

The Wisdom of the Lord Teaches us

Mary MacKillop College Newsletter Term 2 14 June 2019

Newsletter on our website www.mackillopleongatha.catholic.edu.au/newsletter also available on the College Parent Portal - PAM



Julian Tenison Woods 1875

MESSAGE FROM THE PRINCIPAL

This Weeks Prayer

TODAY'S PRAYER Thank You, Lord, for this day and for life and for my many blessings. I believe in Your goodness with all my heart. So I am asking You to go before me today, being my guide should situations make me wonder which way to turn. As each hour passes on this day, Lord, bless me with Your strength, Your joy and please keep me under Your watchful eye the entire day, ever ready to help me and to offer me comfort. In Jesus' name. Amen.

Last Sunday was the Feast of Pentecost, where the Holy Spirit came upon the disciples – it is traditionally described as like "tongues of fire" on their heads. We still use this language today, when a sportsman or musician is playing brilliantly, they are often described as being "on fire". Before Pentecost, the disciples were in hiding, afraid to even show themselves. After Pentecost, they were literally shouting about Jesus from the rooftops. They were "on fire" with the Spirit, who gave them new courage. This is very encouraging for all of us – at Pentecost, we are reminded to pray for courage, especially when we are struggling or can't see our way forward, and the Holy Spirit will sustain us.



Teachers have been preparing semester reports and these will be available through PAM (Parent Access Module). The report is the culmination of a whole semester's efforts in learning, assessments and exams. It summarises a great deal of work, by students and teachers alike. Please take the time to read your reports carefully. They will contain praise for things well done and suggestions for future improvement. This feedback is an important part of the learning process and should encourage healthy reflection & discussion between students and parents.

Our Year 11 Business Management and Year 10 Law and Finance classes will hold the MacKillop 500 next week. Each class has been asked to enter a 'car' and the excitement and secrecy around design and construction has commenced! All money raised will go towards our Walkathon to be held on 8 August.

Enrolments for 2020 have closed. We have had strong demand again for places next year. If you have friends with grade six children, please remind them they need to move fast to ensure a place for next year.

> David Leslie Principal





"The strongest trees are the slowest growing" - Julian Tenison Woods 1875

FROM THE DEPUTY PRINCIPAL—WELLBEING AND ORGANISATION

Currently, the situation of young male health remains a significant issue in our wider community. Alcohol and illicit drug use are on the increase as are mental health issues, including depression and anxiety. Urgent preventative programs for young men's health are needed so we can start to reverse these alarming trend lines.

Indeed, there is much work to be done.

This week across the College, there has been a focus on allowing the boys the opportunity to understand that it's OK it seek support or ask for help. There has been a range of Men's and Boy's health promotion material used in the classrooms and at recess and lunchtimes.

There has been a range of activities offered during the week during lunchtime. Outside we the boys have been involved in a 3 point basketball competition, AFL Handball Competition, Nearest the Pin Competition and Putting Competition. We would like to thank Voyage Fitness for their prizes packs. In the Library we have seen a range of board games played and Ted Talks, one of the favourites being the Healthier Men, one moustache at a time (the story and message behind the health initiative Movember)

Friday, saw the boys gather for a BBQ breakfast cooked by the staff. A gold coin donation allowed each boy a breakfast including bacon, eggs, sausages and juice. Money raised will be donated to a mens health initiative. Each breakfast received a raffle ticket, with the major prize being a \$50 Voucher donated by SportFirst.

It will probably come as no surprise to you: many men have difficulty in expressing themselves and talking about what is going on for them.

In part, this is due to an embedded cultural expectation that men should be tough, unemotional and pragmatic. Although this is slowly changing, sadly, for the most part, men are still not expected or encouraged to spend time focusing on their feelings, or acknowledging that they may need support for their mental health and wellbeing.

However, there is an upside to this – Dads, Step Fathers, Grandfathers and Uncle's could be the best people to support their son, grandson or nephew.

