O Lord, you have given us your word for a light to shine upon our path; grant me so to meditate on that word, and to follow its teaching, that I may find in it the light that shines more and more until the perfect day; through Jesus Christ our Lord. AMEN

Last Sunday was the 4th Sunday of Lent. The Gospel this week is commonly known as the story of the Prodigal son. We are all familiar with this story – the younger son asks for his inheritance early, wastes it, then comes back begging forgiveness. His father is overjoyed to have him back and throws a big party. The older brother is upset – he has always done the right thing, but he never got a party. Why does Jesus tell us a story with such an unexpected outcome? I invite you to ponder this in the week ahead. The answers may surprise.

One of our year seven students, Elijah Spaull, is still very ill in the Royal Children’s Hospital. To show support for Elijah and his family we held a free dress day this week. The response has been extraordinarily generous. Thank you for your outpouring of concern and support for Elijah and his family – they have been very touched by it.

Tuesday is a student free day for staff development activities. Teachers and support staff will be working on student mental health and wellbeing, as well as anaphylaxis, asthma and child protection initiatives. By running this straight after the Labour Day holiday, we hope to minimize disruption and make it easier for families to take advantage of the long weekend.

Our visitors from Shibuya High School Tokyo are having a great time. On Thursday they presented to the full school assembly and were very well received. Also at assembly we enjoyed a preview performance from our coming musical. Tickets for our college musical, “All Shook Up” are now on sale online, by the same process as last year. Details are inside.

Parent/Teacher/Student interviews start next week. As advised elsewhere, the Leongatha night has been changed to one day earlier, it will now be on Wednesday 16 March. The Wonthaggi night remains on Tuesday 22 March. Parent/Teacher/Student interviews are a great opportunity to meet your child’s teachers, discuss his or her progress and build on success. Taking an active interest in your child’s academic progress is a powerful way that parents can support your child’s future success. When there is a good relationship between home and school, the student always does better.

On Friday 18 March we will celebrate St Joseph’s day. This is a very special occasion – it is the 30th Year of our College and the 150th year of the founding of the Sisters of St Jospeh by St. Mary of the Cross MacKillop. Mass will be led by Fr Rob Galea, who is a noted musician and performer in his own right. This Mass will also be the first of our special events to mark this anniversary year. Parents and friends of the College are warmly invited to join us for this celebration. Mass will commence at about 9.10am in the Hall.

I look forward to seeing you at a College event soon.

Mr David Leslie
Principal
“All Shook Up” - Update as the countdown dates draws nearer!

It has been a busy time for the production crew and cast this week with a great deal happening besides rehearsals. Last weekend saw practice on both days under the dedicated direction of Bron Kalos and the cast were extremely grateful for the delicious “food offerings” that were brought in by some kindly parents. During the week, the call has gone out for 50’s costume items and props with the students and costume committee scouring near and far for the right look! Does anyone have blue suede shoes???

On Wednesday, the very professional marketing team from HomeGrown Designs, came to take photos of the cast and plan for the production of some eye-catching posters. Then on Thursday, at a whole school assembly “All Shook Up” was “officially” launched to the school, with a tantalizing performance by the lead actors. So it is all go, go and again, let’s get behind this wonderful event and begin to ask family and friends to come along to one (or more) of the performances.

Wonthaggi Arts Centre,
McBride Avenue, Wonthaggi
Friday 15 April and Saturday 16 April

Zara Littlejohn just loves singing and dancing and thought that in her first year of secondary school, she should try something new. She has been in dance concerts before, but not in a large production like this and she is loving the fun of rehearsals. She recommends the show “because it’s funny” and really admires the lead actors who she thinks, are so talented.

Tomei Dal Pozzo gave enormous backstage support to the College’s musical last year, becoming in the process, a very capable costume maker and giving up numerous weekends and holidays to help the cast. This year she decided to audition and she scored a role in the ensemble! She is enjoying learning to dance and keep a rhythm and thinks the audience will love the humour in the production. She admires Janie Gordon for being so organized and well balanced and Ms Kalos for her calmness and kindness to everyone in the cast.

Jazmin Busana has been dancing ever since she was 3 and has also taken singing and keyboard lessons, so a musical like “All Shook Up” provides the perfect outlet for her expressive talents. She is a member of the ensemble group and is so impressed with all the hard work that is part of pulling the show together. A valuable lesson that Jazmin is learning is to be more outgoing and not to hold back! She also admires the way some others are really “growing into their roles”. 

Jordan Green and a few of his friends plucked up the courage to audition for “All Shook Up” and boy, are they having fun! Jordan has been in a number of TV ads for Coles and Target but this is his first stage production. He is enjoying learning heaps of acting, singing and dancing skills and loves the music itself.

Although he has always had a yen for acting and has enrolled in VCE Drama this year, Isaac Muldoon has never been in a musical before and singing and dancing are new to him. He plays the role of Jim Haller who owns the local gas station in the show and thinks that the audience will really enjoy the big musical numbers from the 50’s and the humour in the story.

Having enjoyed her participation in “FAME” last year, Cleo Hogan was “hooked” and eagerly tried out for a role in this year’s production. Cleo is an accomplished young dancer with many years of training behind her so a place in the Ensemble was a natural fit for her. She is having fun getting to know all the new cast members and is gaining a great deal from the voice training. She really admires her dance captain, Chloe Adkins for her kind and caring manner with everyone.
All Shook Up tickets can be purchased by visiting the ‘try booking’ website below and are $22 adults and $18 concession. If last year’s production is any indication they will be selling fast.

www.trybooking.com/188464

Please contact Ms Lynn Fowles at Mary MacKillop College 5662 4255 or lfowles@mmcrc.catholic.edu.au if you have any queries.

