

COLLEGE **Matters**



Welcoming new
College Leadership



MACKILLOP
Catholic College
WARNERVALE

FAREWELL SR MAREA ROSS

MARY MACKILLOP FEAST DAY

FATHER'S DAY BBQ & MASS



Contents

COLLEGE

- 3 **College Principal's message**
College Principal, Jason Hanrahan, reflects on a wonderful Term 3 at MacKillop.
- 5 **Change is good**
Term 3 has been a very full term of learning, shares **Frank Cohen, Primary Principal**.
- 6 **Joyful, Joyful**
Secondary Principal, Debra Ferguson, says every day is exciting, interesting, challenging and a joy.
- 7 **Tribute to Sr Marea Ross rsj**
Steve Todd, Former College Principal, and **Deb Ferguson, Secondary Principal**, pay tribute to Sr Marea Ross - A Josephite and MacKillop Treasure.
- 11 **2022-23 Student Parliament**
Deb Ferguson, Secondary Principal, shares how these students have a true desire to want to serve and to give back.
- 12 **A farewell to Maryanne**
Janine Silver reflects on Maryanne's time at MacKillop, and says congratulations on your retirement.

MISSION

- 13 **Reflection on Feast and Farewell**
Sr Marea Ross shares a heartfelt thanks to the MacKillop community for a beautiful farewell.
- 16 **Parish update**
Father Philip Thottam shares an update on a busy time for our community.

17 **St. Mary of the Cross MacKillop Feast Day 2022**

Chrystal Price says we are keeping the spirit of Mary MacKillop alive at MCC.

19 **Father's Day**

Tim Snelling shares how we celebrated the father figures in our lives

21 **JUMP comes full circle**

We are so proud of our pioneer students, and how they have come full circle, shares **Michelle Baxter**.

24 **Alive and Thriving!**

Maisie Tenev says YMCC students continue to grow in and share their faith.

27 **Coast Shelter Sleepout**

Mel McGuinness shares about Coast Shelter, and why our team was ready to jump on board to make a difference.

CULTURE

28 **Science Week**

What an incredible time we had for Science Week!, shares **Ryan Herbert**

30 **Winners, Singers, Actors, Grinners**

Sharon Baird shares how Term 3 was an exciting and busy term for performing arts.

31 **"Who let the dogs out?"**

Year 7 and 8 show creativity in ceramics, shares **Jillian Young**.

32 **Celebrating Books Together!**

It has been a term full of fun and excitement, shares **Jackie Crowe**

35 **Primary sport update**

Kellie Denneman provides an update on the sporting achievements in Primary.

37 **Another term of success for MCC**

Duncan Black says we have had a jam-packed term for representative sport.

WELLBEING

38 **Year 9 Camp**

Our Year 9 Cohort have been embracing and forming friendships, writes **Glen Taragel**

39 **Let the Bluebard Sing**

Our talented students have created something special, shares **Shannon Mulder**.

40 **Year 8 Reflection Day**

Our Year 8 Cohort were reflecting on what makes positive relationships, writes **Corrine Patil**.

41 **Get up! Stand up! Show up!**

We were celebrating cultural days at MacKillop, writes **Marilyn Fraser**.

42 **Kinder Yana**

Our Kinder 2023 cohort started off unsure, but soon started to feel comfortable and ready for new adventures, writes **Sherylyn Kenney**.

43 **Anxiety and supporting your children through it**

Natasha Harman encourages parents to be proactive in supporting your children during tough times.



College Principal's message

College Principal, Jason Hanrahan, *reflects on a wonderful Term 3 at MacKillop.*

AS WE CONCLUDE Term 3, it is an appropriate time to reflect upon the past ten weeks. Our College community, and the wider community, have continued to address the multiple challenges presented by the ongoing pandemic, all the while working assiduously in ensuring school days are as 'normal' as possible and our students can experience the full life of a busy K-12 College, which has not been possible in the past two years.

As mentioned above, like all other schools and colleges across NSW and Australia, we have been dealing with the ongoing challenges of the pandemic. Earlier in the term, during the colder winter months, the challenge reached a crescendo as we were faced with the ongoing absence of a number of staff and students. COVID was one reason for the absences however, not the major factor. Other strains of influenza, colds and respiratory illnesses had a significant impact on the normal operation of a learning environment. We were faced with the challenges of covering classes and again our staff went above and beyond in assisting our colleagues, so the students had as normal an experience of learning as possible during that period of time. As the numbers of COVID drop so have the numbers of staff and students absent, hopefully leading to a better end to Term 3 and start to Term 4.

Term 3 is a busy term for many of our students and prospective students. Our Year 12 students and staff are

preparing for the completion of their HSC Courses and the HSC examinations to be held in October-November next term. Year 12 completed their Trial HSC examination in Weeks 3-5, a stressful time for them as they complete examinations without the lead in period that the HSC affords. I want to take this time to thank our Year 12's for the enormous contribution they have made to our College over, for many of the students, thirteen years. They have seen many changes to our school and have been through the change of three College Principals. Congratulations to Year 12 and we wish them well as they approach the HSC examinations.

At the other end of their formal school learning journey, our Kinder Yana program has commenced this term. We have for the first time four classes in kindergarten for 2023, with over 100 students accepted for enrolment next year. The Kinder Yana program is a transition to kindergarten program that has been incredibly successful. It is a wonderful program to ensure our new Kindergarten students are as prepared as possible for the start of school at MacKillop in 2023. Thank you to our Kindergarten teachers for 2023, to our administration staff and Primary leadership for the work you put into this program to ensure it is a success.

I thank our families for your support as we have continued our way through the term, and as we approach the final term of the year.





Cup runneth over

Term 3 has been a very full term of learning, shares Frank Cohen, Primary Principal.

THE ACCELERATOR WAS certainly pressed to full throttle this term. Never has there been a calendar so full of learning tasks, competitions, events and so much to achieve in such a short space of time. John Lennon famously wrote the lyrics: "Life is what happens while you are making plans." Quite prophetic and fitting for the students and staff at MacKillop this term. We began with NAIDOC week and the students loved being in their K-6 clans to participate in indigenous activities.

The staff also participated in the five yearly annual educational audit review, where much work behind the scenes including most weekends took place. We passed the review with flying colours and many commendations. All teachers did exceptional work in preparing for such an intrusive and arduous event.

We welcomed 104 Kinder Yana students who took part in 4 investigative play-based mornings to prepare for big school. The key to this process is that parents are asked to be with their child as they socially construct the tasks. Bonds of friendship are beginning to be formed and parents and children loved the time together. What was really heartening to observe was the number of dads who took time off work to be with their pre-schooler.

Students participated in a wonderful Father's Day mass,

breakfast and open classrooms. The children always love having parents come and visit them in their school workplace. It was wonderful to acknowledge the great men we have in our community.

Throughout the term the students were able to participate in multiple learning experiences on top of their normal class routines. These included such things as Happy Healthy Harold, Tournament of the Minds competition in Newcastle, ICAS tests, Gala Days, Representative football codes and athletics. There was a fabulous Book Week parade and read alouds, as well as public speaking competitions where the standard gets better every year. Children returned to weekday parish masses again after the covid lock outs and we farewelled our beautiful Sr Marea acknowledging the tremendous work she has done in our community, dedicating so much time to helping our families in need.

