

**College**

**Newsletter**



**MacKillop**  
St Mary MacKillop College Canberra



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# Coming

# Up

THU 2 5 N O V

• Variety Night

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

THU 0 2 D E C

• Market Day

FRI 0 3 D E C

• Year 12 Graduation Mass  
• Year 12 Graduation Formal

TUE 0 7 D E C

• Year 9 Transition Day

WED 0 8 D E C

• Year 9 Transition Day

# 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



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**stmarymackillop**

# Principal's

## Letter



Dear parents, staff and students,

### CONGRATULATIONS TO THE CLASS OF 2021

Year 12 2021 have now had their Farewell Assembly and have said their goodbyes to staff and friends on their last day of classes. The Graduating Class has experienced significant disruption to their studies and to significant calendar events which are so important to the identity of the year group and their place within our school community.

The maturity they have shown and their powerful sense of collective and individual responsibility has impressed everybody. All of us sincerely hope that the Graduation Mass and Formal can take place with no disruption and that the class can graduate from MacKillop with a sense of accomplishment that previous years have enjoyed. I would particularly like to pay tribute to the parents and careers of the students who have found themselves sharing the highs and the lows of the last two years and who have accepted their own sacrifices around attendance of Year 12 events with patience and equanimity. The roles that parents and carers played in the lives of the students of Year 11 and 12 should not be overlooked when we celebrate student achievement.

### SCHOOL FEES 2022

The College Board will be meeting on Wednesday 24 November to determine College levies for 2022. An announcement to families will be made by Monday 29 November. This is the usual timeframe for fee announcements and I thank you for your patience in this regard.

### ENROLMENTS 2022

Families who are aware that they will be leaving the MacKillop community at the end of 2021 (apart from those in Year 12) are requested to advise our Enrolment Officer at your earliest convenience. I understand that military families and families who work on contract and with corporations may not yet be in a position to advise the College. If you are aware, please let us know. The key reason for this early indication revolves around staffing. Some year groups may require an extra Year Coordinator and some extra classes may need to be added to the timetable. Families will also be aware that the College has significant waiting lists and those families are understandably anxious about a place. Where we can accommodate families coming to MacKillop from interstate, other schools in Canberra and overseas, we are keen to do so. In this regard, I am delighted that some 35 students from outside the College (many from the Monaro district) will be joining the College in Year 11, 2022. This is a great compliment to the College's reputation which is very much in the hands of current students and their families.

### BLESSING AND OPENING OF NEW FACILITIES AT ST PETER'S

Due to COVID restrictions (again), this event was held on Saturday so that Sisters of St Joseph, past Principals, the Archbishop, College Chaplain Fr James Antony, members of the Board, and student leaders could participate in the event. A highlight of the occasion was the Opening and Blessing of the Mary MacKillop Walk, a 0.8km walk in the bushland setting of the Senior Campus that features a labelling for personal contemplation and 14 stations that mark the significant achievements and challenges of the life of St Mary MacKillop. This walk is unique to our school and will play a significant role in the promotion of our Josephite charism, the spiritual formation of staff and students, and in the building of links with the greater Catholic community of Canberra.

### RISK AND AUDIT COMMITTEE

A Risk and Audit Committee has been established. Please see information in the Notices section of the newsletter if you are interested in nominating for a position on the committee.

Yours in St Mary of the Cross MacKillop,

Michael Lee  
College Principal

*"The maturity and sense of collective and individual responsibility has impressed everybody."*

## Prayer

Lord,

*We pray for the Graduation Class of 2021 and give thanks for the dignity, maturity and perseverance they have displayed over the last two years.*

*Amen.*



## Farewell to the *Class of 2021*

Last week, the Class of 2021 said an emotional goodbye to the College at their Year 12 Breakfast and Farewell Assembly.

This cohort has had to endure two lockdowns, cancelled events, and lots of uncertainty throughout their two most important years at school. Despite this challenge, the students can be proud of what they have achieved at MacKillop, as well as the way they have achieved it.

Congratulations, Year 12. Thank you for what you've contributed to the College, and best wishes for the future!



