



# MACKILLOP NEWS

TERM 4 WEEK 4 1<sup>ST</sup> NOVEMBER 2017

## In This Issue:

- Page 1: Principal's Message
- Page 2: Uniform Shop News  
Year 11 News
- Page 3: Student Leadership  
All Saints Day  
Bandana Day
- Page 4: Car Wash  
Defence News  
Italian News
- Page 5: Japanese News
- Page 7: HPE News  
Rugby League News
- Page 8: Arts News
- Page 10: Chaplain's Chat  
Upcoming Events  
Community News



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



Lauretta Graham  
Principal

### Dear Members of MacKillop Catholic College Community,

How quickly this term has flown. Year 12 students are now sitting their final exams and preparing for graduation. The next few weeks will certainly not be easy for them; to leave behind something that has become part of their life and helped to define who they are. We hope that when the clothes that make up the external uniform are replaced, they will still carry memories of their time here at MacKillop. Congratulations Year 12 students; being the leading cohort has not been an easy feat. I thank each and every Year 12 graduand for helping to make this College what it is today, and wish them well in their coming exams.

**You are invited  
Graduation Mass  
Tuesday 21st Nov  
9am – OLHC Church**

### Encouraging the Creative Outlet:

Which of the Key Learning Areas, as an industry, employs approximately 7% of the Australian population, represents the third best investment opportunities, generates more income than primary produce and is proven to contribute to improved academic results, higher achievement and general well being? Surprisingly or not it is a fact: The Arts. This area certainly generates huge participation at MacKillop.

Thank you to The Arts department for their outstanding achievements this week. The auditions for our 2018 Musical 42nd Street; the music intensive classes and concert; and, the planning for the Young Musician of the Year competition are all testament to the excellent work of our teachers.

### Presentation Night:

Our presentation night will be held at our College this year. The achievements of our wonderful students will be recognised and all present will be entertained by high quality performances. Save this date: Thursday 30th November.

**Thank you to the Parents and Friends Assoc. Canteen** under the leadership of Leanne Pope who spoiled the staff with a delicious morning tea on World Teachers' Day. Your support and dedication to the staff and students has been outstanding. We are certainly blessed by your involvement in the College.

The last P & F meeting for the year will be held on Monday 6th November at 7pm. Here we will be planning activities, for 2018. Next year looks wonderful; packed with many community activities. I urge everyone to commit to at least one activity and help make each event a success.

As someone famous once said:

**"Something of ourselves remains wherever we have been"**. We will miss our Year 12 students.

May the final weeks of 2017 be rewarding and enjoyable.

**God bless,**

**Lauretta Graham**  
Principal

*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*

## UNIFORM SHOP NEWS



**Michelle Gordon**  
Uniform Shop Coordinator

The uniform shop is going to try and run a little differently for the end of this year and the start of 2018. I am going to open the online ordering for a January pre-order so you can order the uniforms students need for next year now and then pick them up and pay for them in January. I will also have back to school packs which include two formal uniforms and socks in one and a sports uniform, hat and house shirt in the other.

The uniform shop will be open until the end of term 4 and reopening on January 11th and January 12th for the picking up of pre-orders. Then we will be open for the uniform fittings for new and continuing students from January 15th times to be advised closer to the dates.

Also a reminder that year 10 is the start of senior school and the uniform requirements change, I am open for fittings during the term Monday and Wednesday 8:15 am to 10:15 am and Thursday 3pm to 5pm and these can be pre ordered and paid for in January as well.

For more information or if you have any questions please email me: [michelle.gordon@nt.catholic.edu.au](mailto:michelle.gordon@nt.catholic.edu.au)

*Thank you,*

*Michelle Gordon*  
Uniform Shop Coordinator

## YEAR 11 NEWS



**Roxy Claire**  
Year 11 Coordinator

### Leadership Retreat Day

On Monday 23rd October, Year 11 students participated in the Leadership Retreat Day lead by Mrs Butt and Mr Graham. This was a fantastic opportunity for students to gain various leadership skills, offered by our highly experience leadership staff at the College. The cohort is better prepared to lead with courage in their upcoming final year of schooling.



