



# Newsletter - Term 1,

Week 4 February 2015



Laretta Graham

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College**

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

Principal's Message	P1-2
Deputy Principals Page	P3
College Captains	P4
Around the Campus	P6
Community Notices	P7
Term Sports	P8

## Dear Members of MacKillop Catholic College Community,

**"Lord, as we come together to form our school community for this year, empower us to be generous, confirming and obliging. May the gifts of Your Spirit be alive and practiced in every aspect of our school life, as we live it together. Amen."**



We hope that everyone has had the opportunity to meet Mr Dale Gleeson our new Deputy Principal –Pastoral Care. Pastoral Care at MacKillop Catholic College is based on the message of Christ and has at its heart the enhancement of the dignity of each person within a Catholic Faith Community. For this reason, we take supporting all students seriously. We hope that throughout the year, our community will come together to participate in and volunteer at a variety of school functions, activities and events, including celebrations of our Christian faith. In this way relationships are formed and positive attitudes

developed that give positive input to our children. It is said that a child/person's life is like a piece of paper, on which every person leaves a mark. We plan that, all marks left during the year will be indicative of respect, care and encouragement.

Central to the very existence of our College is the integration of faith and culture transmitted in the various subjects that comprise the curriculum. In this way we hope that our students will learn how to follow Christ within national culture of our curriculum and further to this, we invite all parents to feel welcome, comfortable and free to contribute to the cultural context of our college community.

It was excellent to see many parents at our recent Working Bee, Opening Mass and Mini Night over the past weeks. Thank you for your interest in our College.

Congratulations to all Student Leadership Nominees. All nominees did an exceptional job with speeches and interviews. Unfortunately, there are always those who are successful and those who are unsuccessful through these processes; and without a doubt all did a marvelous job. Striving for your own personal best is what life and leadership processes are all about. The process was a great opportunity for all involved to do just that. On Monday 23<sup>rd</sup> February at 12:10pm in C Block covered area we will commission and congratulate our successful candidates; you are most welcome. We look forward to all students, with or without a badge, contributing to our College this year.

Through our Vision, each person is connected with others in the community giving rise to willingness to be of service and outreach to others. Discovering what connects us to others and understanding our own authenticity can be a challenge. To do this we need to create enough time in each day for beauty, creativity, imagination and learning. The late Morris West concluded that life was an enriching voyage of self-discovery. For this reason, this year the whole school stops for 5 mins at 12:07pm for prayer, reflection and meditation. If you find yourself in the College at this time please join us in this community prayer.

I wish you all an enjoyable term filled with personal time for growth and time to touch others' lives. May God bless your families.

Laretta Graham—Principal

***Humility connects us to the world and makes the world connected, a good and gracious space. Humility calms us and it calms others. It inspires and it assures; it enriches and it enables. Humility gifts us with happiness and graces the world with peace. Best of all, its attainment is in our own hands. Who can ask for more?***

**"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"**

## From the Principal's Desk Continued



### *The Cross – One View of Spirituality.*

We constantly try to be good parents, teachers and leaders and give our children or the children in our care, all they need to develop into well-rounded and successful adults and effective citizens. We may however be missing the very core of our children's being: their spirituality. The scientist Thomas Edison, once said, "the greatest discoveries will be along spiritual lines. This is the field where miracles are going to happen. Spiritual power is the greatest underdeveloped power and has the greatest future". In this time of Lent and the preparation for Easter, when we take time to review and renew our lives and practices consider this view of spirituality through the imagery of the Cross:

- ☐ The Cross is a symbol of love and a reminder that in all things lead with your heart.
- ☐ The upright beam signifies your relationship with God.
- ☐ The cross beam signifies your relationship with others and the demands of life.
- ☐ Working out the balance between these two dimensions is not easy but it is critical.
- ☐ If there is a slender upright then the crossbeam must be proportionately slender.
- ☐ If you gradually increase the weight of the crossbeam – carrying a heavier and heavier load on a weak upright of prayer and relationship with God – the cross might hold it for a while, but eventually it will buckle against the strain and fall. Basically you burn out.
- ☐ Make the upright of your cross strong and solid – prayer will do this and striving to live the way of Jesus is essential. Once this has been achieved, then you can support a heavier crossbeam. It will be God carrying the load, not you.

Throughout Lent, what actions can we take to nurture our own spirituality and that of our children? My hope for our Community is that when we see our Cross we remember the importance of prayer and reflection in our lives and as parents & teachers be people who lead with our heart.

Blessings to you.

**Laretta Graham,  
Principal**







**Chris Trevillion,  
Deputy Principal—  
Academic Studies**

## Deputy Principal—Academic Studies

I would like to say a big thank you to all the parents that came along to our 'Mini Night' held in week 3. I am always amazed at the support we receive from parents and the mini night was no different. The mini night was an opportunity for parents to get a taste of what it is like to be in their children's shoes for a day. They followed timetables, attended classes and there was even a few parents that had mobile phones confiscated!

