

College

Newsletter



MacKillop

St Mary MacKillop College Canberra



Volume *Eleven*

2 September 2022

Coming

Up

TUE 13 SEP

- MacKillop Day

FRI 16 SEP

- Spring Zing

TUE 20 SEP

- Athletics Carnival

WED 21 SEP

- College & Portfolio Captain Elections

THU 22 SEP

- Variety Night

FRI 23 SEP

- Term 3 ends

MON 1 OCT

- Term 4 begins

TUE 1 OCT

- Parent/Teacher Interviews

THU 1 OCT

- Parent/Teacher Interviews



Principal's Letter

Principal's Prayer

Lord, as we approach our MacKillop Feast Day, guide us to lead our lives with the spirit of service that she led hers. Amen.



Dear parents, teachers and students,

Extensive Building Program Reaches Agreement

The College will commence in the next few months an extensive building program on both campuses. The program will include a second gymnasium, fitness centre, change rooms and classrooms on the Padua Campus, and a Performing Arts Centre on the St Peter's Campus which includes an auditorium, dance studios, drama rooms, music rooms, storage, toilets and change rooms. The Performing Arts Centre will provide opportunities to extend MacKillop's theatre arts curriculum in the areas of light and sound, set and costume design and makeup. There will also be an opportunity in this program of works to refurbish the St Peter's gym.

This building program will meet Work Health and Safety needs and provide first class facilities so that all students of the school can have a broad and authentic experience of learning in their chosen field. The Performing Arts Centre in particular will add to MacKillop's capacity for community engagement and celebration.

AST

Good luck to AST candidates in Year 12. Thank you to all the staff, particularly Mrs Nicola McLennan and Mr Colby Cruwys who have prepared the students for the AST tests to be undertaken by all tertiary students in the ACT next week. The tests require close critical reading, high levels of literacy and the capacity to express a point of view on yet to be seen stimulus. The results of these tests for each school are fundamental in moderating course scores for the calculation of the ATAR. Whilst MacKillop has never believed that defining one's self in such a narrow measure is healthy, this is a challenge that can be best met with thorough preparation and a competitive spirit.

MacKillop Day 2022

Happily, this event has returned to the college calendar for this year. MacKillop Day, which consists of a whole College Mass and celebrations on the Senior Campus, is an opportunity for community celebration and thanks giving. Thank you to Mr Jonathan Moyle and Mr Lachlan McNicol who have played a considerable role in the leadership of this event. The opportunity to have the entire school at a Mass and on the Senior Campus is one of fond expectation for all of us. Let's hope for good weather!

Yours sincerely in St Mary MacKillop,

A handwritten signature in black ink, appearing to read 'Michael Lee'.

Mr Michael Lee
College Principal



CELEBRATING = MACKILLOP = DAY '22

MacKillop Day

Tuesday 13 September

MacKillop Feast Day Mass

- College Mass will be celebrated at the Tuggeranong Basketball Stadium at 9.30am.
- Students are required to be in the stadium by 9.00am.
- Unfortunately, due to the COVID-19 Term 3 Management Plan that we are required to operate within, parents/carers and other guests are unable to attend the Mass this year.

MacKillop Feast Day Celebrations

- At the conclusion of Mass buses will transport all students to the St Peter's Campus for lunch and activities.
- Padua Campus students will be transported by bus back to their campus in time to catch their school buses home.
- St Peter's Campus students will participate in a Campus Auction in PC Classes at the end of the day before being dismissed at 3.15pm as usual.

Tokens

- Tokens, to the value of 50 cents each, will be able to be exchanged for food and drink items as well as various activities.
- Tokens are available for purchase through cashless methods only. The preferred method for doing this is to pay in advance via Qkr!:
[Qkr! by MasterCard \(qkrschool.com\).](https://qkr.school.com)
- For families with more than one child, please ensure a payment is made for each child.
- The cut-off for payments on Qkr! will be **Friday 9 September**.
- Each student will then, on the MacKillop Feast Day, receive the number of tokens equivalent to what they have purchased.
- Students will be able to purchase additional tokens on the day through cashless methods only.



CBCA BOOK WEEK 2022

Dreaming with eyes open...

Book Week

"Dreaming with eyes open" is about the hidden and the seen possibilities! This was CBCA's Book Week theme and to celebrate reading, and dreaming, students and staff on both campuses rose to that challenge and dressed in costumes of various descriptions.

