to their teacher so that they can be supported.

COLLEGE BOARD MEETING - 25 AUGUST

Like many of you, the College intends to continue with its calendar of events as best as is possible. One of these events was the monthly College Board meeting, where a new constitution for the Board was discussed, a draft College statement on inclusion and diversity was circulated, and reports on staffing, finance, and recruitment were given. Congratulations again to new Board members Laura Harris and Scott Willson, who were welcomed to the Board on Wednesday night.

THE JULIAN TENISON WOODS LABORATORIES

Three weeks ago, I arranged for some undergraduate Physics and Chemistry students from the ANU to visit the laboratories and meet with our senior students. I had met them at a strategic planning day for John XXIII College. It was very encouraging to see our senior students engaging with confidence and understanding with the undergraduates, freely explaining the practical lessons they were undertaking, where those lessons sat in the curriculum, and what outcomes were hoped for. At least this is what I think was happening – as you would be aware my understanding of Physics and Chemistry is limited!

I do understand that serious planning and research informed the design, construction, and fit for the laboratories, which are now three years old. I was pleased that the undergraduates were so praiseworthy of the quality of the labs, some even commenting that they were a better research facility than those at the ANU! I pass this on, not to be boastful, but to acknowledge again the excellent work MacKillop's teachers undertook in designing the labs and in the high quality of the facility that our students work in. After all, we have just had Science Week!

RETURN TO FACE-TO-FACE TEACHING

We don't know when this will happen and the school is depressing without students. MacKillop will follow the advice of ACT Health and Catholic Education in returning to face-to-face teaching. We will prioritise safety and learning. Thank you for your forbearance.

Yours in St Mary of the Cross MacKillop,

Michael Lee, College Principal

"The feedback from students and families has been overwhelmingly positive about the College's approach to remote learning."

Prayer

Lord,

We pray that our families and friends are safe from the pandemic.

Amen.

A message from *The College Captains*

Remote Learning & Lockdown



Dear MacKillop community,

Wow, how quickly things can change! A few weeks ago, we were together in the classroom and interacting with our friends outside. Today, we are communicating via screens from our homes.

We would much rather be talking to you in person; however, we write to you in uncertain times.

The COVID-19 lockdown is challenging for everyone, isolating us from our friends and family, and changing our daily routines. It is important that you seek help if needed, and make an effort to look after your health and wellbeing during this time. Remember to exercise, eat well and to get enough sleep, as well as make time in your day to do something you enjoy.

We are proud of the way you are adapting to the ever-changing school environment, and encourage you to use this period of remote learning to strengthen relationships with your peers, and endeavour to stay committed to your academic life.

We would like to thank our phenomenal teachers who, whilst experiencing the same challenges as us with their own families, are still guiding and supporting us through this time. As students, let's not take this support for granted, as not every school is lucky enough to be as nurtured as we are.

It is times like these that we are reminded of the extraordinary and unique community our school is. We should all feel privileged and supported to be a part of the MacKillop family.

As we miss the camaraderie and social aspect of school life, and share in the disappointment of postponed events, it is important to stay connected with each other, stay positive, and keep our spirits high.

Although we are not together in person, we can still support each other through technology. We are fortunate to be members of such a strong community, and this is something that can never be taken away from us. Thus, we encourage you to reach out. Reach out to your friends, to your families, and to your teachers. Reach out to a person who you know might be struggling.

Great is the strength we possess in our unity, so we must draw upon these strong relationships to overcome this challenge together.

We are St Mary MacKillop College, and we will continue to face this adversity with faith and courage.

We send our prayers and best wishes to you and your families, and are looking forward to a time when we can all be together again.

Zac Cunningham & Lilly Vassallo • College Captains



Book Week Celebrations

We have had a week of fun and excitement, competing in a variety of activities focused around the 2021 Book Week theme of 'Old Worlds, New Worlds, Other Worlds'.

Students have joined together as a community to compete online in the SMMC Book Week Kahoot!, they have competed in Scattergories and Amazing Race quizzes, and submitted entries in creative design: Design your own World and Design your own Book Cover. Both teachers and students were excited to enter the Book Face competition, with some very creative photos submitted. But, the final competition of the week, the much anticipated Book Week Dress-Up Day was definitely the most popular! Thanks for getting involved!

Amanda Knott • Learning Commons Coordinator (Padua)

Variety Night Auditions

Variety Night is an annual event at the College that showcases MacKillop performers. It is currently scheduled for Thursday Week 10, but the recent lockdown has forced us to play everything by ear. Variety Night may be postponed to next term; it may be prerecorded or livestreamed; we don't know at this stage! However, I can assure you that it will proceed in some form or another.

