

College

Newsletter



MacKillop
St Mary MacKillop College Canberra



Volume *Nine*

22 July 2022

Coming

Up

TUE 26 JUL

- Ryde Eisteddfod

WED 27 JUL

- Year 11 2023 Cooma Parent Information Evening

THU 28 JUL

- Year 9 YAM Program
- Cooma Year 10 Course Counselling

MON 01 AUG

- Staff Development Day (Pupil-Free Day)

WED 03 AUG

- Awards Assembly (Padua)
- Year 12 Retreat
- Year 9 YAM Program

THU 04 AUG

- Year 12 Retreat

FRI 05 AUG

- Pupil-Free Day
- Year 12 Retreat

WED 10 AUG

- Awards Assembly (St Peter's)

THU 18 AUG

- Moderation Day (Pupil-Free Day)



Principal's Letter

Principal's Prayer

Lord, Help us to remember that what we want isn't always the most important thing. Amen.



Dear parents, teachers and students,

Welcome back to Term 3

Term 3 is predicted to be very challenging for schools around Australia, and for ours here in the Tuggeranong Valley. Elsewhere in this newsletter is a statement regarding the cancellation of the College Musical in its proposed form for 2022. I would like to say that my real regret is for Year 12, who will not get another chance to perform musical theatre at MacKillop. Opportunities will be found for items from the musical to be performed at Variety Night, Senior Showcase, and at school assemblies.

Despite the challenges, there is still a lot to look forward to in Term 3!

Congratulations MacKillop Staff

I took the opportunity to be praiseworthy of MacKillop staff at the Padua Campus Assembly this week. Their commitment to end of term activities over their own health, industrial action, and other professional demands proved the point that students come first here at MacKillop. Thanks to the many parents who emailed me thanking and acknowledging the staff for proceeding with Urban Challenge, Year 7 and Year 8 Camp, and other activities in the final two weeks. Almost all feedback is productive, particularly affirmation, which adds impetus and energy to the progress of the College.

Struck down with COVID

Friday fortnight ago I began to feel like I was sitting in a draught and developed flu-like symptoms while I was at dinner with friends. I left early, went home, tested positive and called my friends (who thanked me for giving them COVID). Only part of the week was what could be described as challenging, and during my isolation I read some books and watched some movies. I was so desperate for entertainment that I watched the latest Downton Abbey movie, *A New Era*. This is possibly one of the worst films I've ever seen.

A redeeming few seconds came towards the end of the film, where Lady Mary refused a kiss from a movie producer. When he said, "But you want me to kiss you," she said, "I do, but I'm mature enough to understand that what I want is not the most important thing." I don't want to make too much of this, but it struck me as an insight into character and judgement in a world where there is too much self-indulgence, instant gratification, and thoughtless behaviour (I hope I don't sound sanctimonious!). A clear statement from the screen, such as the above, obliges a reconsideration of us at our best. Should you be watching the film, look out for it.

Yours sincerely in St Mary MacKillop,

Mr Michael Lee
College Principal





Welcome Back!

Congratulations to all students for the positivity and energy they have brought to the beginning of Term 3.

Term 3 commenced on Tuesday this week, with staff returning a day earlier to take part in professional learning and planning for the term ahead.

Students returned to school excited to commence new classes for Semester 2 and to reunite with their friends and teachers. The College also welcomed a number of new students across all year groups.

Good luck to the MacKillop community for Term 3!



BAZ LUHRMANN'S STRICTLY BALLROOM THE MUSICAL

A disappointing and difficult decision: College Musical 2022

I write to advise that the College Musical for 2022, *Strictly Ballroom*, will no longer go ahead in its usual form. The shows scheduled for 9-12 August have been cancelled.

A number of factors have been considered, particularly:

- Catholic Education has advised schools to restrict visitors.
- The performance would be heavily impacted by just a singular case of COVID-19 among our cast and crew. Several cases among the cast and crew would require the show to be cancelled altogether.
- Restrictions, illness, isolation and access to musicians have impacted our rehearsals over the past several months.
- We believed it would be better to make the decision now, rather than cancel shows during the performance week.
- The risk to 300 guests in the theatre each night would be high, especially given the rising case numbers of COVID-19 in the ACT.
- Due to licensing fees, performing to a reduced audience would not be viable.
- The license poses problems around live streaming the production.

