

College

Newsletter



MacKillop

St Mary MacKillop College Canberra



Volume *fifteen*

25 November 2022

Coming

Up

MON 28 NOV

- Year 10 Community Day
- Primary Schools Music Tour begins

TUE 29 NOV

- Year 10 Awards Assembly
- Last day for Year 10

THU 01 DEC

- Market Day (Padua)

FRI 02 DEC

- Year 12 Graduation Mass
- Year 12 Formal

TUE 06 DEC

- Year 10, 2023 Transition Day
- Year 7, 2023 Orientation Day

WED 07 DEC

- Year 10, 2023 Transition Day
- Year 7, 2023 Orientation Day

THU 08 DEC

- Years 7-9 Community Day

FRI 09 DEC

- Years 7-9 Mass and Awards
- Term 4 concludes

WED 12 DEC

- Year 12 Senior Secondary Certificate, ATAR and Yearbook collection





Brad Selmes
1964 - 2022

Earlier this week, we wrote to advise that Mr Brad Selmes, a well-liked and respected colleague, entered into eternal life over the weekend.

Mr Selmes had been unwell for some time and it is believed that he succumbed to heart failure on Saturday morning. I spoke to Brad's wife on Saturday to assure her of the sympathy, prayers, and support of all of us for her and her family over the next few days and weeks.

Brad taught in the RE, HASS, and Integrated Humanities Faculties and had been with the College for four-and-a-half years, before which he taught in the Bathurst Diocese.

As you can appreciate, this news will be very distressing for many of Brad's colleagues and I'm sure for his students. The College has spoken with students in his classes and make available counselling and pastoral support where required.

Thank you for your understanding and support during this difficult time for Brad's family and his colleagues here at school.

St Mary MacKillop, pray for us.

Michael Lee
College Principal

Principal's Letter

Principal's Prayer

Lord, We pray for the family of Brad Selmes, may they be held in your loving arms during this difficult time. Amen.



Dear parents/carers, teachers and students,

RIP Mr Brad Selmes

The email on the previous page was sent to the community on Monday. Brad was a much loved colleague. Thank you to the families, carers, alumni and former staff who have sent messages of condolence.

Year 12 Farewell

Congratulations to Year 12 who departed the College with great dignity and emotion on Friday 11 November. The College is fortunate to have such fine people in our Graduating Class. I'd like to offer my gratitude and thanks for the long and valuable contribution each of them have made to the progress of the College. I'd also like to acknowledge the support and contribution of their parents and carers to the College, through the shared relationship of their child's education.

Congratulations to Mr Jonathan Moyle

Mr Jonathan Moyle has been appointed Assistant Principal Curriculum at St Francis Xavier College in Florey from the beginning of next year. Jonathan Moyle has been Assistant Principal Faith Leadership for nine years at this school and occupied positions of leadership at MacKillop since 2008. Jon's leadership in Religious Education has seen the implementation of a new curriculum, the development of new resources, and strong mentoring of new staff in the Religious Education Faculty. The quality of College Masses and liturgies, whilst contemporary in nature, have been dignified and solemn occasions with a strong focus on Eucharist and scripture with music and visuals that support those two important features of a Mass. The College is moving to replace Mr Moyle by early December. In the meantime, I would like to thank Jon on behalf of all of you for the rigour, discipline, and integrity that he has brought to Religious Education at MacKillop.

New Campus Head

Congratulations to Jacklyn Bryant upon her appointment to Head of Campus from 2023. Please see [a letter](#) from the Director of Catholic Education with details of this appointment.

Yours sincerely in St Mary MacKillop,

Mr Michael Lee
College Principal





Farewell, Year 12!

The Class of 2022 said an emotional goodbye to the College at their Year 12 Breakfast and Farewell Assembly on Friday 11 November.

The day commenced with breakfast, before Year 12 gathered in the St Peter's Campus Gymnasium for their final assembly at MacKillop.

The assembly featured emotional speeches, tributes, dance and song performances, lots of humour, video clips, photo montages, and reflection on the past six years the Class of 2022 had spent together. At the conclusion of his speech, Mr Lee continued his tradition of reading and handing out the Dr Seuss book, *Oh the Places You'll Go*.

At the end of the assembly, Year 12 exited the gymnasium for one last time through a guard of honour from staff and students that stretched all the way to the student car park. During this time, our Year 12s were able to personally thank the teachers, support staff, and students from other year groups who had helped make their time at MacKillop so memorable.

