

# College

# Newsletter



# MacKillop

St Mary MacKillop College Canberra



## Volume *Thirteen* 2021

### 8 OCTOBER

WELCOME TO TERM 4 PAGE 3 • YEAR 12 RETURN TO CAMPUS PAGE 4 • SRC ELECTIONS PAGE 5  
TEACHING + LEARNING PAGE 7 • NOTICES + INFORMATION PAGE 9

# Coming

# Up

TUE 1 2 OCT

• Year 12 AST

WED 1 3 OCT

• Year 12 AST

MON 1 8 OCT

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

WED 2 0 OCT

• Senior House Captain Elections

MON 2 5 OCT

• Proposed date for Year 9 and Year 10 return to on-campus learning

WED 2 7 OCT

• Padua Campus Captain Elections

MON 0 1 NOV

• Proposed date for Year 7 and Year 8 return to on-campus learning

TUE 0 9 NOV

• Year 10 Exams commence

# 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,

### WELCOME BACK (SORT OF)

ACT Chief Minister Andrew Barr has said yesterday (7 October) that the roadmap to greater liberty for the ACT remains on track. Therefore, the previously published dates for the return of year groups remains unchanged. However, were the protocols around those returns to change, you will be informed.

We had 194 Year 12 students return to school in person on Tuesday, with 140 here on Wednesday and 130 yesterday. Clearly the return to school is not without risk, but the rewards were plentiful.

Young people like to be around each other. So do older people, for that matter. Education is relational; it's about generosity, trust, respect, and gaining wisdom and understanding, certainly from a teacher, but also from those around us. All of that was evident on Tuesday.

Year 12 set an example of respect for protocols, compliance, and collective responsibility – an example that will be there for other year groups to follow when they return.

### YEAR 12 AST 2021

Congratulations to the ACT Board of Senior Secondary Studies for the outstanding work that they have undertaken on behalf of thousands of Year 12 students across all Colleges and schools in the Territory.

The delay of the AST, the development of exam protocols, and the liaising with ACT Health and heads of sectors in individual schools has been extensive, but very well done. Our ATAR-seeking students (many of them with unconditional offers for first choice places at university already accepted) are well prepared for this test. They will sit those tests on Tuesday and Wednesday next week, in very safe and comfortable conditions.

Let's all wish them and the other students in the city the best of luck.

Yours in St Mary of the Cross MacKillop,

Michael Lee  
College Principal

*"Clearly the return to school is not without risk, but the rewards were plentiful."*

### Prayer

Lord,

*We give thanks for all the health care workers in our city who put themselves at risk to keep us safe.*

*Amen.*

## Year 12

### *Return to Campus*

As Term 4 commenced, MacKillop eagerly welcomed back a number of Year 12 students to campus!

Though many Year 12 students chose to return to on-campus learning, the College still provided the Class of 2021 with the option of continuing their learning from home.

For those that opted to join us on campus, it was very different this time. To ensure students safety, we have implemented several measures such as compulsory mask-wearing, social distancing in and outside the classroom as well as many other protocols.

The College also welcomed Years 7-11 in an online capacity as they continued with remote learning to commence Term 4.



## Student Achievements

### Sarah Minchin

Our very own Sarah Minchin was a finalist in the 2021 ACT Training Awards in the category of ACT Australian School-based Apprentice of the Year.

Sarah is currently undertaking an electrical apprenticeship through the Australian Training Company as part of the Women in Construction Pathways Program.

Great work Sarah!



### Tom Shakespeare

Year 12 student Tom Shakespeare has been selected in the Australian U18 Baseball squad.

Tom has also been asked to play with the Canberra Cavalry in a development capacity this year.

Congratulations Tom!



## Student Representative Council

### Elections

During the coming weeks elections will take place for House Captains and SRC members from the current Year 7, 8, 9 and 11 cohorts. For interested students on the Padua Campus, nomination forms will be available on request from Pastoral Care Coordinators from Wednesday 13 October.

Many of our students have great leadership capacity and attributes to lead in both formal positions of leadership as well as informally. Often students may not consider nominating for the College SRC unless they are individually encouraged to do so. Having a conversation with your son/daughter about seeking a formal leadership role may prompt them in pursuing the opportunity of obtaining an SRC position within the College.

