

ISSUE 17 | WEEK 6, TERM 3 2018

COLLEGE**Matters**

Introducing our new
College Captains



MACKILLOP
Catholic College
WARNERVALE

INCREDIBLE SPIRIT AT FEAST DAY FESTIVITIES

CHANGE MAKERS - SCIENCE WEEK

BOOK WEEK - FIND YOUR TREASURE



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College principal's report

College Principal, Steve Todd, *offers some insights on his role and for Term 3.*

THERE IS A realisation in teaching, that you know you are getting on a bit when you start teaching the children of your former students and this happens to many teachers along the way and it is a nice way to connect to the generations of families. It is always a pleasure to see this happening in one's career. It is delightfully rewarding to see former students bringing their children to our College and for how they are looking for the same values and guidance for their children as they received when they attended a Catholic School. In speaking about this occurrence for myself on a related theme, for the first time in my life as a Principal (26 years, but who's counting), I met a former student of mine at the Catholic Secondary Principals Australia (CaSPA) Conference in the holidays, who is now a Principal of a Catholic Secondary School in Queensland. It was a most rewarding experience to catch up with this former student, I thought to myself, this is a fabulous and a privileged thing as it reminded me that I must now be getting on a bit. I am hopeful that there is more to come in my Principal journey here at MacKillop, and I might even see a former student become a Prime Minister, win an Olympic medal or even win the Archibald Prize. No matter what eventuates it is always a pleasure to see ex-students doing well in life and with their career.

Our Term 3 commenced at a good pace with the annual House Challenge celebrated on 8 August for our Feast Day following another wonderful K-12 Mass with Fr Vince as our celebrant. This day always brings out the very best in our students. It was tremendous to see our new student leaders engaging with their House groups to prepare their performance for the House Challenge. Our Feast Day always brings us joy and this year was no exception. Well done to one and all for joining in on the spirit!

I take this opportunity to congratulate our new College

Captains for 2018/19 in Lucy Pratt and Jack Baresic, who, coincidentally, were also our Primary Captains in 2013. It was great to see Lucy and Jack's names announced by our outgoing captains Gabbi Baus and Josh Lovett along with all the new portfolio and House leaders. It is one of the proudest things we do as a College with how leadership is supported and highlighted. I wish all our new leaders the very best for their important leadership roles. I also congratulate and thank our outgoing student leaders for their valuable contribution to College life.

Our Year 12 students completed their HSC Trial exams in Week 5 and their heads are now focused on the HSC exams in October/November. There is much to do and it is very important that each student realises that they do not walk this journey alone. Year 12 are a fabulously talented group and the HSC showcases in Music, Drama, Art, Construction, Technologies and Dance highlight the tremendously talented group they are. We look forward to all that will unfold for Year 12 as the year progresses.

The Feast of Mary MacKillop, 8 August, is a great day and the sense of joy this brings from the celebration of our College Mass with Fr Vince, the Picnic along with the new Year of Origin activity that culminates with the House Challenge radiates the pride we have in belonging to MacKillop. There is a special feeling about this College and it gives us all great heart to see the spirit that is engendered here.

There is also great excitement around the upcoming Secondary students Japan Tour in September and October. The relationship we have with our Sister School, Nihon Daiichi Junior High School, was to the fore with their recent visit in early August.

Blessings for the Term.



Acting primary principal's report

Positive relationships provide a sense of belonging, Ann Jackson, Acting Primary Principal.

AS THE END of another term draws near, I am reminded of the special relationships that exist within our school community. Every day I witness the love and affection of parents for their children; the care and attention that the teachers give all our students; the special bonds of fledgling friendships between the children; the banter between teachers that signify an ease of companionship; and both the pastoral and learning conversations between teachers and parents. I see humming before me a place filled with positive relationships that are so important to providing a sense of belonging and inclusion.

Although schools are predominantly thought of as places of learning, they are also places of socialisation for all within the community, especially for our children. Increasingly, the links between learning and students' mental health and wellbeing are being recognised. It is so important for positive interactions on a daily basis between all in community to ensure socialisation and therefore a connectedness to school. The literature is quite clear in its assertions that positive relationships promote positive mental health which in turn improves educational outcomes, attendance and staying at school in the long term. As a staff, we have had many sessions of professional development on this topic and I know how tirelessly we all work at building a positive environment where all community members feel included, valued and supported.

I encounter the fruits of this hard work on a daily basis and for that I am truly grateful.

Our Term has been punctuated with many events that promote positive relationships including our Feast Day celebrations and House Challenge, the Grandparent's Mass and morning tea, the many sporting opportunities, gala days and carnivals, Father's Day Mass and breakfast, and swimming for our littlies, to name a few. Healthy Harold paid us a visit again and pirates paraded along with treasured literary characters at our annual Book Parade. Smiles flourished at all of these events!

We continue our commitment to offering quality teaching and learning by focussing on the pedagogical practices around writing and we will continue to do so for some time yet. In order to facilitate this we use staff meetings, mentoring and coaching where best practice is highlighted and supported and we include 'check ins' along the way to ensure that we are on the right path. We are fortunate indeed to have a staff that is committed and open to learning in such a way as to improve student outcomes.

Finally, I must congratulate our students for striving for their personal best at work and at play. My hope for them is that they continue to develop positive relationships so that they know understanding when they fail, have confidence when in doubt, and opportunities to both give and to share.



Secondary principal's report

Debra Ferguson, Secondary Principal, *explains the importance of resilience.*

WELCOME TO TERM 3. For this issue I thought I would write on a topic that worries us quite often here at MacKillop, the resilience of our students.

Why is it that some students can handle even the most difficult of circumstances in life without missing a beat, while others seem to crumble at the slightest disappointment or obstacle? The answer is resilience.

Resilience is the ability to successfully manage life and adapt to change and stressful events in healthy and constructive ways. Resilience develops by the quality of interactions within the family, school, and other social environments.

Resilience can be taught and nurtured in young people and most experts agree the building of a resilience starts at an early age. However, there is a lot that can be done during adolescence and adulthood to promote resilience in an individual.

