



# MACKILLOP NEWSLETTER

VOLUME 6 2016, 29 APRIL

## PRINCIPAL'S LETTER

Dear families, students and friends,

### Welcome to Term 2

I hope the staff, students and their families have enjoyed a break from their studies and spent some time in recreation and relaxation. Term 1, although not without significant interruption, was one of real achievement; an excellent start for Year 7 and Year 11, an entertaining swimming carnival of real spirit and endeavour, and an Opening Mass that gave thanks for the sesquicentenary of the Sisters of St Joseph and the life's work of St Mary MacKillop and Fr Julian Tenison Woods.

Let's hope Term 2 unfolds with comparable energy, action, and achievement.

### ANZAC Day 2016

Blessed with glorious autumn weather, it was pleasing for all of us to see that the record attendances at ANZAC Day services of 2015 were similarly repeated around the country this year.

I attended the Dawn Service and March and Commemoration with MacKillop students and families from the Monaro at the Cooma observances. About 200 people attended the Dawn Service and I was able to march with 21 of our MacKillop students and well over 100 students from St Patrick's School along with Parish Priest Fr Mick McAndrew and Principal Frances Robertson.

I would like to acknowledge and thank the many people in Cooma who went out of their way to welcome me and to comment so warmly about MacKillop, our students, and their excitement about the Catholic school pathway for the Monaro.

ANZAC Day ceremonies were held on each campus on Wednesday. Congratulations to the students who led those ceremonies and to those who participated with considerable dignity and respect.

### Enrolment Period

Our Enrolment Information sessions take place over the next two weeks. On Wednesday, I emailed families reminding them about these dates and asked our community to help spread the word. Thank you to all members of our community who are so positive about our school and who are so encouraging of other families to come to our Information Nights.

Most people choose MacKillop for their child in Year 7 because they know families connected with the school who are very happy with it. Students in Year 10 overwhelmingly choose to stay at MacKillop into the senior years because of their positive experiences of community, their relationships with their teachers and their confidence that MacKillop will be a positive difference in helping them realise their goals for the end of Year 12 and beyond.

**YEAR 7 2017 INFO NIGHT**  
MONDAY 2 MAY, 2016  
6.30PM, WANNIASSA CAMPUS

**TRY MACKILLOP DAY**  
THURSDAY 5 MAY, 2016  
REGISTER ONLINE TODAY!

**YEAR 11 2017 INFO NIGHT**  
WEDNESDAY 11 MAY, 2016  
6.00PM, ISABELLA CAMPUS

Yours sincerely in St Mary MacKillop,

MICHAEL LEE, PRINCIPAL

## PRINCIPAL'S PRAYER

Lord, we give thanks for the sacrifice of Australian servicemen and women who have served this country with courage and distinction in war and peacekeeping. Lest we forget. Amen.

## UPCOMING EVENTS

**MAY**  
MONDAY  
**02**

- Year 7 2017 Information Night
- Enrolment period begins

**MAY**  
THURSDAY  
**05**

- Try MacKillop Day

**MAY**  
FRIDAY  
**06**

- Wanniasa Cross Country (W)

**MAY**  
TUESDAY  
**10**

- NAPLAN begins

**MAY**  
WEDNESDAY  
**11**

- Year 11 2017 Information Night
- Careers Expo

# COLLEGE NEWS

## NAPLAN

NAPLAN is on Tuesday 10 May, Wednesday 11 May and Thursday 12 May. Please see the information brochure at the end of this newsletter for details. Students are not permitted to bring mobile phones, SMART watches and rulers into any of the tests. A light breakfast will be provided by the College on each morning of the testing. This will be available from 8am in the canteen area. If you wish to discuss your child's participation in NAPLAN, please call Clare Fletcher or Maria O'Donnell on 62095298.

*Maria O'Donnell and Clare Fletcher  
Teaching and Learning Coordinators*

## Numeracy Skills Development

In Week 3 of Term 2, Years 7 and 9 students undertake NAPLAN. This national assessment tests essential skills developed over a number of years throughout the curriculum, which are necessary for students to progress successfully through school and life.