On the St Peter's Campus, the best dressed student was resolutely held by Shania Davenport in Year 12. The best dressed staff team was a tightly fought contest. The joint winners this year were the English department and the PE department. Mr Gareth Bowen won the best dressed individual staff member prize.

On the Padua Campus, the best dressed for each year group were Alexander Brooks, Preston Kershaw and Hayley Akers. Mr Dave Connor was an outstanding Professor Dumbledore and the winning Padua faculty went to Humanities.

Students earned house points by participating in quizzes and activities throughout the day in the library, and beyond!

Thank you to the Learning Commons team, who without a team approach to coordinating the day and activities, Book Week would not be as wonderful.

Finally in the words of the great Dr. Seuss: "The more that you read, the more things you will know. The more that you learn, the more places you'll go." So be sure to pick up a good book, read, learn, dream, and go!

Samantha Rutter • Learning Commons Coordinator



Variety Night 2022

Thursday 22 September at 7pm. Tickets available on Qkr! from Week 9

Have you got a talent or skill you want to show off?

Well we want to see it!

MacKillop is going ahead with our 2022 Variety Night. This performance night is for anyone that wants to show off their abilities. All year groups 7 to 12 welcome to audition.

Audition Information

We're looking for all types of performers for this year's Variety Night. Whether you are a singer, actor, musician, dancer, comedy act or even a juggler you are welcome to audition! Audition information is to the right-hand side.

If you are unavailable on these dates, we are also accepting video auditions. You can upload your video to your Google Drive and share it with Maddison Cameron and Vuni John Kamilo!

Please keep in mind that the auditions can be no longer than 5 minutes!

Vuni John Kamilo & Maddison Cameron • Performing Arts Captains



Auditions

Year 7-9

Wednesday 7 September
3.30-5.30pm
Moira Nadjecki Theatre (Padua Campus)

Year 10-12

Thursday 8 September
3.30-5.30pm
ARC - (St Peter's Campus)

Poetry in Action

During Week 4, Years 8 and 9 were presented with an engaging and entertaining performance from Poetry in Action as part of their English studies. The students enjoyed seeing poetry come to life on stage and were able to bring this in to their classroom learning.

I thoroughly enjoyed how the performers had a way of entertaining us while also giving us key information to help with our upcoming assignments.

Christina Giannis • Year 9



Pastoral Program Term 3

As highlighted in a recent College Newsletter, students have been focusing on the theme Relationships this term. Each cohort has been concentrating on different topics within this broad theme. The aim is to continue to build our students' knowledge and ability to deal with a variety of aspects of relationships that will keep them safe and support them in the future.

The Pastoral Program lessons that have been organised across the College over the next fortnight are:

Year 7	Class Activity: Defining and recognising resilience
Year 8	Rock and Water Program: Confidence and resilience in dealing with conflict
Year 9	Class Activity: A broad look at the concept of consent
Year 10	Batyr Presentation: Presentation on hope, resilience and courage in the face of mental ill-health
Year 11	Respectful Relationships and Consent Presentation
Year 12	ACTWELL (Paramedics) Drug and Alcohol Presentation

Year 7 Immunisations

The second round of vaccinations for Year 7 students are scheduled to take place on Monday 21 November -Tuesday 22 November. The vaccine offered free as a part of the ACT High School Immunisation Program is Human Papillomavirus (HPV) Dose 2 and the Diphtheria, Tetanus and Pertussis vaccine (Boostrix) – 1 dose

If a student misses a vaccine and you have returned a consent card, you will receive a letter on how to access the vaccines. They will be available free from your GP.