Congratulations, Year 12. Thank you for what you've contributed to the College, and good luck for the future!



Short Story Competition

Over the past few weeks, more than 100 students took up the challenge to write a 50-word short story. We have enjoyed reading their writing – pondering over the intricate use of language; the vivid descriptions; the emotional connections created; and we have laughed at their use of humour. Congratulations to all students who participated in this challenge and we look forward to reading more from you.

Our winning entries are here for you to read. Congratulations!

Erin White • English Coordinator (Padua Campus)

first place

Streets and Festivities • Jasper Seal, Year 7

Lights sprinkled the cobble streets like fallen stars. The feeling of warmth and excitement hung in the air. Markets and stalls packed together, overcrowded. Accompanied by the wondrous smells of food and sights of the people who moved around like clashing waves. Joy and merry; the sounds of footsteps thundered.

Third place (joint-winner)

Streets and Festivities • Ava Bond, Year 9

She sits silently clenching a small bear. Her young face is smeared with dirt and her body thin. Next to her lies a shelter of a sort. A boy across the street looks at a small red gift in his palm. He places it in front of her. "Merry Christmas."

Second place

Celebration • David Reyes, Year 9

A humble, old couple walk to the shrine, amidst the chaos of the Lunar New Year parades. They solemnly kneel before the image of a young, strapping soldier. They shed their tears; their cries drowned out by lapping firecrackers. This is no day for celebration. Happy Lunar New Year, 1942.

Third place (joint-winner)

Happy Birthday Cassie! • Emily Munro, Year 7

Cassandra woke with a groan. She glared at Will before heading downstairs. The smell of bacon that greeted her was heavenly and she instantly felt more awake. She glanced at all the presents sitting there, taunting her and Cassandra felt ecstatic. "I could get used to this."

Student Achievement

Shaun Drazevich and Brody Drinkell (Year 8) have received a scholarship to the Canberra Raiders U15 Academy for 2023.

Jade Paterson, Ariella Paterson (Year 8), and Mia Willis (Year 9) were selected to play for the GWS Giants Academy in the 2022 Super 24 series against the Sydney Swans Academy. Additionally, Ariella was voted Best and Fairest for the AFL Canberra U14 Girls Division with Jade and Alana Fraser (Year 8) placing in the top 5 for the ACT. Ariella also ended the season as equal leading goal kicker for the competition.

Alana Horsfall (Year 9), Stella Wilde (Year 10), and Grace Lyons (Year 11) will represent the ACT at the National Cricket Championships in Perth next month.



2023 SRC

Elections for positions on the 2023 SRC have taken place at the Padua Campus over the last two weeks. The successful candidates and SRC members for 2023 in Years 8, 9 and 10 are listed below.

Year 10 SRC

Mindygari	Cooper Lovekin
Gurabang	Pheobe Vassallo
Meup Meup	Christina Giannis
Ngadyung	Leila Nikolic

PADUA CAMPUS HOUSE CAPTAINS

Mindygari :	Cooper Willson and Scarlett Wilde
Gurabang:	Henry Winslade and Jasmine Dolbel
Meup Meup:	Christopher Esguerra and Indiana Kildey
Ngadyung:	William Mundy and Mia Keen

Year 8 SRC

Mindygari	Zack Fuller
Gurabang	Georgia Meffert
Meup Meup	Elsie D'Ambrosio
Ngadyung	Liam Corey



Congratulations to the above students and the many others who nominated themselves, making speeches outlining how they could serve as leaders.

Elections for the 2023 Year 11 representatives will take place at the start of next year and Year 7 elections will be held at the end of Term 1.

Status Awards

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

Bronze Status

Shaylan Beale 7W1, Jemima Bryant 7W4, Jeanina Cervantes 7E2, Isaac Cooper 7E2, Mia Douglas 7E2, Jackson Drennan 7F3, Bailey Emblen 7A4, Marko Filipovic 7W3, Max Franklin 7W4, Raffaele Gagliardi 7W3, Emily Hartcher 7W4, Finley Henry 8F4, Zoe Humphrey 7W4, Georgie Lynch 7W4, Jessica Ramirez 7W3, Ebony Roach 7F4, Ruby Robinson 7W4, Taylor Salvage 7W4, Archer Ticehurst 7E2, Tara Van Graan 7W3

Paul Durham • Assistant Principal Pastoral Care



Maths Support

Extra support and practice boosts confidence and grades!

