

**College**

**Newsletter**



**MacKillop**  
St Mary MacKillop College Canberra



**Volume** *Six*

**20 May 2022**

# Coming

# Up

FRI 20 MAY

- College Cross Country

TUE 24 MAY

- 6:00pm: Year 7 Camp Parent Information Evening

FRI 27 MAY

- Pupil-Free Day
- ASC Cross Country Carnival
- Last Day for Year 7 2023 Enrolments

MON 30 MAY

- Reconciliation Day (Pupil-Free Day)

MON 06 JUN

- Year 10 Exams

TUE 07 JUN

- Year 10 Exams

WED 08 JUN

- Year 10 Exams
- Year 10 Skills Test

THU 09 JUN

- Year 11 & 12 Last Day of Classes

FRI 10 JUN

- Senior Exams



# Principal's Letter

*Principal's Prayer*

Dear Lord, we give thanks for our democracy.  
Amen.



Dear parents, teachers and students,

## NAPLAN

Thank you to Mrs Lisa Buckland, the teachers of Year 7 and Year 9, and indeed to the students of those two year groups for the smooth running of NAPLAN last week. This is a huge undertaking that ensures every student is given the opportunity to fully participate and that the conduct of the tests complies with the rules and is undertaken with integrity.

A particular thanks to Year 9, who were unable to participate in the tests in Year 7 and who brought their fabled maturity and common sense to this particular instrument of assessment.

## Federal Election 2022

Don't forget to cast your ballot by 6pm, Saturday 21 May! To those students voting for the first time, you will be participating in a secret ballot to elect the government of a country that has fought for and defended your right to vote since Federation. I'm sure your vote will reflect consideration of the issues, and the values that you are developing and trying to live by. The best defence of democracy is an informed electorate and a secret ballot.

## Enrolment Period

Thank you to the many hundreds of people who have already placed their application for enrolment into Years 7 and 11 for 2023. Also to all of those in our community who organised and participated in the Year 7 Info Night and Try MacKillop Day and who have spoken so well about MacKillop to interested members of the wider community. Applications for a position in Year 7, 2023 must be lodged by 5pm on Friday 27 May.

## Careers Expo 2022

This is always an event of high quality and engagement. A wide variety of industries and career pathways were represented and it was particularly interesting to see recent graduates of MacKillop manning booths for Snowy Hydro, the AFP, ACU, and the ADF. Congratulations to Ms Karen Hundy and her hard working and inspirational team for an event of high quality again this year. In these challenging times, Karen has pulled off a remarkable achievement in the interest of students and their families at MacKillop.

Yours sincerely in St Mary MacKillop,

Mr Michael Lee • College Principal





## Biggest Morning Tea

St Mary MacKillop College was invited to participate in Cancer Council ACT's Biggest Morning Tea at Government House on **Thursday 19 May**. MacKillop was invited to attend as a thank you for the huge effort of Year 12 in the 2022 Relay for Life.

Year 12 Coordinator Leonie Sullivan was joined by Year 12 students Rohan McDonough (College Captain), Neika Henson (Faith & Community Captain), and Dylan Neindorf, who was one of MacKillop's highest fundraisers.

The students were personally thanked and congratulated by the Governor-General, David Hurley, and Her Excellency Mrs Linda Hurley, for their Relay for Life efforts. The Year 12 cohort managed to **raised over \$66,000** for the Relay to set a new school record in the event and finish as the ACT's highest fundraising school.

Of course, the fundraising efforts of Year 12 were not possible without the many, many people in our community who donated to the cause. The College once again would like to thank all who contributed.





## MacKillop Success at Cowra Eisteddfod

MacKillop had great success at the Cowra Eisteddfod for both choir and instrument ensembles.

On **Friday 13 May**, students from PCoPA, along with staff members Henry South, Danielle Logue and pre-service teacher Chris West attended the Cowra Eisteddfod. The group **won First Prize** for the School Vocal Choir section, with adjudicator Sarah Marshall awarding the group a score of 98 out of 100. Feedback from the performance was overwhelmingly positive with the choir being invited back to perform at the final concert. A fantastic achievement by our students!

A special mention also goes to Jett Blyton who competed in some solo competitions. Jett won 1st place in five different categories and also received a 2nd place and highly commended for two other categories. Amazing job!

On **Wednesday 18 May**, 73 students piled onto two coaches, with 73 musical instruments (including percussion!) and travelled to Cowra to perform in the Eisteddfod. The ensembles participating were the Senior Wind Ensemble, St Peter's String Ensemble, Padua String Ensemble, and Padua Concert Band. The Padua Concert Band won First Prize in the Secondary School Concert Band and the St Peter's Strings won the Open Small Ensemble category.

