

COLLEGE**Matters**

Warming hearts at MCC
with the winter chill



MACKILLOP
Catholic College
WARNERVALE

YEAR 10 STRENGTHEN RELATIONSHIPS

OUR YEAR 11 LEADERS STEP FORWARD

PRIMARY ENTER BISHOP'S ART PRIZE



Contents

COLLEGE

- 3 **With a joyful heart**
College Principal, **Steve Todd**, makes a special announcement.
- 4 **We live in rapidly changing times**
A message from our **Acting Principal, Ann Jackson**.
- 5 **Mission accomplished**
A message from our **Secondary Principal, Debra Ferguson**.

MISSION

- 6 **Year 11 leadership**
Students who want to make a difference, **Debra Ferguson**.
- 7 **Zonta birthing kits**
Helping on a global scale in the spirit of Mary MacKillop, **Michelle Baxter**.
- 8 **Year 8 JUMP ahead**
Michelle Baxter shares the exceptional work of our students.
- 8 **Bishop's art prize**
Biblical-micrography a beautiful way to illuminate God's word, **Kerry Power**.

CULTURE

- 9 **Stage 4 spelling bee**
Spelling with ease, **Debra Ferguson**.
- 10 **Parent/teacher interviews**
Making connections - building relationships, **Mel McGuinness**.
- 10 **Theatresports**
Supportive and competitive spirit in action, **Sharon Baird**.

- 11 **Artists in excellence**
Our homes, **Jillian Young**.
- 12 **Science Alliance**
The virtual world of Science Alliance, **Ryan Herbert**.
- 12 **Insight day**
Marilyn Fraser helps our Year 10 students explore their heritage.
- 13 **Library news**
A big effort for a big cause, **Bronwyn Sandeman**.
- 14 **Primary sport**
Kellie Denneman, outlines our primary student achievements.
- 15 **Secondary Sport**
A successful end to Term 2 in the world of sports, **Rochelle Williamson**.
- 16 **Year 12 performance night**
Year 12 music 'on song' at performance evening, **Scott Wallis**.

WELLBEING

- 17 **SMASHED**
Rachael Elcoate tells us about the SMASHED project.
- 17 **Fun at the Year 10 retreat**
Kath Ardern outlines this rewarding experience.
- 18 **A visit from Tony Trimmingham**
Our seniors hear it from the source, **John McNamara**.
- 19 **Parent news**
Natalie Tunstead revisits parent engagement through Terms 1 and 2.



With a joyful heart

Our College Principal, Steve Todd, makes a special announcement.

OVER RECENT WEEKS two very unconnected things have had a very positive effect on my wellbeing as a person and as a Principal. Amidst all the challenges and stresses in life, something beautiful and wonderful takes hold of you and reshapes your thinking. The first wonderful happening was the safe arrival of my first grandchild, Luca who was born in late May. The absolute joy of this occasion has provided such warmth to my family. I believe Luca's arrival has reshaped me for renewing my connection to the journey of a child with their family from ages 0 to 18. For this, I am most grateful and I look forward to walking the journey from Kinder to Year 12 with our MacKillop families.

The other experience was attending the Josephite Secondary Schools (AJASS) Conference in Adelaide in early June. Both Deb Ferguson and I attended the conference and the theme was 'At the heart of Josephite Education'. With about 30 schools being represented from all parts of Australia, we were able to listen to speakers, discuss and discern the essential values that underpin Josephite education. The Sisters of St. Joseph support these gatherings and the spirit amongst these schools encourages us to turn the pages over for discovering new ways to support children and families by engaging with a Catholic school education with a Josephite heart.

Rejoining the College community allowed me to listen to 30 aspiring Year 11 students seeking to be selected as leaders for our College in 2018/19. The speeches spoke glowingly of their love for the College, its people, and their families and for the privilege and honour of stepping up to become leaders. A

leadership camp followed at Kincumber and student leaders connected with each other. In offering their vision, the new College Captains were discerned via a meritorious selection process. So many staff members support this process and both Mrs Ferguson and I are very grateful to Glen Taragel our Year 11 Pastoral Coordinator for supporting and coordinating the selection process. The new College Captains and senior leaders will be announced in Week 2 of Term 3 at a special assembly.

The recent reshaping of our Primary staff leadership team has seen Mrs Allison Passafaro join our Primary Team of acting leaders, as Acting RE Coordinator for the remainder of 2018. We warmly welcome Allison to her new role and we look forward to working with her as part of the overall College Executive.

Parents may be aware that the Australian Bishops Conference has sought the approval of Pope Francis to hold a Plenary Council to assist the reshaping of the Australian Catholic Church. Pope Francis has approved this and a process will be conducted over the remainder of 2018 into 2019 for the Plenary Council to be held in 2020. For MacKillop families we will be offered the opportunity to add our voice to the conversation via a process that will involve a local animator. Training will be undertaken and the opportunity to connect to the Plenary Council will be offered in the near future. There is a website available for parents to link to which provides resources and feedback to support the process of discernment. Please visit www.plenarycouncil.catholic.org.au for more information.