Our assessment calendar will be published on the College Website early next week, so please have a look and help your children with time management of exams and assignments.

If I can help in anyway, please don't hesitate to call.

Regards

Christopher Trevillion



**Dale Gleeson  
Deputy Principal—  
Pastoral Care**

## Deputy Principal—Pastoral Care

2015 has begun on a very positive note with a new team of Pastoral Leaders at MacKillop Catholic College. This team includes the Year Coordinators: Mrs Sayer (Yr 7), Mr Farrell (Yr 8), Mr Kleidon (Yr 9), Mr Francis (Yr 10), Mr Williams (Yr 11) and Mrs Watson (Yr 12).

The early focus of our work has ensured both the staff and students are mindful of the values that we aspire to, those beliefs that Mary MacKillop reflected in her work inspired by the model of Jesus the Teacher.

These values of respect, inclusivity, courage, integrity and compassion form the basis of the positive relationships required between teachers and students to make the best use of the time we spend together in the pursuit of learning.

A pastoral program tailored to the demands of each year level is being developed by this team to best cater to needs of all students. A broad range of topics and programs will be accessed to support the care and well-being of our students.

However, it is important to consider the reciprocal responsibilities that the school shares with you, the parents. It is the quality of these vital relationships that allow our combined efforts to best develop the whole child. It is for this reason that we also look to offer opportunities to the parent community and the first such opportunity is one that I can personally vouch for.

Just prior to leaving Albury I was fortunate enough to have the opportunity to undertake the Youth Mental Health First Aid course. As a parent and teacher I felt the course not only informed me, but empowered me to respond more appropriately to the students I was dealing with. The content of the course is a powerful in that it dispels myths and offers a deep understanding of how to become a better first responder to young people's mental health issues.

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## Deputy Principal Pastoral Care Continued..

Can I encourage all parents to take up the generous and timely opportunity offered by The University of Melbourne who are looking for volunteers to take part in a research study titled **Training for Parents of Teenagers (TPOT study)**. It aims to equip parents with the skills to recognize and respond to mental health problems in teenagers, as well as first aid injuries. Teenagers aged between 12-15 years and their parents are invited to take part (one teenager and one parent per family). There is no requirement for teenagers to have an existing mental or physical health problem in order to participate. Parents receive training at **no cost** to them, in one of the following courses:

a 14-hour **Youth Mental Health First Aid course**, which teaches the skills to recognize the early signs of mental illness, identify potential mental health-related crises, and assist teenagers to get the help they need as early as possible

or

a 15-hour **Australian Red Cross Provide First Aid course**, which teaches the skills to sustain life, reduce pain and minimise the consequences of injury and illness until professional help arrives.

Regards

Dale Gleeson

*The attached flyer outlines more information and some further incentives to become involved in this valuable opportunity.*



**Dan Yore**  
**Middle Years Curriculum**  
**Coordinator**

## Student Leadership 2015

**Congratulations** to the following students who will be our student leaders for 2015:

### Senior Captains

Shane Buttfield  
Maleena Norris  
Allanah Hogan

### Middle School Captains

Jordana Jack  
Ben MacDonald  
Louise Jones

### SRC year level reps

**Year 7:** Allanah Leslie, Jackson Chisolm

**Year 8:** Shea Rafferty, Amelia Cole

**Year 9:** Justin Hockey, Thomas Habets (no female nomination)

**Year 10:** Madison Nothrop, Patrick Rose

**Year 11:** Zoey Pattiselanno, Rhys Buik

**Year 12:** Joel Sobieralski, Jessyka Hanson



**Michelle Chambers**  
**Financial Manager**

## Finance Department

**College Fee Statements.** College fee statements will be sent in week 5. Please note that the statements will reflect the whole years' fees. The only additional charges will be for excursions or/and electives that attract a cost. If you have children in more than one Catholic school/college in the NT Diocese, please advise us so the correct sibling discount can be applied. Forms were sent late last year to parents to update our details – if these were returned, please rest assured that this has been applied.

**Bank Account.** The College's new bank account is NAB – BSB 085-933 – Account Number 396042505. Please ensure all payments are made into this bank account. Please note our previous Commonwealth bank account will soon be closing, so all future payments must be made into NAB. The preferred method of payment for College fees is BPAY – the reference for this can be found on your fee statement.

**Back to School Vouchers.** Please note these have to be used by the end of Term 1, which is the 1<sup>st</sup> April 2015.

**Online Canteen Ordering** .We strongly encourage you to utilise our Online Canteen ordering. Should you require further information please contact the office or our Canteen Manager on 08 8930 5714.

## Year 7 Welcome Dinner

**Wednesday 25<sup>th</sup> February, 6pm**

@ MacKillop Catholic College



**You are most welcome to join us and the rest of our Year 7 Community, for a shared meal that will celebrate the beginning of your child's journey at our College.**

Year 7 students have been exploring the theme of 'sharing a meal' as their first **integrated project** for 2015. The integrated project is a key component of the MacKillop Middle Year Program and will be run at least once a term. The integrated project brings together learning across all core disciplines (Math's, Science, English, SOSE and Religious Education) and culminates in a piece of work that demonstrates how multiple perspectives are needed when engaging with the issues of our local and global communities.