Congratulations to all students and staff involved in these performances!

If you are interested in joining an Ensemble please contact Ms Boulton at [veronica.boulton@mackillop.act.edu.au](mailto:veronica.boulton@mackillop.act.edu.au). PCoPA holds auditions for students interested in singing with the choir throughout the year. For further information please contact Mr South at [henry.south@mackillop.act.edu.au](mailto:henry.south@mackillop.act.edu.au) for further information.

**Henry South & Veronica Boulton • Performing Arts**



## Enrolment Events and The Careers Expo

Over the past few weeks, students and staff have helped to showcase MacKillop at our Open Day, Try MacKillop Day, Year 11 Info Night, and Careers Expo.

The Open Day on **2 May** was a huge success, with **over 1500 people** in attendance over three sessions. Try MacKillop Day on **6 May** saw around **550 Year 6 students** join us to see what school life is like at MacKillop.

On **11 May**, MacKillop held its annual Careers Expo in conjunction with the Year 11 2023 Information Night. The Careers Expo gave students the opportunity to talk with universities, CIT, employment groups, apprenticeships centres, trades, and industry representatives in order to understand their options and opportunities in the future. For the Info Night, students were able to access faculty stalls for curriculum information and they listened to a talk from Principal Michael Lee about the senior years.

MacKillop thanks everyone who was involved in these big events for the College.



## Raiders Jersey – Aboriginal TSI

MacKillop students have contributed to the **Canberra Raiders' 2022 Indigenous Jersey**, which will be worn against the Parramatta Eels in the NRL Indigenous Round.

The jersey, which was designed by Kayannie Denigan (a Luritja woman), consists of five panels, each of which has been inspired by creative writing from students in the NRL School to Work program. Two of the panels were based on stories written by former MacKillop students, Stewart Barton and Riley Margosis. At the time, Riley was still a student in Year 12. Another former MacKillop student and current Canberra Raider Sebastian Kris has his totem, the crocodile, on the jersey.







## Cross Country

The College's Cross Country is a community event designed for maximum participation and the promotion of a positive, healthy lifestyle. The Cross Country was held at each campus today.

In the morning, senior students had the chance to opt in and join Year 10 in the running of the St Peter's Campus Cross Country during Period 1. Students ran a **5km course** around Isabella Plains or had the option to walk/run a 3km course.

In Periods 3 and 4, Years 7-9 stopped their scheduled classes to participate in the Padua Campus Cross Country. The **2.5km course** circled the Padua Campus and a small section of Wanniasa.

The top performers from today's carnivals have now qualified for the ASC Cross Country Championships. Congratulations to all of today's participants!



## Year 7 Camp

### Parent Information Evening

A Year 7 Camp Parent Information Evening will be held for interested parents at **6.00pm on Tuesday 24 May** in the **Padua Campus Theatre**. Some Year 7 students (and parents) may be excited and have little concern about the camp. However, others may have anxieties surrounding particular aspects of the camp or the whole camp in general. The information evening will provide an opportunity for parents to receive an overview of the camp and address any general questions in order to ensure that the camp is accessible to all Year 7 students in a safe and enjoyable environment. Please note that the evening is not for the information of students.

## Status Awards

Congratulations to the following students who have been presented Status Awards at the Padua Campus Assembly:

### Bronze Status

Miley Anthony 7A1, Natasha Bonney 7A2, Alexander Brooks 7A2, Taylah Buckley 7F3, Nicholas Christian 7F3, Hayley Conroy 7F1, Ebony-Rose Cronin 7A4, Lucy Daly 7W2, Joshua Driessen 7A4, Jack Fuller 7A1, Arrabella Georgievski 7E1, Cameron Jacobson 7W2, Mitchell Jacobsen 7A2, Vaibhav Kheeva 9A3, Haylee Laws 7E3, Lara Momcilovic 7E3, Max Northey 7E1, Isla Pfeiffer 7E3, Jasmine Rae 7F2, Annabelle Renda 7F2, Dany Riyadh 7W2, Bo Rodziewicz 7E1, Angela Strmota 7W4, Elise Swoboda 7W3, Zoe Wilton 7A2

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

## Try St Peters' Campus Day

On **Friday 6 May**, Year 8 attended the Try St Peter's Campus Day. This was a well-organised event that provided an excellent understanding of a day in the life of a senior student. We attended classes with specialist teachers and welcoming students and participated in various subjects including Dance, Art, Photography, PE Pathways, Special Science Program, Maths, Religion, English, HASS and Hospitality.

