



Lauretta Graham

MacKillop Catholic College

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"Never see a need without trying to do something about it"

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### First Day Term 3 **Tuesday 21st July** 2015

#### Dear Members of MacKillop Catholic College Community



It has been my experience over the years that, far from being negatively affected by sports training, music lessons, or involvement in community activities, students with heavy commitments more often than not do well at their studies. I suspect this is because they have higher levels of selfmanagement and discipline, of motivation, resilience and of organisation. They know a lot about goal setting and time management and about putting in the 'pain' before they can glory

in the 'gain'. They know that the big prizes are won by doing each and every small thing right, and certainly not looking for excuses.

As the results roll in over the next week the same will be seen. Those that dip out and wriggle between their class and teacher expectations not achieving what they could will be those who have not learnt that success is earned through their tough regimen of doing every step and completing every task along the way. Good reasons are scarce. Excuses are easy to find - I could not find my books, I left my laptop in my locker, I don't think the teacher can teach, I am far too tired, I hate that subject and this can be enormous and the list goes on. I have heard most of them. As parents and educators it is our responsibility to develop the habits of commitment to what is important and certainly don't buy into helping students to make excuses easier.

Partly discipline, partly the habits that have been formed through positive talk and encouragement and certainly not by helping students formulate excuses.

When you receive your son/daughters reports over the next couple of weeks rejoice in the wonderful achievements or if needed take the opportunity to have those conversations of how things will be in the future. Then make an appointment with your child's teacher for the beginning of the term. At the end of the day you are the parent and they are still young enough for your counsel. It is likely that those who end up with moments of glory academically will be those who know that a symphony is written one note at a time. Yours Sincerely

#### With Blessings Lauretta Graham — Principal

Hi, we are your Middle Years Captains, Justin Hockey, Jordana Jack and Louise Jones. We are very excited to have attended the Feast Day Mass at Sacred Heart Catholic Primary School last Thursday. Here we represented all of you and we continue to look forward to







Jordana Jack Justin Hockey Louise Jones

representing you at the many events during Semester 2. At the Feast Day Mass we could remember how it was to be in primary school and especially at Sacred Heart. We certainly look forward to all the year 6 students from Sacred Heart joining us at MacKillop next year. Have a great last week of term. Turn all those assignments in and enjoy your holidays to come. Regards — Middle Years Captains

### **Across the Principal's Desk**



Lauretta Graham Principal

#### A GAELIC PRAYER

Deep peace of the running waves to you.

Deep peace of the shining stars to you.

Deep peace of the quiet earth to you.

Deep peace of the watching shepherds to you.

Deep peace of the SON of PEACE to you.

#### A delightful story of resilience... The Frog's Lesson

There once was a bunch of tiny frogs, who arranged a running competition. The goal was to reach the top of a very high tower. A big crowd had gathered around the tower to see the race and cheer on the contestants... The race began... Honestly... No one in the crowd really believed that the tiny frogs would reach the top of the tower.

You heard statements such as: "Oh, WAY too difficult!!!" They will NEVER make it to the top!!!" or: "Not a chance that they will succeed. The tower is too high!!!"

The tiny frogs began collapsing. One by one... Except for those, who in a fresh tempo, were climbing higher and higher... The crowd continued to yell, "It is too difficult!!! No one will make it!!!" More tiny frogs got tired and gave up... But ONE continued higher and higher and higher... This one wouldn't give up!!!

At the end everyone else had given up climbing the tower. Except for the one tiny frog that, after a big **effort**, was the only one who reached the top!

THEN all of the other tiny frogs naturally wanted to know how this one frog managed to do it. A contestant asked the tiny frog how he had found the strength to succeed and reach the goal. It turned out... that the winner was DEAF!!!

The wisdom of this story is. NEVER listen to other people's tendencies to be negative or pessimistic...

Because they take your most wonderful dreams and wishes from the ones you have in your heart!!!. Always think of the power words have. Because everything you hear and read will affect your actions!!

Therefore: ALWAYS be POSITIVE!!

And above all:

Be DEAF when people tell YOU that you cannot fulfil your dreams!!!

Always think: GOD AND I CAN DO THIS!!!

Don't tell GOD how Big your storm is. Tell the storm how Big your GOD is.

May the love of the risen Lord draw you to himself

May the power of the risen Lord strengthen you in God's service.

May the joy of the risen Lord fill your spirit

May the life of the risen Lord raise you to new life this day. ... High Mountains, Deep Valleys,

Edited by Rowland Croucher and Grace Thomlinson

We thank God for the riches of this Term. The staff extend to all families blessings on a safe and restful holiday period. God Bless

Lauretta Graham

#### **Performing Arts Department**



#### **Music Night 2015**

The students from the Music Department performed on Thursday, 4th June to their Parents, Friends and the College Community.

The Music Night was a celebration of the student's hard work with their instrumental teachers and respective ensembles in this semester. It featured performances by the college's Concert Band, String Ensemble, Guitar Ensemble and a variety of solo items, which include voice, trumpet, violin and flute. *Congratulations* to all the students involved, who performed excellently to an enthusiastic audience.

David Graham Performing Arts & Rugby

You are invited to watch a snippet of the performance of the MacKillop Guitar Ensemble on: (www.youtube.com).

