

College

Newsletter



MacKillop

St Mary MacKillop College Canberra



Volume *fourteen* 2021

29 OCTOBER

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Coming

Up

MON 0 1 N O V

- Year 7 and Year 8 return to on-campus learning

TUE 0 9 N O V

- Year 10 Exams commence

THU 1 1 N O V

- Final day of classes for Year 12

FRI 1 2 N O V

- Year 12 Breakfast and Farewell Assembly
- Final day of classes for Year 11

MON 1 5 N O V

- Senior Exams commence

FRI 2 6 N O V

- Year 12 Mass and Graduation practice
- Status Awards Afternoon (Padua)

MON 2 9 N O V

- Year 10 Community Day

TUE 3 0 N O V

- Year 10 Semester 2 Awards Assembly
- Year 10 Last Day of School

Contact Us

Contact details



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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/
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www.instagram.com/
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www.youtube.com/
stmarymackillop

Principal's

Letter



Dear parents, staff and students,

WORLD TEACHERS' DAY

Today is World Teachers' Day! This is an opportunity for all of us to reflect on a great teacher that we had in early childhood, primary or secondary, at university or TAFE, or in the workplace. Great teachers are generous, inspiring, and teach with wisdom, understanding, and patience – they are usually experts in their field. I give thanks for a number of memorable teachers that I had throughout my formal education. They were talented women and men of personality, with rich humour (most of them) and a genuine concern for my growth and development as a young man.

Many of you will, like me, give thanks to our parents, who for almost all of us have been our first and greatest teachers. I am also grateful (as no doubt are all of you) for the great teaching we have on the staff at MacKillop, each of them making a difference to the lives of those in their care.

RETURN TO SCHOOL

From Monday, the entire school will be back for face-to-face learning. There will be varying degrees of confidence, joy, comfort, and anxiety about this. Just the same, if this century is going to offer us any experience of normal, next Monday should be an example of it! I'd like to take this opportunity to thank families for their overwhelming support of teaching and support staff during lockdown and for the constructive feedback that we have received from students and families.

Year Coordinators and senior staff (including myself) are happy to work with individual families who are experiencing challenges around reintegration. The PC teacher and Year Coordinator should be contacted in the first instance.

Like all of you, I look forward to this reintegration going well.

ASSISTANT PRINCIPAL PASTORAL CARE

Congratulations to Mr Paul Durham, who has successfully applied for this important role in the school. Mr Durham will drive quality conduct policy, wellbeing, and programs around respect, relationships, self and mutual obligation, and many of the community celebrations that the school enjoys.

Mr Durham has been at the College for over 10 years and has gained wisdom and experience from successful leadership in a variety of community and student-based roles at MacKillop.

Please join with me in congratulating Paul on this important and, I believe, distinguished appointment.

Yours in St Mary of the Cross MacKillop,

Michael Lee
College Principal

*"I am also grateful
for the great
teaching we have
on the faculty at
MacKillop."*

Prayer

Lord,

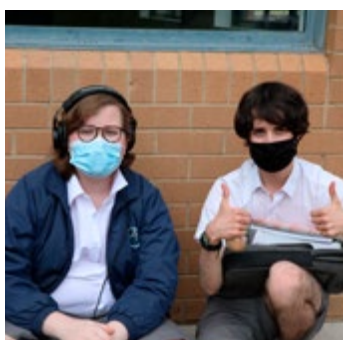
*Help us to grow in the love
of your son and our saviour,
Jesus Christ.*

Amen.

Welcome Back *Year 9 and 10*

This week, Year 9 and 10 students returned to Campus for the return of face-to-face learning.

We look forward to welcoming Years 8 and 7 back on 1 November!



Long Tan 2021

The recipients of the 2021 Long Tan Awards were announced at the St Peter's Campus on 27 October.

The assembly was again held online this year, like all College assemblies since the ACT went into lockdown in August.

Alana Freene (Year 10) and Ella Grech (Year 12) received the Long Tan Leadership Award, which is presented to students in those year groups who demonstrate leadership and teamwork within school and in the broader community.

Riley Noble (Year 10) and Darcy Clark (Year 12) received the ADF Future Innovators Award, which was introduced last year to recognise innovation in leadership of students who study subjects in the areas of science, technology, engineering and mathematics (STEM).

The recipients of the 2021 Long Tan Awards were announced at the St Peter's Campus on 27 October.