## Blessing and *Opening*

On Saturday 13 November Principal Michael Lee, His Grace Archbishop Christopher Prowse, Director of Catholic Education Ross Fox, a representative of the Josephites, Sr Colleen Howes, and many dignitaries from across Canberra and interstate met at the St Peter's Campus for the Blessing and Opening of the Mary MacKillop Walk, the Sr Noelene Quinane Student Centre and the Penola Building.

## *Student* Achievement

Katie Bissett (Year 10) and Callum Doherty (Year 12) were winners of the "Q The Bard" Youth Shakespeare Competition. They will be Young Q Ambassadors for 2022.

Lauren Hall (Year 9) is now training with the Illawarra Stingrays for the 2022 NSW WNPL soccer season – widely regarded as the best competition outside of the W-League.

## 2022 Student Representative Council

Elections for positions on the 2022 SRC have taken place at the Padua Campus over the last two weeks. The successful candidates and SRC members for 2022 in Years 8, 9 and 10 are listed below.

### Year 10 SRC

Mindygarl – Freya Doherty  
Gurabang – Daniel Perin  
Meup Meup – Gabriel Lugg-Restall  
Ngadyung – Hamish McWhirter

### Padua Campus Captains

Phoebe Vassallo and Jackson Sullivan

### Padua Campus House Captains

Mindygarl	Gurabang	Meup Meup	Ngadyung
Mia O'Connor	Ruby Travers	Kaitlyn Arnold	Zanna Kamilo
David Reyes	Bailey Wood	Tyler Holdway	Bruno Filipovic

### Year 8 SRC

Mindygarl – Alexander McLennan  
Gurabang – Katie-Lee James  
Meup Meup – Delaney Hanns  
Ngadyung – Tristan Mowlam



Congratulations to the above students and the many others who nominated for these positions and made speeches outlining how they could serve as leaders.

Elections for the 2022 Year 11 representatives will take place at the start of next year and Year 7 elections will be held at the end of Term 1.

## eSafety's Parent Guide to Digital Technologies and Mental Health

Parents and carers are invited to join the eSafety Commissioner's education and training team for a free live webinar.

The webinar will provide parents and carers with strategies to assist young people and their mental health when engaging in an online environment.

Date: Monday, 22 November 2021  
Time: 7:30pm to 8:30pm

Interested parents and carers can register their participation online by completing a brief [registration form](#).

The webinar will cover topics such as:

- What to do about accidental exposure to content about suicide, self-harm and 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.

Lachlan McNicol • Assistant Principal, Pastoral Care

## Headspace

College Counsellor, Rachel Davidson, and I recently attended a meeting with a representative of Headspace Tuggeranong. As an organisation, Headspace provides free mental health services to young people between 12-25 years old. Their definition of mental health is as follows: "Good mental health is a state of wellbeing where you feel able to work and study, feel connected to others, are involved in activities in your community and 'bounce back' when life's changes and challenges come along".

Specifically, Headspace Tuggeranong offer four streams of services.

These are:

- **mental health**
- **drug and alcohol counselling**
- **vocational and**
- **physical / sexual health (including a resident GP).**



The vocational services were of particular note whereby Headspace assists young people to access things like their own Medicare card, writing resumes, planning course options and developing good work/life balance strategies.

School can be a place where many students seek the advice of counsellors, Pastoral Coordinators and their teachers in relation to a range of issues. It is important to remember that external services also exist in times when school is not there – specifically for those in Year 12 who shortly leave the safety blanket of school behind forever. Therefore, given the time of the year, with school on the verge of closing for the summer break, it is perhaps timely to advertise the services of Headspace in our local Tuggeranong community.

Headspace Tuggeranong is taking referrals and there is currently a two week wait time for assessment and consults. After creating an account, an online intake form enables young people to request services for themselves. The link to that form is: [ehespace Support | headspace](#) We hope to partner with Headspace increasingly into the future in conjunction with our Pastoral Program to further enhance the wellbeing services offered by the College to the students in our care.