In Semester 2, fifteen Year 7 students began the new Maths Support Program at MacKillop. And the results have been impressive!

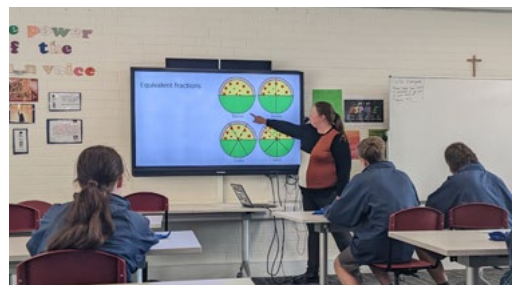
Congratulations to all the students who have committed their time and effort to come to Maths Support before school, after school and during the day. Your hard work has paid off.

All students who have been attending Maths Support sessions have improved their grades from an E-grade in Semester 1 to a C grade (or better) since beginning the program.

Teachers have noticed the difference in class. Some of the notes from teachers include:

- "[Student] chooses to sit in the front, great confidence increase, offers answers voluntarily."
- "[Student] is more confident, engaged and enjoys doing maths. Improved grades."
- "Improved work habits, answering questions and asking questions of the teacher if unclear... Works independently and confidently."

Michelle Burg • Mathematics



ABOUT THE PROGRAM

Many students have gaps in their knowledge that make it harder for them to engage in learning new knowledge and skills in Maths. The Year 7 Mathematics Support Program addresses this by teaching students the knowledge and skills that they need to excel in class. It also introduces topics that students are about to learn in class early. This provides a head start on the learning to build confidence.

The Maths Support Program is MacKillop's very own. The program applies the High Impact Teaching Practices which are the focus of Catholic Education's Catalyst initiative.



Debating Excursion

On 23 November, the Debating Club ventured to the ACT Legislative Assembly to participate in a range of activities. We learnt about the process of debating in the Assembly and how a Bill is amended and passed to make new laws here in Canberra. We had fun acting out the 'Voting (Young People) Bill 2019'. We also had the privilege of speaking with Members of the Assembly, Mark Parton, Yvette Berry and Joy Burch, who all took time out of their day to share their knowledge and experience with us.

Piper Macht • Year 7



Drama Performances

Year 10: 'Scents'

This Year 10 Drama production drew inspiration from scents. Each group of students were given the theme and tasked to create their own interpretation of this theme through performance.

There were four performances in total and if you didn't come these were some of the moments that you missed.

- Eucalyptus/Tales of a Drop Bear: "Fiddlesticks! Codswallop! Pish posh! There's no such thing!"
- Jelly Bean: "What are these? Beanboozled or something... they taste a bit off..." and "My potato is cold."
- Gelatin: "Joke's on you. I'm **ambidextrous**."
- Toothpaste: "Flaws will not be tolerated. Join us, or else."

Bella van Doorn • Performing Arts Coordinator



Year 8 Melodrama

Our Semester 2 Year 8 Drama students performed to an appreciative packed house who were treated to some magnificent Melodrama performances.

The audience was encouraged to cheer for the heroes and boo the villains in a series of original performances created by the students themselves and based upon the Stock Characters of Commedia dell Arte.

A great night of entertainment was had by all and the students should be proud of what they achieved.

Jeremy Margosis • Year 8 Drama Teacher

STEM Project

For my STEM project, my group member and I created a hovercraft. It is fully functional, and made entirely of some cardboard, some wires, a fan and a battery. It required us to solve a lot of problems and to work quite hard on it to finish it in time.

Jasper van Doorn • Year 10 STEM



ACT Touch Football



MacKillop had four teams qualify for the ACT Touch Football Championships on Tuesday 15 November. All of our teams demonstrated great skill and sportsmanship on the day and our 7/8 girls' team and 9/10 girls' team both won to become ACT champions!

7/8 girls: Olivia Tapp, Abigail Rutten, Grace Evans, Mia Wallace, Elise Swoboda, Saige Fattore, Ryley Arnold, Indiana Kildey, Willow Kildey, Mia Keen, Matilda Cooney, Eva Tine

9/10 girls: Aislinn Vandermee, Madeline Brown, Carissa May, Meaghann Scott, Kaitlyn Arnold, Mia O'Connor, Freya Doherty, Reem Jomaa, Dakota Rourke, Avari Petersen, Milly McCabe, Mia Vecera

Rock Climbing



MacKillop had 15 students who competed in the rock climbing competition on Thursday the 17th of November. The competition consisted of two and a half hours of climbing with students recording points for each climb. The top five most difficult climbs are then calculated and five students from each age group qualified for the finals. Four of our students made the finals on the day.