We live in rapidly changing times

A message from our Acting Primary Principal, Ann Jackson.

THEY SAY THAT we live in exciting and rapidly changing times. This is no less true for us here at MacKillop. It seemed that one day Mrs Dietrich was applying for a position in the Maitland/Newcastle Diocese, the next day she was successful, and the following I was 'in the chair' as Acting Primary Principal! Rapid change, indeed, and an exciting one! I am very privileged to have the opportunity to act in the role of Primary Principal for the remainder of the year knowing as I do that, within our community, I am blessed to have good people around me to offer support and encouragement.

During Term 2, our children received the Sacrament of Confirmation. This sacrament confirms what was promised for us at Baptism. The children were so very excited at having this sacrament conferred and Bishop Peter made it special by talking about his own experience of receiving this sacrament.

What great dancers we have here at MacKillop! As I walk through the COLA each Thursday and observe the Footsteps programme in action, I can't help but think how talented our students are and how quickly they are able to pick up, what looked to me like, quite complicated moves. Our Disco in the last week of term will provide them with the opportunity to show off their newfound skills. It will be a fun night of food and dance and I thank our parent body who are preparing to make this a memorable occasion.

NAPLAN has come and gone and we wait for the results later in the year. Regardless of the outcome we know that this is only one assessment task at one point in time and that our



teachers know their students far better than the insight one exam can provide. Parents are always encouraged to speak to the classroom teacher if they have any concerns about their children.

Years 5 and 6 have been to Bathurst and Canberra respectively and have returned with deeper insights into what they have been learning in class. All the children were exceptionally well behaved and were perfect ambassadors for our College. Despite a cold snap in the Central Tablelands as we were leaving Bathurst, the opportunity to see and play in some snow far outweighed any discomfort the weather may have provided!

As our Kindergarten children adjust to school structures and processes we begin to welcome the Kindergarten 2019 cohort. Mrs Kerry Power and I have been meeting with families of siblings as well as new families, and we welcome them warmly into our community. It is lovely to have this insight into the gifts and talents that are coming to us in the new year.



Mission accomplished

A message from our Secondary Principal, Debra Ferguson.

OUR COLLEGE HOUSES at MacKillop link us all to the story of Mary of the Cross and her journey. I feel very blessed to have visited Fitzroy in Melbourne and stood where Mary's childhood home existed. I was in Rome for Mary's canonization and spent time in the Gesu Church where Mary spent many happy hours praying and contemplating whilst waiting for an audience with the Pope. Each year we take Year 7 to Mary MacKillop Place in North Sydney, where Alma Cottage sits in the middle of the complex and is where Mary spent her final years and to Kincumber where Mary established a Home for boys.

Two years ago Mr Steve Todd and I travelled to a conference in New Zealand and visited Temuka where Mary set up her first school on the South Island. This left only one House location to visit and I feel very privileged to have accomplished the visit this term.

Mr Steve Todd and I attended the annual AJASS (Association of Josephite Affiliated Secondary Schools) Conference, which is attended by Principals in Josephite schools from around Australia and New Zealand in Week 7 in Adelaide. Penola is approximately 4 hours south of Adelaide and is the site of Mary's first school which she opened just over 150 years ago. Penola is home to a wonderful museum and where the original school site stood, there is now a beautiful park with a sound system that explains the history of Mary, Fr Julian Tenison Wood and the first school. It is well worth the stop to experience a piece of Josephite history.

To understand our past we often need to walk in the

shoes of those in that time and I hope all our families and/or students will also have the opportunity to visit all six of our House sites and remember the incredible woman who loved God unconditionally and trusted him at all times to provide. A wonderful role model for us all and a true inspiration.



Year 11 leadership

Students who want to make a difference, Debra Ferguson.

EACH YEAR IN Term 2 we commence preparations for the elections of our new leaders for the next twelve months. Our Parliament leads the College from the beginning of Term 3 one year to the end of Term 2 the next. This allows our Year 12 to concentrate fully in Term 3 as they prepare for their HSC exams.

Earlier this term Mr Steve Todd and I spoke at length to Year 11 about the importance of leadership and the opportunities it provides. They were then invited to nominate for leadership and we are very impressed with the large number who have expressed an interest to give back to the College and to work to make MacKillop the best school it can possibly be.

