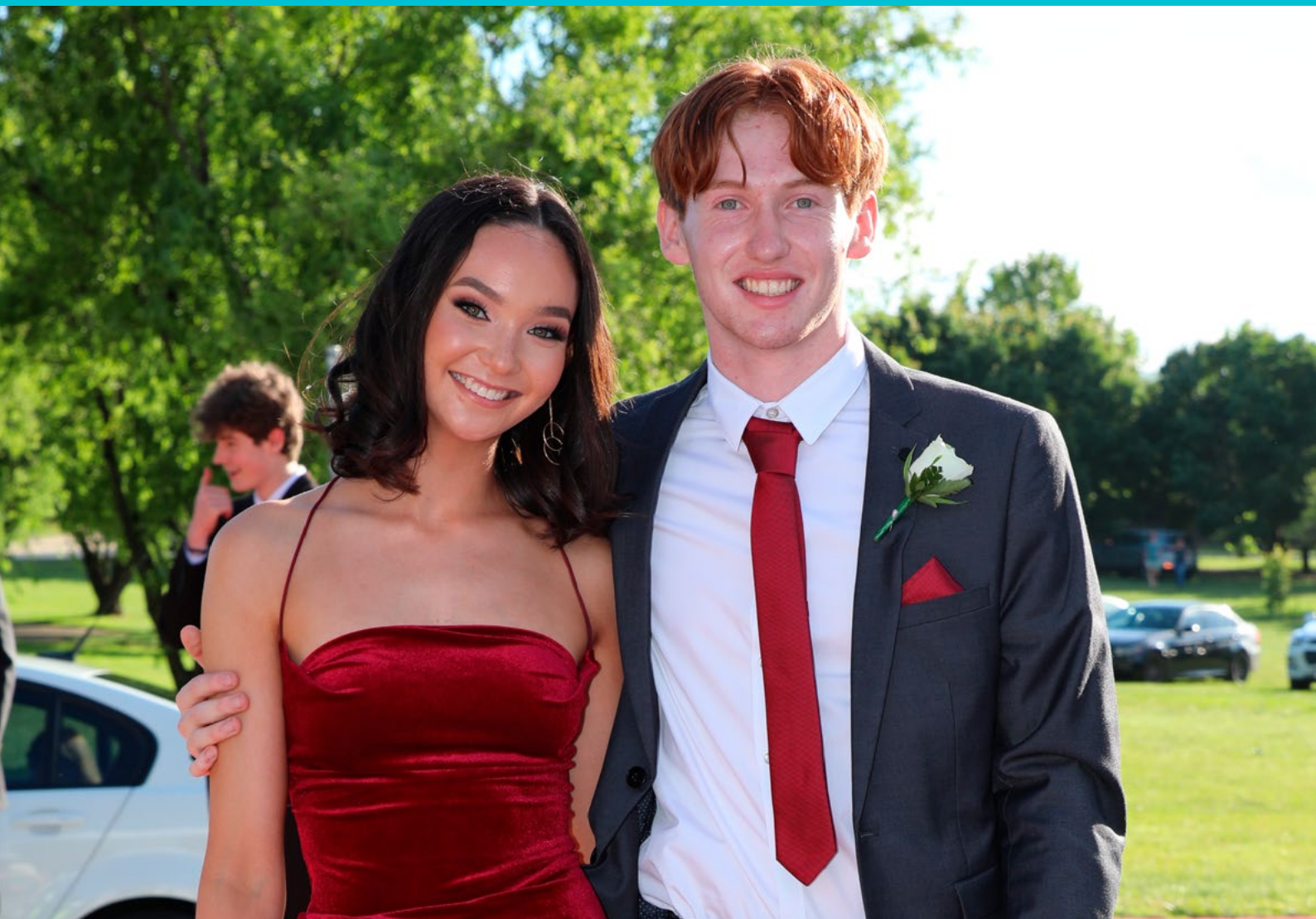


College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume *Sixteen* 2021

16 DECEMBER

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2022 Term

Dates

MON 3 1 J A N • Term 1 Commences

FRI 0 1 A P R • Term 1 Concludes

WED 2 7 A P R • Term 2 Commences

FRI 0 1 J U L • Term 2 Concludes

TUE 1 9 J U L • Term 3 Commences

FRI 2 3 S E P • Term 3 Concludes

MON 1 0 O C T • Term 4 Commences

FRI 0 9 D E C • Term 4 Concludes

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,

YEAR 12 RESULTS

As families of Year 12 would know, but others may not, ATAR Results have been delayed until mid-January. However, the College is in possession of all grades and of the results of the ACT Scaling Test, which is used to moderate course scores. The AST results are the best the College has had since 2011 and the second-highest in my time as Principal!

