



MACKILLOP NEWSLETTER

VOLUME 13 2015, 21 AUGUST

PRINCIPAL'S LETTER

Dear families, students and friends,

College Musical 2015

Congratulations to Bronwyn McKenzie and her team of staff and students who have produced a College musical of a very high standard. Congratulations also to the cast of real talent and energy, who have performed Legally Blonde Jr with skill, humour, and engagement. Thank you to the crowds that are supporting and enjoying the musical.

Theatre at MacKillop has enjoyed real success and recognition in terms of awards and accolades beyond school productions. This points to a body of talent and skill that underpins the theatrical experience for the students. It's delightful to see the MacKillop community enjoying the success of this talent and energy again this year.

Parent Survey

Thank you to over 400 families who have responded to the parent satisfaction survey. Whilst the responses have been very positive and affirming, there has been very constructive advice about considerations for future planning. This has been very helpful indeed.

Let me acknowledge that it is a lengthy survey and a number of respondents have observed the plethora of questions - I do apologise for being so nosy! I appreciate the consideration and sincerity that is clearly evident by so many respondents.

For those of you who have not yet completed the survey, it is meant to close today, Friday 21 August, but we are extending this deadline until Monday. Should you wish, you would be most welcome to participate in the survey over the weekend.

The results of the survey will be made known to the Board and to the staff, and key aspects of the survey will be published in the newsletter by the end of Term.

MacKillop Day: Friday 11 September 2015

All are welcome to attend our MacKillop Day Mass on Friday 11 September. Mass will begin at 9.30am at the Tuggeranong Basketball Stadium. We enjoy seeing past students, parents, friends, and families at our Mass and we warmly welcome you to share with us this special event in the College calendar.

Yours in St Mary MacKillop,

MICHAEL LEE
PRINCIPAL

PRINCIPAL'S PRAYER

Lord, we give thanks for the creative energy of humanity, for the freedom it gives us, its exhilaration, and for its provision of a mirror that reflects back to us who we are and what we can be. Amen.

UPCOMING EVENTS

| | |
|-------------------------------|---|
| SEP TUESDAY 01 | • Year 12 AST Sessions 1 & 2 |
| SEP WEDNESDAY 02 | • Year 12 AST Session 3 |
| SEP MONDAY 07 | • Year 7 Electives change over • Parent/Teacher Interviews (I) |
| SEP TUESDAY 08 | • Parent/Teacher Interviews (W) • ASBA Info Night |
| SEP WEDNESDAY 09 | • Parent/Teacher Interviews (I) |

COLLEGE NEWS

USA Space Study Tour 2016

As we need to finalise the number of students interested in the USA Space Study Tour in October 2016, we would like to warmly invite any parents/carers of Years 9-12 students to an introductory information evening on Monday 31 August at Trinity Christian School, 34 McBryde Crescent, Wanniasa, from 7.00pm - 8.00pm. The planned tour will be a combined event with students from Trinity Christian School. For more information, contact Mr Mike Brennan at mike.brennan@mackillop.act.edu.au.

Mike Brennan, Science Coordinator



Constitutional Convention

The 2015 ACT Schools Constitutional Convention provided a forum for Year 11 students to discuss and debate issues arising from the Australian Constitution and to participate in a referendum. Four students from MacKillop participated in the convention on Thursday 30 and Friday 31 July 2015. The students were: Ashleigh Arrow, Sean Miller, Nathan Slingsby, and Tahnee Wyllie.

These students had access to a number of Canberra's key institutions, including the National Archives of Australia, the Museum of Australian Democracy, Old Parliament House and the Chamber at the ACT Legislative Assembly. Additionally, the students were allowed to view the original Commonwealth of Australia Constitution Act 1901 signed by Queen Victoria.

The debate in the Assembly was 'should the Commonwealth Parliament have specific powers to legislate for the environment?' The result of the referenda, conducted by the Australian Electoral Commission and Elections ACT, was close but in accordance with the double majority rule, the state majority did not carry the proposal nor did the popular majority vote to grant the Commonwealth the power to exclusively legislate for the environment. Before the convention, students and teachers received information packs containing papers, case law and statutory law relating to the issue, the Constitution and the referendum process. Throughout the convention students participated in role plays and working groups, were addressed by experts on the Australian Constitution from the ANU, and had the opportunity to hear local members of the Assembly provide a case both for and against the proposal to amend the Constitution.