As males, we are bound by many of the same pressures and cultural expectations as your son, grandson or nephew. By sharing your own experiences and acknowledging how difficult it can be to express yourself, you can let your son, grandson or nephew know that he is not alone.

As a male role model, one of the most important things you can do is simply open the lines of communication.

Here are 5 tips to help you get the conversation started.

Express yourself first

Perhaps your son, grandson or nephew is already expressive and open with you. However, (and this is probably more likely), if he's not a big talker, the best place to start is by expressing yourself first. Let your son, grandson or nephew know this conversation will not be a one-way street. By telling your son, grandson or nephew about a time in your life – the more recent the better – when you felt in need of help and support, you are sending him the message that it is OK to open up, and that acknowledging he needs help, isn't shameful or 'unmanly'.

Consider your environment

Time and place is important. Try not to put your son, grandson or nephew on the spot – he may become defensive if he feels it's an interrogation rather than a conversation. A good time is just after or during an activity your son, grandson or nephew enjoys that you can do together: fishing, walking, listening to music or a game of chess.

Resist the urge to 'fix'

Many men are problem-solvers by nature. When we see something that needs fixing, we like to give it a go. Resist this urge when having a conversation with your son, grandson or nephew. If he needs advice, he'll ask. Or if he isn't the type who'll ask for advice, ask him whether he'd like a few ideas in navigating whatever situation he is in, and respect his response. He may just want to talk it out.

Listen without prejudice

Generally, young men (and women) just want to be listened to and supported in making the best decision. Effective listening involves acknowledging your son, grandson or nephew experience, empathising, and avoiding judgmental comments. You may not have experienced a similar situation yourself, but you would have felt whatever emotion your son, grandson or nephew is feeling – sadness, love, anger, confusion, doubt or fear. Use your own emotional experience to say to your son, grandson or nephew "I understand where you're coming from." Try not to judge your son, grandson or nephew feelings or the situation he is in. If you think he's too young to be so upset over a relationship breakup, saying so isn't going to help. The most important thing is that he feels understood and knows you have his back.

Give it time

Don't expect your son, grandson or nephew to open up to you overnight. It may take some time (and some role modelling from you) for your son, grandson or nephew to understand that his worth as a man isn't diminished by needing and seeking support with his mental health or wellbeing. Most importantly, don't give up. Males who role model and persist in helping their son, grandson or nephew to open up and seek support are vital in changing young men's ideas about, and attitudes to, their own mental health and wellbeing. The more your son, grandson or nephew expresses himself, the more he'll feel empowered to make safer and more constructive decisions that will benefit him for the rest of his life.

Kieran O'Dwyer

Deputy Principal Wellbeing and Organisation



Catholic Education Week at Mary MacKillop College

Assembly May 30

Planning for Catholic Education Week started at the end of Term One. Our feature event for the week was the alumni assembly celebrated this year on Thursday May 30. In 2016, our college inducted several MacKillop Achievers as part of our thirtieth anniversary celebrations. We invited one of those MacKillop Achievers Kaila McKnight (2004) and inducted a New Achiever Dr Navin Raveendren (2009).

College Captains commenced with prayers taken from the Diocesan publication for Catholic Education Week. Mr David Leslie helped build context about how the Spirit of God flows through the College. Our assembly was unique in the sense that the presentation methodology used was that of an interview "Q and A style. Led by Deputy Principal Mr John Ryan, and ably supported by Mr Scott Blencowe, who used sophisticated technology to help support the audio and visual presentation.

The College used the assembly to celebrate not only our remarkable alumni but share their story and make explicit connection between their lives and the impact of Catholic education on their journey.



Kaila was our first guest. Kaila represented Australia at the 2012 Olympics and made the semi-final in the 1500 metres. She is a multiple national champion in both the 1500 metres and 5000 metres. Kaila is also a young mother, trained accountant and taught previously at De La Salle College Malvern. Students watched highlight snippets and listened to stories about school days and the Olympics. Kaila relived her remarkable passage from school days at Mary MacKillop College to life as a young mother.

