



MACKILLOP COLLEGE

Monthly Newsletter

September

Celebrating all life

Challenging all people

Dreaming the new day

Mackillop Newsletter

September 2016



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SACCSS Athletics



SACCSS Tennis



eSmart Week



Assembly

College Chaplains Fr. Frank Buhagiar Fr. Shymon Thekkekalathungal Fr. Darien Sticklen	PRAYER <i>Be bright and cheerful and encourage all To be the same</i> <i>Mary MacKillop 1885</i>	Canonical Administrators Fr. Frank Buhagiar (President) Fr Pius Kodakkathanath Fr. Jude Pirotta
Sisters of St Joseph Sr. Geraldine Whelan	AMEN	Volume 13, Issue 9 September 2016

Letter from the Principal

Dear Parents/Guardians

With Term 3 drawing to a close, we remind our senior students that their teachers and families willingly offer support and guidance as they complete their courses of study and near the end of their secondary schooling. We wish them well as they focus on preparing for the upcoming compulsory Unit 3 & 4 practice exams.

This year's Staff Spirituality Day was in response the School Improvement Framework survey data. Staff were offered an opportunity to respond like Mary MacKillop by listening and reacting to the heartbeat of the world. The day included Sr Jeanne Dwyer, a Sister of Saint Joseph, who spoke about her work in assisting the families of those suffering drug and alcohol addiction.

It is with great pleasure that we announce our Guest Speaker for Speech Night on Tuesday 18 October is Father Chris Riley AM. At the age of 15, Father Chris saw the **Boys' Town** movie and was inspired to be a priest who worked with troubled young people. His first teaching appointment was to Boys' Town in Sydney, where he returned a decade later as Principal. During this time his attention was drawn to the street kids and the poverty and abuse they were dealing with. He predominantly worked with the **'hard core' streets kids who everyone else ignored because of their violence, heavy drug use and crime.** Father Chris eventually convinced his superiors to release him full time to work with these street kids. Over the next 24 years, Father Chris established Youth off the Streets which now has programs in Tasmania, NSW, and Queensland as well as internationally in Aceh and East Timor. Youth off the Streets now has residential programs, outreach programs, treatment programs, schools, Aboriginal-specific programs and AOD programs. Information regarding ticketing is included in this newsletter.

May St Mary of the Cross MacKillop journey with us.



Rory Kennedy
Principal

From the Director of Student Wellbeing – Year 7 & 8

One of the highlights for Year 7 students this term was the excursion to the Water Treatment Plant. As part of their Science and Humanities subjects, students visited the Water Treatment Plant to learn about the urban water cycle and water usage in our region. Students participated in activities such as identifying how our water gets to the treatment plant, exploring the discovery area to learn about the history of water resources, taking a tour of the ten large sewerage treatment ponds, and building their own city and catchment area. Students had an enjoyable and educational day.

The Year 8 students have had a successful transition into the new building. Students are enjoying the modern learning spaces and collaborative learning areas that the La Merci Centre has been able to provide. Many students have also been trying out for a range of Premier League sporting teams. We hope all students involved with Premier League enjoy the experience and we wish them luck as they compete against Year 8 students from other schools. All students are encouraged to continue working hard as we approach the last part of the school year.

From the Director of Student Wellbeing – Year 9 & 10

As another term draws to a close, we reflect on the many activities that our students have readily participated in. Active participation in the sporting arena continued this term with Premier League, SACCSS Athletics and the State Netball Finals.

The Year 9 students at Main Campus participated in a very successful Careers Industry Day. The students were given the opportunity to visit one of several placements in order to learn about the range of career options and the pathways required for such careers. The placements included the Magistrates Court, Melbourne Museum, Geelong Performing Arts Centre, Victorian Institute of Sport and the Walter and Eliza Hall Institute of Medical Research.

Also this month, the Year 10 students were privileged to hear a presentation delivered by Martin Heppell of the Resilience Project. The Resilience Project provides practical strategies for building resilience in order to help young Australians be mentally healthy. **Martin's presentation was engaging and his message resonated** well with our Year 10 students many of whom remained behind to thank Martin personally for sharing his story.

Congratulations to all our students for their hard work and participation this term. We wish them a restful holiday break.

From the Director of Student Wellbeing – Year 11 & 12

With the coming of September, we begin looking towards the end of the year, exams and our Year 12 students completing their six year journey at MacKillop College. To this end, over the next month the Year 12 cohort will be preparing their end of year song which will be performed on Speech Night. Students at Year 11 and 12 studying for their Unit 3 & 4 exams will complete their practice exams during the first week of the holidays. As they say “practice makes perfect” and these exams will be a guide as to how they will go in their end of year exams. Early in Term 4 around 40 students will be taking part in a program called ‘Ace Your Exams’. This program conducted by Elevate Education looks to focus students on how to prepare and do their best in exams.

