



*The Wisdom  
of the Lord Teaches us*

# Mary MacKillop College

## Newsletter

Term 1  
23 February 2018



*"Let our Courage  
Rise."*

*Mary MacKillop*

Newsletter on our website  
[www.mackillopleongatha.catholic.edu.au/newsletter](http://www.mackillopleongatha.catholic.edu.au/newsletter)  
also available on the College Parent Portal - PAM

### MESSAGE FROM THE PRINCIPAL

## *This Weeks Prayer*

God, I pray for  
my prayer life to become  
vibrant and strong in this season  
of Lent. I pray that Your voice,  
even though a whisper, would  
ring loud and true in my life.

I pray for the courage and  
boldness to follow wherever

You lead me, to love and serve  
whomever and however

You invite me.

*Amen.*



We are now in the season of Lent. The forty days of Lent are a time of preparation for the great feast of Easter, when we commemorate Christ's rising from the dead. St. Paul and the early Christians called this the Good News – that by rising from the dead, Jesus Christ has conquered death for all of us as well – this is our central belief as Christians. Because the Son of God was willing to die for us in order to rise again, we are called to live lives that reflect our gratitude for being saved. On Ash Wednesday, we wear ashes on our foreheads as a sign of our intention to try to be better people. I challenged our students to leave their ashes on all day, and I am pleased to report that a large number did. The traditional observance of Lent involves abstinence (giving something up), prayer and almsgiving to those less fortunate than ourselves. As we race towards Easter, let's all try to spare a moment to consider: "How will I prepare myself to be a better person this Lent?"

The school year is well and truly running now and we have already had a number of key whole school events. Last week saw our Swimming Sports at Mirboo North followed by the Opening and Ash Wednesday Mass held at the College. It was great to see so many parents and friends come along to support our students at both these events.

Tuesday this week saw our students compete in the SSV Regional Swimming Sports at Korumburra pool. Our students did very well, coming home with the Boys' Aggregate Shield and the Overall Aggregate Shield. Individual successes included Under 15 Boys Champion Kelsey Dal Pozzo, Under 17 Girls Tomei Dal Pozzo and Under 20 Girls Brooke Whiteside. Congratulations to these three and the whole team on a great performance.

Cyber-Safety is an area where parents can make a huge difference. On Wednesday evening, we hosted a cyber-safety presentation to parents and friends by Susan McLean, who is one of the foremost experts in Australia on this topic. We had a good turnout of parents who all gained a lot from the evening. We will continue to offer presentations throughout the year on various topics. Keep an eye out in future newsletters and on our Facebook page.

Our College Captains, Meghan Minogue and Bailey Patterson spent 5 days in Sydney with Ms Kalos and Ms Poletti along with 80 students from Josephite schools in Australia and New Zealand who are gathered for the Annual JJAMM (Joseph, Julian and Mary MacKillop) Student Leadership Conference. Ms Kalos and Ms Poletti performed their Mary MacKillop Song – Walk me in your pathways - at the Commissioning Mass held at the Chapel in MacKillop Place, Sydney.

Next week we have Year 9's, Year 7's and VCAL all heading away on their respective camps. This is a great experience and always a highlight of the year. We wish them and their teachers well as they head off on their adventures.

Our College Open Day is coming up on Friday 9 March, between 9am and 1pm. We welcome everyone to come and have a look at the College in operation. There will be student-led tours on the day, information about the College available and senior staff on hand to answer any questions. If you have friends with primary age children, do them a favour and suggest they come and see Mary MacKillop College at work.



**David Leslie**  
Principal



*"Let our Courage Rise" Mary MacKillop*



## FROM THE DEPUTY PRINCIPAL CATHOLIC IDENTITY AND MISSION

This week our College embarks on a journey of love support and financial fundraising to support Caritas and their annual Project Compassion Appeal. Our College Justice captains will be distributing boxes to families. Please support the fundraising by placing your box in a prominent place in your home. Fill the box with left over coins and return it in the last week of Term One to the Student Administration area. Funds will then be distributed to Caritas.