As the term comes to an end, we are very excited to know that our new school building plans are one step closer to reality. We also are ready to welcome a fourth stream of kindergarten in 2023 with the name unveiling very imminent.

Students, parents and staff can justifiably be proud of the collective efforts of all and can head off into the spring break for a well-deserved rest!



Joyful, joyful

Secondary Principal, Debra Ferguson, says every day is exciting, interesting, challenging and a joy.

HERE WE ARE at the end of Term 3 with more than half of the year's learning time completed. It is a time for students to reflect on how well they have applied themselves, and see if they can improve upon this for the last term of the year. It is also a time for the school teachers and staff to reflect on how effective they have been on challenging and developing our students.

This year we have been acutely aware that re-establishing our strong community culture and learning has been our focus. Our students have missed so much over the past 2 years and their routines have been gravely interrupted. We have noticed simple things such as a lack of real connection to each other, missed growing opportunities in their social lives of how to overcome and deal with conflict, a lack of completing homework and learning preparation, and a sense of trepidation and reluctance about trying new things.

The good news is we are starting to see a change and our students and staff are creating new and strong connections. This has not just occurred by good luck but through hard work by everyone. Our dedicated teachers have established strong classroom routines with high expectations whilst learning themselves through dedicated literacy training and planning for student achievement.

Our Principals have all been engaged in meeting with mentors and our Executive teams have been undergoing Professional Learning with the esteemed Linda Bendikson

from New Zealand who is working with us all for continuous school improvement for student learning.

Our Middle Leaders and teachers have identified students who require extra assistance and we are continuing to have extra teachers in classrooms to assist with literacy and numeracy which is covered by COVID money from the Government. Differentiating lessons and using strong teaching methods of giving students time to think and research, whilst teachers work with students in class in small groups and individually, all work towards improved learning.

Being able to attend camps, reflection days, spirituality days, retreats, sporting events, dance, drama and music competitions as well as other activities at school is slowly rebuilding student connections and behaviour expectations.

We have been working very hard to ensure students are attending school more regularly. The expectation is that all students are at school at least 92% of the year. We are still feeling the effects of COVID and influenza and just not being able to attend school if symptoms appear, but we need to ensure that missing school does not become a habit.

We have a school of 900 teenagers so every day is exciting, interesting, challenging and a joy. We all need to keep working hard to reach all our potential - students and staff - and to continue to be the safe and happy school we have always been known for.



Tribute to Sr Marea Ross rsj

Steve Todd, Former College Principal, and Deb Ferguson, Secondary Principal pay tribute to Sr Marea Ross - A Josephite and MacKillop Treasure.

IT IS INDEED a privilege to offer a tribute on the life and ministry of our Sr Marea. On the Feast Day of St. Mary MacKillop we celebrated Sr Marea's significant journey as a Sister of St. Joseph as she formally retired from Catholic education. It was fitting that Sr Marea selected the Feast of Mary MacKillop (8th August) to retire, as it is with gratitude that we celebrate this feast day in recognising our patron saint in St. Mary MacKillop and to also give thanks for Sr Marea's ministry of over 60 years. It was Mary MacKillop who once wrote, 'Gratitude is the memory of the heart' and it is with grateful hearts that we say farewell to a wonderfully faithful servant to the Lord and as a Sister of St. Joseph in our friend Sr. Marea Ross.

A favourite movie from childhood was 'The Sound of Music' and the main character of that movie was Maria Von Trapp who loved climbing the hills and frolicking across the countryside even losing track of time and ending up running late for evening prayers. A song titled, 'How do you solve a problem like Maria?' happily resonated around the Abbey. Well, in many hilarious ways this could be the theme song for our Sr Marea Ross – a Josephite Sister who saw no boundaries or limitations in the way she went about meeting people that looked to her for reassurance, protection and care, as this has been her calling right from the beginning.

Sr Marea's family story begins in the local hillside of Mittagong on the NSW Southern Highlands where her happy and loving family life allowed her to roam about the countryside to take in all the blessings of country living. A happily joyful person in Marea Ross looked across her family house fence into the schoolyard next door. Marea was known as 'Possum Ross' as she was often sitting on the fence watching the children play. It was Marea's adventurous spirit that saw her make her first visit to a classroom at 3 or 4 years of age. Her educational story had commenced!

The calling of a very young teenage girl to become a Sister of St. Joseph was a profound moment in Marea's life (some doubted it would last but, Marea saw the adventure and she happily gave it a go). Following in the footsteps of her older sister Ruth, she has devoted over 60 years of her life as a Sister. Marea knew the motto and message of both Mary MacKillop and Julian Tenison Woods to 'respond to needs'. Marea wanted to make a difference in the lives of others, especially for children and even more so for people and families struggling with life's everyday demands. Marea was a dedicated and talented teacher much like Mary MacKillop and soon at a relatively young age became a Primary School Principal. After nearly 60 years in Catholic education with 25 of those years as a Principal and, then for the past 20 years as a Josephite Pastoral Supporter of MacKillop Catholic College, Warnervale. Simply, Marea loved people and always wanted children and families to know that God loved them too through practical ways of offering them hope. Marea did not care much for rules and excuses for not doing things as she knew what was right in her Josephite heart. For many of us working alongside Marea we just trusted her judgement and accepted she was doing Mary MacKillop's work. We didn't need to know anything else. Not everyone understands this, and it did present a few challenges to Sr Marea along the way but, did not the same thing happen to Mary MacKillop.

It was here at Warnervale where Sr Marea responded to Stephen Aitken's invitation to 'come and help me start a new school of hope and promise on the Central Coast.' Well, Marea did that with great gusto as she stood on this ancient Darkinjung land way back in 2003, looked up at the night sky to see the Southern Cross and then across to the coast to the Norah Head Lighthouse to understand the calling of the College's motto of 'Christ Our Light'. Sr Marea had found a new home here at MacKillop Warnervale.

What was to develop here truly was a Josephite spirit and heart that now belongs to us all. Sr Marea has walked this path with us through so many social justice and service projects – Mini Vinnies, Mini Macs, Seasons of Hope, Easter & Christmas Appeals, Second-Hand Uniform Shop, Home visitations, food hampers, the Food Store. A number of these projects have helped shape the Secondary JUMP Program that calls every student to nurture their Josephite heart. The number of graduation cards and messages to both Yr 6 and Yr 12 always highlighted to the students that Sr Marea was in their corner. Kinders and Yr 7s first days each year were a

focus of Sr. Marea's attention and there are many a photo of those beginning days in family albums. Whenever Sr Marea was asked to say Grace at an event, she would always take the time to offer some additional insight or offer a little story to encourage us all. Marea is a creatively talented person as a writer, artist and with many other crafts.

Sr Marea knows that she will always have a home here at MacKillop and we hold her very dearly as a life-long friend. Take care and keep that happy and joyful spirit going as this was your gift from the very beginning – Go well Possum Ross.