Status Awards

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

Bronze Status

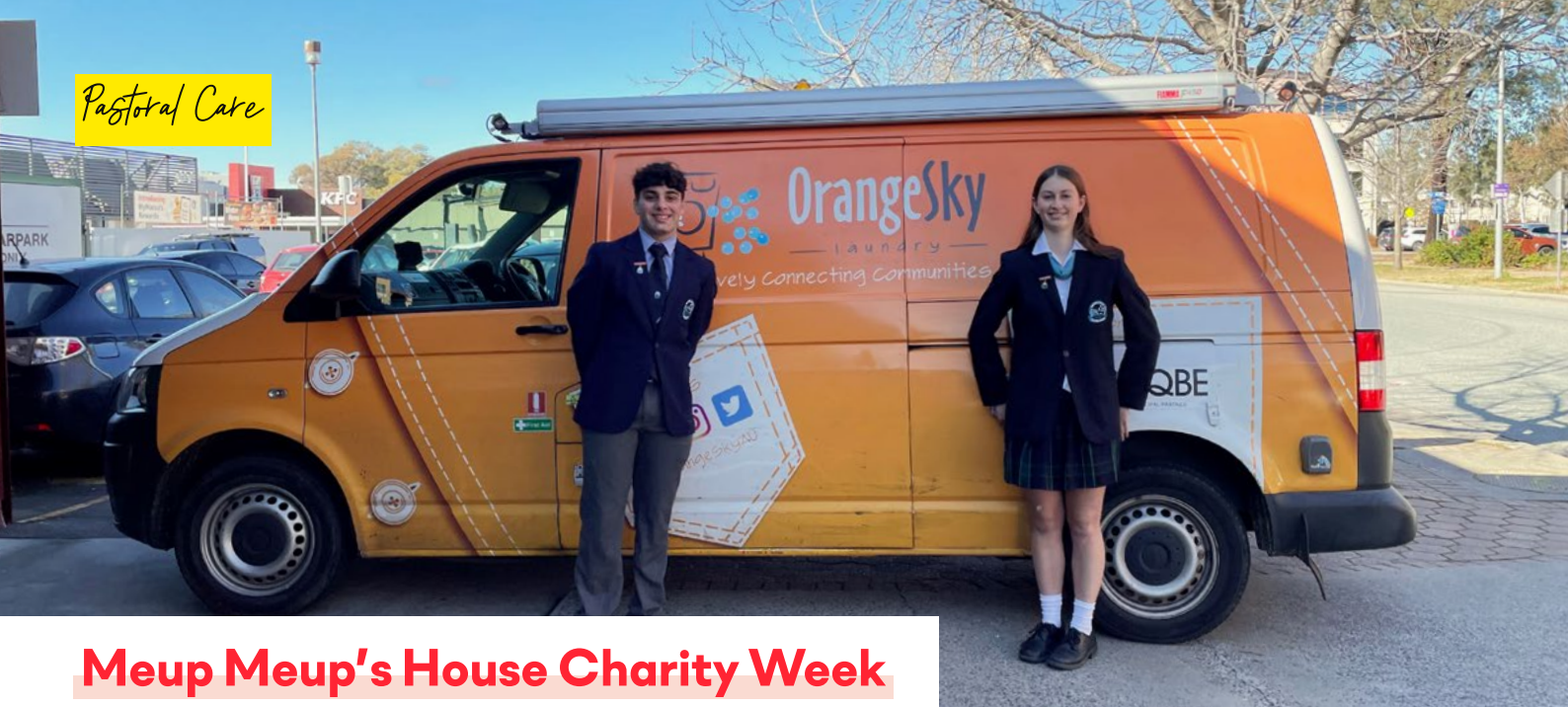
Dylan Anyon 7E3, Lachlan Barnes 7W2, Leo Burg 7F1, Ashleigh Fuller 7W4, Willow Kildey 7F4, Bronte Kontny 7W1, Joshua Prstec 7F1, Laura Tkalcovic 7W1

Silver Status

Ella Williams 7A1, Luke Withington 7A2

Paul Durham • Assistant Principal, Pastoral Care





Meup Meup's House Charity Week

As the Meup Meup House representatives, we just wanted to say a big thank you to the students and staff for all the contributions you made to the donations during the House Charity Week!

The charity that Meup Meup chose to fundraise for was OrangeSky. OrangeSky supports homelessness Australia wide, they provide laundry and shower services to anyone doing it tough. OrangeSky has a van that services the Canberra region and we had the opportunity to go and speak with some of the volunteers. We saw how welcoming they made us feel and how open they were to have a conversation. Imagine the impact they are making within the community; what an amazing charity!

We raised just under \$1000 on the St Peter's campus which is a massive effort, thank you!

Ghassan Issa & Charlotte McAvoy • Meup Meup House Captains



Science Week

National Science Week was held across Australia from 13-21 August. The national theme for 2022 was 'Glass – more than meets the eye'.

Students on the Padua Campus celebrated with a number of different activities and challenges. Each day, students were able to participate in an activity related to glass. Students were able to make 'edible glass', conduct experiments to make glass rods and beakers disappear, make rainbows using light boxes and participate in science week Kahoots.