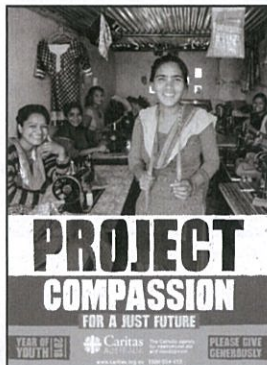
### Project Compassion Story One

#### *Week 1: Janaki, Nepal*

Gospel readings this week remind us of the faithfulness of God and God's desire that we participate and be in relationship with all creation. In the first letter of St Peter highlights Jesus' mission: to lead us to God. In the Gospel story of the tempting of Jesus in the desert, a version of which is proclaimed every year on this first Sunday of Lent, we learn of Jesus' 'stay' in the wilderness. In biblical times the wilderness or the desert is often 'code' for a time of searching, even challenge. If we think about the desert, we imagine a dangerous place, a lonely place where people get lost and confused. The wind blows and the whole landscape changes. It is also the place where our God who is ever faithful and always present speaks into our hearts in the silence and loneliness of our own desert experiences.

The Caritas Australia Project Compassion story this week tells us of Janaki. Her story suggests that she too has experienced a time of wilderness in her life. She grew up in a world of poverty and disadvantage in Nepal and was forced to marry at an early age. Janaki made a number of choices that put her on the path to a better future. She joined a youth club where she took part in training and was encouraged to follow her dream of having her own sewing business. She took a loan from the youth club to purchase her first sewing machine and two years on, Janaki is living a life of independence and influence. She has 11 sewing machines and is running her own business, as well as teaching others how to sew. She is considered a role model in the community. Janaki was committed to following her dream of having her own business. With the supportive relationships of Caritas Australia's partners, Caritas Nepal and Ekata Foundation Surkhet, Janaki gained the confidence and the skills that empowered her to support herself and her family. In the words of her mother Khima, "due to her we are able to live a happy life."

The Project Compassion theme is 'A Just Future'. For Janaki and others in her community, a just future started with empowerment. Janaki's story reminds us of the words of Pope Francis when speaking to young people he said, 'let us not be satisfied with a mediocre life. Be amazed by what is true and beautiful, what is God.'



As Pope Francis said, "Cultivate with love the seeds of goodness, beauty and truth that God sows in every new generation".

Through your generosity during Project Compassion this year, you are empowering young people to build a just future for themselves, their families and their communities.

#### **A Just Future starts with your support!**

You can also make a donation by visiting

[www.caritas.org.au/projectcompassion](http://www.caritas.org.au/projectcompassion)

Or by phoning 1800 024 413



**Project Compassion**

**First Week of Lent**



In Nepal, a Caritas Australia supported program has helped Janaki turn her life of poverty and disadvantage around. She is now running her own successful sewing business and has become a role model in her community.

**Please donate to Project Compassion 2018 and empower vulnerable young people like Janaki in Nepal to build a just future for themselves, their families and their communities.**

**A Just Future starts with your support!** You can donate through Project Compassion boxes/envelopes, visit [www.caritas.org.au/projectcompassion](http://www.caritas.org.au/projectcompassion) or phone 1800 024 413

**John Ryan**

**Deputy Principal  
Catholic Identity  
and Mission**





## FROM THE DEPUTY PRINCIPAL—WELLBEING AND ORGANISATION

There is no doubt that emotions impact our wellbeing. Consider a moment of joy at the sight of another person's face, feeling awe as you stop to take in a unique sunset, the pride you feel when your loved ones succeed. Such moments have the power to shape our perspective and our sense of purpose. When positive emotions outweigh negative emotions our wellbeing is greater, we are more protected from mental health problems and more open to the possibilities that life offers.

Through the BEING COURAGEOUS program the students have explored the concept of mindfulness. Often described as a state of being in the present, students have been shown the various techniques such as colouring, photography, music, eating and meditation. Both staff and students are implementing mindfulness into their day to allow them the opportunity to stop and increase their awareness of what is occurring around them and help reframe their thinking when they become distracted in class.