All students have exceeded our expectations and the median for the test is substantially higher than last year.

What does this mean?

- This means that curriculum leaders at the College ran excellent workshops to prepare the students for the test (as usual) and that students fully engaged in those workshops and with the test itself. They know that all boats rise when each of them brings the best they have to the endeavour, and so it has proved to be for the Class of 2021.
- We can expect that students' ATARs will, generally speaking, exceed expectations.
- Given that so many students at MacKillop received early offers for university places of their choice (many of those offers were unconditional), many will now have the opportunity to broaden their scope of course selection. Interestingly, the education community has been quite divided and animated about the impact of early offers on student performance in the AST and academic achievement. These results show that the Class of 2021 gave their best all year and saw the early offers as insurance rather than an end in themselves. I'd like to compliment them for this significant contribution to the academic culture of this school.

I'd like to thank all of the staff who worked the remote learning phenomena so well to the advantage of the Graduating Class and students across the school. It should not be overlooked that all of the staff made a significant investment in professional learning and of their own material resources whilst teaching from home. The cooperation of their husbands and wives, partners, children, and family members, is warmly acknowledged by me on behalf of all of you. The quality of MacKillop's staff, I hope, enhances the reputation of teaching and learning at this school.

MERRY CHRISTMAS!

Thank you for your support and encouragement of the students, staff and myself throughout the year. The challenges of 2021 should not be what defines us, rather it is the perseverance, courage, agility and faith that we brought to these challenges that have rewarded our potential to be our best selves.

On behalf of the teachers and staff of the College I would like to extend my best wishes to you for a happy and holy Christmas and a safe and deserved summer holiday.

The approaching season of hope, joy and love beginning as it did in a manger offers inspiration and renewed hope for us all.

Yours in St Mary of the Cross MacKillop,

Michael Lee
College Principal

"My best wishes to you for a happy and holy Christmas."

Prayer

"Glad tidings of great joy I bring to you and all humankind."

Luke 2:10

Year 12 Graduation

2021

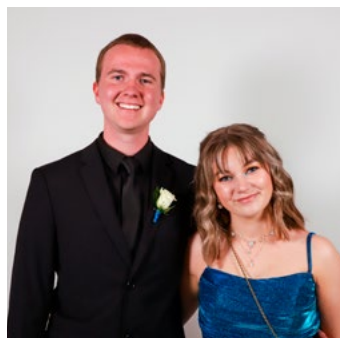
Year 12 students celebrated the end of their MacKillop journey with the Graduation Mass, Graduation Ceremony and Formal Dinner on Friday 3 December.

Held in a big top marquee on the St Peter's Campus oval, the day started with the Graduation Mass and Presentation of the Perpetual Awards.

The evening events began with arrivals at the front of the school, with family and friends looking on. Families were also able to watch the arrivals over live stream as the students arrived in style and walked along the red carpet.

The live stream continued for the Graduation Ceremony, during which the members of the Class of 2021 were presented with their Graduation Certificates and Portfolios. After the formal proceedings, students sat down for a three-course meal before hitting the dance floor to share their final moments together as a year group.

Despite being at school and having no external guests present, the students took it upon themselves to make the Formal as magical and memorable as possible. Congratulations, Year 12 – we hope it was a night you'll remember for years to come!



Year 12

Perpetual Awards



Principal's Award

Lilly Vassallo

Tenison Woods Students' Choice Award

Lilly Vassallo

Tegan Blunt Southern Cross Sport Award

Tara Wyllie

St Mary MacKillop Award for Christian Leadership

Kate Conway

Rohan Schultz 'per ardua ad astra' Award

Isaac Travers

Sr Noelene Quinane rsj Award for Academic Excellence

Stephen Burg

St Mary MacKillop College Creative Arts Award

Callum Doherty

Jodie Higgins Caltex Best All Rounder Award

Zac Cunningham & Kira Tawton (joint winners)