Students reported that they learned a great deal about the separation of powers, rule of law and the Constitution. It is hoped that students currently in Year 10 will consider applying for this opportunity to attend the Constitutional Convention in 2016.

Jane Cronan, Legal Studies

School Fees

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

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



Sports News

In early August, the College's Year 7/8 Boys Hockey team and the Year 9/10 Boys Hockey team participated at the ASC Hockey Championships, with both teams winning their respective competition. Congratulations to both teams!

Future Stars/Student Achievement

Mikaela Mbonzi-Geach (Year 9) has been awarded the Triathlon ACT Novice Triathlete of the Year. She was the overall female winner for the 2014/2015 season of triathlon in Canberra, despite competing against adults, and was also awarded first 12-13 female for the season.

Kofi Owusu-Ansah (Year 12) was a Top 5 finalist in the Triple J Unearthed High competition for his song, *The Day After Valentine's*.

Hayden Montgomery (Year 12) visited the ACT Legislative Assembly on Wednesday as part of the Parliament of Youth on Sustainability.

Taylah Grady (Year 12) has been named as a finalist in the ACT Training Excellence Awards, for her school-based apprenticeship in Sport and Recreation. MacKillop acts as Taylah's training organisation and her host is Curtin Primary.

Reece Inkpen (Year 12 2014) has won the Australian Vocational Student Prize.

The following students have been offered places on the Pacific School Games ACT Swimming Team to compete in Adelaide in November: Jessica Lee, Jake Mackie (both Year 7), Ethan Lowey (Year 8), Joshua Ball, Alexie Boulton, Alexis Cross, Jarrod Lee, Benjamin Stokes (all Year 9), and Rebecca Cross (Year 10).

Fabric Club

Are you interested in sewing or craft and would like to make some products that we don't make in class? Then Fabric Club at the Wanniasa Campus is for you! In Fabric Club, we will be making a variety of products; some ideas suggested so far are hair clips, cushions and phone covers. If you would like to nurture your creative side, we would love to see you there. The College will initially provide materials from our scrap box, however, students will need to bring in their own supplies as needed. We will meet every Day 4 and Day 10 at lunchtime. Fabric Club will begin in Week 6 and continue till the end of the year.

If you are interested in taking part in the fabric club program or would like more information please contact:
Monique Nutt: Monique.nutt@mackillop.act.edu.au, 62090100

Monique Nutt, Food & Textiles

INSPIRE Art Competition



A reminder that the INSPIRE Art Competition closes on Monday 7 September. Students are to produce one artwork using the art media of their choice. Artworks will be displayed on MacKillop Day. More information can be found on the College website.

Tamara Murdoch, Visual Arts Coordinator

WANNIASSA NEWS



Supervision before school

When students arrive at school of a morning, it is a requirement that they remain at school and do not leave the College grounds. The College has a duty of care to all students and if students arrive and then leave the College grounds they are out of bounds. This includes students who catch school buses – the College bus stop is where students should get off. Students should not be getting off buses that service the College at any other stops other than at school. Students have been reminded of the above information in Year Assemblies over recent weeks and reinforcement of this from parents would be appreciated.

Year 8 Presentation – Verbal Combat

On Wednesday August 12 during our Pastoral Program time, all of Year 8 watched a live performance by Brainstorm Productions called Verbal Combat. The show was about how much cyber bullying can affect people's lives. The story line was very clear and as it developed we could all relate back to at least one of the characters. Everyone was able to enjoy this and could also understand the message that was being presented to us. We all came away with an improved understanding of cyber bullying that has helped us all become more considerate of each other.

After the performance was finished, there was a question and answer time where all of our questions were answered and anything that may have been misunderstood was cleared up. The presentation was such a good way to learn about what could happen rather than just being told. Sometimes a visual aid can help so much more.