2022-23 Student Parliament

Deb Ferguson, Secondary Principal *shares how these students have a true desire to want to serve and to give back.*

NOMINATING FOR A leadership position in our Student Parliament takes a great deal of courage and a true desire to want to serve and to give back to their community. Everyone who nominates knows that they may not succeed but are prepared to take that risk and to put themselves forward. In the end it doesn't really matter if they are elected or not for all these students show determination, strength of character and a desire to do good that makes them all extraordinary human beings.

Our College Leaders have now been announced and were commissioned at our College Commissioning and Academic Awards Assembly in Week 2 of this term. At this ceremony their badges were blessed and presented. They will all now stay in Office until the end of Term 2, 2023. This allows the Year 12 students to then relinquish their positions and

concentrate solely on their Yr 12 HSC Trials, major works and the Term 4 HSC exams.

Unfortunately, only Year 11 and parents were able to be present for this as we were still trying to maintain social distancing. However, the ceremony was very special, as always, and it was wonderful to share this day with so many parents who attended the ceremony.

This group has already achieved so much with their preparation for the annual House Challenge, although it could not go ahead, attending the Parish Mass on the Sunday evening prior to Mary MacKillop's Feast Day, and Year 11 leading meetings with all the Student Parliament attending from Years 7-11.

The elected members of the 2022/2023 Parliament are as follows and we congratulate them all.

Parliament 2022/2023

COLLEGE CAPTAINS




Tessa Hay

Ryley Crosara

COLLEGE LEADERS

Mission




Zara Christensen
Maddysen Cobb

Culture




Larissa Andrews
Makenzee Ryan

Wellbeing





Tayah Hastings
Chantelle Lawry
Hayden McNamara

HOUSE LEADERS

House	Year 11	Year 10	Year 9	Year 8	Year 7
Fitzroy	Tayah Hastings Tayah Moorman	Emilie Lumsden	Zoran Kumar	Aedan Fitzgerald	Charlie Zarb
Penola	Caitlyn Duran Ruby Walker Nathan Wilson Tanishka Kapruwan Chantelle Lawry	Joshua Byrn	Shaun Suckling	Evan Thomas Sunil	Myah Lomas
Gesu	Larissa Andrews Georgia Armstrong Callum Stewart	Leo Baftirovski	Jacinta Andrews	Marshall Scott	Maddox Morley
Alma	Ryley Crosara Makenzee Ryan	Albert Coussens	Travis Faulkner	Charlize San Pedro	Lara Stanford
Temuka	Hayden McNamara Charlie Sewell	Scarlett Vidler	Connor Higgins	Samuel Coppen	Kobe Sammons-McMartin
Kincumber	Zara Christensen Maddysen Cobb Tessa Hay Jordan Rosman	Dominic Bunyan	Thomas Anderson	Austin Bof	Kunashe (Brendan) Machana



A farewell to Maryanne

Janine Silver *reflects on Maryanne's time at MacKillop, and says congratulations on your retirement.*

IT IS WITH heartfelt good wishes we say farewell and happy retirement to a truly dedicated member of our Front Office Team, Maryanne Phelan.

We must begin by mentioning that Maryanne has worked within Catholic Education for 38 years, this is truly something to be celebrated and to be immensely proud of. Maryanne began working at St Bernard's in Berowra as a Secretary in 1983, then after some 21 years she decided a tree change was in order and moved to Maitland. To our good fortune Maryanne came to work at MacKillop in 2005, working with our Financial Officer and then moving into the Front Office.

We all can attest to how busy the Front Office is at MacKillop, but with Maryanne's calm demeanour everything ran so smoothly, her immense experience and cheerful smile welcomed many families into the Front Office. Maryanne was given a badge with the title "Director of First Impressions, and that's exactly who she was. It was her face and voice on the telephone that people recognised and felt comfortable chatting to. New support staff to our Front Office were lucky

enough to have Maryanne as their teacher and mentor, keeping the office running as a cohesive team. Always the first to help out and volunteer to assist for any job, big or small, Maryanne was always there.

We would like to say thank you from the bottom of our hearts to Maryanne for the last 17 years you have been a trusted and loyal member who has contributed generously to the social and working dynamics of our Team. Go gently and enjoy your retirement. You have definitely earned it

All our blessings go with you.





Reflection on Feast and Farewell

Sr Marea Ross *shares a heartfelt thanks to the MacKillop community for a beautiful farewell.*

AS I WRITE this article, it is one month today since we celebrated the glorious feast of our Patron St Mary of the Cross MacKillop on the 8th August. I chose this day to retire because there was already “a set in place festival” that is on our calendar each year and I wanted to go out with a bang, a party and a hip hip horrray!

Now that my head has stopped whirling I wanted to leave one last message of thanks and appreciation for all that was done to make it a special celebration. It was worth 57 years of service to end up with so much fun. One friend of mine said, “I am so glad I am your friend because today I had a ball”.

So let's start at the very beginning, a very good place to start.....

My sincere thanks to Jason, Deb, Mel, Frank, and Sherylyn for heading up all the preparations and for supporting the staff members who had contributing parts to the events on the day. It all went so smoothly I just sat back and enjoyed EVERYTHING.

To Tim and Chrystal who put all the plans into operation and worked so hard to pull everything together, thank you.

To Christina for her clever talents that produced such elegant invitations, memento booklets etc. Many people commented on the quality of the work. No wonder she has been snapped up by head office.

To darling Janine and her long suffering patience in following up emails and guest lists. Then turned her hand with Lisa to producing an amazingly delicious lunch that my guests devoured with relish. I was lucky to find a scone at the end!

To the enthusiastic singers who sang their little hearts out so willing, to give their best for the celebration. I specially appreciated the singing of my song to Mary MacKillop, actions included. The co writer of the music was also present.

Someone mentioned what an impression was made on them by the senior students joining in the singing and actions. They saw it as sign of pride the students had in their Community. Thanks to the conductor and the rock star standard musical accompaniment. This also was appreciated and mentioned by several friends. Well done chaps!

As for the beautiful dancers! They were so lovely. Boys as well as girls!

Fr Phillip was a most gracious celebrant and host.

To Steve Todd who spoke so kindly and eloquently of Mary and of our affection for her. Also the words spoken on my behalf were appreciated. It was a humbling experience since I was just doing my job. It is God who did the rest.

To all the darling Kinders with their sparkling eyes and shy smiles who captured the hearts of my visitors. They were amazed that they were so quiet and reverent during the long proceedings, Thank you Teachers that doesn't happen without effort and eye control. When they led me into the Church many friends cried. I felt it was the expression of my life among children as a teacher and a friend.

To all the Primary children who wrote cards and messages that I will treasure always. To the Staff minding the students in the classrooms. I was very conscious of you all and wanted to connect but like any amateur I waved to the wrong camera!

Thank also to the wonderful Parents who have shown so much trust in me as I worked with your children over the years. For the generous gifts, appreciative words, and kind thoughts from each and all of you. I will miss you all but my time has come.

So finally thank you all. I am proud to have shared the last twenty years with you and my final prayer is God Bless you all!







Parish update

Father Philip Thottam *shares an update on a busy time for our community.*

WITH THE WORST of the pandemic hopefully behind us, although some covid restrictions are still in place, it is great to see a level of normality being restored to our way of life in our celebrations of sacraments and special feasts in our Parish community.