Both awards honour the legacy of Long Tan and the leadership and sacrifice of all men and women who have given their lives in service to their country.

Most significantly, they honour that leadership is demonstrated each and every day by men, women, boys, and girls in their communities, workplaces and through innovation in learning.

Congratulations to Alana, Ella, Riley, and Darcy on this significant achievement.



2022 Student *Leaders*

Last week, Year 11 students last week participated in elections for leadership positions on the 2022 Student Representative Council. Following the elections of 2022 College Captains and Portfolio Captain late last term, the successful candidates for College House Captain positions were announced this week:

College House Captains



Elections for 2022 Padua Campus Captains have been delayed to align with the return of Year 8 students to the Campus and will now be held on Wednesday 3 November.

Elections for House Captains on the Padua Campus (current Year 8's) and SRC positions (current Year 7 and 9 students) will be held on Wednesday, 10 November.

Status Awards

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

Bronze Status

Stephanie Dingwall, 7F3, Grace Evans 7E4, Macey Hazell 7E2, Indi Kildey 7F3, William McGrath 7W1, Abigail Rutten 7E4, Jack van Oosten 7E4, Mia Wallace 7F2, Adi Zisman 7A1

Silver Status

Cooper Lovekin 8A4, Chloe Patron 7A1

Gold Status

Lara D'Ambrosio 8F1

Lachlan McNicol • Assistant Principal, Pastoral Care

Ensuring your teenager keeps safe *at a party*

As Covid-19 restrictions ease, end of year celebrations are planned for and students potentially attend parties that have been delayed, the following evidenced-based information assists parents in preparing for these and minimising risks. The [Positive Choices](#) information was developed following an expert review by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney, the National Drug & Alcohol Research Centre at the University of New South Wales, and Dr Catherine Quinn at the University of Queensland.

Key Messages

- Make time to talk with your teenager about the party.
- Speak to the parents who are hosting the party to confirm details with them.
- During the party, keep your mobile phone on you in case your child or the hosts need to contact you.

If your teenager is invited to a party, arrange a time with them to discuss the issues relating to the party. It's also a good idea to contact the parents who are hosting the party, to confirm details and provide your phone number.

To discuss with your teenager:

The Alcohol issue

As your teen gets older, alcohol is more likely to be part of social events and parties. Ideally, parents should try to have a conversation about alcohol before their child has been exposed to it. Being invited to a party can be a good time to start this conversation with your child. It's important to talk to your teenager about the harms related to alcohol use. Positive Choices has many resources to help you with this. Read our alcohol factsheet, watch our webinar, or ask your child to watch this 5-minute video about the effects of alcohol on the teenage brain.

Let your teenager know your expectations around their use of alcohol. Setting clear rules can help to delay your teenager from starting to drink alcohol and prevent alcohol-related harms. Providing alcohol for your adolescent to take to a party is not recommended. This conveys a positive attitude to alcohol, which increases the likelihood of teenagers starting to use alcohol at an earlier age, as well as having higher levels of alcohol use. If you think your teenager will be drinking alcohol, talk to them about how they can reduce the risk of harm.

This can include reminders to:

- never drive or get in a car with a driver who has been drinking
- stay with their friends and don't wander off alone
- don't get involved in activities like swimming, riding a bike and other physical sports.

What to do if something goes wrong

It's important your teenager has some knowledge of what to do if something goes wrong. In particular, will they know when to get help from an adult or even call an ambulance, and what to do if they have to wait for help to arrive?

Some tips to help prepare your teenager include:

- repeating safety messages to them before every party. This should be simple, such as instructions to call you or an ambulance if something goes wrong.
- let them know they will not get in trouble if they need help. Make sure to keep your mobile phone on you while your child is at the party.
- remind your teenager that there will be adult supervision, and they should talk to a supervising adult if anything goes wrong.
- remind them that situations can get out of control quickly and that it is best to involve an adult as soon as they feel there might be a problem.
- ask them to look after their friends at a party, especially if there will be alcohol. Ideally, having one person from each friendship group stay sober means there will be someone who can properly look out for others. Ask your teenager to read our factsheet on how to put someone in the recovery position in case one of their friends is unconscious and they need to wait for help to arrive.