In PC classes students were able to complete the daily PC Challenge. They had to work together to complete trivia questions and picture puzzles. Congratulations to 7E3, 8W3 and 9W1 who had the highest scores in each year group at the end of the week.

At the St Peter's campus, students showed off their scientific knowledge through daily puzzles completed in PC classes. Some of the puzzles included:

- Naming the image shown in stained glass
- Determining the famous scientist depicted by a series of emojis
- General knowledge science trivia

It was a close competition all week with lots of discussion generated over potential answers. 10AF, 11F2 and 12E3 emerged victorious at the end of the week as the major prize winners.

Students also had the chance to come along to the Science labs and try their hand at a series of challenges celebrating the amazing material that glass is. They solved an obstacle course using a ray of light and mirrors, explained the illusion of the disappearing beaker, made a 6 metre model of an optical fibre using nothing more than hot glue and played 'Smoke on the Water' using beakers filled with different amounts of water.

Thank you to everyone who participated!

Melissa Pert and Kate Goolagong • Science Coordinators



Aboriginal and Torres Strait Islander Education

This cycle, Year 10 Drama students have been exploring scripts that draw from topical issues. As part of their process, they had to develop a piece focused on sustainability using a natural soundscape. Students enjoyed using some of the Colleges' Aboriginal and Torres Strait Islander resources to create their soundscapes. The students ensured that they followed correct cultural protocols while using the didgeridoo, emu caller and clapping sticks. They explored how instruments made of natural materials can interact with non-natural materials to create natural and unnatural sounds, symbolic of the sustainable ideas they drew into their piece. They discussed the traditional uses of these sounds and how they can be drawn into our topic.

Jeremy Margosis • Aboriginal & Torres Strait Islander Support



PE Pathways Inside the Fitness Centre

Let's meet some of our student athletes!



Alex May, Year 10

Sport: Hockey and Baseball

Biggest accomplishment so far: Captaining an ACT Hockey Team

Sporting Hero: Jamie Dwyer and Nolan Areondo

Sporting aspirations: Play College Baseball or representing my Country in the Olympics at Hockey

Favorite song to listen to when training? Switch by Darren Styles

What do you like most about the PE Pathways program?

I enjoy that I am able to access equipment and expertise which helps me have more time outside of school.

Australian National Eisteddfod Success

Congratulations to Year 10 student Gavin de Guzman and Year 11 student Danny Li who were awarded 1st prize in piano performance at the Australian National Eisteddfod. Gavin won first place in the Chopin Prize and Gavin and Danny won 1st place in the Duet Prize. Well done to both these students



Athletics Carnival

Our College Athletics carnival will be held in Week 10 on Tuesday 20 September. There are many ways you can get involved in this event with competitive track and field events, novelty events, dressing up in your house colours and cheering for your house. All of these things earn points for your house, going towards the Championship and Spirit Cup. This will be the first opportunity to gather as a whole College for a sporting event in 2022.

The themes for dress up this year are centered around the theme of occupations. The theme for each house is:

MINDYGARI
Tradies

MEUP MEUP
Lifeguards

GURABANG
Zoo Keepers/Safari

NGADYUNG
Doctors & Nurses

Canberra Brumbies Rugby 7's

The following students represented the college in the Canberra Brumbies Rugby 7's competition earlier in the semester. Across both the initial competition and the finals competition these students played with a very high standard of athletic ability and represented the college with a great standard of sports leadership.

I would like to congratulate the following students for being part of the winning Year 9/10 Rugby 7's team:

Ryan Bourne	Raymond Webb-Maloney
Jayden Longani	Mitchell Brophy
Jayden Barrett	Jack Gray
Beau McCarroll	Lachlan Collier
Ty Broers	Riley Thurling
Patrick Keen	Kurran Ramalli

These students also won the entire competition and were presented with a Jersey which has been signed by the entire 2022 Brumbies team.

Brumbies

In Term 2 and 3, MacKillop received funding from the sporting schools program to have Brumbies staff come and run sessions with Year 7 and 8 students. The purpose of these sessions is to develop new skills and build confidence to participate in different types of physical activity. We have been lucky enough to have ex student Gabby Petterson running the majority of these sessions for us. It is such a great opportunity for Gabby to share her talents and knowledge with students at our school.

