



MACKILLOP NEWSLETTER

VOLUME 8 2015, 29 MAY

PRINCIPAL'S LETTER

Dear Parents, students and families,

Variety Night

Congratulations to everyone involved in perhaps the best Variety Night I've attended in eight years. Although I may never look at a bandana in the same way again, or indeed a banana, it was a night of real variety, good will, and real talent.

Athletics Carnival 2015

What a pity it was so wet and cold! Congratulations to Mr Wood and his team who applied their skills and experience to ensure the Athletics Carnival was an enormous success.

Of course, the weather was unfortunate but there was little else to complain about. Huge numbers of competitors, rich spirit and co-operation, and great support for the participants and organising staff were real features of the day. Congratulations to the whole College for making the event such a success.

Conference delegates visit the College

A large conference for architects, builders, designers, school and system leaders took place in Canberra with national and international speakers presenting on learning spaces and designing schools.

Pleasingly, MacKillop was on the site visit program and hosted, over two days, over 120 delegates to visit our Trades Training Centre, Library, Chapel, and Science Labs. Although much of this building and refurbishment was funded by Commonwealth grants, substantial MacKillop community funds went into each of these projects.

The praise and affirmation of the delegates was overwhelming. Impressive use of money, imaginative design, light, flexibility of space, and opportunities to enhance space were highlights of the feedback we received.

Also of note was the generosity of the delegates' remarks about the friendly atmosphere of the school, the pride and respectfulness of the students, the respectful relationships between the teachers and the students, and the energy of the place.

The students enjoyed showcasing their school and talking about the positive aspects of the buildings in fostering their learning. We know that facilities are important but the observations about the positive energy and atmosphere of the school were welcome affirmation indeed.

Yours in St Mary MacKillop,

MICHAEL LEE
PRINCIPAL

PRINCIPAL'S PRAYER

Lord, we give thanks for the 400 games of Dustin Fletcher in the black guernsey with the red sash – an example of sportsmanship, courage, and endurance over 23 seasons of the AFL. May he be BOG at the MCG on Saturday night. Amen.

UPCOMING EVENTS

JUN
MONDAY

08

- Queen's Birthday Public Holiday

JUN
TUESDAY

09

- Staff Conference (Pupil-free day)

JUN
MONDAY

15

- Senior Exams begin

JUN
MONDAY

22

- Year 7 Camp (Group 1)

JUN
WEDNESDAY

24

- Year 7 Camp (Group 2)
- Year 9 Transition Day

COLLEGE NEWS

School Fees

Fees for Term 2 should now be finalised unless paying by Direct Debit or other approved arrangement. Any outstanding fees should be paid immediately. 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



Mooting Competition

In April 2015, Bond University in Queensland held its Australia wide Mooting Competition. This year the College selected three outstanding young Year 12 Legal Studies students to compete as barristers and solicitors: Jessica Apolarin (Senior Counsel), Keanu Alchin (Junior Counsel), Kyle Reuter-Rantanen (Solicitor), and Grace Barbic (Stand-in).

The students produced an excellent argument worthy of the High Court and won their trial. In addition, Jessica was voted the best senior counsel from the ACT.

Congratulations to Jessica, Keanu, Kyle and Grace on their outstanding efforts and achievements in making the finals and delivering their legal argument in such a magnificent way.

Michael Batten, SOSE Coordinator

Year 11 Hospitality Excursion

Year 11 Hospitality students were recently given the opportunity to travel to Sydney where they participated in a wide variety of hospitality experiences to enhance their knowledge and understanding of the Industry. Day one included a back of house and dining experience at Sydney Tower, visits to the David Jones Food Hall and exquisite Queen Victoria Building, dinner at the Galleries Food Hall, and a walk around Darling Harbour to glimpse the Vivid Festival and the Lindt Cafe.

On the second day, students enjoyed a guided tour of the Sydney Fish Markets with lots of unique and unusual species of fish, crustaceans and shellfish from across Australia. The early start allowed us to witness the live Dutch Auction system. We were certainly part of the action! The two days concluded with a Korean BBQ lunch and an interesting cultural tour of Chinatown led by our guide Wee Lynn, of "Feasting in the Know". The excursion was a worthwhile and rich experience for all involved.