Five students showed exceptional courage at the Whole College Assembly, College Captain speeches on the following Wednesday 25th November. Congratulations to Aimy Scott, Jordana Jack, Cindy Coleman, Caramon Khaisir and Joe Hedger on their nominations. They certainly reassured us that regardless of who is chosen from the group, we will be in very good hands next year!

### Headspace visit

During the Pastoral Care class time on Monday 6th November, we will be welcoming some Headspace staff to our College to offer a session on improving mental health within the senior students. The year 11s will be offered useful strategies, tools and information through interactive and relevant learning experiences. Headspace offers the attached information for parents and carers on mental health issues they may see in their children.

### Safe Driving Choices Program

In two sessions during week 9 this term, the year 11s will be doing the Choices NT Safe Driving program. This is highly relevant, real and useful in helping them be set up with safe choices over their Christmas break. The police, fire and ambulance services are involved in leading this worthwhile program and look forward to their attendance. Further information is available at: <https://nt.gov.au/driving/safety/book-a-road-safety-lesson-for-children>

### College driving policy

The year 11s are nearly all able to legally drive now and have further been offered the privilege of driving to and from the College. In order to do this with everyone's safety at the forefront, we offer a reminder of the attached Car Policy. We always welcome communication on all Pastoral Care matters through the amazing Home form teachers at the College should you like any more information on these areas.

*Thank you,*

*Roxy Claire*  
Year 11 Coordinator



## STUDENT LEADERSHIP 2018

On the 25th of October, five of our amazing Year 11 students presented their speeches to nominate for the 2018 student leadership positions, before going to a vote by students and staff. We wish to congratulate our 2018 prefects; Aimy Scott and Cindy Coleman, and our 2018 captains; Caramon Khaisir, Joe Hedger and Jordana Jack. All of these students have been heavily involved in the life of our College and we look forward to a fantastic year ahead under their capable and proven leadership.



## ALL SAINTS DAY ASSEMBLY



## BANDANA DAY

On the 27th October, Tayla Mauer and Lillee Yewsang arranged to sell bandanas for the charity "CanTeen", which supports teenagers living with cancer. Canteen helps people aged between 12-25 with cancer in their lives, whether it is themselves, a parent or sibling. National Bandana Day is the biggest fundraiser that Canteen holds each year and the funds raised help support families and bring some joy in a hard time.

Their efforts were well supported and we congratulate these girls on their effort in supporting a good cause.





## CAR WASH FUNDRAISER

Dear teachers and parents,

We would like to inform you that we are fundraising to attend the Sydney Youth Festival in week 9. We have planned fundraising events up until that time that you will be notified about. One of these events is a car wash every Tuesday afternoon between 3:30-6:30pm starting on October 31st. If you are willing to participate in their fundraising and wish to have your car washed, it is \$10 for just the exterior and \$15 for the interior to be cleaned as well. Your contribution would be much appreciated.

Thank you,

*Sarah Husband, Layla Scaife, Ella Greive, Jasmin Hazel and Cori Stringer*  
Car Wash Technicians



## DEFENCE NEWS

### REMEMBRANCE DAY

Remembrance day is coming up on Saturday the 11th of November 2017. 11am on this day will mark 99 years since the signing of the treaty between the allies and Germany at Compiègne, France, which marked the end of hostilities in World War One. We will be holding a commemorative mass on Friday the 10th, and have a display of books and items in the Gerry Remie Centre set up by our Defence Transition Mentor, Dianne Fattore, which you can check out.



## ITALIAN NEWS

I was on the benches of a school in Rome, several years ago, when our teachers were debating which would have been more productive, the deductive or the inductive method in education, or perhaps a combination of the two.

