



*The Wisdom
of the Lord Teaches us*

Mary MacKillop College

Newsletter

Term 3
20 September 2019



*“The strongest trees
are the slowest
growing”.*

*Julian Tenison Woods
1875*

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

MESSAGE FROM THE ACTING PRINCIPAL

This Weeks Prayer

*Dear Lord, please embrace your
loving arms around my
family and friends.*

*Keep them always protected,
secured, loved
and blessed. Amen.*



Greetings Mary MacKillop College community members, at the time of going to print our Central Australia Trip, led by our Principal Mr Leslie has just entered the Northern Territory and ready for some cultural experiences in our Country's Red Centre. They seem to be enjoying the trip and if the happy faces posted on the College Facebook account is anything to go by a really fantastic life experience.

As is often said at this time of the year "Where has all the time gone". We are now into spring and the final run home for our Year 12's. By my calculation they have 8 school days left. While Mr Leslie will formally bid them farewell at the Valedictory (end of the second week of Term 4) I would like to extend my wishes, thoughts and prayers for this group as they head into their exams and the next stage of their journey.

Last week the College had the pleasure of hosting the Annual Walkathon Presentation Assembly. This year our amazing total of funds raised was just over \$23,000!! What a tremendous effort. Mat Bowtell from Free3DHands (one of our major recipients) also presented a truly inspirational speech on his amazing program and life message. We were blessed. A huge vote of thanks, must be extended to Mr Ryan (Deputy Principal – Catholic Identity & Mission) for another successful Walkathon.

At the assembly we then took the opportunity to recognise our 2019 College Musical - The Addams Family. Our school productions have become a highlight of the College calendar and a wonderful opportunity to showcase the God given talents of our students and staff. In particular the Production Team of Ms Kalos (Director), Mrs Steenholdt (Creative Designer), Ms Poletti (Musical Director) & Mr O'Keeffe (Design Construction) were recognised for the tireless hours, and hours of time, talent and treasure that they have given in order for our student to excel. Ms Kalos then had the pleasure of announcing the 2020 Production to the students; Matilda! We have been one of the very few secondary schools to have been granted these rights and are very excited about this opportunity. The show will run early Term 2 next year.

Sadly, at the end of this term we bid farewell and best wishes to a number of staff Sibby Wilson our Office Coordinator who will be leaving us. She has been a constant warm and smiling face in the front office for what seems like an eternity and a helpful, supportive and kind colleague for many. She will be dearly missed. Mrs Courtney Young (Ms Blair) (Director of Senior School) will be starting her maternity leave at the end of the term and we wish her and husband Phil a restful preparation for the pitter patter of little feet. Mr John Ryan will be taking long service leave during Term 4 and we wish him and his wife safe travel as they tour through Europe.

I will also be heading off at the end of this term to take up my appointment as Vice Principal – Students at Padua College (A four campus school of 2,500 students). This will be my final opportunity to communicate to the College families and would like to express a series of thank-you's. Over the last 10 years as Deputy Principal I have seen the school grow from strength to strength, multiplying the amazing opportunities, facilities and possibilities afforded to our students. In so many areas we punch well above our weight range. I would like to acknowledge the great work of the College Leadership team in making this all possible. The grounds in which we occupy are immaculate (Thanks to Jack and his team) and the new buildings to come will only complement the great programs we run. The campus is full of life - animal enclosures (thanks to Graham and his band of helpers) providing soothing bird calls and aesthetic nature themed environments. Our academic programs have broadened, catering for more diversity, vocational pathways and challenging our highly capable. Our Treetops Program, Pathways Work and Tournament of the Minds is a testament to this – thanks to Mrs Steenholdt, Mr Pearce and Mr Muranty for their efforts. The wellbeing of our students and providing them the opportunity to develop into fine upstanding young adults has always been a major focus of the College and I wish to thank and acknowledge Mr Kieran O'Dwyer and the Directors Mrs Young, Mr Gordon and Mrs Lafferty and their teams for the passion and compassion they have for their roles and for building resilience and life skills amongst our chargers. Our dedicated group of Parents and Friends have been a backbone of this supportive community over the years and I wish to thank Sarah Wolf, Fran Backman and Donna Muldoon especially for their work in building such an inclusive and supportive community. Finally, I wish to express my gratitude to David Leslie for the support and leadership provided to me and the College over this time. A campsite rule is to always leave a place in better condition than when you found it and I hope that the journey over the last decade shows this has been the case.