Congratulations to the following students:

1st place, 7/8 boys - Luke Withington

2nd place, 7/8 Girls - Charlotte Coy

2nd place, 7/8 Boys - Brandon Wake

4th place, 7/8 Girls - Kailen Linfoot

Monique Foran • Sports Facilitator

MacKillop Judo Club Update

Members of MacKillop Judo Club with Head Coach Stephanos did a fantastic job representing our school at two tournaments on the Gold Coast at the end of Term 3. Adrian and Daniel Georgiadis and Lewis and Jake Bell secured six medals between them at the recent Australian Schools Championships and the Queensland Judo International Open. Lewis Bell's performance was a particular highlight – he won both competitions in his division.

MacKillop students achieved one of the biggest medals hauls and ranked in equal 7th place out of over 100 schools in the country!



Overdue Library Books

We are proud to have a very well stocked and resourced library on both campuses, with great books for all to share. It does mean, that to keep our collection well stocked, we have thousands of books that need to be returned at the end of the year. To avoid a fine for replacing a lost book, please start looking for any books that need to be returned and bring them to the library. If you are still using the item/s in class please return the item/s as soon as possible after you have finished using them.

Please note that if a student returns a book that was paid for, that amount will be credited towards school fees and will not be refunded.

Enjoy your holidays and don't forget to read!

Library Team

School Fees

Fees for 2022 should now be finalised unless paying by Direct Debit or other approved arrangement.

Any outstanding fees should be paid immediately.

Credits for Camps, Retreats and Excursions are processed after the event has taken place and the Student must be on approved leave or have a medical certificate. Please contact the Campus Heads, Sandra Darley on the Padua Campus and Paul O'Callaghan on the St Peters Campus, to apply for approved leave.

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

2023 Term Dates

Term 1 begins	Tuesday 31 January
Term 1 ends	Thursday 6 April
Term 2 begins	Wednesday 26 April
Term 2 ends	Friday 30 June
Term 3 begins	Tuesday 18 July
Term 3 ends	Friday 22 September
Term 4 begins	Monday 9 October
Term 4 ends	Friday 8 December

Sustainability Tip

COLLECT RAINWATER FOR YOUR PLANTS!

Why: It's such an easy thing to do. It will save water as well as looking after our much needed flora.

Rainwater actually contains nitrates and other nutrients which help plants to thrive.

Don't have any plants? You should definitely get some. It has been shown that indoor plants not only enhance the overall appearance of a space, but they boost moods, increase creativity, reduce stress, and eliminate air pollutants—making for a healthier, happier you. (thesill, 2022)

How to do it: With the forecast of a rainy spring and summer ahead of us, consider purchasing a rainwater tank from Bunnings, if not, even placing an old bucket out in the rain will do!

Sustainability Club



A message from Access Canberra

We all have an important role to play in supporting your children's road safety.

Access Canberra parking inspectors and mobile speed camera teams regularly patrol school zones and the parking areas around schools. These patrols are in place to protect the safety of our community, especially our students, and to prevent serious injury from occurring due to speeding or unsafe parking. Their presence and this activity is both welcome and appreciated by the College.

Parents/carers are reminded that Access Canberra employees should be treated with respect for the important work they do in support road safety and in protecting our school community.

We ask that you abide by the speed limit in the school zone and that you park safely at all times – please do not park across pedestrian crossings, in no stopping zones, on corners, verges, or double park.

Unsafe and illegal parking can reduce visibility for our students and motorists, creating a significant hazard when students cross the road. Exceeding the speed limits, especially at times during and after the school day, creates heightened risks for all road users.

We ask parents/carers or others who drop-off or pick-up students before and after school to do so on the Basketball Courts at each campus. We also request that in the interests of student safety that they are not dropped-off or picked-up on the surrounding streets at each campus or in the bus bays.

Parentline

Parentline aims to enhance the development, health and emotional wellbeing of children by supporting parents and carers and connecting them with the network of services available to families in the Canberra region.

If you need someone to speak to, Parentline's trained volunteers are there to listen to you. You don't have to be in a crisis to call. Parentline offers a respectful, caring, understanding approach to your parenting questions.