Here are 9 suggestions from experts to assist your children with this:

1. Promote belonging - Resilience is the knack of being able to bungy jump through the pitfalls of life. It is the strongest antidote we know of for self-harm, depression and drug abuse and it's built on our sense of belonging. This is why we push community so much here at MacKillop.
2. Have some down time - We rush children from activity to activity. Be a counter-revolutionary. Find some time each week just to be at home without anything structured happening.
3. Rediscover some family rituals - It doesn't matter whether it is the Saturday clean up or the Sunday roast; rituals are highly protective. This time together is important.
4. Spontaneity and curiosity - These are the building blocks of good mental health. The hard message here is that if you want to raise your children to have mentally healthy lives you are going to have to have a good time yourself. If you want your children to succeed you need to show them that success is worth having.
5. Love kids for their differences - When families function well people are allowed to be different and to be loved for those differences.
6. Make it is clear who is in charge - Families do not work well as democracies. In fact they seem to work best as benevolent dictatorships in which the parent or parents consult a lot with their children but at the end of the day, the parent has the final say.
7. Consistency - Consistency is the ideal. Having parents who agree on rules and standards and who convey the same sorts of messages, clearly have the best outcome in terms of children's wellbeing.
8. Teach the skills of self-esteem - Families that work well seem to praise one another a lot. Compliments are made and positive efforts are commented on.
9. Know how to argue - Families that work well know how to argue. The family is where we learn to resolve disputes fairly. While differences of opinion should be allowed to be expressed, children also need to learn that they will not be able to win at all costs.



Commissioning of student leaders

A new student parliament, Debra Ferguson, Secondary Principal.

OUR COLLEGE LEADERS have now been announced and were commissioned at our Assembly in Week 2 of this term where Fr Vince blessed the students and their badges. They will all now stay in office until the end of Term 2, 2019. This allows the Year 12 students to then relinquish their positions and concentrate solely on their Year 12 HSC Trials, major works and the Term 4 HSC exams.

The ceremony was very special, as always, and it was wonderful to share this day with many parents who attended the ceremony. This group has already achieved so much with their preparation for the annual House Challenge, attending the Parish Mass on the Sunday prior to Mary MacKillop Day and Year 11 welcoming our Japanese sister school on the Sunday 29 July.

We congratulate the following elected members of the 2018/19 Parliament:

COLLEGE CAPTAINS

Lucy Pratt and Jack Baresic

MISSION

Sarah Baresic and Joshua Kind

CULTURE

Hannah Pratt and Shari Towns

WELLBEING

Georgia Ray and Zachary Potter-Evans

HOUSE LEADERS

	Year 11	Year 10	Year 9	Year 8	Year 7
Fitzroy	Mitchell Christensen and Madeleine Welsman	Melanie Elshaug	Monique Kohen	Tayla Brooker	Hannah Garratley
Penola	Rosemary Marks and Courtney McCool	Alexa Walker	Ayden Ay	Jade McDonald	Janessa Macri
Gesu	Sophie Coyte and Nathan Ward	Thomas Drake	Savannah Castellino	Trinity Young	Georgia Armstrong
Alma	Jack Baresic, Sarah Baresic, Jamison Costa, Zachary Potter-Evans, Hannah Pratt, Lucy Pratt and Georgia Ray	Jessica Wasley	Madysen Ryan	Ariel Collins	Maison Elliott
Temuka	Isabelle Hannan and Joshua Kind	Piper Roberts	Jesse Slattery	Charlotte Hannan	Zane Eldridge
Kincumber	Jayden Baird, Samantha Messina and Shari Towns	Eliza Ellis	Rose Callaghan	Samuel Wolscher	Zara Christensen

Meritorious award

Debra Ferguson, Secondary Principal, proudly announces the CaSPA honour for Mr Steve Todd.

CASPA STANDS FOR the Catholic Secondary Principals Australia association. This year the CaSPA conference was held in Cairns in the second week of the July holidays and both Mr Steve Todd and I attended from 15-17 July. It was an excellent conference entitled 'Tropical and Topical: Leading in Diverse Time'.

The speakers were excellent for each part of the conference:

- Senator the Hon Kristina Keneally - Keynote Address on the Challenge for Catholics today
- Fr Frank Brennan SJ - Leading in Diverse Times
- CaSPA President: Andrew Watson - Models of Governance of Catholic Schools in Australia
- Nick Wyman - Perceptions Are Not Reality: myths, realities and the critical role of vocational education and training in Australia.
- Prof Russell Bishop - The End of Failure
- Marita Cheng - The Gender Divide: Strategies to get girls into engineering and technology
- Jamila Gordon - The Power of Dreams and Having the Courage to pursue them
- Michael Stewart - Positive School Culture

On the final night we attended a beautiful Mass at St Monica's in Cairns and then the Conference Dinner. At this event some very special awards were announced including an award for Meritorious Service for being a Catholic Principal for 25 years or more. Our own Mr Steve Todd was presented this award and it was a very proud moment for him and his wife, Lyn. We congratulate Steve for his dedicated service to Catholic education and for his leadership here at Mackillop Catholic College.



Mary MacKillop feast mass

A joyous occasion, Chrystal Price.

ON WEDNESDAY 8 August the College gathered in the Aitken Hall as a K-11 community to celebrate the very special feast day of our patron saint St. Mary of the Cross MacKillop. Fr Vince led this celebration of the Eucharist where he reminded all of us about the importance of listening to God's message of love in the scriptures and to apply Jesus' message of love in our daily lives.

St. Mary of the Cross MacKillop wrote about the importance of love in 1890 when she said "Let us show this love [that Jesus has for us] in our acts". So as we celebrated Eucharist together one could not help but reflect upon her example of discipleship and how she so selflessly loved all those she came into contact with from a very young age. During the Mass staff and students were also asked to think about how the core



values of the College house system (which are also closely connected to Mary MacKillop), can also guide us to loving our neighbours and caring for those in need.

So many wonderful staff and students contributed to the delivery of such a large liturgical celebration and we are indebted to the Performing Arts staff and students for their generosity with the beautiful music and liturgical dance. A huge thanks also to the courageous Mrs Reynolds for leading the College with a new song to learn and heartfelt gratitude goes out to every reader, minister, dancer and usher that made the celebration such a special event.