In Week 8 all these students very bravely addressed the entire secondary assembly to outline why they wished to be a leader. All students spoke very well and we are very proud of all the nominees who are as follows:

Gabrielle Ainsworth	Sophie Coyte	Patrick Meers	Jessica Romo
Jayden Baird	Isabelle Hannan	Samantha Messina	Avalon Shiach-Wise
Jack Baresic	Ysabel Heathcote	Jade Noyeaux	Bailie Stewart
Sarah Baresic	Joshua Kind	Darcy Piltz	Emma Suckling
Tayah Blackman	Rosemary Marks	Zackary Potter-Evans	Shari Towns
Jemma Caldwell	Benjamin Mastello	Hannah Pratt	Nathan Ward
Mitchell Christensen	Courtney McCool	Lucy Pratt	Madeleine Welsman
Jamison Costa	Madison McKiernan	Georgia Ray	

The process to select the new leaders is called meritorious selection where a panel of seven staff leaders look at all the voting from each year group and from the staff. A great deal of time is spent looking at the trends of each group and who the collective groups have supported the most.

We are proud to announce that we have seventeen new leaders and we congratulate the following:

Jayden Baird	Isabelle Hannan	Hannah Pratt
Jack Baresic	Joshua Kind	Lucy Pratt
Sarah Baresic	Rosemary Marks	Shari Towns
Mitchell Christensen	Courtney McCool	Nathan Ward
Jamison Costa	Samantha Messina	Madeline Welsman
Sophie Coyte	Zackary Potter-Evans	

For Years 7-10, nominations are being taken in each Pastoral Class and the nominees will address their class and one other class from their House in Week 10. The classmates and the teachers will then also then select the Parliament Leader from each class.

All of these students will be commissioned in Week 2 of next term, with College Captains and portfolio Leaders also announced on that day.



Zonta birthing kits

Helping on a global scale in the spirit of Mary MacKillop, Michelle Baxter.

ON THURSDAY 24 May, students and staff, along with volunteers from Zonta Central Coast, participated in the Birthing Kit Packing Day held in the Aitken Hall.

The Birthing Kit Foundation Australia (BKFA) works in developing countries to enable safe pregnancies along with clean childbirth and postnatal environments. Their vision is a world in which preventable maternal and newborn mortality and morbidity has been eliminated. We had tremendous support of this initiative. Collectively, our MCC community raised well over the target of \$600. All money over this amount

will help to support next year's event.

Statistically, the kits packed by our staff and students on the day have the potential to save the lives of up to ten women and their children. An excellent accomplishment that our students and community have contributed towards.

The birthing kits have now been transported to the Head Office in Adelaide where they will be distributed accordingly.

Thank you to everyone who contributed to the success of this wonderful event.



Year 8 JUMP ahead

Michelle Baxter, shares the exceptional work of our students.

TERM 2 HAS maintained a steady pace in the world of JUMP (Josephites Undertaking Mission Projects). Year 8 have certainly championed our first year of JUMP and regularly impress our community with their commitment to helping others. Without any prompting or hesitation, Year 8 announced their interest in running a can drive to support the Oasis Centre, Wyong, in donating non-perishable food to Coast Shelter Gosford. These students never cease to amaze us and have developed a keen passion to care for the community.

With short notice and not much time to prepare, our students campaigned around the college and among their social circles, calling for the donation of canned food. This effort resulted in a huge basket full of food being delivered to the Oasis Centre on Thursday 7 June.

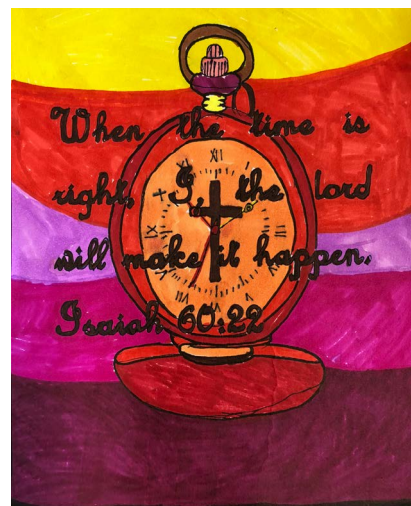
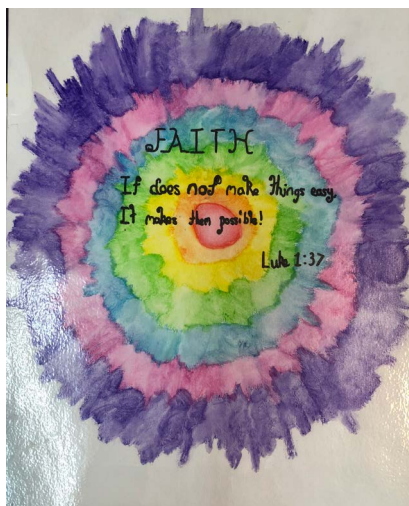
I have nothing but praise for the group. Every little bit counts but it is when such displays of compassion come from our students and community do we really see the spirit of Mary MacKillop live on.



Bishop's art prize

Biblical-micrography a beautiful way to illuminate God's word, Kerry Power.

