



MACKILLOP COLLEGE

Monthly Newsletter

May

Celebrating all life

Challenging all people

Dreaming the new day

MacKillop Newsletter

May 2017

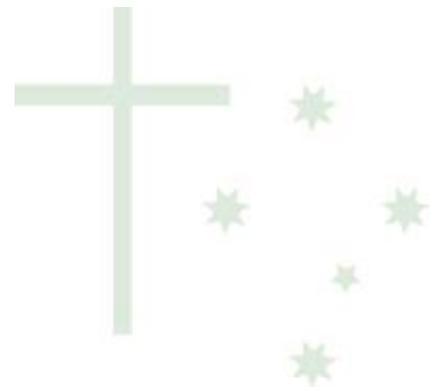


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MACKILLOP

VCE Music Night

Thursday 15 June 2017
7:30pm
Gold Coin Donation
Moreno Performing Arts Centre

8734 5200
Russell St. Werribee
www.mackillop.vic.edu.au

 celebrating all life challenging all people dreaming the new day

College Chaplains

Fr Frank Buhagiar

Fr Shymon Thekkekalathungal

Fr Darien Sticklen

Sisters of St Joseph

Sr Geraldine Whelan

PRAYER

May God's holy will be done.

Mary MacKillop 1870

AMEN

Canonical Administrators

Fr Frank Buhagiar

(President)

Fr Pius Kodakkathanath

Fr Jude Pirotta

Volume 14, Issue 5

May 2017

Letter from the Principal

Dear Parents/Guardians

I was pleased to attend the 2017 Premier's VCE Awards on 27 April to witness Andrew Montalto (Class of 2016) receive a Premier's VCE Award for his 2016 studies; a very proud moment for all concerned.

The NAPLAN (National Assessment Program – Literacy and Numeracy) testing took place throughout the College from 9-12 May. All students in Year 7 and 9 were assessed on Reading, Writing, Language Conventions (Spelling, Grammar and Punctuation) and Numeracy. These tests examine each student's abilities in both literacy and numeracy and enable teachers to better understand the learning needs of their students. Results also assist with the ongoing improvement of teaching and learning at the College.

Staff attended a Professional Development Day on Monday 8 May. The focus of the day was 'Mindfulness'. The day provided opportunities for teachers to further develop associated skills which will be shared in the classroom with students.

Last week was Family Week which gave us all an opportunity to reflect on and celebrate the role of families and to educate, inspire and empower our next generation.

Parent Teacher Interviews were conducted on 25 May. It was pleasing to see so many parents/guardians take the opportunity to meet with their son/daughter's teachers. These interviews are designed to enable parents/guardians and teachers to jointly offer support to students.

Looking forward, our senior students commence their examinations in early June. I wish them well in their preparation and encourage them to give their utmost in the pursuit of their goals.

May St Mary of the Cross MacKillop journey with us.



Rory Kennedy
Principal

From the Director of Student Wellbeing – Year 7 & 8

Year 7

The start of Term 2 has been an exciting and busy time for our Year 7 students! They have had the opportunity to immerse themselves in the extra-curricular activities on offer at the College, with many students participating in the school Athletics Carnival. Premier League has also begun this term with our students participating in the football, soccer, volleyball, basketball and netball teams; a great opportunity for students to have fun and make new friends!

Year 8

It has been a positive start to Term 2 for the Year 8 cohort. With the increased workload and expectation, the students are encouraged to continue to develop good study habits. To assist with this, we encourage students to make use of the Study Zone which is an opportunity for students to complete homework in the Resource Centre. This takes place on Mondays, Wednesdays and Thursdays from 3:30pm until 4:30pm. Integration Aides and some teachers are present to help support students with their work during this time.

From the Director of Student Wellbeing – Year 9 & 10

As autumn draws to a close, the cooler temperatures have well and truly arrived. Our Year 9 & 10 students are reminded to wear their winter uniform as impeccably as they wore their summer uniform in Term 1. Despite the cooler weather, we were blessed with sunshine on the day of the MacKillop Athletics Carnival and, by all accounts, the day was enjoyed by everyone in attendance. Our students are to be congratulated for their athletic achievements but more so for entering into the spirit of the competition with tremendous sportsmanship.