Second alumni guest Dr Navin Raveendren (College Captain 2009) shared how he became a Doctor by completing eight years of tertiary study. The path to a career in medicine was via a four year degree in bio medical science and then shifting states to complete another four years of medical study at the University of Queensland. Interviewed by video feed, Navin revealed he practices in Ipswich Queensland. Navin spoke of the Josephite virtues of compassion and love, which he applies as a Doctor. He currently assists sending young doctors to third world countries to provide medical support.

Navin is an incredibly talented person who also has his own "You Tube" following "Impressive Impressions". Students delighted at Navin's impressions of various cartoon and movie characters.

The Catholic Education Week Quiz

The Catholic Education Week "Which Catholic College Did I Attend Quiz?" was a new idea implemented by the College this year. On Monday morning, students accessed the quiz in which they had to match the teacher to the Catholic College they attended. The online quiz was available through the SIMON platform. The quiz was attempted by one in three students in the College. Matching forty-one staff to one of the 29 Catholic Colleges listed, was the task. Students researched and entered into rich dialogue with teachers about their Catholic Education. Staff also participated in the quiz. It was a great success and provided reassurance to our staff about the breadth of Catholic traditions, which we can share with our community. Winners received a pass to the local cinema.

John Ryan Deputy Principal Catholic Identity and Mission



RECONCILIATION WEEK AND SMOKING CEREMONY

RECONCILIATION WEEK AND SMOKING CEREMONY - 31 MAY

Our College Captains led in several ways during Reconciliation Week. Each day they shared a special prayer over the Public Address system during homeroom. On Wednesday, the Justice and College Captains invited other students to pray for Catholic schools and indigenous reconciliation by writing chalk prayers on the concrete at school. The MAC (younger leaders in homerooms), prepared a video reminding our community of the Catholic response to indigineous reconciliation. The week finished with a lunchtime smoking ceremony led by the Bunurong Land Council.



SSV GIRLS SOCCER

The most suspenseful sporting event ever. We played one game - 2 twenty minute halves. We were a team made up of only a few girls that had soccer experience, but on field they were a team that just jelled together. Half time the score was one each. Full time had two each. 3 goal penalty shoot out had us with a one point win and a huge crowd involving themselves in the atmosphere of the game. Thankyou to the Wonthaggi boys cheering us on and giving us a victory circle with their boom box.

Alice Evans, Latisha Smith, Alli Oliver (who dominated and controlled the back line), Maddi Herbert (awesome skills as keeper), Makayla Krause (great at sharing her knowledge of the game), Divya Njarukulam, Ashleigh Scimonello, Kira Waldron, Jessica Lodge (who dominated our front row), Mia Dellamina, Amelia Tiziani, Ruby Gerrish, Kealey Oliver

Colleen Herbert



SSV BOYS SOCCER

On Tuesday we travelled to Korumburra to play SSV Soccer. In the first game we played Leongatha Secondary College, we won 5-0. Ollie Brewis scored 2 goals, Liam Richards scored 2 and Jack McNally scored 1 so we won that one easily.

The next game was against Wonthaggi Secondary College, we had to win because they also won against Leongatha Secondary College. In the game Ollie got a free kick then crossed to Jack McNally who scored, then later Wonthaggi scored as well, so the game was a draw. That meant we had to go to a penalty shoot-out. Liam, Jack and Ollie took the first penalties and scored, but so did Wonthaggi, so it went to extra penalties. Wonthaggi missed and Julian Rosse took the last shot at goal and scored it to make us go through to Regionals.

We would like to thank Mr Letendrie & Mr Thomas.

Written by Ollie Brewis



WORLD ENVIRONMENT DAY

Wednesday June 5th was World Environment Day, which is about how our daily behaviours are affecting the environment.

The MAC Environment group (led by the College Captains Team) encouraged students in all year levels to be a part of an initiative called the 'College Clean Up'. Members of the Student Mission Team, MAC and College Executive participated by picking up rubbish during lunchtime within the College grounds. Staff and students spent half an hour removing rubbish.

