

**College**

**Newsletter**



**MacKillop**  
St Mary MacKillop College Canberra



**Volume** *One*

**4 February 2022**

# Coming

# Up

MON 0 7 F E B

- Year 11 SRC Elections
- 5.30pm: Year 11 Parent Info Evening (Online)

TUE 0 8 F E B

- 5.30pm: Year 7 Parent Info Evening (Online)

WED 0 9 F E B

- SRC Induction Assembly (St Peter's)

THU 1 0 F E B

- Year 11 Senior Study Preparation Day

TUE 1 5 F E B

- Year 11 AST Trial
- Year 7 PAT Testing (Reading)

WED 1 6 F E B

- GRIP Leadership Day
- Year 7 PAT Testing (Numeracy)

THU 1 7 F E B

- Year 12 Interviews (ATAR)
- Year 12 Careers Presentation (non-ATAR)

TUE 2 2 F E B

- Honours Assembly (St Peter's)

MON 2 8 F E B

- School Photos (Padua)



# Principal's Letter

## *Principal's Prayer*

Dear Lord, help us be defined by our values, character and substance,  
not by how others choose to see us.  
Amen.



Dear parents, teacher and students,

## Welcome Back

I hope that everybody in the MacKillop community enjoyed a deserved break and a restful holiday. I am aware that a number of families were affected by COVID in terms of illness, restricted travel and isolation. Happily those families known to me experienced mild distress and symptoms. The year has commenced with mindfulness around the pandemic but with a great sense of optimism and pleasure to be back.

## Year 7 2022

To the members and families of Year 7, what a fantastic start you've had! So many students have expressed real pleasure at the new friends that they are making, the interest and quality of their teachers, and the easy routines that they are quickly adopting. The staff have been highly complimentary of the friendly and willing nature of the group – they have not been at MacKillop long enough for us to take credit for all of this. Thank you to the parents and carers, and the many siblings already here who have helped prepare the Year 7s for a great start.

## Inclusion and Diversity at MacKillop

In response to issues around sexism, misogyny, homophobia, respect and consent, which I wrote to you about early last year, the College has developed a position statement on inclusion and diversity. This document is now published on our website in the 'Community' section. It has been developed in association with the College Board, a staff working party and Student Representative Council members from both campuses and with advice from the College counsellors and chaplain.

## Year 12 2021 – Results

The Class of 2021 achieved for themselves some of the finest results that the school has had in my time as Principal. The ATAR median was up nearly four points on last year, 45% of the cohort achieved an ATAR of 80 or more, and all 151 students seeking an ATAR achieved an ATAR between four-15 points higher than they expected. The happy result of all of this is that a large portion of the graduating class have now gained entry into courses that they did not expect to be open to them.

MacKillop enjoys its students achieving beyond expectations as much as the next school does. However, our students are not defined by a number; they are defined by the dignity and confidence that comes from choice in their future.

Congratulations also to the students who in challenging times demonstrated industry competence to gain VET certificates in record numbers. The positive impact this will have on them, their apprenticeships and work based trainings will significantly improve upon the quality of the workforce in the ACT – this is what these certificates are all about.

My thanks to all of the teachers and congratulations to all of the students.

## Padua Campus Traffic Flow

The outdoor basketball and netball courts between St Anthony's Church and the staff carpark are being completely replaced to provide a much safer and versatile teaching and play space for students and teachers, and to traffic-proof the facility for parent and teacher use out of hours. The skateboarders who visit the College on the weekend and evening will be delighted!

The cost of this work is around \$750,000 which will be paid without any borrowings and will be completed by the end of February. The timing of this delay was beyond anyone's control and I apologise for the inconvenience.

Mr Michael Lee  
College Principal





## School Begins for 2022

MacKillop welcomed 360 new Year 7 students to the College as we commenced the 2022 academic year on Monday 31 January.

Years 10, 11 and 12 also commenced on Monday, while Years 8 and 9 began on Tuesday 1 February.

