

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume *Twelve* **2021**

17 SEPTEMBER

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TEACHING + LEARNING PAGE 8 • CAMPUS HEAD/DEPUTY PRINCIPAL ANNOUNCEMENT PAGE 12

Coming

Up

MON 0 4 0 C T

• Labour Day Public Holiday

TUE 0 5 0 C T

• Term 4 begins

WED 0 6 0 C T

• Unedjamacated at the Canberra Comedy Festival - **postponed to 2022**

TUE 1 2 0 C T

• Year 12 AST

WED 1 3 0 C T

• Year 12 AST

MON 1 8 0 C T

• Proposed date for Year 11 return to on-campus learning

WED 2 0 0 C T

• Senior House Captain Elections

MON 2 5 0 C T

• Year 11 Retreat (TBC)

Contact Us

Contact details



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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,

9/11 ANNIVERSARY

It will surprise many of you that the prayer has been replaced by the words of former US President, George W Bush. This has not been done in blasphemy, but in solidarity with the sentiment of this remarks that many of us felt only a few days ago. I caught a plane from Wellington to Christchurch four years ago and went through no security check and no body check, only being told to wear a seatbelt to keep me safe. It reminded me of the world pre-9/11, and I didn't feel safe that day in New Zealand!

Every ANZAC Day, we recall the sacrifice of Australians in the face of a known enemy. Last week, we recalled the sacrifice of citizens in the face of an unknown enemy, in a rapidly changing world, with so much good and with so much challenge. The Gospel values of faith, hope and love will always gently and provocatively nudge us closer to God.

APPOINTMENT OF CAMPUS HEAD & DEPUTY PRINCIPAL

I would like to take this opportunity to congratulate Mr Lachlan McNicol following his appointment to the role of Campus Head & Deputy Principal. An official announcement has been included towards the end of the newsletter.

A MESSAGE FROM KRISTY MCBAIN

Elsewhere in this newsletter is a message of congratulation and support to the MacKillop Community from the Federal Member for Eden-Monaro, Kristy McBain MP. While Kristy is the only politician to write, I have received a number of calls from Territory and Federal MPs complimenting the school and expressing best wishes to the teachers, the school, and their families.

HOLIDAY PERIOD

In ordinary times, I would wish all of you a wonderful holiday, but I'm not sure that's what we are going to have. The perseverance of parents and carers in sharing the greater burden of our students' learning has been magnificent. So too has been the energy, imagination and dedication of our staff. Congratulations to those members of our community in regional NSW who came out of lockdown yesterday. On behalf of many, I confess to the sin of envy! Over the next few weeks, I hope you find some time to do something differently, together, for wellbeing, diversion, and enjoyment – it could be far worse but hopefully will soon be much better.

RETURN TO SCHOOL – TERM 4

The College has written to all families about the evolving situation of returning to school. I will write to Year 12 about their return to school program, including plans and contingency plans for the AST. As always, the College will prioritise safety and learning, but will lean heavily on the collective responsibility and cooperation of our senior students to keep themselves, their families, and their mates safe.

Yours in St Mary of the Cross MacKillop,

Michael Lee
College Principal

"Over the next few weeks. I hope you find some time to do something differently. Together. for wellbeing. diversion and enjoyment."

"In the sacrifice of the first responders, in the mutual aid of strangers, in the solidarity of grief and grace, the actions of an enemy revealed the spirit of a people. And we were proud of our wounded nation."

- George W Bush,
9/11 20th Anniversary speech,
Ground Zero, 2021

2022 College & Portfolio Captain Elections

Congratulations to the successful applicants for our 2022 College and Portfolio Captain positions:

- College Captains: Madison Arnold & Rohan McDonough
- Faith & Community: Neika Henson
- Performing Arts: Maddison Cameron & Vuni-John Kamilo
- Sport: Ebony Brunt
- Sustainability: Emily Rasheed
- Communications & Connections: Josh Haynes

Congratulations to all candidates, particularly the eight students who were successful in gaining a leadership role for 2022.



AP Faith Leadership's Report: Certainty

It's quite normal to become stressed and anxious during times of uncertainty. Waiting for the results of a blood test, job security, exam results, actions we have taken or the things we have said; we can all relate to one or all of these and the feelings associated with them. As we head into another month of lockdown some or all of the above have not gone away and the additional and considerably heavy layer of our Covid crisis amplifies the sense of uncertainty and its resulting effects on our wellbeing.