The sense of community spirit continued throughout the rest of the feast day in various ways. It is without doubt that the spirit of St. Mary the Cross MacKillop was truly alive and well amongst all staff and students who participated in the day. Events such as those do not just happen a huge amount of effort goes into planning logistics and getting students as well as the staff organised for the day. We sincerely thank our Secondary Principal, Mrs Debra Ferguson, for her leadership with the House Challenge and all the staff who helped. We also cannot forget the amazing work of our wonderful MC's for the House Challenge - Miss Alex Cooper, Miss Madie Martin and Mr Luke Bondfield for their enthusiasm and entertainment throughout the afternoon.

House shield winners day

Congratulations to Alma, Greg Hughes.

EVERY YEAR OUR six College Houses, each carrying the name of important places in the life of Mary MacKillop and representing our College's core values, compete for the coveted annual title of House Champions. Students are presented with numerous opportunities throughout the year to gain points for their respective houses and are awarded points for almost every accomplishment; including sports carnival participation, cultural activity involvement, attendance on community days, school representation and many more. Even though students are competing against each other in their House groups, the competition is always friendly and has assisted in building a fantastic sense of school community. While gaining points for their Houses, students are also raising funds for charity, establishing new events and activities around the College, and tightening bonds across year groups.

The Secondary champions were announced at the end of Term 2, and this year was won by Alma House! Alma were led by their House Captains Edric Alejo, Sean Clair, Kynan Currey, Monique Gilbert and Maddison Potter-Evans. To celebrate,



Alma students received a day out of school classes (last day of Term 2), where they watched a movie, had a pizza lunch, and then went ice skating at Erina.

The most important aspects of all is the strong community pride and the connection to Mary MacKillop that our House system has built at our College, and knowing that all our students are aware of our core values - that we hope they will adopt and develop over their time at MacKillop.

College Houses come together

A true community event, Debra Ferguson.

THE FEAST DAY of Mary MacKillop is extremely important to our College and we wish to celebrate the day as a true K-12 community.

This term on Wednesday 8 August we started the day with a beautiful Mass for all K-11. Year 12 could not join us due to their CSSA Trial exams.

After Mass and the handing out of the traditional M&Ms (we have claimed them as the Mary MacKillop sweets) the students enjoyed a picnic on the oval. It was especially enjoyable with the inaugural 'Year of Origin' Stage 5 Cup where Year 9 and 10 competed against each other for the honour of winning this perpetual trophy. They competed in netball, basketball and volleyball during the picnic and the stakes seemed to be very high.

In the afternoon, the students participated in another traditional event that they also truly enjoyed – the House Challenge.

Each House had to devise a performance that involved singing, movement and costumes and it needed to represent their House in name, colour and/or core value where possible.

The Year 11 and 6 Leaders worked together with their House Teachers to create these great and entertaining songs. The students from K-11 met over a period of three weeks to rehearse all this: A real challenge in the short period of time.

The Student Leaders must be congratulated for all their hard work and enthusiasm. This is a true community event with all students getting into the spirit of the afternoon.

We need to thank Miss Alex Cooper, Mrs Madie Martin and Mr Luke Bondfield who were splendid MCs for the afternoon, thank the parents who attended, all the teachers for their sense of good fun and all our judges made up of our Office Ladies and Support staff.

We need to congratulate every House for their hard work this year but a special mention to the following:

Year of Origin Stage 5 Cup – Year 10

3rd place – Alma

2nd place – Kincumber

1st place and Champion House – Gesu

Well done everyone!





Winter sleepout appeal

Building awareness of homelessness in Australia, John McNamara, Michelle Baxter and Madie Martin.

ON FRIDAY 29 June, Year 12 students and our Secondary Mini Vinnies hosted a Winter Sleepout. For 2017/2018 our Year 12 Leaders and the College community opted to focus on homelessness as a social justice issue in Australia, and particularly on the Central Coast. The Winter Sleepout provided a wonderful opportunity for our students to get a glimpse of the realities of homelessness on a personal level by sleeping rough for one night.

The Sleepout encouraged students and teachers to gain a deeper understanding of homelessness, raised awareness of the realities faced by people experiencing homelessness, while also allowing opportunities for the collection of funds and other needed items to support Vinnies homelessness services and early intervention in the local community. The Sleepout was an inclusive K-12 activity. On the day of the sleepout, Primary students were lucky enough to hop straight out of bed and into school wearing their PJ's. Their aim was to create awareness about foster care in support of The Pyjama Foundation. Many children impacted on by homelessness find themselves in foster care. The link between the Primary activity and the Secondary Sleepout was ideal, truly making this an initiative with full K-12 support.

Our Year 7-9 students stayed between the hours of 5-9pm, where they had adequate time to experience outside speakers on domestic violence and homelessness. Our students in Year 10-12 heard from additional speakers and were permitted to stay overnight, where they slept rough in outside sections of the College. With only a cardboard box provided to sleep on, a concrete slab was their bed for the night. The temperature dropped to near freezing point around 5am on Saturday morning, and Mrs Baxter and I were delighted with the resilience shown by the students, who immersed themselves



into the full and authentic homelessness experience.

The guest speakers arranged for this event were excellent, allowing our students to get a realistic feel for what it is like to live as a homeless person, a person who is a victim of domestic violence, or both. We are truly indebted to the presenters who courageously told their own personal stories about living on the streets, about how they came to be there, and how they managed being a homeless person in Australia.

We are indebted to the staff who prepared soups for us, and to those who helped to staff the event. The entire College community helped to raise funds and collect non-perishable food items for St Vincent de Paul, as well as The Pyjama Foundation and Coast Shelter. Somewhere in the vicinity of \$800 was raised from the K-12 student and staff bodies. People suffering homelessness on the Central Coast and in the Hunter Region will greatly benefit from these funds.

As a community, MacKillop is certainly more aware of homelessness as an issue in Australia thanks to the work of Year 12, the student leadership team, our Mini Vinnies and Mini Macs.



JUMP for Ghana

Sending the MacKillop spirit to children in need, Michelle Baxter.

AS THE FINAL weeks of our inaugural year of the JUMP program draw near, I can't help but feel a great sense of pride for our Year 8 students and their commitment to the success of this program. There have been numerous initiatives, fundraisers and events over the past twelve months which reflect the students' commitment to serving others in the spirit of Saint Mary MacKillop. This was further evidenced by our Feast Day where so many items were donated as part of the Ghana Appeal. This was a community event which spanned not only from Kindergarten through to our Secondary students and their families, but also to our Parish community and to the wider Warnervale local area. Each College House was allocated an item for donation, from toiletries, educational items to

clothing, all to assist children and their families living in remote areas in Africa.