The first day was extremely positive and there was an amazing energy from the students, who were excited to see their teachers, reconnect with friends, meet new people, and try new classes.

The College warmly welcomes those who are new to the MacKillop community and have congratulated all students for the way they have started the year. We wish you the best of luck for 2022!

## Parent Information Evenings

Due to COVID restrictions, the College has decided to hold the Year 11 (7 February) and Year 7 (8 February) Parent Information Evenings online through Canvas. Parents/carers have been notified by email.

We have decided to cancel the Year 8, 9 and 10 Parent Information Evening, which was scheduled for 14 February.



## The Word of St Mary of the Cross In Challenging Times

It is remarkable to consider how many significant challenges Mary MacKillop faced in her life and difficult to summarise all in a short time. To consider just some; by the time she was 16 she was the primary breadwinner for her family. By 40, five of her seven siblings had died. Four years later, her mother Flora drowned off the coast of Eden while travelling to raise funds for the Sisters of St Joseph. Mary was excommunicated for having the determination to maintain the vision and mission of the Josephites, which to the religious was as good as a prison or death sentence. She also had health problems throughout her life, often being in great pain. By 1902 she suffered a debilitating stroke but remained a prolific writer until she passed into her eternal reward seven years later. Though we can imagine at times her mood may have been sombre, she never complained or spoke negatively about anyone or any situation and constantly thanked God for the grace and providence she received.

Many of us face great challenges in our lives and do so with the same dignity, while dedicating ourselves to the service of others, as Mary MacKillop did. Becoming saintly is often not as far out of reach as we may think and saintliness is walking with God while experiencing a very human existence. It also takes great courage to continue to trust in God's providence and not to allow obstacles to deter us from our purpose. In our contemporary context, entering our third year of Covid uncertainty provides yet another layer of challenge, which can also amplify those already existing.

We return to the words of St Mary of the Cross MacKillop to focus our intentions during challenging times, knowing that she was the benchmark for living her life with faith and courage. We can reflect on and call to action her expressions of unwavering conviction in moving forward, both internally and as a community. It is fitting then that we have chosen as our College theme for 2022:

"Let no obstacles deter you from proceeding with courage" (1907)

St Mary of the Cross MacKillop, pray for us.

**Jonathan Moyle • Assistant Principal Faith Leadership**





## Pastoral Care Teachers and Coordinators

Pastoral Care Teachers play an essential role in supporting the students' well-being and academic achievement in their PC Class. In most cases, PC teachers have continued with the same classes from 2021 into 2022. The PC Teacher is usually the first point of contact for parents for issues of a general nature and can also direct enquiries to other staff members.

The Pastoral Care Coordinators, who provide leadership and direction to each year group, have written a letter of introduction to families, and this will be received next week.

### **The Pastoral Care Coordinators this year are:**

Year 7 – Miss Belinda Fox and Mr Steve Lowe

Year 8 – Mrs Colleen Kain and Mr Simon Kelly

Year 9 – Mrs Kathleen Galvin and Mr Nathan Wood

Year 10 – Mrs Jane Cunneen and Mr Matthew Crowe

Year 11 – Mr Charles Bootes and Mr Tom van Waterbeemd

Year 12 – Ms Leonie Sullivan

### **The Directors of Student Wellbeing, who work closely with the coordinators on each campus to support student well-being and academic achievement are:**

Padua Campus – Mrs Jacklyn Bryant

St Peter's Campus – Mr Rohan Langford

## Student Representative Council

Our College Student Representative Council plays a vital role in our College Community. Our student leaders on both campuses have been busy during the holidays planning for upcoming events, and our Padua Campus SRC were at school all day on Monday, participating in planning activities and looking at ways to support and welcome Year 7.

During the Padua Campus Assembly, the 2022 Student Representative Council members received their badges and were inducted into their student leadership positions. Year 7 will have an opportunity to elect their SRC later in the Term.