ACT Snowsports Cup

Indiana and Willow Kildey competed in the ACT Snowsports cup. The students competed in the Alpine Skiing competition which is a downhill race on skis. Willow placed second in this event and Indie placed 3rd.





After School Sport

After school sport has been running all term with students participating in mixed games in the gym. After school sport is open to all students in Year 7, 8 & 9. The purpose of after school sport is to participate with friends in an atmosphere of fun while developing and maintaining fitness and learning new skills. This program is run by Year 12 students, if you haven't yet I would encourage you to come along. A reminder that you can use the hours from after school sport towards your silver and gold status.



National Cross Country Championships

On Saturday 27 September, we had seven students competing at the national cross country championships in Adelaide. To get to this level students need to place at the ASC and ACT events and then they compete against students from every state in Australia.

I would like to recognise the following students on their achievement:

Elise Swoboda
Sam Rizzuto
Ariella Patterson
Leila Nikolic
Milly McCabe
Olivia Rizzuto
Isaac Muscat

Monique Foran • Sports Facilitator

Student Achievement

Grace Lyons (Year 11) has been selected for the Australian Cricket U15 Talent Squad.

Lucas Murray (Year 11), Alexander Murray (Year 10) and Chloe Fenson (Year 8) represented the ACT at the School Sport Australia Swimming Championships in Brisbane from 15-20 August. Many personal bests were achieved by the swimmers with Alexander receiving a silver medal as a member of the 6 x 50m relay team. The swimmers are to be congratulated for displaying the great qualities we expect of students from St Mary MacKillop College.

Charly Watson (Year 7), Bethany Heron (Year 7) and Chelsea Hogan (Year 7) represented the ACT in the U12 AFL School Sport Championships held in Adelaide from 7-12 August.

Anthony Grgic (Year 7) has been selected for the U12 ACT School Boys Soccer Team for Australian School Sports. He has been selected as the captain of the team where he will travel to Perth in October to compete.

Harry Menham (Year 11) and Jordan Rezek (Year 10) attended an invitational U19s Interstate Football Championships at Valentine Park in Sydney in August where they represented the ACT Schoolboys. Harry was also selected to play in the Capital Football All Stars Team in August.

Madison Cachia (Year 8) has been selected to represent the ACT at the National Youth Soccer Championships in Coffs Harbour in September.



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.

Uniform Shop

A reminder that the Second Hand Uniform Shop (SHUS) is closed and will **reopen on 3 October** which is one week before Term 4 commences.

The SHUS has a decent range of sizes in stock at present. For the best chance of having your summer uniform needs met, please email **uniforms@mackillop.act.edu.au** or text **0427 089 370** to make an appointment. The phone and email will be monitored during closure.

Thank you to all who have donated uniform items. Your donations to the SHUS are appreciated. Please leave your washed uniform donations at either school front office. Remember to ask for a \$5 school canteen voucher. To date, the SHUS has saved over 460 uniform items from going to land fill. Such a fabulous achievement.

Judy Keogh • Uniform Shop Coordinator

School Fees

Fees for Term 3 should now be finalised unless paying by Direct Debit or other approved arrangement. **Any outstanding fees should be paid immediately.**

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

Parenting Help Workshops

Tuggeranong Arts Centre is holding two free sessions for parents struggling with their child showing symptoms of depression and anxiety.

Facilitated by social workers and school counsellors, the seminars will occur on **Thursday 15** and **Thursday 22 September** from **5:30-7:30pm**.

Pro Performance Holiday Cricket Camp

Intensive individual and group skill development with a focus on positivity, fun and making new friends.

9am-3pm from **26-30 September**. Booking Link:

<https://properformancecricket.com/act-cricket-camps/>

Parentline ACT

A confident and free service for all. Phone counselling and support when you need help but don't know who to call. Call **02 6287 3833**

Tennis Open Day

Saturday 17 September from **1-3pm** come and try the latest tennis Australia programs for both children and adults. Email **robert@csot.com.au** or call **0432 118 204** to book.

Good Shepherd Primary turns 20

Saturday 17 September from **6-11pm**. Any ex staff, students and families that would like to attend can email **office.goodshepherd@cg.catholic.edu.au**.

Futsal

Do you want to play futsal this Summer? Register early and secure your spot with **Futsal Mania**. Whether registering as part of a team or an individual it's an awesome program and great fun. If you are interested send an email to **futsalmaniansw@gmail.com**.

