



*The Wisdom
of the Lord Teaches us*

Mary MacKillop College

Newsletter

Term 4
12 October 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 ACTING PRINCIPAL

Welcome back to all families and students for Term 4. I hope that everyone had a safe and restful holiday break.

Our Year 12's have been busy over the holidays revising over their work. Families can assist their students by reinforcing the balance or regular meals, exercise and sleep. The end of schooling is a significant milestone in everyone's' lives. We want our students to enjoy it and for all of us to enjoy celebrating it with them. Students will be reminded about College expectations around end of year celebrations and the consequences they could face if these are not met.

This week is Mental Health Week – we are celebrating over two weeks to allow students away at camp this week to participate in activities that have been prepared. It presents a wonderful opportunity for us as a school community to learn more about mental health. There have been a number of activities organised around the school for students and staff to participate in including Mindfulness Sessions, Mood Food Cook-off and Photography Competition. We also have guest speaker Craig Harper attending on Wednesday 17 October, there will be staff, student and a parent/community session – I encourage you to come along and

listen to Craig. On Thursday 18 October there will also be a mini expo for students with a number of services coming along.

The last week of Term 3 a group of Year 10 and 11 students and teachers headed out for a Central Australia trip and returned in the middle of the school holidays. Our Year 9's also departed on Wednesday this week for their 3 day city experience camp.

We look forward to welcoming Grade 5's on Thursday 25 October – these students are coming to 'discover' our College for the day as part of our transition program from primary to secondary school! Their parents and families will be making decisions and preparing to send their son/daughters to secondary school in 2020. Please make sure you have completed a form for your Grade 5 child to attend and return it to the College Office. Enrolment applications for entry into Mary MacKillop College are at record highs. If you have family or friends with a child to enrol, please tell them to watch deadlines to avoid disappointment.

Next week our Year 12's finish their formal schooling on Friday 19 October. There are festivities at school in the morning with the farewell assembly in Pioneer Hall. All parents & families are welcome to join us. That evening we have the Valedictory Mass at St Joseph's Wonthaggi commencing at 6pm, followed by Dinner at the Silverwater Resort, San Remo. It is always a most enjoyable night, I look forward to seeing our graduands and their families there.

This Weeks Prayer

Heavenly Father,

You know every decision I need to make
and every challenge I face. Please forgive
me for the times that I try to figure this
life out on my own. I need you. I need
Your Holy Spirit to give me strength,
wisdom, and direction. *AMEN*

John Ryan

Acting Principal



**We are now on
Instagram!
Mary MacKillop College -
SG**



"Let our Courage Rise" Mary MacKillop

MENTAL HEALTH WEEK 'FIND YOUR GLOW'

It's an expression we use every day, so it might surprise you that the term 'mental health' is frequently misunderstood.

'Mental health' is often used as a substitute for mental health conditions – such as depression, anxiety conditions, schizophrenia, and others.

According to the World Health Organisation, however, mental health is “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community.”

So rather than being about 'what's the problem?' it's really about 'what's going well?'

To make things a bit clearer, some experts have tried coming up with different terms to explain the difference between 'mental health' and 'mental health conditions'. Phrases such as 'good mental health', 'positive mental health', 'mental wellbeing', 'subjective wellbeing' and even 'happiness' have been proposed by various people to emphasise that mental health is about wellness rather than illness. While some say this has been helpful, others argue that using more words to describe the same thing just adds to the confusion.

As a result, others have tried to explain the difference by talking about a continuum where mental health is at one end of the spectrum – represented by feeling good and functioning well – while mental health conditions (or mental illness) are at the other – represented by symptoms that affect people's thoughts, feelings or behaviour.

Research shows that high levels of mental health are associated with increased learning, creativity and productivity, more pro-social behaviour and positive social relationships and with improved physical health and life expectancy. In contrast, mental health conditions can cause distress, impact on day-to-day functioning and relationships, and are associated with poor physical health.