Year 11 students commence their journey to Senior Leadership and College Captaincy during September and October and to have 80 students putting their hands up for consideration is a great reflection on their desire to be part of the College.

Sports Report



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

John the Baptist Resource Centre

Acknowledging the Book Week theme *Australian Story Country*, the library recently held a competition to create a bookmark outlining what this theme meant to the student. With over 60 entries submitted, the competition showcased the creative and informed talent of our students. The winners were presented with their Dymocks book voucher prizes at a recent Assembly.

The library has also been involved in the annual Book Swap event assisting in raising funds for the Indigenous Literacy Foundation. A variety of novels ranging from fantasy to historical fiction were available for swap or purchase along with a number of nonfiction titles of interest to the students.

The Premiers' Reading Challenge has once again seen 193 students at MacKillop register for the Challenge and it is now time to finalise (with verification) items read so that details may be forwarded for issuing of certificates. If students could complete their records in the near future, it would assist finalisation of this event for 2016.

The library has been reinforcing the messages instigated by Year 10 students during eSmart Week with displays and workshops held in library spaces. We have, in the past, referred to the digital footprint that we leave forever when we engage with online experiences; now the term “digital reputation” has superseded this term. Digital reputation incorporates the opinion or view that others have about the user based on what they say and do online. It is important that we manage both our own and others' messages and images so as to preserve all digital reputations.

Parents & Friends Committee

Our major fundraiser for the year officially ended on 24 August. I would like to take this opportunity to thank all those students who returned their chocolate money by the due date. Congratulations to all the students who won prizes for doing so. For those students who haven't returned their money as yet, could you please do so as soon as possible. Payments can still be made on the Trybooking website www.trybooking.com/215056. Cash and cheques can be taken to the Office.

Our next Parents and Friends meeting will be on Wednesday 5 October at 7:30pm in the Sr Giovanni Administration Building.

Parent/Guardian Information

Catholic Education Today

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

Uniform

Parents and students are reminded that grooming is part of the Uniform Policy. In part, the policy states "Hair is to be neatly groomed, appropriate to the wearing of a uniform, fully tied back and off the face at all times...Unusual fashion modes, as determined by the College...are unacceptable".

Please ensure that your sons/daughters return to school after the term break compliant with all uniform expectations.

In Term 4, students can return to school in either their full winter or full summer uniform. As of Monday 17 October all students must be in full summer uniform which includes the College blazer.

Uniform Shop

The Uniform Shop (telephone 8734 5280) will be closed for the first week of the school holidays. Trading hours for the second week of Term 3 school holidays will be:

Monday & Wednesday 8:15am – 3:45pm (closed 11:30am – 12:30pm).

The Uniform Shop will be closed for the public holiday on Friday 30 September.

Year 7 2017 uniform orders will need to be fully paid and collected between Monday 3 October and Friday 14 October.

School Vaccine Program

Immunisation for all Year 7s will take place at the College on Monday 17 October. Please encourage your son/daughter to have breakfast on this day and drink plenty of fluids.

The scheduled immunisation details are listed below:

VISIT	DATE	TYPE
3 rd visit to school	Monday 17 October 9:00am	Human Papilloma Virus

Any queries regarding your son/daughter's immunisation should be directed to Lynda Marburg at the Wyndham City Council on 9742 0736.

Screening of Edu-documentary

MacKillop College is hosting a free screening of the new feature length edu-documentary *Most Likely to Succeed* at the Moreno Performing Arts Centre on Wednesday 26 October. This film explores the possibilities of education when we provide opportunities for students to have strong agency over their learning.

Most Likely to Succeed looks at how one school has adopted a different approach to educating their students with great results. It also delves into the possibilities of how learning environments, building on passion and expertise, giving students a voice, and leveraging partnerships with parents and school community, can have a positive impact on student learning.

This award winning film reaffirms some of the great things we are doing at MacKillop College and raises questions about what else can be done to provide our students with the best education.

Following the screening there will be a panel discussion featuring special guests responding to what they have just seen.

ABOUT THE EVENT

Community members are welcome. Please be seated by 7:00 pm.

Date: Wednesday 26 October

Time: 7:00 pm - 9:30 pm

Venue: Moreno Performing Arts Centre, MacKillop College

Cost: Free, booking required via our website.

To reserve a seat please visit the MacKillop website.

