



*The Wisdom
of the Lord Teaches us*

Mary MacKillop College

Newsletter

Term 2
11 May 2018



*"Let our Courage
Rise."*

Mary MacKillop

Newsletter on our website

www.mackillopleongatha.catholic.edu.au/newsletter

also available on the College Parent Portal - PAM

MESSAGE FROM THE PRINCIPAL

This Weeks Prayer

Lord,
Teach me to be patient
with life, with people, and with myself.
I sometimes try to hurry too much,
and I push for answers before the time
is right. Teach me to trust Your sense
of timing rather than my own and to
surrender my will to Your greater and
wiser plan. Amen

This week the Parents & Friends Association held its Annual General Meeting. I am pleased to congratulate and thank the new & re-elected Office Bearers: President – Donna Muldoon, Secretary – Catherine Riseley, Treasurer – Tracey Mildenhall and Advisory Council Representative – Sarah Wolf. A special thank-you to outgoing Secretary Alanna Begg for all her work in this role. The P&F does great work in our College and I encourage all parents to support and join its activities.

School Photo day is Monday 14 May. It is always helpful to re-state expectations on such days: These photos are an important record of the school year and are used in a number of our systems. They are school photographs, not personal portraits. All students are to be in their best winter uniform and groomed according to College uniform policy for the photos. Boys are to be clean shaven. Hair must be clean and tidy. Long hair is to be tied back in all photos, and College staff will be on hand to supervise. Thank you for your assistance.

Last week we celebrated Catholic Education Week. Our guest speaker was former student Grace Davidson, who spoke about her studies and career since leaving school and the way she has been influenced by her learning and formation here at Mary MacKillop. I will close my report here to allow room to print a summarised version of Grace's speech. I trust you will find her words as inspiring as we all did.

David Leslie
Principal



I'm Grace. I graduated in 2015 and have since gone onto study international development at RMIT City Campus. My experience with Catholic education is one of commitment to service and mission for others.

I can pinpoint the beginning of my interest in social justice to a launch class that I participated in, in Year 7. Miss Cox ran a class called 'Tiny Ripples of Hope,' where each student researched a social issue and tried to present methods of support or ways to address the issue. I studied deforestation's affect upon orang-utans, becoming increasingly passionate.

This college provides so many incredible opportunities, I attended everything I could, fondly remembering, Social Justice Camp, St Vincent de Paul Asylum Seeker Conference, Turkish Exchange Program, Vinnies Soup Van Opportunities and Year 12 as Social Justice Captain.

During my time here, I was incredibly supported. I was guided to find my passion and am incredibly fortunate to have had such a wonderful network to assist me. I understand that social justice is not everyone's interest, but I really want to highlight the wealth of knowledge and support that exists in this school. I encourage you to find your own interests and pursue your knowledge. Talk to your teachers and your peers. These conversations help to shape you, even if you don't recognise it at the time. This is one big community full of all kinds of knowledge that will assist you in the future. I encourage you to actively seek it and build upon your passion.

I paid little attention in Year 7 and 8 French, eager to drop the class as soon as I could. I then found myself in a degree where learning a foreign language was compulsory. I feel very silly for that, I had no idea how much of a help it would be for my future. So make the most of everything, the good and what may seem less than ideal at the time.

I want to finish reiterating the idea that every action you make now, in high school, is a stepping stone to the next. Your time here has incredible influence over you, so I encourage you to use it for good. Explore your passions and utilise the wonderful opportunities that you are presented with. Your education shapes you so much more than you may recognise now.

Grace Davidson

"Let our Courage Rise" Mary MacKillop

PRODUCTION NEWS - HIGH SCHOOL MUSICAL



WONTHAGGI ARTS CENTRE

MCBRIDE AVENUE WONTHAGGI

THURSDAY 19TH JULY - SATURDAY 21ST JULY

Disney's *High School Musical on Stage!* centres on the blossoming relationship between Troy, a high school jock, and Gabriella, the new smart girl at school. They meet on a family vacation and become attracted to each other while singing in a karaoke competition. Re-discovering each other at school, their relationship and their surprise decision to audition together for the school show are thwarted by the school's current leading lady, Sharpay, and Troy and Gabriella's well-meaning friends. Finally, Gabriella and Troy find a way to be themselves and are rewarded with the lead roles in the school show. Full of catchy songs and exciting dance routines, Disney's *High School Musical on Stage!* explores issues of friendship, first love, and acceptance.