THIS YEAR THE Bishop's Art Prize took a focus on the Illuminated Word of God. As any of you who have seen the Book of Kells in Dublin's Trinity College know the beauty and wonder of this painstaking artistic response to sacred text. This artform, also known as Biblical-micrography, is an activity where artists take time to ponder and deepen their understanding of scripture through contemplative writing. Students were asked to select a favourite piece of sacred scripture from the Old or New Testament and illustrate it using a traditional or contemporary form of illumination. Students in Kindergarten and Year 1 were encouraged to submit an illustration of a Biblical story or verse. Students received awards at Participation, High Commendation and Finalist levels. The finalists in each stage will participate at the diocesan level during the 'Sweeter than Honey' Conference in Week 1 of Term 3. Winners will be notified via the school.



Stage 4 spelling bee

Spelling with ease, Deb Ferguson.

OUR SPELLING BEE has been designed to assist the students in Years 7 and 8 with just one aspect of their literacy development. This year every subject area nominated 20 words with their definitions which they would expect each student to be able to spell and define by the end of Year 8. These words were then collated and a booklet was published entitled, 'My Little Book of Vocabulary'. This book is to be kept by each student to use as a reference when working on assessments or learning preparation to assist them in comprehending the tasks.

In Term 2 every student in every Pastoral class in Years 7 and 8 participated in a spelling bee which was based on the vocabulary words in their booklet. From this the two best spellers from each class emerged and they will compete in the Spelling Bee Final in Term 3.

The finalists are:

7 Fitzroy	Elisabeth Heron	Nate Hopkins
7 Penola	Annabelle Baker	Daniel Laing
7 Gesu	Georgia Armstrong	Amelia Ormsby
7 Alma	Grace Heinemann	Bailey Laugwitz
7 Temuka	Zack Goddard	Santo Kay
7 Kincumber	Tyler Jefferson	Baxter Andrews
8 Fitzroy	Cooper Shackleton	Joshua KrKac
8 Penola	Tygar Bruen	Lachlan Ormrod
8 Gesu	Maddison Sternbeck	Ella McKay
8 Alma	Ben Graham	Kobe Cowin
8 Temuka	Jayden Brady	Ashleigh Witt Charlotte Hannan (2017 defending Champion)
8 Kincumber	Caleb Pantos	Connor McGarry



Parent/teacher interviews

Making connections - building relationships, Mel McGuinness.

ON TUESDAY 12 June we had our annual Parent/Teacher Interviews. The day started with a significant number of parents arriving very promptly that morning, ready to engage with their children's teachers to investigate into the learning and teaching experiences. There was a steady stream of parents throughout the day and night with many teachers reporting having a full booking sheet and even seeing parents in the breaks.

This is testament to the truly dedicated and passionate staff that we have at the College. It was particularly interesting to see the extent to which teachers were able to showcase learning activities, samples of learning and video of students as active participants in their learning. Through this, parents were given a window into what contemporary learning looks like and the content and issues about which students are learning.

The feedback from students, teachers and parents was very positive. While it is a long day and evening it is definitely a valuable opportunity for making connections and building meaningful relationships with both parents and students.

I would like to thank all the parents who came along and also a big thank you to the staff for their boundless dedication to our students.



Theatresports

Supportive and competitive spirit in action, Sharon Baird.

EACH YEAR MACKILLOP enters the Theatresports Schools Competition and with each year our student teams become more and more competitive. Theatresports is improvised theatre entertainment played as a spectator sport. In the Theatresports Schools Competition, teams of 3-5 student actors are given a scenario, activity or location and must make up a performance on the spot. It is challenging and difficult but also highly entertaining for the audience. This year we were privileged to host the Intermediate heats in the Sr. Irene McCormack Theatre whilst the Senior heats were at Belmont Christian College.

I am constantly amazed at how our students come up with such clever and entertaining ideas. In the May competitions, the Intermediate and Senior teams played really well, with the Senior team making it into the semi-final. The Senior team played a very competitive semi-final game but were beaten by St. Ignatius Riverview and St. Aloysius to the grand final. I am very proud of both teams and would like to congratulate them on their teamwork and their improvisational skills. The Intermediate team included Laila Johnston, Charlotte Collins, Emily Lees and Julianna Stankiewicz. The Senior team included Ryley Small, Samantha Messina, Isabelle Hannan and Tayah Blackman.