*Janelle Maas, Food & Textiles Coordinator
and Janelle Jolly, Hospitality*



Year 7/8 Rugby Union Champions

Congratulations to the Year 7/8 boys Rugby Union Team who this week won the Brumbies Shield Rugby Union Competition. The team qualified for the grand final after progressing through their pool games undefeated. In a superb team performance the boys continued their winning ways with a convincing victory over Monaro High in the final, 45 - 5.

The players were Jacob Aldridge, Lachlan Cameron, Chris Caruana, Ryan Daly, Jayden Ellery, Stephan Ficovoc, Jackson Gallagher, Ben Garani, Joshua Guthrie, Clayton Hawke, Tyson Kelly, Patrick Langron, Tim Moran, Jayden Newsome, Jordan Pallamountagne, Rhys Powell, Louis Shuang and Jordan van Aalst.

Future Stars

Sebastian Kris (Year 11) played for the NSW U16 State of Origin team as the curtain raiser for Origin I on Wednesday. The U16 Blues went down to the U16 Queensland side 10-6.

Harry Grant (Year 8), Jordan Gay, and Bailey Greenwood (both of Year 9) have been selected to represent the ACT at the School Sport Australia AFL Championships in Geelong at the end of July.

ACT Swimming

Nineteen students represented the College at the School Sport ACT Swimming Championships on the 7 and 8 May at the AIS. Seventeen of the students achieved personal bests, and the following students won medals: Joshua Ball (3rd 100 breast), Alexis Cross (2nd 100 breast, 3rd 200 IM), Oliver Holdway (1st 100 Free), Chloe Ironside (3rd 200 IM & 50 breast), Jake Mackie (1st 200 IM, 3rd 100 breast & 200 free). Jarrod Lee (6 first places and 2 seconds), Ethan Lowey (2 firsts, 3 seconds and 2 thirds) and Benjamin Stokes (5 firsts and 1 third). Tiarna Alchin, Ashley Bond, Alexie Boutlon, Kimberley Fehringer, Jackson Holdway, Kobi Kiraly, Jessica Lee, Mikaela Mbonzi-Geach, Sabina Morgan, Ellen Squire and Zoe Strzelczykowski missed out on medals but finished in the top 20 in their events. As usual all students are to be congratulated on their behaviour as well as their swimming. Students who swam at the Championships are invited to try out for the Pacific School Games Trials to be held in August. Please see Ms Thomas for more details.

Cathryn Thomas

INSPIRE Art Competition

INSPIRE
St Mary MacKillop College Art Competition 2015

Students are to create an authentic artwork that connects with the theme "Inspire". The artwork is to be reflective of personal inspiration. Mixed media is permitted.

Students can speak with teachers from the Art Department at either Campus. Submissions will be due in early September. All entries will be judged and the winners will be announced on MacKillop Day.

WANNIASSA NEWS

An alternative option to report bullying

There is a great sense of community spirit and a great culture here at MacKillop. There is also a fantastic relationship between students and teachers. Teachers, especially Pastoral Care Coordinators, are always happy to help students with any problems they may have, and are happy to help create a solution for that problem. Sometimes, one problem that can come up is bullying. Unfortunately, some students may get nervous to talk to their Pastoral Coordinators about the bullying incident; or maybe the coordinators were teaching or busy at the time the student wanted to talk about the incident.

That is why I am promoting another way for students, on the Wanniasa Campus, to report cases of bullying to their Pastoral Care Coordinators. Students simply login to Groupwise E-Mail, and send a blank E-Mail to reportbullying@mackillop.act.edu.au. Students will then receive an automatic response with three questions in it. To answer the questions, students need to click the "Forward" button.



Once students have finished answering the questions, all they need to do is copy and paste their Year Coordinators E-Mail addresses into the "To" field and then click send. The bullying incident has then been reported to the correct Year Coordinators.

This is a great alternative to talking to Year Coordinators, as this program is available at any time.

Tom Opie (9F2)

DATA COLLECTION NOTICE

Nationally Consistent Collection of Data on School Students with Disability

St Mary MacKillop College is participating in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). This data collection is taking place in Catholic, government, and Independent schools across Australia, and will provide valuable information about supports required for a broad group of students. This will enable Australian and State governments to better target support and resources in schools. This in turn will help schools like ours give students the support they need.

