



PRINCIPAL'S LETTER

Welcome to 2014

A special welcome to all the students and their families who have joined the College this year, particularly the 325 new students in Year 7 and the 40 new students in Year 11, many of them from St Patrick's College, Cooma. A big welcome back to the many students returning well rested to 2014!

Joining the College are 23 teachers who were not with us last year; several of whom are returning from leave and others joining us because of an increased number of students on the senior campus. Among the new staff are some early career teachers, experienced executive staff from interstate, and a range of experienced teachers from Queensland, Victoria, South Australia, overseas, and from elsewhere in the Tuggeranong Valley. Of particular joy to MacKillop are some ex-students and parents of students who join the College for 2014.

Fees at MacKillop

Many of you would have seen Tuesday's front page of the Canberra Times (Feb 4) with a graph and commentary about private school fees set to rise. Whilst most other schools have raised school fees by 4% to 14% MacKillop is the only school to keep the fee increase below the rate of inflation.

The College Board recognises that the increase in Commonwealth grants under the previous government's Gonski Review for School Funding was to ensure a better chance of a quality education for children in all schools and to help non-government schools keep fees low to ease the burden of school choice on parents.

MacKillop has dramatically refurbished our teaching facilities, science labs, library, Trade Training Centre, Year 12 study area, and rolled out a laptop to every student in the school. This has been done with careful budgeting, steady rises in school fees, and Commonwealth grants. The College has also invested heavily in extra support in literacy and numeracy, curriculum leadership, teacher mentoring, and professional learning for teachers.

The Gonski funding model gave MacKillop about \$12million more than we had expected. This was through the highly successful lobbying of Catholic educational leadership. These funds will be used to keep fees low, continue our refurbishment program, and our investment in teachers.

The bottom line is that the quality of education at MacKillop will increase at minimal cost to our families. We can continue to be a fine Catholic school for all!

Yours in St Mary MacKillop,

MICHAEL LEE
PRINCIPAL



PRINCIPAL'S PRAYER

Lord, we give thanks for the many different teachers, parents, students, and friends that make up our community. Help us to harness the best of each other, to your glory. Amen.

UPCOMING EVENTS

- FEB MONDAY 10** • Year 10 Info Session
• Year 11 Info Session
- FEB TUESDAY 11** • Year 7 Info Session
- FEB WEDNESDAY 12** • Honours Assembly
- FEB MONDAY 17** • Year 8 Info Session
• Year 9 Info Session

COLLEGE NEWS

NEWS+INFORMATION

School Fees

Term 1 fees will soon be mailed out. Fees are to be paid by 7 March unless paying by Direct Debit or other approved payment method. The following methods of payment are available:

Cash or Cheque - Cheque payments may be posted to the College and cash or cheque payments may be paid in person at both Isabella and Wanniasa Campus.

Direct Debit - Payment by Direct Debit requires completion of the relevant paperwork. Please contact the Accounts office to set up your Direct Debit. Direct Debits can commence at any time through the year. All Direct Debits continue throughout the year, they do not suspend for the term holidays, unless upon request. All Direct Debits must be altered in December for the following year's School Fees.

Credit Card Payments (Mastercard or Visa) - These payments can be made in person, over the telephone, or details can be provided at the bottom of your school fee statement.

Eftpos - Eftpos is also available at the Front Office at both Isabella and Wanniasa Campus.

Bpay - Bpay is available at the College. Payments can be made through internet and telephone banking by quoting the Biller Code and Reference Number as recorded on your school fee statement. Please ensure you quote the correct Reference Number so payments can be processed to the correct account. For further information please contact the Accounts Office.

Michelle Predovan, Fees Manager



Opening Mass

St Mary MacKillop College invites families and friends to join us at our Opening Mass on Friday 21 February. The Mass will take place at the Tuggeranong Southern Cross Stadium, corner of Athllon Drive and Cowlshaw Street, Greenway. Mass will begin at 9.30am. We look forward to having you join us in our celebration.

Isabella Canteen

The Canteen at the Isabella Campus is open daily from 8am and they serve a variety of Breakfast foods. Sausage Rolls, Hamburger Patties, Quiches, Muffins, Cookies and Rice Paper Rolls are all made fresh on site. A hot casserole special is available each day.

Status Awards

Congratulations to the following students who have this week been presented Status Awards at the Wanniasa Campus Assembly:

Bronze Status - Kasey Corby, Ebony George, Kali Maunder, Sarah Purcell, Belinda Schmidt

*Lachlan McNicol
AP Pastoral Care (Wanniasa)*

ACADEMIC NEWS

"Near enough isn't good enough"

Senior Studies

As the Senior Studies Coordinator it is my job to ensure every student seeking a Year 10 or Year 12 certificate is able to do so with the best results and outcomes possible. I'm here to help both students and parents change or understand any aspect of their studies. Whether they're working towards employment straight from MacKillop, further study at places like CIT/TAFE/AIE/University, or simply to achieve the best ATAR they can, I am here to help.

