The Wisdom of the Lord Teaches us

Mary MacKillop Catholic Regional College
Term 1
Week 3 - 19 February 2016

The newsletter can be found on our website at www.mackillopleongatha.catholic.edu.au/newsletter

This Week's Prayer

Remind us often Lord, when we are feeling proud, arrogant, beyond reproach, pleased with ourselves, self sufficient in our ways, that for such as us and better and worse you walked a road that took you to a cruel cross, and rose again to show us where we might look for rescue as from this lofty perch we fall. Amen

Message from the Principal

The year is moving fast. Already we are well into the season of Lent. Lent is the time of preparation for Easter. During Lent we are encouraged to reflect on what is really important and to turn away from the distractions that fill our time uselessly.

There are a number of secular movements with similar ideas – the recent FebFast promotion is just one. The Sunday Mass readings lately have focused on the idea that we are all imperfect, but we are still called to make our contribution. It is a very powerful idea. Very often the scripture will resonate with our lives in unexpected ways. I encourage you to take some time to reflect on the readings during this Lent: the results may surprise you.

This week saw our annual House Swimming Sports at the Mirboo North pool. Because we are a regional college, we hold events all over South Gippsland.

The weather was not promising, but our students were all keen to go and after a delayed start while the heavier rain cleared, we set off for Mirboo North. There were one or two showers through the day, but not enough to dampen enthusiasm for a great day. Many thanks to all the helpers who planned the day and a special thank you to the Parents Association for again running the barbecue – the hot sausages were much appreciated through the day. A proper sports report will follow in the newsletter.

Next week our year seven students head off on their orientation camp at Phillip Island. Our camps and retreats are an important part of our programme. They help students to get to know each other and their teachers, and build group cohesion, confidence and initiative. We wish them a safe and enjoyable few days away together.

It is important for emergency management procedures that all families can receive SMS messages. Any family who did not receive the SMS about last week’s trial emergency management exercise is asked to please contact the College office who will be happy to assist in logging your details.

Mr David Leslie
Principal
Thank you and good afternoon.

When I was asked to say a few words today, I immediately wanted to focus on you guys, the students, after all, it was only last year when it was me sitting with all of you.

I’m not going to stand up here and give you a five minute speech about unrealistic expectations and bombard you with sophisticated vocabulary no one understands. That is not my intention. I don’t want to try and scare you all into thinking that to be successful in high school you must be out of this world intelligent and drive yourself into the ground studying.

I rather want to share some of the things that I suppose I learnt throughout year twelve, and mainly I want to pass on what I discovered to be key in completing secondary education, so that hopefully I may be able to make it a little easier for you, and as fun as I found it.

Success in high school, isn’t measured by your final score, it’s measured in the challenges that you manage to overcome, in the times where the easy option would be to give up but instead you stand strong. It may sound cliche in saying that a single score doesn’t define you, but those words couldn’t be more spot on.

If I have learnt anything from year twelve it is that the personal achievements are the most important. These can be as simple as asking your teacher for help when you may be shy and embarrassed, or deciding on your own that the best option for you is to stay home one Saturday night to grasp a maths concept you’ve been struggling with. And other times, if you are someone who is naturally quite hard on themselves, speaking for myself here, a personal achievement may be saying ‘you know what, I deserve to have a weekend off from studying, I need to go have fun.’

I say this, because year eleven was the worst year of my life, whereas year twelve for me was without a doubt the best year of my life. The thing that made all the difference here was establishing a realistic and balanced study plan where I also remained in contact with my teachers about whether I was doing the right amount of work, be this too little or too much. I highly recommend saying to your teachers each year, ‘look, this is what I want to achieve, so can we please work together to ensure I can reach it?’ and I promise you, the teachers at this school are dedicated and they will help you! Even just you taking the initiative to ask for their support will make them realise you are serious about your education.

I won’t deny that I went out every weekend during year twelve, despite teachers lecturing us otherwise. But, we are all different, so obviously this wouldn’t be such a good idea for some of you - so this is not me recommending or condoning this for everyone. I told you this; however, because I want you all to realise that the school year doesn’t have to be horrid, the friendships and memories you make are honestly ones you will hold onto forever. Me and some of my close friends are still always saying how much we just want to be back where we see and hang out with everyone everyday. Don’t take this for granted.

Now this leads me to say, that you must support each other. Whether you end up being in VCE, VET or VCAL, you are a cohort, and in school, this is like your family. You can’t describe the bond you make with everyone, especially in your final years so motivate each other regardless, and encourage everyone to do their best, because that is one of the most fulfilling feelings.