Annual Awards

Years 7-10

YEAR 7

MacKillop Medal for Witness to the College Vision

Penola Award for Academic Achievement

Sportswoman of the Year

Sportsman of the Year

Alexander McLennan & Mia Keen

Noa Zisman

Chantel Burnett

Shaun Drazevich

YEAR 8

MacKillop Medal for Witness to the College Vision

Penola Award for Academic Achievement

Sportswoman of the Year

Sportsman of the Year

Millie Terracini

Hima Pynadath

Meaghann Scott

Johnny deMamiel & Cooper Johnston

YEAR 9

Paul Butz 'Omnia Optime' Award

MacKillop Medal for Witness to the College Vision

Penola Award for Academic Achievement

Sportswoman of the Year

Sportsman of the Year

Milly McCabe

Jett Blyton

Milly McCabe

Milly McCabe

Patrick Keen

YEAR 10

MacKillop Medal for Witness to the College Vision

Penola Award for Academic Achievement

St Mary MacKillop Award for Christian Leadership

All Rounder Award

Sportswoman of the Year

Sportsman of the Year

ACU Most Improved Award

Justine Rasheed

Freia Huber

Sophie Vassallo

Lilana McKee

Philippa Niven

Harry Menham

Tegan Tawton

BSSS

Awards

Each year the BSSS acknowledges students from across the ACT who have demonstrated excellence in their endeavours. This year the BSSS celebrated the successes of four Year 12 MacKillop students at the 2021 Recognition of Excellence Ceremony on 13 December. In addition to these five students, the artwork 'Escape the Virtual World' by Ella Crane was nominated for the cover of the ceremony booklet.



KATE CONWAY
COMMUNITY
SERVICES



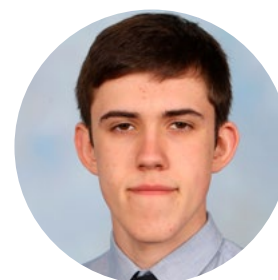
SARAH MINCHIN
VOCATIONAL
STUDIES



CALLUM DOHERTY
EXCELLENCE IN
DRAMA



TYRA PETERSEN
ABORIGINAL AND
TORRES STRAIT
ISLANDER AWARD



STEPHEN BURG
TOP ACADEMIC
STUDIES AWARD

ACT Virtual Track and Field

Congratulations to the following students on their Top 3 finishes in the ACT Virtual Track & Field.

Ariadne Stergiou: First - Girls 16 Year Olds 100 Metre Sprint, Girls 16 Year Olds 200 Metre Sprint, Girls 16 Year Olds High Jump, Girls 16 Year Olds Long Jump and Girls 16 Year Olds Shot Put 3kg.

Charlotte Nicholson: Second - Girls 17 Year Olds 200 Metre Sprint.

Leila Nikolic: Third - Girls 14 Year Olds 400 Metre Sprint.

Alyssa Imbriano: First - Girls 18-19 400 Metre Sprint.

Kai Viljakainen: Third - Boys 17 Year Olds Discus Throw 1.5kg

Olivia Rizzuto: Third - Girls 15 Year Olds 800 Metre Run.

Sam Rizzuto: Second Boys 13 Year Olds 800 Metre Run; Third - Boys 13 Year Olds 400 Metre Sprint.

Maximilian Swoboda: Second - Boys 14 Year Olds 800 Metre Run and Boys 14 Year Olds 1500 Metre Run.

Milly McCabe, 15: First - Girls 15 Year Olds 1500 Metre Run.

Myah Staniforth, 13: Second - Girls 13 Year Olds High Jump.

Tara Wyllie, 18: First - Girls 18 Year Olds 100 Metre Sprint, Girls 18-19 200 Metre Sprint, Girls 18-19 Long Jump and Girls 18-19 Triple Jump.

Indiana Kildey, 13: Second - Girls 13 Year Olds Shot Put 3kg.

Mitchell Cotter, 15: Third - Boys 15 Year Olds 400 Metre Sprint.

Joshua Brown, 16: Third - Boys 16 Year Olds 400 Metre Sprint.

Charlie Fletcher, 14: First - Boys 14 Year Olds High Jump.

Jack Miels-Barrett, 13: Third - Boys 13 Year Olds Triple Jump.

Alex Nanasa, 18: First - Boys 18-19 Shot Put 6kg.

Smart Awards

Year 12 student, Alison Staniforth, was awarded a highly commended certificate at the ACT Smart Awards for all of her great sustainability work at MacKillop.

Student Achievement

Year 9 Student, Rocco Theodorakis, has achieved his goal of obtaining his 1st Dan Senior Black Belt. Congratulations Rocco.