I am proud to say that all of the Theatresports students at MacKillop Catholic College have always been supportive of one another, offering ideas to each other during training for

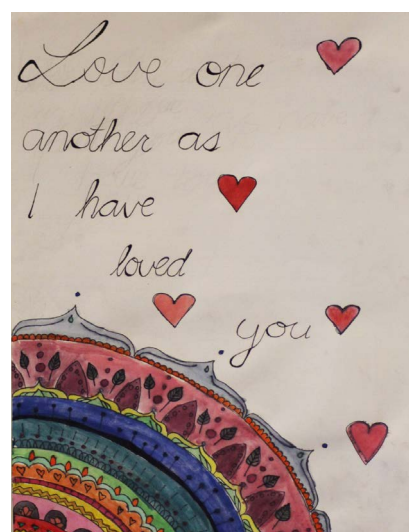
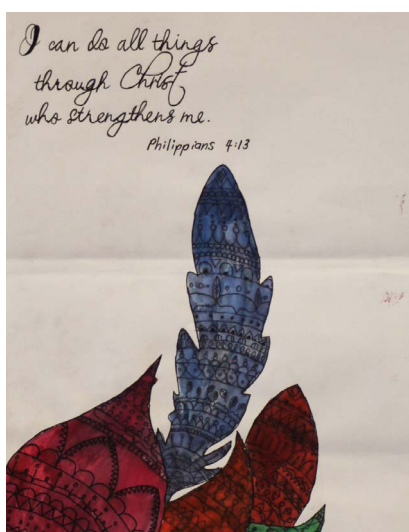
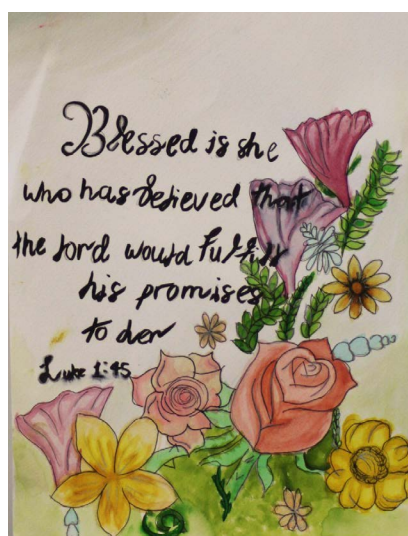
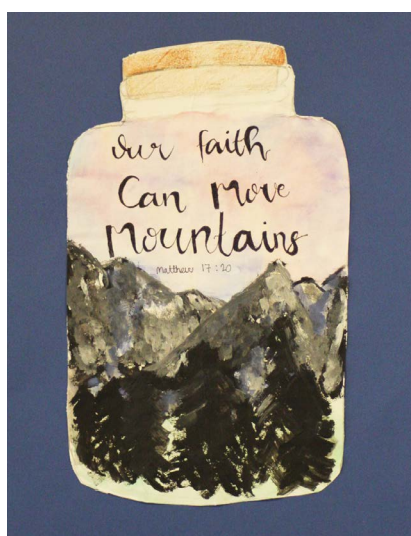
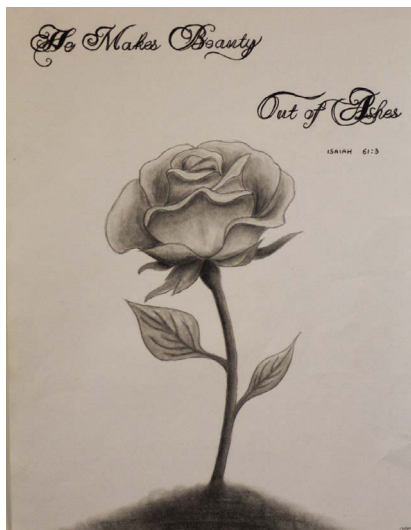
game strategies and attending performance competitions as spectators. The junior and primary school teams will play later in the year. I wish them all the best for their competition.



Artists in excellence

Our homes, Jillian Young.

YEAR 9 CREATE Howard Arkley-inspired paintings.

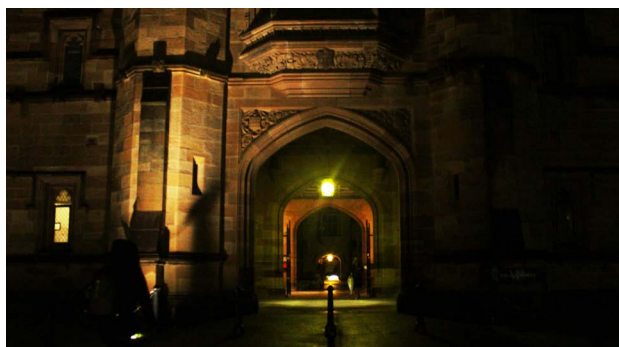


Science Alliance

The virtual world of Science Alliance, Ryan Herbert.

ON WEDNESDAY 6 June, 30 students set off to Sydney to hear a lecture designed to respond to the question 'What will we create with virtual reality?'

With this in mind, we delved into the world of virtual reality, which is no longer limited to science fiction movies or video games, to find out what the future holds. Our group discovered how rapid advances in technology in the past ten years has made the seemingly impossible possible. Associate



Professor, Hamish MacDougall, took us on a virtual reality journey showcasing some of the immersive ways that this new technology can be used.