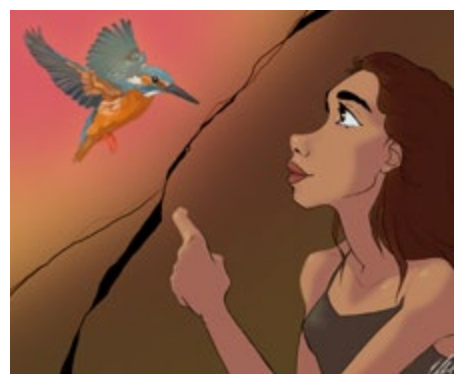
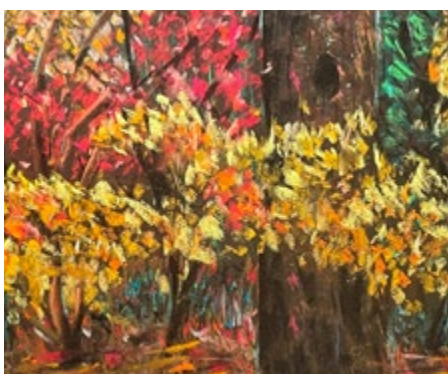
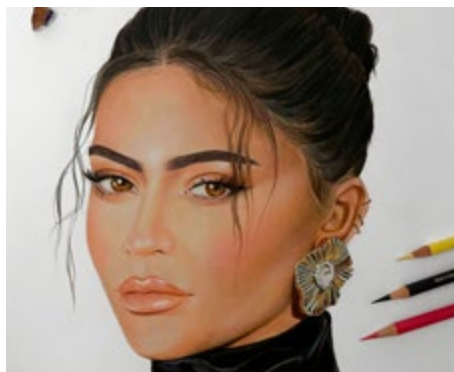
We can become wrapped up in our uncertainties and forget the 'certainties' that exist all around us all the time. We become so used to them we can forget how beautiful and divine they are. Every once in a while it's good to remind ourselves of these things. It can have a remarkably calming effect on our wellbeing and allows God to tap us very gently on the shoulder to let us know that we are loved and not alone; to find the divine in the ordinary as our patron St Mary of the Cross would tell us. Christ reminds us of this in her feast day reading when he entices us to see that wild lilies are more beautiful than Solomon's garments (Mtt 6:28-29).

A red sunset, a full moon, spring growth, a warm northerly breeze, a fantastic album, a great read, the belly laugh of a loved one as you make a joke. These beautiful 'certainties' are so simple yet so powerful to let our worries slip away even for just a moment as to centre us once more. In this centre we see the power of God at work in the most ordinary of things, to alleviate our worries and uncertainties. "So do not worry about tomorrow; tomorrow will take care of itself. Each day has enough trouble of its own." (Mtt 6:34)

May we take a moment to be in the 'now' and not be too wrapped up in the uncertainty of the future. May we take a moment to see the divine in the ordinary and give thanks for these beautiful 'certainties'. May we be kind to ourselves and know that we are loved and not alone.

Stay safe, stay connected. St Mary of the Cross, pray for us.

Jonathan Moyle • Assistant Principal Faith Leadership



Inspire 2021

Thank you and congratulations to all students who submitted entries into our Inspire Art Competition! The College typically would have exhibited all entries on MacKillop Day at the St Peter's Campus. However, due to our modified celebrations this year, our exhibition will be held digitally.

Congratulations to Year 12 student Ella Crane, who took the place of Overall Winner for her piece, *Escape The Virtual World*.

Please head to the College website to view all of the 2021 Inspire entries, as well as the winners for each category.

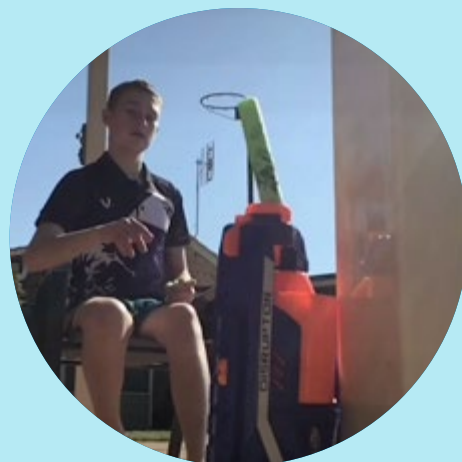
Tamara Murdoch • Visual Art Coordinator

Trick shot competition

We asked students to submit their most creative and impressive trick shot to the College Sport Page for the chance to win one of five sports-related prizes. The videos were then judged by our panel.