The MAC group created a World Environment Day quiz for the homeroom teachers to access. A survey was also created and accessed on line. The survey sought those interested in joining the environmental group led by senior student Jack A Wilson and staff member, Mr Pearce.

A special thank you to the enormous response by students and College staff.





2020 Information

Evening





All students in Year's 9 and 10 are invited to attend

Tuesday 20 August 2019 Year 9 to Year 10 (2020) 7pm to 7.30pm Year 10 to VCE or VCAL (2020) 8pm to 8.30pm Pioneer Hall, MMC Leongatha

Mary MacKillop College South Gippsland

Ph: 5662 4255 115 Horn Street, Leongatha info@mmcrc.catholic.edu.au www.mackillopleongatha.catholic.edu.au

Principal: Mr David Leslie

AJASS PILGRIMAGE

On 8th May, four intrepid students, Archie Brewer, Kelsey Dal Pozzo, Amy Piasente and Zoe Patterson, together with two members of our staff, Allison Rizkallah and Peter Charles, set off to join the rest of the AJASS representatives in East Melbourne at the Mary MacKillop Centre. In total there were twenty students and select staff from all five schools, some travelling down from as far away as Swan Hill.

Our first port of call after East Melbourne was a viewing of the MacKillop College Chapel in Werribee. After we were greeted warmly by our hosts, we were informed about the rich symbolism embodied in the interior design and fixtures. Then it was on the road again bound for Mercy College Camperdown. Only problem is that someone forgot we were coming! After a few anxious calls to a certain Liam Charles (teacher at the school) and the DP we found our digs i.e. the floor of the new Year 9 Building. After a get to know you session, replete with gym mats and pizza we settled in for the night and managed to get some sleep.



Next day it was off to the 12 Apostles on the limestone coast complete with wet, windy, grey skies but stunning views. Ah, welcome to the south west! Next, we dashed off to Portland to the old Loreto School (now Bayview Christian College) where Mary MacKillop taught in her early days. There we learned about the history of the Sisters of St Joseph and most importantly some of the pioneering work of Mary MacKillop in this district. The Portland weather certainly lived up to its name as we slipped away across the state line into South Australia, bound for Mt Gambier.

After an obligatory picture shoot at the not so Blue Lake we hit our digs – you guessed it, ye olde Mt Gambier Gaol newly converted to a private hostel. Our hosts were wonderful, the accommodation a tad rustic, perhaps a little spooky but certainly comfortable. The next day we took in the sights of Penola, did the Mary MacKillop trail around the town taking in the site of her first school, poet's corner, Petticoat Lane and finishing at the Museum and Interpretive Centre.

There we were welcomed and spoken to by one of the Sisters of St Joseph after which time we worked our way through the Julian Tenison Woods and Mary MacKillop displays. Next stop was the Naracoorte Cave complex via Julian Tenison's tree. Not the safest or quietest place these days; don't think Julian would have found much solace today with all the trucks tearing past at 110 km/hr. The Caves proved a source of much fascination; we understood why Julian was drawn to them in his geological writings about the area. We were also shown the place where the famous photo of Julian was taken and various fossil sites containing the ice age megafauna. Our park ranger guide was most entertaining and his knowledge of Julian's work with the early settlers, as well his scientific studies, was flawless.

Sadly, the next day we headed for home via Hamilton, there to view the grave of Mary MacKillop's father. After a puzzling stop at the wrong cemetery we quickly found our way to the older one nearer the town. Thanks to Siri we glided through the backroads between the Hamilton and Princes Highways in the trusty Pathfinder weaving our way through the western volcanic plains, making it home in good time. Thanks again to all participants in this pilgrimage, students, staff and to our bus driver.