This support is also key for when people get down, whether this be due to stress, family life, or simply an adverse stage that they are enduring. Please never feel like your are alone and bottle up your emotions, man was I a prime culprit of this in my earlier years of high school. But gradually I learnt to talk to people and let my problems out, and you all can too because there are many available options to do so. Your friends, your teachers, Mel, they will all listen and believe me, they help. Roscoe wherever you are, I will forever owe you a huge thank you for getting me through year eleven.

So I guess, from all of this, I want you take away a few key points: firstly listen to your teachers, don’t be pig headed, because they honestly have your best interest at heart. Secondly, spend time with your friends away from study, this contributes to a healthy balance of socialising, exercise, sleep and study. And thirdly, just do your best. That way, regardless of your final score, you can look back on your high school experience and be proud of your success and all the personal achievements that you made.

So thank you everyone, I couldn’t be happier at the moment :)

Ms Sarah McCahon
Hit the ground running:
By now the new Year 7’s and their families are coming to realise secondary schooling is a whole new ball game. These times of adolescent’s and emerging adult hood focus more on the individual and the effective relationships that they will be forming over the years with us. Part of our role at the College is to assist parents with this transition. For all other parents the busyness of term life has now reached top gear.

Once again this year our school has subscribed Michael Grose’s ‘Parenting Ideas’ program and in doing so will receive weekly newsletter articles and other support material to assist schools and parents in this important time in their child’s development. Michael is one of Australia’s most prominent child psychologists and has developed countless articles. Tip sheets and resources for both staff and parents.

I encourage all parents to subscribe to ‘Happy Kids’ website which is Michael’s regular parenting guide. Just go to www.parentingideas.com.au and subscribe to ‘Happy Kids’.

Our counsellor Mel Bradley also regularly contributes to the College newsletter and I encourage parents and students alike to read over her section for useful tips and further explanations of our Pastoral Team at the College, and of course if you have any questions about what we do here at Mary Mackillop please feel free to contact the College and speak with any number of our friendly staff.

Make sure kids are school ready every day
If you want the best outcomes for your child or young person, then it’s important that you become involved in as many aspects of your child’s education as practical. The involvement of parents helps break down the mystique about school that can exist for some children. Their chances of success are better when they see school as an extension of home, rather than merely an institution for learning.

Positive parent participation demonstrates to children that you value learning as well as their school. Children copy many of their parents’ views so your positive attitude to school and learning is catching.

Participating as a parent can be much broader than helping out in the classroom. There is a range of simple things you can do at home that will assist teachers to maximise the learning of your child. These include: talking with your child about their day, hearing young learners read, helping with homework and making sure kids go off to school happy, healthy and having had plenty of sleep.

Hats and continual message:
Since last year it has been the expectation all students have a College hat. The hat is a compulsory item of uniform during recess and lunch, and while participating in classes outside all during terms 1 & 4. While it may feel like we have not been blessed with a very hot summer the local UV readings for our local area this time of the year still have been in the ‘Very High’ category. While sunscreen and solid shade are provided on the campus, students walking around outside will still need to wear a hat especially during the hours of 11 & 3pm.

Daily Organisation Update:
Staff Professional Development next week:
22 Feb Mr Curtis will be attending the Year 12 Specialist Maths Teacher’s Conference
23 Feb Mr O’Keeffe & Mr Preston will be attending the VET in school meeting in Melb.

Students Excursions/Incursions next week:
22 – 24 Feb Year 7 Orientation Camp Phillip Island
23 Feb School Sport Victoria (SSV) Swimming Carnival
25 Feb Year 10 Geography Field Trip Inverloch
26 Feb SSV (Senior Cricket)

Mr Sam Wright
Deputy Principal - Wellbeing and Organisation
2016 House Swimming Sports

CELEBRATING 30 YEARS

AGE CHAMPIONS

U13 Female  Lily Maxwell
U13 Male    Kelsey Dal Pozzo
U14 Female  Amelia Downie 
            & Arlie Whiteside
U14 Male    Tyler Newton
U15 Female  Taylah Brown
U15 Male    Will Little
U16 Female  Ellie Holmes
U16 Male    Jarvis Pryor
U17 Female  Georgia Blogg
U17 Male    Luke Malherbe
U21 Female  Georgia Deenen
U21 Male    Benjamin Abbey

Fastest Times

Male
Luke Malherbe  27.69
Will Little    29.34
Jarvis Pryor   30.40
Brock Watchorn 30.85
Tyler Newton   31.95
Ben Abbey     32.46
Mikey House   33.62

Female
Taylah Brown  31.08
Tomei Dal Pozzo 32.15
Georgia Deenan 32.35
Claire Wylie   33.80
Kaiah Jones   34.50
Merrin Giles  35.27
Amelia Downie 35.46
Lily Maxwell  35.77
Darci Holmes  35.89

House Swimming Results

1st Cameron   526
2nd MacDonald  480
3rd Tenison    366
4th Chisholm   349
In Laos Duangmala’s son, Hum Noy, has the chance to learn and thrive at a school for children with intellectual disabilities, supported by Caritas Australia.