NAPLAN is an important aspect of schooling as it provides an indicator of whether students have obtained the foundational skills required for optimal learning. NAPLAN results also produce crucial diagnostic data for teachers, aiding them in recognising their students' skills levels, which then informs their teaching practice.

In acknowledgement of the benefits of enhancing these essential skills for successful learning (assessed through NAPLAN), the College will be offering 3 afternoons of 'Numeracy Skills Development' for Years 7 and 9 students:

- Tuesday 3 May: Whole number, Fractions, Percentages, Rates and Ratios
- Wednesday 4 May: Patterns, Statistics and Probability
- Thursday 5 May: Measurement and Spatial Reasoning

Sessions will be held during Homework Club 3:30pm – 4:30pm, in the Library Classroom. All Year 7 and 9 students are welcome to attend. Sessions for Year 8 students will be held later in the year.

*Beth Bright, Project Officer - Numeracy*



## Defence Students

A big thank you to all the Defence students who attended the End-of-Term Pizza Lunch in Week 10. We had a great turn out from Year 7-9 on the Monday. The junior students were joined by Liam Warcaba and Grace Fidge (both year 12 Defence students) who loved meeting the younger students and did a great job helping me out. The senior students had their lunch on Tuesday and it was great to see lots of chatting across the year groups. Please keep checking student messages for more Defence student activities throughout the year!

*Millicent Henry, Defence Transition Mentor*

## History Excursion

On Friday 1 April, 13 Year 11 Ancient History students travelled to the Nicholson Museum at the University of Sydney. The students were given a three-hour educational tour of the museum as well as a hands-on workshop where they were able to interact with artefacts from the ancient world. Students learned a great deal about the role of museums and the ethics involved with the buying, preservation and exhibition of artefacts and human remains, and were privileged to have free time to explore Sydney University. This was a fantastic opportunity for the students, who enjoyed the day greatly and represented the school with honour.

*Danielle Logue*

## Term 2 School Fees

Term 2 Fees have now been sent out. Fees are to be paid by 13 May 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*

# SPORT

## Engarde Fencing Club

The Engarde at MacKillop Fencing Club is running a try/beginners course, starting on 16 May. For details, visit the Engarde website at [www.engardemackillop.club](http://www.engardemackillop.club).

## ASC Swimming Carnival

At the ASC Swimming Carnival on the 6 April, 12 girls and 17 males competed in a total of 114 events and 13 relays. All students had the opportunity to compete in the relays with all teams coming in the top 4. By coming 3rd overall with 2872 points, the College achieved its best ever result. The team included many first time swimmers from Year 7s to a Year 11 student, Tim Sixt, who came all the way from Cooma, to compete at the AIS.

Top three winners included Will Symington, Zoe Strzelczykowski, Jordyn Parritt, Steven McGowan, Jake Mackie, Sophia Lemon, Riley Hultkonen, Oliver Holdway, Cassiel Galvin, Alexis Cross, Alexie Boulton and Josh Ball. Jarrod Lee deserves special mention as he finished the day with seven first places. Although not all students won a medal, every member of the team is congratulated for swimming a least one personal best on the day.

*Cathryn Thomas*



## Rugby League Champions

On Tuesday 8 March, the 9/10 boys Rugby League team took part in the ACT Schools Southside competition. The team put in an outstanding effort, winning all five games and only conceding one try. The team qualified for the ACT Schools finals on 22 March.

The Semi Final was against Canberra High, which the boys won 18-6. This put the team through to the Grand Final against Saint Francis Xavier. The team knew this would be a hard match as we had lost three players from our starting side. It was a tough game, but the boys played really well and ended up winning 22-12, which crowned the team ACT 9/10 Champions.

Congratulations to the team and thank you to all the parents that transported players to the various venues and came out to support.

The players were: Josh Arnold, Brandon Matijasevic, Ryan Daly, Dylan Blewitt, Ayden Senior, Jackson Gallagher, Brad Jones, Liam Dredge, Sam Rusanov, Jamie Anderson, Jordan Van Aalst, Deakin Velis, Jake Quilter, Tim Locus, Josh Brussow, Jarrod Clarke, Patrick Langron.