But it's important to remember that mental health is complex. The fact that someone is not experiencing a mental health condition doesn't necessarily mean their mental health is flourishing. Likewise, it's possible to be diagnosed with a mental health condition while feeling well in many aspects of life.

Ultimately, mental health is about being cognitively, emotionally and socially healthy – the way we think, feel and develop relationships - and not merely the absence of a mental health condition.

An initiative of the World Federation for Mental Health, Mental Health Week has allowed the College to raise public awareness of mental health issues. The Wellbeing Team has created a focus on ensuring the whole school recognises the part we play in allowing students to Find Your Glow.

The theme College theme 'Find Your Glow' challenges both the staff and student's perceptions about mental illness and encourages everyone to look at mental health in a more positive light, in an effort to reduce stigma and make way for staff and students to seek the help and support they deserve. Both staff and students have been provided with a glow in the dark wrist band which is to serve as an active reminder of the importance of mental health.

The staff and students have the opportunity to be involved in a range of awareness activities such as but not limited to Photography, Cooking, Yoga and Mindfulness Classes, Guest Speakers, Mental Health Expo and the screening of TED Talks exploring positive emotions such as Happiness, Gratitude and Relaxation.

All sessions have been staffed so that any concerns can be answered and follow up discussions have centred on not delaying or preventing people from wanting or feeling able to seek help.

Kieran O'Dwyer
Deputy Principal
Wellbeing and
Organisation



MIDDLE SCHOOL CHESS TEAM

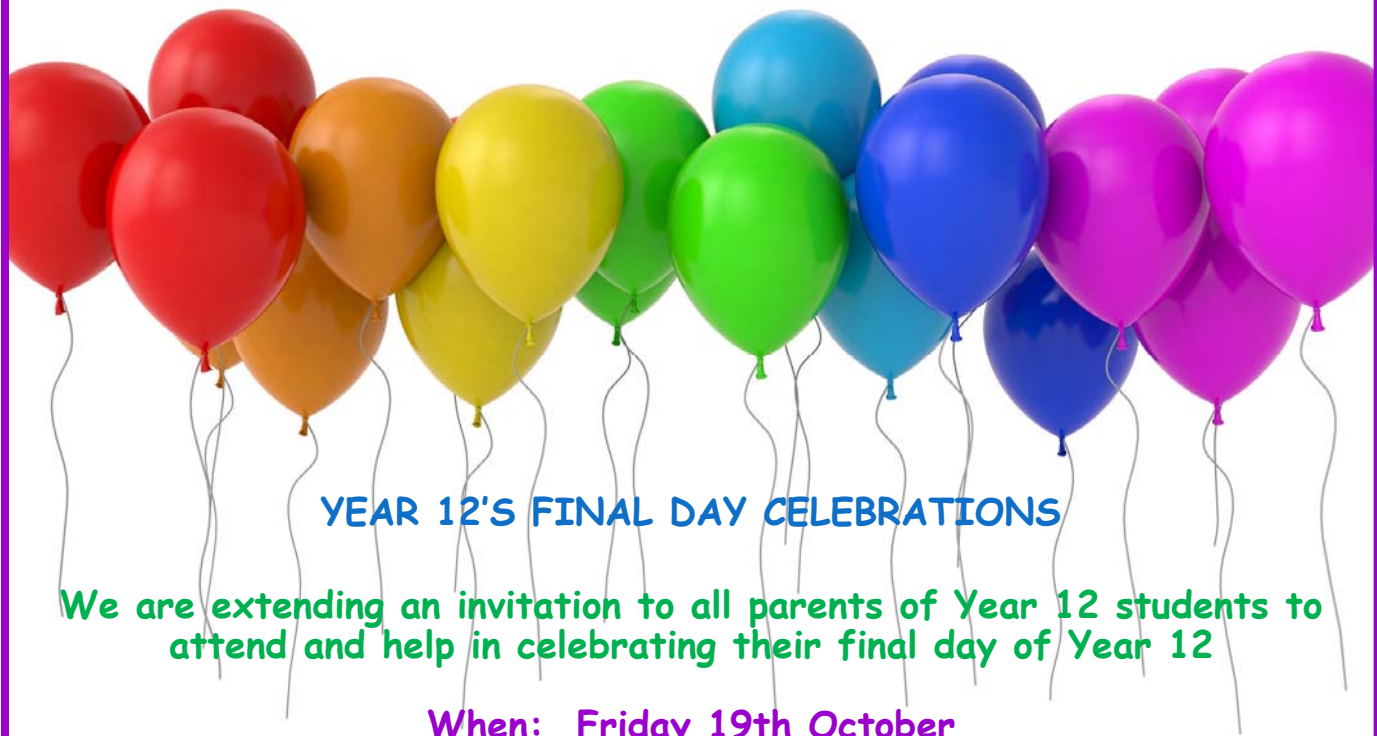
The Middle School MMCRC Chess Team are training in preparation for the State Competition on the 25th of October. Thank you to Derek Herbert for coming in and passing on some game time and coaching. Thank you to Mr Blencowe for also giving up time to pass on his wisdom.