In order to mindfully colour, eat or listen to music:

1. **Set aside some time** - You don't need a meditation cushion or bench, or any sort of special equipment to access your mindfulness skills—but you do need to set aside some time and space.
2. **Observe the present moment as it is** - The aim of mindfulness is not quieting the mind, or attempting to achieve a state of eternal calm. The goal is simple: we're aiming to pay attention to the present moment, without judgement. Easier said than done, we know.
3. **Let your judgments roll by** - When we notice judgements arise during our practice, we can make a mental note of them, and let them pass.
4. **Return to observing the present moment as it is** - Our minds often get carried away in thought. That's why mindfulness is the practice of returning, again and again, to the present moment.
5. **Be kind to your wandering mind** - Don't judge yourself for whatever thoughts crop up, just practice recognizing when your mind has wandered off, and gently bring it back.

That's the practice. It's often been said that it's very simple, but it's not necessarily easy. The work is to just keep doing it.

On Wednesday 21<sup>st</sup> of February the Year 7 and 8 Students heard from Susan McLean. Susan is Australia's foremost expert in the area of Cyber safety and young people. Students listened as Susan discussed key points such as – our digital footprint, with particular emphasis on value prospective employers place on what they see on our Facebook pages

Some of the feedback from students was:

*"The session helped me understand the dangers of social media and how to avoid them, so when I do join the sites – I am aware, safe and keep my details private".*

*"I took away from the talk strategies to ensure I leave a sensible digital footprint".*

*"Susan was engaging and real. Her examples made me think about what me and my friends do and say online".*

*"I went home and told my brothers about what we had learned and how they can and need to be more safe online"*

"A key objective of the BEING COURAGEOUS program is to not only empower the students but also help educate the community about student wellbeing and safety. Following on from her presentation to the students, Susan spoke with parents about the role they play in enhancing their child's safety. Susan's key message to the parents is outlined below:

### Cyber Safety Tips!

Children Under 13 ARE NOT ALLOWED on Facebook, Instagram, Kik, SnapChat, iTunes and many more. Don't support your child to break the rules & they won't be the only one without these accounts. Learn to say NO!

Social Networking Profiles MUST BE SET TO PRIVATE. Use all the security settings available to make the site as safe as possible.

Make sure that your children understand that they will not get in trouble if they tell you about a problem.

All internet enabled devices (iPad, phone, iPod, Xbox) SHOULD be in a common area of the house NOT IN THE BEDROOM! Need an alarm - buy a clock radio!

As a College, we ask that all parents support their child's learning by having important conversations about Cyber Safety at home. In the coming weeks a series of facts and points of information will be included in the wellbeing section of the newsletter, targeting the main issues of concern with Cyber Safety, what to look out for and how to manage them.

The College will look to hold another Wellbeing Information night during Term 2.

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**IMMUNISATION FORMS TO BE  
RETURNED BY MONDAY 5TH MARCH  
2018**

\*\*\*\*\*

Kieran O'Dwyer  
Deputy Principal Wellbeing  
and Organisation





# MARY MACKILLOP COLLEGE

## House Swimming Sports



### AGE CHAMPIONS

**U13 Female**  
Phoebe Hinds

**U13 Male**  
Flynn Lord

**U14 Female**  
Lily Maxwell

**U14 Male**  
Patrick Duncan

**U15 Female**  
Kelsea Schnoor

**U15 Male**  
Kelsey Dal Pozzo

**U16 Female**  
Arlie Whiteside

**U16 Male**  
Tyler Newton

**U17 Female**  
Tomei Dal Pozzo

**U17 Male**  
Will Little

**U21 Female**  
Brooke Whiteside

**U21 Male**  
Jarvis Pryor  
Owen Schnoor  
Matthew McGannon



### HOUSE RESULTS

1st Tenison - 578

2nd MacDonald - 468

3rd Cameron - 373

4th Chisholm - 330





## YEAR 7 ACTIVITY DAY

Activity Day for Year 7's this year was another great chance for students to experience a different day of learning with some of their teachers and co-ordinators. Also, another opportunity to meet peers across their Year Level before settling into what we hope are even stronger friendships that reflect our Mary MacKillop values of openness and inclusiveness.