Constitutional Convention

The Victorian Schools Parliamentary Program aims to educate young people about the workings of democracy in Australia and to actively encourage citizenship by engaging young people in activities, encouraging them to express a point of view and take some action to create a better world.

Mackillop College was proud to host a Regional Constitutional Convention on Friday 19 August which brought together students from four local schools to discuss the important and challenging topic: 'Injustice towards the indigenous people of Australia historically and currently demands that their rights are enshrined by full constitutional recognition'.

We were delighted to welcome to the College students representing Sunbury Secondary College, Emmanuel College, Islamic College of Melbourne and Werribee Secondary College.

The convention was addressed by a distinguished group of panelists:

- Senator Janet Rice, Senator for Victoria
- Ms Joanne Ryan MP, Member for Lalor
- Mr Tim Pallas MP, Member for Werribee and State Treasurer
- Ms Sherry Balcombe, Aboriginal Catholic Ministry.

All speakers challenged students to reflect on our constitutional history with regards to the rights of indigenous people in our community. They also invited the delegates to see not just the urgency of addressing this issue but also the need for young Australians to speak out on this matter which at its heart is a matter of human dignity.

With an image of Mary MacKillop as a backdrop to our proceedings, the challenge of her ministry to reach out to the poor and oppressed in our society seems to be just as valid today when considering this issue of national significance.

It was heartening to witness the interaction among delegates and the beginnings of new friendships, as they spent time discussing different perspectives of this issue.

At the conclusion of proceedings delegates wrote their collective views arising from their discussions about the topic. Below is an edited extract from this writing:

We feel a treaty will work well to eliminate the gap we have between indigenous and other Australians and will allow us to get to the heart of what is in their best interest. If we want to make amends for the past, which we inflicted upon their people and the path they endured as a result of this, then we must walk with them - not walk ahead and ignore what they want, not walk behind them and miss what it is they truly dislike, but walk alongside them and understand what it is they are wanting as a community.

Parish News...



PARISH MERCY PILGRIMAGE

Saturday 24 September 2016 from 10:00 am at Our Lady Ta Pinu Shrine, 15 Flanagans Drive, Merrimu VIC 3340. A 57 seater bus has been organised. If you are interested please RSVP by Wednesday 21 September 2016 by calling the Parish Office on 9741 4144. First come first served. You can also use your own transport and meet us in front of St Andrew's Church. We will start our holy walk at 10:45am by praying the Stations of the Cross, followed by Mass and fellowship. BYO picnic lunch and drinks.



Another good reason to eat more broccoli

It is a well-known fact that a healthy diet, which includes lots of veggies, is beneficial for overall health and preventing disease, but now we have even more reason to eat them. Scientists at the University of Melbourne claim to have discovered that broccoli has the potential to reduce the redness, swelling and mucus production (ie inflammation), that is responsible for asthma symptoms.

A member of the cruciferous vegetable family which includes kale, brussel sprouts and cauliflower, broccoli is known to contain high concentrations of a chemical called sulphorophane. What's particularly interesting, is that the researchers found sulphorophane not only triggers a process that reduces inflammation in the body overall, but also in the lungs of people with asthma. It does this by triggering the release of the lungs' own antioxidants, which eventually reduces the inflammation in the lungs.

Although all cruciferous vegetables have similar properties, broccoli has the highest concentration. The research recommends only two cups of it, lightly steamed, would produce the discovered effect of reducing the swelling and mucus production (anti-inflammatory effect) commonly associated with asthma symptoms.

This is not the first research of its kind. In March, 2009, an American team published the results of a clinical trial which demonstrated a similar anti-inflammatory effect using broccoli sprouts. These findings, both in the US and Australia, suggest the potential for broccoli to reduce asthma flare-ups and improve asthma control by reducing the processes responsible for asthma symptoms.

While we are excited by any discovery which has the promise to reduce the burden of asthma for patients and the amount of flare-ups, we recommend you maintain healthy discussions with your doctor. You should also ensure your asthma action plan is up to date and keep taking your medications as prescribed. If asthma symptoms improve with dietary changes, you should be encouraged to chat with your doctor about adjusting your medications.

For more information, please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au

MACKILLOP

SPEECH NIGHT



KEYNOTE GUEST SPEAKER

FATHER CHRIS RILEY AM

Founder and Chief Executive Officer of Youth off the Streets

Boys' Town Principal
Multiple Award Winner including
Australian of the Year Finalist and NSW Australian of the Year

Tuesday 18 October 2016

7:30pm

Tenison Woods Centre

Tickets - \$5

Book Online - www.mackillop.vic.edu.au



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

