



MACKILLOP COLLEGE

Monthly Newsletter

July

Celebrating all life

Challenging all people

Dreaming the new day

Mackillop Newsletter

July 2015



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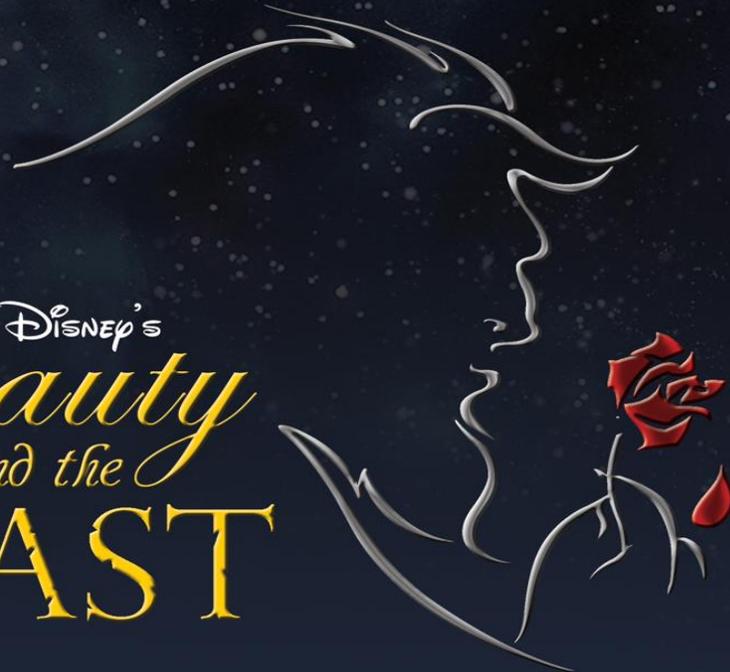
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MacKillop College's production of



Disney's
Beauty
and the
BEAST

THE SMASH HIT BROADWAY MUSICAL

Music by **Alan Menkin** Lyrics by **Howard Ashman & Tim Rice** Book by **Linda Woolverton**

Originally Directed by
Robert Jess Roth

Originally Produced by
Disney Theatrical Productions

BY SPECIAL ARRANGEMENT WITH HAL LEONARD AUSTRALIA PTY LTD, EXCLUSIVE AGENT FOR
MUSIC THEATRE INTERNATIONAL (NY)

27 - 29 AUGUST 2015

MORENO PERFORMING ARTS CENTRE

TICKETS - \$15 Book online at www.mackillop.vic.edu.au

College Chaplains

Fr. Frank Buhagiar

Fr. Shymon Thekkekalathungal

Fr. Benneth Osuagwu

Sisters of St Joseph

Sr. Geraldine Whelan

PRAYER

*With our eyes fixed upon God, let us
humbly thank Him alike for the trials
and for the blessings, for the
bitter and the sweet.*

Mary MacKillop 16.1.1875

AMEN

Canonical Administrators

Fr. Frank Buhagiar

(President)

Fr Pius Kodakkathanath

Fr. Jude Pirodda

Volume 12, Issue 7

July 2015

Letter from the Principal

Welcome to Term 3. For students studying Unit 3 & 4 subjects, this is their final full term. We trust they are confident that we all support them and hope they maximise their efforts to ensure that they reach their full potential in the time remaining.

MacKillop Day celebrations will take place on Friday 7 August. This feast day, celebrated by the world wide Church, is significant particularly for Australian Catholics. We are called to be inspired anew by the example of St Mary of the Cross MacKillop and to ask her to intercede to God on our behalf for our spiritual wellbeing. As is our tradition, MacKillop Day festivities will commence with a whole school gathering for the celebration of the Eucharist by Fr Frank, giving thanks for the life and legacy of St Mary of the Cross. Other festivities commence at the conclusion of Mass and I'm certain it will be another memorable MacKillop Day.

The whole week is certainly an example of the College living out its vision that calls us to 'Celebrate all Life'.

May St Mary of the Cross MacKillop guide our way.



Rory Kennedy
Principal

From the Director of Student Wellbeing – Year 7 & 8

Year 7

After successful completion of Semester 1, students have officially made it half way through their first year of high school! We hope that the holidays provided some rest and relaxation with students returning rejuvenated and ready to embark on Term 3. With the new semester comes significant timetable changes and the commencement of some new subjects including Music, Art and Design Technology. Term 3 also brings exciting opportunities for students to continue experiencing Mackillop's collegiality including performances of the College Musical, MacKillop Day celebrations and the upcoming Science excursion to Scienceworks.