Call (02) 6287 3833.

Eastlake Term 1 Free AFL Clinics

Eastlake Demons FC will be conducting a four-week footy clinic for Year 7, 8 & 9 school students in February 2023.

Clinic details:

Location - Kingston Oval

Time - 4:15 - 5:15 pm

Day - Friday

Current, old and new players all welcome!

[Register here](#)

Holiday Happenings

The next edition of Holiday Happenings is now available online. To see the programs, activities and events happening these holidays, go to:

www.holidayhappenings.com.au/online-booklet

Canberra School of Tennis

Canberra School of Tennis is running Summer Tennis Holiday Camps at the Pines Tennis Club and Weston Creek Tennis Club.

For dates and information, visit csot.com.au.





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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



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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

The art of good conversation with young people



Conversations can be challenging with every age group, young and old, and for so many different reasons. With children and teens, just getting the conversation going can be the biggest challenge. How many times have you said, “How was your day?” only to be told “Good” or asked them what they did today only to be told “Not much”? So where to start?

8 tips for turning chit-chat in to richer conversation

1. Don't wait for young people to ask questions or reach out. Raise discussions yourself.
2. Be open about your own experiences. In doing so, children are more likely to be open and honest.
3. Choose your timing – preferably when you are naturally together anyway in a relaxed setting, rather than setting up a stressful, anxiety provoking meeting. Side by side chats work well (e.g. while driving, walking, doing an activity together like a chore or jigsaw).
4. Be calm, prepared and genuinely ready to give your time and attention.
5. Listen in a non-judgmental and curious way. Ask, don't assume! Remember that this is a chance for the speaker to talk through their feelings, not for you to fix their problems.
6. Acknowledge and validate their feelings. Don't minimize their concerns or fears. Whilst they may seem trivial to you, they are real for your child and part of their current experience. Try to understand the importance of what is going on, and the impact for them. Reassure them that whatever they are feeling is okay.
7. Leading relationship research tells us that ‘understanding must precede advice’. Premature problem solving tends to shut people down. Solution finding should only begin once you feel you understand what your teen is going through, and your teen feels understood.
8. Remember that you do not need to have all of the answers. Ask young people questions like ‘what do you need?’, ‘what do you think would help?’, ‘how can I support you better?’, ‘what would make this easier for you?’. Then together you can come up with an action plan.

How to be a good listener

Great conversation requires great listening. Listening well reduces misunderstanding, eliminates conflict and allows us to understand the other person's perspective.

Listening is the key to empathy.

- Feeling heard is very validating for young people and it helps to increase their self-esteem, confidence and independence. It also improves relationships and communication skills. So how can we do it well with young people of all ages?
- Be present, make eye contact and remove distractions – don't be half in half out.
- Listen with the opportunity to learn, not respond.
- Play the same role for your child as a trampoline does – to bounce ideas off, amplify, energise and clarify, provide support.

parenting * ideas

- Be comfortable in silence – you don't need to respond immediately; holding space and silence for someone; share insights.
- Have a beige face – neutral, not reacting, remain calm and listen.
- Remain curious throughout.

Becoming an active listener to further improve conversation

Active listening has 3 steps.

Hearing

What did you think you were told?

Understanding

What does this mean to you?

Assessing

Does the statement make sense to you?

Active listening includes:

- Non-verbal responses – eye contact, nodding, posture
- Encouragers – mmm, yes, right, okay, uh-huh
- Reflection of content and feelings – stating back events or emotions
- Matching young people's language/terms – when appropriate
- Summarising – brief replay of what was said
- Noticing what is missing – gaps, conflicting information, hidden meanings

Finally, here are some effective responses to keep the conversation going while listening actively

- Could you tell me more about that?
- What happened next?
- That must have hurt/felt
- How have you handled things like this before?
- I can see this is really troubling you.
- You feel (emotion) because of (situation)?
- Could you repeat that? I want to really understand.
- I like how you said
- What options might we have in this situation?

Good conversation with young people comes down to time – creating the time and space and then using that time wisely, perhaps by using the tips above. The art of good conversation teaches us all to build great communication skills, skills that improve our quality of life enabling us to express ourselves clearly and confidently through every aspect of our life.



Lucy Snowball

Lucy Snowball is the Data and Youth Insights Director at Raise Foundation. Raise offers early intervention, evidence-based mentoring for young people in high schools with trained and trusted independent adults. Find out more about Raise at www.raise.org.au.