Students were given a final immersion into College life, separated into house groups for the day while rotating through three different activities:

- ♦ Mac Attack (learning some basic's about using their computer) with Ms Dudman and assisted by Mr Duckmanton.
- ♦ Active Learning (understanding out four pillars of success – *Making Connections, Being Courageous, Thinking Deeply, Taking Ownership*) with Mrs Johnston, Mrs Leslie and Ms Mondous.
- ♦ Mindfulness and Juggling (learning the techniques of being present and in the moment while practising the belief - 'you can do anything.') with Mr Muranty and Mrs Licciardi (School Counsellor).

To make students even more connected to their older peers a Barbeque was prepared and served for all Peer Support Leaders with Mr Pearce and Ms Backman lending a hand to guide the way.

A big thanks and congratulations to all teachers and staff who contributed with classroom changes and some difference in their day to support this program.



## OPEN DAY

Friday 9 March 2018

9am-1pm

*See us at work*



**Mary MacKillop College  
South Gippsland**

Principal: Mr David Leslie

For further information please contact:

[info@mmcrc.catholic.edu.au](mailto:info@mmcrc.catholic.edu.au)

Ph: 03 5662 4255

[www.makillopleongatha.catholic.edu.au](http://www.makillopleongatha.catholic.edu.au)



## PROGRAMMING CHALLENGE FOR GIRLS

Students who partake in PC4G Participate in 3 x 2 hour workshops, where students try out coding in an approachable, fun, challenging and educational environment through the program ALICE.

These sessions have been designed to support students in using ALICE, where they create animations, build interactive narratives and program simple games in 3D. This program encourages learning through creative exploration.

At the end of the school year, these students are invited to compete in the PC4G finale, where they put their coding skills to the test in the final competition.

On Thursday 15th February Cassandra, Lily and Isobel went to the University in Melbourne for the PC4G (Programming Challenge 4 Girls). We went on the V-Line bus from Leongatha at 5:40am got to Melbourne around 9am. It took this long because one of the buses on the way broke down so it took an extra 45mins to get to Melbourne.

We finally got a tram that got us to the University and found the right room, we started using an app called 'ALICE'. Alice is an app that lets you explore the movements and directions of figures. We finished the program and after that we got to see a \$1500 Robot that could recognise faces to names. We got a look and for fun the robot did dancing (to Gangnam Style) and did some karate as well.

We went back to the trams and trains and they were better than how the day started off.

We ate Sushi and got back on the V-Line bus back to Leongatha.

By Isobel Pedley



Pictured Above

Lily Smith, Isobel Pedley and Cassandra Scimonello

## YEAR 10 PEER SUPPORT LEADERS

The Peer Support Leaders of Year 10 have been busy preparing and delivering lessons for their Year 7 groups. The lessons are designed to help the Year 7 students settle into the Mary MacKillop community and get to know how things work around the school. The Peer Support Leaders received a certificate at our recent middle school assembly, in recognition of their involvement in this valuable program.



Only some of the Peer Support Leaders are pictured above.

The Leaders consist of: Laura Brennan, Dassa Main, Brock Furness, Jade Hamilton, Tahlia Hill, Rowan Hercus, Natalie Sinclair, Aljon Miel, Aaron Trease, Ainslee Logan, Arlie Whiteside, Samantha O'Brien, Joshua Wright, Lani Zizic, Chloe Simpson, Jordy Green, Tyler Newton, Trinity McInnes, Louise Colwill, Adam Watchorn, Daniel Biro, Darci Holmes, Rory Hanks, Lily Worsfold, Charlie Adkins, Lisa Whiteside, Sharon Sabu, Isabella Thorpe, Tahlia Jones, Jess Wolf, Zahli Charlton and Ben Jones



## IMPORTANT DATES AND REMINDERS

### CANTEEN NEWS

<b>TERM 1</b>	
<b>Monday 26 February</b>	Kate O'Halloran
<b>Tuesday 27 February</b>	Kerrie Fleming
<b>Wednesday 28 February</b>	Tess Sweeney
<b>Thursday 1 March</b>	Nikki McCurdy
<b>Friday 2 March</b>	Nadia Patton