Year 8

We hope that everyone has returned from the holidays rested and ready to take on all that Term 3 has to offer. Focus and attention in all classes and on homework is very important so all academic requirements are met. Additionally, Premier League starts late this term so trials for all the different sports teams will occur in a few weeks. The camp program continues at Lorne where students experience camping, bushwalking and many fun activities. Students will also attend information sessions throughout August to assist them with their subject selections for 2016.

From the Director of Student Wellbeing – Year 9 & 10

Well done to our Year 9 and 10 students on a positive start to Semester 2.

The Year 9 students have transitioned well to their respective new campuses. At the recent Year 9 Parent Information Evening, we were fortunate to have Lynette Longaretti, Senior Lecturer in Education at Deakin University, address us on the benefits of a successful transition for building resilience. Ms. Longaretti's presentation was informative and engaging and, most importantly, it provided practical advice for both parents and teachers. The programs offered at MacKillop at this time of year support successful transition. The recent Wellbeing Day held at Main Campus and the Lady Northcote Camp for the students at St Mary's Campus are excellent examples of such programs.

Our Year 10 students have embarked upon a period of course and subject selection for their Year 11 pathways in 2016. Much work has gone into this process including individual interviews with Ms Naomi Nolan, Careers Counsellor. It is imperative that all our Year 10 students consider their choices carefully and, when in doubt, they seek further advice so that the transition to Year 11 and beyond is successful.

Year 10 Formal

Parents and Guardians are to be aware that the Year 10 Formal to be held on 31 July at Sheldon Receptions in Sunshine is not a College sanctioned event. The College is not in any way involved in the organisation or running of this Formal.

From the Director of Student Wellbeing – Year 11 & 12

As we have returned to Term 3, we have been greeted by very cold and wet weather. As sure as the weather changes, so will the demands of our students in Year 11 and 12. August is such an important month for our students; they are working to complete their course work while, at the same time, looking towards the future with regards to the subjects or courses they will do in 2016. Much work and support will be put in place both for our students and our parents during this process. Parents are invited to attend the Information sessions that will be conducted during this time and additional support is available from the College.

We often talk to our students about the importance of attitude and mindset and encourage our students to see every challenge as an opportunity for growth and improvement. Over this final two terms when our students may feel under the most pressure, we hope they have a mindset where they are prepared to stretch themselves, take a risk and accept the challenges.

Finally, I would like to recognise the great work of ex-student Jack Fitzpatrick. Jack is an AFL player for the Melbourne Football Club and during July he was an ambassador for National Diabetes Week. Jack was diagnosed with Diabetes as a 21 year old. He spoke with great passion and insight about the challenges of living with this illness and did himself and our College great credit in his role.

Sports Report



For all recent sports results, please refer to the [sports category in the MacKillop News Blog](#) found on the College Website.

John the Baptist Resource Centre

The library has recently undergone an update within its library management system and a new front page format exists for student access. Following the intranet page and entry via the JBC library heading, students are still able to log into their accounts and access their borrowing records and history. The new page has click and drag facilities for making reserves and lists relevant to the students' study. It is from this page that students are also able to link to further resources to enhance their studies.

Parents & Friends Committee

Welcome back for Term 3. I hope everyone enjoyed their break. We have nearly arrived at our major fundraising event for 2015. Our Cadbury chocolates will be arriving on 3 August. I would encourage all families to take part in this fundraiser either through taking a box of chocolates to sell or donating cash if you prefer not to sell chocolates. This fundraiser helps the Parents and Friends Committee to support Speech Night and MacKillop Day. Our next meeting will be on Wednesday 5 August at 7:30pm in the Training Room of the Sr Giovanni Administration Building. All are welcome.

Parent/Guardian Information

Catholic Education Today

Please [click here](#) to view the latest edition of the Catholic Education Today magazine.

Uniform Shop

Telephone 8734 5280

The Uniform Shop will be closed Friday 7 August for MacKillop Day and Wednesday 19 August for Staff Professional Development. Uniform fittings for Year 7 2016 are being held until Friday 28 August. Please ensure you secure an appointment by contacting the Uniform Shop on 8734 5280.

