



MACKILLOP COLLEGE

Monthly Newsletter

August

Celebrating all life

Challenging all people

Dreaming the new day

Mackillop Newsletter

August 2015



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MacKillop College's production of

Disney's
Beauty and the Beast
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 Pirotta

Volume 12, Issue 8

August 2015

Letter from the Principal

Our MacKillop Day celebrations on 7 August were a huge success for the College. The day commenced with a whole school gathering to celebrate Eucharist giving thanks for the life and legacy of St Mary of the Cross MacKillop. The celebrations continued for the remainder of the day with our students engaging in a wide variety of activities. My sincere thanks goes to all who were involved in the planning and execution of the day.

It was delightful to see so many excited grade six students participating in our academic pre-testing on 15 August. The information gathered through this annual event assists the College in catering for the diverse needs of each individual. We look forward to journeying with these enthusiastic young people as they begin their formal educative phase with the College.

On 19 August all staff participated in the Staff Spirituality Day where we worked with Fr Richard Leonard SJ, a Jesuit priest and author. The title of his presentation was "A Survival Guide to Sane Spirituality in Catholic Education". He reminded us that as those committed to Catholic Education, we are charged to not just teach the students given into our care, but to enrich their spirituality and that the best way we can do this is by attending to our personal spirituality.

Our final Parent/Teacher/Student interviews for 2015 will take place on 3 September. This is an excellent opportunity for parents and teachers to work together to enhance the learning of their son or daughter. I encourage all parents and guardians to make appointments to discuss your son's/daughter's progress in this mutually supportive exchange.

May St Mary of the Cross MacKillop guide our way.



Rory Kennedy
Principal

From the Director of Student Wellbeing – Year 7 & 8

Year 7

The excitement of MacKillop Day was not lost on the Year 7 students. All students and staff started the day with a liturgy, reflecting on all that Mary MacKillop did for those in need; significantly creating educational opportunities for children who without her would not have had the opportunity for a formal education. After a shared morning tea, the students enjoyed all that MacKillop Day had to offer. There were a number of carnival rides along with numerous other activities the students could be a part of, as often as they liked. A fun-filled day enjoyed by everyone.

Year 8

MacKillop Day was celebrated on Friday 7 August with a whole school liturgy in the morning followed by a carnival. The day was a great success with many fun activities on offer for all to enjoy. The Year 8 students have just started the subject selection process for Year 9, 2015. They attended a subject selection presentation and expo where they were informed of the process involved and they were provided information about the various electives.

From the Director of Student Wellbeing – Year 9 & 10

It is at this time of year that our students make decisions regarding their studies for the following year. While a lengthy process, subject selection conversations require contemplation and much consideration with an individual's interests, skills, abilities, and hopes for the future all coming into play. The seriousness with which the Year 9 and 10 students entered into the process cannot be underestimated. We trust, that with the assistance of parents and teachers, our students have made excellent choices for the next stage of their education.

At this time of year, we also celebrate and give tribute to our Foundress, Mary MacKillop and the Josephite Sisters. MacKillop Day, celebrated on Friday 7 August, was a great success. It was wonderful to see the students participate in the liturgical celebration with great reverence and then continue the celebration by enjoying the variety of activities provided.

A number of our Year 9 & 10 students have also been hard at work rehearsing for the College Musical, *Beauty and the Beast* which opens tonight. To all the students involved, whether by performance or behind the scenes, well done and be sure to 'break a leg'!



SACCSS Junior Hockey



Senior Girls Hockey

From the Director of Student Wellbeing – Year 11 & 12

We are fast reaching the end of Term 3 and for students at Year 11 and 12 that means moving closer to their exams. Parent/Teacher interviews are in early September and it will be important for all students and their parents to attend to get final advice and feedback on their progress as they move closer to completing their courses in Term 4.

Year 12 students recently completed their last Wellbeing Program that focused on interview skills and growth mindset. We hope some of the skills and information discussed in this session will support them in their studies and life beyond school.

Year 11 students will take part in a Fit to Drive program in coming weeks. This program presented by the Transport Accident Commission (TAC) looks at all the demands, risks and responsibilities around driving on our roads. We hope that students gain much from the program as they continue their driving.

Term 3 is a period of challenge for all Year 11 and 12 students as the demands of completing their programs increases. If parents would like to discuss the progress of their sons or daughters or would like to get feedback on how they are going they are encouraged to contact Homeroom teachers or Year Level Coordinators.

After a cold Winter we look forward to the warmer and longer days of Spring.

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 Children's Book Council of Australia marks a milestone this year as it celebrates its 70th year of engaging young Australians with literature. The Council has provided a lifetime of enjoyment and promotion of the best of Australian literature and supported authors who have made an outstanding contribution to Australian children's literature. The theme for 2015 is "Books light up our world" and students at MacKillop will be involved in activities and displays over the week of 24-28 August. This year's young adult and junior literature award winners will be on display in the school foyer for all to view.