Mrs Gyamfi, a member of our MacKillop community spoke to Secondary students at a Tuesday assembly, providing insight into the need for these resources and the injustice to those who live in these communities. Her personal response to the Ghana situation and her advocacy of this cause was such an inspiration to our students. Year 8 responded accordingly, collecting items throughout the week during Pastoral and assisted with sorting the donations for shipment.

As a College community, we look forward to following the journey of these items as they travel with the Gyamfi family to Ghana.



Grandparent's mass

Celebrating the gift of our grandparents, Allison Passafaro.

ON FRIDAY 3 August the primary community came together to celebrate the gift of grandparents. We welcomed all our beloved grandparents and other family members who filled the Church to celebrate the special bond that exists between grandparents and their grandchildren.

After Mass, grandparents visited classrooms and participated in a range of classroom activities. Children and

grandparents were able to share a love of learning whilst completing grandparent themed activities. Our celebration continued with a 'thank you' picnic morning tea. This celebration is a valued tradition as we acknowledge the many things that we are grateful for as our grandparents connect us to our origins, pass on faith and spiritual experiences, support us and love us unconditionally.



Because of her, we can!

NAIDOC Week and its significance to the College, Marilyn Fraser.

THE LAST WEEK of Term 2 saw a variety of special events in celebration for NAIDOC Week at Mackillop:

- Adam Hill, skilled Aboriginal artist and musician, and a proud Dhungatti descendant held a workshop with secondary students. Adam enthralled the group with his complex playing styles of the Yidaki (didgeridoo). He explained that his style of playing was from his cultural mentors: The Yongul people of the North East Arnhem Land. In both workshops students began with an exciting and challenging auditory drawing exercise whilst listening to the Yidaki. The students then translated these sounds onto paper, thus creating a quick colourful piece of abstract artwork.
- Melissa Jackson, a very proud Bundjalung woman from the State library of New South Wales, passionately spoke to Year 7-10 students. To highlight the theme of 'Because of her, I can', Melissa focussed on Aboriginal author, Ruby Langford Ginibi, and her biography "Don't take your love to town". The amazing story in itself is a great inspiration and has a strong message for girls that you can achieve no matter how tough your circumstances have been.
- A special screening of 'The Song Keepers' was held in the Theatre where our audience savoured every moment of the documentary through their tears and laughter; they were on the spiritual journey with the gifted singers, with their infectious charm. The unique group sang baroque German hymns first brought to Central Australia by Luther missionaries in the 19th century then translated into Pitjantjatjara and Arrarnta by the local Aboriginal

communities. The event was well received and the heartfelt story of triumph over adversity, strong Aboriginal women and music was very powerful.

On the last day of Term 2 our Primary students engaged with a full day of activities and workshops:

- Stuart McMinn facilitated traditional games workshops where students focussed on what it would be like to hunt Kangaroo, however, instead of using a spear and woomera we used soccer balls and tennis balls to try and simulate a hunting experience.
- Janelle Egan facilitated dance workshops where students learnt about traditional dance and were taught traditional dances from New South Wales and Queensland. The students also learned about the significance of these dances and the spiritual importance of each dance.
- Rheese Bull facilitated the Artefact workshop demonstrating to students the different tools that Aboriginal people use, showing the group the importance of environmental sustainability and on many aspects of First Nations peoples lifestyle, cultural practices and spirituality.
- Gerard McMinn facilitated Dreamtime stories and the Didgeridoo workshop where students were educated on some of the thousands of Aboriginal creation stories. He used these stories to explore morals that arise from the stories and discuss them with the students.

The day concluded with a traditional smoking ceremony performed by our guests before a liturgy for K-6 students.





100 days of kinder

Celebrating 100 days of fun-filled learning, Cath Paholski, Alex Cooper and Cathy Whitmore.



TERM 3 STARTED with huge excitement for Kindergarten as we celebrated our first 100 days of big school. To mark the occasion, students created a project consisting of 100 objects that they made into fantastic artworks which were then presented to Kindy classes. Our festive day continued with crown making, a maths lesson by making our own lolly bag consisting of 10 groups of 10 lollies and other '100 day' craft activities and stories. It was a fantastic day enjoyed by all. The teachers looked the part, with their white and grey hair, walking sticks and scarves.

Our time in Kindergarten has flown by and we have accomplished so much during these 100 days. We started our awesome journey to read, write and know our numbers and along the way have participated in College Masses, Year 6 buddy time, competed in the Athletics Carnival, paraded for Book Week, learned about life education with Healthy Harold, cheered at the Mary MacKillop Feast Day House Challenge, and much more.

Our excursion to Oakdale Farm has been a highlight of our first 100 days, where we were able to meet a koala, enjoy a tractor ride, feed baby sheep and milk cows. It was amazing seeing dingoes, camels, alpacas and reptiles up close.

Kindy have had such a great fun-filled start to their learning with so much more excitement to come.

eLearning worldwide

Apple Distinguished Educator Worldwide Institute event, Erin Sullivan.

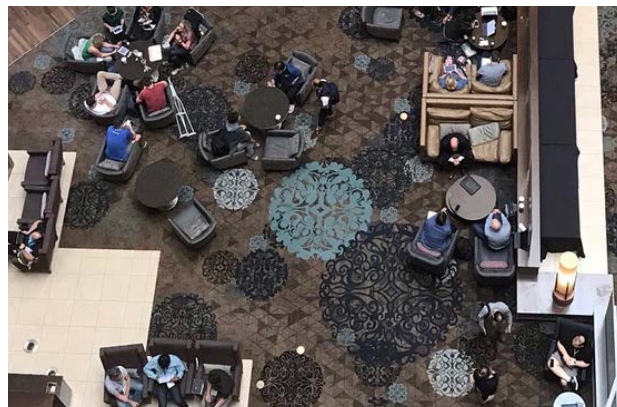
DURING THE JULY school break I was accepted to attend the Apple Distinguished Educator Worldwide Institute event held in Austin, Texas. I had previously been named an Apple Distinguished Educator (ADE) at the beginning of 2015 and was invited, along with 24 other Australian teachers to participate in this week-long institute.