Congratulations to our winners Cohan Riley, Mia Keen, Jonathon Silver, Connor Mills and Reid Stewart.

You can head to the College Sport Page on Canvas now to view a compilation of winners and honourable mentions amazing videos.





R U OK? Day Initiative

On the 9th of September, MacKillop participated in RUOK Day. RUOK Day encourages people to stay connected and have conversations that can help others through difficult times in their lives. Many students engaged in this initiative as they shared conversation starters, words of encouragement and sent in images of themselves wearing yellow in support of RUOK.

Some conversation starters and supportive messages students shared include:

- How are you going?
- I'm here for you.
- How are you feeling?
- Do you need any help?

Remember, you don't need to be an expert to reach out - just a good friend and a great listener.

Use these four steps and have a conversation that could change a life:

1. Ask R U OK?
2. Listen
3. Encourage action
4. Check-in

Lilly Vassallo & Zac Cunningham • College Captains

Free Webinar for Parents and Families

The eSafety's Parent Guide to Digital Technologies and Mental Health webinar is designed for parents and carers of young people aged 10-18 and will cover: To register please follow the directions found in the following link:

<https://register.gotowebinar.com/rt/8245460212320493072>

- Current research on young people, time online and mental health
- What do to about accidental exposure to content about suicide, self-harm or eating disorders
- Using games, apps and social media to support mental wellbeing
- The pros and cons of digital mental health platforms
- Strategies for young people to support friends online

Paul Durham • Assistant Principal, Pastoral Care (acting)

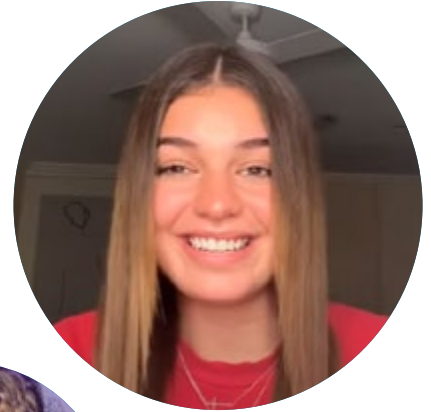
Alumni reach out to the *Class of 2021*

We are conscious of the particular impact of remote learning on Year 12 students, as it is their final year together at MacKillop. We sought the advice of some experts who had successfully navigated through the challenges of managing a disrupted Year 12 - MacKillop's very own class of 2020.

There was a huge number of past students who reached out and offered their words of hope, encouragement and kindness. A consistent theme of their messages and advice was how they found strength in their teachers, peers and the MacKillop Community.

It was comforting to hear how the experience of a disrupted Year 12 could be reframed in a positive way, as it provided an appreciation of what was most important and served to further bond and unite the year group. The Class of 2021 appreciate the care and support that they are receiving from the entire MacKillop community and look forward to finishing in a really strong way Term 4.

Peter Johnson • Year 12 Pastoral Care Coordinator



Message from **7A1**

7A1 would like to remind you of the importance of looking after your mental and physical health. Take some time over the holidays to enjoy activities that make you smile!

Monique Foran • PC Teacher, 7A1

MyFuture - *Career Decision-making*

<https://myfuture.edu.au/assist-others/webinars>

Discover how myfuture can help you to explore career pathways and make career decisions. To register please follow the directions found in the above link.

The myfuture team delivers a webinar that focuses on the skills and awareness that students need in order to integrate what they know of themselves with what they know of their opportunities.

During the webinar, the myfuture presenter will discuss the skills students can acquire to help them to make decisions in collating information and weighing alternative pathways.

Paul Durham • Assistant Principal, Pastoral Care (acting)

NAPLAN 2021

Student NAPLAN Reports are being mailed out to parents and carers over during Week 10 of Term 3. If you do not receive your child's NAPLAN report please contact Leisa Bryson, Curriculum Services via email at leisa.bryson@mackillop.act.edu.au.

Whilst NAPLAN testing does not assess the full knowledge acquisition and skill set of any child, it does provide rich data about student performance over a collection of tests at a point in time. We encourage parents/carers to engage in discussion with their child about the results, looking to the areas of strength and areas for development.