Olivia Winchcombe - Year 12

Sharpay Evan

Sharpay Evans is the main antagonist in High School Musical along with her brother Ryan Evans.

Underneath the Queen of Queen façade, she is just a dreamer. Sharpay has been working towards becoming a star since birth. Out of all the classmates at East High, Sharpay and Ryan were the only two who actually yearned for a career in acting, rather than just starring in a play for a hobby.



Ben Gibbons - Year 11

Ryan Evans

Ryan Evans is one of the main characters of High School Musical. He's co-president of the Drama Club with his fraternal twin sister Sharpay, with whom he's co-starred in seventeen school productions to date.



Jaive McEwan - Year 12

Chad

Chad Danforth is the best friend, co-captain and fellow basketball teammate of Troy Bolton.

At first, he's against Troy's "singing thing" and with the help of Taylor McKessie, he plots to stop Troy and Gabriella Montez from singing.



Brooke Matera - Year 12

Taylor

She and Chad Danforth, Troy Bolton's best friend, try and stop Troy and Gabriella from continuing to pursue the roles of Arnold and Minnie in the winter musical because of their time spent practicing instead of co-operating in their clique's activities. In the end though, she helps with the plan of getting Troy and Gabriella to the callbacks on time.

FROM THE DEPUTY PRINCIPAL—WELLBEING AND ORGANISATION

Over the past weeks I have had a number of conversations with parents regarding their child's low energy levels and how this is contributing to poor concentration in the classroom. When dissecting the contributing factors, the common denominator is poor or lack of sleep. Heading into the second half of the term, where there is increased pressure for students in regards to assessments, students can develop a heightened sense of anxiety. Now is a great opportunity to remind them that good sleep is essential for our wellbeing.



Just one night of disturbed sleep can leave us feeling cranky, flat, worried, or sad the next day. So it's no surprise sleeping problems, like difficulty falling asleep, not getting enough sleep, or regularly disrupted sleep patterns are associated with increasing levels of anxiety and depression.

Anxiety and depression, which can range from persistent worry and sadness to a diagnosed mental illness, is becoming more common and harmful amongst adolescents.

Understanding the many interacting factors likely to cause and maintain these experiences is important, especially for developing effective prevention and treatment interventions. And there is growing recognition sleep problems may be a key factor.

This means sleep problems can lead to anxiety and depression, and vice versa. For example, worrying and feeling tense during bedtime can make it difficult to fall asleep, but having trouble falling asleep, and in turn not getting enough sleep, can also result in more anxiety.

Although the exact mechanisms that govern the sleep, anxiety and depression link are unclear, there is overlap in some of the underlying processes that are more generally related to sleep and emotions.

Some aspects of sleep, like the variability of a person's sleep pattern and the impact it has on functioning and health, are still relatively unexplored and more research will help further our understanding of these mechanisms.

So what can we do as parents over the upcoming holidays to assist our children correct and improve sleep patterns in order to help alleviate some of the symptoms of both anxiety and depression.

Simply talking about sleep is very helpful, as it begins to engage teens and empowers them to open the discussion about some initial simple steps to improve sleep. These include setting a sensible weeknight bedtime (aiming for 8-9 hours of sleep), having a pre bed routine and abolishing late night electronic screen exposure.

Evenings need to be organised in a way that allows for adequate sleep hours. This means that school work, relaxing and social activities need to be completed at least 45 minutes prior to bedtime.

Over 90% of sleep issues will resolve themselves if these simple strategies are implemented.

The flow on effect should be noticed in with improvements in engagement, motivation, memory retention, mood swings and a reduction in lateness and absenteeism.

If you have any concerns relating to the wellbeing of your child, please do not hesitate to contact the College.



