

College

Newsletter



MacKillop

St Mary MacKillop College Canberra



Volume *fourteen*

4 November 2022

Coming

Up

MON 0 7 N O V

- Year 10 Exams commence

TUE 0 8 N O V

- Year 12 Drama: *Harry's Hotter at Twilight*

WED 0 9 N O V

- ISART Exhibition Opening
- Year 10 Exams conclude

THU 1 0 N O V

- Year 12 Last Day of Classes

FRI 1 1 N O V

- Year 12 Breakfast and Farewell Assembly
- Year 11 Last Day of Classes
- Remembrance Day

MON 1 4 N O V

- Senior Exams commence

WED 1 6 N O V

- SRC Speeches and Voting (Padua)
- Year 10 Drama: *Scents*

FRI 1 8 N O V

- Senior Exams conclude
- Year 12 Drama: *Dags*

MON 2 1 N O V

- Year 7 Immunisations



Principal's Letter

Principal's Prayer

Lord, We give thanks for the diversity in our community. May we continue to strive for tolerance, acceptance, and the strength that this opportunity offers us. Amen.



Dear parents/carers, teachers and students,

Long Tan Awards

At Wednesday's St Peter's Campus Assembly, four students received the Long Tan Award, funded by the ADF in remembrance of the bravery and courage of past members who fought at Long Tan on 18 August 1966. These awards are perpetual across every school in the country. This year's recipients are:

- Youth Leadership and Teamwork Award: **Amy Frost** (Year 12) and **Connor McDonough** (Year 10)
- Future Innovators Award: **Dylan Neindorf** (Year 12) and **Dylan De Jong** (Year 10)

Variety Night

Congratulations to everyone involved in what was a very successful Variety Night 2022. Our Performing Arts Captains, VJ Kamilo and Maddie Cameron, with many staff, helped provide one of the most entertaining and enjoyable evenings that we've had for some time.

A special note of commendation to Jett Blyton, who gave the new grand piano a workout, and to Mr Harry Hattch, who performed magical tricks that left the audience "Ooohing and Ahhing" (that's an inside joke that the audience would understand).

Over \$2000 was raised for the four House Charities. More importantly, the opportunity for our talented students to perform on a stage to an audience was invaluable.

Senior Hospitality Dinner

Last Wednesday night, parents and carers, siblings, and College Board members, along with some staff, were guests at the Senior Hospitality Dinner. This was the best senior dinner that I had attended, in terms of atmosphere, quality of service, and quality and presentation of food. It was an opportunity for many adults to enjoy a fabulous meal without any alcohol in sight - a rare opportunity for some of us!

Board members were given the opportunity to see how the College facilities are used by students and staff to bring an authentic industry experience to learning. This was the real joy of the evening. Congratulations to Janelle Maas and her team in the Food and Textiles Faculty, as well as our Year 11 and 12 Hospitality students.

Yours sincerely in St Mary MacKillop,

Mr Michael Lee
College Principal





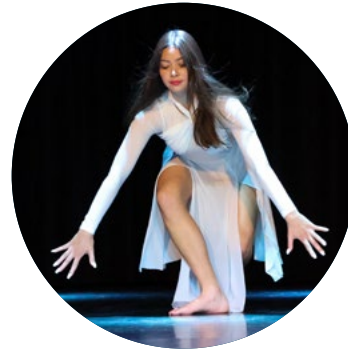
Variety Night

MacKillop raised funds for its four House Charities at the annual Variety Night on Thursday 20 October.

Held in the Moira Najdecki Theatre at the Padua Campus, the event treated guests to a range of performances, including stunning vocal and instrumental pieces, breathtaking dances, comedy, and even a magic show from staff member Harry Hattch. Variety Night also included audience participation, with a number of games and prizes throughout the evening.

All proceeds from ticket sales and the canteen went towards the four House Charities: Beyond Blue, MacKillop House, Orange Sky, and the Ricky Stuart Foundation.

Congratulations to the performers, the hosts and MCs, the sound and lighting crew, the backstage team, the Performing Arts faculty, and the Student Representative Council. Particular thanks to VJ Kamilo and Maddie Cameron (Performing Arts Captains) who coordinated the event.