The event involved educators from all over the world coming together to learn and share. We were fortunate to be presented to by Apple software product managers and developers, and we had the opportunity to learn new skills and create innovating lessons for students. Each day we were involved in expert labs where I picked up some great tips and explored some of the new technologies emerging in the virtual and augmented reality spaces.

The focus of our institute was 'Everyone Can Create'. It was all about exploring creativity across all subjects and year groups, engaging students creatively to encourage deeper thinking and learning. As part of this focus, all attendees had to publish a series of lessons or skills over the coming months. My project is on how to create an escape room as a classroom activity to develop critical thinking and collaboration skills. This

will be published as an iBook early next month.

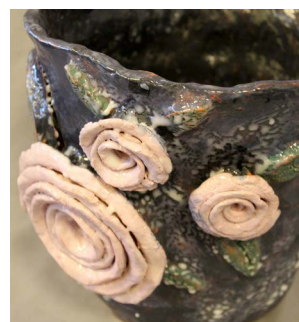
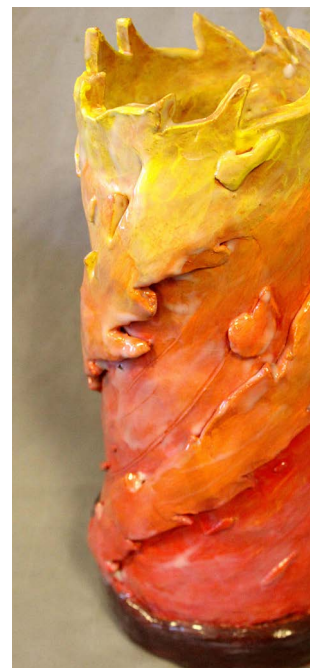
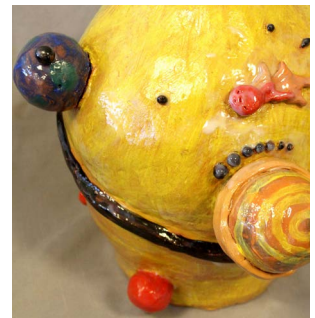
The most valuable aspect of this institute was the ability to connect with expert teachers from whom I learnt so much. I met up with authors, app developers, artists, musicians, and teachers of every subject and grade level. I look forward to being able to share what I learnt with the teachers here at MacKillop, and in turn provide rich and engaging learning opportunities for the students.



Artists of excellence

Fire, water, wind and earth, Jillian Young.

YEAR 10 CERAMICS create pieces based on the four elements.



Science week

Game changers and change makers, Ryan Herbert.

WHAT AN AMAZING week fuelled by enthusiasm and drive from Mrs Mylchreest.

It all began a couple of weeks ago, when the amazing Welcome to Science Week banner was first imagined. Mrs Mylchreest then gathered some artful scientists around her, including Ebony Glynn, Ella Edwards, Peter Sun, Aidan Taylor, Valeria De La Pena Raez and Eliza Ellis and over the next couple of weeks they gave up their time at break times, Thursday afternoons, and any spare time they had. The final result exceeded any expectations, and was proudly displayed on the Science bridge for the week.

Our first event was a visit by The Australian Reptile Park for Year 9. We learned about the evolution of reptiles and their specific adaptations. There were lizards, snakes, turtles, and of course an alligator roaming freely in the theatre. The whole year group was given free time with the animals, being allowed to hold, touch and photograph them as much as they wanted as soon as the lecture finished. The visit concluded with a look at a real live funnel web spider, and a clear description of the steps that must be taken if a person is bitten by a spider or snake: These started with 'stop poking it, or put it down'.

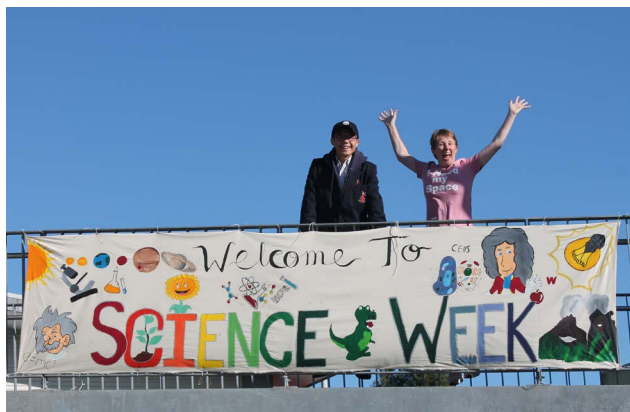
Next was a fascinating glimpse into our local underwater world. The Central Coast Marine Discovery Centre from Terrigal came to our whole school assembly on Tuesday afternoon, and

showed us how we affect the water courses we live near, and how they affect us. The presentation concluded with a great video of the HMS Adelaide being scuttled, and how the local marine life has taken to it.

Our final presentation was for Year 7 on Friday afternoon, when Fizzics Education presented 'Tick Tick Boom'. An in-depth examination of the effects of pressure, ranging from unravelling toilet rolls with a hair dryer to exploding bottles with liquid nitrogen. Along the way, we also discovered that surface area can hugely affect a reaction as demonstrated by a 2-metre flame-thrower fuelled by flour.

Throughout the week we competed in the Education Perfect World Championships, where each class had the opportunity to put their Science knowledge to the test. In an international competition, Mackillop competed well, with many students taking matters seriously outside of school, and continuing to compete. Ethan Maleszka of Year 10 deserves a special mention, earning himself an Elite Award, having gained over 10,000 points for the College!

This kind of excitement does not happen without planning from teachers and so I would like to commend all of our Science staff. Of course, it would not be worth it without engagement from our students - thank you to all!



Book week

Books arrrrrh treasure!, Jackie Crowe.

WHY DOES IT take pirates so long to learn the alphabet?

Because they spend years at C!

The Book Week theme for 2018 was Find your Treasure. Book Week is always an exciting event in our school calendar. It promotes reading, an appreciation of books and the joy of stories. Students were given the opportunity to learn about new books, listen to authors and illustrators share their writing and drawing stories, get creative and dress as a treasured character or pirate and to take time to be alone and just read.

