



MACKILLOP NEWS

TERM 3 WEEK 8 9TH SEPTEMBER 2015

From the Principal

In This Issue...

- Page 1: Principal's Message
- Page 2: DP Curriculum
- Page 3: R.E. News
- Page 4: P & F Assoc. News
- Page 5: Arts News
- Page 6: Senior Years News
- Page 7: Sports and PE News
- Page 8: Rugby League News
- Page 9: Community News



"Never see a need without trying to do something about it."
St. Mary MacKillop



Dear Members of MacKillop Catholic College Community,

This week we welcome back our Kokoda team and congratulate them on their amazing courage and persistence. We are ever so pleased that they are all home safe. I can imagine they have many stories to tell. What great ambassadors they have been!

Happy Fathers' Day to all fathers for last Sunday, we hope all fathers had an enjoyable day.

We have a number of important events on our calendar before the end of the term. These include:

- **Strings Concert – Wednesday 9th Sep**
- **P & F Assoc. Meeting – Monday 14th Sep, 7pm**
- **Yr 12 Trial Exams – Week 9**
- **Parent /Teacher/Student Conferences – Tuesday 15th Sep, 3:30pm – 6:30pm**
- **Music Technology Night – 16th Sep, 6pm**
- **MacKillop Has Talent – Thursday 17th Sep, 12pm**
- **Family Photos – Friday 18th Sep**
- **College Board Meeting Monday – 21st Sep, 7pm**
- **Yr 9 Camp – Week 10**
- **Holiday Week 28th Sep – 2nd Oct**



Please ensure you have these marked in your diaries. We are looking forward to seeing you at these events.

We are very near the end of Term 3, and as students are beginning to relax after completing all their tasks, teachers are busily marking them and preparing feedback for parents. Parent / Teacher / Student conferences are scheduled for the 15th September. Please encourage our sons/daughters to complete all work associated with their subjects before the end of term. Please contact your sons'/daughters' class teachers if you have any concerns.

May you be blessed with peace, hope and joy.

Lauretta Graham
Principal

From the Principal, Continued

MEMORY TIPS

Memory strategies provide a systematic approach for organising and remembering facts, even if these facts have no apparent link or connection of their own. They provide the tools necessary to memorise and recall almost any information. Forgetting occurs rapidly unless certain steps are taken to process the material into memory. Memory tips can provide a pathway for remembering facts in a fun and easy way. Using **Mnemonics**, **Acronyms**, **Rhymes** and **Acrostics** are some examples of these strategies.

POSITIVE AND POWERFUL THINKING

We can think of our thoughts as our control centre, because our thoughts control the way we feel and behave. If we think in positive and helpful ways, we typically feel hopeful or happy. However, if we think in negative or pessimistic ways, we tend to feel hopeless, unhappy or even sad, angry or mad. The key is understanding that we can take 'control' over our control centre because we have the power of choice over our thoughts. That is, we can choose to think in positive and powerful ways, which make us feel good, or we can choose to think in negative ways, which make us feel not so good.



A TIP FOR SUMMER

Director Baz Luhrmann, of 'Australia', 'Moulin Rouge' and 'Romeo and Juliet' fame, also penned the catchy song 'Everybody's free to wear sunscreen' in 1999. In the song he states that; "If I could offer you only one tip for the future, sunscreen would be it. The long term benefits of sunscreen have been proved by scientists....".

We are more knowledgeable today about the danger of the sun's rays and the importance of protecting our body when out in the sun. People of my ilk grew up worshipping the sun and the lifestyle that went with it, many a summer day was spent roasting like a pig on a spit to get that golden tan. The smell of baby oil, coconut oil and lemon juice mingled with sweat and the sound of blisters popping echoed across the era of our youth. It is only now, as the doctor's scalpel dissect the skin and sends the blemish away to pathology, do we reflect and ask ourselves why we were so stupid.

Wear your hat and your sunscreen!!!

Lauretta Graham
Principal

From the Deputy Principal: Academic Studies



Welcome to Week 8, yet another busy week at MacKillop. This Tuesday is our Year 10 into 11 Subject Selection Evening. Our teachers have been busy behind the scenes organising performances, presentations and experiments. We have also organised a number of VET providers and other community organisations to share information, it is going to be a great night!

Parent / Teacher / Student conferences are on Tuesday 15/9 from 3.30 – 6.30. This term we are moving to 100% online booking, a system I am sure will be much more convenient for parents and staff alike.

Good luck to all our Year 12 students who will begin their trial exams shortly, they have all been working very hard in preparation for their exams, as have their teachers.