YEAR 7 LAUNCH CHEERLEADING



Year 7 Launch Basic Cheerleading at Leongatha Gymnastics with Lee Beattie. In Term 4 a class is being given the opportunity to try Basic Cheerleading. Cheerleading is made up of three areas - stunting, dance and tumbling. Students created a box stunt, going through arm motions and a pony stunt.



YEAR 12'S FINAL DAY CELEBRATIONS

We are extending an invitation to all parents of Year 12 students to attend and help in celebrating their final day of Year 12

When: Friday 19th October

**Sub-School Assembly - 9.05am - VCE Centre
(Student/Teacher Award Presentations)**

**Whole School Assembly - 10.25am - Pioneer Hall
(Whole School Farewell to Year 12 students and presentation of Mary MacKillop College Mugs)**

Valedictory Mass - 6.00pm St Joseph's Catholic Church Wonthaggi

MENTAL HEALTH WEEK - MOOD FOOD COOK OFF



MENTAL HEALTH WEEK



Pictured: Kieran O'Dwyer (Deputy Principal Wellbeing and Organisation, Bhavani Harry (Winner: Mood Food Snack - Cranberry, Lemon and Quinoa Slice), Dassa Main (Winner: Mood Food Meal - Caesar Salad), Shae Van Dam (Winner: Poster Competition) and Mel Licciardi Student Counsellor



Mental Health Week Photography Competition Theme - Find your glow in the darkness. Winners Pictured L/R: Carly Kitchingman (Staff), Kylie Smith (Year 10), Charlie Hall (Year 8), David Leslie (Principal)

PHOTOS KINDLY PRINTED AND DONATED BY NAGELS PHARMACY



Wednesday 17 October 2018 - Mood Food Lunch Order Form

Name: _____

Class: _____

Enter quantity required in box

Canteen will be closed Wed 17/10/2018

Mood Food Lunch \$3 each

Mood Food Snack \$1 each



CAESAR SALAD

With lettuce, bacon, egg, croutons, parmesan cheese, dressing



CRANBERRY AND LEMON QUINOA SLICE

Quinoa, flour, brown sugar, dried apricot, cinnamon, lemon, dried cranberries, honey, butter, egg, milk

Enclosed amount \$ _____

Please return your form and payment to student administration by 10am on Monday 15 October 2018

REGIONAL ATHLETICS



Pictured Above: Ada Hill 1st 400m Run, 2nd 1500m Run & 2nd 800m Run, Lara Stefani 1st 14yr Girls Shotput and Felicity Tack 3rd 14yr Girls Javelin



Pictured Above: Flynn Lord, Phoebe Hinds 2nd 12-13 Girls 80m Hurdles and Will Croatto 2nd 12-13 Boys High Jump

The Regional Athletics was held on 20th September at the Joe Carmody Athletics Track at Newborough. The following students that were placed 1st at the Regional Athletics will go on further to compete in the State Athletics on Monday 22nd October. We wish them all the best.