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

## Status Awards

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

### **Bronze Status**

Robbie Crisp 9A2, Emily Harnett 7F2, Kevin Kamilo 7W3, Bella Thompson 7E2, Ryan Tkalcovic 7W3, Adam Watson 9E3

### **Silver Status**

Eleanore Burg 8A1

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



## English

Congratulations to Year 9 student Gabriel Lugg-Restall who won the Short Story category of the *Pens Against Poverty* writing competition for Year 9 and 10 students.

Pens Against Poverty demonstrates the power of poetry and fiction to heighten empathy among readers and writers, through imagination and shared experience. The writing of young people is often raw, honest and thoroughly fresh which is the most exciting part of the competition.

**Erin White • English Coordinator (Padua)**



## ISART 2021

ISART is MacKillop's annual exhibition of creative works by Year 12. The exhibition features final semester work from Visual Arts, Graphic Design, Media and Photography. Usually we would hold a celebratory event and exhibit work in the Visual Arts block and Phoenix Gallery at the St Peter's Campus. However, due to our modified celebrations this year, the exhibition is being held online via the school website.

**Tamara Murdoch • Visual Art Coordinator**

## Music

### Rehearsals

Rehearsals have recommenced for our extra-curricular ensembles. Unfortunately, we have limited ability to perform between now and the end of the year due to the ongoing COVID restrictions, however we are looking forward to a very busy and exciting 2022 with many performances and eisteddfods scheduled.

The most exciting event to kick off the year will be our Music Camp that is proposed for Week 2, Term 1. This will involve all the extra-curricular music ensembles. Stay tuned for more information!

**Veronica Boulton • Director of Music and Performance**



## Variety Night

Our College 'Variety Night' is on Thursday 25 November at 7pm in the Moira Najdecki Theatre! Featuring performances from students in Years 7-12, 'Variety Night' is a highlight of the College Calendar and is not to be missed! Due to COVID restrictions, tickets for the in-person event are available to MacKillop teachers and Year 12 students only. However, tickets to a live stream of the performance will be available to friends and family members. Both options are available on QKR!

Callum Doherty • Performing Arts Captain



## Board Risk Committee

The College Board is seeking expressions of interest from people within the MacKillop College community who are interested in becoming a member of the newly inaugurated Audit and Risk Committee of the Board.

The College fosters an environment that is inclusive as well as diverse, where all members of our community are welcome. Our College Board values every idea and perspective so that our work reflects the people we serve: our students, parents, teachers, staff and the broader community. The School Board particularly welcomes expressions of interest from members of the College community who have experience in finance, accounting or law; or have an interest in community issues affecting education.

To register your interest, please forward a brief statement to the Business Manager, [Stephen.Dunkerley@mackillop.act.edu.au](mailto:Stephen.Dunkerley@mackillop.act.edu.au), (on behalf of the Board Chair, Nathan Robb) and outline your interest and experience in the area of risk management, and financial and facilities strategic planning.

## Year 12 School Leaver Survey

Attention Year 12: Every year in May the ACT Education Directorate, with the support of ACT schools and the Board of Senior Secondary Studies, conducts a School Leaver Survey to find out what students do after leaving school. The survey results are used to report on post school study and employment destinations and in public interest research projects. This helps the Directorate to plan future school programs and provide appropriate services for the people of ACT.

Previous survey publications of the survey's results can be found on the Directorate's website at [www.education.act.gov.au](http://www.education.act.gov.au). In 2022, a contractor will be conducting the survey on behalf of the ACT Education Directorate. Both the ACT Education Directorate and the contractor will handle your personal information in accordance with the Territory Privacy Principles set out in the *Information Privacy Act 2014*. The Directorate will send you a letter about the survey prior to the contractor contacting you via telephone in May 2022. If you would prefer not to be contacted or your contact details change prior to May 2022, please send an email to [EDUSurveysandEvaluation@act.gov.au](mailto:EDUSurveysandEvaluation@act.gov.au), quoting your name, school attended and new telephone number (if applicable).

## Finalised Fees

Fees for 2021 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

## Schoolwear Sale

From 18-20 November, Lowes is hosting a three-day sale event. You can enjoy 20% off school wear\* if you are a zero & rewards card holder.

Don't have a card? Apply in-store or online and enjoy the benefits. \*T&C'S apply, savings off original prices. Instore and online.