We received a Careers presentation that provided an insight into how Year 8 will need to prepare for work and university after our College studies. The students appreciated how Ms Hundy explained the importance of starting to develop soft skills; such as communication, adaptability, critical thinking, perseverance, resilience, teamwork and cooperation. It was also explained that universities no longer just look at an ATAR in selecting students but also consider how involved potential students have been in their community.

We also appreciated the senior students taking the time to give us an insight into their studies, talking about a wide range of experiences. This included Australian School-based Apprenticeships & Trade Training Centre, the Urban Challenge in Year 10, the Accelerated Program and a guided tour of the St Mary MacKillop Walk.

Year 8 really enjoyed the day and appreciate all the effort that went into making it a great experience for us all.

**Maddison Antolovic, Izabelle Aoun, Isabel Roussidis and Isla Thomas**

## House Charities

During Terms 2 and 3, MacKillop's fundraising efforts focus on the House charities. The Student Representative Council recently decided upon the charitable organisations that will be supported by each House. These are:

**Mindygari**  
**Gurabang**  
**Meup Meup**  
**Ngadyung**

MacKillop House  
Ricky Stewart Foundation  
Orange Sky  
Beyond Blue





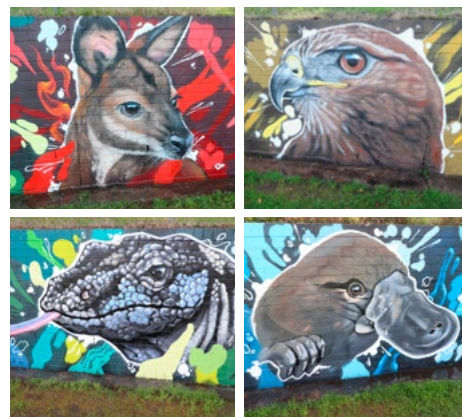


## Visual Arts - Mural

During Weeks 11 and 12, a number of students from Years 7-9 worked alongside artist Smalls to transform the oval wall on the Padua Campus. **Smalls** is a **graffiti artist from Queensland**. In 2018, he was the College's Artist in Residence, where he worked with Art classes on a range of murals across the school. This time, Smalls and the students worked on a mural inspired by the four houses - **Ngadyung** (Platypus), **Meup Meup** (Wallaby), **Gurabang** (Goanna) and **Mindygari** (Hawk).

Working with Smalls was a great experience; we learned the basic techniques of **spray painting**, we learnt how to **draw graffiti letters**, and even got to **create our own tag** (which is basically a signature in spray paint form). We watched Smalls in action, showcasing his skills when assisting us to paint the mural of the four houses. Overall, it was really fun, and it was a privilege to have such a unique artist come and share his talent.

**Millie Terracini and Leila Nikolic (Year 9)**



## NAPLAN Testing 2022

Congratulations to students in Years 7 to 9 for completing NAPLAN last week. Students took part in four tests: **Reading, Writing, Conventions of Language, and Numeracy**.

NAPLAN testing provides the College with detailed data about individual students and the respective cohorts, which assists in informing teachers about areas of student strength and areas for development.



## Sport

### 7-9 AFL Gala Day

On **Thursday 5 May**, MacKillop competed in the Boys and Girls Southside AFL competition. The 7-9 Girls team won the gala day and will progress through to the Finals Day.



### 7-10 Beach Volleyball

On **Thursday 28 April**, MacKillop entered sixteen Year 7-10 teams in the Lyneham Beach Volleyball Competition. The day was great fun, and the competition was very organised allowing each team to play in multiple games. We enjoyed the competition and getting to play with friends. Even though the team had no experience in beach volleyball, we managed to make the semi-finals. Overall it was a fun, enjoyable day.

**Seth Wright, Emma Leonard, Sam Van Dooren & Taylor Morrison**



### ACT Swimming

During **Week 2**, MacKillop had 15 students represent the College in the ACT Swimming Championships. We had some very pleasing results on the day including:

- Chloe Fenson: 200 IM 3rd Place
- Kristelle McGowan: 50m Breaststroke 3rd Place, 100m Breaststroke 3rd Place
- Alexander Murray: 200 IM 3rd Place
- Lucas Murray: 200IM 2nd Place, 100m Backstroke 2nd Place, 100m Breaststroke 3rd Place



### ACT Tennis

On **Tuesday 3 May**, 8 students represented the College at the ACT Pizzey Cup Trials at Lyneham. Lachlan Goodwin did extremely well beating a higher ranked opponent to reach the quarter finals of the event. Amelia Nolan also performed well on the day winning the consolation draw.