Dementia specialist, Professor Olivier Piguet, revealed how virtual reality now provides opportunities to examine behaviours in ways that would otherwise be impossible in real life. The group learned how virtual reality can be used to test memory functions in a safe and controlled environment, or to assess social cognition in a more sophisticated way.

With its increasing affordability, this technology has opened the door to novel ways to teach, measure cognition and behaviour, and to design flexible interventions to treat various mental disorders and cognitive deficits.

Despite struggling through the Sydney traffic, the group experienced the eerie darkness of the University of Sydney campus and enjoyed the informative and easy to follow lecture. It showed us some incredible applications of an emerging technology. Many thanks to Mrs Thompson for joining us on our latest Science Alliance expedition.

Insight day

Marilyn Fraser helps our Year 10 students explore their heritage.

ON WEDNESDAY 20 June, three of our students travelled with Mrs Kerrie Pearce and myself to the University of Newcastle to participate in the Schools to University Insight Day. The day is organised by The Wollotuka Institute and is committed to empowering Aboriginal and Torres Strait Islander students in Year 10 to make informed decisions involving their future educational pathways and career trajectories.

The day began with a special Welcome to Country by Elder in Residence, Aunty Bronwyn Chambers, spoken in traditional Darkinjung language.

Our group heard from current Indigenous university students about their journey to tertiary education. The group participated in workshops throughout the day which included faculty focused activities:

- Faculty of Health & Medicine - using medical equipment and learning safe practices to maintain infection control.
- Children services at TAFE - observing a child care facility and the activities involved in early childhood.
- Faculty of Science - using various scientific tools to measure their strength, dexterity and coordination.
- Faculty of Engineering & Built Environment - learning how to program software to achieve an outcome.
- Hospitality at TAFE - learning to prepare and present a restaurant quality table.

This was a fun and informative day for all involved and it was a pleasure to see how interested our students were.



Library news

A big effort for a big cause, Bronwyn Sandeman.

THIS TERM THE library has been a hive of activity with many events being hosted. From the many classes being taught to several meetings and events being scheduled, our library spaces are certainly a continual place of learning and support to the school community.

Australia's Biggest Morning Tea was a wonderful time organised by the library team to provide a fantastic array of goodies, hot chocolate and raffles. Thank you also to all those who jumped in and helped serve when we were inundated with customers, to those who provided yummy food to share and for those who joined us in experiencing our annual support for cancer research. It is thanks to your support that we were able to raise the magnificent amount of \$1046!

We also thank Claudette Radford for being our awesome National Simultaneous Storytime reader to K-2 students on Wednesday 23 May. The students were delighted to hear the story "Hickory, Dickory Dash" written by Tony Wilson and I am sure Mrs Radford had just as much fun as they.

The Australian STEM video challenge has now advanced to a solid group of participants across Years 5-8. This is a great

opportunity for students to use their coding skills to explore and develop a video game with the theme this year being "Transformation". Students are working individually or in teams to journal and create a unique video game that encourages collaboration, game design, programming skills, storytelling, visual design and use of special effects such as music and animation.

We are pleased to announce a new honour board being installed for the David Fletcher awards. This is to award primary students for community service and will be placed on the outside wall of the library staffroom to accompany our other honour boards.

We look forward to welcoming back our College Librarian, Jackie Crowe, next term after her lovely break. We are sure she will be very excited to return in time to lead one of her favourite times of year, being all things Book Week.

As we near the end of Term 2, the library team extend a big thank you for your interest and support in promoting our library services.



Primary sport

Kellie Denneman *outlines our primary student achievements*

CONGRATULATIONS TO THE students below who represented the Central Coast at the Broken Bay Cross Country at Fagan Park, Galston on Tuesday 29 May: Brooklyn Yahnel, Keira Carlson, Toby Clark, Patrick Kyle, Ava Carlson, Ruby Black, Beau Hanson, Dominic Enraght-Moony, Emma Jones, Connor Hibbard & Manuel Ampoma-Gyamfi.

Up against some talented runners, on a challenging course, all our competitors ran personal best performances and are better for the experience. In a fantastic run, Ava Carlson (Year 5) finished in 8th position qualifying to represent the Broken Bay Diocese in the NSWPCS Cross Country at Eastern Creek.

We congratulate Isaac Zappala (Year 6) on representing

Polding at the NSWPSA Boys Soccer Carnival in Sydney during Week 5 this term. The Polding team finished in 9th place, competing against teams from around NSW.

Congratulations to Ava Carlson (Year 5) who represented the Broken Bay Diocese at the NSWPCS Cross Country at Eastern Creek on Friday 15 June. Despite running with a heavy cold and subsequent ear infection Ava performed credibly finishing 20th overall against some highly talented athletes. A fantastic effort Ava – well done!

Another brilliant few weeks across Primary sporting achievements.



Secondary sport

A successful end to Term 2 in the world of sport, Rochelle Williamson.