Kieran O'Dwyer
Deputy Principal
Wellbeing and
Organisation



GRADE 6 ACTIVITY DAY



We welcomed 165 Grade 6's from 18 different schools across South Gippsland to our Grade 6 Activity Day.

Grade 6's were divided into groups and experienced a number of activities including Maths, English, Humanities, PE and Science.

Hot Chocolate's at recess and BBQ lunch was provided followed by a whole group activity in the afternoon of building a spaghetti tower building!



SSV TENNIS



Pictured Above: Rachel Carlisle, Kate Little, Charlie Hall and Olivia Vuillermin



Pictured Above: Back - Alicia Marshman, Emma Carlisle Front - Taylor Mitchell and Jennifer Bals

We took three teams to Traralgon to play in the Regional Tennis Competition. All teams played well with the Year 8 Girls and Senior Girls off to the State Championships! Kate Little won 4-3 in the tie break (5-3) to win the Year 8 Flag and a spot in the State Finals !

YEAR 9 LAUNCH

PAINTING MURALS FOR BASS COAST DAY CARE IN WONTHAGGI

Mrs Herbert's class sourced a community group that were interested in adding some outdoor murals to their environment. We used images that were taken from two illustrated children's books. Our class initially had to prime the cement sheet and corrugated iron as well as work on colour studies to establish how we would paint the large murals.

Mrs Herbert placed us in groups and oversaw the work we produced. The work was then put up by Jack Brosnan in Term 2 and today we got to see how awesome our large paintings look at the Day Care Centre.



EQUESTRIAN TEAM

On Thursday May 3rd the Mary Mackillop College Equestrian Team met at Roosendale Farm, Outtrim, to participate in a Show Jumping Training Day lead by Molly Barry.

The riders participated in two group show jumping sessions, where invaluable experience and preparation for the upcoming ISJ Competition was held. The Team will be off to Ayr Hill Berwick next Friday to compete.



There are many riders from Mary Mackillop that come to participate in these training days ranging from Year 7 right through to Year 12. The riders that went to the first training day of the year include; Jade Kenny and Mackenzie Fleming Year 7, Brigette Tack Year 8, Lucy Phipps Year 9, and Sophie Newton, Alicia Marshman, Brigid Johnson, Trinity McInnes and Jocelin Ashley representing Year 10.

All riders are extremely grateful for the opportunity to be able to participate in these equine events which would not be possible without the organisation from Ms Winterhalter, who puts in a great deal of time and effort to organise these events.

All riders would like to thank Ms Winterhalter and Molly for their time and expertise as well as Dolly Joyce for allowing us to use her fantastic facilities, last but not least a huge thanks to all parents who helped out and made this day possible.

Jade Kenny Year 7



MACKILLOP 500



This year as part of the Walkathon fundraising, the Year 10 *Money and Markets* and Year 11 *Law and Finance* classes are running a special whole school event called 'The Mackillop 500'. The event will be based on the Phillip Island V8 Supercars.

Each homeroom is invited to enter by contributing a minimum \$50 entry fee. It would be great if everyone was to contribute even more towards the fundraiser. We will supply the large cardboard box for your homeroom to make your 'car'. One 'car' per homeroom.

To seek sponsorship to raise your entry fee, you need a letter of authorisation from Mrs Lafferty or Mrs Leslie before approaching a business. You may have multiple sponsors.

Each homeroom will need to select 3 girls and 3 boys from that homeroom to be the drivers. There will be a pit stop on the track where each homeroom MUST change their female drivers to their male drivers.

Each homeroom will compete in a year level race. The winners of the year level race will go into the finals and will race against all the other year level winners and a team of teachers to compete in the ultimate race - The Mackillop 500.

There will be food stalls provided by the Year 11 Business Management class selling donuts, chicken nuggets, drinks, sausages and more and also activities on the day. There are prizes for first, second, and the best looking 'car'.

The Mackillop 500 will be run on Wednesday 6th June from 12:10-2:00pm.



SSV FOOTBALL AND NETBALL

On the 9th of May, the Senior Footballers went to Leongatha Football Ground to play against Wonthaggi. We started off a bit slow for the first half but big performances from Jacob Lamers, Will Little, Will Littlejohn, Jarvis Pryor and Tom Vanderkolk in the 2nd half got us over the line to win by 10 points with everyone working well as a team which was fantastic to see. The boys will now prepare for the next level where we will take on the best from Gippsland.