**Olivier Camus • PE Teacher**



### Mountain Biking

On **Friday 6 May**, a number of MacKillop students competed in the Mountain Biking Championships. Cody Owen received 1st place and Jaxon Kearns received 3rd place. MacKillop also won the Overall schools award.

**Monique Foran • Sports Facilitator**



## MacKillop Judo Club

Daniel Georgiadis (Year 7), Jessie Gevorgian (Year 9), Jake Bell (Year 10), Adrian Georgiadis and Lewis Bell (both Year 11), have been selected to represent the ACT at the upcoming Judo National championship during the long weekend in June.

Our students are members of the MacKillop and Olympia Judo Clubs, which train weekly at the Padua campus. If you are interested in trying out judo, register for a **FREE trial judo class** at <https://www.olympiajudoclub.com.au>



## Student Achievement

Bradley Carruthers (Year 11) achieved 2nd place in high jump at the National Athletics Championships in March with a personal best jump of 2.04metres. He has been selected in the Australian team for the Oceania Championships in Queensland.

Bianna Hosie (Year 11) has been selected to play baseball for the Adelaide Giants team in the 2022 Australian Women's Baseball Showcase tournament in Geelong from 5-8 May. This is a very exciting selection for Bri as her first taste of the semi-professional Australian Women's Baseball League.

Ty Pettersen (Year 11) and Jenna Fisk (Year 12) have gained selection into the ACT team to compete at the Australian National Gymnastics competition in late May.

Rhys Watson (Year 7) will represent the ACT at the Australian Junior League Baseball Championships in Adelaide at the end of May.

### Teacher Achievement

Many of our staff also pursue sport in their spare time. Here are some recent achievements from our teachers!

- Monique Foran completed her first marathon in the holidays
- Annette Sloan-Gardner umpired the National Netball Championships
- Elise Wilson coached an ACT Touch Football team in Week 12

## PE Pathways Inside the Fitness Centre

*Let's meet some of our student athletes!*



**Tim Londos, Year 12**

### Sport: Soccer

**Sporting Hero:** My sporting hero isn't specific, although there are many people such as my dad, grandfather and two coaches that have really helped me strive to be the best.

**Sporting aspirations:** To play at the highest level in Canberra, and continue to achieve my goal by playing in a first grade team; plus I will be getting paid to do what I love, I think that's pretty cool.

**Favorite inspirational quote:** "Everything happens for a reason"

**Favorite song to listen to when training?** Gimme Gimme Mashup.

**What do you like most about the PE Pathways program?** How committed everyone is to improving and helping each other improve. The teachers are all dedicated to helping you be the best and they're very experienced. Everyone gets around the program and each other and it's a really positive environment that can be personalised to you.



# Student Absences, Late Arrivals and COVID

### General

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

If students are to be absent from school (for reasons NOT relating to COVID), parents/carers are requested to notify the College in advance, or on the day of the absence, by texting the Absentee SMS Line – 0429 131 463

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

### COVID-19 - Positive Cases, Household Contacts and Close Contacts

Schools are still required to provide daily information about cases of COVID-19 to Catholic Education and the ACT Government. If your child tests positive to COVID-19 or is a household/close contact, please notify the College as soon as possible. The process for this is to email the following address: Covid@mackillop.act.edu.au. Should you have any questions, you will receive a response.

Under the new ACT Health COVID-19 guidelines, household contacts may attend school if they have no COVID-19 symptoms. However, they do need to comply with the following requirements:

- Return a negative test in the 24 hours before returning to school and then every 48 hours.
- Wear a face mask in all indoor spaces when outside of the home for seven days from the time the first person in their household tested positive for COVID-19.

If students who may be a household/close contact meets the above requirements they are welcome to attend school.

**Lachlan McNicol & Sandra Darley • Heads of Campus**

## NCCD

### Key Resources for Parents & Carers

The **Nationally Consistent Collection of Data** on School Students with Disability (NCCD) is a yearly count of students by all Australian schools.

#### 1. Overview of the NCCD – [Video](#) & [Fact Sheet](#)

#### 2. Disability Standards for Education

Providing fair access to education for students with a disability

- [Our Rights](#)
- [Reasonable Adjustments](#)
- [What's Fair?](#)

#### 3. [Working Together: Consultation & Communication](#)

School staff should consult the student or their family before deciding on a reasonable adjustment to enable them to participate in education *on the same basis as* students without disability: [Consultation](#) & [Communication](#)

#### 4. Meeting Toolkit

Tips for parents & carers who request or attend a meeting.