I have released a full statement on the College website which is available here.

<https://www.mackillop.act.edu.au/index.php/news-events/college-news/item/college-musical-announcement>

If you have purchased tickets to *Strictly Ballroom*:

Please contact Mr Robert Jonas (robert.jonas@mackillop.act.edu.au) if you purchased tickets to the Musical. Mr Jonas will organise your refund/credit to school fees.

Please know that I share your disappointment with this decision. Thank you for your understanding and forbearance.

Michael Lee • College Principal



Status Awards

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

Bronze Status

Harper Butt 7E2, Manny Carmody 7A1, Lachlan Kennedy 7W2, Clare Mitchell 7E2, Brodie Nokes 7W2, Jacob Pakkiyaretnam 7F1, Eddie Rose 7A1

Paul Durham • Assistant Principal, Pastoral Care

Pastoral Program

Term 3

The Pastoral Program for Term 3 focuses on the theme of **Relationships across Years 7 to 12**. Each cohort will concentrate on a different topic within the broader theme including; building resilience in personal relationships, managing conflict with peers and relationships with self and others.

Students will investigate aspects such as personality traits, causes of conflict and strategies for managing themselves and others positively.

Term 3 After School Sport

Mixed Games

During Term 3 indoor mixed games (modified games involving skills such as throwing and catching, kicking and striking and fielding) will be run as an afterschool sports activity, **available to all students in Year 7 to 9**. The sessions will take place on **Thursday afternoons** from 28 July until 15 September in the **Padua Campus Gym**. Year 12 students will be coordinating the activities with a staff member present to supervise.

Consent forms for students are available from Pastoral Care Coordinators, the PE Staffroom or can be downloaded from Canvas.

New PC Teachers

As a result of some staffing changes at the College, a small number of Pastoral Care Classes have a new PC Teacher in Semester 2. The new PC Teachers are:

Padua Campus

7E1 – Bronwyn Griffin
8E3 – Fiona Bolton
8W4 – Dave Connor
9W2 – Stephen Woods

St Peter's Campus

10A3 – Vasant Cheriachan
10F2 – Michelle Chambers
10W1 – Matthew Pooley
11AF – Melanie Pietsch
12F1 – Jonathan Chandra





Year 8 Camp

We were very excited to go on camp this year as we missed it last year due to COVID. Located at the Collaroy Centre in Northern Sydney, it was great to get away together as a year group. Mindygari and Meup Meup were the first group to go on camp from Monday - Wednesday and Ngadyung and Gurabang to go as the second group from Wednesday - Friday. We did activities such as drop pole, high ropes, abseiling, rock climbing, laser tag, giant swing and loads more. In the evening we also participated in a games night and watched a 3D movie.

Lots of fears were faced and we all took on tough challenges, made new friends and accomplished teamwork. What a time we had; it was all such fun and we came back smiling. We made new relationships with our teachers as they joined in with the activities. We thank all of our teachers for giving us this opportunity and can't wait to go back to Collaroy for our Year 12 Retreat.

Jade Paterson and Charlie Chase • Year 8





Year 10 Reflection Day

In Week 10 of Term 2, Year 10 students participated in the College's Reflection Day. Throughout this day we participated in various team-building activities to help us in relation to Urban Challenge. The team-building activities set for us were Escape Rooms, Team vs Team relays, human balloon obstacle course races, as well as a set of team brain teaser tasks. We found these team activities to be a good opportunity to really grow and get to know each other through a fun and chilled-out day before we headed into three days of Urban Challenge together.

Whilst Reflection Day was time spent having fun within our Urban Challenge teams, we also got the opportunity to receive a presentation which gave us the chance to think and reflect about the semester. During this time we also had the chance to receive a speech from our Year 12 Captains which helped us to understand the opportunities available in Year 11 and Year 12.

Overall the Year 10 Reflection Day was a really enjoyable day and also helped us to realise what's ahead at MacKillop, especially the relationships we have had and built already.

Jade Murrell • Year 10





Urban Challenge

In the final week of Term 2, Year 10 students participated in The Urban Challenge. In Urban Challenge we explored the CBD and Bondi area of Sydney in small groups completing fun and interesting challenges along the way, while having to find our way and budget the money we were given. The challenge included following different clues around the CBD, completing challenges and a scavenger hunt in Bondi.