In this wonderful year of teaching Italian at MacKillop Catholic College in Palmerston, I often reflect on the same dilemma in the course of the year, and as time flies it was then final exam time.

Among the many hours of comprehensive preparations for these exams, I came to a decision. As a last preparation strategy, I decided to sit around a table and relax with my students.

After having done the shopping and filled out the necessary forms as required for an event like this, we finally gathered in my kitchen and begun the preparations for a formal Italian dinner.

I am not sure if the preparations or the final consuming of the food was more exciting. One thing I am absolutely sure of, the conversation became certainly more fluent when we sat together with my colleague and Head of Languages Zoe Saliba around the table the students had so diligently laid.

It was then that a new question came to my mind, could this be a new solution to the teaching of Languages?

Thank you,

*Maria Pia Gagliardo*  
Italian Teacher



## JAPANESE NEWS



**Tomiko Popp**  
International Coordinator

### JAPAN STUDY TOUR

The MacKillop Japan Study Tour team has visited Japan from 19th of September to 4th of October including visiting our sister school Hakata School in Fukuoka, with 18 students from Year 8 to Year 11.

The expedition started at Tokyo Metropolitan Building, Shibuya, Akihabara on Day 2. Tokyo Disney land visit was on Day 3. We enjoyed Shinkan Sen (a bullet train) trip to Hakone & Mt. Fuji area on Day 4. In Osaka and Kyoto, we were exposed to amazing Japanese historical monuments such as Osaka Castle, Kinkaku Golden Temple, and Maiko and Geisha experience. On Day 7, we visited Hiroshima Atomic Bomb and filled with deepest sorrow to those who had afflicted during WWII. On the following day, a visit to Itsukushima Shrine on Miyajima Island- UNESCO World Heritage Site, was a great opportunity for students to learn Japanese religions- Shintoism and Buddhism. From Day 9 to 15, students stayed at host families in Hakata and learned Japanese culture such as calligraphy, flower arrangement, tea ceremony, Japanese Drums, Kendo, Judo, Sumo, Karate and so forth.

*Regards,*

*Tomiko Popp*  
International Coordinator

### Testimonials

*To Hakata Teachers & Students,*

*Thank you for making MCC students feel extremely welcome, allowing us to use your classrooms and participate in your classes. There was always a good atmosphere and we learnt so much about Japanese culture, traditions and history. I am very thankful to you all. Connor Chin (Year8)*

*Dear Hakata High School,*

*I cannot give enough thanks for the upmost hospitality, kindness and friendship I experienced and received during my time in Hakata. Something I generally noticed about Japan, was the respect and politeness shown by the people, to each other, to the land and to foreigners. Such a beautiful culture and traditions I also noticed within Hakata High. Everyone I came to interact with at the school were friendly and welcoming, and the memories and friendships I have made there I am sure will be with me for life. My host family were incredible. They were hospitable, welcoming and overall some of the most kind people I have ever had the pleasure of meeting. Saying goodbye was so difficult - we were all crying - by I'm sure we'll see each other again soon. I'm just going to have to come back in 2019!*

*Thank you to all the staff and teachers at Hakata who made our visit possible along with our own teachers (I still wish Jo sensai could have come back with us!).*

*It's been incredible. Thankyou. Chloe Riedel (Year 8)*

*Dear Hakata High School, Thank you so much for allowing us to come to your school. I had a great time visiting your school, i wish we could've stayed longer. It was an amazing experience staying with Taikou and learning how your school works. It was amazing to see some of your clubs, how those clubs work, how much effort they put in and getting to experience Japanese Drumming. Your students are well taught by your amazing teachers. You embrace Japanese culture very well in the Sumo, Kendo, Flower Arranging and Japanese Drumming clubs and even have more modern clubs like Soccer, Baseball, Tennis and Baton Twirling. I wish to come to visit your school again. Yours sincerely, James Delosa. (Year 9)*