THE SECOND HALF of Term 2 has largely been a chance for our Rugby League and Soccer players to display their sporting talents. Unfortunately, mother nature has played havoc on many events and so most League and Soccer games were postponed to later this term.

Luckily Futsal is indoor and we had 3 teams make it to the Newcastle regionals. Our 16s Boys unfortunately went down in the Finals and our 16 Girls had two draws and a loss. We extend our congratulations to our 19s Girls who went through the competition undefeated and have made it to the national competition later this year. This is an incredible achievement that they were also successful in achieving last year, however, in the age group below. To do this across two age divisions is something we are extremely proud of our girls to have achieved.

Sadly our Bill Turner Soccer team were knocked out by St. Joseph's in a close game. A special thank you to Mrs Michelle

Baxter who worked so well with the girls and the organisation of these games.

Our U15 Boys Rugby League were knocked out before the Finals, despite winning one of their three games, while our U14 Boys Rugby League made it to the semis but went down to Tuggerah Lakes. Our Girls Rugby League are set to be played at the end of Term 2 and we wish them all the best for this.

I would also like to thank the staff for their time spent training and accompanying our teams.

A special mention to our Touch Football representatives in the BBSSA competition: Pania Paea, Samara Ross and Teearna Langbridge. Pania and Samara were a part of the winning 15s team. Teearna not only captained her team, but also was selected to play on the NSWCCC team at the National Touch Championships on the Sunshine Coast in September.

Well done to all!



Year 12 performance night

Year 12 music 'on song' at performance evening, Scott Wallis.

A TERRIFIC TURNOUT, some nervous youthful musicians and an entertaining stage came together to light up Norah Head Sports Club on the evening of Monday 25 June. Students, parents and staff of the College united to support our talented Year 12 Music students in an event that showcased their dedication as performers in the lead up to the HSC. We are forever proud of the courage shown by the students in Music, however this occasion in particular saw them move from their comfort zones of the classrooms to a live music venue, featuring the pressure of a large audience and some fresh faces for them to perform in front of.

As a class we would like to thank the people that came to

support us - the members of the audience, Mr Nick Cronin (Performing Arts Assistant), Mr Craig Fisher (Year 12 parent), Rosie Vicich and Keilan Van Bruekelen (Year 11 students) for their accompaniment, the Performing Arts staff for their support and organisation, Norah Head Sports Club and Mr David Moore for assisting in the organisation of the event. We would also like to thank Mrs Alyssa Chilvers for her support in promotions and Joshua Kind (Year 11) for providing his excellent photography skills in capturing this event.

Lastly, congratulations to the students of Year 12 Music and keep up the good work for the HSC!



SMASHED

Rachael Elcoate *tells us about The SMASHED Project.*

STUDENTS OF YEAR 8 and 9 had the opportunity to take part in an educational incursion focused on under age binge drinking. The SMASHED Project is a global theatre-in-education program visiting schools across Australia and around the world. The focus of the production is to break the culture of underage drinking and reduce alcohol related harm amongst young people.

The production went for 60 minutes and it allowed the students to interact with the actors throughout the performance. Students were exposed to the pressures young people face with regards to alcohol and they were educated on the dangers and consequences they will face should they engage in such behaviour. As part of the interaction, students worked with the actors to identify the skills required when faced with peer pressure and how to walk away from such situations.



The production was well enjoyed and students left with the confidence to make better choices and have a responsible attitude towards alcohol.

Fun at the Year 10 retreat

Kath Ardern *outlines this rewarding experience.*

YEAR 10 HAD the most rewarding experience at the Collaroy Centre, Collaroy. We were blessed with magnificent, sunny weather for the two day retreat and spoilt by overlooking the ocean, watching whales breach as they migrate north. The theme of this year's retreat was Positive Relationships, which was integrated throughout the group sessions, outdoor activities and of course, the beautiful Mass which was designed for the students. The availability of some free time enabled the students to strengthen their relationships within the cohort as well as broaden their existing friendships.

Some of the indoor group activities included ice-breakers which instigated a relaxed attitude amongst the students; nurturing a raw egg in the egg challenge; listening to our guest speaker, PJ, about his faith and relationships; competitiveness between houses in the night challenge, where students had to work collaboratively; and listening to a couple of staff disclose about some positive relationships throughout their lives. Students were happy to be outdoors as well, participating in physical activities led by the Collaroy staff which provided a challenge for many students, some involving teamwork. An exceptional Mass was organised which gave students the opportunity and time to reflect at different stations, such as lighting a candle, acknowledging friendships, having a special photo taken with a friend as well as having a section for quiet prayer and reflecting on relationships which need strengthening. The participation was exceptional, and the Collaroy staff were once again impressed by the way Mackillop students conducted themselves in a public forum.