Teachers recognised at TQI Awards

Last week, MacKillop had four teachers recognised by the Teacher Quality Institute (TQI) as exceptional practitioners at an awards ceremony at the Realm Hotel.

Amanda Knott and Stephanie Williams were awarded Highly Accomplished certification. This certification level means that, against the Australian Professional Standards for Teachers at the Highly Accomplished level, Stephanie and Amanda evidenced their practice, via a three module presentation and lesson observation. External National Certification Assessors deemed both teachers as having achieved the Highly Accomplished level after rigorous evidence and annotation examination, lesson observations and numerous interviews with their colleagues. Amanda and Stephanie now join the national network of Highly Accomplished and Lead teachers (HALTs).

Nicola McLennan and Lisa Buckland undertook extensive and high level training as National Assessors last year and were also recognised for their successful study and achievement of this qualification.

As a College, we acknowledge the exceptional achievements of these teachers and applaud their efforts to promote high level achievement of the Australian Professional Standards for Teachers.

Maria O'Donnell • Assistant Principal Academic Care





ACT Maths Award Winner

Huge congratulations to Alexander Brooks in Year 7 who achieved a High Distinction/Best in School result in the recent 2022 Australian Mathematics Competition. Alexander scored in the top 1% of students, Australia-wide, who sat the Junior (Year 7/8) section.

His outstanding achievement will be acknowledged at an awards ceremony on 1 December.

Alexander is in Year 7 Advanced Mathematics this semester with Dr Michelle Burg.

Anna Keppel • Mathematics Coordinator (Padua Campus)

Gurabang House Charity

Last week, we wrapped up our final House Charity Week with Gurabang raising funds and awareness for the Ricky Stuart Foundation. It was amazing to see the community support the cause through the numerous events we had going on. We had our jersey day, handball competition, car park donations and sold Goodberry's and juices. It was an awesome effort and we are so grateful for all that we have raised for four amazing charities. We extend our appreciation to all of the MacKillop community and to say thank you for all the donations and support everyone has shown.

Josh Campbell and Sienna Molloy • Gurabang House Captains



Student Achievement

Abigail Rutten (Year 8) represented the ACT Raiders at the National Youth Championships (NYC) for Touch Football in October on the Sunshine Coast.

Sam Rizzuto (Year 8), Mia O'Connor, and Billy Mercer (Year 9) represented the ACT at the National Oztog Championships in Coffs Harbour last month.



2023 SRC

Elections for next year's Padua Campus Captains were held on Wednesday this week. Congratulations to **Alexander McLennan** and **Laura Del Bianco**, who were announced as the 2023 Padua Campus Captains today.



Last week, Year 11 participated in elections for the College House Captain positions. Congratulations to the successful candidates:

Mindygari: **Isabella Pinzon** and **Danny Li**
Gurabang: **Kate Squire** and **Oscar Luck-Cameron**
Meup Meup: **Sophie McInerney** and **Joel Stiles**
Ngadyung: **Charlotte Woolf** and **Joel Williams**

Further elections on the Padua Campus for House Captains (current Year 8s) and SRC positions (current Year 7 and 9 students) will be held on Wednesday, 16 November.

Paul Durham • Assistant Principal Pastoral Care



College Uniform Provider

Please note that Savvy Schoolwear, Tuggeranong, has closed. Uniforms are now available at Lowes, Tuggeranong.



Status Awards

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

Bronze Status

Savannah Apoderado 7W2, Toby Bates 7F1, Imogen Bond 7A4, Kye Cook 7F2, Preston Kershaw 8E1, Ella Rouse 7W2

Silver Status

Ruby Pardy 7E2



Do you know what they're vaping?

