



# MACKILLOP NEWSLETTER

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## PRINCIPAL'S LETTER

Dear families, students and friends,

### The Swimming Carnival 2016

As you know, for the first time in many years, MacKillop's Swimming Carnival was held in summer, and involved water! The attendance rate was about 91% of students, 100% of staff, and was a day of colour, celebration, and energy. Tug-o-war again competed with the pool for the attention and participation of the students, and the many students who responsibly availed themselves of sunsafe practices was commendable. Congratulations to Ngadyung House, which won the Championship, and to Meup Meup who won the House Spirit Cup for the second year in a row.

Attendance and participation were at record highs. It was pleasing to see our French Exchange Students enter their own team in the final relay, adding an international flavour to the excitement of the day.

Congratulations to Mr Wood, Sports Coordinator at MacKillop, and to all staff for working to make it such a successful day. Thank you to the students for their responsible and enthusiastic participation in what is a highlight of the MacKillop sporting calendar.

### Successful Information Evening in Cooma

Twenty-four students from St Patrick's Parish School, Cooma, and other schools in the Monaro district, have joined MacKillop for Year 11 this year. An information evening was held on Monday night at the Cooma Ex-Services Club, which was well attended and extremely positive.

This is the third year that the bus has travelled to and from Cooma every day and nearly 80 families from the Monaro have accessed MacKillop for their sons and daughters for Year 11 and 12. This venture is of great advantage to Cooma and to MacKillop and the successful integration of these new students into Year 11 speaks positively about their character and substance and the welcoming nature of MacKillop.

This venture needs to be nurtured.

### The Opening Mass, 10 March

St Mary MacKillop College invites members of the community to join us at our Opening Mass, which will be held at the Tuggeranong Southern Cross Stadium from 9.30am on 10 March 2016. Guests are asked to be seated by 9.15am. The Opening Mass, which will be celebrated by Fr Luke Verrell, will also include a celebration of the Sesquicentenary of the Sisters of St Joseph (their 150th anniversary).

Yours sincerely in St Mary MacKillop,

MICHAEL LEE  
PRINCIPAL

## PRINCIPAL'S PRAYER

Lord, we give thanks for all the blessings of the new year and for the wonderful start thereof. Amen.

## UPCOMING EVENTS

MAR  
THURSDAY

10

- Opening Mass
- Year 12 Mentoring Day (W)

MAR  
FRIDAY

11

- Staff Conference (Pupil-free day)

MAR  
MONDAY

14

- Canberra Day Public Holiday

MAR  
THURSDAY

17

- Year 11 Retreat departs

MAR  
WEDNESDAY

23

- Year 7 Community Day

# COLLEGE NEWS

## College Swimming Carnival

Meup Meup defended its Spirit Cup title and Ngadyung claimed its sixth Championship Trophy at last week's hugely successful Swimming Carnival at the Dickson Aquatic Centre.

Meup Meup was truly deserving of its victory, demonstrating a 'fiery' spirit throughout the entire day, but the enthusiasm and participation of all students meant that all Houses were in the running. Ngadyung, the most successful House in the history of MacKillop, added another trophy to its cabinet on the back of a stellar performance in the pool.

The House dress-up themes were widely supported by the students as they swam in races, cheered endlessly for their teammates and peers, and participated in novelty events throughout the day.

In the pool, we witnessed a number of new College records:

12 Girls 50m Butterfly: Jordyn PARRITT, 34.59  
 17+ Girls 50m Freestyle: Rebecca CROSS, 29.41  
 17+ Girls 50m Breaststroke: Rebecca CROSS, 35.98  
 17+ Girls 50m Backstroke: Rebecca CROSS, 34.57  
 15 Boys 50m Butterfly: Will SYMINGTON, 29.28  
 15 Boys 50m Breaststroke: Leo HELDON, 34.48  
 14 Boys 50m Breaststroke: Alex AMON, 35.07  
 12 Girls 50m Freestyle: Sophia LEMON, 32.27

Another highlight of the Swimming Carnival was the immense effort the staff and students put into the Caritas fundraising during this Lenten season. A number of staff members braved the dunk tank and students donated large sums of money in order to see their favourite teachers get soaked – all for a good cause, of course!

Congratulations to all students for their high level of participation, teamwork, spirit, and displays of athleticism; and thank you to the staff who played such a big role in making the day a great success.



## Softball Champions

Congratulations to the 9/10 Boys Softball team, which took out the ACT Softball Championships last week. The first three games were all wins, with victories over Telopea, Belconnen High, and St Francis Xavier. The next game against Daramalan proved to be our toughest test with a 10-all draw in the pool match, before meeting them again in the final, with MacKillop winning 6-0. Congratulations to Chris Caruana, Jordan Gay, Will Granger, Tyler Hays, Nick Hosie, Brad Jones, Lachlan McAvoy, Sam Rusanov, Brad Spratford and Luke Wright.