Dealing with peer pressure

Talk to your teenager about what to do if they are faced with peer pressure to drink alcohol or take drugs. It might help to remind them that the majority of teenagers do not use alcohol or drugs. Only 36% of 17-year-olds are "current drinkers". You can also let them know how many young people in Australia use alcohol or other drugs, to show them that by not using drugs they are part of the majority of young Australians.

See our factsheet making choices to help your teenager think about situations they may face where they have to deal with peer pressure, and some strategies to do this successfully. They can also watch this 2-minute video on how to say no without losing face.

To discuss with the hosting parents:

It's a good idea to contact the hosting parents to confirm some details about the party. These can include anything you are concerned about, but some recommended questions are below.

Will there be alcohol at the party?

If the answer is yes, let the parents know whether your teenager will still be attending the party and whether or not you give permission for your teenager to drink alcohol.

What supervision will be provided?

Ask the hosting parents about their plan for supervising the party, such as how many adults will be there. Make sure you are satisfied with this level of supervision. If you can help supervise, offer this to the parents.

What time will the party start and finish?

Ask the hosts for a clear start and end time. This will help you monitor transport to and from the party and know where your teenager is if you are not taking them yourself. Plan with your teenager how they will get home after the party, and make sure they have a safe option.

Exchange contact numbers

Save the phone number of the hosting parents in case you need to contact them during the party and ask them to save your number as well.

Return To Campus

It is wonderful to see so many students back on campus after the period of remote learning, as we head toward the final assessments of the year together. Now we have returned, it is an expectation that students will be present at the College to complete assessment tasks unless they are unable to do so due to illness or misadventure, or unless provisions have been put in place by the Head of Campus and/or Curriculum Management Team.

One of the blessings of being part of the MacKillop student community, is the great teachers we have on staff, who were there for the students throughout the remote learning experience, and are there for them now.

The teachers will be maintaining the high standards of expectations that we always set for MacKillop students, pushing them to be their best and supporting them so they can achieve their goals. Assessment will be designed to be fair to the circumstances we have been through, accessible to all and allowing everyone to demonstrate their range and depth of skills.

Our academic journey this year has been a challenging one, and thus everyone is at different stages of learning. In the last few weeks I have been challenging students to define their success not only in terms of the work they've put into their studies this year, but in their focus in these last few weeks; their commitment to utilising learning opportunities each day; and whether they can feel proud of their efforts to improve in this final stage of the school year.

My hope is that they can look back on 2021 as a time when they were challenged, but with faith and courage, chose to strive.

Tristan Burg • Assistant Principal Academic Care (acting)

Australian Mathematics Competition 2021 Results

On the 4th and 5th August, a number of MacKillop students in Year 7 to Year 12 participated in the Australian Mathematics Competition in their respective Junior, Intermediate and Senior divisions on the Padua and St Peter's campuses. This year we had 150 students participate in the competition with 8% of students receiving a Distinction or High Distinction and 38% of students receiving a Credit. Thank you to all the students who participated in the competition this year. A special congratulations goes to Patrick Cunningham of Year 11 for earning a High Distinction and the 'Best in School' Award.

Year 7 - Distinctions: Abdullah Khan and Samuel Major | Credits: Stephanie Nguyen, Charlotte Coy, Jack Edwards, Sophie Gerbich, Brandon Wake, Isabelle Darcy, Lachlan Monaghan and Curtneey Mangipay

Year 8 - Distinction: Austin Jaswinsky | Credits: Jacinta Van Der Kallen, Mia Willis, Jack Stanford, Eleanore Burg, Riley Mill, Alexander Kwiatkowski, Ava Bond, Ethan Hitchins, Daniel Collis and Mak Hukic.

Year 9 - Distinctions: Milly McCabe and Darwin Van Doorn. | Credits: Lucius Tolley, Freya Stanford, Cameron Rutten, Georgia Lynch, Aaron Nobby Rajan, Christopher Roberts, Jessica Glover, Ryan Williams, Oliver Wright, Blake Meadley, Dylan Periac-Cullen, Lucius Stefanuti, Aiden Bright, Aran Moody, Liam Hickey

Year 10 - Distinction: Jack Valois | Credits: Hamish Williamson, Stephanie Crowe, Billy Perrott, Danny Li, Elizabeth Locke, Lucas Murray, Riley Noble, Maria Ajamieh, Gemma Jones and Nitin Girish

Year 11 - Distinctions: Minh Khoi Le and Jonathon Silver | Credits: Alex Del Bianco, Ian Rebello, Kayla Walker, Kai Viljakainen and Jaskaran Singh

Year 12 - Distinctions: Harrison Quinn, Daniel Carroll and Ryan Gasnier | Credits: Stephen Burg, James Menham, Steven McGowan, Joseph Kiraly, Zoe Stanford, Jayaharsha Divi, Clara van Puyvelde, Darcy Clark, Aidan Taylor and Cameron McDonald

We congratulate these students and wish them well in their future maths studies.