**Padua Campus Captains:** Phoebe Vassallo and Jackson Sullivan

### **Padua Campus House Captains:**

<b><u>Mindygari</u></b> Mia O'Connor David Reyes	<b><u>Gurabang</u></b> Ruby Travers Bailey Wood	<b><u>Meup Meup</u></b> Kaitlyn Arnold Tyler Holdway	<b><u>Ngadyung</u></b> Zanna Kamilo Bruno Filipovic
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### **Year 8 SRC:**

Alexander McLennan	Katie-Lee James	Delaney Hanns	Zanna Kamilo
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The College Captains, the Portfolio Captains and the St Peter's Student Representative Council will be inducted and receive their badges next week.



## Student Absences and Late Arrivals

St Mary MacKillop College requires parents to provide a written explanation of their child's absence from school.

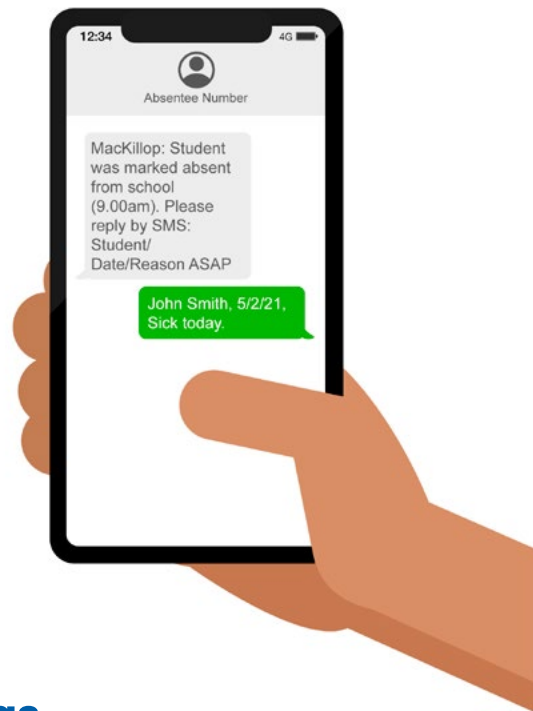
If students will be absent from school, parents/carers can notify the College in advance, or on the day of the absence, by contacting the Absentee SMS Line – 0429 131 463.

In the event that a student is absent, or late to school, and contact from a parent/carer has not been received, the College will send an SMS message to the first listed parent/carer. Parents/carers are asked to respond to the SMS indicating:

- **their child's name**
- **the date of the absence**
- **the reason**

Receiving this information will allow the College attendance records to be updated, with the explanation of the absence documented. No further action from parents/carers will be required.

If a student arrives late to school, a parent/carer may also physically sign their child in at Student Reception or provide a written note of explanation.



## Parenting Ideas

A "Parenting Ideas" article will be published in each edition of the College Newsletter this year. The articles provide a wide range of practical parenting advice on topical issues. These resources are provided to support parents with the challenges of raising their children, particularly through the complexities of adolescence.

The article in this newsletter provides suggestions on helping your family manage uncertainty. This can support students transitioning to High school and College manage the change in routine and the possibility of missing time from school due to Covid.

**Paul Durham • Assistant Principal, Pastoral Care**



## PE Pathways

Maddie Arnold, Kaycie Arena, Amy Frost and Chloe Arnold are four humble, kind and unassuming Year 12 students at MacKillop. They also happen to be phenomenal athletes excelling in their sporting pursuits.

During the summer break Amy was selected in the Giants AFL under 19s team, Maddie and Chloe were selected in the Canberra Spirit U23s team and Kaycie was selected in Canberra Spirit open women's team.

Maddie, Kaycie, Amy and Chloe are exemplary members of the PE Pathways program – relentlessly hard working, focused and actively inclusive. We are so happy to see them succeeding in their Sport and to have such great athletes and role models as part of the PE Pathways program.