One of the most rewarding parts of the camp was when we helped create meals for the homeless community in Sydney with the Cook for Good and Kids Giving Back charities. Each night we had a nice dinner and completed different activities including bowling and riding the Sydney ferries. The whole challenge was student led with the teachers and guides being on hand to give us a helping hand when needed.

Overall the Urban Challenge was a great opportunity to make new friends and gain valuable life skills, and we thank everyone involved for making this happen.

Jess Glover and Cam Rutton • Year 10

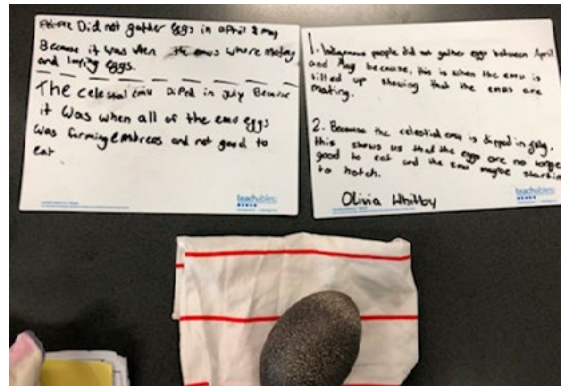


Aboriginal and Torres Strait Islander Education in Science

In Science last term, students learnt about how Aboriginal people use Astronomy to indicate the change of seasons or the availability of food sources. Students learnt of the story of the Emu in the Sky and how its movement indicates the time to collect Emu eggs.

Students were able to handle Emu feathers and eggs to understand the relationship between Aboriginal Astronomy, their stories and its application to their lives.

Jeremy Margosis • Aboriginal & Torres Strait Islander Support



Student Achievement

Ebony Brunt (Year 12) won a bronze medal at the Ice Hockey World Championships in Turkey over the holidays. Ebony was the captain of the Australian team.

Clare Levings (Year 12) was awarded U18 women's 'Player of the Series' at the National Indoor Cricket Championships in Melbourne. Clare was also selected in the Australian all-star team.

Ryley Taunton (Year 7) has been selected to represent the ACT in the U12 Rugby League Competition in Wollongong in August.

Leila Nikolic (Year 9) competed in the Australian Junior Basketball Championships in Perth in the holidays.

Technology

Our Year 10 Automotive class is **in need of some old lawn mowers**. If you have an old lawn mower that you would like to donate, please email john.solari@mackillop.act.edu.au or call **62090164** to arrange a drop off time.

Community News

Football Specialised Training

For players who would like to improve their skills, we offer 1v1 and small groups with FFA and UEFA A Licenced Coach. Contact coach.adsy@gmail.com or futsalmaniansw@gmail.com

DCC Term 3

Plenty of events from Book Club, Spring Fair, All Day Craft, Playgroup and so much more at the Duntroon Community Centre.

Visit their website for more events and details.

www.duntrooncommunitycentre.org.au

Canberra Miniature Railway

Miniature train rides are available on the second and last Sunday of each month at Jerrabomberra Avenue, Symonston.

Birthday parties are welcome! Visit their website for more details.

www.canberramodelengineers.org.au

Canberra Writers Festival

Come down to the Canberra Writers Festival, held from 10-14 August to meet and hear from some amazing storytellers.

The Last Dragon by Charlie Massy on 13 August at 10.00am:

<https://www.canberrawritersfestival.com.au/event/last-dragon>

The Village Dogs Of Pucklechuck by Emily Garrett on 14 August

at 9.30am: <https://www.canberrawritersfestival.com.au/event/village-dogs-pucklechuck>

Inspire Art Comp

The Inspire Art Competition is on again! This is MacKillop's annual art competition and entries are due by **Friday 26 August**.

Students in Years 7 - 12 can enter an artwork in any medium with any theme - just inspire us! There will be a range of prizes, so get creating! Further information and entry forms are available on Canvas.



School Fees

Term 3 Fees were electronically sent to family email addresses on 6 July 2022. Fees are due to be **paid by 5 August 2022** unless paying by Direct Debit or other approved method.

Please note **camp credits for students on approved leave are on your Term 3 Statement**. This includes credits for the cancelled Geography Excursion, Year 7 Camp, Year 8 Camp and Year 10 Urban Challenge.