- [Requesting a meeting](#)
- [Managing meetings](#)
- [Being prepared](#)
- [Managing emotions](#)
- [Keeping records](#)
- [Was the meeting successful?](#)

## Term 2 Fees

Fees for Term 2 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**





**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)



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

## INSIGHTS

### Connecting with your kids



Most of us get a bit “judgey” when we see a parent staring at their screen rather than engaging with their kids at the park or the shops – or worse, in a restaurant. And if a parent publicly berates their child, it often sends shivers down our spine.

Even though we are almost all guilty of it from time to time, it’s like there’s some intrinsic mechanism inside us that loads up on guilt each time we see a parent do something that impacts or severs the connection that they share with their child. We know it’s a concern and we draw back from it – and then we remember we do it sometimes too, and the parent guilt sets in.

I think it’s because connection is not a luxury item. It’s an essential: for your relationship, for your child’s wellbeing, and for their future.

#### What does a positive connection between parent and child look like?

Life Education Learning Manager, Lisa Woodward, says that positive connections are all about love, caring, nurturing, and safety. “In a positive parent-child relationship, family members feel safe and connected to one another.”

“It’s also about being in the moment with your child”, adds Derek McCormack, Director of the Raising Children Network. “It’s in a day-to-day setting, having quality time with your child whenever you can. Spotting the opportunities and making the time is really important.”

And from my perspective? We run our economy on dollars, and we run our relationships on connection. If there’s no dollars in the bank, we’re financially kaput. If there’s no connection in the relationship, we’re relationally broke.

#### There are great benefits

The benefits of positive connections between parent and child are significant and wide ranging says Woodward.

“Children learn and thrive when they have strong, loving and positive relationships with their parents and carers, and it’s the foundation for a child’s development physically, emotionally, and socially.”

Connection also helps develop important skills needed for a child’s future. “Strong relationships set the child up for success in their lives, they are more confident and resilient, better able to regulate their emotions, make friends and connections with others, and do better at school.”

#### Connections will change over time

As your child develops, your relationship with them will too. This is normal. “For example, your pre-teen might no longer want you around at the park with their friends, even though your child used to love playing there with you. This doesn’t mean that the connection is not still healthy and positive,” explains Woodward.



# parenting\*ideas

McCormack says one of the key principles of a positive connection is communication.

When your child is younger the opportunities for communication are really there any time you want but as a child grows you will need to look out for them more actively and make time for them.

“As your child becomes a teen, communication can be more of a one-way street and involve tuning into feelings and being a support for them,” he explains.

## How to achieve positive connections

“Positive connections are based on time together, being present, and building trust and respect”, says Woodward. For example:

### Make moments together matter

Booking in “quality time” doesn’t guarantee positive, bonding time. We may have the best intentions but sometimes these special times will not work out the way we had intended. Often the best conversations happen in the car, at bedtime, or when doing things side by side, like washing up or walking the dog. These moments give you the chance to communicate positive messages with smiles, laughter, eye contact, hugs and gentle touches.

### Tune in to your child

Tuning in to your child and thinking about what’s going on for them shows them that you care about the things that matter to them, which is the basis for a strong relationship. This could be noticing what your child is doing and commenting or encouraging them. For example, with younger children it might be talking about the Lego creation they are building, or the picture they are drawing.

### Nurture trust and respect in your relationships

Be available when your child needs support, care, or help. For example: giving them a hug when they fall over. Stick to your promises. If you’ve agreed to help them with a school assignment, make sure you follow through.

Value your child and their opinions. This could be showing interest in the things that interest them. Or listening without judgement when they express an opinion different to yours.

### Label emotions and listen

Let’s say you notice your child seems upset, instead of saying – “Are you ok?”, try something like “I notice you seem a bit down – do you want to talk? Or maybe we could just hang out for a while and watch a show together.”

## In closing

To a child, love is spelled t-i-m-e. That connection helps on a personal level but also by teaching key skills such as communication and resilience.

It’s important to remember that the connection will change and evolve as children do. But at the heart of it all is communication and that your child feels safe, secure and respected.



### Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters. He is the parenting expert and co-host of Channel 9’s Parental Guidance, and he and his wife host Australia’s #1 podcast for parents and family: The Happy Families podcast. He has written 6 books about families and parenting. For further details visit [www.happyfamilies.com.au](http://www.happyfamilies.com.au).