Boys 14 year 1500m Run - Harrison Garlick

Boys 15 year Discus - Lachlan Smith

Boys 15 year 400m Run - Ryan Gilliam

Boys 17 year 200m Dash - Joel Tom

Boys 16 year 4 x 100m Relay - Cade James, Lachlan Barkell, Rowan Hercus and Ben Jones

Girls 14 year Shotput - Lara Stefani

Boys 15 year Hurdles - Ryan Gilliam

Girls 14 year 200m Dash - Georgia Burns

Girls 12-13 400m Run - Ada Hill

MARY MACKILLOP COLLEGE

SOUTH GIPPSLAND

Grade 5 Discovery Day

Thursday 25 October 2018



Come and See!

All Welcome!

To register: Phone 5662 4255 or download a form at www.mackillopleongatha.catholic.edu.au

THIS DAY WILL BE A STUDENT FREE DAY FOR YEAR 7 STUDENTS ONLY

IMPORTANT DATES AND REMINDERS

CANTEEN NEWS

TERM 4	
Monday 8 October	Linda Tack
Tuesday 9 October	Kerrie Fleming
Wednesday 10 October	Marlene Dyke
Thursday 11 October	Nena Caithness
Friday 12 October	Belinda Brennan

TERM 4	
Monday 15 October	Paul Wilson
Tuesday 16 October	Anna Hudson
Wednesday 17 October	CANTEEN CLOSED
Thursday 18 October	Jenny Delaney
Friday 19 October	Kerryl Battersby

TERM 4	
Monday 22 October	Claire Blackford
Tuesday 23 October	Cathy Waldron
Wednesday 24 October	Robyn Ellen
Thursday 25 October	Kristy Leys
Friday 26 October	Nadia Patton

TERM 4	
Monday 29 October	Emmanuel Vella
Tuesday 30 October	Rebecca Coulter
Wednesday 31 October	Deb Menary
Thursday 1 November	Nikki McCurdy
Friday 2 November	Julie Schnoor

2018	
Mon 15 Oct - Fri 19 Oct	Mental Health Week
Wed 17 - Sat 20 Oct	New Zealand Pilgrimage
Fri 19 Oct	Year 12 Valedictory Dinner
Thurs 25 Oct	Grade 5 Discovery Day
Thurs 25 Oct	YEAR 7 STUDENT FREE DAY
Tue 30 Oct	Parents & Friends Meeting 7.30 pm
Wed 31 Oct	VCE Exams commence
Thur 1 Nov	Year 11 Exams commence
Mon 5 Nov	STUDENT FREE DAY
Mon 12 Nov	Term Zero Commences
Wed 21 Nov	Year 12 Exams Finish
Tues 27 Nov	Parents & Friends Meeting 7.30 pm
Tues 4 Dec	Year 7 Orientation Day
Tues 4 Dec - Thurs 6 Dec	Year 9 & 10 Exams
Fri 7 Dec	End of Year Mass 9.30am School Finishes at approx. 12 noon

2018	SPORT
Thurs 18 Oct	Regional Basketball Year 8 Boys
Mon 20 Oct	State Athletics
Fri 2 Nov	Regional Table Tennis
Mon 12 Nov	Year 8 Girls T20 Regional Cricket
Thurs 22 Nov	Year 8 Girls State Tennis

UNIFORM SHOP & CANTEEN

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

Parents & Friends require helpers for Uniform Shop on *Fridays 12.45 pm – 1.30 pm*

Parents & Friends 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.