We were privileged this year to have two authors and an illustrator visit our students during Book Week. Belinda Murrell and James Knight captivated their Year 5-8 and Year 9-11 audiences with personal tales and stories that inspired their writing. Nathaniel Eckstrom wowed our Kinder-Year 4 pupils with his fantastic drawing skills.

Many of our Primary classes also enjoyed the opportunity to listen to a 'special reader' who read a pirate book or one of their own treasured books. Special readers were from across the College, including learning support staff, K-12 teachers and Executive staff, and our Secondary students.

An important tradition during Book Week is the Reading Hour, a time when all staff and students Drop Everything And Read for 20 minutes. This year classes were encouraged to find a quiet space to read alone either in their classrooms or outdoors.

Our annual Book Parade was a fun way to focus on the value of books. We danced and sang and showed off costumes that were creative and fabulous. MacKillop staff and students came together to celebrate that books really arrrrrh treasure!





Primary sport report

Kellie Denneman *celebrates history-making success in primary sport.*

BOTH BOYS AND girls teams represented MacKillop at the Paul Kelly Cup AFL Primary Competition at Adcock Park last term. In an exciting day of action-packed competition, both teams had lots of fun, gathering momentum with each game. Our girls team were undefeated on the day progressing to a Regional Final in Newcastle in Term 3. Up against tougher opposition in Newcastle and with a smaller squad of players on rotation, the girls were valiant in their Regional Final against St Catherine's Singleton. The scoreboard was even at both quarter time and half time, with St Catherine's edging ahead in the third quarter with the MacKillop girls coming home like a steam train, but falling short by 4 points. Congratulations to both teams on a great AFL campaign this year!

We had the most longest, exhausting, funnest, amazing day ever at CCC Girls Soccer. Everybody played extremely well although the weather was crazy hot. It was nice to have everyone there being great sports. Each division played 7 games each and every game was outstanding. Division 1 came first and were undefeated and every game was great to watch while playing in their new uniforms. Division 2 came runner-up and played amazingly. Division 3 came first and were undefeated and they were outstanding each game. It was a fantastic day and our thanks go to our teachers and Secondary student helpers.

Lots of teams represented MacKillop at the CCC Soccer Gala day with four successful teams coming in first place: Div 1 boys, Div 1 girls, Div 2 boys and the Div 3 girls. These teams made it all the way through the day with the Div 1 and 2 boys and the Div 3 girls making it through undefeated. All teams did really well in their matches and displayed great sportsmanship.

A team of 50 children represented MacKillop at this year's Primary CCC Athletics Carnival at Mingara in perfect weather conditions. Our students strived for personal best showing

wonderful sportsmanship by cheering on their teammates, participants from other schools and celebrating all efforts on display. In a history-making team performance, MacKillop accumulated the most points to win the overall carnival ahead of the other ten Catholic Schools for the very first time ever! A number of students finished first or second in their respective events, with a record 20 students (including 3 of our relay teams) qualifying to represent our school and the Central Coast Schools at the Broken Bay Diocese Athletics coming up. We wish the following students the best of luck at the next level: Ava Carlson, Keira Carlson, Tyra Field, Phoebe Meers, Fynn Sadler, Lachlan Fouracre, Elija Guest, Beau Hanson, Brayden McDonald, Giancarlo Trimarchi, Manuel Ampoma-Gyamfi, Kai Rennie, Halle Bruen, Ella Flaus, Maya Rennie, Markus Wolscher, Emily Sanders, Lagi Brown, Samuel Amino and Dylan Wightman. A special congratulations goes to Ava Carlson, from Year 5, who was awarded Female "Athlete of the Meet" accumulating the most individual points for the carnival. Ava will be presented with her medal at the upcoming Broken Bay Athletics.

The Oz Tag Gala Day was a great day! MacKillop had a boys and girls team each playing 4 games at Adcock Oval in August. The girls team won 3 from 4 games and made the semi finals. Most of the opposition were representative players and some of our team had never played before so it was a great effort, only losing by one point. The boys team played against very strong opposition but improved with every game. We had an amazing day with a nice refreshing frozen coke at the end!

Three Primary riders proudly represented MacKillop at the Lakes Grammar Interschool Equestrian in August. Congratulations to Regan Beaver, Joshua Rowland and Heath Rowland, who competed with outstanding sportsmanship and respect for other competitors. Regan was awarded Reserve Champion on the day, congratulations Regan!





Nihon Daiichi visit

Strengthening the bond between MacKillop and our sister school, Helen Beech.

WE ARE VERY fortunate at MacKillop Catholic College Warnervale to have an amazing sister school relationship with Nihon Daiichi Junior High School in Tokyo. Our visitors this year were Mr Ken Yuhara, Mrs Kyoko Koga and 25 students. Their tour conductors, Ms Mika Kageyoshi and Mr Futoshi Kitajima, also accompanied them.

Our visiting Nihon Daiichi students had some amazing experiences during their MacKillop visit. They attended English classes daily with Mrs Georgina Martin, and 2017 MCC graduate, Abbie McDonald. They attended a music class learning 'Home Among the Gumtrees' with Mr Scott Wallis. They also had a dance class with Miss Rochelle Williamson and Year 9 Dance. Mr Phil Murphy taught the students how to make sausage rolls in our Food Technology kitchen.

This year our Sister School students were able to join in the MacKillop Feast Day and House Challenge celebrations. This was a lovely opportunity for them to be involved in our community day. They performed three acts, which included singing 'One Call Away' in English, a Hairspray performance and display of Soran Boshi, a traditional Japanese fishing dance.

Exploring The Australian Reptile Park is one of the highlights of our sister school visit. The Japanese students and their host student spent some time there together and there were many

laughs. All the students had fun feeding the kangaroos and having their photo taken with a koala.

We would like to thank all the MacKillop host students and families for welcoming the Japanese students into their homes, allowing them to experience Australian life, and gave them such wonderful experiences. This valued friendship between our two schools could not continue to thrive without the generosity of our amazing host families, the support of the College Executive, the Japanese committee members, and the many staff who help year after to year to ensure the visits run smoothly.



Gold for MacKillop

Nathan Ward and his success in Hobart, Alyssa Chilvers.

IN JULY, NATHAN Ward from Year 11 was selected as one of the two Vice Captains of the NSW All Schools Swimming Team. Our College Principal, Mr Steve Todd, praised the news as "a wonderful acknowledgement of his leadership."