The month of May has also seen a continuation of students working towards the achievement of their own learning goals. It is our hope as educators that all students strive to reach their personal best. We remind our Year 9 students who have recently undertaken the NAPLAN tests that their performance on these tests does not define who they are as people nor measure their chances of success in the future. We also remind our Year 10 students that the Morrisby test they have just undertaken will provide them with a useful context from which to start a conversation about future pathways and careers.

Year 10 Formal

Parents/Guardians are to be aware that the Year 10 Formal to be held on Friday 25 August at Lakeside Receptions in Taylors Lakes 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

Since the last College newsletter, there have been many examples of how students across a wide range of curriculum areas have displayed excellence, talent and dedication.

The Information Night that focussed on supporting students with study skills was well attended. Those in attendance gained some useful tips on how to get through the year achieving the best results possible. A key to this is parents/guardians and their sons/daughters working together in partnership and ensuring that they maintain regular and positive communication.

Recently, the talent of our senior students has been showcased through the MacStars and Senior Drama performance. In such a big and busy community, it has been great to be able to take some time to appreciate the great talent and dedication of our students. We wish these students all the best with their studies over the rest of the year.

As the weather is getting a little colder we are fast approaching the end of the first semester. Parent Teacher Interviews held on 25 May provided a very important snapshot into how your sons/daughters are progressing.

Sports Report



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

John the Baptist Resource Centre

Monday 15 May celebrated the commencement of Privacy Awareness Week at MacKillop with displays exploring privacy through the theme *Trust and Transparency*. Privacy is rarely about secrecy but is about transparency, security, and choice. It's about organisations and individuals being up-front about their personal information handling practices so that each one of us can make informed choices about how we share our information.

Our privacy is valuable and privacy rights need to be respected and protected. They are part of who we are and are vital to our freedom of choice and freedom of expression. We must remember that our personal data can travel through numerous transactions, media and organisations – but it is always personal – so handle it with care at every step. Your friends will thank you for it.

Parents & Friends Association

A lovely time was had by those who attended the High Tea on Sunday 7 May as stated in Mr Rickard's blog. We received fantastic feedback from the attendees about the High Tea service and presentation. All went home with a treat filled gift bag and many were raffle winners. One lucky attendee received a \$250.00 debit card as the winner of our major raffle. We were pleased to see our efforts rewarded through the generosity of the participants in raising funds for the College and the Mary MacKillop Foundation. We hope to see more parents/guardians supporting our events in the future for the benefit of all students.

We would like to thank members of the Student Representative Council who attended our last meeting and presented their planned activities for the year. The Parents & Friends were thanked for the assistance they provide and were asked to continue supporting MacKillop Day.

We ask that parents/guardians participate in our meetings. They are a great opportunity to keep informed and discuss the College activities and plans. The next meeting will be held on Wednesday 7 June 2017 at 7:30pm in the Training Room of 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.

Tuning in to Teens™ Parenting Program

We are pleased to offer the Tuning in to Teens™ parenting program at MacKillop College commencing in Term 3. This program teaches skills to parents/guardians that, if utilised, may promote emotional intelligence in their teen. Through developing emotional intelligence, teens may experience improved communication, better regulation of emotions and problem solving skills. This six-week program will be run by our Student Counsellors. Expression of interest in attending the program can be made via email to bkralewski@mackillop.vic.edu.au.

Parent/Guardian Parking

The College wishes to keep a good relationship with our physical neighbours who live or have businesses in the streets surrounding the College. To that end, we ask that if you are dropping off or picking up your son/daughter from a street location that you are considerate in where you park and avoid blocking residential or commercial driveways. Please also consider the ability of other vehicles to move between cars parked on both sides of residential streets in your choice of parking location.

School Hours and Duty of Care

MacKillop College prides itself on providing its staff and students with a safe environment during school hours. This safe environment is further provided before and after official school hours in a limited capacity.

Before School:

The College is open to staff from 7:30am. **Students are not permitted** to be on the school premises until **8:00am**. There is no provision for student supervision before 8:00am each day.

After School:

The College remains open to students until 4:30pm and to teachers for personal organisation after this time. **Students are not permitted** to be on the school premises after **4:30pm** unless they are part of a pre-organised activity, under the direct supervision of a nominated teacher, for a specific purpose and for a specified time.