*Dear Hakata School. I can not thank you enough for your amazing efforts to make our MacKillop students welcome and feel at home. My daughter Chloe loved every moment of her time with you. As tourists the students saw amazing sights and visited beautiful places, however the cultural classes you conducted were the perfect way to immerse the students in Japan's traditions. Chloe speaks highly of all the classes she took, but the one that touched her the most was karate. She is eager to get back to her own karate club to pass on some new techniques she learnt through her Hakata karate experience. Chloe spoke also of feeling like a rock star at the school because of the amazing way all the students treated her. She has made so many lovely friendships and memories. Thank you. Alison (Chloe Riedel's mum)*

*Dear Hakata High School, My name is Lilli and I was lucky enough to spend a week at your lovely home, and stay in one of your students' house. The time spent at your school was too short, but I will never forget any of the people I met or the classes I experienced. I learnt more about the culture in home and schooling life, and I am very grateful for the experience you helped accomplish. Thank you for looking after us and making us feel so welcomed.*

*Lilli Pfau (Year 10)*

*MCC Principal: Thank you everyone Our students continue to make us proud. I am the most fortunate Principal in the world to have such beautiful students.*

*Lauretta Graham*





## Thank You Gifts for Accompanying Staff



*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*





**Roxy Claire**  
HPE Coordinator

## 7-9 HPE Swimming Program

We are nearing mid-way through the eight week swimming program that has been part of the Years 7-9 HPE curriculum this term. There has already been many valuable learning experiences seen in, about and through the swimming in these classes and we'd like to thank the support and feedback received from families with regard to this new program at our College.

The Year 7's have been developing their Risk Management and Hazard Identification skills and strategies around the pool and wider wet environments. Year 8 students have been building on their First Aid and water safety skills. And the Year 9s are becoming experts on being able to read and rescue people in various situations around the water.

Following a bit of a slow start with a new program, most are now in the pool and thoroughly enjoying it! Some highlights already seen by HPE Teachers include:

*"One student who didn't want to get in the water in week one because they thought they'd drown is now able to swim three lane lengths independently!" Mrs Woodward*

*"It's great to see most students getting involved. Our swimming program is catering for all needs" Mrs Cole*

*"Many students in the first week hadn't returned their forms because they thought the program was aimed at 'babies' learning to swim. By the second week most had their forms back because they realised it was much more suitably challenging" Ms Bergmeier*

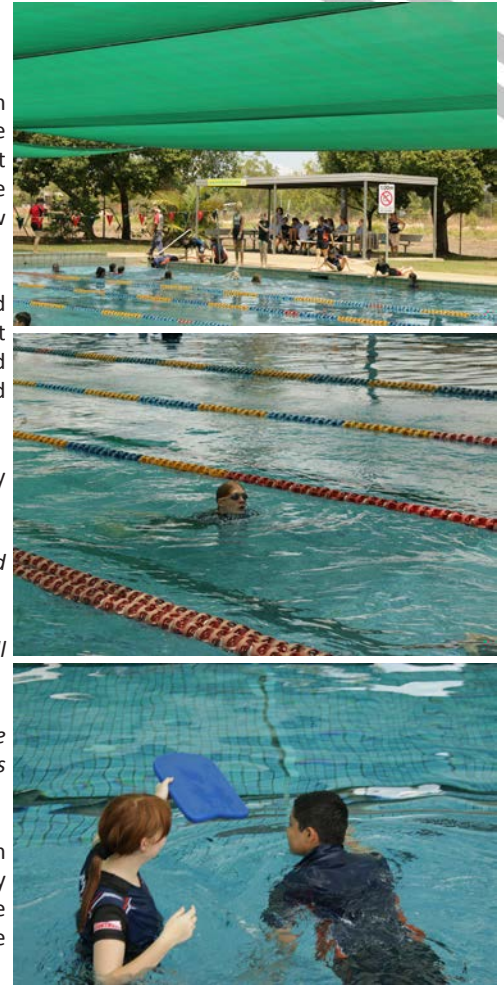
We remind everyone that it is an expectation that all students participate in this program however possible, to receive the best academic results, life skills and physical activity recommended hours possible. The attached Parent Permission Form is required before students can enter the water and encouraged to be returned ASAP for students whom we've still not received it from.