The NCCD is not limited to students with diagnosed disabilities. It uses a very broad definition of disability, taken from the Disability Discrimination Act 1992 and the Disability Standards for Education 2005, which includes a range of health issues and learning difficulties where schools implement strategies to support students in participating effectively in their learning.

The data collection will take place at the end of Term 2. No personal or identifying information about any student will be included, however, if you decided you do not wish information about your son or daughter to be included in the NCCD, you are asked to contact Mrs Michelle Marks, the Inclusive Education Coordinator (Acting) to discuss your concerns. If you are still concerned, you can contact Mr Michael Lee, College Principal, and request an information page for parents/carers. If you are still concerned, you should complete the opt-out section of the information page and return it to the principal.

More information about the NCCD is available at <http://www.schooldisabilitydatapil.edu.au>

Catholic Education, Canberra and Goulburn

COMMUNITY NEWS

Class of 1975 Reunion

A 40 year reunion will be held for students from Catholic Girls High School Braddon and Daramalan College who finished Year 12 in 1975 (including those from that group who finished before Year 12) on Saturday 12 September at the Mercure Braddon. For information find us on Facebook: Dara-Braddon 1975, or contact Mich via email: mcollopy@bigpond.net.au.

Learn to Skate

The SkateStars Learn to Skate program runs on Wednesday afternoons and Saturday mornings. For information, contact skateprogramsACT@gmail.com

Organ Donation: donatelife.gov.au

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Have the chat that saves lives. Discover, Decide, Discuss organ and tissue donation today.

donatelife.gov.au

Corpus Christi anniversary

The Corpus Christi Parish will celebrate its 10th anniversary with a pilgrimage from Sacred Heart Church, Calwell to Holy Family, Gowrie. The pilgrimage starts at 8am on Sunday 7 June.

EXAM TIMETABLE

Y10 Exams S1 2015		
Thursday 11 June	Period 1-2	Y10 Science
Thursday 11 June	Period 3-4	Y10 Mathematics
Friday 12 June	Period 1-2	Y10 History

- Students are to attend normal scheduled Y10 classes for all other periods.
- All other Y10 Exams will be scheduled in normal class time.

Senior Exams S1 2015		
	Year 11	Year 12
Mon 15 June Morning (9.00am)	English T	Psychology A/T Business A/T Earth Science IT A/T Maths Specialists Extension
Mon 15 June Afternoon (1.15pm)	RE A/T	Economics History A/T – Ancient Social and Community Work
Tue 16 June Morning (9.00am)	History A/T – Modern Sociology A/T Hospitality T	English T
Tue 16 June Afternoon (1.15pm)	Economics History A/T – Ancient Chemistry	RE A/T
Wed 17 June Morning (9.00am)	Maths Applications Maths Methods	English A Biology
Wed 17 June Afternoon (1.15pm)	English A Literature	Maths Applications Maths Methods Maths Specialists
Thu 18 June Morning (9.00am)	IT A/T Psychology Geography A/T	Legal A/T Geography A/T Hospitality T
Thu 18 June Afternoon (1.15pm)	Social and Community Work Business A/T Maths Specialists Dance A/T Music A/T	Sociology A/T Exercise Science Dance A/T Music A/T
Fri 19 June Morning (9.00am)	Legal A/T Biology Physics	History A/T – Modern Physics Business Administration
Fri 19 June Afternoon (1.15pm)	IT DM Exercise Science Earth Science	IT DM Chemistry

Please Note: Some courses do not have a final semester exam

- All students will receive a personalised examination timetable indicating session start and finish times and locations.

Enquiries regarding exams should be directed to Janine Hickson, Student Records in the first instance on 62090129.

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Michael Grose

What it means to be an emotionally intelligent parent



Ten year-old Elle liked to be active, but one weekend things got out of control. A jazz ballet concert, a game of netball, and a family visit to her cousin's house meant no time to herself.

And she let her parents know it with constant moaning, as well as a tantrum or two.