70 children from Year 3 in our Parish received the sacrament of Confirmation on 30 June in a beautiful liturgy well organised by the Parish and the school community. Most Rev. Bp. Anthony Randazzo was so glad to confer on them the sacrament and gave us an inspiring message of the working of the Holy Spirit in our daily life manifested by the gifts and fruits of the Holy Spirit. The candidates, their parents and sponsors had the great opportunity of interacting with our Bishop and have fond memories of the day. After two years of lockdown, this year we were able to come together to celebrate the Feast of St Mary of the Cross MacKillop. We reflected on her life journey for three Sundays prior to the Feast Day and had a Feast Day Dinner at Doyalson Club on 6 August after the 5pm vigil Mass. It was well attended. The Secondary Principal Mrs Deb Ferguson along with High School Parliament student leaders attended the 5pm Sunday Mass on 7 August as part of the Feast Day celebration. This was a great encouragement that our school leadership continue to make great efforts to join the Parish community for all the important celebrations and communicate to the students that we are one community.

Parish celebrated a well-attended special Feast Mass on 8 August at 7pm which was presided over by Fr Carmelo Sciberras.

The Solemnity of the Assumption of Blessed Virgin Mary is so well celebrated in our Parish with the Maltese community taking the leadership calling it Santa Maria Festa. They decorated the campus with colourful flags before the feast of St Mary MacKillop giving us all a feel of the twin celebrations. On 14 August, the eve of the Feast of the Assumption, we had a great celebration of Eucharist, and a procession within the campus of a beautifully decorated statue of Our Lady of Assumption. We also had a band with music and recitation of the Rosary. Those who came for the occasion enjoyed some Maltese delicacies and fantastic fireworks. Being one community there is great joy in efforts being made to engage the Parish and school. Our school leadership is very involved with organising children and youth members for Sunday Mass. My gratitude to all the staff members for your encouragement and support in the faith formation of our students.

With the new residential areas being built around our Parish, the Parish community is growing, and we welcome joyfully every family who has moved into our vicinity. We welcome you to join our community for the celebration of the sacraments and enjoy friendship and togetherness.



St. Mary of the Cross MacKillop Feast Day 2022

Chrystal Price *says we are keeping the spirit of Mary MacKillop alive at MCC.*

ON MONDAY 8 August the College celebrated the feast day of St. Mary of the Cross MacKillop. A Eucharist celebration dedicated to our beloved patron saint was shared in the Church with selected students from Parliament and limited staff. The Mass was then viewed by the whole K-12 community via the livestream.

This liturgy was a very special occasion as Sr Marea Ross chose this day as her Mass of retirement from her pastoral work at MCC. This was a very fitting choice, and it was lovely to celebrate with gratitude, Sr Marea's time at MacKillop with her colleagues, friends and loved ones present. Mr Steve Todd, former MCC College Principal, gave a wonderful reflection on the Gospel, and he made insightful connections between the work of Mary MacKillop and Sr Marea's contribution to MCC.

Fr Philip and Mr Todd both reflected upon Mary MacKillop's great sense of compassion and her understanding of others. They reminded our community about how Mary MacKillop was

a prayerful woman who had a great love of God and she would encourage the sisters to pray often. Fr Philip encouraged the community to take time out for prayer like St. Mary of the Cross MacKillop did and he also reminded us that Christ too calls us to show kindness and compassion by reaching out to others.

In keeping with tradition, the students across the College received M&Ms, and in the Primary, students participated in the same liturgy and had the opportunity to be involved in some creative activities in their classes.

Overall, so many wonderful staff and students contributed to the organisation of such a lovely event, and we are so grateful to all the hard work that went on behind the scenes. Although we were not able to participate in our usual manner with the house challenge etc, the spirit of St. Mary of the Cross MacKillop is clearly thriving in the hearts of all those in our wonderful community.





Father's Day

Tim Snelling *shares how we celebrated the father figures in our lives.*

IT WAS WONDERFUL to see so many families and students join us for our morning Father's Day Mass and Breakfast BBQ on Wednesday, August 31st. We gathered as a community to honour and thank God for the gift of our fathers and other people in our lives who are like fathers to us. We also acknowledged in a special way those in our community who have died and those who are separated from their families throughout this time. Having a primary student this year, who has been without a father his entire life, be the first student at school and insist on being involved in any and every way possible throughout the morning truly highlights the importance of these events MacKillop. Coming together as a Catholic community to connect with each other creates a wonderful sense of belonging, and events like this have been too far and few in recent years.

We were blessed with excellent weather on the last day of

winter this year to celebrate the paternal bonds and the efforts of male carers within our community. Fathers and mothers, stepfathers, partners, grandfathers, uncles, brothers and even teachers were all represented throughout the morning, with many of the primary students welcoming their parents and carers into their classrooms for the morning reading session. The turn-out this year was much greater than we expected, and it is wonderful to see so many familiar faces, and to welcome all our new families in our celebration. A big thank you must go to all the teachers, and primary and senior parliament students who were up bright and early for the morning, readying the food and BBQs for the day, and preparing the church ready for our Mass celebration. A special mention must be made to Year 1 teacher Miss O'Connell's father, Scott, who was one of the first people here to cook and one of the last to leave the clean-up of the COLA just to spend time with his daughter at work.







JUMP comes Full Circle

We are so proud of our pioneer students, and how they have come full circle, shares Michelle Baxter.

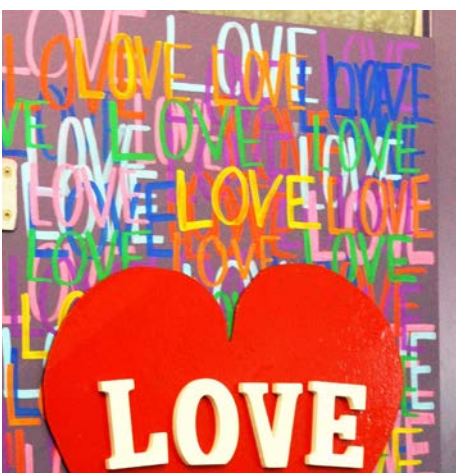
IN 2017, AN excited and very eager group of Year 7 students began their outreach and volunteer journey as part of the Josephites Undertaking Mission Project; otherwise known as JUMP. This amazing group of young people were our guinea pigs who bravely navigated their way through the program and pioneered a culture of servant leadership, demonstrating what it truly means to be a Josephite through their actions and spirit.