Mr P. Charles





Report from Archie Brewer (student participant):

On the first day, we met the other groups at the MacKillop Heritage Centre. This was a great opportunity to meet the people we were going to spend the next few days with. From here, we made our way to Camperdown, with a short stop at MacKillop Werribee's chapel on the way. The next day, we made our way along the Great Ocean Road to Portland. Here, we went to Bayview Christian College, where we learnt more about Mary's works. We then got back on the bus to go to Mount Gambier. On Friday, we made a trip out to Penola, where we went to Mary MacKillop Interpretive Centre, to learn more about Mary and Julian Tenison Woods. We took a tour of one of the Naracoorte Caves, then headed back to the Gaol. The next morning, we looked at Mary's father's grave, then split off from the group and made the long drive back to Leongatha. The pilgrimage gave us a chance to learn more about Mary and become closer to her and her works. To top it off, meeting new friends proved a real highlight of this trip.

MENS HEALTH WEEK

Day 1 - Three Point Competition kicked off our Men's Health Week activities! Congratulations to Harrison (Year 9) who won and thankyou to Voyage Fitness Leongatha for the prize packs.

Day 2 - Handball Competition - Congratulations to Alessi (Year 8) who won! We also had a video in the Library - Healthier Men, Nne Moustache at a Time (story and message behind the health initiative Movember). Thanks again to Voyage Fitness Leongatha for the prize pack!

Day 3 - Nearest the Pin Competition - Congratulations to Jake Fowles (Year 7) who won! Thanks to Voyage Fitness Leongatha for the prize pack!









Homework Support runs from 3.30 - 4.30pm in the Learning Adjustment Centre every Tuesday

All students from Year 7 - 12 are welcome to attend. Staff available will be John McKeown, Hannah Charlton, Jenny Shea and Michelle Hackett

Homework support provides the opportunity for students to keep up to date with their work and ask for help. We are looking forward to seeing you all !!



John McKeown



Hannah Charlton



PROM COUNTRY CHEESE EXCURSION

Year 10 General Science Class visits Prom Country Cheese

On Wednesday 5th June, the Year 10 General Science class wended its way through the rolling hills of South Gippsland to Moyarra, home to the award-winning sheep cheesery *Prom Country Cheese*, and one of only seven commercial producers of sheep cheese in Australia.

Our hosts, Burke and Bronwyn Brandon, parents of Michael (Class of 2018), generously took time out of their usual schedules to give us a window tour of their milk processing rooms and a lesson about the science of cheese-making. Students commented: "It was really interesting to see how much time and ingredients it takes to create cheese".





Then the moment everyone was waiting for, the cheese-tasting which included the signature *Venus Blue* cheese: "We got to try the different types of cheeses that they specialised in, which included cheddar, camembert, feta and blue cheese on a platter". "They gave us 2 platters to share and taste test, and the cheese was unbelievable. It was the best cheese I've ever tasted! They also welcomed us to tea, coffee and milo which was very kind." "Overall it was a good excursion and I enjoyed eating the cheese the best."







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IMPORTANT DATES AND REMINDERS

CANTEEN NEWS

Monday 17 June	Catherine Riseley
Tuesday 18 June	Krista Evans
Wednesday 19 June	Catrina Donato
Thursday 20 June	Nena Caithness
Friday 21 June	Christie Hall
Monday 24 June	Karli Densley
Tuesday 25 June	Deb Carmody
Wednesday 26 June	Tess Sweeney
Thursday 27 June	Melanie Herbert
Friday 28 June	Sarah Wolfe
Monday 15 July	Kaye Ellery Burke
Monday 15 July Tuesday 16 July	Kaye Ellery Burke Marianne Bloye
Tuesday 16 July	Marianne Bloye
Tuesday 16 July Wednesday 17 July	Marianne Bloye Marlene Dyke
Tuesday 16 July Wednesday 17 July Thursday 18 July	Marianne Bloye Marlene Dyke Rebekah Clarke
Tuesday 16 July Wednesday 17 July Thursday 18 July Friday 19 July	Marianne Bloye Marlene Dyke Rebekah Clarke Belinda Brennan
Tuesday 16 July Wednesday 17 July Thursday 18 July Friday 19 July Monday 22 July	Marianne Bloye Marlene Dyke Rebekah Clarke Belinda Brennan Karli Densley
Tuesday 16 July Wednesday 17 July Thursday 18 July Friday 19 July Monday 22 July Tuesday 23 July	Marianne Bloye Marlene Dyke Rebekah Clarke Belinda Brennan Karli Densley Jenny Enbom