Mary MacKillop College

South Gippsland

MENTAL HEALTH

WEEK 2018



Guest Speaker

**CRAIG
HARPER**

Presenting on:

**Creating our best
life - Motivation - Physical,
Mental and
Emotional Health**

DATE: Wednesday 17 October 2018

TIME: 7.00PM

VENUE: Mary MacKillop College - Pioneer Hall

RSVP: by Friday 12 October 2018

<https://www.trybooking.com/424910>

Craig is one of Australia's leading presenters, writers and educators in the areas of health, high-performance, resilience, leadership, self-management and communication.

**FREE
EVENT**



UNIFORM ORDER FORM - PANTHER'S MENSWEAR

(Order to be placed at Panther's Mensland, Leongatha)

College Blazers

Sizes 80, 85, 90 & 95	\$250.00
Sizes 100 - 130	\$255.00

School Tie \$ 22.50

Year 12 Navy Jumper \$ 89.95
(orders only)

BOYS

Short Sleeve summer shirts

(with MMC Monogram)

All sizes \$ 36.00

Boys Shorts

Get Smart brand (adjustable waist)

Sizes 8, 10, 12, 14, 16 \$ 39.95

Sizes 77, 82, 87, 92, 97, 102 \$ 39.95

Midford Brand (adjustable waist)

Sizes 8, 10, 12, 14, 16 \$ 49.95

Sizes 77, 82, 87, 92, 97, 102 \$ 59.95

Get Smart School Trousers

Boys Sizes 8, 10, 12, 14, 16, 18 \$ 62.95

Mens Sizes 77, 82, 87, 92, 97, 102 .. \$ 64.95

College Jumper

Sizes 10, 12, 14, 16, 18, 20 \$ 79.95

Sizes 22, 24, 26 \$ 89.95

Long Sleeve White Shirt (Winter only)

All sizes \$ 29.95

GIRLS

Summer Dresses

Sizes 8, 10, 12, 14, 16 \$ 84.95

Sizes 18, 20, 22, 24, 26 \$ 89.95

Winter Skirt

All sizes \$139.95

Navy tights \$ 15.95

Other Uniform Items: Only available at MMC
Parents & Friends - Uniform Shop

White socks (summer) \$ 10.00

Grey socks (summer) \$ 10.00

College hat (summer) \$ 12.00

Scarves (winter) \$ 8.00

Sports Uniform: Rugby tops (\$100), Polo tops (\$40), Track pants (\$50), Shorts (\$25)

PANTHERS MENSLAND ORDER FORM - Mary MacKillop College

Name:

Contact No:

Item	Quantity	Size	Price
		TOTAL:	\$

It would be appreciated if orders could be placed before Christmas as most companies close down for three weeks over January

DISCLAIMER: Prices correct as of September 2018 and may be subject to change

UNIFORM SHOP

**There has been a change of prices for Uniform Shop items due to a price rise by the supplier.
Prices are effective as from Term 4 2018**

Sports Rugby Tops - all sizes \$100.00

Sports Track Pants \$50.00

Sports Shorts \$25.00

Sports Polo Tops \$40.00

Summer Hats \$12.00

Summer Boys & Girls Socks \$10.00

Winter Tights \$10.00

Winter Scarves \$8.00

The Uniform Shop busy season is coming up. If you have any second hand uniform you would like to place in the Uniform Shop to be sold, please leave at the General Office with your name and phone number and we will sell this on your behalf. The Uniform Shop will only accept items in good, clean condition (socks or footwear will not be accepted).

Also if anyone has some spare time on Fridays 12.30 pm to 1.30 pm, we need some volunteers to help out (please note that you will require a Working with Children's Check that is current)

**Add a touch of GLOW to
your school uniform on
Thursday 18th October**

**#mentalhealthweek2018 #MMCRC
#findyourglowinthedarkness**

Full uniform must be worn with the addition to your individual interpretation of GLOW



This summer, Outtrim Moyarra Kongwak Cricket Club would love you to come and join our family atmosphere. We are running the following teams and programs, and would like you to come and enjoy Cricket with us.