Please donate to Project Compassion 2016 and help children living with intellectual disabilities in Laos learn, grow and reach their full potential.

www.caritas.org.au/projectcompassion   1800 024 413
Double School Points
THIS MARCH

It’s on again at Michael’s Supa IGA in Leongatha and Korumburra during the month of March we are doubling the value of all points donated to our local schools.

This will mean that for every customer that pledges to donate their points for the whole month we will convert their shopping points to cash and double it, so for every $100 spent by these customers, we will donate $2 to their preferred school.

Please get in early and change your donation status to any of the following schools before the beginning of March to ensure you can help our schools during this important promotion and join with the hundreds of locals that have already pledged to support.

Customer Donation Form

Please transfer: **ALL POINTS** □ or **|____________| POINTS** to □

Customer Name ____________________________ Tag Number 2720508 | ___| ___| ___| ___| ___| (from your NEW 2014 ISSUED Michaels Key Tag only)

Address __________________________________________

__________________________ Post code | ___| ___| ___|

Phone |________| |________| |________|

Customer Signature ____________________________ Date ____/____/

Please present this completed form to the register operator at Michael’s Supa IGA for processing.

Office Use: Total Points |________| |________| |________| |________|

Processed date __________/____/____

Processed By ____________________________

Don’t forget to scan your tag everytime you shop

✓ Tick your School or Schools

- Chairo Christian College
- Karmai Community Children’s
- Korumburra Primary
- Korumburra Secondary
- Leongatha Pre Schools
- Leongatha Primary
- Leongatha Secondary College
- Leongatha Specialist School
- Loch Pre School
- Loch Primary
- Mary Mackillop CRC
- St Joseph’s Primary
- St Laurence O’Toole Primary
- Tarwin Lower Primary School

New Members will be required to complete a full club application form and obtain key tag access bar codes in-store.
Welcome back to the new school year and hello to all the new parents and families at Mary MacKillop College. For those who are unfamiliar with my role, I am available at the college to provide students with counselling, advice and support. Parents/guardians are welcome to contact me at school if necessary. I will be at school on Tuesdays and Wednesdays each week, and on alternate Fridays (Week 1 on the timetable).

As well as working individually with students, I liaise with the School Pastoral Team. I also keep in contact with relevant community agencies and when necessary, can arrange meetings here at school between students and these agencies (e.g., Child First).

Students are able to initiate their own appointments by booking at the front office, speaking to their homeroom or class teacher, or via email on the school emailing system. Parents are also welcome to contact me to discuss concerns and make an appointment for their young person.

**Starting Secondary School**

Children starting secondary school might be concerned about getting lost, forming new friendships and peer relationships, handling an increased workload, and being bullied. Parents also worry about these issues, and about whether their child will have the confidence and skills to handle them. These worries are all normal.

You could try these suggestions:

- Find out the name of the teacher responsible for your child’s overall care, attendance and social and academic progress. At our school, this person is called a home-room teacher. Make personal contact with this person as early as possible to introduce yourself and ask questions.

- Help your child explore new opportunities. Learn a musical instrument, trying a new sport or joining a drama class might help your child feel more engaged with their new school community.

- Try to make your home as comfortable for study time as possible. For example, ensure your child has a quiet place to study, away from distractions such as the TV or a mobile phone. When the internet is necessary for study, you might want to keep an eye on the websites your child is using.

- Let your child know that new friends are welcome in your home. Encourage your child to invite new friends over, or be ready to transport your child to their houses.

- Talking to other parents can be a good way of checking whether your child’s experiences and feelings are similar to those of others. Sporting and school events are a good place to meet other parents.

- Try to make sure your child gets plenty of sleep.

The change to secondary school is likely to make your child more tired at first.

- Be prepared for the early ups and downs. Adjusting to change takes time, but if things don’t stabilise after the first six weeks, talk to your child’s home-room teacher in the first instance.

Your child’s transition to secondary school is a big change for you too. Your relationship with your child’s primary school might be ending, and you’re likely to have a new and different sort of relationship with your child’s secondary school. It’s OK for you to have mixed feelings about these changes.