Electronic cigarettes or e-cigarettes, often called 'vapes', are electronic devices designed to deliver vapourised liquids into the lungs. There are many different styles of vapes and types of e-liquids, or e-juices, available. Vapes come in many shapes and sizes and can be made to look like everyday items including highlighters, pens or USB memory sticks.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. **This is not true. Vapes are not safe.**

Vaping facts: (www.health.nsw.gov.au)

- Many vapes contain nicotine making them very addictive. The nicotine in 1 vape can equal 50 cigarettes.
- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray. They just don't put it on the pack.
- Vapes can leave young people at increased risk of depression and anxiety.
- Young people who vape are 3 times as likely to take up smoking cigarettes
- Vape aerosol is not water vapour.
- Vaping has been linked to serious lung disease.
- Vapes can cause long-lasting negative effects on young people's brain development.

Talk to your child about vaping

It's important to take the time to talk to your child about the risks of vaping. Try to start the conversation in a relaxed easy-going way, and remember your goal is to open the communication channels around safe behaviours.

For additional support or resources on vaping please visit:

1. [NSW Health Vaping Resources](#)
2. [4 Corners - The New Addiction of Vaping](#)

Paul Durham • Assistant Principal Pastoral Care

Student Mentoring at the Padua Campus

On Wednesday 9 November, students will engage in their final Student Mentoring session for the year. The lesson will provide students with the opportunity to reflect on their achievement in 2022, revisit their SMART goals set at the commencement of the academic year and develop their ability to prioritise tasks to avoid procrastination. Student Mentoring allows for conversations between each student and their Pastoral Care teacher about their own individual academic growth. The learning activities that students complete during these sessions are available through Canvas for students and parents/carers.

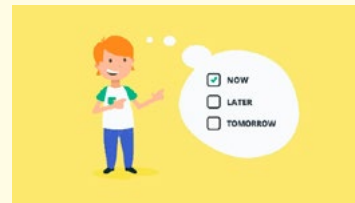


Image: Scully, D. (2019, January 15). How to stop procrastinating today. <https://www.teamwork.com/blog/7-ways-overcome-procrastination/>

"Perseverance is the hard work you do after you get tired of doing the hard work you already did." – Newt Gingrich

Padua Campus Student Mentoring 2022 Summary:

Lesson 1	Setting SMART Goals, Development of the Assessment Planner, Pastoral Conversations
Lesson 2	Developing Goals, Fostering Self-Belief, Progress Check-In
Lesson 3	SWOT Analysis of the Semester, Know Your Strengths Survey and Individual Application
Lesson 4	Semester 1 Report Reflection, Inwards, Outwards and Upwards Goal Setting, Self-Determination Theory
Lesson 5	Mental Toughness and Individual Progress Reflections
Lesson 6	Goal Reflection, Prioritising Tasks, Recognising and Overcoming Procrastination

Jacklyn Bryant • Director of Student Wellbeing, Padua



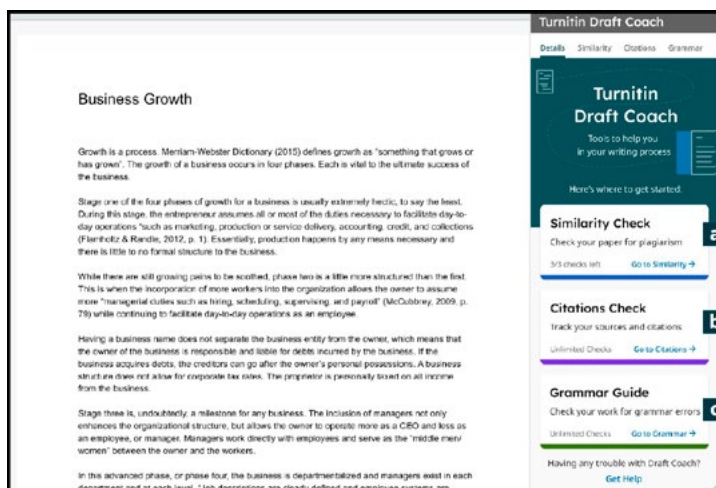
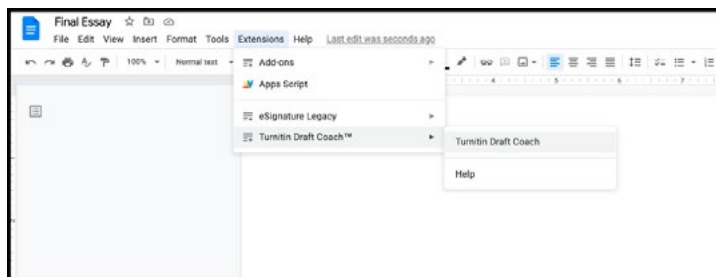
Turnitin Draft Coach