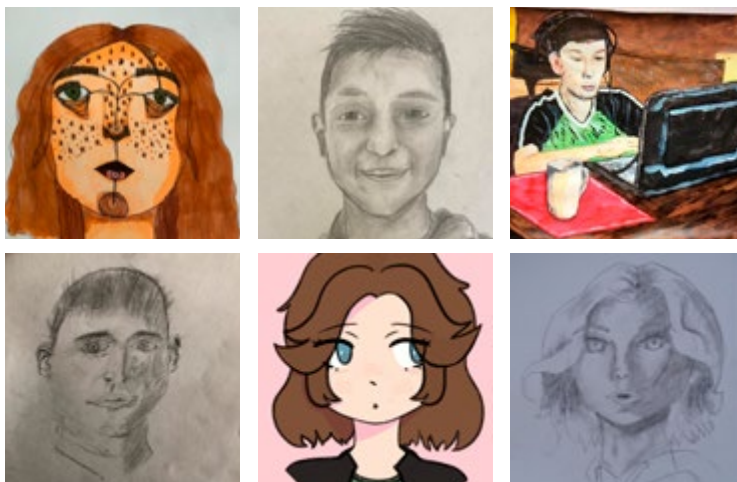
Anna Keppel and Jonathan Chandra • Maths Coordinators

Visual Arts

During Remote Learning Year 7 Art students developed skills in portrait drawing.

They were asked to produce a self-portrait, considering various aspects of self including physical appearance, personality, interests and cultural background. This resulted in a wide range of approaches to reflecting on self and implementing new-found understanding of proportions of the human face.

Tamara Murdoch • Visual Art Coordinator



Interactive Chemistry Quiz Results

The International Chemistry Quiz attracts students from across Australia and over 20 countries around the world. The quiz is designed to promote and encourage an awareness of the nature and relevance of chemistry amongst secondary school students. Questions are based on the fundamental aspects of chemistry as well as questions involving its application in modern society. Students are assessed on their science knowledge, critical-thinking and problem-solving skills. Congratulations to all students from both campuses who participated.

The following students received certificates of Distinction and High Distinction:

Distinction

Sebastien Beath, Alexander Kwiatkowski, Riley Mill, Aran Moody, Aaron Nobby Rajan, Elise Dredge, Ari Gilchrist, Jacob Loughlin, Lucas Murray, Riley Noble, Jack Valois, Hamish Williamson, Ava Barrett, Jed Nikolic, Samuel Fisher, Jaden Gilchrist and Benjamin L'Estrange.

High Distinction

Lucius Stefanuti, Darwin Van Doorn, Jasper Van Doorn, Sam Lilley, Thomas Rodgers, Mustafa Kamal, Dylan Neindorf and Kayla Walker.

Kate Goolagong • Science Coordinator (Padua)

Exam Guidelines

As part of preparation for senior studies, Year 10 students will undertake formal examinations. These examinations form part of the assessment package for all Year 10 students.

The upcoming senior exams form part of the assessment package for most students. These exams are an opportunity to demonstrate learning and achievement.

The College will be sharing exam guidelines and timetables for Year 10, 11 and 12 students via email.

Tristan Burg • Assistant Principal Academic Care (acting)

Second-Hand Uniform Shop

We are open for business! The SMMC Second-Hand Uniform Shop is open on Thursdays from 8:30 to 2:30, and at other times and days by appointment. To make an appointment to try on and/or purchase uniforms, or to check stock availability, please email uniforms@mackillop.act.edu.au or call/text the uniform shop on 0427 089 370. When making contact, please provide information about: boys/girls, junior/senior, summer/winter, uniform items and the size you seek, and including a contact name and number. A uniform shop staff member can then get back to you with stock availability.

We want your uniforms - please donate! Please remember to donate your out-grown, or discarded uniform items. We would like clean uniforms in salable order, including backpacks and sports bags, delivered to either the Padua or St Peter's Campus reception. You will receive a \$5 canteen voucher for each donation. Thank you for supporting the uniform shop, where you are recycling in a practical and useful way!