As an ex-zoologist (I do not think this comes as a surprise for any) I have always had a fascination with sci-fi so my parting words comes from the Douglas Adams classic A Hitchhikers Guide to the Galaxy

“So long and thanks for all the fish!”

Sam Wright



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

FROM THE DEPUTY PRINCIPAL - CATHOLIC IDENTITY AND MISSION

Walkathon Success for our College

It is with great pleasure that I can report to the College Community that this year we have exceeded our target and raised \$23,000 with over 94% of our students and families contributing to the recipients chosen. Our presentation assembly on September 13 was a resounding success. Keynote speaker was State recipient of 2018 Local Hero Award, Cowes-based engineer, Mat Bowtell. Mat volunteers his time and funds to design and make open-source prosthetic devices for those who cannot afford them.

Free 3D Hands, is based at Phillip Island, and it is here that astonishing free 3D printed prosthetic hands and fingers are made for people in need all around the world. Sharing ideas and collaborating with prosthetists to progressive bionic companies all over the world, Free 3D Hands aims to accelerate development and make prosthetics more accessible to those in need.

The money donated will be allocated to the production and distribution of prosthetics for those recipients with the greatest need.

Mat spoke about students daring to make a difference and to follow their passion and then utilise this passion for the benefit of others. It was indeed an inspirational presentation.



FROM THE DEPUTY PRINCIPAL - CATHOLIC IDENTITY AND MISSION

Also present was Marty Thomas who represented Opportunities for the Development through Art. He shared his thoughts about the College making a difference. Marty told the assembly that our funds would support a school in Cambodia for a whole year.

Finally, Sr Helen Barnes represented the Sisters of Saint Joseph. She spoke about Sr Irene McCormack who died at the hands of the 'Shining Path' guerrillas in 1991. The Sisters still help the poor in Peru. Funds will help support those to acquire medical aid.

The College strongly supports local, national and international charities through funds raised in our annual College Walkathon. In 21 years, we have raised over \$310,000. Students spent all of Term 3 learning about the charities chosen and raising the required funds.

Our College Justice Captains who have the specific responsibility for promoting social justice within the College should be congratulated for their marvellous work in helping choose charities, preparing two assemblies and events connected to the successful running of the Feast Day on August 8



John Ryan
Deputy Principal
Catholic Identity and
Mission



FROM THE DEPUTY PRINCIPAL - WELLBEING AND ORGANISATION

R U OK? Day is an initiative of the National suicide prevention charity R U OK? and was held on Thursday 12 September.

It's our national day of action dedicated to reminding everyone to ask, "Are you OK?" and to remember support people who may be struggling with the challenges life throws at them from time to time.

The College used the week to inspire and empower both students and staff to meaningfully connect with people around them. For staff at the College the week acts as another avenue to enhancing the wellbeing of our students. This focus ensures that students are encapsulated by an environment where staff and their peers look out for one another, feel supported and are able to access support when they need it.

Therefore, it is imperative that both staff and students feel confident in their ability to recognise the signs (what someone might be saying or doing and what might be going on in their life) when they're struggling. Enhancing this knowledge and skill set was the focus across the course of the week.

In the build-up to R U OK? Day we partnered with Headspace to deliver a series of workshops to our students aimed at protecting and promoting positive mental health.

With a focus on early identification and intervention the workshops enhanced both the staff and student's mental health literacy and skill set to support their peers experiencing mental health issues. Specifically, the students attended sessions that explored:

Let's Talk About It: *Mental Health Literacy*

- Understand your mental health and wellbeing
- Break down stigma about mental health
- Explore helpful and unhelpful coping strategies
- Noticing within yourself when you need support
- Understanding and practicing how to access supports with trusted adults and services

Looking Out for Your Friends: *Notice, Ask, Connect*

- Notice: identifying warning signs that a friend might not be OK
- Ask: how to have difficult conversations and ask your friend if they are OK

Connect: how to help them find to the best support and make sure you are looking out for your own self-care.

On R U OK? Day staff and students were asked to add a splash of yellow in order to re-inforce the power of a conversation in our community.

In the Junior School staff and students shared an assembly where students offered prayers for those who are in need of support. They listened to tips on how to commence a conversation and information pertaining to the prevalence and incidence rates of various mental health issues. As a homeroom, student were provided with a helium balloon and they were challenged to write the name of a student who they would create a conversation with on that balloon. The balloons were then let go in the hallway to serve as a reminder. As a Sub School they shared morning tea, where a conversation corner was established so that students could enjoy a cupcake and conversation with their peers.