It is Nathan's goal to compete at the prestigious levels of the Commonwealth Games and the Olympic Games in the future, "Competing for Team NSW as Vice Captain was the gem to all the training and preparations involved in competitive swimming. With this years team being one of the most successful and enjoyable teams I have been on makes all the hard work worthwhile."

At the Australian School Sport Championships in Hobart, Nathan won gold medals in the 50m and 100m Breaststroke, silver in the 4x50m Medley Relay, and bronze in the 4x50m Freestyle Relay. These results are also met with Nathan breaking the Tasmanian All-Comers record which accompanies a School Sport Australia Swimming record in the 17-19 years 50m Breaststroke. This is an amazing achievement and all of us at MacKillop are immensely proud of his performance and positive attitude.



Community service award

Debra Ferguson *acknowledges Mr Hughes' dedicated service to Surf Life Saving NSW.*



AT OUR ASSEMBLY in Week 3 of this term we had a wonderful presentation made to one of our staff.

Surf Life Saving NSW approached the College to ask if they could present an award during a school assembly to honour a man who has given dedicated service to this association.

We congratulate Mr Greg Hughes, our Thursday Sports Coordinator and PDHPE teacher, for being recognized for this and we feel truly blessed to have him on our staff.

"Being involved in lifesaving for 20 years, I am deeply honoured to receive this award of recognition from The Royal Lifesaving Society. The RLSSA is a leader in reducing drowning incidences and increasing swimming, water safety and community lifesaving skills, and I am proud to be associated with an organisation with such a strong community education program"

Congratulations Mr Hughes!

Year 7 transition day

Kathleen Black *tells us how our students enjoyed the second day of this program.*

THE SECOND TRANSITION day was held on Wednesday 4 July and was only for students who have enrolled and have been accepted into Year 7 at the College for 2019. The aim of this day is to provide students with the opportunity to experience what it is like to learn in a secondary school classroom by secondary teachers. Students were divided into groups and were eager to be involved in the activities of the day. This year the Science and PDHPE faculties led the sessions and students

engaged in activities within these subject areas. The Science students were involved in investigating non-newtonian fluids (slime) as well as looking under the microscope and building lolly insects. In PDHPE, students actively participated in tagging games and ball sports. I was privileged to be able to visit each session throughout the day. All students were enthusiastic and enjoyed the variety of activities offered by our expertise staff.



Dental checks

Mel McGuinness *outlines the importance of good dental health.*



THIS YEAR WE were fortunate to have the opportunity to welcome Future Care Dental Group to MacKillop. This service is approved by the Federal Government and we were able to offer appointments to all students across K-12.

It is widely known that dental health plays a key role in overall health and this initiative presented opportunity for our students to be proactive in their dental health care.

All students across the College received letters with information and an offer of a dental check. We had a number of families take advantage of this service. The checks took place in the College Library throughout the school day, with secondary scheduled in Week 1 of Term 3, while Primary was scheduled in Week 2.

Future Care Dental Group provided a great service to our community and we hope that our families were also happy with the service they received. Should you wish to contact them or avail yourself of their services please [see their website](#).

Life education van

Healthy Harold visits MacKillop, Peeta Gainsford.

IT IS ALWAYS very exciting when the Life Education Van visits MacKillop Primary students. Featuring Healthy Harold, Life Education is a fantastic experience that both students and teachers look forward to each year.

During Term 3 all classes enjoyed a visit to the Life Education Van to spend some time learning more about their bodies. This mobile classroom encourages children to participate and learn through engaging and interactive educational experiences, in a purpose built learning space.

During these visits a variety of modules were delivered to children from Kindergarten through to Year 6. Students were guided to work on their skills relating to positive relationships, positive communication, and effective problem-solving. Learning these skills with Harold offers students the unique opportunity to engage in the Personal Development and Health Curriculum in an environment that offers a different experience to the classroom. Students were encouraged to engage with a variety of situation scenarios and use these to think about decisions that impact their personal health and wellbeing, and work together to come up with strategies to avoid a harmful and unhealthy lifestyle.

It was beautiful to see how our students enjoyed these sessions:

"I like Harold because he did a funny dance and made my class laugh" - Brayden Carlson, 1G.

"Healthy Harold is a Giraffe. I really like him because he is good at throwing hoops and is very funny" - Riley Hutchinson, 1G.



Leadership camp

The first step in many as a College leader, Glen Taragel.

LAST TERM MRS Reynolds and I had the pleasure of running the Leadership Camp for our new College Leaders. The two-day camp was held at the Kincumber Spirituality Centre where we completed a variety of activities ranging from fun icebreakers and team building games to goal setting and developing a greater understanding of the expectations that come with being a leader at MacKillop Catholic College.

We were fortunate to have a visit from Mr Todd, as he held a presentation on leadership and the Josephite Heart as well as talking about the history of the Kincumber Spirituality Centre. We finished the first day with a fashion show where the students paraded as influential world leaders with costumes made from newspaper. Mrs Reynolds organised a beautiful Liturgy before bedtime. We were also visited by Mrs Ferguson and the current College Captains, Gabbi Baus and Josh Lovett, who spoke about the importance of working as a team,

expectations of a leader, and how to balance leadership and other commitments. Mrs McGuinness presented a meditation session and discussed how to manage and deal with stress.

I would like to thank Mrs Reynolds for all her help on camp as well as the new College Leaders for all their enthusiasm and participation on camp. Thank you also to Mr Todd, Mrs Ferguson, Mrs McGuinness and Mr Evanson for all their help and support and for making the camp possible.



Year 1 excursion

Christine Owen takes us back in time with Year 1 students.

IN TERM 2, Year 1 spent some time learning about life in the past. We looked at how people lived and how they did everyday jobs such as washing, cleaning and cooking.

On Monday 2 July we headed to Tocal Homestead in the Hunter Valley. It was a long ride but we made it on time. After morning tea we began our activities for the day. In small groups we rotated around the homestead and experienced how things worked 100 years ago. We used manual washing boards and soap to wash clothes and boy, it was hard work! We also dressed up in old fashioned clothes and wore aprons. We played games outside with odds and ends from the farm like rope and pigs knuckles, it was fun learning how to play. The old homestead had a really old kitchen with an oven that was actually a fire. To iron your clothes you had to put the iron in the oven to heat it - not as simple as turning on a switch. The homestead also had an old table and chairs with candlesticks and lots of plates. We learned to put the plates in the right spot and set the table for meals. We were also lucky enough to see a mother pig, also known as a sow, and her baby piglets in the barn. We were lucky to have some parents come along to help us out and enjoy a great day with us. It was such an exciting day that some of us had a nap on the way home!