We are now asking for video submissions for your auditions. If you wish to be a part of Variety Night, film a short video with your name, PC and your performance. Upload the video to your school Google Drive and share it with me (Callum Doherty). We're not looking for Hollywood camera quality, but we must be able to see and hear you clearly. We are currently seeking solo performances but also encourage sibling performers to create duo or group performances. If you are unable to film or submit your audition but remain interested in performing, contact me and we can sort something out.

I look forward to seeing the talent that MacKillop has to offer!

Callum Doherty • Performing Arts Captain

Faith Life *Strength through adversity*

I was just recently watching a documentary centred on Simon Wiesenthal. It was both shocking and inspirational to hear his story of surviving the Holocaust, the death of his family and his ongoing search for justice after the war. It is hard to fathom what this experience would have been like. It got me thinking about lived experiences. It is just as hard to fathom those who fought and died on the sands of Gallipoli, the mud of the Western Front, in the jungles of Kokoda, or those First Nations people whose story is part of the Stolen Generations. Examples could go on for pages.

Yet this seemingly tragic and endless list is at the heart of what it is to be human. What resilience we show during the darkest times. What remarkable stories of inspiration we gain from the lived experience that echo down through the generations. They become part of our collective unconscious and in some cases, consciously woven into the fabric of our personal, national or universal narrative to raise ourselves up and know that we are remarkable beings, with strength and character beyond that which we thought we were capable.

Our greatest teacher in Christ revealed the same through his Passion. What a remarkable journey from Gethsemane to Calvary, from the darkness of the tomb to eternal glory and salvation. Though we are not fully human and divine, we are nevertheless touched by the divine and fully human. We too have the power, strength and faith to rise up to challenges, to overcome adversity and suffering, to see the good in our world and each other. For great is the strength we possess in our unity. St Mary MacKillop, pray for us. Stay connected, stay safe.

Jonathan Moyle • Assistant Principal Faith Leadership

Notices & Information

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

Community *Notices*

TUGGERANONG VALLEY CRICKET CLUB - 2021/22 REGISTRATIONS ARE NOW OPEN!

Boys and girls aged 5 to 17 can register online via My Cricket at <http://play.cricket.com.au>. For more information, contact Rod Chancellor (Club President) on 0415 105 036 or at president@tvccjuniors.org.au.

COVID INFORMATION FOR CHILDREN AND YOUNG PEOPLE

Jodie Griffiths-Cook, the ACT Commissioner for Children and Young People, has published a newsletter for children and young people explaining COVID-19 and lockdown in the ACT. You can access the [newsletter here](#).

FUTSAL MANIA - PLAY THIS SUMMER FROM TERM 4!

Expressions of interest are open for U6-U13, for girls, boys, and mixed teams (5-a-side). All clubs, academies, and schools are welcome to join! To register a team, all you need is a squad of 6-10 players. The competition starts in October, so check out Futsal Mania on Facebook or contact futsalmaniansw@gmail.com for more information. We will continue to accept Active Kids Vouchers (which were very popular last year). We look forward to seeing you in Term 4 and hopefully everything will get back to normal by then.

Communication and connection

Open communication between parents/carers and teachers is more critical than ever to support students' learning.

Parents and carers are encouraged to continue to contact PC Teachers, or other relevant staff, such as subject teachers, to ensure that we can all work in the best interests of students. With many staff working from home, the best form of communication is via email. The format for staff email addresses is firstname.surname@mackillop.act.edu.au

Pastoral Care Coordinators and the Directors of Student Wellbeing also continue to assist with any issues or concerns. They remain contactable by phone or email.

Year 7	6209 5227	Mr Simon Kelly and Mrs Belinda Fox
Year 8	6209 5214	Mrs Kathleen Galvin and Mr Nathan Wood
Year 9	6209 5253	Mrs Colleen Kain and Mr Steve Lowe
Year 10	6209 0157	Mrs Jane Cunneen and Mr Charles Bootes
Year 11	6209 0131	Mrs Leonie Sullivan
Year 12	6209 0150	Mr Peter Johnson

Directors of Student Wellbeing:

Padua Campus	6209 5238	Mr Nathan Wood
St Peter's Campus	6209 0125	Mr Rohan Langford

Should contact of an urgent nature be required, don't hesitate to get in touch with the College switchboard on 6209 0100.