Stephen Dunkerley • Business Manager

Music Rehearsals

We're very excited to announce that we will be able to start some of our ensemble rehearsals in Week 5. We will be strictly following COVID guidelines.

Thursday 8.15am - Year 7 Band

Thursday 8am - String Ensemble

Friday 8am - Year 7 String Ensemble

Friday 8am - Concert Band

Veronica Boulton • Director of Music and Performance

Maths Club

Do you need help with maths? Do you have an assessment coming up? Would you like to revise with students in your year level? Then join us at maths club starting Monday 25 October.

Maths Club will run in Week 5 on Monday 1 November from 3.15pm to 4.15pm and Thursday 4 November from 3.15pm to 4.15pm. In Week 6 Maths Club will return to the Tuesday and Thursday time slots.

Anna Keppel • Maths Coordinator (Padua)

Overdue School Fees

Fees for Term 4 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

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 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

INSIGHTS

How birth order knowledge helps parents



Many parents struggle to make sense of the differences between their children. Same parents, same parenting, same school but completely different interests, strengths and personalities. So what's the difference? The solution can be found in the birth position of each child and understanding how it impacts on how they are raised and their relationship with other family members.

Defining children by their position

Parents tend to define their children according to their family positions. 'He's my eldest' or 'She is the baby of the family' are descriptors that many parents are familiar with. Expectations generally match those defining descriptions.

Just as relevant is how children see themselves in relation to their siblings. Eldest children are only children for a time, which is a treasured position that comes with perks, privileges and parental anxiety. A second child means dethronement, so the child born first will generally spend a great deal of energy keeping their sibling in their place. And so, the sibling dance begins. You now need family leadership skills to compliment the child-rearing skills you've developed that previously focused on raising one child.

Learning that one approach doesn't suit every child

Many parents discover that the techniques that were so successful with the first child can have the opposite effect another child. Parents who successfully develop independence and self-sufficiency in their eldest child scratch their heads as their youngest child turns dependency into an artform. Children often use their position to get their needs met. Many youngest children become expert at using charm and childishness to manipulate their siblings, while older children may push themselves to get approval from their parents.

Seconds and middle children often experience less time alone with their parents, which may be why this group are more likely to look outside their family for a sense of belonging. They generally have wider friendship circles than first borns and are usually the first child to leave the family nest. And first borns, just love to have their parents to themselves as that was how it used to be. Understanding these birth order differences helps parents to better manage, motivate and communicate with each child.

Motivating children

Want to motivate a child to do their best at school, tidy their bedroom or get behind a good cause? Birth order knowledge provides vital clues to help hit the best motivational button for each child. For instance, it may come as no surprise that youngest children are less concerned with gaining parental approval than their siblings. They just want to be noticed. Making a fuss over their accomplishments can do wonders for the achievement and contribution levels of this group. First borns on the other hand, usually yearn for parental approval, which if not carefully managed can cause them to take fewer learning risks.

Managing children's behaviour

First borns generally don't need a lot of discipline or behaviour management from parents. Limits, boundaries, reasoning and consequences usually do the trick for these rule followers and conformers. But these methods probably won't work with children in other birth order positions. They've had the advantage of having an eldest sibling break their parents in and they've seen most of your management playbook already, so you need to come up with something new.

Doing the sibling shuffle

Sibling rivalry comes with the family territory. It's most intense when there are only two children in a family as it's hard to escape a single sibling. Knowing how to reduce sibling rivalry so it's healthy rather than toxic requires an understanding of birth order personalities, acceptance of individual differences and the ability to build closeness through common purpose, fun and rituals.

In closing

Birth order knowledge is fascinating, providing a rich vein of information to help you raise children to be successful, happy and most importantly, content in their own skins. It's too important to be ignored.

Michael Grose presents: Using birth order knowledge for a parenting edge

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Using birth order knowledge for a parenting edge' at no cost.

About

In this webinar, Michael Grose explains how birth order position impacts on a child's personality, attitudes and behaviour. He provides insights to help bring out the best in every child, reduce destructive sibling rivalry and increase family harmony.

When

Wednesday 10 November 2021 8:00pm AEDT

To redeem

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

This offer is valid until 31 December 2021. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



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.