It has been a rewarding and welcoming break from the heat so far for our students and staff. We encourage and greatly appreciate any parents/carers whom would like to come join us and ask that you contact me directly to arrange for this.

**Please don't hesitate to contact your child's HPE teacher or myself, for any more information.**

*Regards,*

**Roxy Claire**  
HPE Coordinator



## RUGBY LEAGUE NEWS

### Girls Competitions



*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*





## ARTS NEWS

### Music Intensive, 27th October



## Dance and Drama News



**Natalie Hafsteins**  
Dance and Drama  
Coordinator

Stage 1 Drama have started rehearsal for their Performance Assessment. They have began to work with scripts, set design and props. A huge thank you to the Stage 1 Drama students, for their commitment to come to school over the weekend and contribute to casting the show. Their performance will be held at Drama Night 16/11, 7.30pm.

*Regards,*

*Natalie Hafsteins*  
Dance and Drama Coordinator



## Well Done Ms Mellios

Congratulations to our own Family Liason Officer, Pavlina Mellios. Pavlina had her first exhibition as a Charles Darwin University student in Printmaking. The exhibition, Fledgling, was held at the NCCA Art Gallery in Parap.

**Title:** *Life*  
**Medium:** *Lino Prints*

These prints are still available for sale at \$70 per print.



*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*



## Congratulations Chloe Riedel!

MacKillop Catholic College recently hosted AMEB Music Exams. We would like to congratulate Chloe Riedel, in year 8, who achieved the impressive result of High Distinction in her Grade 2 Piano exam. Chloe learns piano with Mr Tan. Well done Chloe on all your hard work in achieving this fantastic result!

## MacKillop Students Present an Amazing Colaboration with Arafura Wind Ensemble

On Saturday 7th November MacKillop Music Students presented a collaborative concert with the Arafura Wind Ensemble on the open verandah of our music performance space. Well done to our music staff; Mr Tan, Mr Schmitt, Mr O'Connor, Mrs Mills, Mr Graham, and particularly the concert conductor, Mrs Ezzy, as well as all the students and musicians involved, on putting together such a fantastic show.



## Exhibition by Ms Pineiro

Ms Gisela Pineiro, a talented art teacher here at MacKillop, currently has work featured in an exhibition in Darwin entitled "Vision Quest". It will be showing until the 18th of November at the DVAA Artist Run Space. See the flyer at the end of this newsletter for more details.

## Creative and Environmentally-Conscious Fashion Design by Storm Delaney

Congratulations to Storm Delaney for winning 2nd place in the NTEENS Fashion Festival held in Darwin. This qualified Storm to compete in the Apex Australia Teen Fashion Awards.



### Storm's Wearable Art Description:

*This garment was constructed with approximately 1020 can tabs all joined together to form a vest and sleeves accompanied by a can tab necklace and an aluminium can skirt and crop top made from 40 cans. I collected the materials I needed from friends and family. I cut and painted the cans individually and measured then joined them with fence links.*

*Overall this garment represents how valuable resources humans waste can be transformed into something more. With all the items we throw away we could make beautiful, useful things and help the world.*

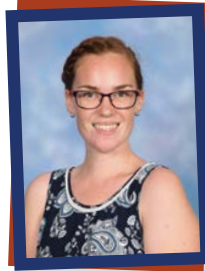
**May your journey always be filled with blessings and may the life of Saint Mary MacKillop ignite in you the flames of faith and service**