If you have questions or concerns regarding your son or daughter's package of study at MacKillop (regardless of what year they may be in) please don't hesitate to contact me at colby.cruwys@mackillop.act.edu.au or 02 6209 0173.

I look forward to working with all members of the MacKillop community; staff, students and parents alike to ensure each student achieves their full potential.

*Colby Cruwys,
Senior Studies Coordinator*

At Wednesday's Wanniasa Campus Assembly I spoke to students about the importance of setting goals as a road map for academic success. This is a message that is not just for our younger students, but which is appropriate for all of our students. As I told the Years 7 - 9 students, the school sets formal goals, as do individual faculties, year groups and teachers. It is a habit of effective students, business people and leaders which is well worth developing as a young person.

While it is important to set some goals, they are not wishes; we need to plan for their success. We need to consider not just what we want to achieve but how we are going to achieve it. One way of planning goals is to ask these questions:

- 1. What do you want to achieve?** Be specific. NOT I will do better in school BUT I want to improve from a C to a B in English.
- 2. Why do you want to achieve it?** What is the motivation that you can use to drive the achievement?
- 3. How long will it take?** Is this a short term, medium term or long term goal?
- 4. What do you need to achieve the goal?**

What resources, skills, knowledge or help do you need to make this goal achievable?
5. How will I know when you have achieved the goal? What will success look like?

The other matter I discussed with students at the assembly was the idea that near enough isn't good enough. We spoke about what the world might be like if the great thinkers, explorers, builders, leaders, scientists and inventors hadn't challenged themselves to achieve their best, to ask questions and search for solutions. I asked the students to be honest with themselves in answering the questions: Has near enough been good enough for you in the past? Have you set the bar too high for yourself? Have you been satisfied with a mediocre effort? Have you accepted less than your capability?

Finally I asked students to make a commitment to challenge themselves to achieve their best, to set goals and plan for their success and to be prepared to be surprised by the satisfaction that it brought them when they tasted success.

*Michelle da Roza
Assistant Principal Curriculum*

PASTORAL NEWS

WANNIASSA NEWS

Pastoral Care at Wanniasa

Welcome to the 2014 school year to all our families and in particular to those who are new to St Mary MacKillop College Community.

Pastoral Care is an important aspect of student life at MacKillop and we recognise that creating an environment in which students can feel safe and supported will benefit them in optimising their learning.

Pastoral Care Teams

A critical member of the support network for each student is their Pastoral Care Teacher. Students have contact with this teacher on a daily basis and usually develop a strong rapport with the PC Teacher over the course of the year. The Pastoral Care Teacher is aware of the holistic well-being of each student in the Pastoral Class and as such correspondence with the College of a general nature from parents should usually be directed to Pastoral Care Teacher. It is encouraging that in almost all cases, students in Years 8 and 9 have the same PC Teacher that they did in 2013. This is because those teachers have elected to continue to work with the same group of students.

Pastoral Care Coordinators who provide leadership and direction to each Year group work closely with the PC Teachers. The Coordinators on the Wanniasa Campus this are:

Year 7 - Mrs Kate Durham and Mr Iain Robertson
Year 8 - Mrs Monica Bailey and Mr Steve Lowe
Year 9 - Mrs Sharyn Quirk and Mr Gary Pickering

Pastoral Care Coordinators have written to parents and carers this week by way of introduction. The Pastoral Care Coordinators are available to assist with any issues that students may experience and will work to try and resolve these in a positive way.

In the event that you wish to speak to a staff member regarding a classroom or curriculum issue, the first point of contact should be the classroom teacher or the Faculty Coordinator if that is more appropriate.

Parent Information Evenings

The upcoming parent information evenings will provide an opportunity for parents to meet with their son or daughters PC Teacher along with the Pastoral Care Coordinators. Other relevant information pertinent to each cohort will also be presented at the sessions. Each information session will commence in the Theatre on the Wanniasa Campus at the following times:

Year 7 - Tuesday, 11 February at 7.00pm
Year 8 - Monday, 17 February at 5.30pm
Year 9 - Monday, 17 February at 7.00pm

Pastoral Program

The Pastoral Program at MacKillop is a key aspect of dealing with the pastoral care and wellbeing of students. A 1 hour session is timetabled into our students' program in every two week cycle. The content covered from Year 7 - 12 includes important elements of welfare and healthy development of adolescents and young adults, and compliments and adds to the curriculum.

Each term addresses a particular theme. From Year 7 to 12 these themes are consistent with each cohort focusing on a particular topic each term.