Charity Fundraising *at MacKillop*

Market Day

Market Day on the Padua Campus has developed over the years to become an end of year community celebration for staff and students and the final fundraiser for the year to contribute to the House Charities. Due to COVID-restrictions this year, Market Day was unable to take place in its traditional format. The modified event for 2021 included an online PC Class Auction for a range of items. The top selling items and PC Class winners were:

- Goodberrys with Mr Lee \$421.35 to 7W1
- KFC Lunch. \$324.50 to 9A3
- Limelight Movie Vouchers \$310.00 to 7A1
- VIP Seating at the Sem 2 Awards Assembly \$306.10 to 7W3

The response from students to the afternoon was extremely positive and the total amount of money raised on Market Day was \$8,912.85 to be shared equally among the House Charities.

St Vincent DePaul Christmas Appeal

Throughout Term 4 the charity focus has been the St Vincent De Paul Christmas appeal. A large number of non-perishable food items were generously donated by students to assist those in need within our community this Christmas.

House Charity Shield

MacKillop students raised the following for charities over the course of 2021:

- over \$14,000 for Project Compassion
- over \$58,000 for the Cancer Council through Relay for Life (by Year 12 students)
- almost \$15,0000 for the House Charities and Market Day

Students have wholeheartedly supported the College charities throughout the year and in doing so raised a total of over \$87,000.

The money raised for the House charities will be divided evenly resulting in over \$3,700 being donated to; the Canberra Hospital Foundation, MacKillop House, Menslink and Orange Sky

The House who raises the most money for charities across the year is awarded the St Mary MacKillop College House Charity Shield. Mindygari were announced last week as the winners of the Shield for 2021.

Status Awards

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

Bronze Status

Alice Blair 7E2, Jett Blyton 9W1, Ruby Broers 7E2, Tobias Finn 7A1, Katie-Lee James 7E2, Reuben Lilley 7A1, Kailah Longani 7F3, Leila Nikolic 8W3, Rhylis Pandaram 7A3, Olivia Robey 7F1, Bailey Saxon 7F3, Stephanie Shaw 7A4, Ava Trimper 7W2, Elise Warner 7F2, Henry Winslade 7E2

Gold Status

Millie Terracini 8W2, Phoebe Vassallo 8E2

Lachlan McNicol • Assistant Principal, Pastoral Care

MacKillop Uniform

In preparation for the 2022 school year, many students may be in a position of needing to purchase new uniform items. The information below is taken from the College Uniform policy and is accessible in the Student Diary and on the College Website. It is provided to assist parents/carers in ensuring that students return to school for 2022 in correct uniform.

In terms of footwear, the expectation is traditional, black, leather, lace up, polishable school shoes. Suede shoes and black joggers are not acceptable for safety reasons. Elevated shoes and platform heels are not a part of the College uniform. The sole should be no more than 2 cm high and the heel 3 cm. Buckle shoes, canvas shoes, ballet shoes, cloth shoes, and slip on shoes are NOT permitted.



Girls' skirts, dresses or shorts are to be knee length.

Hair should be clean and neat; fashionable extremes are not permitted. Only natural, all-over hair colour or subtle highlights can be used to dye or highlight hair. Rats tails, dreadlocks and geometric shapes cut into the hair and extreme variations of length are not permitted.

Nose, tongue and facial studs/rings, body piercing ornaments or plastic plugs are not permitted. Clear piercings are also not permitted.

Any holiday 'variations' such as facial piercings or fashionable extremes to hair such as colours or styles should be rectified before returning to school for the new year.

Haig Park Market

Performance

On Sunday a group of students performed at the Haig Park Market. This was a great opportunity to perform live to thousands of people and was fabulous exposure for the students and College. The organisers were very impressed with our musicians, so much so that Jett Blyton (Year 9) was offered an opportunity for further performances at the market.

Veronica Boulton • Director of Music and Performance



The Write Note

Congratulations to students from Year 7 to Year 12 who put pen to paper earlier this year and entered the Write 4 Fun creative writing competition. Around 25 students have had their work published in The Write Note story collection. A copy will be on display in the Learning Commons next year. We look forward to helping more students challenge their creative writing skills next year.

Erin White • English Coordinator, Padua.

End of Year Details

It is now time to review all existing Direct Debit payments for 2022. If you currently pay fees by Direct Debit please email the Accounts Office at jayne.limbrick@mackillop.act.edu.au for a new calculation of payments.