Caitlin Smith (8F1)

ThinkUKnow – Parent Presentation

ThinkUKnow is an internet safety initiative which aims to raise awareness of the issues which young people face online and whilst using mobile phones. It is a partnership between the Australian Federal Police (AFP) and Microsoft Australia, and is now proudly supported by ninemsn and Datacom.

MacKillop will be hosting a ThinkUKnow presentation on Tuesday 15 September at 6.00pm in the Theatre on the Wanniasa Campus. All parents and carers are encouraged to attend.

The presentation will cover topics such as how young people are using technology to have fun, online grooming, cyber-bullying, inappropriate content and e-security.

This is a fantastic opportunity for you to learn more about how young people have fun online, how you can help them to stay in control on the net, and how to report a problem.

There is a page within this newsletter containing more details or you can visit the ThinkUKnow Australia website at www.thinkuknow.org.au for more information.

*Lachlan McNicol
Assistant Principal, Pastoral Care
Wanniasa Campus*

COMMUNITY NEWS

Class of '95 Padua Reunion

Date: Saturday 19 September 2015
Venue: Section 57 – The Mawson Club
Cost: \$20 per person (includes room fee and hot & cold canapés for 1 hour)
RSVP: to Golbarg Battaglia golbarg.battaglia@gmail.com by 28 August 2015

Lanyon Little Athletics

Lanyon Little Athletics Club competition days are Saturday mornings at 8:45am, starting on 17 October 2015. To register, please use the on-line registration system available from September 2015 by visiting: www.actlaa.org.au. After you have registered on-line, please attend one of our registration days at Lanyon Marketplace:

- Saturday 12 September from 9:00pm – 12:00pm
- Sunday 20 September from 1:00pm – 4:00pm

A Come and Try Day takes place on Saturday 10 October from 9:00am – 12:00pm at Banks Oval. For more information, please visit <http://www.lanyonlittleathletics.org.au>.

Vikings Baseball Club

Tuggeranong Vikings Baseball Club is holding registration days at Viking Park on the following dates:

- Sunday 23 August, 11am-1pm
- Saturday 12 September, 12pm-3pm

For more information, visit <http://vikings-baseball.blogspot.com.au>

Calwell Little Athletics

Come down to our registration sessions at Calwell Shops:

- Friday 11th September 3-6pm
- Saturday 12th September 10am-2pm
- Friday 18th September 3-6pm
- Saturday 19th September 10am-2pm

Calwell Little Athletics meets at Calwell Playing Fields every Saturday morning starting 8:45am commencing 10th October through to the end of March. For more information visit our website: www.clac.net.au

HACT

HACT engages 10-17 year olds with digital technologies and entrepreneurship through awesome events and a supportive community. Digital literacy is the language of the 21st Century. Events can be found at <http://hact.eventbrite.com.au/>

Eagles T-Ball & Baseball

Eagles will be holding a registration day on 30 August 2015 at Kambah Village Shops between 11am and 3pm. Come along and say g'day, meet some of the players and enjoy the sausage sizzle.

If you have any questions, visit <http://www.acteagles.baseball.com.au> or email Jeff Quirk (Secretary) at jeffquirk59@gmail.com.



The Australian Culinary Federation is hosting a dinner at St Mary MacKillop College in support of students representing the ACT in the International Secondary Schools Cooking Competition in Tahiti

You are invited to join us for an enjoyable evening where you will be served mocktails, canapés and a 2 course dinner featuring the winning ocean trout dish

When: 6pm on Thursday 27 August

Where: F Block St Mary MacKillop College, Isabella

Cost: \$55 per head payable at student reception

RSVP: Monday 24 August

Please return the slip below or contact student reception on 6209 0136 to book your place and inform us of any specific dietary requirements.

I would like to reserve a place for _____ people at the ACF Dinner to be held at St Mary MacKillop College under the name of _____.

I have enclosed \$_____

My Credit Card Details are: Master Card or Visa Name On Card _____

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Expiry Date ____/____

Dietary Requirements



Menu

Canapés on arrival

Main

Ocean Trout

Panko crusted oven baked Petuna ocean trout served with a lemon and chilli gel, miso foam and coriander caviar.