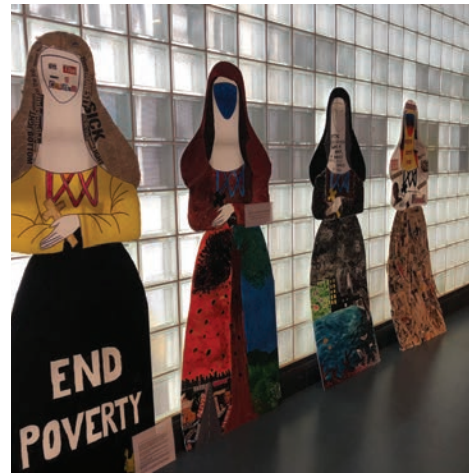
Social justice is a central part of the formation of our young people at MCC. It is underpinned by the credo of St. Mary of the Cross MacKillop, to “Never see a need without doing something about it.” We encourage our students’ to be of service to others through many initiatives both within the school context and beyond to build healthier and well-connected communities. Initiatives have included: volunteering at Coast Shelter, St. Vincent de Paul activities, Youth Ministry, working with the homeless, visits to nursing homes and involvement in local charities, PAL (Primary Assisted Learning), attending Oasis Centre Wyong, the Ghana Appeal, Zonta Birthing Kits, White Ribbon rallies, Surf Life Saving patrol, as well as coaching local sporting teams. These are just some of the many examples our students have participated in over the last 6 years.

The first few years of the JUMP Program were spent working through a few teething issues; developing and constructing ways to document student participation in the numerous events offered at the College as well as activities they were also engaged with outside of school. We initially modelled our service program on St Eddie’s at East Gosford’s Waterford Program, but quickly sought to make the program our own. We moved away from paper entries to log service work, to an online Google Classroom format, now with the current format utilising COMPASS as the most efficient and effective platform for documenting log sheets. Our current Year 12’s have experienced it all and continue to partake in the program even though it is not compulsory for them.

JUMP is very much at the heart of who we are as MacKillop people. The graduating class of 2022 have been instrumental leaders and exemplary role models to our junior students as part of this program. It is with much gratitude and appreciation that we acknowledge their service and ongoing commitment to helping others, especially those in our community who are less fortunate.

“A generous person will prosper; whoever refreshes others will be refreshed”, Proverbs 11:25.







Alive and Thriving!

Maisie Tenev says *YMCC students continue to grow in and share their faith.*

THIS TERM HAS been full of opportunities for YMCC students to grow and share in their faith. Early in the term the new YMCC Leadership Team, Pharus was commissioned along with the Altar Servers. Both groups of students have been serving the MacKillop community on a regular basis and we are already so proud of them.

YMCC students supported a number of Masses this term. These included the Youth Mass at St Patrick's, East Gosford for Connecting Catholic Coasties, the Launch of the Vocations Awareness Week Mass at the St Mary's parish of Toukley and Lake Munmorah and our first Monthly Youth Mass at our MacKillop parish. These will occur on the 4th Sunday of each month during the school term only. After the Mass parishioners gathered for a sausage sizzle and some games. The next Youth Mass is on Sunday 23rd October.

YMCC students attended Praisefest on Friday 19th August at Our Lady of the Rosary parish, The Entrance. The evening comprised of games, a BBQ, music, and dancing. The participants also listened to guest speakers, participated in Adoration and even had the opportunity to go to Confession. Congratulations and well done to Caitlyn and Alyssa who both sang and Sr Jiji for her epic dance battle with Sr Josie!

Pilgrimage is part of YMCC and preparations for World Youth Day (WYD) 2023 have begun with students attending an

information evening. MCC graduates, Sarah and Bailie, who attended WYD2019 came along to share their experience of Mexico and Panama. Also, in the upcoming school holidays, 8 students from Years 9 and 10 will attend the Ignite Youth Conference in Sydney over 4 days and 3 nights. Ignite is a gathering of young Catholics that encourages young people to explore their faith and be empowered as leaders in today's society. Throughout the conference, the students will participate in workshops and attend plenary events that include speakers and performers.

Connecting Catholic Coasties was hosted at St Brigid's Catholic College and the theme was 'Catching Fire in Faith' (based on The Hunger Games). Students were welcomed and placed into 'districts', allowing them to mix with students from the other Central Coast Catholic schools. The districts completed a number of challenges and the winning district was announced. The focus was on Pentecost and the Holy Spirit through scripture and personal testimonies. The night ended with singing and dancing and we thank the St Brigid's community for their warm hospitality.

Our YMCC students continue to demonstrate leadership skills as role models. Well done to our Year 10 YMCC students who ran the games and workshops for the Year 8 Spirituality Day and to our Alpha leaders: Ava, Ryan, Lucinda and Leo, who have run the group every Wednesday afternoon.

Mackillop Catholic College has also been featured in a national publication called 'Catholic Youth News' as an example of how to run the Alpha program in high schools. We are so blessed to have experienced success with the Alpha program.

Our latest extension of YMCC is YMCC Jnrs. The aim is to create stronger connections as a K-12 College and encourage friendship and faith development through peer-to-peer

ministry. The theme for YMCC Jnrs was 'Everyone Matters' with a focus on friendships. Students from Years 8-10 assisted with the games and small discussion groups and it was wonderful to witness how they stepped out of their comfort zone to be role models to the younger students.

Thank you to the staff, students and families for supporting another full term of YMCC.







Coast Shelter Sleepout

Mel McGuinness shares about Coast Shelter, and why our team was ready to jump on board to make a difference.

COAST SHELTER PROVIDES support services for those experiencing domestic and family violence and homelessness. Our students have an association with Coast Shelter and frequently volunteer at the centre in Gosford where they cook and serve lunch on a given day.

It was on one of these particular days that our team was asked to bring the proposal back to the College. Originally we were asked to support the sleepout by having one person on the executive join the sleepout by raising \$1000. After some discussion it was decided that Mr Hanrahan would be that person. Within a few days of this, our Secondary student leaders made it known that they really would like to see Mrs Ferguson also participate in the sleepout. Thus, a movement was born! It wasn't long before our generous community had raised over \$5000 to support this organisation and so we came to have 4 participants join the sleepout: Mr Hanrahan, Mrs Ferguson, Mrs McGuinness and Mrs Baxter.

We arrived at the Gosford Stadium bright-eyed and ready to get ourselves organised. We were incredibly lucky that the

day had been fairly mild with only a quick light smattering of precipitation in the morning. On arrival we were greeted very warmly, and the atmosphere was really pleasant with live music being played. We found ourselves a spot – no, not on the try line- on the very edge of the oval (that's not oval at all) and erected our swags in the formation of a square.

Throughout the evening there were speakers, musicians, storytellers and some games to keep us all occupied and entertained. It was a beautiful evening with a gentle breeze, and an amazing sunset with the palm trees swaying in the breeze.

The night seemed to pass really quickly, and we were all awake at 4:30am and off to our various other commitments. On returning home, I quietly crept into the house and filled the kettle for a cup of tea. As I stood in the kitchen waiting for the kettle to boil it struck me in a very real way; homeless people don't get to go home the next morning and turn on the kettle. This will linger with me.



Science Week

What an incredible time we had for Science Week!, shares Ryan Herbert.

SO MANY EVENTS and students getting involved. Here is what went down in Science week:

Monday: the whole of year 7 in the hall watching a crazy science show- which ended with a liquid nitrogen fuelled explosion!

Tuesday Lunchtime: Science Trivia in the library where about 20 teams entered a battle of the giants to find who knows the most Science facts and figures.

Thursday morning: it was year 9's turn, they all met in the theatre for an amazing 'hands on' show from the Reptile Park- no one was hurt by the free roaming creatures.

Thursday afternoon: movie afternoon for the senior students, with popcorn and nibbles watching 'Science Fair', inspiring us all to change the world.