Videos from the night will be uploaded after the Holidays. They will be available from: www.mackillopmusic.com.

#### Do you wish to learn an instrument? Enrol now for Term 3!

If you are interested learning an instrument, then come and join our fantastic music department. We offer lessons for the following instruments.

Violin, Viola, Cello, Double Bass, Flute, Clarinet, Saxophone, Oboe, Bassoon, Trumpet, Trombone, Guitar, Drums, Orchestral Percussion, Piano and Voice.

For more information, check out our MacKillop Catholic College Music website: a <a href="http://www.mackillopmusic.com">http://www.mackillopmusic.com</a> or enquire within.

#### **Dance Students at the Darwin Entertainment Centre!**

On Friday the 5th of June, Junior Dance and Year 10 Dance students competed in the YOHFest Competition at the Darwin Entertainment Centre against a number of schools in the Northern Territory. This was a wonderful experience where our students were able to meet their competitors, receive constructive feedback from the Judge and experience performing in front of a full house.

The girls choreographed and performed thought provoking movement based around the theme of equality. Their commitment and hard work proved successful with both entries receiving awards. Year 10 Dance received an award for their creative endeavour and Junior Dance were merited for their performance expression.



#### Stop Press:

**Strings Teacher, Mr Alphonsus Tan,** travelled and performed with the Darwin Symphony Orchestra on their East Arnhem Land Tour on Friday, 29 May to Sunday 31 May 2015. The concert featured Highlights from Bizet's Opera 'Les pêcheurs de perles' and Australian finest vocal singers such as Andrew Jones (Baritone), Lorina Gore (Soprano) and David Hobson (Tenor).



Look out for the MacKillop Catholic College Guitar Ensemble playing at the Royal Darwin Show!



## **MacKillop Rugby League**

**Newsflash:** MacKillop Rugby League - a great afternoon of Rugby League was had!





MacKillop Vs St John's Wednesday 18/06/2015

#### **RECENT RUGBY LEAGUE RESULTS:**

Under 14: MacKillop vs O'Loughlin FINAL SCORE: MACKILLOP 20 def. O'LOUGHLIN 16.

NEWCASTLE KNIGHTS CUP U18 Under17: MacKillop vs O'Loughlin FINAL SCORE: MACKILLOP 20 draw O'LOUGHLIN 20.

Please visit us on www.mackilloprugbyleague.com

Or follow us on facebook!: https://m.facebook.com/mackilloprugbyl

#### **CONGRATULATIONS:**

Congratulations to the following young men who have been selected as part of the U15 Northern Territory Rugby League Team to represent the Territory at the 2015 ASSRL Rugby League Championships in Penrith.



Jacob McCarthy, Jarrod Haywood, Julyan Mohan, Jacob Chiplen

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## From the Sports Department



## **Brodie Boyd**PE & Sports Coordinator

## **Athletics Carnival Results!**

## Green House won the 2015 Athletics Cup!

## Congratulations

to all participants
& a huge thank you to Mrs
Boyd, Staff & Helpers for a
wonderful job organising the
Carnival



Place:	House:	Points:
1 <sup>st</sup> place-	Green	1164
2 <sup>nd</sup> place-	Blue	1152
3 <sup>rd</sup> place-	Gold	914
4 <sup>th</sup> place-	Red	863

## **Age Champions**

Category	Winners	
12 Year Old Boys	Conor Wilson	
12 Year Old Girls	Mickayla Perkins	
13 Year Old Boys	Phillip Vo	
13 Year Old Girls	Haven Hohipa-Wilson	
14 Year Old Boys	William Gilmour & Denzel Tulloch	
14 Year Old Girls	Ella Mulvahil	
15 Year Old Boys	Jake Baptista	
15 Year Old Girls	Alysha Healy	
16 Year Old Boys	Jake Downs	
16 Year Old Girls	Erin Lidbetter	
17/18 Year Old Boys	Callum Flanagan	
17/18 Year Old Girls	Jacintha Misob	

## The Sports Department continues...



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## The Carnival in Pictures Continued..



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#### Sports Department continued...

**PARRS CRICKET**—TRIALS Players must be a minimum of 10 years – i.e. born no later than 2005, and a maximum of 12 yrs – i.e. born no earlier than 2003.)

Day	Date	Time	Venue
Thursday	30 <sup>th</sup> July	4.00 – 5.00pm	Fred's Pass
Thursday	6 <sup>th</sup> August	4.00 – 5.00pm	

### **Around the Campus**

# MacKillop Catholic College Holiday Opening Times

Monday 22nd June - Friday 17th July 2015: 9am-2pm

Monday 20th July onwards: 8am-4pm

STUDENTS COMMENCE TERM 3 2015 ON TUESDAY 21ST JULY 2015



Congratulations & All the

Best to:

Jarrod Perry; Lachlan Miller & Mitchell Purcell

Who are representing the Northern
Territory as Umpires at the
Cowboys Training Camps in
Townsville this holidays.

Here is the MacKillop Whips Netball Team with the Netball World Cup during its visit to the Palmerston Netball Association! The World Cup is being held in Sydney later this year!



## Dog Training OZ K9 Training

For professional training of all dogs, big and small. An ex Army Dog Handler. Check him out on facebook!