Dates for the closing of nominations and elections are listed below:

POSITION	ELIGIBLE	NOMINATIONS CLOSE	ELECTION
<b>College House Captains</b> - 1 female and male from each of the 4 Houses	Current Year 11	Closed	Wed 20 October
<b>Padua Campus Captains</b> - 1 female & 1 male	Current Year 8	Wed 13 October	Wed 27 October
<b>Padua House Captains</b> - 1 female and male from each of the 4 Houses	Current Year 8	Wed 13 October	Wed 10 November
<b>SRC Positions</b> - Year 10 – a student from each House - Year 8 – a student from each House	Current Year 9 Current Year 7	Fri 22 October	Wed 10 November

## Remote Learning Advice for parents

Lockdown measures and remote learning provide challenges for both students and parents. Many parents have had to adapt to working from home, while also keeping their children engaged with learning, motivated, entertained, and healthy.

Parents can assist students to maintain a regular routine by waking up early, having breakfast, getting dressed, and then sitting down to get started with their school work. Teachers have provided them with enough work to keep their brains stimulated but parents can assist in keeping them focused. Creating a physical schedule that incorporates timetabled class conferences and time to complete the set classwork and assessment while also allocating time for breaks, lunch, exercise and some downtime/play can assist in managing the demands of remote learning.

## Year 10 *Bite Back* program

St Mary MacKillop College aims to support the mental health of students through raising awareness, reducing stigma and supporting students with mental health issues.

The Bite Back Mental Fitness Challenge, created by the Black Dog Institute, is an online positive psychology program aimed at improving the wellbeing and resilience of students. The six-week challenge covers several domains of positive psychology including Gratitude, Mindfulness, Social Connections, Character Strengths, and Meaning and Purpose.

Year 10 students participated in the program during Term 3. Some comments and experiences provided by Year 10 students include:

*"The program helped me to learn more about myself. I liked how at the end of every week there were "improvement tips". I used these to my advantage and they have helped me to make better choices".*

Thomas Magsumbol (10E1)

*"The Bite Back Program gave me the sense of having someone hearing my innermost thoughts and feelings. It allowed me to express myself and achieve a sense of freedom and exhilaration".*

Kassandra Regala (10EW)

*"The Bite Back program reminded me of the importance of positivity, mindfulness, gratitude and staying focused and in control. The 'thank tank' tool reminded me of how fortunate I am for my family, friends and education. I also enjoyed the two minute meditations as I could take time to myself, staying both calm and relaxed".*

Philippa Niven (10A1)

## Status *Awards*

Congratulations to the following students who were been presented Status Awards at this week's online Padua Campus Assembly:

### Bronze Status

Chloe Cairns 7W2, Emma Hansen 7E2, Logan Sweeney 7E4.

### Silver Status

Mariann Fulop 7A1, Harrison Orton 7A4.

**Lachlan McNicol • Assistant Principal, Pastoral Care**

## 2021 AST Exams

The AST exams are the opportunity for all students to perform their best so that the ATAR scores available to the College are as high as possible. Whilst these exams are challenging, students have been very well prepared by Mr Cruwys.

The rescheduled AST for all ATAR seekers will take place in Week 2 of Term 4 on the following dates:

- Day 1, Tuesday 12 October 2021
- Day 2, Wednesday 13 October 2021

The testing will take place on campus observing social distancing and all health and safety measures as advised by the ACT Department of Health. More details to follow once they are available.

Year 12 ATAR seekers have been prepared through an intensive AST Program from Year 11 Term 4, 2020 through to Term 4, 2021.

Information is available for students ( and parents/carers) at the following BSSS web address:

[https://www.bsss.act.edu.au/\\_data/assets/pdf\\_file/0019/517600/Student\\_Information\\_Bulletin\\_2021\\_Lockdown\\_Update.pdf](https://www.bsss.act.edu.au/_data/assets/pdf_file/0019/517600/Student_Information_Bulletin_2021_Lockdown_Update.pdf)

## Semester 2 Progress Reports

All parents and carers will have gained access to their child(ren)'s Semester 2 progress reports from Wednesday 6 October. The reports are available on the College portal. If parents/carers experience any difficulty accessing reports, please contact the helpdesk at [helpdesk@mackillop.act.edu.au](mailto:helpdesk@mackillop.act.edu.au).

The progress report is an important document designed to provide information about:

1. the completion of formal assessment
2. information about student areas of strength and areas for development.

The feedback available helps students to direct their efforts for improvement across the remainder of the semester. It is very important that parents and carers share the report with their child(ren), so that they can know how they are progressing and how to make the changes required for improvement.

Parent-teacher interviews will not be able to be conducted face to face. In lieu of this arrangement teachers have provided additional information which articulates the areas of strength and areas for development for each student in each subject. Teachers have also made request for an additional conversation with parents/carers should it be required, and they will make contact directly with home. Parents and carers are also able to make direct contact with class teachers should they wish to discuss any matters further.