Her father held his tongue for most of the weekend, but couldn't help but give her some fatherly advice on Sunday night. "You've spent the whole weekend moaning about how busy you are. Maybe you need to drop one of your activities, if they are stressing you out so much!"

A tantrum followed...from Elle.

Elle's mum took a different tack. She had a hunch that something was bothering her daughter. "You sound like something is bothering you big-time. What's up?"

"I've got to give a talk at school on Monday in front of the whole school and I haven't time to prepare. It'll be awful and everyone will laugh."

Her mum replied, "You sound like you might be pretty nervous. That makes sense. Giving a talk in front others can be nerve-racking."

Elle dropped her shoulders, smiled and said, "You bet!" She was relieved because

her mum understood how she felt. In fact, her mum had unlocked the problem for her and reflected back how she felt.

Elle's dad focused on her behaviour and responded in kind (with well-meaning advice about her future behaviour), while her mother focused on the feelings that acted as a possible driver to her daughter's behaviour. She took an emotionally smart approach, which turned out to be the right one in this circumstance.

Emotionally intelligent parents don't dismiss children's behaviour and allow kids to do as they please. There are times that we need to focus on a child's behaviour. A child who is rude in public should be reminded in no uncertain terms that poor manners are inappropriate.

However, there are times when smart parents need to look beyond the obvious behaviours to get an good understanding of what's happening to their child, and to help a child better understand and manage their emotions.

So what does an emotionally intelligent parent look like? And importantly what is the impact on kids, parents and families of this approach?

Emotionally intelligent parents have the following five attributes in common.

They will usually:

1 Listen more and judge less

There is nothing better than being understood. Parents who operate from an emotionally-smart mindset are more likely to listen to their kids when emotions are high, trying to access what may be going on, rather than clamping down their behaviour or closing them down with well-meaning advice.

IMPACT: Better, more open relationships.

2 Accept strong emotions

Anyone who lives with teenagers will know that emotions can run very high. They can say the worst possible things to each other and, at times, to you. Ten minutes after delivering a hateful tirade they can be cuddling up to the person who was the butt of their anger, frustration or anxiety. Emotionally intelligent parents know that feelings need to be expressed rather than bottled up, and allowed to fester. They also believe there is nothing so bad that a child can't give voice to in a family, however there are behaviours that are not unacceptable.

IMPACT: A healthy expression of emotions.

more on page 2 >>



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... What it means to be an emotionally intelligent parent ...

3 Focus on the present

Most parents are rightfully future-focused. We focus on the homework that needs to be handed in tomorrow; the washing that needs to be done; the meal that needs to be cooked. That's part of everyday life. Children generally focus on the here and now. That of course can be frustrating to a task-oriented future-focused mother or father. However when we lower our gaze we are more likely to pick up how kids are feeling, and importantly help them understand and manage their moods and emotions.

IMPACT: Happier families and less stress felt at home.

4 Use rules rather than their moods to determine discipline

Some parents discipline according to their moods. If they feel good then they give children plenty of lenience. If they are feel bad then they pick their kids up on every little thing. It's better to stick to the family and house rules; that makes you more predictable, which kids really crave.

IMPACT: More consistent parenting

5 Develop a language around feelings

A family develops a vocabulary around the things that are important to them. Kids in a sport mad family will inevitably have a rich vocabulary around their chosen sport. The same holds for emotional intelligence. Families that truly value building emotional smarts will develop in kids a rich palette of words that will help them describe how they feel. This vocabulary will inevitably stay with them for life.

IMPACT: Better relationships later in life at work and in their own families.

At a time when anger and anxiety has never been so high in families, there is a massive need for a parenting approach that includes emotional intelligence. Many parents struggle in the area of helping children understand and manage their emotions because we've never had any training in it. We didn't learn it from our parents, and more than likely haven't learned it at work. Emotional intelligent parenting can be learned. At Parentingideas emotional intelligence is central to the work we do with parents. We know first hand that kids who have parents versed in Emotional Intelligence are more likely to raise kids with the skills to be **happier**, enjoy **better relationships** and experience **more success** at school.



Michael Grose



Stay one step ahead of your kids with great ideas & expert advice from Michael Grose. Join Michael's **NEW Parentingideas Club** today at parentingideasclub.com.au. You'll be so glad you did.