Maria O'Donnell • Assistant Principal Academic Care

Progress Reports Semester 2 2021

Michael Lee has written to families explain our altered process for Semester Progress Reports due to remote learning.

Reports will be available to parents and carers on Wednesday 6 October from 12pm onwards. They will be uploaded to the School Portal (see Login Portal on the College website).

Maria O'Donnell • Assistant Principal Academic Care

Science Olympiad results

The Australian Science Olympiad Exams are designed for gifted and talented Year 7 - 11 Science students who are looking for a challenging test of their skills.

These two hour exams are held in the disciplines of Biology, Chemistry, Earth and Environmental Science (EES) and Physics for Year 10-11 and a Junior Science Olympiad for Years 7-10. Each Olympiad exam tests critical thinking and problem solving abilities and are the first step in being selected to represent Australia at the International Science Olympiads.

It was so pleasing to see the number of students who volunteered to sit these exams. We are proud of the efforts of all participants and are happy to announce the winners of merit awards:

High Distinction

Earth and Environmental Science - Taegan Drake

Distinction

Earth and Environmental Science - Emily Rasheed

Junior Olympiad - Maria Ajamieh, Samuel Lilley, Jacob Loughlin, Aran Moody, Lucas Murray, Ashton Rajkovic, Nila Ranjith, Thomas Rodgers, Lucius Stefanuti, Jack Valois, Jasper van Doorn and Hamish Williamson.

Credit

Biology - Emily Rasheed and Kai Viljakainen

Chemistry - Kayla Walker

Earth and Environmental Science - Ryan Blundell and James Vandermee

Physics - Ryan Blundel and Isaac Muscat

Junior Olympiad - Imogen Brewer, Elise Dredge, Sean Edwards, Ella Fox, Ari Gilchrist, Hugh Hagan, Sven Leicester, Milly McCabe, Ava Morrison, Aaron Nobby Rajan, Ty Pettersen, Chelsea To and Oliver Wright.

Tristan Burg and Kate Goolagong • Science Coordinators

Remote Science Week

During "Remote Science Week" a Kitchen-Bingo scavenger hunt was offered to the MacKillop students. The task consisted of solving scientific clues to find and photograph common kitchen items and then pasting the photos on a bingo grid.

Clues included:

- "A foodstuff that glows under black light"
- "Two kitchen liquids that are immiscible"
- "A foodstuff that contains tartaric acid"

Points were awarded for each correct photo and bonus points for competing rows, columns and diagonals on the grid. Each PC class was competing to get the highest score and major prize for their year group.

In Year 7 – An outstanding performance by 7W3 to fill every square on their grid and even include a video of food glowing under black light. Congratulations 7W3 and Mrs White.

In Year 8 – A fantastic team performance by 8A2 saw them complete the every square on their bingo grid. Lots of great photos of different chemical reactions in the kitchen. A great effort by 8A2 and Mr Larkin.

In Year 9 – A few teams were close on points leading into the final day, but a great team effort by 9F1 got them over the line. Congratulations 9F1 and Mrs Gupta.

In Year 10 – The winner came from a sneak late entry from a PC that had been preparing their photos off-line only to upload the last pics and add the finishing touches on the last day. With a solid 50 points – 10W3 (congratulations to all 10W3 students and Mr Lenarcic)!

In Year 11 – An outstanding display of teamwork, research and photographic skill – one year 11 team rose to the top to blow away all the other contenders in the final days – for a while it was looking like a tie-breaker would be needed, but they got all the bonus points bar one – giving them a massive 89 out of 90 points. What an effort from 11W1 and Dr Pert!

In Year 12 – a number of teams had figured out all the answers had assigned roles and tasks to different people. All the hallmarks of good planning and teamwork were on display. But only one team pulled all that planning together with determined action to finish the board. A big congratulations for amassing 64 points to the winning team of 12E2 & Mrs Rangwalla!

Prizes will be available once we are back at school – and as a special bonus: students who put in a massive solo effort and held the fort for their PC, while your PC might not have won, you will be rewarded as well!

Thank you to everyone who participated!

Tristan Burg and Kate Goolagong • Science Coordinators



UNSW Engineering Event

The University of New South Wales (UNSW) Canberra is hosting a three day event in 2022 for female students who are interested in Engineering as a career. This event is scheduled for in the April School holidays in 2022.

All girls currently in Years 8 to 11 are encouraged to register for this free three-day event developed and hosted by UNSW Canberra Engineering staff.