An enthusiastic group of Junior Netballers and their coaches, set out for a fun and physical day of SSV Netball at the Leongatha Town Courts on Wednesday May 9. The teams played either three or four games throughout the day, with one of our Year 7 teams making it to the Grand Final and winning! All the netballers put in their best effort and played extremely well. It was terrific to see everyone playing fairly and promoting Mary MacKillop school values beautifully. A huge congratulations to you all!

MARY MACKILLOP COLLEGE CHESS CLUB

Mary MacKillop College successfully launched its Chess Club in the Library on Wednesday 2nd May and held its final tryouts on Thursday 10th May.



It's wonderful to observe students voluntarily engaged in such an intellectually challenging activity, giving up their valuable recreation time to broaden their problem solving skills, abstract reasoning, strategic thinking and sportsmanship. We are looking forward to watching the development of this Club and its players, and we are excited for the opportunities it will present for future competitions.



SSV ATHLETICS

Congratulations to the Mary MacKillop SSV Athletics Team who journeyed to the Carmody Athletics Track at Newborough to successfully defend their South Gippsland Athletics title to match the efforts of our swimmers from Term One.

Several students won Individual Age Group Champion Titles on the day:

Ada Hill U/13 Female Champion 2018

Ethan Bath U/21 Male Champion 2018

Mikey House U/17 Male Champion 2018

Cade James U/16 Male Champion 2018

Georgia Burns U/14 Female Champion 2018 and U/14 High Jump Record of 1.5 metres

In addition, several teams also won their age group shields. Junior Girls and Intermediate Boys brought shields back which are proudly displayed in the student foyer. Both our girls and boys teams won the overall aggregate championship shields which, when combined saw the team return the John Trotman Cup to the College as Grand Aggregate Athletics Champions for back to back wins. Such wins are a tribute to the efforts of all team members who contributed to the school's points total by days end.

Well done to all and we look forward to taking our largest contingent of students to the regional meet with forty-three students, representing the College in late term three at the SSV Gippsland Championships.



MUSIC, DRAMA AND ART CLASSES

Music, Drama and Art classes are now being offered at the newly opened Thrive Studio in Wonthaggi (located next to Kip McGrath). Students and Adults now have the opportunity to learn from local professionals in a range of workshop based classes including Exploring Drawing, Ukelele and Guitar Workshops, Drama and Singing.

For any interested primary, secondary students and adults please contact- admin@thrivestudio.com.au or call 0491087846 or visit www.thrivestudio.com.au or enquire with Miss Poletti here at school.



IMPORTANT DATES AND REMINDERS

CANTEEN NEWS

TERM 2	
Monday 14 May	Kate O'Halloran
Tuesday 15 May	Krista Evans
Wednesday 16 May	Chris Ruigrok
Thursday 17 May	Nena Caithness
Friday 18 May	Julie Schnoor

TERM 2	
Monday 21 May	Rebecca Little
Tuesday 22 May	Cathy Waldron
Wednesday 23 May	Rebekah Clarke
Thursday 24 May	Tracey Mandemaker
Friday 25 May	Tanya Dove

TERM 2	
Monday 28 May	Rachel Cameron
Tuesday 29 May	Anna Hudson
Wednesday 30 May	Sita Morcom
Thursday 31 May	Kristy Leys
Friday 1 June	Janet Phillips

TERM 2	
Monday 4 June	Emmanuel Vella
Tuesday 5 June	Rebecca Coulter
Wednesday 6 June	Linda Tack
Thursday 7 June	Nena Caithness
Friday 8 June	STUDENT FREE DAY

2018	
Mon 14 May	SCHOOL PHOTOS
Tues 15 May	Year 7 NAPLAN Online
Wed 16 May - Fri 18 May	Year 8 Camp
Wed 16 May	Year 9 NAPLAN Online
Thurs 17 May	Year 7 NAPLAN Online
Friday 18 May	Year 9 NAPLAN Online
Sat 26 May	Debutante Ball
Sat 26 May - Sat 2 June	New Caledonia Trip
Tuesday 5 June	P & F Meeting - 7.30pm Board Room
Friday 8 June	STUDENT FREE DAY