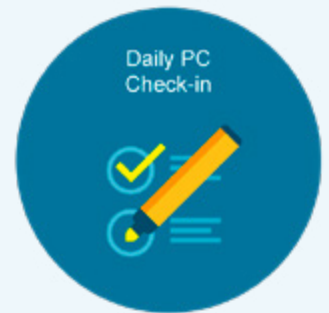
The PC Daily Check-In Tool

Students now have access to a Daily PC Check-in on their Pastoral Care Class Canvas page. The check-in involves answering simple questions about

- how they are feeling
- how they are coping with their academic classes
- any extra support required from the staff at the College

The responses will then be available only to each student's PC Teacher and the Pastoral Care Coordinators to review. The information will be of value to the PC Teacher in:

1. monitoring the wellbeing of students
2. providing some direction to students about who may support them and where to access further assistance. Please encourage students to take the check-in seriously and complete it regularly.



Student Wellness Canvas Page

A Wellness Canvas page has been created by the College Counsellors and is available to all students. The page includes access to wellbeing activities and self-management strategies to support students throughout remote learning. The resources provide information on the following topics:

- Sleep
- Exercise
- Nutrition
- Emotional, Psychological and Social Wellbeing.

Continue to engage with the Canvas Page, as new resources will be uploaded regularly.

Need Support?

The following organisations, which are also listed in the Student Diary, are useful resources for the wellbeing and health of students:

COLLEGE COUNSELLORS

The College Counsellors are available during lockdown and referrals can be made at counsellor@mackillop.act.edu.au

HELP IN THE EVENT OF A CRISIS

Kids Help Line www.kidshelp.com.au/teens	1800 55 1800
Lifeline www.lifeline.org.au	13 11 14
Suicide Call back Service suicidecallbackservice.org.au	1300 659 467
1800RESPECT <i>Counselling support for sexual assault and family/ domestic violence</i>	1800 737 732
Access Mental Health <i>Call service for mental health crisis</i>	1800 629 354
Canberra Rape Crisis Centre crcc.org.au	6247 2525

HELP WITH YOUR MENTAL HEALTH

headspace Canberra	5109 9700
headspace Queanbeyan https://headspace.org.au <i>Support for young people with health and wellbeing</i>	6298 0300
CAMHS (South) <i>Mental health services for children and adolescents</i>	5124 3133
Menslink menslink.org.au	6287 2226
Junction Yth Health Service anglicare.com.au/services/youth-family	6232 2423
Qlife www.qlife.org.au	1800 184 527

HELP WITH FOOD, MONEY & HOUSING

Our Place
6245 7100

Junction Youth Health
Service
6232 2423

HELP WITH DRUGS & ALCOHOL

Alcohol & Drug
Information Service
1800 250 015

Youth Beyond Blue
1300 22 46 36

HELP WITH E-MENTAL HEALTH

eheadspace
1800 650 890
eheadspace.org.au

biteback.org.au
mycompass.org.au

HELP WITH CYBER SAFETY & BULLYING

Youth Beyond Blue
1300 22 46 36
youthbeyondblue.com

eSafety Commissioner
esafety.gov.au

ABORIGINAL SERVICES

Gugan Gulwan Aboriginal Youth Centre:	6296 8900
Connected (Help with social and emotional wellbeing):	6180 2820
YarnSafe (Mental health and wellbeing support):	yarnsafe.org.au

Free Webinar for Parents

Dr Kristy Goodwin presents **'Taming digital distractions'** on **Wednesday 8 September from 8 - 9pm**. Dr Kristy Goodwin is a digital wellbeing and peak-performance speaker, author. She is the author of *Raising Your Child in a Digital World*. Key learning and discussion points include:

- How long we should expect focused attention from children and teens
- The research behind why digital distractions are interfering with our children's attention
- How some technologies have been intentionally designed to be captivating and alluring
- Why banning technology isn't the solution
- How to teach children/teens how to build a 'fortress around their focus' and leverage the benefits that technology offers them

The webinar is available at the following link:

www.parentingideas.com.au/parent-resources/parent-webinars/webinar-taming-digital-distractions

MacKillop families can access the webinar for free. Simply enter the voucher code TAMING through the checkout process. You will also need to enter the school's name to verify your eligibility.

Assistant Principal's Report

REMOTE LEARNING

Remote learning has been underway now for the better part of a cycle. For most students and families this has been a reasonably smooth transition to the on world of online learning using our Canvas learning management system.