Dates: 11-13 April 2022

Who is the event for?: Young women in years 9-12 in 2022

How to apply: Students (currently in years 8-11, 2021) can register by visiting the web page www.unsw.adfa.edu.au/yowie

Event cost: FREE

The YoWIE Program has several fun hands-on activities designed to show young women were studying Maths and Science in high school can take them as well as increasing their skills and confidence in engineering.

You will participate in activities themed around space and aeronautical engineering, mechanical and civil engineering, and electrical and software engineering.

Registrations for the program are now open!

Karen Hundy • Careers and VET Coordinator

SRC Update

Hello everyone! The members of the SRC hope you are doing well, despite the current conditions that we are all in.

Though lockdown has put a hold on many school events, the SRC and staff have swiftly introduced new competitions and segments that we hope have been enjoyable for you all to get involved in remotely.

For example, last week, the PE College Sport Faculty, along with our Sport Captain Sam Robinson, organised a **'Trick Shot' Competition** which led students to get creative and active for some great prizes.

For Performing Arts, **Variety Night** has switched to online auditions, with students sending in recorded acts of immense talent to Performing Arts Captain, Callum Doherty.

This week, we kickstarted the first annual **'MacKillop Short Film Festival'** competition. Like every classic film festival, we have outlined a list of special items that the entries need to have present in their video along with rules that must be followed. If you would like to get involved, please upload your video to Google Drive and share the link with either myself or Callum Doherty at: TAWTONKT@mackillop.act.edu.au or DOHERTCA@mackillop.act.edu.au.

Entries close on 15 October. We can't wait to see what you can create!

Kira Tawton • Communications & Connections Captain

Term 4 School Fees

Term 4 2021 fee statements will be sent electronically in the upcoming holidays.

Thank you to the families who have paid Term 3 fees. Any outstanding fees should be paid immediately unless paying by Direct Debit or other approved arrangement.

Please note that a credit for Year 10 Urban Challenge has been placed on your accounts.

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 News

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

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>. There are lots of competitions this summer, with Junior Blasters, Master Blasters, and Junior Cricket! For more information, contact Rod Chancellor (Club President) on 0415 105 036 or at president@tvccjuniors.org.au.

FUTSAL MANIA - PLAY THIS SUMMER FROM TERM 4!

Expressions of interest are open for U6-U13 to play 5-a-side on Mondays and Tuesdays in Term 4. All clubs, academies, and schools are welcome to join! Register a team by 30 September 2021 - all you need is a squad of 6-10 players! The competition starts in October and will be played at the PCYC in Queanbeyan.

Check out Futsal Mania on Facebook or contact futsalmaniansw@gmail.com for more information.

WESTON INDOOR SPORTS - REBOUND SOCCER

Come and join the most fun indoor soccer competition, the non-stop game where the ball doesn't go out! We have 20 years of experience in running sports for children and with over 115 teams playing Summer Rebound Soccer, we can offer games to enjoy for players of all ages. The competition is set to start in October, so visit www.westonis.com.au to register or to access more information.

16 September 2021

**Announcement:
Campus Head & Deputy Principal, St Peter's Campus**

Dear College community,

Following the resignation of Paul O'Callaghan after 12 years as Head of Campus at Padua and St Peter's, I am pleased to announce that Mr Lachlan McNicol has been successful in his application for the advertised position of Head of Campus. This role carries with it the additional responsibilities and title of Deputy Principal.

The position was widely advertised and attracted an excellent field of applicants from within Canberra, regional NSW, Sydney and elsewhere. Lachlan brings to this position a track record of outstanding and successful leadership at MacKillop. He brings to this role the wide respect and affection of his colleagues and deep respect from the student body and their families and carers. Lachlan possesses three Masters in Theology, Religious Education and Educational Leadership and an extensive record of professional learning. Most importantly, he has a profound sense of the Vision of the school and its place within that of our Archdiocese and the wider Catholic Church. His deep understanding of the pulse and rhythm of St Mary MacKillop College and the trust and respect in which he is held, will be of enormous strength to him in this new role and I hope a source of deep comfort to the MacKillop community.