*Daniel Ryall*

## Future Stars/Student Achievement

Sarah Nolan (Year 10) has been selected for the ACT Under 17's Softball Team, which will compete in Melbourne in late April.

Jackson Holdway (Year 10) was one of 50 boys across the country who were selected for an Australian Train on Squad for Water Polo. He attended a training camp in Sydney last weekend.

## ACTION Bus Change

As of 7 March 2016, the morning bus route 651 that services the Isabella Campus will commence its service 1 km earlier on Tharwa Drive.

## Fees are now due

Term 1 Fees are due to be paid by this Friday 4 March 2016 unless paying by Direct Debit or other approved method. If you would like more information regarding Direct Debit payments or have any queries regarding your fees, please contact the Fees Office.

*Michelle Predovan, Fees Manager*

# SENIOR STUDIES

## WHAT IS THE AST?

AST stands for ACT Scaling Test and is actually a series of three general skills examinations. It is attempted by all ACT Year 12 students who wish to receive an ATAR (Australian Tertiary Admission Rank). The results of these tests are used to scale students' course scores at the College they attend.

But what does this actually mean? It means that the results of the AST will change student course scores, which are ultimately used to generate their ATAR. So if students don't prepare and give their best effort in these AST exams, their final ATAR will be impacted.

All Colleges across the ACT engage in practice tests to prepare their students most successfully for the AST and traditionally the schools that prepare their students, end up with the highest AST results. At MacKillop we have a rigorous schedule of practice tests and workshops with the sole purpose of ensuring our students achieve their best result.



Students in Year 11 have completed three AST-style practice examinations and the marking of these has already begun. Our next step is to have Year 12 students attend workshops where they will learn what the markers expect in these exams as well as some strategies to answer the different style of questions they will encounter. I encourage all ATAR-seeking students in Years 11 and 12 to engage in this process with fervour...each individual's AST result makes a big difference to the ATARs of the whole cohort!

*Colby Cruwys,  
Senior Studies Coordinator*



# WANNIASSA NEWS

## Sources of Strength

The Wanniassa Campus has been invited by the ANU, National Institute for Mental Health Research to trial the *Sources of Strength* program over the next two years. This is a peer-led program that he been highly successful in the U.S. using peer social networks to spread messages of hope and support throughout the community.

Although the program was originally aimed at suicide prevention, research has shown an impact on the school environment and individual factors that are protective against a range of issues such as bullying, substance abuse, mental health and violence through a focus on strength, resiliency and connectedness. The program recognises the importance of building multiple sources of support so when times get hard young people have strong resources to rely on. These include: family support, positive friends, mentors, healthy activities, generosity, spirituality, medical access and medical health.

Staff and students will be working together through this program to assist in building capacity in our students to navigate their way through the obstacles that life presents. As part of the program students will be surveyed before during and after as part of the research undertaken by the ANU investigating the impact of the program on building protective factors in students.

## Young Carers Group

A Young Carers Group will again be organised this year on the Wanniassa Campus to support students in Year 7 to 9. A young carer is a person under the age of 18 who cares for a family member who may be affected by a long term illness or disability. The program has been a success in recent years assisting those who take on the role of a carer in the home.

Students involved will meet once a week during lesson time and will have the opportunity to participate in numerous workshops and learn more about their significant roles as young carers. This may include skill building, cooking, budgeting, relaxation techniques, communicating with family members and time management. It may also involve supporting students with their study demands.

If you believe that your son/daughter is a young carer, or if you would like further information, contact Mrs Berenice Sidorko on 6209 5213.



## GRIP Leadership Conference

On 19 February 2016, the Wanniassa Student Representative Council headed off to the AIS to spend the day having fun, learning how to be a better leader and some ways we could make school more dynamic at the GRIP Student Leadership Conference.

We arrived full of excitement, looking forward to having an awesome day meeting new people and learning new skills. We were welcomed to the conference by the GRIP team and had a nice chat with them before we started.

We were involved in a number of fun and challenging activities throughout the day which helped us build confidence and socialise with all the other schools that were there. The day was a fun experience, educating us to be energetic leaders, to make events and speeches dynamic, to use creative ways to deal with bullying, and most importantly, motivating all those around us to be the best that they can be.

At the end of the day, we returned to school with lots of new ideas, renewed energy and excitement towards our task at school. We would like to say thank you to the GRIP team for making the day so fun and enjoyable and to Mr Wood in his role as SRC facilitator.