**Matt Crowe • PE Pathways**

## Student Achievements

We send our best wishes to Ryley Taunton (Year 7), Deegan Rourke (Year 8) and Mia Keen (Year 8) as they compete in the Australian Oztag Championships this month.





## Music

Instrumental tuition is available through the College - please speak with Ms Boulton or Mr South.

Most ensembles will commence in Week 2. All welcome!

- Tuesday**
- Vocal ensemble (Week 2 Year 7 only), 8am, Ensemble Room Padua Campus
  - Guitar Ensemble TBA
- Wednesday**
- Senior Wind Ensemble, 8am, Music Room Isabella Campus
- Thursday**
- Junior Band (Year 7s only), 8.15am, Ensemble Room Padua Campus
  - String Ensemble TBA
- Friday**
- Concert Band (Year 8 & 9 only), 8am, Ensemble Room Padua Campus
  - Junior String Ensemble (Year 8 only), 8.15am, Music Room Padua Campus

For more information, contact [veronica.boulton@mackillop.act.edu.au](mailto:veronica.boulton@mackillop.act.edu.au).

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



## The Learning Commons



The Learning Commons values information and media literacy, critical thinking and cultivates a reading culture. It enables our students to be confident contributors and members of the wider community. The Learning Commons is a central hub owned by the whole College community that meets individual learning needs. We are committed to providing a space where intellectual and creative thinking and problem solving strategies are nurtured by encouraging students to experiment and share their ideas.

At the Padua Campus, the Learning Commons:

- Provides an inclusive and supportive safe space for diversity and self-expression
- Provides fortnightly sessions for targeted reading, inquiry research and critical thinking skills, referencing and literacy building
- Incorporates a student-centred approach with fun events, programs and clubs that build a community of critical thinkers
- Offers supervised Homework Club – Monday to Thursday 3.20 – 4.30pm

At the St Peter's Campus, the Learning Commons:

- Provides one on one assistance with specialist teachers to those seeking academic assistance (currently suspended for Term 1, whilst we adjust to the COVID situation)
- Provides 'Just In Time Coaching' for students referred to the Learning Commons, for one-on-one assistance with scaffolding assessments, and motivation with task completion
- Offers sessions to help with organisation and time management
- Provides In-Class Tutorials on referencing, rationale writing, essay writing and source analysis
- Organises events and workshops that encourage a reading culture, critical thinking and lifelong learning
- Offers afterschool subject specific assistance tutorials

In 2022 and beyond, the Learning Commons has several exciting programs and ideas that we hope to deliver that encourage that thirst for lifelong learning. As those ideas take shape, we look forward to sharing them with you – not only with our students, but our parents and our wider community.

**Samantha Rutter & Amanda Knott • Learning Commons Coordinators**

## Maths Club

Please find the dates for Maths Club below in Semester One. Students only need to go to the IRC (Library on the Padua Campus) and sign in the book at the front desk. No booking required. See you there in 2022 if you need any help or you just want to do your maths homework.

### Mathematics Club Staff Roster

**SEMESTER ONE, 2022 VENUE and DATES: IRC- 3.20pm to 4.20pm on the following dates**

Week	Dates
WEEK 2	Thursday 10 February
WEEK 3	Tuesday 15 February and Thursday 17 February
WEEK 4	Tuesday 22 February
WEEK 5	Thursday 3 March
WEEK 6	Thursday 10 March
WEEK 7	Tuesday 15 March and Thursday 17 March
WEEK 8	Tuesday 22 March and Thursday 24 March
WEEK 9	Tuesday 29 March and Thursday 31 March
WEEK 10	Thursday 7 April
WEEK 11	<b>No sessions this week</b>
WEEK 12	Tuesday 3 May and Thursday 5 May
WEEK 13	Tuesday 10 May
WEEK 14	Tuesday 17 May and Thursday 19 May
WEEK 15	Tuesday 24 May and Thursday 26 May
WEEK 16	Thursday 2 June
WEEK 17	Tuesday 7 June and Thursday 9 June
WEEK 18	Tuesday 14 June and Thursday 16 June
WEEK 19	Tuesday 21 June and Thursday 23 June
WEEK 20	<b>No sessions this week</b>