EnviroWeek



LipSync Heat

Parents & Friends Committee

Our major fundraiser, the Cadbury chocolate drive, has nearly finished. All chocolates and money are due back by Monday 31 August. No chocolates can be returned and only the full payment of \$50 can be accepted after this date. There are many prizes available such as a Coles Myer voucher, a JB Hi Fi voucher, a 5kg box of chocolates and many movie vouchers. Thank you to everyone who has supported this fundraiser by purchasing chocolates or giving a donation.

Our next meeting will be held on Wednesday 2 September at 7:30pm in the Training Room of Sr Giovanni Building. All are welcome.

Parent/Guardian Information

Catholic Education Today

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

CECV Online Directory

A new Online Directory is available at <http://directory.vic.catholic.edu.au>. This Directory includes a list of primary, secondary and special schools as well as a list of Catholic organisations.

Uniform Shop

The updated Uniform Shop price list is available on the College website. Trading hours are Monday, Wednesday & Friday from 8:15am to 3:45pm (closed 11:30am – 12:30pm).

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 made directly to the school and will go towards the cost of camps, sports and excursions 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 visit

www.education.vic.gov.au/about/programs/health/Pages/csef.aspx?Redirect=1

National eSmart Week

From Monday 7 to Friday 11 September, MacKillop College will participate in National eSmart Week along with other schools and libraries around Australia. This initiative of The Alannah and Madeline Foundation aims to celebrate and raise awareness of cybersafety and digital literacy, reduce cyberbullying and increase the smart, safe and responsible use of technologies. As part of National eSmart Week, keep an eye out for displays around our school, the daily information sheet and school blog for more exciting information.

Metropolitan Fire Brigade – 2015 Fire Awareness Awards

Entries are now open for the 2015 Fire Awareness Awards. These awards recognise the great work of individuals, groups and organisations to reduce the effect of fires in Victoria. For more information please see <http://www.vic.gov.au/news/2015-fire-awareness-awards.html>

Fulfilling International Mission for Skilled Volunteers

Communities in **East Timor, PNG, Kenya, Kiribati, Samoa and elsewhere** are asking for teachers, health and community development workers, administrators, agricultural workers and others. You can **assist to mentor local workers in your field of expertise**. This will provide opportunities for those who have not had the advantage of an Australian education; improve the operations of organisations in vital sectors of local communities and so **assist poverty reduction**.



For 55 years Palms Australia has assisted such communities to recruit, prepare and support Australian who volunteer to share their lives and skills. We have increasing numbers of requests from communities who believe **this approach, more than anything else, assists their self-reliance and sustainable development**.

Want to know more? Information Session will be held on Saturday 22 August at 11:30am, at Ross House (247 Flinders Lane). RSVP to joey@palms.org.au or call 02 9518 9551.

MACKILLOP

Annual Music Night

Tuesday 8 September 2015

7:30pm

Gold Coin Entry

Moreno Performing Arts Centre



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



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



Asthma and Influenza

As the weather starts to cool down, the cold and flu season will soon be upon us.

The Facts:

- > Approximately 2,800 Australians die every year either directly from the seasonal flu, complications due to the flu, or pneumonia.
- > Adults and children with chronic illnesses (such as asthma) are at a higher risk of complications from the virus.
- > Colds and flu can be a trigger for some people with asthma, and can make your symptoms worse.
- > Flu vaccinations are the single most effective action in helping fight the spread of flu in the community.
- > The vaccine provides protection from about two weeks after the injection, and lasts for about one year (so even if you were immunised last year, you need to have the vaccine again this year).
- > The flu shot cannot give you the flu – as the vaccine does not contain any active virus.
- > In Victoria, under the National Immunisation Program, the criteria state that an annual free influenza immunisation is available to children or adults with severe asthma.

The vaccination is available now, so contact your doctor or immunisation provider to make an appointment. Many workplaces provide free vaccinations for staff to help prevent absenteeism during the winter months, so it is a good idea to ask your employer if this is available to you.



For further information please contact the Asthma Foundation of Victoria on 1800 645 130 or email schools@asthma.org.au

Winter and Asthma

With the winter months approaching, it is important to be aware of the triggers that can affect your asthma at this time of year.

Sudden changes in temperature

Certain weather situations like very cold temperatures, humidity and dry air can trigger asthma symptoms. In a school environment, students are exposed to sudden temperature changes many times during the day as they go between heated classroom environments to outdoor activities and lunch breaks. Wearing a scarf over the mouth and nose is recommended as it can help to warm the air as you breathe in. Exercise-induced asthma may be exacerbated by breathing in colder air than usual, so ensure that you take your reliever puffer 5-20 minutes prior to exercise, warm up adequately, monitor your symptoms during exercise, and have a blue reliever puffer handy in case of an asthma attack.

Thunderstorms

Thunderstorms can be an asthma trigger for some people, as raindrops can cause grains to be broken down into hundreds of tiny allergen-containing particles – allowing them to penetrate the lungs. If you experience asthma symptoms during thunderstorms, it is best to stay inside with windows closed, and ensure that you update your asthma action plan with your doctor outlining the management of your day to day asthma, what to do if your symptoms worsen, and the first aid procedure in the event of an asthma attack.



For further information please contact the Asthma Foundation of Victoria on 1800 645 130 or email schools@asthma.org.au