For the safety of your son/daughter, we ask all parents/guardians to ensure that students are not on the school premises before 8:00am or after 4:30pm as he/she cannot be supervised.

Enrolments for Year 7 2019

Application for Enrolment to Year 7, 2019 is open.

Siblings of current students wishing to attend MacKillop College in 2019 must also apply. Applications close on Friday 25 August 2017.

Notebook Carry Case

It is imperative that students use their College supplied notebook carry case in transporting their notebooks in and outside of College grounds. A substantial number of insurance claims have had to be made due to students not adhering to this procedure. These claims have mainly been associated with broken screens or broken body shells. The notebooks were placed into their soft-shelled school bag without the firm carry case. This is not enough to protect the notebook against accidental damage. We ask that parents/guardians talk to their son/daughter and make sure that they use the notebook carry case when travelling to and from the College on a daily basis. Any insurance claim comes with a \$250 excess that is paid by the family.

Uniform Shop

Telephone 8734 5280

The Uniform Shop will be closed on Monday 12 June (public holiday) as well as Wednesday 28 June and Friday 30 June for stocktake.

During the Term 2 school holidays, the Uniform Shop will be open in the **second week only**. Monday, Wednesday & Friday – 8:15am to 3:45pm (closed 11:30am – 12:30pm).

13 Reasons Why

As parents/guardians, you may be aware of the recent discussion in the media about the Netflix series *13 Reasons Why* which depicts the suicide of a young woman. Through the discussion that has taken place, it is clear that many young people have watched the program often without the knowledge of their parents/guardians. Discussion around topics such as suicide is very difficult, but all research indicates that parents/guardians play an important role in facilitating open discussions with their sons/daughters on the issue of youth suicide. Parents/guardians are encouraged to access the Headspace website for further information and guidance

(<https://www.headspace.org.au/news/dangerous-content-in-13-reasons-why/>).

If you are aware that your son/daughter has watched this series, we would encourage you to have a discussion with them. It may feel daunting but talking about suicide in a calm and straightforward way, as well as providing information and support, is actually very important in helping young people manage their feelings and to make sense of the confronting and graphic messages depicted in the series.

If you or someone you know needs help, please contact the College or one of the following agencies:

- Kids Helpline 1800 551 800
- Headspace 1800 650 890
- Lifeline on 13 11 14
- SuicideLine Victoria 1300 651 251

Changes to the College's Standard Collection Notice

From the beginning of Term 3, MacKillop College will be using the services of a professional email distribution company called MailChimp. This is a USA-based company.

Therefore, we must notify all our community of an addition to the Standard Collection Notice on our website (see Newsletter section). The addition will be as follows:

The School also uses MailChimp (email campaign company). Through the use of these services, personal email information of parents / pupils may be transferred, stored and processed by MailChimp in the USA.

Where personal email information is held by MailChimp it will be limited and may include:

- Name
- Email Address

Personal email information held by MailChimp will be stored in accordance with the Australian Privacy Principles.