Thank you to all of the teachers who accompanied the students including Mrs Chrystal Price, Mrs Liz Reynolds, Mr Robert Copas, Ms Helen Thompson, Mr Paul Haines, Mr David Kowalski, Mrs Belinda Wells, Mr Dennis Gasparotto, Mr Julian Legge, Mr Damien Tomsett and Mrs Kath Ardern. We were pleased to receive a surprise in the form of Mr Evanson for the evening Mass. These teachers also enjoyed the opportunity to mix with the students outside a normal school setting and were appreciative of the students' maturity and behaviour demonstrated during the Retreat. We are looking forward to returning again to Collaroy at the end of next year to participate in the Senior Retreat.



A visit from Tony Trimingham

Our seniors hear it from the source, John McNamara.

ON TUESDAY 5 June, the College had the privilege of hosting Tony Trimingham, CEO of Family Drug Support, to hold discussions with our Year 11 and 12 students. Family Drug Support was formed in 1997 after Tony lost his son, Damien, to a heroin overdose. Bereft, Tony felt frustrated by the general apathy and ignorance of his own experience. This was the plight of so many other individuals and families. Tony realised it was but the tip of the iceberg. When he realised this he called a public meeting. Hundreds of people turned up. People who had also been impacted upon by loved ones experiencing drug abuse. From this meeting Family Drug Support was formed. Family Drug Support is a caring, non-judgemental organisation, primarily made up of volunteers, all of who have experienced first-hand the trauma and chaos of having family members with drug dependency.

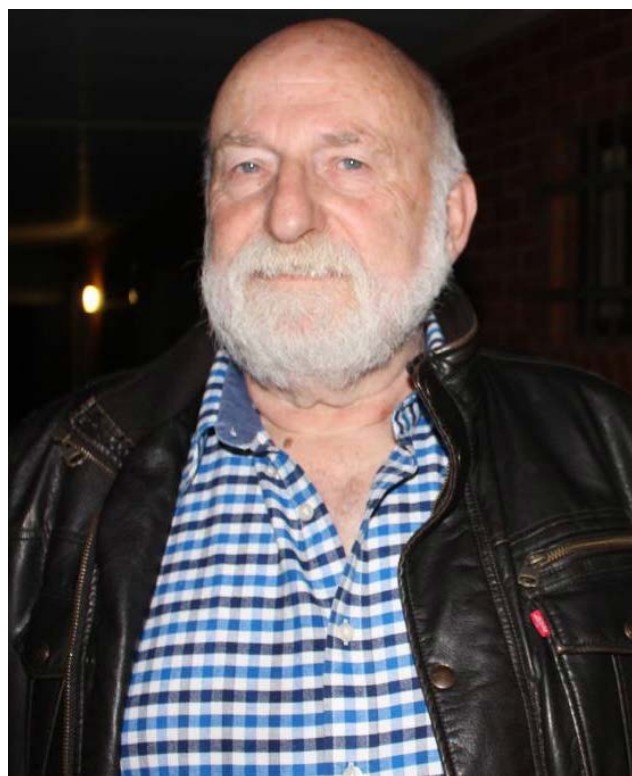
In his presentation to our students, Tony detailed aspects of Damien's upbringing and the characteristics of his family. Damien Trimingham was brought up in a happy middle class family, one that would match the characteristics of most of our families here at MacKillop. He was an athlete of some talent and actively took part in a range of sports, much like most of our students. The power of Tony's story is that when he first details the background of his family and Damien's life journey, our students recognise it matches up with the life journey of many of them. In a very special way, our students are able to walk in Damien's shoes and reflect on just how easily things can change quickly. Damien Trimingham was 22 years old when he died from a heroin overdose. He wasn't a long-term heroin user, nor was he aimless, unintelligent, unpopular,

unambitious, or any other stereotype you might associate with drug users.

It was very clear from the attention of our students and from their deep level of engagement, Tony's presentation was of deep interest to them. When asked to reflect on Tony's presentation, our student's impressions included:

- "I found Tony's story very sad, but it has educated me on the effects of drug use and the impact it can have on other people."
- "Tony's presentation changed some of my stereotypes around drug users and drug abuse."
- "Tony's experience would have been very traumatic to face first hand. From hearing Tony reflect on Damien and the pathway he took, I've learnt more about the destructive nature of drugs, particularly alcohol, heroin and ice."
- "I found Tony's story very sad and eye opening. It has given me an example of what addictive drugs can do and how they can ruin your life."

I believe you can never do too much education around drug and alcohol use and young people. Tony's presentation allows our students to view the world of drugs and drug dependency through a very different lens. One of the many aims of MacKillop Catholic College is to keep our students safe, both now and in the future. I would like to thank Tony Trimingham for helping MacKillop in this objective. I know that hosting presenters like Tony help to best position our students to make informed choices, to stay safe around drugs and alcohol, and to enhance the quality of their lives.



Parent news

Natalie Tunstead *takes a look back at parent engagement in Terms 1 and 2.*