Anna Keppel • Maths Coordinator Padua Campus



## Defence Families

Welcome back to the new year! I hope you have all had a restful break. If your family situation has changed or if you are new to the college, please make contact with me at [danielle.logue@MacKillop.act.edu.au](mailto:danielle.logue@MacKillop.act.edu.au).

Danielle Logue • Defence Support Mentor



READY FOR THE FUTURE.

“ I say this quite often, the Award is by far one of the **highlights of my school life!**

I have **learnt vital life skills**, made so many incredible friendships, **discovered my passions** and strengths, and created so many **unforgettable memories.**



**Gabriela**  
Gold Award participant

#WORLDREADY

## The Duke of Edinburgh

“The Duke of Edinburgh’s International Award equips young people for life and work. It is the world’s leading achievement award. In 2018 more than 1.3 million young people around the world took part in the Award, in over 140 countries and territories. Since the Award’s launch nearly 60 years ago, it has inspired and created opportunities for young people to develop skills, get physically active, give service and experience adventure.

The Award can play a critical role in their development outside the classroom. It also allows their achievement to be consistently recognised worldwide, giving young people unique international accreditation of their experiences. Young people who participate in the Award become more confident and resilient, and develop skills in areas such as communication, problem solving and leadership. This in turn impacts on their communities, who see improvements in areas including employability, health and wellbeing, and educational attainment.” (Duke of Edinburgh Award website.)

The Award is open to students 14 years and older. If you are interested, please send an email to: [matthew.smith@mackillop.act.edu.au](mailto:matthew.smith@mackillop.act.edu.au)

Further information about the Award and how to apply can also be found on the SMMC Canvas page under Student Information.

Matthew Smith • The Duke of Edinburgh Facilitator



### Uniform Shop

The Second Hand Uniform Shop is open for business on Thursday by appointment (due to Covid restrictions). Please contact 0427 089 370 to make an appointment. The uniform shop is located at the Isabella Campus, upstairs in the gym.

**Judy Keogh • Shop Coordinator**

### Canvas Information for Parents and Students

Canvas is accessible for all students and their families. You will find that this is a great resource for you and your sons/daughters. It will have unit outlines, assessment tasks and resources for each class they have. The calendar function also will show assessment due dates for the semester.

Don't forget to check your notification settings to see if they are meeting your family needs. Due dates and announcements are particularly helpful to turn on.

If you are yet to login to Canvas and are wondering what your username and/or password is, you can recover your username or reset your password at the following links:

• <https://passwd.mackillop.act.edu.au/sspr/public/forgottenusername>

• <https://passwd.mackillop.act.edu.au/sspr/public/forgottenpassword>

If you do not receive the email within an hour please check your spam folder or contact enrolments@mackillop.act.edu.au to verify or make the necessary changes to your family email address.

**Trent Wilson • Digital Learning Coordinator**

### Sustainability Club

Want to make a difference? Care about the planet? Join the Padua Sustainability Club!

Meetings every Wednesday at recess in STEM 3 (starting from Week 2). Please bring your recess. For more info see Ms Ulrick in the Science Staffroom or email: hannah.ulrick@mackillop.act.edu.au

### Community Notices

#### Female Only Competitions

Come & Play Rugby League

Tackle Under 9s, 11s, 13s, 15s, 17s & Open Womens.

League Tag Under 12s, 14s, 16s & Open Womens.

Contact your local club to get involved. Visit [playrugbyleague.com.au/play](http://playrugbyleague.com.au/play) Or email [debdford@raiders.com.au](mailto:debdford@raiders.com.au).