A new feature of Turnitin has recently been made available to students at the College. **Turnitin Draft Coach** allows students to receive immediate feedback on their citations, grammar and text matches with Turnitin's databases while writing in Google Docs.

Here is how you can use it:

1. Open Google Docs using your MacKillop Google account (login using your MacKillop email address).
2. Click on the Extensions tab and then Turnitin Draft Coach
3. The Draft Coach sidebar will appear to the right of the page. Accept the terms and conditions by clicking the box "I agree..." (you'll only need to do this for the first time you use Draft Coach).
4. To identify similarity, citation and grammar issues, click on these options (A, B, C in the image to the right). Please note you can run a maximum of 3 similarity checks.

Trent Wilson • Digital Learning Coordinator



Geography Exhibition

With restrictions on our ability to travel in the early part of the year, Year 10 Geography made the most of our local area and investigated the utilisation of the causeway system in Tuggeranong (the extension of Tuggeranong Creek). Mr Bowen braved the heavy rains the weekend before to provide some informative videos from the start of the engineered channel, all the way to Isabella Ponds, and up at Fadden Pines. Thankfully, the classes were treated to far nicer weather as they walked the length from St Peter's to the Isabella and Upper Stranger Ponds and back. Mr Bowen and Mr Langford highlighted some of the key considerations of the latest designs for flood mitigation in inner city developments. It was of interest that the original designs from the 1980s had been heavily revised based on further evidence, and that the ponds, and slow-ones had been introduced not just for the pleasure of people and as wildlife refuges, but also as means to mitigate downstream flooding and nutrient deposit levels.

Gareth Bowen • HASS



Climate Conference



On Friday 21 October, Mr Bowen and some Senior Geography and Environmental Science students attended the Schools Climate Action Conference. There were some outstanding speakers, including the leader of the ACT Greens Shane Rattenbury. We learnt all about the importance of grassroots organisations, the future of EVs, responsible consumption, and the importance of water. We had a chance to interact with other like-minded students, and with the many different local stall holders at lunch time, such as H2OK and SEE Change. The whole day was a terrific experience and all of the students are now much more optimistic about the future.

Emily Rasheed • Sustainability Captain

Stewart Barton Visit

Last week, Canberra musician Stewart Barton (Class of 2020) worked with students in Senior Music on their composition projects and performances. Students found the experience valuable and were able to gain useful feedback on their work.

Stewart also performed for students at the Padua Campus Assembly.

Thank you to Stewart for the visit and we hope to welcome you at MacKillop again in the future.

Henry South • Music Teacher

Come Alive Festival



On Friday and Saturday last week, Year 11 Drama students performed their self-created work 'Unintentionally' as part of the 'Come Alive Festival of Museum Theatre'. The festival has been running for some 15 years now and encourages students across Canberra to find an artefact from a cultural institution and use that to inspire their playbuilding. This year the festival was held at the National Portrait Gallery and the students chose Ingvar Kenne's photograph, 'Yvonne', as their source of inspiration. From there, they developed a complex and ambitious project that linked Chaos Theory with ideas of accidental human connection – "are our personal interactions part of a larger pattern or ruled solely by chance?" The result was impressive and the students presented a polished and engaging work of which they can all be justly proud.

Thank you and well done, Year 11 Drama!

Jane Watson • Performing Arts & English



Gala Concert

On Thursday 3 November, the Music Department hosted the Gala Concert. This is the first time that the College has been able to put on a concert of this type for family and friends since the formation of our many new ensembles. The ensembles performing were: PCoPA, Concert Band, St Peter's String Ensemble, Vocal Ensemble, Cello Ensemble, Senior Wind Ensemble, Guitar Ensemble, Year 7 String Ensemble, Polarised Bandits, Junior Concert Band, Padua String Ensemble. The concert concluded with a massed item of all students in all the ensembles.