We know that education at its best is a social enterprise where face to face relationships, a familiar physical environment, and learning and personal relationships build each learner's capacities. During remote learning we seek to:

- Maintain learning every school day- this connection with teachers, peers and subject matter (knowledge and skills) is crucial for students to progress.
- Create an environment and context for personal learning connections between students and teachers where students can achieve the assistance they require individually.
- Continue engagement with the community aspects of St Mary MacKillop College through a range of curriculum initiatives such as Science Week, Book Week and other activities.

Key for success during remote learning are:

1. Attendance at each subject conference each week
2. Attempting the work set by classroom teachers
3. Seeking assistance from class teachers when work challenges arise
4. Positive organisational routines - creation of a timetable which shows:
 - a. a clear timetable of Class Canvas Conferences
 - b. break times routine (recess and lunch)
 - c. dedicated time for assessment work and study
 - d. personal time for exercise and relaxation



YEAR 12 AST

As has been communicated the AST examinations are re-scheduled to go ahead on Tuesday 12 October and Wednesday 13 October. We will make details available as they come to hand.

YEAR 11 STUDENTS

Year 11 students undertaking an ATAR package who are intending to make application for early university entrance (through School Recommendation Schemes) in the 2022 school year are reminded that the universities use Year 11 results to calculate offers. This requires that student undertake their current remote learning work and assessment to the best of their ability. Students are encouraged to ask for assistance, to continue to submit drafts and meet assessment deadlines, in order to maximise their achievement.

YEARS 7-10

Students are working towards their grade achievements for each subject. Assessment may in some cases be altered in terms of structure and due date. It is still a requirement that all assessment tasks are submitted as genuine attempts. Where students are struggling, in the first instance they or their parents and carers are asked to make contact with the subject teacher. A range of supports can be offered, and are tailored to the student need.

We gratefully accept and encourage feedback about remote learning. It is this feedback that forms part of the evidence from which we make considered changes to how we offer remote learning over time. Please send any concerns via the MacKillop Media desk.

As we move into week 3 of remote learning, routines will be known. If issues arise with any learning related matter, please make contact in the first instance with the subject class teacher. They are the person closest to the issue and can attend to the learning needs most directly.

Maria O'Donnell • Assistant Principal Academic Care

Science Week *Activities*

The COVID-19 Lockdown has temporarily suspended some of our Science Week activities, but when we are back at school we will forge ahead with the 2021 Science Week Theme, "Food – Different by Design".

At Padua we will be having a daily scavenger hunt; a parachute and paper plane challenge; there will be an opportunity to make sherbet, marshmallow slime and try the miracle berry that makes anything sour taste sweet.

At St Peter's, we will be having Daily PC Science challenges to find the Science Week champions in Year 10, 11 & 12; there will be creepy crawly 'food of the future' snacks at lunchtimes as we enjoy the best short Science films of 2021; there will be opportunity to try the mind bending and taste twisting effects of the 'miracle berry'; and, for the lucky few, the chance to participate in (and sample dessert from) the "Liquid Nitrogen Show".

However, even during lockdown, MacKillop students still had the chance to celebrate Science Week through getting involved in the Australia-wide citizen-science project 'Hoot Detective' (<https://hootdetective.net.au/>). In this project, those who participated used their listening skills to identify Australian wildlife from audio clips across Australia – with the overall goal of discovering how our environment is changing in response to bush fires, floods, invasive species and climate change. Students were also given the opportunity to take a virtual swim along the South Australian coastline with the Giant Cuttlefish. From around May to August each year, tens of thousands of Giant Australian Cuttlefish aggregate along this 8km stretch of coastline. Over the last four years, numbers have been above 100,000 per year.

St Peter's students also had the chance to compete in Round 1 of the Science Kitchen Bingo Scavenger Hunt. This competition pitted PC against PC in a race to get photographic evidence of them finding items from a grid of Science-themed clues. The competition closed 5pm Thursday 26 August. The winning PC in 10, 11 & 12 winners will be announced in the coming week!

Padua's Kitchen Bingo Scavenger Hunt will begin on Monday 30 August. More details will be available in the daily PC messages.

Kate Goolagong & Tristan Burg • Science Coordinators



Life Drawing *Visual Arts*

Life Drawing has been running in Term 3 for senior Visual Arts teachers as well as MacKillop staff. This has become an annual opportunity that allows students and staff a unique opportunity to develop their figure drawing skills. We were very fortunate to have two sessions prior to remote learning. These sessions are run by MacKillop Visual Arts teachers at the Tuggeranong Arts Centre.