Every day: Most classes have had the chance to see incredible dry ice bubbling and foaming demonstrations in class, with each teacher deftly handling the -68 C solid as it sublimed and disappeared into the air.

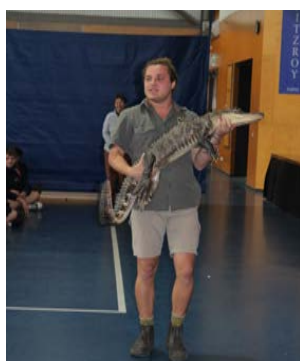
And more every day: Almost everyone was able to join in the Glass themed 'Escape Rooms' in class, where students solved tricky practical puzzles for prizes.

The daily excitement continued: The whole school has joined in the thrill of an international Science competition, and as we go to press, we're first in the world- another fantastic show of interest in Science.

That's not all....We're eagerly awaiting the results of the 'Name the Science Skeleton' competition- look out for a name plate in the Science area very soon. The judges are also working hard with the primary and secondary 'Art Meets Science' colouring in competition- winners will be announced as soon as deliberations are complete.

What a great week of engaging and informative Science, shared by our passionate Science teachers with the enthusiastic Scientists of MacKillop

This was all made possible by the hard work and dedication of our Science team.







Winners, Singers, Actors, Grinners

Sharon Baird shares how *Term 3* was an exciting and busy term for performing arts.

TERM 3 IS an exciting and busy term for Performing Arts, especially for our HSC students. The HSC classes in Music, Dance and Drama have completed the practical component of their HSC examinations, amounting to 60% (Drama), 70% (Music) and 80% (Dance) of their HSC course. The students have all worked extremely hard and their teachers are incredibly proud of their efforts. The students' final pieces were excellent and really showed off their skills and talents. They have much to smile about as they are now able to focus solely on revising for their written and aural examinations which take place in October and November.

After COVID-19 caused a hiatus in eisteddfods all over NSW, we were thrilled to be able to take part in 'Your Next Step Dance Challenge' in August. Choreographer Madeleine Bell was invited to develop two new jazz routines: one for our newly formed Primary School troupe (Years 5-6) and another for the Secondary troupe. Both Jazz troupes placed first in this eisteddfod and the judges scored them highly. In addition, the Primary jazz troupe earned the overall outstanding choreography award. We can't thank Madeleine enough for her work with our troupes. Our Musical theatre Troupe also placed 2nd with their 'Nicest Kids in Town' routine, originally choreographed by Mrs Calder and developed for this eisteddfod by Mrs Delves. We are looking forward to building up our Secondary troupe repertoire again and are particularly excited to be expanding the primary troupes. Many thanks to Mrs Passafaro and Mrs Noah for their work with the primary troupes.

Looking forward, rehearsals for the Junior Theatre Festival (JTF) are also well under way this term. The festival is Australia's biggest celebration of Musical Theatre, and we can't wait to

take our Primary and Secondary adjudication pieces to the Civic Theatre, Newcastle in October.



“Who let the dogs out?”

Year 7 and 8 show creativity in ceramics, shares Jillian Young.





Celebrating Books Together!

It has been a term full of fun and excitement, shares Jackie Crowe.

TERM 3 HAS been full of fun and excitement. Book Week is always a fantastic 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 speak about the writing process, get creative, dress as a favourite character, and take time to be alone and just read.

The 2022 Book Week theme, *Dreaming with Eyes Open...* encourages readers to explore their own story, to listen to Country as the first storyteller and to learn from friends that help them along the way. As part of our Book Week celebrations students in Years 3-12 had the opportunity to enter our drawing competition. They were asked to draw a character from a Manga/Graphic novel. This is one of the fastest growing and most popular collections in our Library. Congratulations to all students who entered - we were extremely impressed by the standard.

We were privileged this year to have three guest speakers visit our students during Book Week. Paul MacDonald, Brett Perkins, and Nat Amooore captivated their Year 7-10, 5-6 and K-4 audiences with personal tales and stories that inspired their writing.

Many of our Primary classes also enjoyed the opportunity to listen to a 'special reader' who shared their favourite book.

Special readers were staff from across the school including learning support staff, K-12 teachers, and Executive staff.

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 Character parade was a fun way to focus on the love of books. We danced and sang and showed off costumes that were creative and fabulous. MCCW staff and K-12 students came together to celebrate the joy of books and reading!

Our Book Week Scholastic Book Fair was held in Week 8. For children, the Book Fair is a hands-on experience where they can get excited about books and ignite a lifelong passion for reading. The Book Fair was set up in the Library during the week and students were given the opportunity to browse and create wish lists for parents/carers to purchase.

To complete a great term we held our annual Indigenous Literacy Foundation Second Hand Book Sale which was very generously supported by the whole MacKillop community. We raised hundreds of dollars to help bridge the gap for Indigenous students living in remote communities.







Primary sport update

Kellie Denneman *provides an update on the sporting achievements in Primary.*

TERM 2 HAS seen some amazing results in Primary sport.

INDIVIDUAL SPORTING HONOURS

Congratulations to the following students on their outstanding sporting achievements this term:

Malachi Soane	NSW Rugby League team at SSA National Championships in Wollongong
Rahni Deeley	Polding Girls Soccer team at NSWPSA Carnival in Bathurst
Lily Baxter & Mackenzie Donnelly	Polding Girls Softball Team to play in Wk 10 this term
Hayley Martin & Alyssa McCarthy	Broken Bay Girls Cricket Team to travel to Tamworth for Polding trials in August
Will & Adam Porter & Braxton Henderson	Representing MacKillop at the Annual Arndell Anglican College Interschool Equestrian Carnival

CCC & BROKEN BAY ATHLETICS

53 children represented MacKillop at the CCC Athletics at Mingara on 5 August with 17 individual students qualifying to progress to Broken Bay and 2 Girls Relay Teams. Our MacKillop team finished 3rd overall on the points tally

It was a fantastic day of competition against the other Catholic Schools on the coast with a number of amazing performances including Ethan Ampoma-Gyamfi taking out the Male Athlete of the Meet.

Congratulations to the following students who placed in the top 3 and will now compete at Narrabeen on Tuesday 30 August:

Madison Agar, Ethan Ampoma-Gyamfi, Suzie Buse, Scarlett

Clark, Ayva Dacey, Isla Deguara, Cameron Falconer, Rachel Falconer, Harvey Fox, Ethan Gow, George Howieson, Chelsea Lane, Charlotte McDonald, Danika McGovern, Xander Olsen, Aoibhinn Twomey, Stevie Valamis, Olivia Burgess, Rahni Deeley, Lia Bingley & Hallie Wallace.

The group of students above trained particularly hard in the lead up to Broken Bay and it paid off with some outstanding performances. 7 students now progress in individual events to Polding Athletics on Friday 9 September in Newcastle:

Madi Agar (100m, 200m Discus), Ethan Ampoma-Gyamfi, (100m, 200m, Discus) Scarlett Clark, (800m) Cameron Falconer, (100m, 200m) Ethan Gow, (Long Jump) Aoibhinn Twomey (Shot Put) & Chelsea Lane (Shot Put)

Add to this our 2 Fast as a Flash Girls Relay Teams:

Jnr – Aoibhinn Twomey, Lia Bingley, Hallie Wallace & Charlotte McDonald

Snr – Madi, Olivia Burgess, Rahni Deeley & Isla Deguara

A total of 13 athletes from MacKillop represented Broken Bay at Polding along with Mrs Denneman as Team Manager. What a wonderful effort.