We also took this opportunity to farewell our Year 12 students who have been contributing to the ensembles: Shania Davenport, Chiara Hackney-Britt, Vuni-John Kamilo, Maddison Cameron, Stephanie Horsfall, Annabelle Vial, Danielle Coles, Bridget Williams, Molly Brabham.

Thank you to the staff and students for a fabulous evening.

Veronica Boulton • Director of Music



Performing Arts Performances

Harry's Hotter at Twilight by Jonathan Dorf

Year 12 Drama

8 November • 6pm • Padua Campus

Scents

Year 10 Drama

16 November • 6pm • Padua Campus

Dags by Debra Oswald

Directed by Molly Brabham, Year 12

8 November • 6pm • Padua Campus

The Lady's Revenge

Written/directed by Maddie Cameron, Year 12

18 November • 6pm • Padua Campus

Year 8 Melodrama Performance

22 November • 6pm • Padua Campus

Spoon River Verbatim Performance

Year 9 Drama

24 November • 6pm • Padua Campus

MacKillop Mob

The MacKillop Mob boys on both campuses engaged in some men's business the other week with Ngunnawal and Wiradjuri man, and former student of the College, Stewart Barton.

The boys had a yarn and shared culture about traditional methods for making didgeridoos and then participated in a workshop where they learned various methods for making different sounds with the didgeridoo and practiced circular breathing. We are looking forward to having more of our community in to share knowledge and culture in the future.

Jeremy Margosis • Aboriginal and Torres Strait Islander Education Contact Teacher



Survey for Research Project

Attention parents of students who receive learning adjustments or have a disability:

A research team from the University of Queensland is studying the school experience of students who receive learning adjustments or have a diagnosed disability. Students are invited to complete a short online questionnaire, providing them with an opportunity to voice their opinions on a range of factors both inside and outside of school which could influence their experience of education.

I encourage you to click the link below for more information about the project and access the consent form and online questionnaire.

https://uqbel.az1.qualtrics.com/jfe/form/SV_41rQAvMoB1EBCWg

Mark van Ommen • Science & Mathematics

School Fees

Fees for Term 4 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

Got an old lawn mower?

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 **6209 0164** to arrange a drop off time.

Community News

St Thomas the Apostle Fete

St Thomas the Apostle Fete is being held Saturday 12 November from 10am –3pm.

There will be heaps of rides, food, prizes and treasures to buy, including plants, cakes and homemade items. Our famous Pick a Prize will also be held, with over \$6,000 worth of prizes. Come along & join the fun!

<https://www.sttap.act.edu.au/fete>

Vikings Sunday Funday

From 10am to 3pm on Sunday 6 November, Viking Park, Wanniasa, will be filled with over 20 local sporting organisations giving people the chance to try out a new sport or return to an old favourite regardless of age or ability. This includes (but not limited to) Baseball, Calisthenics, Little Athletics, Softball, Fishing, Tennis, Lawn Bowls and, of course, Rugby Union. There will also be prizes and activities.

Vikings Sunday Funday is part of the SouthFest celebration of Tuggeranong.

SouthFest

Celebrate how great the Tuggeranong Valley is between 5–20 November at this year's *SouthFest in the Suburbs*. There are heaps of events taking place! Learn more via the website or via the *SouthFest in the Suburbs* Facebook page.

[See what's on](#)

Eastlake Football Club - Junior AFL Footy

Join the Demons family! Registrations are now open for boys, girls, and mixed from ages 8-17. Contact JD at juniors@eastlakefc.com.au or on 0423 877 742.

Mat Rogers - Book Launch

Mat Rogers (former Australian rugby league and rugby union player) is launching his new book, *A Father's Son - Family, football and forgiveness* on Thursday 10 November. The event will be held from 5pm at St Edmund's College, Griffith.