<b>TERM 4</b>	
<b>Monday 5 March</b>	Rachel Cameron
<b>Tuesday 6 March</b>	Marianne Bloye
<b>Wednesday 7 March</b>	Chris Ruigrok
<b>Thursday 8 March</b>	Jenny Delaney
<b>Friday 9 March</b>	Michelle Witteveen

<b>TERM 4</b>	
<b>Monday 12 March</b>	LABOUR DAY HOLIDAY
<b>Tuesday 13 March</b>	Julie Bloye
<b>Wednesday 14 March</b>	Kate Hocken
<b>Thursday 15 March</b>	Louise Keily
<b>Friday 16 March</b>	Julie Schnoor

<b>TERM 4</b>	
<b>Monday 19 March</b>	Tamara Treacy
<b>Tuesday 20 March</b>	Anna Hudson
<b>Wednesday 21 March</b>	HOUSE ATHLETICS
<b>Thursday 22 March</b>	Robyn Colwill
<b>Friday 23 March</b>	Belinda Brennan



### PARENTS & FRIENDS EASTER FUNDRAISER

The P & F have decided to hold a Hot Cross Bun Easter Fundraiser instead of the Easter Raffle this year. Order forms have been sent home with students and are available on Flexibuzz or from the College Office

<b>2018</b>	
Mon 26 Feb - Fri 2 Mar	Year 9 OEG Camp
Wed 28 Feb - Fri 2 March	Year 7 Camp
Wed 28 Feb - Fri 2 March	VCAL Camp
Fri 2 March	Year 7-10 Boys Super 8's Cricket Year 7-12 Girls Tennis Year 7-12 Boys & Girls Volleyball
Tues 6 March	Year 7 Welcome Mass
Fri 9 March	Year 7-10 Girls Super 8's Cricket Year 7-10 Boys Tennis
Mon 12 March	<b>LABOUR DAY NO SCHOOL</b>
Thurs 15 March	Gippsland Regional Swimming
<b>Wed 21 Mar</b>	<b>House Athletics</b>
Thurs 22 March Tues 27 March	Parent Student Teacher Interview
Thurs 29 March	<b>LAST DAY OF TERM 1</b>



### HOMEWORK CLUB 2018

**All students are Welcome**

**Tuesdays 3.30 - 4.30pm**

**Commencing on 6th March**

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

**A small snack will be provided for afternoon tea**

### 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.





# \$500 to help with education costs for you or your children

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for education costs.

- |  |  |
|--|--|
|  laptops & tablets    |  uniforms & shoes     |
|  vocational education |  lessons & activities |

To join Saver Plus you must meet all of the below criteria:

- have a Centrelink Health Care or Pensioner Concession Card
- be at least 18 years old
- have some regular income from work (you or your partner)
- have a child at school or attend vocational education yourself.

## Contact

your local Saver Plus Coordinator

## Phone

Call or SMS your postcode to 1300 610 355

## Email

saverplus@bsl.org.au

## Web

[www.saverplus.org.au](http://www.saverplus.org.au)



Saver Plus is an initiative of Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The Program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.



## IMPORTANT REMINDERS

### 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](http://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

#### TOWN BUS FARES FOR 2018

Single/One Way	\$1.20
Return/Two Way	\$2.40
Weekly (Monday-Friday)	\$11.20
Term 1	\$67.20
Term 2	\$83.20
Term 3	\$78.40
Term 4	\$84.80
Half Yearly	\$156.80
Yearly	\$313.60



It is an offence to travel without a ticket  
Please have correct change if possible  
Enquiries to Winbus Pty Ltd - 0428 551 145



#### MATHS HELP



Year 7 - 12

Tuesdays - Room 17 - Lunchtime

ALL STUDENTS WELCOME



#### ENGLISH HELP



Year 7 - 12

Tuesdays - Room 19 - Lunchtime

ALL STUDENTS WELCOME



### Duncan's Run

Gippsland's Ultra Marathon

A stunning Gippsland trail event held in memory of runner Duncan Orr.