2019	
Tues 18 June	MacKillop 500
Wed 19 - Fri 21 June	Year 9 & 10 Exams
Fri 21 June	Year 10 Formal
Mon 24 - Fri 28 June	Year 10 Work Experience
Wed 26 June	Tree Top Program
Fri 28 June	LAST DAY OF SCHOOL TERM school finishes 2.05pm
Mon 15 July	TERM 3 COMMENCES
Wed 24 - Fri 26 July	Year 10 Retreat
Wed 24 - Fri 26 July	Year 11 Retreat
Fri 26 July	Year 7 Girls Regional Badminton
Tues 6 Aug	Year 8 Boys Regional Soccer
Thurs 8 Aug	College Walkathon
Fri 9 Aug	Year 7 Girls Regional Netball
Thurs 15 Aug	Year 7 Girls Regional Soccer
Tues 20 Aug	Intermediate Boys Regional Soccer

WORKING WITH CHILDRENS 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 Childrens 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.

UNIFORM SHOP & CANTEEN

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

Canteen is open Monday - Friday



Year 7, 8 and 9 students interested in a New Caledonia experience in 2020

Deposits to hold a spot due Wednesday 17th June Email Mr Sam Wright

swright@mmcrc.catholic.edu.au for further information





Mackillop 500 18th June Are you ready to race?

READY READY There is a prize for best car! Choose 3 girls and 3 boys to drive. The girls will begin the race. There is a compulsory pit stop to change drivers!

There is an entry fee of at least \$50.

You may seek business sponsorships and/or class donations.

If you have sponsors, **promote** them on your car. Before approaching a business, you must obtain a **letter** of authorisation from the school to verify details of the event and ensure businesses are not approached more than once. Please see Mrs Leslie.

Make your 'car' a surprise on the day. Don't give away your design or technique to your competitions.

Let's have a lot of fun and support our Walkathon fundraising!

SFI

Food, drinks and other entertainment will be provided on the day.

Any gueries, see Mrs Leslie, Mrs Lafferty or Mr Poole



MACKILLOP 500 TUESDAY 18TH JUNE



- 1. All money goes to our Walkathon Fundraising
- 2. All students may wear PE Uniform to school
- 3. The event will run between 12.05pm and 1.55pm
- 4. The MacKillop 500 event will take place beside the VCE Centre/near Lone Pine Memorial
- 11.45am Move 'cars' to area adjacent to VCE Centre (send minimum students)
- 12.15pm 'Car" Parade behind the safety car decide which of your drivers will do
 this lap
- 12.10pm Food Stalls open for business
- 12.45pm Year 7 Race
- 1.00pm Year 8/9 Race
- 1.15pm Year 10/Senior Race
- 1.25pm Repair to cars
- 1.35pm MacKillop 500 the winning first and second place 'cars' from each race in this prestigious final race for the day
- 1.50pm Presentations
- 2.00pm Bell for Period 5
- 5. Each homeroom needs 3 boys and 3 girls from your homeroom to be the drivers. There will be a pit stop where each homeroom MUST change their female drivers to their male drivers. A 'pitstop crew' is recommended for a quick changeover.
- 6. Visitors (including press) have been invited. Best behaviour is expected.
- 7. All prizes are for whole homerooms.
- 8. Food and drinks available:
 - : Krispy Kreme (Donuts OG glazed)
 - : Hot chips
 - : Nachos
 - : Frog in the pond and popcorn
 - : Cans of drink
 - : Potatoes in the jackets
 - : Lollies
 - : KFC popcorn chicken
 - : Milkshakes
 - : Craft items

Remember to bring money

FINALLY...... HAVE A REALLY FUN DAY !!!!