## UPCOMING EVENTS

Thu 9/11/17	Confirmation Retreat
Fri 10/11/17	Remembrance Day Liturgy
	Michael Avery Retirement Mass At the Cathedral
Sat 11/11/11	Remembrance Day
Mon 13/11/17	Young Musician of the Year
	P&F Meeting - 7pm
Wed 15/11/17	Year 6 into 7 Make it Shake it Bake it Day and Parent Information Evening
	Art and InTaD Exhibition with food and entertainment
Thu 16/11/17	6:30pm - Drama Night
	7:30pm - Dance Night
Tue 21/11/17	Graduation Mass 9am
Wed 22/11/17	Graduation Dinner 6pm - Darwin Convention Centre
Fri 24/11/17	Year 12 Breakfast with their Teachers
Mon 27/11/17	Board Meeting 6pm
Thu 30/11/17	Presentation Night
Fri 8/12/17	Last day for Year 11 students - Year 11 half-day retreat
Mon 11/12/17	P&F Meeting 7pm
Thu 14/12/17	Final Day for Students

## MACKILLOP NEWS CHAPLAIN'S CHAT



Kathryn Pettersen  
College Chaplain

### REX BAND!!

This is sure to be one of the best concerts of the year! We are so incredibly lucky to have the REX band add Darwin onto their concert tour. They have played to crowds of millions and now it is our turn to see them live.

Gather your friends, tell your families and book those tickets! I am super excited for the night, 14 NOVEMBER 2017. We will stay at school for a MACK NIGHT style afternoon, have a BBQ dinner and then catch the charter bus to the convention centre.

How many tickets will you get?

*Many blessings,*

*Kathryn Pettersen*  
College Chaplain



## Buy Swap Sell Mornings

Thursday November 9th, 10-12 am

or

Saturday November 18th, 9-12pm

Clear out before posting out!

Come and set up your own table, and sell your things in one convenient location.

Book your spot via [info@playgroupnt.com.au](mailto:info@playgroupnt.com.au)  
or for more information call 8945 7775

We will have kids activities, a coffee van and take care of advertising for you.



## VISION QUEST

A YEAR OF VISIONARY PAINTING

BY GISELA PINEIRO

3RD - 18TH NOVEMBER 2017

OPENING

FRIDAY 3RD NOVEMBER 6PM

DARWIN VISUAL ARTS ASSOCIATION: FOYER GALLERY

56 WOODS ST. DARWIN

[www.dvaa.net.au](http://www.dvaa.net.au) | [info@dvaa.net.au](mailto:info@dvaa.net.au) | 08 8981 9351



ARTIST RUN SPACE





# Get ready to access your SACE results

View your results in Students Online from 8.30 am Tuesday 19 December 2017



## Forgotten your PIN?

Go to [Students Online](#) to request a PIN reset.

Get in early, as PIN resets may be delayed on results release day.

## Before December:

### ✓ Check your Students Online access

Go to [sace.sa.edu.au](http://sace.sa.edu.au)

Follow the link to [Results](#)

Log in to [Students Online](#) using your SACE registration number (6 digits followed by a letter) and PIN (4 digits).

### ✓ Check your postal address so you can receive your official documentation

In [Students Online](#), go to personal information

If you need to update your postal address, contact the SACE coordinator at your school.

## Need help?

Students Online support

08 8372 7412

[SACE.StudentsOnlineSupport@sa.gov.au](mailto:SACE.StudentsOnlineSupport@sa.gov.au)



**SACE**  
Board of SA

November 2017

**SATURDAY 25 + SUNDAY 26 NOVEMBER 2017**  
9AM - 4PM

# MARRARA CHRISTMAS CRAFT FAIR

**DOOR PRIZE EVERY DAY!**

**OVER 90 STALLS OF LOCAL HANDMADE ART & CRAFT**

**ENTRY: ADULTS \$2 CHILDREN FREE**

**MARRARA INDOOR STADIUM**  
10 ABALA ROAD AIR CONDITIONED!  
MARRARA NT

CONTACT: DI WHITTAKER - 0438 889 258

MARRARA CHRISTMAS CRAFT FAIR



THE BEST RUGBY LEAGUE PLAYERS FROM AROUND THE WORLD WILL BE PLAYING THEIR QUARTER FINAL RIGHT HERE IN DARWIN. HOPING TO BE CROWNED WORLD CUP WINNERS AND HOLD ALOFT THE PAUL BARRIÈRE TROPHY.