MindMatters Wellbeing Professional Development

Tuesday 15 March will be a student free day. Mary MacKillop will be devoting the day to the professional development of its staff in the area of Wellbeing.

Using the MindMatters framework staff will be completing modules on ‘Developing a whole school approach to a positive school community’ and ‘Adolescent development and building resilience’.

We are also fortunate enough to participate in a workshop on ‘Navigating Teen Depression & Anxiety’ facilitated by the Black Dog Institute. We are also using the day to complete workshops on Asthma and Anaphylaxis management, Staff Wellbeing and the new Child Protection legislation.

Responsible Cyber-safety

One of the outcomes of the schools’ work with MindMatters last year was the introduction of the Year 7-12 Pastoral Program. Each fortnight all students meet with their homeroom teacher and work through material to enhance the student’s social and emotional competencies. These are individually tailored program driven by the Wellbeing Coordinator at each sub-school.

Earlier this week the Pastoral Team have been dealing with a number of incidents which have required us to re-think our current procedures around student use of mobile phones and responsible e-citizenship.

Below are some of the material that has been used during the homeroom pastoral lessons on the topic. Please use this as conversation starters with your children to open the discussion around a safe online presence.

Cyberbullying Lesson Plan

Learning Outcomes:
1. To help young people to define cyberbullying
2. To suggest ways in which young people can stay safe online
3. To look at online dangers
4. To identify cyberbullying and its consequences
5. To suggest ways young people can behave positively in cyberspace
6. To promote active participation, communication and group discussion

Daily Organisation Update:

Staff Professional Development next week
15 Mar Whole Staff Professional Development – School/Student/Staff Wellbeing

Students Excursions/Incursions next week
16 Mar Year 12 Drama excursion Melbourne
17 Mar SSV Regional Swimming @ Sale
17–20 Mar AJASS Pilgrimage to Penola (South Australia)

Mary MacKillop Parents & Friends

Easter Raffle 10 Hampers of Easter Eggs
Tickets $2/each (10 tickets per book)
Please return tickets by Fri 18 March 2016
Drawn Wed 23 March 2016

Please return your sold raffle books asap
I have been reading with interest a blog called ‘Understanding Teenagers’ by Chris Hudson and wanted to share some ideas with you. Over the next few newsletters I will share the 3 Magic Questions to Reduce Conflict with Teens. This week features Question 1 -What Did I Ask You To Do?’ with some relevant and simple steps for communicating more effectively with our young people.

**Question 1. What Did I Ask You To Do?**

**When to Use:** This question is perfect for every day instructions that are ignored by your teenager. Tasks like taking the garbage out, getting their dirty laundry in the right spot, stacking the dishwasher, or just helping you bring the shopping in. These types of simple issues can escalate into fights and add to frustration levels on both sides.

**What to Do:** So instead of nagging, or yelling, or just giving up and doing it yourself (all of which are bad options) simply get your teenager’s attention, look them in the eye and say “What did I ask you to do?” Then wait until your teenager answers. If they act ignorant or don’t respond, stay calm, look them the eye and ask the question again “What did I ask you to do?” When they offer the correct response, ask them to complete the task with the addition of a consequence that will occur if they don’t. For example; you have asked your son to get the washing off the line and he seems to be ignoring your request;

Parent: “son’s name what did I ask you to do?”
Son: “What? I don’t know!”
Parent (calmly and sternly): “What did I ask you to do?”
Son (resigned): “Get the washing off the line?”
Parent: “Okay, do what I asked you to in the next 5 minutes please or there will be no access to PlayStation or Xbox for the next 2 days”
This will nearly guarantee your son is out getting the washing off the line.

**Why It Works:** This question works because it puts the onus directly onto the teenager to respond. Unlike repeating the instruction and nagging, which makes it seem like your issue and your teen exerts power by not responding, this question puts the ball firmly in your teenager’s court. They can’t defer or ignore as it is a direct question, and by having to restate the instruction personally implies a type of ownership that doesn’t happen when you restate the instruction.

Chris Hudson’s blog www.understandingteenagers.com.au/blog also has some excellent resources and reading material to help adults connect with teenagers.

Mel Bradley
Student Counsellor

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**Important Notices and Dates**

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<td>Student free day</td>
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<td>Parents &amp; Friends Meeting, 7.30pm College Boardroom</td>
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<td>Wed 16 Mar</td>
<td>Parent/Teacher/Student interviews at MPH, Mary MacKillop College 3.50pm-6.00pm and 7.00pm-8.55pm</td>
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<td>Fri 18 Mar</td>
<td>St Joseph’s Feast Day, mass 9.10am, guest Father Rob Galea, parents welcome</td>
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<td>Mon 21 Mar</td>
<td>House Athletics</td>
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<td>Tue 22 Mar</td>
<td>Parent/Teacher/Student interviews at St Joseph’s Primary School Hall, Wonthaggi, 4.50pm-7.00pm</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>
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<td><strong>TERM 2</strong></td>
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<tr>
<th>15-16 Apr</th>
<th>“All Shook Up” School Production Wonthaggi Arts Centre</th>
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<td>Mon 18 Apr</td>
<td>OEG Year 9 Information Evening, 7.00pm-9.00pm</td>
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<td>Wed 20 Apr</td>
<td>School Photos (Full winter uniform must be worn on this day)</td>
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<td>Mon 25 Apr</td>
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<td>Tues 26 Apr</td>
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**2016 SCHOOL PHOTOS**

**WEDNESDAY 20 APRIL**

Student School photos will be on Wednesday 20 April. This year the photo’s fall within the 2 weeks of uniform change over, but on this day we ask that all students wear their complete winter uniform.