Please feel free to contact me if you need any more information about upcoming events.

Chris Trevillion
Deputy Principal: Academic Studies

Religious Education and Catholic Identity News



HIS EXCELLENCY, MOST REV. ADOLFO YLLANA, APOSTOLIC NUNCIO TO AUSTRALIA

Australia's Apostolic Nuncio, Archbishop Adolfo Tito Yllana, visited the College recently to meet with students and staff. His Excellency Archbishop Yllana was accompanied by Bishop Eugene Hurley, Bishop of the Darwin Diocese and our Parish Priest, Father Tom English. Archbishop Yllana spoke to Year 8 students about his life and his role as the Pope's ambassador to Australia. He answered questions from students and shared lunch with staff, Year 10 and 11 students.

On Tuesday 1st September the Catholic community gathered in St Mary's Star of the Sea Cathedral, Darwin, for Mass celebrated by the Apostolic Nuncio. Our students were represented by Patrick Rose who read a Prayer of Intercession and Jordana Jack assisted with the Offertory Procession.



CONFIRMATION

Classes for those preparing for the Sacrament of Confirmation are held each Sunday at 5pm (prior to the 6pm Sunday Mass) in the meeting room at Our Lady Help of Christians Parish Church, Emery Avenue. There is still time to join in these classes.

If you require more information please contact either Mrs Marie Butt at school or call Father Tom English at the Parish Office 89323922.

MADE IN THE IMAGE OF GOD

The Human Sexuality unit of the MADE IN THE IMAGE OF GOD program is being delivered to all classes in Years 7 to 10. This program looks closely at building respectful and loving relationships. If you wish to know more about these programs please contact your child's teacher.

Marie Butt

Assistant Principal- Religious Education

"May your journey always be filled with blessings, and may the life of Saint Mary MacKillop ignite in you the flames of faith and service"

Parents & Friends News

The P&F Association is currently focussing on raising funds to pay for the new Shade Sail which has been installed above the playground.

Fundraising events coming up:

Friday 18th September - We still have some spaces available for our Family Portrait Fundraiser! Are you looking for a Father's Day gift with a difference? Or thinking ahead to Christmas already?....

We are running a Family Portrait Fundraiser at school starting at 3pm (bookings required). For \$20 you will receive a 10"x13" photo and a keyring, plus the chance to purchase more photos afterwards. This is a fantastic way to get a beautiful family photo and a great way for the P&F to raise funds for the school. Please contact Janine Gunn on 0498 253 035 or email Janine.Gunn@nt.catholic.edu.au to book and pay for your sitting at your preferred time. (payments required ASAP to secure booking).

Friday 4th December - Save the Date! This will be the night of our annual MacKillop Family Christmas Fair, from 5:30pm.

Ongoing -

2015-2016 Darwin Entertainment Books available now!
<https://www.entertainmentbook.com.au/orderbooks/91h5549>

Our committee meets on the 2nd Monday of every month - our next meeting is **Monday 14th September**.

All are welcome and invited to come along to our meetings at any time.

Another way to support the P&F Assoc. and the school is to with the school Canteen. Did you know that you can register and place canteen orders online?! - www.ouronlinecanteen.com.au

And don't forget, there is a MacKillop Facebook page. Find it on Facebook - MacKillop Catholic College Palmerston NT- and click 'Like' to keep up with what is happening in the MacKillop community.

Janine Gunn

Communications Officer: Parents and Friends Association

Food Technology- Baking Bread



The Arts

PERFORMING ARTS NEWS



It has been a busy time for Mackillop Performing Arts Department. One of the most exciting upcoming events is the auditions on the 10th of September for our first ever school musical; "Cruisin'". We are looking for students to be involved in being a part of this very special production; actors, musicians, dancers, make-up artists, set designers, lighting, sound production and many other roles will be needed so please come along. No experience is needed and we encourage people to get involved.

We also have the electronic music showcase evening on the 16th of September at 6pm. It will be held in the performing arts building and is an opportunity for parents of electronic music students to see and hear what they have been creating at Mackillop. Students and parents are most welcome.

The annual event "Mackillop's Got Talent" is on Thursday of week nine and is shaping up to be a great competition. The prizes are very enticing this year and there have been lots of entries from performers of all ages. There is still time to enter, so if any act would like to sign up please come to the Music Department and put your name down on the entry list. It should be a great day!

The Music Department is also hosting "Mr Tan's Concert" on Wednesday evening of week eight. It is an opportunity for the students to perform in front of a live audience, and everyone is invited to come along.