*Braden Longo*



# WANNIASSA NEWS

## Term 2 After-School Sport Activity

Term 2 will see the return of the After-School Sports program facilitated by the Year 12 Sports Captain Joseph Simpson and a range of Year 12 student volunteers. Term 2 will see the introduction of a variety of football codes played throughout the term including Soccer, Aussie Rules and Touch. The After-School Sports activity is available to all students in Year 7 to 9.

The sessions will run from Week 3 until Week 10 from 3.30pm to 4.30pm on the Wanniassa Campus courts. Year 12 students will be coordinating the activities and a staff member will be present to supervise.

All boys and girls are invited to participate including those who may play various football codes competitively as well as those who may have limited experience in these or other organised sports.

The afternoon sports activities provide a great opportunity for students to involve themselves in the school community, enjoy a social sporting environment and build friendships. Students who have attained Bronze or Silver Status can count the hours that they attend towards their application for the next level of Status, as Community Involvement time.

Consent forms for students interested are available from Pastoral Care Coordinators, the PE Staffroom or they can also be downloaded from StudyWiz.

## Parentingideas

This article for parents, "Helping students get ready for the NAPLAN tests," encourages families to help students to reflect on the positive learning experience in completing NAPLAN tests rather than viewing them as dreaded tests.



## Year 7 SRC








Late in Term 1, Year 7 students engaged in a process to elect a member of the Student Representative Council for each House, discussing the qualities of a good leader and taking time out to engage with students within their House to assist in this process. A great deal of interest was shown with over 20 students nominating and standing as candidates.

The elected Year 7 student representatives were announced on the final day of Term 1 and will be inducted into the SRC and presented with their Leadership Badges at the 'Try MacKillop Day' Assembly on Thursday 5 May.


Congratulations to the elected student leaders in Year 7 for each House:

Mindygari - Callum Doherty  
 Gurabang - Lilly Vassallo  
 Meup Meup - Tyra Peterson  
 Ngadyung - Mia Cachia




*Monica Bailey  
 AP Pastoral Care, Wanniassa Campus*

 <b>THE WRITER</b> ★★★	 <b>THE DANCER</b> ★★★	 <b>THE LEADER</b> ★★★	 <b>THE LINGUIST</b> ★★★	 <b>THE SPORTS STAR</b> ★★★
 <b>THE ARTIST</b> ★★★	 <b>THE CHEF</b> ★★★	 <b>THE MATHS WIZ</b> ★★★	 <b>THE BUILDER</b> ★★★	 <b>THE SCIENTIST</b> ★★★

## ST MARY MACKILLOP COLLEGE CANBERRA



<b>YEAR 7, 2017 INFO NIGHT</b> <b>MONDAY 2 MAY, 2016</b> <b>6.30PM, WANNIASSA CAMPUS</b>	<b>TRY MACKILLOP DAY</b> <b>THURSDAY 5 MAY, 2016</b> <b>9.00AM, WANNIASSA CAMPUS</b>	<b>YEAR 11, 2017 INFO NIGHT</b> <b>WEDNESDAY 11 MAY, 2016</b> <b>6.00PM, ISABELLA CAMPUS</b>
--	--	--

 6209 0100 
  enrolments@mackillop.act.edu.au 
  mackillop.act.edu.au

# ISABELLA NEWS

## Pastoral Care at Isabella

Pastoral Care on the Isabella Campus has been working on developing our students' skills to self-regulate when the many challenges associated with being a senior student may seem hard to manage.

Across Term 1, time was spent by Pastoral Care teachers speaking with their students around the different dimensions of their lives. These conversations then informed the College of areas that could be further resourced to support our students.