Bpay calculations are also available for parents choosing to pay by this method.

The 2022 Fee Schedule is now available on our website www.mackillop.act.edu.au

Please finalise any outstanding 2021 fees immediately.

Michelle Predovan • Fees Manager

Christmas Mass Times

Holy Family Church, Gowrie

Christmas Eve: 9pm
Christmas Day: Midnight, 8am and 10am

St Thomas the Apostle Parish, Kambah

Christmas Eve: 10am and 6pm
Christmas Day: 8:30am, 10am and 5:30pm

St Anthony of Padua Parish, Wanniasa

Christmas Eve: 6pm and 9pm
Christmas Day: 9am

St Gregory's Catholic Parish, Queanbeyan

Christmas Eve: 6pm (St Gregory's School Molonglo Street)
Christmas Day: 8am & 10am (St Raphael's Church)

St Patrick's Parish, Cooma

Christmas Eve: 6:30pm
Christmas Day: 9.00am

St Christopher's Cathedral Parish, Forrest

Christmas Eve: 6pm, 8pm, 11:15pm
Christmas Day: 8am, 9:30am, 11am and 5pm



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.

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

Parent self-care matters



Parents are known for putting their children's needs ahead of their own. With the mantra of 'be involved' in your child's life a dominant parenting message, it's now common for parents to neglect their own social and wellbeing to give their children the best possible start in life. This selfless approach is commendable, but questionable if it means you are constantly stretched, stressed and tired. Parenting is draining. Kids by their very nature take more than they give. Even the most loving, affectionate child will exhaust you at times so it's important to replenish, refresh and reinvigorate yourself.

Parenting author Maggie Dent says, "If we don't care for ourselves, not only do we run the risk of parenting less effectively and compassionately, but we are not modelling self-care for our children." Taking time for yourself seems obvious, however, the reality for many parents is that they are hard-wired to prioritise the wellbeing of others.

Start by giving yourself permission. Setting strict boundaries around key self-care activities help to make sure self-care happens. Turning occasional self-care into an ongoing habit is a great way to make sure you look after yourself. First, you need to give yourself permission to prioritise mental health and wellbeing, at least some of the time. So, what self-care activities should you be prioritising?

Get physical

Exercise is great for both mind and body. It releases endorphins, the feel-good hormone that enhances mood and helps put you in a positive state of mind. Exercise releases cortisol, the stress hormone, which builds up gradually over time, leading to anxiety and depression if not managed. You don't need to go to the gym to get the benefits of exercise. A brisk daily walk is an excellent self-care strategy for busy parents. It's affordable, accessible and has the bonus of taking you outside, which has added wellbeing benefits.

Stay social

Alfred Adler, the father of individual psychology, maintained that the people who lived the most content lives paid close attention to their social lives. When children come along, a parents' social life can easily play second fiddle to that of their children. Alternatively, social media becomes the main mode for staying in touch with friends, which is a poor replacement for face-to-face contact. One way of staying social is to schedule activities such as playing sport, joining a book club or sharing a coffee that keeps you connected to other adults.

Be mindful

Staying in the present moment, even for just a minute or two, can help you better manage parenting stresses. Engaging your senses is a good way to relax and find some inner peace. Enjoying the present moment, or mindfulness, can be practised by taking a walk, listening to music, or a taking a five minute meditation. Breathing exercises help reduce stress, so incorporate deep breathing into your daily routine to help stay fresh and alert.

Seek out play

If you think that play is just for kids, then think again. Everyone needs activities in their lives that sustain them and bring them joy. It's important to expand the definition of play to include hobbies and interests such as music, collecting things, making, tinkering and performing. Playful activities that contribute to parent self care are freely chosen, fun and create a state of flow so that you become lost in the activity. Playful activities boost your mood and help you manage the challenges and enjoy the pleasures of family life.

Decide to savour

If you feel that you're always in rush, the chances are that you don't have the opportunity to savour anything. Whether it's the first cup of coffee in the morning, snuggling up to your child at bedtime or reading a favourite book before bed, commit to savouring something and make it a daily habit.

In closing

Taking care of your physical, psychological and social needs helps you be the best parent you can be. Set aside time for self-care even when you feel like you don't have a single second to devote to yourself. Experiment with different self-care activities to figure out which strategies work best for you, your family and your lifestyle.



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.