Jonathan Grant
Music Teacher

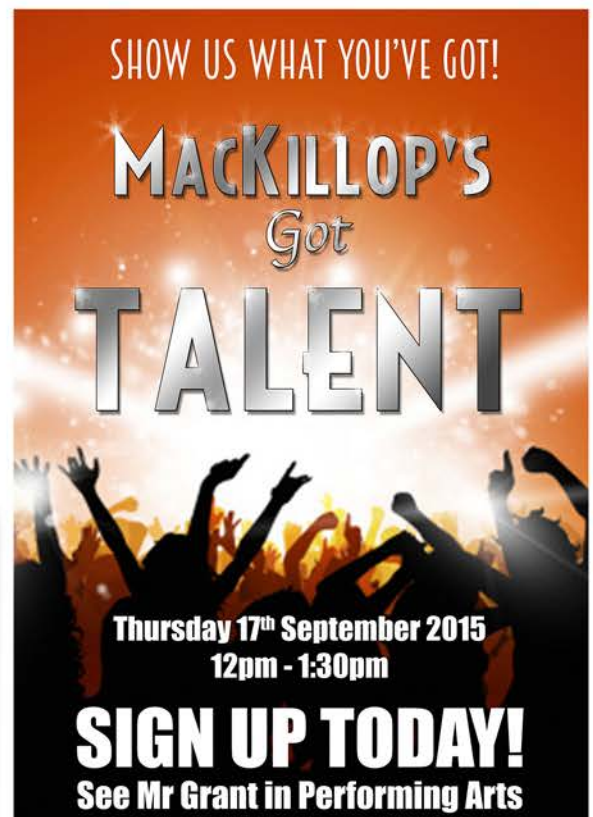
DARWIN SYMPHONY ORCHESTRA

On 5 September at the Darwin Convention Centre. Strings Teacher, Mr Alphonsus Tan, performed as a first violinist in this Master Series 2 Concert 'Realm and Resonance' which featured a contrastive programme ranging from the frozen, bleached landscape of Finland to the sundrenched wilderness of the Australian Bush. This concert explored the theme of nationalism and identity. This is also the first concert that Mr Tan played with the Orchestra as an official member after passing the orchestra audition on both the violin and viola four weeks ago.

Students enrolled in the Instrumental Music Program will be going on an Excursion to attend a workshop by the Darwin Symphony Orchestra at Charles Darwin University, Casuarina Campus, on the morning of Saturday 19 September. Excursion forms will be given out to parents soon.

PERFORMING ARTS UPCOMING EVENTS

9 th SEP	Mr Tan's Concert
9 th SEP	Dance and Drama Excellence Evening
10 th SEP	"Cruisin'" Auditions
16 th SEP	Electronic Music Showcase
19 th SEP	Darwin Symphony Orchestra Workshop
17 th SEP	Mackillop's Got Talent
2 nd / 3 rd OCT	Dance Showcase NT
19 th OCT	AMEB Examinations at Mackillop
4 th NOV	Junior Music Night
24 th NOV	Young Musician of the Year 2015
26 th NOV	Presentation Night



Senior Years Curriculum



School Based Trial Examinations

In recognition of the need to prepare for examinations in the Senior Years, students need to be exposed to examination assessment. As a mode of assessment, a formal examination provides useful information for teachers to help inform their professional judgment on student achievement. The school believes, however, that summative student achievement levels should be based on a range of balanced strategies and not solely on examination performance.

Test-Wise Skills

In order for students to perform well in all areas of study there are certain study skill requirements which students should follow. These Test- Wise Skills will assist students to study and prepare for their examinations both trials and final examinations.

Study and Finding your Rhythm

The key to making the most out of senior schooling it is essential to strike the right balance early. A structured routine will ensure students make the best of the time they have for learning. It is important to balance time between studies, social life, family, sleep, work, and sporting commitments.

Test Skills

Taking tests and examinations are specific assessment types which require the student to answer questions in a pressurised and stressful environment within a specific time requirements. This can be a great challenge for students and is a skill which is acquired over time and with practice. Each subject area will require a separate set of skills in order to undertake the test. The subject teacher will specify the requirements which are specific to the subject and each test type should be practiced throughout the 2 year course to ensure success in the final examinations.

Find the Right Environment

The fewer distractions students have around them, the easier it will be to focus on their studies. Think about where students study best, whether it's in the school library, bedroom, or elsewhere. Switch off phones and avoid social media to help minimise disruption while studying.