And don’t be surprised to find that your child doesn’t want you to be as visible at his/her secondary school as you might have been during the primary years. Remember that your support will still be needed outside of school, and that it’s all part of your child developing greater independence. (Raising Children Network)

Gen Y teens are experiencing life in a vastly different way to the generations before them, particularly with the ever-changing use of technology. If you and/or your teen/s are experiencing difficulties and are not wanting or ready to discuss with others, start by using the technology available. Point teens to websites with information and help that is relevant to the situation or experience. Some useful information may be found on the following websites:

Reach Out  www.reachout.com
Youth Beyond Blue  www.youthbeyondblue.com
Kids Help Line  www.kidshelp.com.au
Headspace  www.headspace.org.au
Child and Youth Health  www.cyh.com
Its all right  www.itsallright.org
Raising Children Network  www.raisingchildren.net.au

Mrs Mel Bradley
Student Counsellor

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**Homework Club 2016**

**Who?**  Students at any level are all welcome.

**What?**  Help with homework, clarification of tasks, supportive study environment where you can get some homework completed before leaving school.

**When?**  Tuesdays from 3:30–4:30 pm commencing on 1 March.

**Where?**  Learning Support Centre.

**Students attending must be respectful of others and the homework environment.**

A small snack will be provided for afternoon tea.
**Important Notices and Dates**

**BUS PASSES in 2016**

Bus passes must be applied for through student reception with preferably 48 hours notice. Bus drivers will not accept a note from a parent - the pass must be issued by the school. Just handing a note in at the office does not automatically mean a bus pass will be accepted. Bus passes will not be issued for sporting or social purposes. This year bus passes to Korumburra, Nyora, Poowong, Outtrim, Arawata and Mirboo North will not be issued under any circumstances due to the buses being full. The capacity of other buses may also change throughout the year.

**We are a tiqbiz school**

Receive our newsletter and information by downloading the tiqbiz app to your phone, ipad or computer.

Please update your child's year level preferences.

![Tiqbid logo](www.tiqbiz.com.au)

**ATTENTION ALL PARENTS**

**Changed Camps, Sports and Excursions Fund payment arrangements**

The CSEF has changed to a term one application process and payment cycle.

Families holding a valid means-tested concession card are eligible to apply for a payment of $225, which will be paid directly to the College to be used towards camps, sports and excursion costs.

**Critical dates**

- **27 January, 2016** -- the CSEF web system will perform an automatic check on this date whether a parent's concession card is valid.
- **29 February, 2016** -- Application forms to be completed and lodged with schools. However, schools will be able to accept and process applications up until the end of term two.
- **1 March 2016** -- CSEF payments to school will commence from this date onwards. Regular payments runs will occur throughout terms one and two.

If you have any questions please don’t hesitate to contact the College office on 5662 4255.

**ENGLISH HELP**

**TUESDAY LUNCHTIME**

**ROOM 19**

HELP IS AVAILABLE FOR ALL 7-12 STUDENTS WHO ARE WANTING TO IMPROVE THEIR ENGLISH SKILLS.

Even when we are achieving we can still do better.

Success doesn’t come to you, YOU GO TO IT!

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Mon 22-24  Feb</td>
<td>Year 7 Camp, Phillip Island Adventure Resort</td>
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<tr>
<td>Tue 23 Feb</td>
<td>SSV Interschool swimming Advisory Council Meeting</td>
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<td>Thur 25 Feb</td>
<td>Melbourne Soup Van, 4.30pm</td>
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<td>Fri 26 Feb</td>
<td>SSV - Senior Cricket B &amp; G</td>
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<tr>
<td>Mon 29 Feb</td>
<td>SSV - Super 8 Cricket B 7-10, Tennis G 7-10, Volleyball 7-10</td>
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<td>Tue 1 Mar</td>
<td>Year 7 Mass of Welcome and barbecue, 6.00pm</td>
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<td>Mar 5-17</td>
<td>Students from Shibuya Junior High School, Japan</td>
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<td>Thu 10 Mar</td>
<td>Immunisations Years 7 and 12</td>
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<td>Fri 11 Mar</td>
<td>SSV Super 8 Cricket G 7-10 Tennis B 7-12</td>
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<tr>
<td>Tue 15 Mar</td>
<td>Student free day Parents &amp; Friends Meeting, 7.30pm College Boardroom</td>
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<td>Fri 18 Mar</td>
<td>St Joseph’s Feast Day, guest Father Rob Galea</td>
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<td>Mon 21 Mar</td>
<td>House Athletics</td>
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<td>Thu 24 Mar</td>
<td>Last day of Term 1, school finishes 2.05pm</td>
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<td>Fri 25 Mar</td>
<td>Good Friday</td>
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<td><strong>TERM 2</strong></td>
<td><strong>First day of Term 2</strong></td>
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<td>Mon 11 Apr</td>
<td>OEG Year 9 Information Evening, 7pm-9pm</td>
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<td>Wed 20 Apr</td>
<td>School Photos</td>
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<td>Tues 26 Apr</td>
<td>Parent &amp; Friends AGM 7.30pm College Boardroom</td>
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<td>May 2-6</td>
<td>Year 9 OEG Camp</td>
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<td>Sat 28 May</td>
<td>Debutante Ball</td>
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