The themes are:

Term 1 - Study Skills and Organisation
Term 2 - Safe behaviours and well-being
Term 3 - Relationships
Term 4 - Community Service/Leadership

In Term 1, the topics that will be addressed with each year group for Study Skills and Organisation are:

Year 7 - Orientation to working in High School
Year 8 - Study Habits
Year 9 - Requirements of the Year 10 Certificate
Year 10 - MacKillop - The Next Step
Year 11 - Orientation to Senior Studies
Year 12 - Towards success

Student drop-off and collection

The Wanniasa Campus is a very busy place, especially as students are arriving at school in the morning and leaving of an afternoon. Please note that the correct location for student drop-off or collection is the basketball courts via the entrance off MacKinnon Street.

It is requested that parents do not utilise the small car park outside the front office and do not stop on McBride Crescent or MacKinnon Street when dropping students off in the morning or collecting them after school.

With almost 1000 students on the Wanniasa Campus, safety is a key issue in traffic areas and at peak times. Parking incorrectly endangers the lives of our students and the public.

Parentingideas

MacKillop will again this year be continuing its membership as a "parentingideas" school. In each College Newsletter there will be a one page article, written specifically for parents providing a wide range of practical parenting advice and tips on topical and practical issues. These articles are provided by parenting expert Michael Grose. It is hoped that these resources will support parents with the challenges of raising their children, particularly through the complexities of adolescence.

The article in this volume of the newsletter addresses "Teen time: Dispelling the myth that teens don't need their parents" discusses that teenagers need their parents more than any other time.

*Lachlan McNicol
AP Pastoral Care, Wanniasa*

PASTORAL NEWS

COUNSELLING

St Mary MacKillop College provides counselling services to all students and families within the school. Three counsellors, employed by CatholicCare, work across both campuses.

As school counsellors we have contact with students regarding a range of issues and for varying lengths of time. Some students may only require a one off meeting with us; others may see us over weeks, terms or even years.

As school counsellors we have contact with students over a range of issues and for varying lengths of time. We are a safe place for students to discuss issues such as relationship concerns and dealing with stress, anxiety and depression. We have information about resources outside of school such as health, mental health, housing, sexuality, gender and other community services/resources.

We encourage students and families who are concerned about an issue to make contact early. Having a chance to discuss what's going on and explore options, can mean that it doesn't become a crisis.

Booking an appointment

Students can make an appointment to see a counsellor by filling out a slip available either from student reception or from outside the counselling offices, and by returning it either directly to us or to student reception. Offices are located at the end of the corridor to the left of student reception at Wanniasa, and in C block at Isabella.

Alternatively, teachers, coordinators and parents are all welcome to make a referral for counselling on behalf of a student. However, the student must provide consent before the referral can be made. Parents are also welcome to contact the counsellors directly if they have any concerns or wish to discuss their son or daughter.

At times, there can be a waiting period of up to two weeks for initial appointments. However, we always endeavour to see students as soon as possible and prioritise urgent cases. Current counselling hours are:

Wanniasa campus

Monday: Cate and Laura
 Tuesday: Cate
 Wednesday morning: Cate & Laura
 Thursday: Cate
 Friday: Cate and Laura

Isabella campus

Monday: Jane
 Tuesday: Jane
 Wednesday morning: Jane
 Thursday: Jane
 Friday: no counsellor

Privacy and Confidentiality

Contact with counsellors is carried out in a way that ensures as much privacy for students and families as possible. All contact with a school counsellor is confidential, and no information is discussed with parents, friends or teachers unless permission is given by the student, or the counsellor has serious concerns about the safety of the client. This will be discussed in more detail at the first meeting with the counsellor.

Contact details

Wanniasa: 6209 5268 (Cate) or 6209 5234 (Laura)
 Isabella: 6209 0132 (Jane)

Remember, you don't have to worry about things alone!

HELPFUL COURSES

Resourceful Adolescent Program

This program helps parents and carers of children manage their son/daughter's journey through adolescence. The course will help your teenager to develop a healthy self-esteem and to gain independence while still feeling safe and part of the family, will help manage your stress so you can do your best job as a parent and prevent and manage conflict with your teenager to promote harmony in your family.

This course is offered at 57 Hicks Street, Red Hill, for 3 hours per week over a 3 week period, starting 27 February at 6pm. A \$50 fee includes course materials. Bookings essential to Gayle on 61626122.

Headspace ACT Seminars

Headspace ACT runs free information and education seminars about mental health and wellbeing for parents and carers of young people between the ages of 12 to 25 years. All welcome.

Where: At headspace ACT, University of Canberra, Bruce.
 When: On the last Tuesday evening of the month, starts at 5:30pm for 6pm presentation. Each presentation will run for one hour. Tea & coffee provided.
 How: RSVP via 6201 5343 or headspaceACT@canberra.edu.au.
 Visit www.headspace.org.au/ACT for more information.