Any questions about this event, or integrated project learning, please don't hesitate to contact

Mr Yore: [daniel.yore@nt.catholic.edu.au](mailto:daniel.yore@nt.catholic.edu.au)

## Around the Campus

**Student Immunisations for Years 7 and 8** – 13<sup>th</sup> March 2015  
– forms have been sent out, please ensure these are filled out and RETURNED to the front office, ready for the nurses. Thank you!

# Remind our children to...

## Keep hydrated

## Be sun Safe

## Bring a water bottle



# College Photos

## Thursday 26th February 2015

Week 5



## Community Notices



### Juniors & Seniors

#### SIGN UP DAY

Saturday 21st Feb-2014

2pm-4pm: Handstand, Freds Pass.

or Online Registration

[www.myfootballclub.com](http://www.myfootballclub.com)

Birth Certificates must be sighted by LFC.

12s to Seniors: training Tue 3<sup>rd</sup> Feb 5.30pm

Juniors Training starts Wed Feb 25<sup>th</sup> 5.30pm

*~Looking for Players, Coaches & Committee~*

Enquiries: Dave Keirs [davidkeirs @bigpond.com](mailto:davidkeirs@bigpond.com)

### Top End Orienteers invite you to come and try: **ORIENTEERING**



Come orienteering at East Point on Sunday February 15th. Explore the monsoon forest and take in the views from the cliff tops while enjoying the coastal breeze and war relics. Harder courses designed to optimise route choice - recommend long pants and sleeves to minimise scratching. Start is opposite Gun Turrets - East Point Reserve. Follow the O signs to the end of East Point Road

WHEN: Sunday 15<sup>th</sup> February, 2015

WHERE: Gun Turrets - East Point Reserve

COURSES: Courses Easy 2.6 km, Moderate 3.6km, Short Hard 3.6km, Hard 5.8km

TIME: Starts between 7.00 & 9.00am and to be completed by 11 am

Coaching help to get you started available between 8am and 9am



- Enter on your own or as a team/family.
- Sausage sizzle available after 8.30 am
- Great for all ages, all fitness levels
- The ideal way to exercise your mind and your body.

**FIRST EVENT FREE!**

For more information, contact  
Matt Jong 0410 212 124; or email [mattyjong@hotmail.com](mailto:mattyjong@hotmail.com); [www.teo.au](http://www.teo.au)

## Hockey

*a Game for Everyone*

Under 8 mixed  
Under 11 boys & girls  
Under 14 boys & girls  
Under 17 boys & girls  
Seniors A, B & C



Join the  
**REDBACKS**  
COMMERCE-PINTS HOCKEY CLUB

Hockey season starts in March  
Training Thursdays  
Marrara Hockey Centre  
Abala Rd, Marrara

Email: [commerce.pints@gmail.com](mailto:commerce.pints@gmail.com)  
Julie Baronio: 0417 660537

*A great way to keep active, learn new  
skills and be part of a team*

COME AND JOIN THE  
FAMILY-FRIENDLY  
**REDBACKS**  
New members welcome

Ask about our special start-up bonus  
for new juniors!

Registered to accept NT Sports Voucher

From the Sports Department

# What's coming up with Sport in Term 1



**Brodie McCutcheon**  
PE & Sports  
Coordinator

## PARCS INTERSCHOOL SPORTS EVENTS

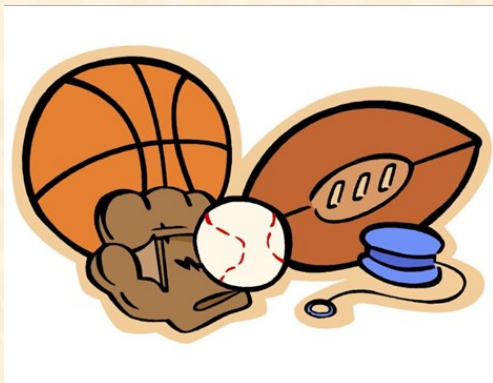
**Indoor Cricket- Week 5 Thurs 26<sup>th</sup> Feb  
(Mr Plumber)**

**Hockey -Week 5 Friday 27<sup>th</sup> February  
(Mr Dimmick)**

**Netball - Week 7 Friday 13<sup>th</sup> March  
(Mrs Boyd)**

**Australian Rules Football - Week 8 Tuesday 17<sup>th</sup>  
March (Mr Francis)**

**Rugby League -Week 9 Friday 27<sup>th</sup> March  
(Mr Graham)**



**Basketball - Week 10  
Wednesday 1<sup>st</sup> April (Mrs Boyd)**

Please see Mrs Boyd for more  
Information