All abilities of boys and girls are welcome.

**Woolworths Blast
Under 12, 14 & 16's teams**



Come & Join the Fun !

For further information: Call 0409 574 334 or email rawhide@hotmail.com

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PARTICIPATE IN SOME MINT ACTIVITIES IN MELBOURNE!



LEARN HOW TO MASTER THE PUBLIC TRANSPORT SYSTEM!

Applications open from October 15th till November 2nd
Eligibility criteria applies, see website for details.
Let's Life is a new program and supported by a range of partners and sponsors! THANK YOU!

Let's life
Uni Ready | Life Ready

"LET'S LIFE" IS A NEW PROGRAM TO HELP YEAR 12 STUDENTS WHO NEED TO MOVE TO CONTINUE FULL TIME, FURTHER EDUCATION IN 2019!

A special thanks to our partners and sponsors!



**Classes resume
This week**

Mon- inverloch 4pm
Primary age

Tues- L'gatha
4pm toddlers
4:30 beginners
5:30 advanced
6:30 seniors

Wed- Foster
5pm juniors
6pm seniors

Thurs- L'gatha
4pm toddlers
4:30 beginners
5:30 advanced
6:30 seniors

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- Leadership Skills

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Are you currently in year 12 and

HEADING TO THE CITY IN 2019?



Let's life
Uni Ready | Life Ready

Are you in year 12 & need to move away to study in 2019? Let's Life is a program to help get you there!

APPLICATIONS ARE NOW OPEN - WWW.LETSLIFE.COM.AU



IMPORTANT REMINDERS

Did you know Students are not to text their parents if they are ill

All students are to please follow the procedure below, do not text parents directly as this leads to class disruption. A student who requests to go to the First Aid room must have a note in his/her planner from the classroom teacher explaining the ailment. The planner must then be taken to the office where the office staff will sign the student into the First Aid room and enter the time of entrance and exit. **The office staff will call parents if your child needs further attention.** Please do not contact parents directly via SMS/email etc. If your child contacts you then please ask them to tell their teacher that they are unwell and we will call you.

Did you know A note must be supplied in the event of an absence

Student Absences - In addition to notifying the school if your child is absent, parents or guardians **must send a note to the Homeroom Teacher upon his/her return**, providing an explanation for the absence. All schools are obliged to record a reason for **EVERY** absence from school.

Did you know ... We are unable to make announcements during class time

Early Dismissal - **Please note that we cannot call classes for parents to collect students or pass on messages.** This interrupts classes which may be running tests, exams etc.

Parents need to complete the early dismissal note in the back of the student planner or send a note. This note is to be given to the Homeroom Teacher in exchange for a class pass. This will allow students to leave at the required time, preferably not during lessons. **We are unable to make announcements during class time.**

More details regarding Communication Procedures are in the front of your child's student planner.

Did you know ... Bus Passes

Bus passes must be applied for through student reception with **48 hours notice**. Bus drivers will not accept a note from a parent—the pass must be issued by the College. Just handing a note in at the office does not automatically mean a bus pass will be issued. Please note that Bus passes **will not** be issued for sporting or social purposes. This year passes to Poowong, Nyora, Outtrim, Arawata, Nerrena 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 appreciate your help with the above, thank you.



COLLEGE HATS

A reminder that hats are compulsory for students/staff to wear in Terms 1 and 4. Students and staff will also be encouraged to apply sunscreen. This policy applies at all times, both timetabled outdoor activities, recess and lunchtimes. **Hats are currently available for the price of \$12.00. Hats are available from the uniform shop.**

CHICKENPOX

We have recently had a case of Chickenpox reported to the Office.

Please be aware of the symptoms.

Students must remain at home until all blisters have dried and are well enough to return to school.