Tamara Murdoch • Visual Arts Coordinator

Year 7 *Textiles*

As part of the Year 7 Textiles course, students had begun to make their own pencil cases. Due to Lockdown one particular student, Lilly Kennedy, took it upon herself to follow the tutorial had sent the class and produced her very own customised pencil case. Amazing job Lilly. we challenge all of you to create something at home during Lockdown and share it with the school.



Nicolette Kavanagh • Food & Textiles



You can still travel during lockdown!

I've just finished reading 'Tilly and the Bookwanderers' by Anna James with my children at home and came across a line that really stuck with me: "Books can change minds and change worlds, open doors and open minds, and plant seeds that can grow into magical or even terrifying things. Stories are things to be loved and respected at the same time; never underestimate the power of them." I have always loved reading and especially, as a teacher, love the moment when a student picks up a book and dives into it. Books allow us to travel the world without moving, become heroes, or solve seemingly impossible riddles.

Even though we are in a lockdown, as English teachers we would hate to deprive our students of the very many possibilities that a book can bring. As such, most of the year groups have a class novel that they are currently reading or are about to start reading. Instead of turning on Netflix or playing the latest Switch game, we would encourage all students to read their novel every night. There is no doubt that the benefits of reading are endless. In the short term though, reading the class novel, will ensure that students are up to date with the class work and can take part in the class discussions. If they do not have a novel, they can access the online resource library through Canvas called Sora; or pick up that book that has been gathering dust!

We hope that, just like Tilly, everyone finds a book that opens doors for them.

Lyndall Baker & Erin White • English Coordinators

INSIGHTS

The language of respectful relationships



“Sticks and stones may break my bones, but words will never hurt me.”

This reply to playground name-calling has been taught to children by generations of parents. While the sentiments are true, it demonstrates how destructive language can be when it's used to hurt or humiliate.

Name-calling dehumanises the child or young person on the receiving end, making it easier for a perpetrator to bully, put down or abuse. The language of bullying and sexual abuse is deliberately vague and generalised making it easier to hurl insults about gender or ethnicity. It's much harder to insult someone when real names are used as it becomes personal.

Bullying uses language that dehumanises. Respectful relationships has its own language, and it's through this language that respect is shown, and personal safety and integrity are assured.

Parents can help children and young people to develop the language of respectful relationships in the following ways:

Use first or preferred names

The sound of a person's name respectfully spoken is music to the listener's ears. Teach kids to refer to other people by their first or preferred name. If a relative prefers to be called aunt or uncle rather than by their first name, then out of respect, encourage children and young people to adjust their language accordingly, even though you may not subscribe to such formalities. Politeness is respect in action.

Differentiate between behaviour and the person

It's incorrect to define a child's character through their poor behaviour. A child who tells lies is frequently called a liar, someone who steals is often labelled a thief, or someone who inadvertently shares secrets is deemed untrustworthy. In sporting parlance, focusing on the behaviour rather than on the person teaches kids about to play the ball, not the person. It may sound like splitting hairs but the focus on character traits rather than on a person's behaviour is hurtful, often degrading, and leads to resentment rather than change.

Call out disrespectful behaviour

The standard of behaviour you ignore is the standard of behaviour you accept. Disrespectful behaviour needs to be called out by adults so kids learn that bullying, racism and other forms of disrespectful language are not acceptable. When discussing the behaviour and character of friends, fictional characters in books and personalities on film differentiate between the behaviour and the person, calling out the use of negative labels when you hear them. It's easy to ignore disrespectful language when you hear it, but this one area where a consistent approach by adults is critical.

Frame behaviour as a choice

Framing behaviour as a choice is an essential respectful relationships strategy that needs to be reinforced for children and young people. “That’s a smart/good/helpful choice!” is the type of response kids should repeatedly hear, reinforcing that their behaviour is a result of choice rather than driven by others, circumstances, or emotion. Personal choice negates the idea that somehow other people or circumstances determine behaviour, or become convenient scapegoats for all types of abuse and disrespectful behaviour . “She/he made me do it” just doesn’t wash in a civilised society.

Develop a wide vocabulary

Build a wide vocabulary of terms essential to respectful relationships. Terms such as safety, choice, respect, acceptance, tolerance, love, likeable and host of others should be familiar to kids as well as phrases that emphasise fair and respectful treatment of others in all types of environments.

In closing

Respect is shown not only through the treatment of others but through the language kids use every day. By focusing on the language of respect you are laying the basis for kids to enjoy respectful relationships both now and in the future.



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.