I would like to thank the selection panel, the membership of which was Fr James Antony, College Chaplain; Tim Smith, CE Performance and Improvement Leader; Anna Masters, Principal, Merici College; and Sally Bunnell, Parent Rep, MacKillop College Board. Their wisdom, judgement and investment in Catholic education was instrumental in this appointment. I would also like to acknowledge the strengths of the other applicants. Each applicant brought evidence of wide research into our school and distinguished experience in leadership elsewhere. This high quality is a compliment to the profile and reputation of the College, which each of you have contributed to build.

I am sure you will join with me in congratulating Lachlan McNicol and wishing him well in this next step of his career and in helping to guide the progress and continued success of this remarkable place of learning.

Yours sincerely in St Mary MacKillop,



Michael Lee
College Principal

KRISTY MCBAIN MP

MEMBER FOR EDEN-MONARO



14 September 2021

Mr Michael Lee
Principal
St Mary MacKillop College

Dear Michael

I have recently been in touch with schools in my electorate of Eden-Monaro, however I am aware that there are a large number of students and staff who reside in Eden-Monaro that attend MacKillop College, so I am taking this opportunity to also write to you.

Thank you for the care, energy and support you and your staff have shown to our young people and the wider community during another challenging year.

The COVID-19 lockdowns and border closures have been felt deeply throughout our region and it has been especially tough on students, teachers, and families, particularly those from Eden-Monaro who have the added challenge of navigating numerous cross-border issues.

I have heard many positive stories about the way your students have adapted to remote learning and the role you and your school community have played in helping them cope while continuing with their education.

I believe a quality education is essential for the next generation so that these young women and men can play their role in a better future for Australia, and I am certain the support that has been provided will be remembered by many for some time.

As the federal Member for Eden-Monaro please pass on my congratulations to your staff, students, and families. If there is anything I can do to assist your school or students please don't hesitate to get in touch.

Congratulations and I wish you all the best for the remainder of 2021.

Kind regards

Kristy McBain
Member for Eden-Monaro

INSIGHTS

Everyday resilience lessons for kids



Muscles need to be exercised daily if they're to remain strong, flexible and do their jobs. Resilience is no different. If it's not exercised regularly our resilience will waste away.

Resilience is developed through regular daily use. Here are some simple ways you can encourage a child or young person of any age to flex their resilience muscles every day.

Wait until mealtime

Discourage them from random snacking when they are hungry. Encourage them to wait until mealtime. By tolerating minor discomforts such as hunger, thirst or even some worries, kids get the practise needed to help them manage bigger future hurdles that may come their way. You can build your child's tolerance of discomfort by encouraging them to delaying immediate gratification even just for a few moments.

Do more than expected

Great sportspeople routinely train more than others and push through mental and physical boundaries. Encourage your child to push through boundaries and do more than expected in small ways. Perhaps they don't just clean their bedroom but tidy the living room as well. They may aim to shoot 10 goals in a row at basketball practice but keep going until they reach fifteen. Going past the finish line is wonderful resilience practice. What else can you do that would encourage your child to do more than expected on a regular basis?

Save pocket money

Did you know that when you encourage your child to save some of their pocket money rather than spend it immediately you are teaching them to delay gratification, an acknowledged resilience attribute? Asking a child to set aside some pocket money for saving, some for charity and some for spending will help develop a balanced use of pocket money. It helps if a child can develop their own savings goal, and parental suggestions can assist. The delay of an immediate reward to achieve a greater or later reward needs to be practiced if it's to become part a child's pattern of behaviour.

Make the bed

Resilience comes from doing things that we don't feel like doing and making a bed is one thing few people enjoy. The daily habit of making a bed (to the best of a child's or teen's ability) is a brilliant discipline to develop, which has the bonus of setting kids up well for a productive day at school. What other simple habits that fit into the "don't-like-to-do" basket that benefits either your child or others in the family?

Help when you don't feel like it

It's easy to help at home when they've had a good day at school or the weather is fine. It's much more difficult to step up and help set the table, put the rubbish out or hear a sibling read when they've had a bad day at school or the weather is stinking hot. The seemingly small act of sticking to commitments develops discipline and conscientiousness that contributes to a sense of resilience.

Smile when you don't feel happy

Feelings may be difficult to manage, but behaviour is a choice. Encourage kids to choose happy, or at least act happy by smiling rather than putting on a grumpy face. The brilliant thing about this strategy is that smiling changes their mood so that they begin to experience pleasant emotions.

It's the small, everyday behaviours we encourage in kids that have the greatest impact on their behaviour, wellbeing and resilience.



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.