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**



**www.twitter.com/
mackillop_act**



**www.instagram.com/
mackillop_act**



**www.youtube.com/
stmarymackillop**

INSIGHTS

Parenting introverts and quiet kids



Many parents worry when their child is shy, quieter than others or not the outgoing type. The thought that their child may be a loner turns parents into social organisers who arrange playdates and parties or friendship coaches. They may upskill their kids to start conversations, manage conflict and play with others. This flurry of activity can be exhausting, and they cause a great deal of angst for kids. However, it may be that their child is introverted by nature, and they are trying to make them fit the extrovert mould.

It's genetic

Introverts are wired differently to extroverts. Introverts have closer links to the para-sympathetic nervous system, which is responsible for calm and relaxation, so they feel more at home in quieter, less stimulating environments. Extroverts, on the other hand, are more closely aligned with the sympathetic nervous system, which is responsible for high arousal levels, so they seek stimulating environments to keep their energy levels high.

Extroverts work hard to get their dopamine hits, those little shots of happiness the brain releases to reward behaviour and keep them coming back for more. Introverts, on the other hand, who only have to read a book to get a dopamine hit, feel more comfortable in low stimulus environments.

Birth order plays a role

While nature plays a huge part in temperament development, genetics can't claim all the credit for creating introverts and extroverts. In birth order studies, eldest borns repeatedly score higher on introversion than children in other birth order positions, while later-borns consistently lean towards extroversion. Being born last in a family usually means time alone is a rarity, while eldest children usually spend a great deal of time in their own company in the early formative years when personality is being shaped.

The world is skewed toward extroverts, so knowing how to raise introverts means that you may need to discard many parenting rules of thumb you've taken for granted. Here are some parenting ideas to get you started.

Welcome introspection

Introverts like to go within to process daily events and find solutions to their problems. In an era when we encourage kids to discuss rather than bottle problems up, introspection can be disconcerting for parents. But giving introverts space to think through adverse events before they seek help, enables them to get their thoughts in order and feel more in control of their lives. Welcome quiet times and remember that introverts need time to refresh and replenish away from the hustle and bustle of school and family life.

Provide silence and solitude

Extroverts like to keep company of others, while introverts like to keep their own company, or keep friendship circles small. Introverted kids appreciate quiet time and spaces away from others to recharge, reconnect and relax. This may seem strange to extroverted parents, or siblings who want to hang out or play with their siblings. Giving kids permission to seek solitude, balanced with activity to prevent brooding, is an introvert-friendly family habit.

Use stepladders not escalators

Extroverts tend to jump boots and all into new social situations. School camp coming up. *“Great. It’ll be fun.”* Family holiday approaching. *“Terrific! I hope we go where there’s heaps of other kids.”* Joining a new sports team. *“I can’t wait. I bet I’ll know heaps of kids already.”*

Introverts, on the other hand, are more tentative entering new social situations. School camp. *“I hope some of my friends are going.”* Family holiday. *“Who else will be there?”* Joining a new sports team. *“Will I know anyone?”*

Give introverts plenty of information about new situations and don’t expect them to immediately embrace the whole scenario. Give them time to make new friends and become comfortable in social situations.

Quietly celebrate quiet achievers

Introverts can easily feel that something is wrong with them. Mainstream entertainment and social media celebrates extroverts in all walks of life. Brain surgeons don’t receive standing ovations, yet they do their best work on their own. When introverts do well in any field shout it out (but quietly!) as they need someone to aspire to as much as extroverts.

Chess anyone?

Help your introverted child discover their strengths and interests and resist pushing them down common leisure paths such as sport or drama that may not hold strong appeal. When they join clubs and groups they may be really interested in, such as chess, crafts or reading, they will more than likely form friendships with like-minded souls... as birds of a feather really do flock together.

It’s a balancing act

Too much solitude can lead to depression so introverted children and teenagers need to be challenged at times to leave the comfort of their own company and spend time with friends, or even the rest of the family. Firm but gentle persuasion and nudging works better with introverts than heavy-handedness so work on your persuasion skills to ensure your introvert lives a socially balanced life.

In closing

Parenting introverts can be a challenge particularly if you are an extrovert yourself. Adopt the mindset that introversion is normal, indeed a strength, and put steps in place to help an introverted child feel both comfortable in their own skin and confident navigating the world at large.



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.