Some of the achievements across last term included:

- All students spoke to their Pastoral Care teachers. (Pastoral Conversations)
- Visit by Menslink and ACT Health around well-being and protective behaviours
- Student steering committees to inform the College of issues that students would like more information about
- Panel gathering and Q & A around holding 'safe' celebrations
- Successful Year 11 Retreat
- Implementation of Year 11 Mentoring program
- Development of structured study support afternoons in the Library

It was drawn to our attention that we have students who are challenged by managing their school work along with other dimensions of their lives. Many students play a variety of sports, have a job, friends and some are carers for their siblings. As school work demands more from its students there can be a need to re-calibrate other life responsibilities.

For some students negotiating this is difficult and assistance from the school is required. The College needs to be part of this process and students are encouraged to speak with their teachers to obtain this assistance. We cannot provide help if we do not know it is required!

If you are a parent/carer who may feel they are struggling and need advice/resources to support a young person in the senior schooling space you are encouraged to contact the Year coordinators or myself.

*David Johns*

*AP Pastoral Care, Isabella Campus*



## Biology Excursion

On 1 April, students from Year 12 Biology and Year 11 General Science went on an excursion to the Museum of Human Disease. The students participated in activities offered by the Museum, including a talk by the education officer on pathogens and a workshop on genetics.

Students were also given the opportunity to view the specimens on display at the Museum.

*Ummehani Rangwalla*

## Pastoral Activities for Term 2

This term we will be basing our Pastoral Programme around web based activities:

**Year 10-** <https://www.mindhealthconnect.org.au/>

This website provides questions that give young people the opportunity to reflect, communicate and share their own feelings and experiences of school life.

**Year 11-** <http://myfuture.edu.au/>

This website provides support around career choices, courses and institutions.

**Year 12-** <http://www.firstaidforfree.com/free-first-aid-course/>

This website provides activities and content around First Aid and CPR. Students work through a series of modules which conclude with a quiz. Upon successful completion students receive a certificate.

# COMMUNITY NEWS

## Woden Weston Rams Rugby League

Woden Weston Rams Junior Rugby League has vacancies for new players in the U8 and U10 age groups for the 2016 season which commences on Sunday 1 May. For interested players and families, further information is available by email: [ramsjuniors.web@gmail.com](mailto:ramsjuniors.web@gmail.com).

## Skate Programs ACT

A children's 'Learn to skate' program is on during the ACT school terms. Classes take place at the Queanbeyan High School gym, Surveyor St, Queanbeyan every Wednesday. Rollerskating is fun, promotes fitness and strengthens gross motor. For more information, contact [skateprogramsACT@gmail.com](mailto:skateprogramsACT@gmail.com).

## Yo Funky Dance Festival

The Yo Funky Dance Festival, supported by the Youth Engagement Team, will take place on Friday 13 May from 6-10pm at the Woden Youth Centre. The night will include DJ music, fun prizes, and a range of dancing from freestyles, set routines and dance battles. Youth Engagement Team will also be selling drinks and a sausage sizzle for a gold coin donation to fundraise for future events.

## Vikings Water Polo

Tuggeranong Vikings Water Polo Club fields Senior and Junior, Male and Female teams in both the Winter and Summer ACT water polo competitions, and provides training for all ages and abilities.

Term 2 Beginner and Intermediate training is on Wednesdays at 7pm and will continue on Wednesdays and Sundays through to 3 July. Sunday morning training provides a unique opportunity for families to meet and play. Training begins at 9.30am with Flipper Ball - a less intensive form of the sport for smaller children, this followed by junior training beginning around 10am. Social games of water polo are on between 11am-12.30pm. Details of the Vikings program may be downloaded from <http://vikingswaterpolo.com/>.

## Webinar for senior school parents

In this new and exclusive webinar (only 100 places available) parents of senior students will learn about stress and anxiety in our children and their families and how to overcome it. Presented by two experts in Peak Performance Psychology and Learning, the webinar takes place on 12 May at 8pm. Visit <http://studysamurai.com/parent> for information and registration.



### What is NAPLAN?

The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual national assessment for all students in Years 3, 5, 7 and 9. All students in these year levels are expected to participate in tests in reading, writing, language conventions (spelling, grammar and punctuation) and numeracy. All government and non-government education authorities have contributed to the development of NAPLAN materials.