2018	SPORT
Wed 23 May	Cross Country
Mon 28 May	Gippsland Cross Country
Tues 5 June	SSV Boys & Girls Soccer
Thurs 14 June	Regional Cross Country

UNIFORM SHOP & CANTEEN

Uniform Shop is open each Friday from 12.50pm - 1.35pm

P & F require helpers for Uniform Shop *Fridays 12.45pm – 1.30pm*

P & F also require helpers for Canteen which is open Monday - Friday

If you could lend a hand please contact the General Office with available dates and we will be in Contact.

PARENTS AND FRIENDS COMMITTEE

MARY MACKILLOP COLLEGE PARENTS AND FRIENDS AGM

PRESIDENTS REPORT 2017/18 - 8TH MAY 2018

As President of the Mary MacKillop College Parents and Friends Association for 2017/18, I would like to say a special "Thank you" to all the P&F Committee members who have attended meetings and come up with ideas, helped with requests of all kinds and with fundraising activities.

Firstly I wanted to acknowledge Mrs Samantha Wearne, who unfortunately lost her battle with Cancer this year, for being a long term contributor to the Mary MacKillop Parents & Friends Committee, including positions as Treasurer, Advisory Council representative and member and Deb Ball organiser. Sam never hesitated to volunteer her services at the College and we thank her for all her hard work, generosity and dedication for so many years. Sam will be sadly missed by all who knew her, and our condolences go out to Sam's family.

Thank you to all the Committee members, parents and carers in our school community who have been involved in many of our activities, especially those who volunteer their time to help out in the Canteen and Uniform Shop, and participation in our fundraising opportunities throughout the year, whether it be selling or buying raffle tickets, helping at BBQs, buying pies or Hot Cross Buns, every little contribution goes a long way!

To the Office Staff who help in the background of all our events, your hard work is greatly appreciated. And once again the P&F has had full support from our Principal, David Leslie and the Advisory Council.

Lastly I would like to sincerely thank the 2017/18 P&F Committee Members, Secretary Alanna Begg (it is her last year with the Committee this year), Treasurer Sam Wearne and Tracey Mildenhall (who stepped in for Sam when she got sick), Sarah Wolf as our representative on the College Advisory Board, Fran Backman as Canteen Manager, Uniform Shop Co-ordinator Catherine Riseley and Donna Wylie as Deb Ball organiser. I truly appreciate your willingness to step up and volunteer your time and expertise to the smooth running of the Committee and our endeavours throughout the year.

Everyone's enthusiasm has resulted in a rewarding and enjoyable year for me as President. I highly recommend any and all parents getting involved in the P&F, whether that be by nominating for (and possibly joining) the Executive Committee, or participating in General Meetings and volunteering to help with events and activities.

Best wishes for another successful year to come.

Donna Muldoon - President Parents & Friends Association

INFORMATION FROM THE ADMINISTRATION OFFICE

WORKING WITH CHILDREN'S CHECKS

It is compulsory for anyone coming into the College, including parents who volunteer in the Uniform Shop or Canteen, to have a current Working with Children's Check (WWC).

You can apply to get a free one through this website <http://www.workingwithchildren.vic.gov.au/> by

clicking volunteer in the application process, and putting our College down as the school.

For further information please contact College Reception.

SCHOOL PHOTOS

MONDAY 14 MAY

Please ensure all students wear full winter uniform

ATTENTION ALL PARENTS

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.

February/March 2018—Application forms to be completed and lodged with schools. However, the schools will be able to accept and process applications up until the end of term two.

1 March 2018—CSEF payments to school will commence from this date onwards. Regular payment runs will occur throughout terms one and two.

Families wishing to apply for the payment should visit the CSEF website at www.education.vic.gov.au/csef and download an application form, complete and return to school by **22nd June**, or alternatively pickup an application form from the College office.

If you have any questions please do not hesitate to contact the College office on 5662 4255.