**THIS IS THE PINNACLE EVENT IN INTERNATIONAL RUGBY LEAGUE AND WE ARE KEEN SUPPORTERS!**



**DARWIN TO MARRARA STADIUM**  
**FRI 17 NOV 2017 7PM**

THE MACKILLOP CATHOLIC COLLEGE HPE DEPARTMENT IS OFFERING FREE TICKETS (WORTH \$25 EACH) TO FIVE STUDENTS AND A FRIEND EACH OF THEIR CHOICE FROM MACKILLOP TO JOIN RUGBY LEAGUE STAFF ON THE NIGHT. TO WIN, HERE'S WHAT YOU NEED TO DO:

1. Show evidence of what you have and can offer the Rugby League community at MacKillop
  - through either video (no longer than 2mins) or written form (no longer than a page)
  - with reference to College values: Respect, Compassion, Integrity, Courage, Inclusivity
2. Submit your evidence to Miss Roxy Claire (HPE Head of Department) by COB Friday 10th November, either in person or through the front office with clear labelling of your name.
3. Start thinking of who you'd take!

WINNERS, ANNOUNCED ON MONDAY 13TH NOVEMBER, WILL BE OFFERED A NOTE WITH FURTHER DETAILS AND WILL MEET THE RUGBY LEAGUE SUPPORT STAFF AT THE GATE TO COLLECT THEIR TICKETS. YOU WILL JOIN THE FOLLOWING STAFF ON THE NIGHT WHO LOOK FORWARD TO CELEBRATING WITH YOU: MISS ROXY CLAIRE, MR DAVID GRAHAM, MS MICHELLE MILLS, MR MICHAEL GRAHAM AND MR OREN TYLER.

[WWW.RLWC2017.COM/HOST-CITIES/DARWIN](http://WWW.RLWC2017.COM/HOST-CITIES/DARWIN)

[/MACKILLOPSAINTS](#)

# WAR is OVER

FREE CONCERT



PHOTO: WWI Australian Army Band and Jimmy the Kangaroo



Performed by  
**ARAFURA**  
Wind Ensemble

Conducted by Stephen Pevely

## SONGS OF REMEMBRANCE AND CELEBRATION

SATURDAY NOV 11, 6:30pm - 8:30pm

Supreme Court Foyer, State Square, Darwin City

Entry from 6pm | Supreme Court Security Procedures Apply | No Food or Alcohol Permitted

An evening of Military Marches, Sombre Remembrance and  
Swingin' Celebration





SYRO-MALABAR EPARCHY OF ST. THOMAS  
PRESENTS

# REX BAND



LIVE IN  
AUSTRALIA

8th - 20th  
Nov. 2017

NATIONAL SPONSORS:



POWERED BY



**CELEBRATE  
JESUS**

TUE. 14, 6 PM  
NOVEMBER 2017  
(Gates open at 5pm)

DARWIN CONVENTION CENTRE,  
STOKES HILL ROAD, DARWIN NT 0800

CONTACT : SOJIN SEBASTIAN  
0413 332 354

FR. BINESH JOSEPH  
0466 621 238

ROY JOSEPH  
0403 465 360

 [rexbandlivedarwin](https://www.facebook.com/rexbandlivedarwin) Book your tickets online: [www.cybersystemsperth.com.au](http://www.cybersystemsperth.com.au)



# Malak Family Hub

where every child matters

80 Malak Crescent, Malak

Monday 6th November -  
Friday 2nd February



## Monday

### 10am - 12pm Parenting drop in

Come and speak with our qualified parenting workers around any issues you may be facing

### 1pm - 3pm Advice Drop In

Support and advice around housing, debt, financial support and other issues

## Tuesday

### 10am - 12pm Circle of Security

The Circle of Security is a relationship-based early intervention program designed to enhance attachment security between parents and children.