## Student Remote Learning Additional Support

Class teachers continue to work with all students to progress their learning. For some students remote learning has proved to be challenging. If your son or daughter requires additional support with classwork and assessment work, please make direct contact with the classroom teacher in the first instance.

The Teaching and Learning Coordinators are also available to organise assessment support for individual students. They can be contacted at:

Lisa Buckland

Wanniassa (Padua) Campus

[lisa.buckland@mackillop.act.edu.au](mailto:lisa.buckland@mackillop.act.edu.au)

Nicola McLennan

Isabella (St Peters) Campus

[nicola.mclennan@mackillop.act.edu.au](mailto:nicola.mclennan@mackillop.act.edu.au)

**Maria O'Donnell • Assistant Principal, Academic Care**

## Visual Arts

Visual Arts students across Years 7 - 12 have not been held back by remote learning and have continued to produce thoughtful, skillful and creative artworks. Included here are a selection of works from Year 9 Drawing & Painting, Year 10 Sculpture, Year 10 Drawing & Painting, Year 11 Photography, and Year 11 Painting.



Year 9 Drawing & Painting are beginning an investigation into appropriation as an art form, Year 10 Drawing & Painting used a cow skull as the stimulus for a still life drawing, Year 10 Sculpture created fun caricatures representing celebrities as animals, Year 11 Photography explored the Elements & Principles of Design, and Year 11 Painting produced portraits of family members.

**Tamara Murdoch • Visual Art Coordinator**





## **ACTION** *School Buses*

To align with the return of face-to-face learning in Term 4, Transport Canberra will resume all dedicated school bus services from 25 October 2021 (Week 4). More details and updated school timetables will be available online one week before this is implemented. There will be some minor timing changes to services and as such, families will need to review the timetables when they are available. Transport Canberra have advised that in Weeks 1 to 3, Year 11 and 12 students will be able to travel to school using the current interim network. They can plan their trips ahead of time using the Journey Planner at [www.transport.act.gov.au](http://www.transport.act.gov.au).

## *Second-hand* **Uniform Shop**

We are pleased to announce that our second-hand uniform shop is now open for business. The shop is located at the St Peter's Campus (Isabella Plains), on the mezzanine level in the Gymnasium. You will now be able to purchase a quality uniform for your son or daughter for less than half of the usual cost. Please note that we have a range of items and sizes available and all of the uniforms on offer have been dry-cleaned prior to sale.

Due to COVID-19 restrictions we ask that you please phone the St Peter's Campus on 6209 0100 to book in a time to view the uniforms. When you are ready to make a purchase, please remember to bring your card as we will only be accepting electronic payments. You are also welcome to make payments over the phone.

We are actively seeking second-hand uniform donations, which can be delivered to the Front Reception at either campus. Your generosity will be greatly appreciated by families who have had trouble sourcing particular uniform items, as there remain several items in short supply. We are offering a \$5 canteen voucher to thank you for your donation.

**Stephen Dunkerley • Business Manager**

## *Term 4* **School Fees**

Term 4 Fees were electronically sent to family email addresses on 22 September. Fees are to be paid by 22 October 2021 unless paying by Direct Debit or other approved method. If you would like more information regarding Direct Debit payments or have any queries regarding your fees, please contact the Fees Office.

Please note that credits for Year 10 Urban Challenge have been placed on 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 your income has been affected by the current COVID Lockdown please contact the Fees Office.

**Michelle Predovan • Fees Manager**

## *Not returning* **in 2022?**

If you have a student in Year 7 to 11 who is not returning to the College in 2022, we would like to know as soon as possible to help us with plans and processes for next year. Please email [enrolments@mackillop.act.edu.au](mailto:enrolments@mackillop.act.edu.au) and provide us with your son's or daughter's name and the school that they are going to for 2022.

**Rebecca Sidwell • Enrolment Officer**

## FUTSAL MANIA - REGISTER YOUR TEAM TODAY!

Expressions of interest close on 8 October for U6-U13 Futsal Mania. All clubs, academies, and schools are welcome to join and all you need is a squad of 6-10 players! The competition is planned to commence 18 October and will be played at the PCYC in Queanbeyan.

For more information, check out Futsal Mania on Facebook or contact [futsalmaniansw@gmail.com](mailto:futsalmaniansw@gmail.com).

## 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](http://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](mailto:president@tvccjuniors.org.au).

## LOWES/SAVVY SCHOOLWEAR UNIFORM SALE

Our uniform supplier is having a three-day sale event for school uniforms. With the current lockdown, this sale will only be available online.