#### Rego is Open!

Register now for Canberra Region Rugby League

Find your local club now at [playrugbyleague.com.au/play](http://playrugbyleague.com.au/play).

#### Open Day 2022

Join the Canberra School of Tennis for their free open day on 12 February from 1pm-3pm.

**When: 12 February**

**Where: Weston Creek Tennis Club Dillon Close, Weston Creek, ACT**

**Time: 1pm-3pm**

Bookings are essential! To book contact Head Coach Mark Walton 0408 486 191 or [csot@grapevine.com.au](mailto:csot@grapevine.com.au).







**MacKillop**  
St Mary MacKillop College Canberra

## 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](http://www.facebook.com/mackillop.act)



[www.twitter.com/  
mackillop\\_act](http://www.twitter.com/mackillop_act)



[www.instagram.com/  
mackillop\\_act](http://www.instagram.com/mackillop_act)



[www.youtube.com/  
stmarymackillop](http://www.youtube.com/stmarymackillop)

## INSIGHTS

### Helping your family manage uncertainty



Uncertainty is part of life and yet our brain, which creates our thoughts and feelings, loves certainty and predictability.

The pandemic has created more uncertainty in families, schools and communities than most people can recall in their lifetimes. With no clear end point, more stress and anxiety may well be triggered. In small doses anxiety heightens your sense of focus, giving you an increased level of energy, and increases your chances of managing a potential challenge that has appeared. In large doses, this anxiety is problematic, as it can cause feelings of being overwhelmed and even panicked.

#### The lesson of being real

Many fears and unexpressed emotions lie beneath the stress of navigating uncertainty. Be prepared to share your emotions with your children, especially feelings of sadness. They experience grief every time they lose the opportunity to spend time with loved ones, go on holiday or return to school to see friends.

Grief is not a sign of weakness. It shows you are human. Let your children see you cry and give them the agency to know what to do. They can grab a tissue, they can give you a hug and, if they're old enough, they can make you a cuppa.

Your children need to see that when bad things happen to adults, they can feel upset for a time. There are many ways you can help children cope with uncertainty.

#### Normalise uncertainty

Teach your children that nothing is permanent. Good things come and go. So will tough times. Change is a part of life and can be positive or challenging. Share stories about how your family recovered from hard times. Adaptability and flexibility are key components of resilience, which can be nurtured in childhood.

#### Make choices that ease fear and anxiety

Remind your children and young people that they are not powerless. Resting, reading and relaxing are great tools to ease fear and anxiety. This might include taking deep breaths, listening to music, or making others laugh. Getting outside to play or walk the dog is another simple way to ease the nervous system.

#### Focus on the things you can control

Simple habits and routines really make a difference. When everything is changing routines and rituals such as regular family mealtimes, bedtimes and wake up times help maintain a sense of normality. These rituals provide an important anchor helping them feel in control.

## Encourage your kids to have a 'gratitude attitude'

Though times are no doubt really tough for many, you can choose to feel grateful for the things you have, and the people love, and you can model this mindset with your children.

## Maintain hope

Hope is an important antidote to feeling stuck in fear. Encourage feelings of hope by sharing wonderful memories via photos or videos which can lift everyone's spirit. Plan a new experience to happen when that becomes a possibility.

Children and young people need to understand that life can be an unpredictable ride and together you can adapt and find a way through to each new day.

The greatest tool you have as a parent in these times is to remember that you are the 'safe base' for your children and young people. If you can embody that, and help them feel that no matter what, your love and support is a certainty, then the uncertainty around us all becomes a lot more manageable.



### Maggie Dent

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators, with a particular interest in the early years, adolescence and resilience. She has written seven major books including the bestselling *Mothering Our Boys* and her 2020 release, *From Boys to Men*. Maggie is host of the ABC podcast, [Parental As Anything](#). She is the mother of four sons and a very grateful grandmother. For further details visit [maggiedent.com](http://maggiedent.com)