Plan

Make a list of priorities; it will help to manage time more effectively. As students work out study schedules, remember to make time for catching up with friends, playing sport, or just watching TV and relaxing.

Look after Yourself

Exercise and a healthy diet can help improve concentration, reduce stress levels, and improve general well-being. Getting a good night's sleep is also important in helping to concentrate and feel alert when studying.

Ask for Help

Help is always available if students are feeling overwhelmed or particularly stressed. Family members and friends can help test knowledge, and teachers can advise which areas of study students need to concentrate on. Family and friends can also provide support and advice if feeling anxious or concerned.

Pauline Watson

Head of Senior Years

Sports & Physical Education News

NETBALL

MacKillop was represented at our local Netball Grand Finals on Tuesday.

The girls trained and played all year to get to this stage.

They came out with an impressive victory. Further details and photos will be included in the next newsletter.

A huge congratulations to all involved.

KARATE

Congratulations to **Jessyka Hanson**.

In her latest competition, Traditional Shotokan Karate SA State Titles in Adelaide, South Australia, Jessyka competed in the Women's Brown Belt 3-1 KYO Division and won 2 silver medals in individual Kata and Individual Kumite and a gold medal in Team Kata! Well done Jessyka!

AFL

Join in the fun of our 1 day AFL NT Holiday Programs at:

Darwin 30th September

Rosebery 29th September

- AFL Skills and Games
- Waterslides
- Mini AFL Draft Camp

Register Now At:

www.aflntholidayprograms.com.au

Contact Nicky on 89 804 835 or nicole.hyland@aflnt.com.au



AFL NORTHERN TERRITORY

Holiday PROGRAMS

Rosebery

Rosebery Middle School
Belyuen Rd, Rosebery
Tuesday 29th of September 2015

9am - 3pm
\$60

A day packed full of footy fun!
Test your skills in a mini AFL Draft
Loads of games and fun to be had!

REGISTER NOW AT
www.aflntholidayprograms.com.au

Like us on Facebook at facebook.com/AFLNTHolidayProgram and follow us on Twitter @AFLNTHolProg to keep up to date with the latest news, competitions and photos.

AFL NORTHERN TERRITORY

Sign On Day

Southern Districts Football Club

Saturday 12th September
10am – 1pm
Norbuilt Oval, Freds Pass Reserve

For all AFL players from Seniors, U18's, U16's, Youth Girls, U14's and U12's (must be turning 10yrs of age by Dec 31st 2014)

Sports Trainers Required (free accreditation courses offered)

Junior Fees (U12's-U16's) \$150
Senior Fees (U18's-Seniors) \$200

All fees include Club Training Top, Club Walk Out Shorts, Club Polo or Game Shorts and Socks and Sling Bag (juniors) includes Player Insurance.

Sports vouchers accepted.

For more information contact Aaron Dunster 0408 197 432
Email: sdfccrocs@gmail.com

Sports & Physical Education News

RUGBY LEAGUE

KNIGHTS CUP RESULTS:

MacKillop Catholic College 18 Def. St John's Catholic College 14

Wednesday 2nd Sept. 2015, Warren Park, 4pm

MacKillop achieved a hard fought win against a fast finishing aggressive St Johns side. The boys put in a massive defensive display in the second half to hold out a much older and fresher side. Whilst our numbers were down on the day our younger players put in the hard work and got the result. Congratulations to all.

Their next game will be this afternoon against O'Loughlin.



From our Wider Community

Cruisin'

AUDITIONS! 10TH SEPTEMBER, 1-4PM
PRINCIPAL, MINOR AND CHORUS ROLES
NO EXPERIENCE REQUIRED!
CONTACT PERFORMING ARTS

Woolworths Earn and Learn

From Wednesday 15th July, when any staff, parents or friends from our school community shop at Woolworths, you can collect stickers to place on sticker sheets you have been provided. You'll get one sticker for every \$10 you spend. Once you complete your sheets you can place them in a collection box either here or at Woolworths. Woolworths are partnering with Modern Teaching Aids; Australia's largest supplier of educational resources. This means we can choose resources based on our specific needs, across all learning areas, including Maths, English, Science, Art and Craft, Outdoor and Active, Music and more.

If you'd like to know more, go to Woolworths.com.au/earnandlearn.

UNIFORM SHOP OPENING TIMES ARE AS FOLLOWS:

Monday:	8:10am, 1:10pm
Tuesday:	1:10pm
Wednesday	8:10am, 1:10pm
Thursday	1:10pm
Friday	8:10am, 1:10pm

Yay!!! We are totalling 9240 in earn and learn stamps!