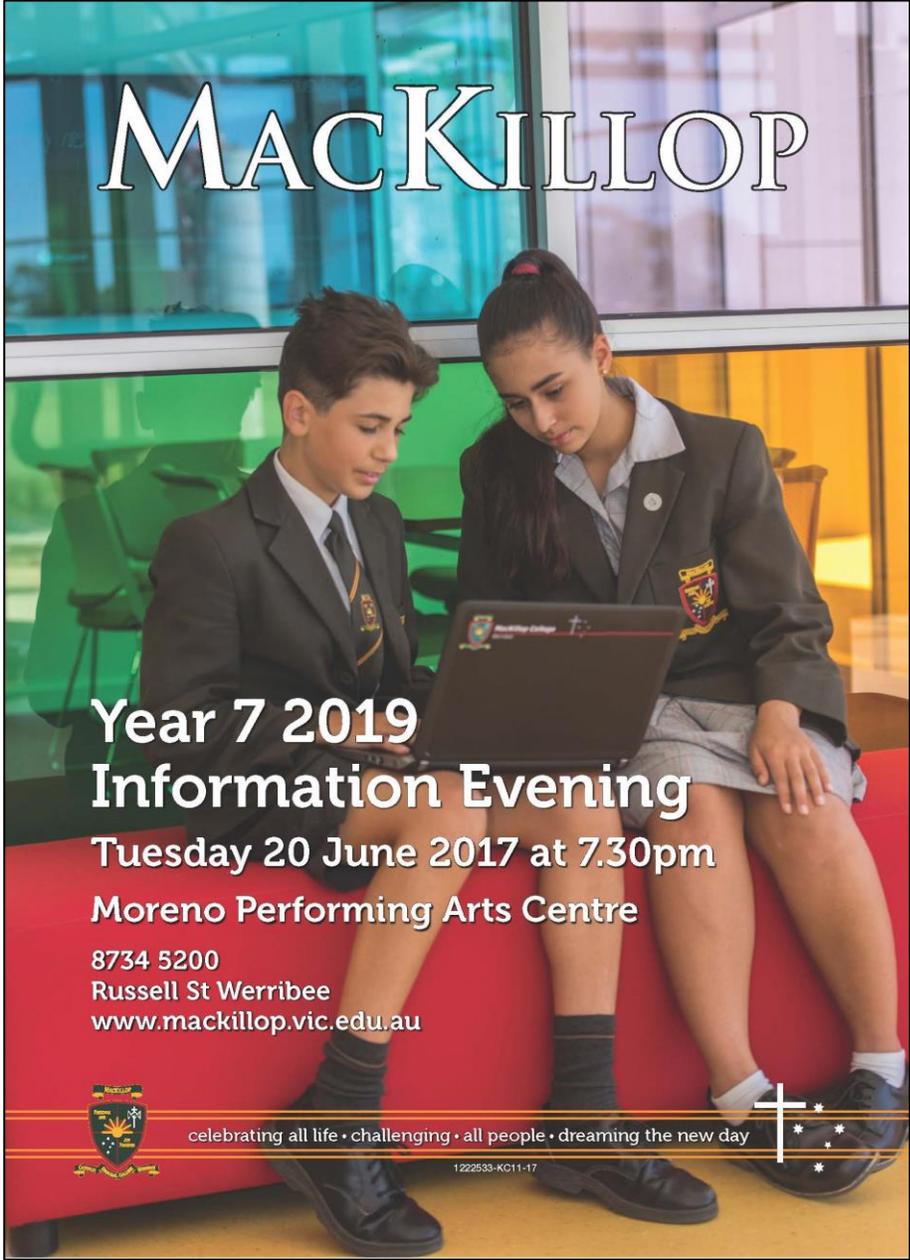
If you have any enquiries about this change please contact helpdesk@mackillop.vic.edu.au.

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

The Victorian Government has announced provision of \$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 age children are eligible to apply.

The 2017 annual CSEF amount for secondary school students is \$225. The payment will be made directly to the school and will be used towards camps, sports and excursion costs for the benefit of the student.

To apply, contact the Administration Office to complete an application form by **Friday 9 June 2017**. For more information regarding CSEF [click here](#).

A promotional poster for MacKillop College's Year 7 2019 Information Evening. The background features a photograph of two students in school uniforms sitting on a red ledge, looking at a laptop. The text is overlaid on the image. At the bottom, there is a small crest logo, a decorative cross and stars, and a small reference number.

MACKILLOP

**Year 7 2019
Information Evening**
Tuesday 20 June 2017 at 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

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Communication Skills

Joseph's Corner

A counselling service families living with alcohol and drug addiction

Joseph's Corner warmly welcomes you to “Communication Skills”

As a participant in this free confidential group program, you will be in a safe space to;

- ✚ Learn how vital our communication is
- ✚ Learn the importance of healthy communication in relationships versus unhealthy communication
- ✚ Pay attention to non-verbal signals
- ✚ ALL while listening and helping others to share and do the same!



CONTACT

Telephone: 9315 2680

contact@josephscorner.org.au

DAYS

Every Tuesday for 4 weeks
6th - 27th June

TIME

10:00am - 12:00pm

COST

There is no cost, but a gold coin donation weekly would be appreciated

VENUE

Joseph's Corner
Cnr. Campbell and Bellin Street,
LAVERTON

Tea and coffee is provided

Group counselling provides an opportunity to share experiences, learn perspectives, and experiment with new behaviours in a safe and supportive environment.