[Reserve a spot](#)





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**



MacKillop
St Mary MacKillop College Canberra

St Mary MacKillop College Canberra
PO Box 1211
Tuggeranong ACT 2901

Telephone 02 6209 0100
Web www.mackillop.act.edu.au
Email info@mackillop.act.edu.au

Padua Campus (Years 7-9)
Mackinnon Street, Wanniasa ACT 2903

St Peter's Campus (Years 10-12)
Ellerston Avenue, Isabella Plains ACT 2905

Dear Parents/Carers,

SIBLING DISCOUNT

The Catholic Education Office offers a discount on Tuition fees to siblings who are attending St Mary MacKillop College and one or more of the following schools:

- Merici College
- St Clare's College
- St Francis Xavier College
- St John Paul II College

If you have a student attending any of the above Colleges, as well as having a student at St Mary MacKillop College, please complete the section below and return it to the Accounts Office for the sibling discount to be applied to your account in 2023.

Please note that you do not need to fill in the form below if all siblings are attending St Mary MacKillop College as they automatically receive the sibling discount.

If you have any concerns regarding this matter, please contact the Fees Manager on 6209 0147.

NAME: _____

Address: _____

STUDENT'S FULL NAME	SCHOOL ATTENDING IN 2023	Year Group 2023

PLEASE RETURN THIS FORM TO THE ACCOUNTS OFFICE **BY 9 December 2022**

INSIGHTS

Disarming anxiety before it becomes a disorder



In urban Australia it takes approximately eight years between onset of symptoms and a diagnosis of an anxiety disorder, and over twice that time in rural settings. That's a long time for a child or young person to live with the turmoil of anxiety without getting the help they need.

Kids with a diagnosis of an anxiety disorder include those experiencing social anxiety, separation anxiety, generalised anxiety, panic disorder, obsessive-compulsive disorder, and specific phobias or overwhelming fears. Beyond Blue statistics states 1 in 14 children experiences an anxiety disorder. Sadly, a great deal of childhood anxiety goes undetected.

Early detection is critical

Anxiety can be overlooked for many reasons. Often day-to-day functioning of anxious kids isn't affected in obvious ways, and they can appear happy, but the signs of anxiety will be there if you know what to look for. Anxiety shows through behaviour and language, and is felt physically by a child. Avoidance and over-planning are the two most common behaviours displayed by anxious kids. Long before they become a child's patterned response to anxiety-inducing events there are generally many subtle signs of anxiety including poor concentration, irritability, becoming upset over minor issues and constantly seeking reassurance. Anxious children and young people can feel nauseous, experience headaches, have difficulty sitting still and constantly feel on edge.

Anxiety is individual

Just as children display symptoms of anxiety in unique ways, they also react differently to everyday events. One child's highly anticipated school camp maybe another child's anxiety-inducing nightmare. Knowing the events that trigger anxiety in a child or young person is key to early detection and management.

The tools anxious kids need

Children and young people who experience anxiety need self-management tools to allow healthy functioning and prevent anxiety from deteriorating into a full-blown disorder. Knowledge of how and when to use management tools such as mindfulness, deep breathing, exercise and thought distancing are critical to good mental health, allowing kids to turn the dial down on their anxiety while they get on with the activities that make them happy.

Lifestyle factors that minimise anxiety

Anxiety maybe commonplace but its origins are complex. Poor diet, lack of exercise, social media, sleep problems and an inability to relax all play a part in exacerbating a child's anxiety. And of course, the pandemic is a frightening time for children.

parenting*ideas

Attempts to help children minimise anxiety need to include healthy eating that ensures good gut health, frequent exercise that releases adrenalin and the stress hormone cortisol, plenty of endorphin-inducing free play in natural environments and developing good sleep habits that will last a lifetime.

In closing

No child or young person should suffer needlessly from anxiety. Life can feel very grey when anxiety is a constant companion. As a parent you help your child by being on the lookout for early signs of anxiety, recognising the events that cause your child stress and teaching them the tools they need to push anxiety into the background while they get on with enjoying life. Anxiety is not something to be feared, but a condition to be understood and managed before it spirals into a disorder needing professional intervention.



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.