The Middle School shared yellow paddle pops and established a Conversation Corner over the course of recess and lunchtime. This dedicated space was used by staff and students in order to engage in meaningful conversations about mental health.

The Senior School shared fresh fruit at both recess and lunchtime and discussed the importance on checking in on each other over the course of the holidays and upcoming exam period. Staff and students acknowledged that this next few weeks takes a considerable toll on both staff and students, so it is important to remember to lookout for one another and seek help for those we believe need it.

Staff were provided with an information pack that outlined how to check in with each other. Staff highlighted that it was important to ensure that we make an effort to do this on a regular basis and not only during weeks where the focus was high. We shared a lovely morning tea and the conversations this created were a great distraction to the heavy workload teachers carry toward the end of the term.



Kieran O'Dwyer

**Deputy Principal
Wellbeing and
Organisation**



RUOK? DAY



On Thursday September 12th, the Junior School took some time to engage in R U OK Day.

'R U OK' Day – a helpful reminder that depression and suicide take more lives than car accidents in Australia each year, and worse, it's a silent issue.

At our assembly, run by the class captains, we highlighted the importance of checking on your friends, sensing when someone is not OKand starting a conversation.

The message to students was:

If you notice someone who might be struggling start a conversation.

1. **Ask if they are OK? - they may not seem their normal self.**
2. **Listen - Listen without judgement.**
3. **Encourage Action - seek help together if they can't go alone.**
4. **Check in - stay in touch**

Each sub school has a wellbeing coordinator and every student at Mary MacKillop has access to our wonderful counsellors. RUOK Day is a timely reminder that some people are struggling in their lives, and that we all need to take time to care, to show love and compassion.

Mary MacKillop herself said it nicely: "never see a need without doing something about it"

Each student was asked to write a promise on a balloon to be released in the Junior School. The promise to see, to help, to listen and to encourage change in those around us.

We shared a morning tea of RU OK cupcakes, fruit, lollies and donuts. A special thanks to Thornton's Bakery for making our special cupcakes and for supplying the donuts free of charge.

An RU OK Day competition was run in the Junior Building with Elieen Tanaka-Morrison winning the student prize and Hannah Charlton winning the staff prize. Thank you to all the people who entered.

TRARALGON EISTEDDFOD

Congratulations to our College Stage Band who won first place at the Traralgon Eisteddfod



Pictured Back: Beth Winterhalter, Gabrielle Perry, Charlotte Exelby, Lily Smith, Reuben Strentz, Cassie Seimonello, Samantha Clark, Ava Strentz

Pictured Front: Lachie Denbrok, Ambrose Strentz, Ashleigh Seimonello, Andrea Binnichen



MARY MACKILLOP COLLEGE SOUTH GIPPSLAND

Grade 5 Discovery Day

Thursday 24 October 2019

Come and See!

All Welcome!



To register download a form at

www.mackillopleongatha.catholic.edu.au

Phone: 5662 4255

LEGACY PUBLIC SPEAKING

2019 Legacy Junior School Public Speaking Preliminary Finals – Dandenong RSL

On Tuesday 10 September Grace Burns and Christine Denbrok represented the College at the Preliminary Finals of the Legacy Public Speaking Competition. This was the second round and opportunity to go through to the State Finals. While both students presented with well-prepared speeches they were not able to further their experience against students from Camberwell High and Beaconsfield Secondary Schools.

On the day of competition, our Year 8 students with the support of our talented Librarian Kane Campbell-Tonks (who worked hard to help rehearse and prepare our College team throughout Terms 2 and 3 along with Mr Muranty) and fellow team mate Annika Clarke (Runner up in the Regional round), lent their unwavering experience to Christine and Grace.

- Christine Denbrok created a sophisticated and factual argument about the rate of animal extinction today – asking how did we let it come to this?
- Grace Burns presented a succinct, passionate account of gender equality and how that looks today

Congratulations to all students who competed in the Regional Finals, including the students who were selected as Runner Ups in the Junior Public Speaking Awards. Ava Strentz, Annika Clarke, Christine Denbrok and Grace Burns represented the College with determination, courage and skill. Certificates for the students will be forwarded to the schools this week and presented at assembly in Term 4, at a time to be announced.