Asthma friendly environments – Your home

Most people with asthma find their symptoms get worse when they are exposed to certain triggers. Some of these triggers can be found in and around the average home. An important part of effective asthma management includes avoiding exposure to your particular triggers. There are many ways in which you can transform your home into an asthma-friendly environment.

Common household triggers

Some of the more common household triggers include:

- Dust mites - these tiny creatures love warm, moist conditions and thrive in bedding and carpets.
- Pollens
- from trees, plants and grasses
- Moulds - need moist environments with poor ventilation
- Pets - because of their fur, skin or scales (called animal 'dander')
- Other triggers - including cold dry air, smoke, certain foods, chemicals and perfumes.

Improve air quality

Make your home a smoke free zone. You should also pay attention to ventilation, heating and cooling. Ideally, the air in your home should be fresh and not too humid.

Good ventilation

- Install extractor fans with external vents in the kitchen, bathroom and laundry, vented externally rather than into the roof space
- Use an efficient externally vented range hood over your stove top to remove steam and cooking smells that can irritate people with asthma
- Have fixed air vents in all rooms to ensure air circulation
- Use electric cooking appliances as they do not produce gaseous fumes, allow minimal heat loss and are easy and safe to use.

Heating and cooling

- Choose radiant heating which doesn't collect or circulate dust
- Avoid open fires because wood smoke can be a trigger
- Avoid fan-forced ducted heating because it circulates dust
- Choose refrigerated reverse cycle systems because they take the moisture out of the air and adjust if cold dry air is a trigger
- Avoid evaporative cooling systems because they humidify the air
- Use foil or polyester insulation
- Avoid unflued gas heaters because they produce indoor air pollutants as a result of combustion, including nitrogen dioxide and carbon monoxide. They also produce water vapour that can increase the growth of moulds and dust mites.

Cut down on dust

Dust contains many allergen particles. Some suggestions on how to cut down on the amount of dust in your home include:

- Remove the carpet or, if that isn't possible, vacuum regularly
- Vacuum any fabric upholstered furniture regularly
- Buy a vacuum with a good filter system
- Use a damp cloth to dust furniture instead of dry dusting
- Replace curtains with vertical or roller blinds, which are easier to clean
- Put doors on any open shelving units
- Regularly clean ceiling fans and air conditioning vents

Reduce your dust mite population

Dust mites tend to thrive in beds and carpets. Some suggestions include:

- Avoid carpets – if carpeted go for short pile/loop carpet
- Optimal flooring options include ceramic tiles, sealed wood, cork or slate, which are all easy to clean
- Vacuum or mop floors daily (preferably when the person with asthma is not in the vicinity)
- Use mattress, doona and pillow protectors and vacuum the mattress every week
- Hot wash all bedding above 60°C every two weeks and dry in direct sunlight
- Cut down on fluffy toys or put them in the freezer for 24 hours once a week
- Air blankets weekly in direct sunlight

Minimising the impact of pets

If you don't want to get rid of any furry pets, there are ways of minimising their impact, including:

- Have your pets live outside
- Keep pets out of the bedrooms
- Brush or groom pets outside
- Wash the pets every week
- Clean out cages or litter boxes regularly
- Choose non-shedding or low shedding pets

Grow a 'low allergen' garden

Ways of reducing the amount of allergens in your garden include:

- Weed regularly
- Replace lawn with bricked or paved areas
- Avoid rye grass
- Choose plants that are pollinated by birds or insects instead of plants that release seeds into the air
- Replace mulch with pebbles or gravel

Things to remember

- Most houses contain triggers which could make symptoms worse in people with asthma
- Eliminating dust is an effective way to cut back on many allergens
- Remove any suspect plants from your garden

Where to get help

- Your doctor, pharmacist or health professional

Our commitment to you

The Asthma Foundation of Victoria is committed to contributing to a healthier, safer and resilient community. We do this by providing learning opportunities that aim to build confidence and capability to prevent, identify and manage asthma and linked conditions including medical emergencies for self and others.

For any further support, please contact us via the details at the footer of this information sheet.