Primary disco

MacKillop Footsteps get Footloose at the Primary Disco, Kerry Power.

EACH YEAR PRIMARY students are involved in a dance program facilitated by the dance company 'Footsteps'. During the Term students learn choreography to accompany both contemporary and classic tunes. As a culmination to this dynamic learning the students are invited to an end of term disco that is run by the Footsteps teacher as DJ. Georgia, our wonderful dance instructor, played the songs that were taught and also displayed the corresponding dances so that the students could join in.

This year's Footsteps Disco had the theme of 'Blast from the Past' where teachers and students came dressed in clothes that reminded them of earlier times, such as disco clothes



from the 80s, and even danced to some songs from past decades, like Michael Jackson's 'Thriller'. The disco was packed with kids dancing and playing games all through the night. I think the night was a humongous success!

Students were able to purchase lucky dip prizes, showbags, hair makeover with coloured spray and a sausage sandwich for dinner. An extraordinary amount of organization goes in to such a spectacular event and thanks must go to our Family Liaison Officer, Natalie Tunstead, and Year 6 Grade Parents, Kirsty Liston and Karina Baftirovski. All proceeds from our Footsteps Disco go towards the Year 6 Graduation Dinner.

It was a wonderful opportunity to gather as a community.



Parent news

Natalie Tunstead keeps us up to date on parent engagement.

WE WRAPPED UP Term 2 with our Primary disco which as always was well attended. The showbags, lucky dips and cake stalls were all very popular. The night was a huge success. A huge thank you to all our parent and Year 6 student helpers. A very special thank you goes to our Year 6 Grade Parents, Karina Baftirovski and Kirsty Liston, who put in a lot of time to plan and coordinate the event.

Then we began Term 3 with our celebration of our grandparents and other special people in our lives. It was wonderful to see such a large turnout and with many people travelling a fair distance to attend. Thank you to those parents who helped with morning tea set up.

On Monday 6 August, our College hosted the Broken Bay Diocese Catholic School Parents Central Coast cluster meeting. Thank you to our parents who attended and contributed to the discussion on the night.

Wednesday 8 August saw our Mary MacKillop Feast Day celebrations which is always a wonderful K-12 community event.

Welcome to our Kindergarten 2019 families. You can now join the Facebook page at 'MCC Kindergarten 2019'.



Information has also been emailed home to families to invite them to attend informal playgroup sessions at the end of this term. Playgroup will be held in the OOSHC building on Wednesday 5 September and Wednesday 19 September between 9-10.30am.

The Broken Bay Diocese Catholic School Parents have enlisted the services of Dr John Irvine to provide a parent workshop focusing on anxiety and building resilience. For further information please refer to the [College website](#).

Year 9 camp

Rachael Elcoate *shares her experience with students during camp.*

THE SOUNDS OF laughter, the challenges we faced and the friendships that were formed are just some of the wonderful memories Year 9 students will remember about camp this year. With 160 students and some very enthusiastic staff, we spent three days together at the Adventure Centre in Mangrove Mountain.

The camp started with a wonderful gesture from Year 9 students who raised an impressive \$670.80 for the 'Fiver for a Farmer' national campaign. Some students dressed for the occasion and it was so lovely to see such generosity from our students leading into the camp. On camp students challenged themselves across a range of activities such as the giant swing, high ropes, tri-jump, abseiling, rocking climbing, the flying fox, archery and bush walking. These activities, at times, did get the adrenaline pumping and it was so good to see students challenge themselves and support one another through these activities. Many new friendships were formed, which is part of what camp is about, the opportunity to meet people and strengthen relationships with one another.

We had a few themes running through the camp, on the first night we had a pyjama party disco. Best theme ever, dressed for bed by 6pm, ugg boots, onesies and some glow sticks added to the fun. Plenty of new dance moves shown throughout the night and many laughs shared. We celebrated Jersey Thursday, so great to see such an array of sporting teams present on our camp. My favourites were the Parramatta Jerseys!

Thursday night saw a challenge night of funny tricks, followed by a story by the campfire. Students raved about the amazing camp food and the instructors were wonderful.

A big thank you to the wonderful MCC staff who accompanied Year 9 to camp, without them, it would not have been possible. Many thanks to Mrs Camilleri, Mrs Patil, Mr Morrow, Mrs Jolly, Mr Taylor, Mr Legge, Miss Beckinsale, Mr Black and Mrs Lowe. Thank you also to the staff who visited us including Mrs Ferguson, Mr Todd, Mr Evanson and Mr Campbell.





Resilient Families:

Cultivating inner strength within our children

Dr John Irvine - Child and Family Psychologist & panel

Dr John Irvine

Child & Family Psychologist

Dr John Irvine is one of Australia's most heard, seen and read child psychologist.

He has been a regular on many national TV shows, and heard across the country with his radio segment "Coping with kids".

Author of several well-known books including *Who'd be a Parent*, *A Handbook for Happy Families*, *Helping Young Worriers Beat the Worry Bug* and *Thriving at School*, Dr John is currently

working with 10 Broken Bay Catholic schools supporting the **Worry**

Woo's program which teaches social and emotional skills.



"Academic learning is important but it won't happen without emotional wellbeing."

The evening will begin with a 45 minute presentation by Dr John Irvine.

A panel of experts including Jaye Bloffwitch, a Psychologist with the Catholic Schools Office, will then join Dr John to provide an opportunity for an interactive process providing families with information and strategies to develop their child's resilience.

Participants will have the opportunity to ask questions to the panel.

This is a FREE workshop for all parents & carers of primary and secondary students in our Broken Bay Diocese.

Learn more on the CSP website
www.brokenbayparentcouncil.com

Wednesday 5 September 7 pm (doors open 6.30 pm)
Mackillop Catholic College, Sparks Rd, Warnervale
Book your seat now: www.trybooking.com/413917

This is a free workshop hosted by *Broken Bay Catholic School Parents*