Students who are either 12 years or 14 years of age as at 1st January 2020, have the opportunity to compete again next year. Further details will be available on the Melbourne Legacy's website at www.melbournelegacy.com.au

Mr Richard Muranty (Head of English)



**A Memorial Service to Celebrate the Life of
CAMPBELL RILEY ION**
will be held at the Dalyston Football/Netball Recreation Reserve
Tulloch Street, Dalyston
FRIDAY 27 SEPTEMBER 2019
commencing at 1.00pm

COMMUNITY REWARDS

Pictured receiving a cheque from Michael's IGA Leongatha are:

David Leslie, Simone Dekker and Daniel Kavanagh



Thankyou Michael's IGA Leongatha for supporting the local community



BUILDING A CHILD SAFE ENVIRONMENT

CHILD SAFE TRAINING IN LEONGATHA

Sun 27th October 2pm - 4:30pm

CHILD SAFE TRAINING for all Volunteers requiring Working with Children Cards:

Bishop Patrick O'Regan has engaged the services of CatholicCare to conduct a series of training sessions across the Diocese on "Building a Child Safe Environment ". It is expected that all parishioners with Working With Children Checks volunteering in St Laurence's and St Joseph's Parish will need to attend. It is also open to any other interested people wishing to know more about creating a Child Safe Environment and the new Working with Children requirements.

The Leongatha session is 2pm to 4.30pm Sunday 27th October at the St Laurence's Parish Centre. If you volunteer (special minister, readers, greeting, collection, offertory, sacristan, collection counters, cleaners, flowers, music, committee) within either parish we would ask that you please attend.

Bookings are essential and can be complete by visiting the below link. More information can be sort from Anne in the St Laurie's Parish Office on 5662 2020 <http://www.ccam.org.au/events/tickets/261/child-safe-training-leongatha-27-october?t=event&s=1>

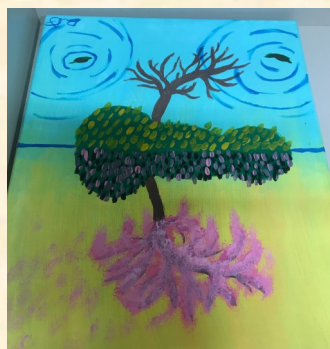
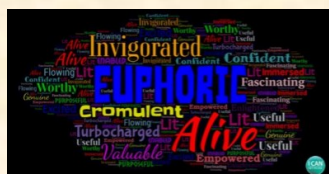
I CAN NETWORK 'AWETISM' (AUTISM) EXHIBITION

Last Friday, David Phillips spoke at the ICanNetwork 'Awetism' (Autism) Exhibition presenting his latest series of artworks, '8 Paintings in 8 Days' which feature reflections on some of his favourite animations. He says that while he was 'Super nervous' he focused and got through it. The result was huge amounts of positive feedback about his art.

David has been involved in the ICanNetwork, for some time and in 2017 presented for the first time, sharing a board game he created which he describes as a cross between risk and monopoly. This network celebrates the incredible and diverse gifts that come with having an Autism Spectrum Disorder and David is a proud ambassador of this message.

David is working toward a future which allows him to explore art and creativity. In the meantime, David will be working to support building an 'ICan' space in our school, we look forward to celebrating the amazing gifts this young man brings to our school and he in turn is looking forward to meeting other students who want to join with him in celebrating their 'Awetism' (Autism) in a truly unique manner.

Watch this space



YEAR 12 UNIT 3 & 4 PRACTICE EXAM TIMETABLE (Rooms 20 & 21)

Session	Wednesday 2 nd October	Thursday 3 rd October	Friday 4 th October
Session 1	<u>9.00 – 10.15 am</u> Maths Methods Exam 1	<u>9.00 – 10.45am</u> Theatre Studies	<u>9.00 – 11.15am</u> Maths Methods Exam 2
	<u>9.00 - 10.45 am</u> Further Maths Exam 1	<u>9.00 – 11.15am</u> Business Management	<u>9.00 – 10.45am</u> Further Maths Exam 2
Session 2	<u>11.30am – 1.15pm</u> Theatre Studies	<u>11.45am – 2.30pm</u> Chemistry	<u>11.45am – 2.00pm</u> VET Digital
	<u>11.30am – 1.45pm</u> Economics	<u>11.45am – 2.00pm</u> Biology History Visual Communication & Design	<u>11.45am – 2.30pm</u> Literature Biology
Session 3	<u>2.30 – 5.15pm</u> Psychology	<u>3.00 – 5.15pm</u> Geography	<u>2.45 – 5.30pm</u> Physics
	<u>2.30 – 3.45pm</u> Further Maths Exam 1	Legal Studies PE	<u>2.45 – 5.00pm</u> Art Further Maths Exam 2

Rooms 24 and 25 will be available as a study space between exams



Homework Support



Homework Support runs from 3:30pm - 4:30pm in the Learning Adjustment Centre every Tuesday.