SPORTING SCHOOLS RUGBY LEAGUE PROGRAM

We have had the enjoyment of the NRL visiting every second Friday for our Term 3 Sporting Schools Program. The children love the activities and the fresh air – lots of fun and new skills being learnt every fortnight.

RESCHEDULED YEAR 5/6 CCC SOCCER GALA DAY

We finally got there!!! 135 students were able to attend the Soccer Gala Day that was rescheduled from Term 2 due to

ground closures. The new venue at Tuggerah Sports Complex was fantastic allowing both the Boys & Girls divisions to play in one place. Thanks to all the parent helpers who looked after a team – we had so much fun after such a long wait.

YEAR 3 & 4 NETBALL & SOCCER GALA DAY

What a wild and wonderful day we had for the combined Soccer and Netball Gala Day for Year 3 & 4. 16 teams represented the College with such pride. We had so much fun, made many new friends and showed amazing sportsmanship. Many children had not played formal rules before and learnt lots too. Special thanks to our wonderful parent helpers for looking after teams & to our Secondary students for refereeing.

OZTAG

Congratulations to our Girls & Boys Oztag teams who represented the college so proudly in Week 8 at the Central Coast Tournament in Umina.

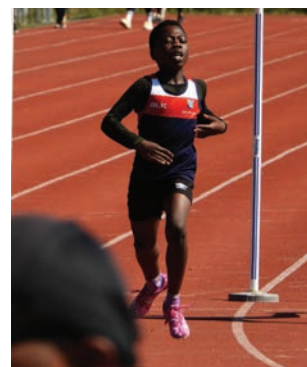
Our 5/6 Girls were undefeated in the round games & looked a good chance but ran out of steam in the Quarter Finals against our Catholic friends at Tumby.

Our 3/4 Boys scraped through into the quarter finals only to be beaten by Avoca.

Best performers of the week were the 3/4 girls who progressed all the way to the Semis but piped at the post by a red hot Wamberal team.

Thanks to Mr Bondfield & Mr Sullivan for coaching & to our parent helpers on both days.

We had so much fun.



Another term of success for MCC

Duncan Black *says we have had a jam-packed term for representative sport.*

THE COLLEGE HAS had a number of sporting teams and individuals success this term. During Term 3 we have seen teams go out and represent the College at BBSSA events, NSWCCC events, and local Central Coast and Regional events across several sports such as Rugby League, AFL, Netball, Basketball, Cross Country, Athletics, Football and Golf. The term also brought its challenges, our major Sports Assembly was interrupted with restrictions put in place once again. Those students were recognised in the year cohorts assemblies. Below are the Age Champions of Swimming, Athletics and Cross Country.

BBSSA

Congratulations to the following students who have been selected into Broken Bay and NSW CCC teams so far in 2022:

Cross Country – Mia Tongue and Brodie Slattery

Athletics – Markus Wolscher, Fynn Sadler, Lagi Brown, Demi Karipidis and Emma Blume

Metropolitan Rugby League – U16 Girls - Anabelle Ross, Chloe Keirs

NSW CCC

Congratulations to the following students on their selection

into the NSW CCC teams or NSW ALL Schools teams for the upcoming Sporting Schools Australia Championships.

Cross Country – Mia Tongue

NSW ALL SCHOOLS

Soccer – Zoe Karipidis

Special Mentions: Congratulations goes to the following students that are excelling in their chosen sports.

Baseball - Cameron Baxter has been selected into the Australia Baseball team. The team will travel to the USA for a tournament later in the year.

Football - Zoe Karipidis was selected into the U18 Junior Matildas Australian Football team. Zoe travelled to Palembang, Indonesia. Zoe and her team won the tournament, this saw teams from all over Asia Pacific participate over 2 weeks.

BBSSA / Extracurricular Sport

With the weather playing havoc with the sporting fields across the Central Coast and the State, a number of sporting fields and dates have changed at the last minute. The following are the new dates and where possible venues. As usual these are subjected to change.



BBSSA DATES

Term	Week	Event	Date
4	1	Jnr / inter Girls rugby 7's and AFL	13 Oct
	2	Waterpolo	17 Oct
	3	U13 Touch Football Boys and Girls	24 Oct
	6	Surfing / Body Boarding Championships	15 Nov
	7	Surf Lifesaving Championship	24 Nov
	8	Tennis	29 Nov



Year 9 Camp

Our Year 9 Cohort have been embracing and forming friendships, writes Glen Taragel.

YEAR 9 FINALLY finally got the chance to experience a school camp and headed off to the Great Aussie Bush Camp at Tea Gardens. When we arrived at camp the rain decided to start, but this didn't dampen the student's excitement. They were excited about the prospect of being away with their friends for three days, while others were looking forward to the activities and being challenged out of their comfort zone. I was amazed at how the camp and all of the activities exceeded the student's expectations. The students had a great time because they attempted all of the activities and encouraged one another. The students developed positive relationships not only with each other but also with the staff and instructors at

camp. The students met all of the aims of the camp that were: to foster development and further strengthen the bond as a form, to challenge students individually by encouraging them to step out of their comfort zone and to learn to cooperate and work as a team.

Thanks to the staff at the Great Aussie Bush Camp for looking after us all. The facilities and food at the camp were excellent. The staff couldn't have been more helpful.

Also, a big thank you must go to Mr Heffernan, Mr Wallace, Mrs Herbert, Miss Moore, Mrs Lees, Mr Langbridge and Mr Legge for being part of the Year 9 camp. The camp would not have been possible without their help.





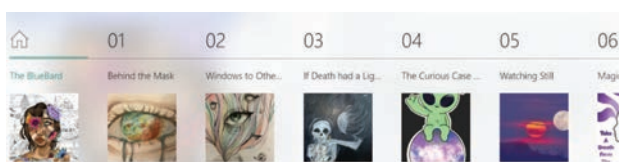
Let the Bluebard Sing

Our talented students have created something special, shares Shannon Mulder.

THE FAMOUS 13TH Century poet Rumi once mused that he wanted “to sing like the birds sing, not worrying about who hears and what they think.” He went on to become one of the most prolific and memorable poets in human history. He sang through his words and people listened.

This term, Maria Lawrence and I launched Mackillop Catholic College’s first student run publishing team to give the writers, the poets, the artists and everything in between a platform to sing, and they will do so through The BlueBard magazine. The title does not contain a spelling error, it is a play on the words bluebird and bard, which is an ancient poet who would wander the cobblestone streets and tell stories. Our publishing team are budding bards living in the modern era; and the magazine is like the bluebird, with a song that makes people stop and listen.

The BlueBard is a digital multi-modal magazine in which



every aspect of it-the writing, the art, the narration- is created by the minds and hands of a small flock of passionate and talented students. Our team will find their unique voices through their creative pursuits and share with the world- or at least the small part of it they inhabit- what they think, how they feel and encourage a love of reading and writing amongst the wider student community.