Visit <https://www.lowes.com.au/schools-online-landing>

**3 DAY EVENT**  
**14<sup>TH</sup> - 16<sup>TH</sup> OCTOBER**

**ZERO & REWARDS CARD HOLDERS**

**20% OFF\***  
**SCHOOLWEAR**  
& EVERYTHING ELSE!

DON'T HAVE A CARD? APPLY IN-STORE OR ONLINE & START ENJOYING THE BENEFITS

\*T&C'S APPLY. SAVINGS OFF ORIGINAL PRICES. INSTORE & ONLINE



**LOWES PRACTISES COVID SAFE MEASURES.**

**PAY-AS-YOU-WEAR!**

Flatten your expense curve by paying off your LOWES purchases over 12-months with your Zero Card.

**PLUS take an EXTRA 5% OFF your purchases.**



INSIGHTS

## Riding the COVID waves



The disruption caused by the pandemic continues, with the scale of its impact dependent on geography. Families in the nation's two most populated states are no strangers to lockdowns and the disturbance they bring to normal life. Regardless of where you live, the sense of the pandemic is always present, ready to disrupt daily life at short notice.

### We crave connection and certainty

Human beings crave certainty and human connection, both of which are severely impacted by the current pandemic. Just when life appears to return to normal, COVID case numbers can flare, sparking changes to our daily lives. As demonstrated by the massive increase in people seeking psychological support services over the last 18 months, these are difficult times for us all.

Every family has its own COVID related story consisting of loss, disappointment, hardship, frustration of some kind. While there is no magic bullet that will make living through these uncertain times easy, here are some strategies to help you and your family stay upright while you ride the COVID waves of uncertainty and change.

### Model a coping mindset

Let's start with a coping mindset, the hardest and most important strategy. The leader in any group is the person who remains calm in a crisis, so as parents we need to do all we can to keep our acts together, or at least look like we are in control. Kids of all ages, but especially primary-aged students, take their cues from parents, the most important people in their lives, about how to view events. If catastrophising, anxiety and anger are modelled, then inevitably younger family members will mimic these behaviours. More significantly, these behaviours contribute to their feelings of lack of control. Alternatively, when acceptance, perspective and optimism are on display, kids learn how they can cope with uncertainty and change. This is not to suggest that parents aren't struggling, and that we shouldn't show our vulnerability to children. However, children and young people feel safer and more secure when their parents radiate a sense of calm and composure in the face of difficulty. Challenging, but essential.

### Act like a middle born

Despite the negative press that middle-borns receive including 'middle child syndrome', and 'middle-child complex', this cohort is generally very resilient. Their flexibility as a result of fitting into a life pattern set by an elder sibling enables them to more easily adapt to change. Often considered less ambitious and driven than first-borns, middle children generally expect less of themselves, and are more inclined to bide their time, letting the big waves pass before riding the more accessible, easier waves to achieve success. Birth order research reveals that middle children tend to have broader social circles than children born in other positions enabling them to form social connections in many different settings. Their adaptability, lowering of expectations and wonderful approachability are examples of how to survive challenging times.

## Embed wellbeing strategies into family life

If ever there was a time to make wellbeing come alive in a family, it's now. If you have previously believed kids' wellbeing is less important than homework, music or sports lessons and chores then it's time for a priority rethink. Mental health practices are most successful when they are embedded into family life, rather than being focused on when life gets hard. While no means limited to these, the most significant wellbeing practices include sticking to daily routines (to maintain feelings of control), taking regular exercise (to get rid of built-up stress and promote feel-good endorphins) and prioritising sleep (to maximise the brain's capacity to manage stress).

## Only sweat the big stuff

If you find that you're arguing with your child over minor issues such as leaving clothes around the house, then it's time to let the small stuff go and focus on the bigger issues. You may need to set the parenting bar a little lower, focus less on academics, even relax screen time limits for a time if they are a source of conflict. Expect behaviour blow outs from children who have lost their own bearings – in some cases access to friends, school, and schedule. Give kids space if they regress, rather than reward tantrums with plenty of your attention, which will reward and keep the behaviour going.

## Connect with your village

Are you an introvert or an extrovert? What about your kids? It matters because each group reacts differently during lockdowns. Those on the introvert end of the spectrum can feel a little too comfortable being home and away from work or school. Scheduling regular digital catch-ups with friends and family can overcome reluctance to connect. Extroverts, on the other hand, can really struggle being away from friends and need little encouragement to stay in touch, which is vital during times of uncertainty.

There are no hard and fast rules about living through this pandemic. COVID didn't come with a 'how to' manual, so most of us are writing our own rules as we go. Embrace any ideas that work for you and your family and let go of those that aren't right for you. Be mindful, that the tide will eventually turn, the waves more predictable and our capacity to deal with hardship will have been enhanced by this experience.



### 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.