All students from Year 7 - 12 are welcome to attend.

Staff available will be John McKeown, Hannah Charlton, Jenny Shea and Michelle Hackett

Homework support provides the opportunity for students to keep up to date with their work and ask for help.

We are looking forward to seeing you all !!



John McKeown



Hannah Charlton



Jenny Shea

IMPORTANT DATES AND REMINDERS

CANTEEN NEWS

Monday 7 October	Kaye Ellery Burke
Tuesday 8 October	Marianne Bloye
Wednesday 9 October	Marlene Dyke
Thursday 10 October	Nena Caithness
Friday 11 October	Belinda Brennan

Monday 14 October	Paul Wilson
Tuesday 15 October	Jenny Enbom
Wednesday 16 October	Robyn Ellen
Thursday 17 October	Melanie Heber
Friday 18 October	Nadia Patton

Monday 21 October	Claire Blackford
Tuesday 22 October	Cathy Waldron
Wednesday 23 October	Catrina Donato
Thursday 24 October	Deb Carmody
Friday 25 October	Danielle Lorkin

Monday 28 October	Linda Tack
Tuesday 29 October	Jenny Enbom
Wednesday 30 October	Tess Sweeney
Thursday 31 October	Melanie Hebert
Friday 1 November	Michelle Witteveen

2019	
Sun 15 Sep - Fri 27 Sep	Central Australia Trip
Fri 20 Sep	LAST DAY OF TERM 3 SCHOOL FINISHES 2.05PM
Mon 7 Oct	FIRST DAY OF TERM 4
Wed 9 to Fri 11 Oct	Year 9 Camp
Fri 18 Oct	Year 12 Celebration Day and Valedictory Dinner
Wed 23 to Fri 25 Oct	Year 11 Sport & Recreation Camp -Torquay
Thurs 24 Oct	Grade 5 Discovery Day
Tues 29 Oct	Parents & Friends Meeting 7.30PM
Wed 30 Oct to Fri 1 Nov	Year 10 Outdoor Ed Camp - Wilson's Promontory
Wed 30 Oct to Tues 19 Nov	YEAR 12 EXAMS
Mon 4 Nov	STUDENT FREE DAY
Tues 5 Nov	MELBOURNE CUP DAY
Thurs 7 Nov	YEAR 11 STUDENT FREE DAY
Mon 11 Nov	TERM ZERO begins
Fri 15 Nov	Year 7 Immunisations
Mon 18 to Fri 22 Nov	Portland to Penola Pilgrimage
Tues 26 Nov	Parents & Friends Meeting 7.30PM
Tues 3 Dec	Year 7 - 2020 Orientation Day
Fri 6 Dec	LAST DAY TERM 4

Not at school ?

We need to know !!

Don't forget we need to account
for all our students everyday
If your child is away for the day
please let us know !!

UNIFORM SHOP & CANTEEN

Uniform Shop is open each Friday

from
12.50 pm - 1.35 pm

Canteen is open Monday - Friday

COMING SOON

**Mary MacKillop College has launched Tim Minchin's Musical Masterpiece
"MATILDA" as the School Production for APRIL 2020**

Auditions will take place Week 1 and 2 of Term 4



ROALD DAHL'S

Matilda

THE MUSICAL

2020



TRINITY KIDS
emotionally empowering kids everyday

ENROL IN TERM 4 PROGRAMS

Term 4 has our Trinity Kids focusing on Kindness and Empathy for our Tots, Tinies, In-betweens and Tweens!

Term 4 Starts 14th of October

Visit our website at www.trinitykids.com.au to book into the workshops and to find more information about our programs.

Or you can call us at 0437 331 308 or email info@trinitykids.com.au



Come and have a hit with us!!



If you love to have a hit of backyard cricket or would like to learn some new skills come along to Koonwarra and join one of our teams.

We have mixed U12, U14, U16 and senior teams catering to all abilities.

For more information contact
John Manicaro 0409 409 825
Nick Arnup 0428 572 776
Email koonycougarscc@gmail.com



KORUMBURRA TERM 4 ENROLMENTS OPEN NOW!

KINDNESS & EMPATHY PROGRAM



TINIES
4-6 YEARS



IN-BETWEENS
7-9 YEARS



TWEENS
10-12 YEARS



TEENS
12- 18 YEARS

ENROL TODAY!

WWW.TRINITYKIDS.COM.AU | INFO@TRINITYKIDS.COM.AU | 0437 331 308