Our previous record is 7500! Let's hit the 10,000 mark, and smash our previous record and earn for our College! Please bring in any Earn and Learn stickers you find around the home to finish off in a great way and secure some great learning materials for the College.

Final Earn and Learn total will be in the next newsletter!

IMPORTANT DATES TERM 1 2016:

Monday 25 January to Friday 01 April 2016

Staff Resume: Monday 25 January 2016

Public Holiday: Tuesday 26 January 2016

Staff Professional Learning:
Monday 25 January and
Wednesday 27 January 2016

IMPORTANT DATE!...Students Start:
Thursday 28 January 2016



From our Wider Community



2016 VET in School Program Information Day
Friday 18th September, 2015

- Students will have the opportunity to choose and attend 2 x 25min Information Sessions at each Campus
- Expression of Interest forms will be available on the day for students to take with them

Contact Mrs Scullen for more information

Inclusion support is looking for donations of puzzles and games for students, if anyone is able to assist.





Our first year 12 class graduates in 2015

ENROL NOW FOR 2016!



LET YOUR SON/DAUGHTER ENJOY THE BENEFITS OF:

- A school structure catering to middle years 7 to 9 and senior years 10 to 12
- Spiritual development in the Catholic tradition
- The latest information technology to enhance student learning
- Strong links between home and school
- A full instrumental music programme

For more information, contact Joanne Flanagan on 8930 5713 or email lauretta.graham@nt.catholic.edu.au

Come walk with me.....

**WORLD
SUICIDE
PREVENTION
DAY** ● ● ●

10th September

World Suicide Prevention Day 2015 is Thursday 10th September. It is also RUOK? Day in Australia.

In 2015, the International theme of World Suicide Prevention Day is Preventing Suicide: Reaching Out and Saving Lives'. It is speaking up to reduce the stigma around talking about suicide prevention safely. It is about standing up to make a positive impact on our mental health and wellbeing. It is about being self informed and aware of support and services available to all those touched by suicide and those building a resilient community to prevent suicide.

Beginning at **Memorial Park** behind the Palmerston City Council building, opposite McDonald's at 5pm.

Please wear a purple or blue t-shirt if possible. Remember your hat. No dogs please.

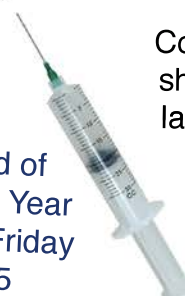
Nothing is impossible to God!
God loves you!



Catechesis for Youth and Adults
At St Francis of Assisi
Humpty Doo Catholic Church
Mondays and Thursdays 7:30 pm
Enquiries phone 89882235

IMMUNISATION REMINDER:

The 3rd and final round of student vaccinations for Year 7 and 8 will be held on Friday 11th September 2015



REMEMBER:
Year 9 Camp is in week 10. Contact Roxy Claire for more details.



SAVE THE DATE:
**PRESENTATION
NIGHT**

26th November 2015

Could Students that recieved shields in various categories last year please return them before the end of Term 3



MACKILLOP
CATHOLIC
COLLEGE
MUSIC

PRESENTS

ELECTRONIC MUSIC SHOWCASE

16TH SEPTEMBER 6PM

COME AND HEAR THE SOUNDS
THAT STUDENTS HAVE CREATED!

IN THE INSTRUMENTAL MUSIC ROOM

GOLD COIN DONATION

CONTACT THE MACKILLOP
MUSIC DEPT. FOR MORE DETAILS



A GREAT FATHERS' DAY GIFT IDEA!



invites you to a

Professional Family Portrait Fundraiser Day

Please join us for a professionally posed family
portrait shoot to raise funds for the school.

FRIDAY 18th SEPTEMBER, from 3pm

**MacKillop Catholic College
Farrar Blvd, Johnston**

FOR \$20 YOU GET:



PLUS get the chance to purchase extra poses, a variety of sizes, black and white prints
and the digital copies to use on canvases and gifts!

TO BOOK:

Contact **JANINE GUNN**

0498 253 035

Janine.Gunn@nt.catholic.edu.au

- Minimum of two generations in the Family Portrait
- No person may appear in two separate fundraising Family Portraits (exception of separated couples)
- An adult family member appearing in the fundraising Family Portrait must be present to collect & view their family portraits (or able to make alternative arrangements)
- Families must sit for a minimum of three separate poses on the day.

**advancedlife
STUDIOS**

We are Australia's leading family portrait photographers, with over 30 years experience. Our photographers are experts trained to provide the best family photo experience for you.