Weston Indoor Sports

Registration for rebound soccer for the summer is now available. Boys, girls and mixed teams, and for players of all skill levels come and join the most fun indoor soccer competition. Register at <https://westonis.com.au/kids-rebound-soccer/>





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

The science of connection



Finding skilful ways to manage strong emotion that get triggered in everyday life can be one of the most challenging aspects of raising a family.

Kate arrived home late from work exhausted to the sound of her teenage sons arguing. Life for her family hadn't returned to normal after the pandemic. Emotions ran wild and Kate and her partner often felt as if they were walking on eggshells around the boys.

Usually, she was able to hold on to an awareness that she needed to monitor how she reacted to their arguments. On this occasion, however, in the moment that anger overwhelmed her, Kate felt absolutely convinced that the boys were not even trying. In that moment memories of similar difficult times flooded into her mind and added to her sense of outrage. Before she was aware of what she was doing, Kate had stormed into their room, angrily yelling that she was fed up with both of them and was fed-up with being their mother.

There was no answering back from the boys this time. Kate felt shocked by the words that had tumbled out of her mouth. She apologised and left the room in tears.

Later that day, Kate was able to see that the incident with the boys had triggered within her an even more complex issue. One year ago, a disagreement with her sister had escalated into a heated argument and their relationship had not recovered. The precious friendship they had shared seemed lost, transformed into a painfully difficult situation where family gatherings were tense, and Kate felt caught up in messy feelings of anger and sadness.

We're all familiar with situations like this, painful disconnections which can undermine the strength of relationships in an ongoing way. Can you recall a similar experience? Try and picture it in your mind and see if you can recall what it's like to be pulled into a compelling story line and be engulfed in strong feelings like anger, shame, or fear.

Ironically, managed well, situations like this can be powerful opportunities for growth. The secret lies not in getting better at arguing your perspective, but by understanding how our nervous system processes memory and emotion.

Deep beneath conscious awareness, in a primitive part of the brain called the limbic system, 3 discrete systems of emotion – threat, strive, and connect – are in constant flux. Each system is driven by nerve cell pathways which run throughout the body as well as specific hormones and neurotransmitters. Our most important memories tend to be encoded within only one of these systems.

When Kate heard the raised voices of conflict, her threat system fired up and her system was flooded with the stress hormone cortisol. The threat system powerfully disconnects us from parts of the brain that help provide clear thinking, creativity, and wisdom.

The parenting program Circle of Security calls this [shark music](#).

But just like any muscle, each system of emotion can be strengthened. The threat system is by far the most powerful. The system that tends to come in as its antidote, is the strive system.

parenting*ideas

Running on the “feel good” hormone dopamine, the strive system encourages us to distract and disconnect from negative feelings. Although comfortable in the short term, if our response is only to turn away from what’s difficult, then we don’t learn how to repair ruptures in our relationships by using the skills available to us in the more fragile connect system. This explains why over time, patterns of shutting down and disconnecting tend only to get stronger.

The connection system uses the hormone oxytocin, which has been called the love hormone. When this system is active, the stress response is calmed and we are able to move closer toward what is hard and become curious about a bigger picture. We are better able to pick up on the feelings and perspective of others and not be so triggered by what they are doing or saying.

Patterns of disconnection in relationships usually begin in childhood and form the basis of what are called insecure patterns of attachment. This explains why for many people, handling anger skilfully can be very tricky. But research shows clearly that because the nervous system is capable of change, these underlying patterns can be transformed and lead to what is called an earned secure attachment.

Research has revealed many ways in which we can build strength in the system of connection.

In closing

As we worked together, Kate learned how to use methods of mindfulness, imagery and body-based practices to shift out of a threat response. By deliberately bringing to mind memories of arguments and disconnections, she learned how to ride waves of anger. She practiced looking more closely at the storylines she was holding onto and as time went on, she found ways to use interactions with others as opportunities to tune in more carefully to what was often going on at a deeper level.



[Click here to view a quick tip video by Dr Justin Coulson related to this Insights article](#)



Dr Diana Korevaar

Dr Diana Korevaar is a perinatal psychiatrist, whose priority has been to help parents raise resilient and happy children. In her book *Mindfulness for Mums and Dads*, she adapted the science of neuroplasticity and mindfulness into practical skills which translate the challenging experiences of parenting and relationships into opportunities for growth.