**MacKillop**  
St Mary MacKillop College Canberra

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**Padua Campus (Years 7-9)**  
Mackinnon Street, Wanniasa ACT 2903

**St Peter's Campus (Years 10-12)**  
Ellerston Avenue, Isabella Plains ACT 2905

Dear Parents/Carers

### **SIBLING DISCOUNT**

Catholic Education offers a discount on Tuition fees to siblings who are attending St Mary MacKillop College and one or more of the following schools:

- Merici College
- St Clare's College
- St Francis Xavier College
- John Paul College

If you have a student attending any of the above Colleges, as well as having a student at St Mary MacKillop College, please complete the section below and return it to the Accounts Office for the sibling discount to be applied to your account in 2022.

**Please note that you do not need to fill in the form below if all siblings are attending St Mary MacKillop College as they automatically receive the sibling discount.**

If you have any concerns regarding this matter, please contact the Fees Manager on 6209 0147.

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FAMILY NAME: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

STUDENT'S FULL NAME	SCHOOL ATTENDING IN 2022	Year Group 2022

PLEASE RETURN THIS FORM TO THE ACCOUNTS OFFICE **BY 10 December 2021**

## INSIGHTS

### Turn your anger around without yelling



We've all had those days. You know the ones... the days where your child has refused to get ready for school, thrown food at their brother and is in a right mood. Your teenager slams the door when you ask them to clean up their bedroom. You ask and ask again. And again. And the kids just won't listen. That, or if they listen, they won't do as they're told!

When days like this happen – and they do – you can get so angry that you lash out only to regret your actions later on. With smacking now widely regarded as less acceptable, the lashing out often takes the form of yelling. It's probably fair to say that yelling is the new smacking.

#### Yelling is harmful

Researchers believe that yelling at kids can be just as bad as smacking. Yelling has also been linked to lower self-esteem in children and young people. Children who are raised in a home where yelling is common have a higher risk of developing psychological issues. When parents use yelling as a discipline measure, kids have an increased risk of developing behavioural problems, anxiety, stress and depression.

#### Understand, don't reprimand

When your kids are really getting under your skin, instead of getting furious, be curious. You need to connect before you correct. Children don't wake up in the morning and think, 'How can I make life horrible for my parents?' They might be having a hard time. Work out what needs aren't being met and help meet them.

#### Use humour

Humour is one of the best ways to take away anger and reduce stress. A good friend of mine was teaching his daughter to drive. The whole family was in the car while the daughter was driving when she missed a corner and ended up crashing into a petrol station sign. My friend looked at his daughter and at his family and said, "Well, while we're here, does anyone need to use the bathroom?" By using humour, my friend released the tension in the situation. Then they could calmly talk about what had happened and how to resolve it. What a wonderful way to turn away from anger!

#### Stay calm and kind

Self-talk is now recognised as a great way to regulate your emotions and change your behaviour. When you're starting to get upset there's a mantra that you can use: 'I'm going to be calm and kind.' When you repeat this phrase, it reminds you of what you want, and helps you to better regulate your own emotions. Calmness is something of a superpower that can have have such a positive impact on those around you.

## Create psychological distance

All parents seem to have just a bit more patience with someone else's child or young person. Pretend that you're 'a favourite aunt who rarely never gets cranky at the kids. She always finds a way to be kind, even with the challenging child or teenager. If that doesn't work for you, pretend your child is a neighbour's kid!

## In closing

Yelling turns children and young people away. Speak softly. Speaking softly forces them to listen closely, and it make everyone feel better.

Most parents hate yelling (as do their kids). When you are calm and kind, and look to understand, not reprimand, you will be able to keep anger and yelling out of your home. That's better for your kids and for you.



### Dr Justin Coulson

Dr Justin Coulson helps families be happier. His Goalcast and TEDx positive parenting videos have been viewed by more than 100 million people. He is the author of 6 books about creating flourishing families and raising resilient children. Justin and his wife, Kylie, are the parents of 6 daughters. Find the Dr Justin Coulson's Happy Families podcast on Apple Podcasts and Spotify. For further details visit [www.happyfamilies.com.au](http://www.happyfamilies.com.au)