*Chris Caruana, Boy Campus Captain*

## Parenting ideas

The article for parents below, 'Make the most of the school year,' highlights the importance of positive parent and carer participation in demonstrating their value learning and the school.

*Monica Bailey*

*AP Pastoral Care (Acting), Wanniassa Campus*

# COMMUNITY NEWS

## Southern Cross Basketball

Tuggeranong Southern Cross Basketball Club still has vacancies for the Coming Winter season in the Following teams:

- Under 10 boys and girls (Born in 2007 or after)
- Under 12 Boys (born 2005 or 2006)
- Under 14 Boys and girls (born in 2003 or 2004)
- Under 16 Boys and girls (born in 2001 or 2002)
- Under 19 Boys (born in 1998, 1999 or 2000)

Basketball is a fun sport and we have teams of all standards from representative through to novice, so absolutely no experience is required! For information email [Info@southerncrossbasketball.net](mailto:Info@southerncrossbasketball.net)

## YWCA Great Ydeas grants

YWCA Canberra is offering a number of grants for young women:

- The NAB Great Ydeas Innovate Grant for business
- The EY Great Ydeas Impact Grant for wellbeing and inclusion
- The ACS Great Ydeas Enrichment Grant for personal development

For information, visit [ywca-canberra.org.au](http://ywca-canberra.org.au).

## Brindabella Blues Soccer

The Brindabella Blues Football Club is a local soccer club that fields junior boys and girls teams across many age divisions in the ACT. The club is currently carrying out grading for players seeking to join teams for the 2016 season and all interested players are welcome to attend these sessions at the club's home ground, Calwell playing fields. For times and information, visit <http://bbfc.org.au>.

## Tuggeranong Lions Aussie Rules

The Tuggeranong Lions are recruiting boys and girls for the 2016 season. If you're aged between 5 and 15 and thinking of giving Aussie Rules a go, then 'we want you'. In particular, the Lions are recruiting for their Youth Girls team for ages 13-16. For information about pricing, training, and club contacts, visit the facebook page, [www.facebook.com/TuggeranongLionsJAFC](http://www.facebook.com/TuggeranongLionsJAFC).

## Tuggeranong Hawks Aussie Rules

Junior Registration Days will take place on Saturday 5 March and Sunday 13 March, from 1.30-3.00pm at Greenway Oval. Boys and girls are welcome from U13-U17. Contact Colin on 0409 015 400 for information.

# Parenting *ideas* INSIGHTS

## *Building parent-school partnerships*

WORDS Michael Grose

# Make the most of this school year

Positive parent participation demonstrates to children that you value learning and their school in particular. Children copy many of their parents' views so your positive attitude to school and learning is catching.

Parental withdrawal from children's education is a big problem these days as increasingly parents are worn out from working too hard or being involved in a variety of activities.

But the message for parents is clear – become involved in as many aspects as practical in your child's education.

Their chances of success are better when kids see school as an extension of home rather than merely an institution for learning.

Positive parent participation demonstrates to children that you value learning and their school in particular. Children copy many of their parents' views so your positive attitude to school and learning is catching.

Make the most of the opportunities that schools offer to assist in the classroom including, hearing kids read, taking small groups in elective activities and assisting children when writing stories.

Parent participation is much broader than helping out in the classroom. Hearing young learners read, helping with homework and making sure kids go off to school

happy, healthy and with plenty of sleep are important aids to learning.

**Here are some more ideas to help you participate in your child's education in positive ways:**

- 1 Make sure your kids start each day well.** That means they should get a good night's sleep, have a healthy breakfast and arrive at school on time with all their learning requirements as well as a healthy lunch.
- 2 Attend school activities** such as open days, concerts, parent evenings, sports events and celebrations. Read the school newsletter and other forms of communication so you can stay in the loop with what's happening at your child's school.
- 3 Consult with your child's teacher** about homework expectations and practical ways that you can assist both at home and at school. Each teacher has his or her own expectations about how you can help so make sure you work within their guidelines.

**4 Find out** what your school is trying to achieve for your child and show your support for its aims. Support a broad, balanced curriculum that offers children a variety of educational experiences rather than a program that focuses narrowly on the traditional 3 R's. School discipline is always more effective when it's supported by parents so be supportive of their attempts to promote good behaviour in your child.

**5 Become an advocate** for your child's school and promote its positive features throughout the wider community. Encourage your child to take pride in their school through your example.

Positive parent participation in school and learning is a proven criterion for student success. One practical way to assist your child as a learner is to become actively involved in his or her school-life.

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](http://parentingideasclub.com.au). You'll be so glad you did.



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