Chicken

Crispy skin chicken breast served with crushed avocado and quinoa, Chinese black vinegar reduction, daikon and cucumber salad

Dessert

Deconstructed Eton Mess

Crisp meringue shards served with vanilla cream, passionfruit gel, champagne poached strawberries, strawberry sorbet, fresh berries and raspberry coulis.

Violet Crumble

Chilled chocolate fondant with a raspberry gel centre, served with honeycomb crumb and mascarpone ice cream.



Community Presentation



St Mary MacKillop College invites you to the

ThinkUKnow Internet Safety Presentation

Event: ThinkUKnow: Internet Safety Presentation
Date: Tuesday 15 September
Time: 6:00PM
Venue: Wanniasa Campus Theatrette
RSVP: Please confirm your attendance via email to Mrs Pauline Hannon
Pauline.Hannon@mackillop.act.edu.au

Attendance is free of charge.

The presentation is tailored for the adult audience and we ask that young people are not present.

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This is a fantastic opportunity for you to learn more about how young people have fun online, how you can help them to stay in control on the net, and how to report a problem.

For more information, you can visit the ThinkUKnow Australia website:
www.thinkuknow.org.au

INSIGHTS

by Michael Grose – No. 1 parenting educator



The NEW strict parent - is this you?

The definition of a strict parent has changed over the last decade. Do you fit the bill?

'Your parents are so strict!'

Some parents in years gone by wore the label of **'strict'** parent like a badge of honour. It signified parents who were willing to stand their ground with kids.

Strictness was reserved for parents who put boundaries in place and made sure they were adhered to, such as being home on time, or not watching too much TV.

There's a now a **NEW** definition for a **'strict'** parent.

A **'strict'** parent today is now someone who makes children do things for themselves and insists they help at home. They insist their children put their dirty clothes in the laundry, and maybe even wash their own clothes. They insist kids make their own lunches in secondary school. They insist that their kids set the meal table without giving them a cent in return.

'Strict' now refers to getting kids to help rather than placing restrictions on them.

Many parents tell me that they get funny looks when their children help them with the supermarket shopping. When their kids walk a kilometre home from sports or a leisure activity they are made to feel like neglectful parents. How bizarre!

New normal

The **new parenting normal** is for parents to do a lot for your kids, rather than kids do things for themselves. Anyone who strays from this new normal and develops real independence in their children can be made to feel guilty ... because they are strict!

Nobody feels like doing chores, but tackling hard things such as doing chores when you don't feel like it builds character. It develops a bit of grit that kids can draw on later when they will *really* have to push against adversity.

Do less, not more

The job of parents is to make themselves redundant for their kids – not in a relational sense, but in a managerial sense.

There is nothing revolutionary about this idea. It's been the aim of parents since the dawn of time. That means we spend a lot of time teaching kids self-help skills (now known as life skills), which are the ordinary gist of life.

These include teaching young children to tie their shoelaces and helping primary-aged kids to ask for what they want from adults. They also include coaching teenagers to negotiate their way safely on public transport and to problem-solve relational issues they may have with teachers at school.

These are not the activities of **'strict'** parents. Rather they are the activities of parents who understand that one of their key roles is to equip kids to stand on their own two feet in the world outside the family home.

The fact is that the best place to do this is within the family. And the best time to start developing independence is from a **young age** ... when kids are up for it developmentally.

Don't wait until your children are 18 to develop self-help skills. If you introduce self-help then, my bet is they won't think you are strict ... they'll think you've been a soft touch all along and they'll now battle you all the way!

But that's a story for another day.

In the meantime, if the definition of **'strict'** has changed then I urge you to be strict! Your kids will thank you ... later on, when you've equipped them with the problem-solving and independence skills needed to negotiate the wider world without you.



Want a list of age-appropriate jobs that your kids can do? Get a great 'Kids' Chores & Responsibilities Guide' with practical tips about how to get kids to help when you subscribe to Happy Kids, my FREE email parenting guide, at www.parentingideas.com.au/ParentingIdeas-Newsletter