Saturday 24 March 2018.  
Grand Strzelecki Track, Tarra Bulga,  
Gippsland, Victoria.

Come and run the stunning Grand Strzelecki Track in Tarra Bulga, part of the iconic Strzelecki Ranges.

The track is mostly trail and consists of loops, passing through the Balook visitor's centre.

Discounts for Traralgon Harriers and AURA members.

Proudly supported by



Events:  
Solo 50km,  
Solo 21km,  
Solo 6km.

For more information go to  
[www.duncansrun.com.au](http://www.duncansrun.com.au) or  
[www.facebook.com/duncansrun](https://www.facebook.com/duncansrun)



### St Laurence Netball Club



ST LAURENCE NETBALL CLUB

Invites you to our

NETBALL REGISTRATION and UNIFORM FITTING

Afternoon for LDNA 2018 Season on

SATURDAY 3RD MARCH from 9-11am at

LEONGATHA NETBALL CLUB ROOMS

All Welcome Juniors from Age 8 & above (under 11 Age Section) to Age 17 & Under, and Senior Sections A, B & C.

Boys are welcome up to the Age of 17

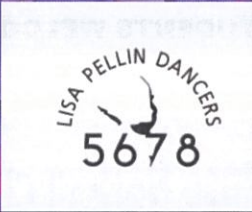
NEW PLAYERS WELCOME



LPD 5678  
Count me in

## LISA PELLIN DANCERS

*Classes available in all dance styles from  
beginners to advanced*



Classes resume Monday Feb 5th

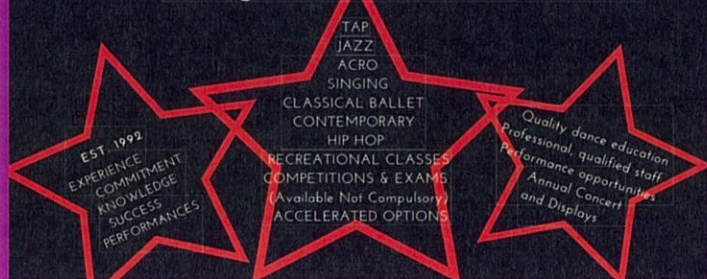
Classes filling fast

FOR MORE INFORMATION

Contact Lisa phone 56625452

email [lpd5678@gmail.com](mailto:lpd5678@gmail.com)

Leongatha, Foster & Inverloch



## South Gippsland Girls Under 16 Program



Kick off from 5:30pm



Gene Parini (GippSport) via  
[gene@gippsport.com.au](mailto:gene@gippsport.com.au) or  
0428 358 335



Mary MacKillop College,  
Horn St, Leongatha



13 - 16 year old females  
(Born in 2002, 2003 &  
2004)



\$20 for 4 week program

All players are invited to the end of  
program BBQ on Thursday 29 March!

**EVERYONE WELCOME - NO PREVIOUS  
FOOTBALL EXPERIENCE NECESSARY!**



*"respect all, fear none"*

## SOUTHERN FUSION NC DEVELOPMENT CLINIC

**CALLING ALL NETBALLERS AGED 7 - 15 YEARS OLD**

The first clinic in 2018 provides opportunities for players to get a feel  
of what Southern Fusion is all about.

- We deliver an elite game based program
- We give every player individual feedback for their future
- We advance all players fundamentals of netball

### DETAILS

**WHEN:** 4<sup>TH</sup> MARCH 2018

**WHERE:** LEONGATHA NETBALL COURTS – Wild Dog Valley Rd

**WHAT:** ATTACKING SKILLS – 9AM – 11AM

DEFENDING SKILLS – 11AM – 1PM

**COST:** \$20 PER SESSION OR \$30 FOR DOUBLE SESSION

**REGISTRATION:** PLEASE REGISTER VIA THIS LINK - [goo.gl/ZNyyRp](http://goo.gl/ZNyyRp)  
(Registrations can be made on the day)

Further dates for clinics will be advertise over the coming weeks.

We also have a 4 week Under 9's Training Camp coming up. Keep an  
eye on our website for further information.