COMMUNITY NEWS

TUGGERANONG LIONS

HERE COMES THE FOOTY

meet your coach
Register for the 2014 season
have a go on the jumping castle
have your face painted in your team's colours
test yourself at the AFL skills clinic
grab a bite to eat and a cold drink at the BBQ
and more

TUGGERANONG LIONS JUNIOR AFL
OPEN DAY
Sunday 16 February • Noon to 4.00pm
Kambah 3 Playing Fields
opposite the Burns Club on Kett Street

AFL NSW/ACT

Don't forget to check our website
www.tuggeranonglionsjafc.aflnswact.com.au
or facebook page
www.facebook.com/TuggeranongLionsJafc
for any additional information including Registration.



ed-space @ headspaceACT

headspaceACT information seminars

Free information and education seminars about youth mental health and wellbeing (ed-space).

Next topic:

School Refusal

Tuesday 25th February — 5:30pm for 6pm Start

Till approx 7pm.

RSVP via - phone : (02) 6201 5343 or
email : headspaceACT@canberra.edu.au



Details: See our website or call us for more details. Phone: 6201 5343
www.headspace.org.au/ACT

*Presented by intern psychology students from the University of Canberra.

We hope to see you there!



ABN 61 633 873 422
headspace National Youth Mental Health Foundation Ltd is funded by the Australian Government Department of Health and Ageing under the Youth Mental Health Initiative Program.

COMMUNITY NEWS

Australian Air Force Cadets Info Session

334 Squadron will be recruiting again in Term 1, 2014! They will be holding two recruit information evenings at 7pm at HMAS Harman on Wednesday 5 February 2014 and Wednesday 12 February 2014. These sessions provide an opportunity for prospective cadets and their parents/guardians to visit the Squadron and gain a better insight into what the AAFC can offer them. For more information contact CPL (AAFC) Cynthia Ung at admino.334sqn@aafc.org.au.

Canberra School of Tennis

The Canberra School of Tennis is offering a free family open day tennis clinic. This is an opportunity for people of all ages to try out tennis. There will be coaching clinics for all ages, testing of the latest Wilson Tennis racquet used by Roger Federer, Tennis Australia MLC Hotshots program, Cardio Tennis, a BBQ, prizes, and more!

The open day takes place on Saturday 15 February at the Pines Tennis Club, Chisholm, between 1.30pm. Bookings are essential! Phone 0432 118 204, 6241 3705, or email csot@hotmail.com.au.

Scouts ACT

Scouting is a worldwide movement that has shaped the development of youth and adults for over 100 years. The aim of Scouting is to encourage the physical, intellectual, emotional, social, and spiritual development of young people so they may play a constructive role in society as responsible citizens and as members of their local and international communities. This aim is achieved through a strong and active program that inspires young people to do their best and to always be prepared. Scouts ACT would like to invite you to a free three-week trial of scouting. For more information, call 1800 SCOUTS or visit www.scoutsact.com.au.

St Edmund's College 60 years

St Edmund's College invites members of its community, past and present, to join the school in celebrating its 60th Anniversary Opening Mass on Wednesday 26 February at 7.15pm. The Mass will take place at Manuka Oval, Griffith, followed by a reception.

For catering purposes, please RSVP to Arlene Grey on 6295 3598 by Friday 21 February or visit www.stedmunds.act.edu.au for more information.



Teen time: dispelling the myth that teenagers don't need parents

Teenagers need their parents more than at any other stage, yet too often they are left to their own devices.

'The younger the child, the more they need their parents' has been traditional wisdom for some time.

Many parents respond to this mantra by spending as much time as they can with babies and toddlers, then ramping up their careers as their kids move into school age. The **older the children, the less time** is put aside for them appears to be the current practice.

The twists and turns of development

This notion assumes that child development and children's independence is a **linear process** where parents can increasingly step back as kids get older.

BUT this is wrong!

A child's development is full of twists, turns and reversals so that a **10-year-old** who is beginning to experience the confusion that can come with early adolescence **has far a greater need of her parents** than she did at eight.

While toddlers are very adaptable and can be satisfied with attention from caring adults, teenagers are far more in need of the special care and supervision that their parents provide.

The age between 10 and 14 is a particularly needy time. Friendships become complex and the challenges of school can overwhelm children at this stage. They benefit a lot from late afternoon and evening chats with a parent. Mornings are too rushed for the types of conversations they need.

The myth of 'I don't need you'

Ken and Margaret Mellor, in their wonderful book **Teen Stages**, dispel the myth that teenagers don't need their parents. The authors state that teenagers *need their parents, but they won't let on.*