Tuning In To Teens™ Parenting Program

We are pleased to offer the Tuning in to Teens™ parenting program at Mackillop College this term. This program teaches skills to parents that promotes emotional intelligence in their teen. Emotional intelligence has been found to lead to improved relationships and communication, better regulation of emotions and the development of problem solving skills. It is a six week program that will be run on a Tuesday evening by qualified facilitators and counsellors Samantha Zahra and Sarah Allen. If you would like to attend please email szahra@mackillop.vic.edu.au as soon as possible as places are limited and we hope to commence on 4 August.

Financial Assistance – Camps, Sports and Excursions Fund (CSEF)

The Victorian Government has announced \$148.3 million over four years for the Camps, Sports and Excursions Fund (CSEF), to ensure all eligible students are able to participate in school trips and sporting activities.

Families who hold a valid means-tested concession card or who are temporary foster parents of school aged children are eligible to apply.

The 2015 annual CSEF amount for secondary school students is \$225. The payment will be paid directly to the school and will be used towards camps, sports and excursion costs for the benefit of the student.

How to apply: Contact the Administration Office to complete an application form. You will need to provide a copy of your Health Care Card.

For more information regarding CSEF [click here](#).

Become A Foster Carer!

All sorts of people make great Foster Carers. They are tradesmen, nurses, sales reps, shop assistances, teachers, etc. They are couples, singles, from different cultural backgrounds, with or without their own children. They are people who have the desire to give a child a safe and welcoming place to stay.

The next information session is on Thursday 13 August 2015 from 6:30pm – 8:00pm in the Yarraville area. To book or receive an information package please contact 9396 7400 or email Carer.Info@anglicarevic.org.au.

Mary MacKillop Heritage Centre Open Day

To celebrate the feast of St Mary MacKillop, you are invited to visit the Mary MacKillop Heritage Centre, 362 Albert Street, East Melbourne on Saturday 8 August between 10:00am and 4:00pm. You are also invited to join the Sisters for a special afternoon tea between 1:00pm and 3:00pm, to celebrate the 125th anniversary of the arrival of the Sisters of St Joseph in Victoria.



MACKILLOP

Year 7 2017 Information Evening

**Tuesday 25 August 2015
7:30pm**

Moreno Performing Arts Centre
8734 5200
Russell St. Werribee
www.mackillop.vic.edu.au



celebrating all life · challenging all people · dreaming the new day



8 Facts about Spacers that may surprise

Spacers assist with taking asthma medication. Spacers are only needed with metered dose inhalers (MDI's) or 'puffers'. Spacers are usually plastic or polycarbonate and shaped like a cylinder. A puffer is inserted at one end, and the other end goes in your mouth.

1. Spacers are recommended for use by only one person use to help stop the spread of infectious disease – each person should have their own spacer, which they can wash and reuse.
2. Spacers are recommended for everyone using a metered dose inhaler (MDI), not just for children. Using a spacer means fewer side effects from the medication, it is easier to use as it requires less coordination than a puffer alone and more medication is inhaled into the lungs.
3. A puffer with spacer works just as well as a nebuliser for treating asthma symptoms, including during an asthma attack. A puffer with spacer is also simpler, cheaper and handier, is much more portable, and has fewer side-effects.
4. Fire only one puff into your spacer at a time. Breathe in from your spacer as soon as you've fired a puff into it as the medication settles on the bottom very quickly.
5. Replace your spacer about every 12 months if you use it every day. If it breaks or cracks, get a new one straight away.
6. After washing your spacer, don't rinse the bubbles off it or wipe it, just let it drip dry. The residue of the bubbles from the detergent puts a coating on the inside of the spacer. This stops the creation of static electricity inside, which can make the medication stick to the sides of the spacer instead of travelling through. Clean your spacer the same way every month and also after you have had a cold or flu.
7. Your spacer should NOT be stored in plastic bags as this may create static. After they have been washed in warm water and detergent, and allowed to air dry, they should be stored in a bag made of fabric or paper.
8. In the event of an emergency and a spacer not available for child under 7, cup child's/helper's hands around child's nose and mouth to form a good seal. Fire puffer through hands into air pocket. Follow steps for WITH SPACER - <http://www.nationalasthma.org.au/uploads/content/22-NAC-First-Aid-for-Asthma-Chart-Kids-FINAL.pdf>

For step by step instructions on how to use a spacer, please see:

<http://www.asthmaaustralia.org.au/WorkArea/linkit.aspx?LinkIdentifier=id&ItemID=19327353954&libID=19327353930>

If you have any questions about spacers and how to use them call and speak to a trained health professional on the Asthma InfoLine 1800 ASTHMA (1800 278 642)