### Why do students do NAPLAN tests?

NAPLAN is the measure through which governments, education authorities, schools, teachers and parents can determine whether or not young Australians are meeting important educational outcomes in literacy and numeracy. The tests provide parents and schools with an understanding of how individual students are performing at the time of the tests. They also provide schools, states and territories with information about how education programs are working and what areas need to be prioritised for improvement.

NAPLAN tests are one aspect of a school's assessment and reporting process; they do not replace the extensive ongoing assessments made by teachers about each student's performance.

### What will be tested and how?

NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling, grammar and numeracy. From 2016, NAPLAN content will be aligned with the Australian Curriculum. For more information on this please see the NAP website: [www.nap.edu.au](http://www.nap.edu.au). Questions are multiple-choice or require a short written response. The writing task requires students to write a text in response to a prompt.

To give you an idea of what the tests look like, sample questions and a sample writing task are available on the NAP website: [www.nap.edu.au](http://www.nap.edu.au)

### Who will run the tests?

NAPLAN tests are conducted at schools and administered by classroom teachers, school deputies or principals. Each state and territory is responsible for marking the tests in accordance with strict guidelines and processes.

### How can I help my child prepare for the tests?

NAPLAN assesses literacy and numeracy skills that students have already been learning through the school curriculum. Teachers will ensure students are familiar with the test formats and will provide appropriate support and guidance. If you have any questions about your child's preparation for NAPLAN, you should make a time to speak with their teacher.

The best way you can help your child prepare for NAPLAN is to reassure your child that NAPLAN tests are just one part of their school program, and to urge them to simply do the best they can on the day. The use of services by coaching providers is not recommended.

### What additional support can schools provide for students with special needs?

All students are encouraged to participate in NAPLAN tests. Students with disability may qualify for adjustments that reflect the support normally provided in the classroom. Students who have a temporary injury may also be reasonably accommodated.

A formal exemption may be granted for a student with significant intellectual disability and/or significant coexisting conditions, or for a student who has recently arrived in Australia and has a non-English speaking background.

Your school principal and your state testing authority can give you more information on special provisions or the process required to gain a formal exemption.

### How is NAPLAN performance measured?

NAPLAN is not a pass-or-fail type test. Individual student performance is shown on a national achievement scale for each test. Each test scale has 10 bands and all year levels are reported on the same scale. Six bands are reported for each year level for each test. One of these bands represents the national minimum standard for students at each year level. A result at the national minimum standard indicates that the student demonstrated the basic literacy and numeracy skills needed to participate fully in that year level. The performance of individual students can be compared to the average performance of all students in Australia.

### What happens if my child is absent from school on test days?

Where possible, schools will organise for individual students who are absent at the time of testing to complete missed tests at another time during the testing week. Individual students are not permitted to sit tests after Friday 13 May 2016.

### Will I receive a report on my child's performance?

A NAPLAN report will be issued by your school later in the year. The same report format is used for every student in Australia. The school will notify you when the reports are being sent to you. If you do not receive a report, you should contact the school. Individual student results are strictly confidential.

### How are NAPLAN test results used?

- Schools use results to identify strengths and weaknesses in teaching programs and to set goals in literacy and numeracy.
- School systems use results to review programs and support offered to schools.
- Students and parents may use individual results to discuss progress with teachers.
- Teachers use results to help them better identify students who require greater challenges or additional support.
- The community can see average school NAPLAN results on the My School website: [www.myschool.edu.au](http://www.myschool.edu.au)

### Where can I get more information?

For more information about NAPLAN:

- visit the NAP website [www.nap.edu.au](http://www.nap.edu.au)
- contact your child's school
- contact your state or territory's education authority (details available on the NAP website).