Thank you to everyone who touched this venture in some way and helped bring this to life. In its essence The BlueBard is a collective song, and it is a beautiful one that we are incredibly proud of.

Scan the QR code to listen to it.





Year 8 Reflection Day

Our Year 8 Cohort were reflecting on what makes positive relationships, writes Corrine Patil.

ON FRIDAY, 26 August, MCC held our annual Year 8 Reflection day. We were thrilled to welcome back the Reach Foundation and Drumbeats to run workshops with students

Our Reach session encouraged students to explore the reasons behind their behaviours, and asked them to identify what impacts their words and actions have on others. We explored empathy and helped our students to develop an understanding of the diversity in our year group, and asked them to open their hearts to accept the differences in others. This session impacted students greatly, and many of our students across all social groups and with different interests were surprised and comforted to know that many others had the same feelings they did.

Drumbeats ran both a music program and a reflection activity which engaged the students through music to gain

social understanding and connection using rhythm through a team drumming experience. The students had so much fun learning the drums and dance routines together! Students then moved into a calming, reflective activity where they conducted rock painting, while thinking about what resilience means and talking with each other about challenges and triumphs they have experienced.

The presenters praised the behaviour, respect and engagement shown by our students on Reflection day and our College could not have been prouder of the care and support the students gave to one another during these sessions. Experiences like Reflection day are vital in ensuring our Year 8 group maintain a respect for each other and continue to build a closeness that will help them throughout their time at MCC. Well done Year 8!



Get up! Stand up! Show up!

We were celebrating cultural days at MacKillop, writes Marilyn Fraser.

MACKILLOP CELEBRATED NAIDOC Week 2022 with two beautiful liturgies in primary and secondary. This year's theme 'Get up! Stand up! Show up!' encourages people from all walks of life to make a difference while celebrating those who have already driven and led change in Aboriginal and Torres Strait Islander communities over many generations.

In secondary Ryan McCarthy opened the service with the Didgeridoo playing with its deep grinding tones rumbling through the hall, and the Acknowledgement to Country was respectfully read by Dominic Bunyan. Marilyn Fraser and numerous Indigenous students proudly participated in the NAIDOC Day readings.

Primary celebrated NAIDOC Day starting with a lovely liturgy, then in the middle session the students enjoyed many cultural

activities such as learning Aboriginal dance, Indigenous sport, Dreaming stories and art.

MacKillop Year 7 boys had the wonderful experience of engaging with guest presenter Toby Cedar, a Torres Strait Islander man during Indigenous Sports run by the Dhinewan Mentoring Program. Toby shared his passion for his culture teaching the students his language, his NRL 'All Stars' stories and describing the use of each artefact. Toby taught himself to use graphic design programmes and realised his love of design and art which led him to making the traditional Torres Strait Islander Dari (headdress) after being taught the ways of making them from his elders. Students listened intently and had many questions for Toby, he was only too happy to answer questions and share his culture.



Kinder Yana

Our Kinder 2023 cohort started off unsure, but soon started to feel comfortable and ready for new adventures, writes Sherylyn Kenney.

ON THE FIRST day of Yana, the children brought along, one incy teeny tear.

ON THE SECOND day of Yana, the children brought along, two wide eyes.

ON THE THIRD day of Yana the children brought along, soft and unsure voices.

And so the time continued...

Kinder transition often feels that to begins quite early and goes on for ever, however the longer we take, the slower we go and the deeper we delve the more it allows our little people the opportunity to make sense of our busy world at MacKillop.

From Day 1 to Day 12, we have had the opportunity to see our children develop in social, emotional, mental and physical attributes. They have become more capable and willing in leaving the hands of their parent and embracing the new and different.

Our Kindergarten Teachers; Mr Sullivan, Mrs Paholski, Mrs Hanson and Miss Joyce spent twelve days getting to know each and every pre-school child and their parents. The planning, preparation and face-to-face opportunities enabled the children to colour, cut, stick, jump, hop, listen and play.

Our parents sipped tea, nibbled biscuits and met other parents who were in the same boat. The opportunity for parents to observe their children with others is often a rare

occurrence, yet during Yana our parents have this opportunity. Our parents were able to chat with known and new parents, compare stories and ask questions.

Our Librarians welcomed us into the Library and books were read, pictures were gazed at and books were borrowed. Mr Cohen read 'The Very Cranky Bear' and our children were amongst the greatest of children's authors in our very own MCC library.

One highlight of the term was Book Week! Three book parades later, eight Elsa's, five Harry Potters and two Rapunzel's, our wonderful Yana children danced and pranced and paraded in their fabulous dress-up costumes.

The purpose of Yana is for our little people to get a taste of big school and for our teachers to meet our little people. Transition can be easy, scary and fuss-free when orchestrated correctly and with purpose. I believe the transition that we offer allows for everyone to feel comfortable and ready to take the next step in their schooling career.

On the tenth day of Yana the children brought along, huge dazzling smiles.

On the eleventh day of Yana, the children brought along familiar and knowing eyes.

On the twelfth day of Yana, the children brought along, readiness, eagerness and calm.



Anxiety and supporting your children through it

Natasha Harman *encourages parents to be proactive in supporting your children during tough times.*

ANXIETY CAN BE a debilitating issue for anyone, including adults. Knowing the signs can help you to tune into your child and help them manage it before it gets out of control.

Whoever the child is attached to will be the ones they will come to for support, or if they can't get help to manage emotions and big feelings, they may act out or you will see big behaviours that may result in not so positive outcomes leaving you both distressed and exhausted. This ongoing cycle will not bring you closer to your child, it will only chip away at your relationship and this is the exact opposite of what the child needs from you, the parent/carer.

When a child acts out or displays big emotions, this is your "cue" to help them. Kids don't wake up each day with the quota of how many times they can get into trouble in one day. So be on the lookout for the cues your child presents to you and take a breath before you dive in to help them unpack feelings and emotions so that you can help them through it and not join in on their chaos.

Being calm yourself is the only way you can calm an anxious, frightened, worried child/teen, so take time out or a time in with the child and let them know you're there for them and you will help them. The child will feed off your anxiety, and so when

the parent is calm, the child will learn to be calm too.

Teaching your child to be resilient is an ongoing conversation, so make use of the "What ifs" - these are questions/situations you pose to your child when they are calm and not escalated. Asking questions when they're calm about situations you know might be an issue for them in real life. Eg, "Suzie, what would you do if you got to the classroom and no one was there?". Suzie would be able to tell you the answer in a calm moment but perhaps if Suzie went to the classroom and was caught off guard, she may not be able to know the answer in that moment and this may cause her to panic. When a child (or even an adult) panics, they flip their lid and the thinking brain is no longer in control and the person will then be running off their emotions. This is called "fight or flight" moments.

Giving children/teens the opportunity to discuss situations like this in a calm moment helps them to learn to trust themselves that they do know what to do in these moments and that they will get through things if they just stop and think and not get caught up in the panic and fear. They will also learn to know the feelings anxiety creates for them and they will be able to name it so they can learn to tame it.