### NAPLAN 2016 tests timetable

	Tuesday 10 May	Wednesday 11 May	Thursday 12 May
Year 3	language conventions 40 minutes writing 40 minutes	reading 45 minutes	numeracy 45 minutes
Year 5	language conventions 40 minutes writing 40 minutes	reading 50 minutes	numeracy 50 minutes
Year 7	language conventions 45 minutes writing 40 minutes	reading 65 minutes	numeracy <a href="#">calculator</a> 40 minutes <a href="#">non-calculator</a> 40 minutes
Year 9	language conventions 45 minutes writing 40 minutes	reading 65 minutes	numeracy <a href="#">calculator</a> 40 minutes <a href="#">non-calculator</a> 40 minutes

- Language conventions test includes spelling, grammar and punctuation.
- Numeracy test includes number; space; algebra, function and pattern; measurement, chance and data.
- Calculators are NOT permitted in the numeracy test in Years 3 and 5. In Years 7 and 9, each student sits one numeracy test where calculator use is permitted and one where it is not.

# Parenting *ideas* INSIGHTS

## *Building parent-school partnerships*

WORDS Michael Grose

# Helping students get ready for the NAPLAN tests

The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it's best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

During the second week of May Australian children in Years 3, 5, 7 and 9 will take part in the National Assessment Program – Literacy and Numeracy (NAPLAN). The stated purpose of this testing program is to gain an overall picture of educational attainment levels to assist education policy and decision-making.

The program first implemented in 2008 has drawn some criticism from a number of different quarters, particularly in regard to the use of the information gained through the NAPLAN tests. You've probably heard a number of different viewpoints expressed in the media over the last few weeks.

One view commonly put forward is that the NAPLAN tests put undue pressure on children to perform in test situations. If so, then perhaps the best approach for parents and teachers is to help them handle the pressure rather than avoid it. The most resilient children and young people are those who rise to meet rather than retreat from the challenges presented to them. Perhaps it's best to view the NAPLAN tests as good learning experiences rather than dreaded pressure tests.

Children and young people take their cues from their parents about how to handle many situations. American psychologist Martin Seligman discovered more than a decade ago, through his research into children's thinking styles, how closely a child's explanatory style

mimics that of the parent they spend most time around. Optimistic parents beget optimistic kids, just as anxious parents can beget anxious kids. The impact of a parent's explanatory style seems to be magnified somehow in small families where there are fewer voices to be heard.

As a parent it helps your child, if you take a positive view of the NAPLAN tests. It's better to see them as learning opportunities for kids as well as opportunities to overcome any anxieties or nerves that these tests may bring on. It's also worth remembering that many children don't stress over these tests. The vast majority take them in their stride, wondering what all the fuss is about.

**Whether your child stresses or takes them in his stride here are some tips to help prepare for the NAPLAN tests:**

### **1 Take your cues from your child:**

If your child doesn't worry about them then neither should you. Be careful not to create a problem that doesn't exist by incessantly talking about, or worse, worrying about the test.

### **2 Focus on doing their best and trying hard:**

Choose your words carefully when you speak with your kids. As with all their learning activities place your focus squarely on effort rather than results. The only pressure on kids should be to try hard rather than to do well.

### **3 Listen to any concerns they have:**

If your child confesses to some nerves then validate their feelings, rather than shut them down with a 'get over it' response. "Yes, sometimes tests can be a little scary, but they get easier every time you take them." Use this as an opportunity to develop some emotional smarts, which starts with recognising how kids feel.

### **4 Give them some relaxation ideas:**

Anxious or nervous kids will benefit from some simple relaxation strategies. Taking some deep breaths, changing their thinking and exercising the morning of the test are some simple ways to help kids get some feeling of control.

### **5 Help them retain their perspective:**

One way to help children who become excessively anxious about an event is to ask what's the worst thing that could happen? Okay, they may not do as well as they would like but the sun will still rise tomorrow, regardless of how well they do. Keeping perspective is a life skill that we all need to practise.

A positive, caring parent attitude is one of the best gifts you can give a child when they are apprehensive or nervous about approaching any different situation whether it's going on school camp, joining a new club or sitting a NAPLAN test.

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.



[parentingideas.com.au](http://parentingideas.com.au)

© 2015 Michael Grose