### 1pm-3pm Internet Cafe

Come along to the centre and use our computer to get online we can offer support and advice to anyone that needs it!

## Wednesday

### 9am - 11am Healthy At Home At Millner Primary

Come and take part in our practical cooking course, learn new recipes and take food home to share with your family

### COMING SOON!! BABY AND ME

A new 7 week group for parents with babies aged 0-12months. including baby massage and sensory play, call the centre to book your place!

## Thursday

### 10am - 12pm parent's & Bubs "stay and play"

For children and parents aged 0-5 come and enjoy a fun and interactive session with your children.

### 1pm - 3pm internet Cafe

Come along to the centre and use our computer to get online we can offer support and advice to anyone that needs it!

## Friday

### 10am - 12pm Chill out!

For parents with children of all ages come and learn ways to relax and de-stress (or just enjoy a cup of tea!!) come and enjoy 2 hours of YOU time (younger children welcome, childcare provided)

**Due to school holidays from 18.12.17 - 29.01.18 provision in the centre may vary, please contact 89442088**

## TRUST ENCOURAGEMENT EMPOWER NURTURE

TUESDAY'S FROM 17TH OCT TO 5TH DEC, 4:00-5:00PM  
PALMERSTON CHILD AND FAMILY CENTRE  
2 BRENNAN COURT, FARRAR

\$5-00 a class  
Contact Nic - nicole@nicsyoga.com.au

yoga for teens

YOGA  
OM  
GRATITUDE  
AMAZING



80% of proceeds  
donated to  
"YOGA TOOLS  
FOR SCHOOLS  
INC"

Nic's Yoga

What will you do when you leave school?

Need some ideas?

Come and study a 6-month fulltime Cert III in early childhood education and care course (CHC30113) at CDU Casuarina campus in 2018 and you will be on your way to a fulfilling career in early childhood education or teaching.

Contact 8946 7519 for more information or apply online now.

CRICOS Provider No. 00300K (NT/VIC) | 03285A (NSW) | RTO Provider No. 0373 | ABN 54 093 513 049

CHARLES  
DARWIN  
UNIVERSITY

**6 WEEK  
FAMILY-FIT  
CHALLENGE**

Palmerston Challenge kicks off 9 November  
Darwin Challenge kicks off 11 November

- 6 classes (Register for Palmerston OR Darwin Challenge)
- Daily Recipe Recommendations, Tips and Motivations to help your family stay on track
- Private Facebook Group connecting you to other families doing the same Challenge
- Weekly Challenges
- Just \$129 per family for full challenge
- Sports Vouchers accepted

Register at [kidsfitaaustralia.com](http://kidsfitaaustralia.com)

**BOOKINGS  
DUE BY  
TUESDAY,  
7th NOV!**



## come & try squash!



The perfect wet season  
sport

ignite in you the flames of faith and service

**Air-conditioned  
Sun Safe  
The worlds healthiest sport  
Sports Vouchers accepted  
Cafe for the parents!**

**Mention this ad and get your  
first session for Free!**

**Saturday Mornings  
10am-12pm Ages 5 and up**

8945 7362  
[www.darwinsquashcentre.com.au](http://www.darwinsquashcentre.com.au)  
or find us on Facebook



**MACKILLOP CATHOLIC COLLEGE MUSIC**  
Presents

# Young Musician of the Year 2017

Mon 13<sup>th</sup> and Tue 14<sup>th</sup> Nov  
**APPLY NOW!**  
Nomination forms available  
in Performing Arts (D Block)  
**Win \$100 CASH**



**Mobile phone usage  
by students is not  
allowed in this College  
8:30am - 3:05pm**

**MACKILLOP Catholic College**  
*Lead with Courage*

Date Claimer:  
The MacKillop Catholic College

## Presentation Night

will be held on  
**Thursday 30<sup>th</sup> November 2017, 6:30PM**  
at MacKillop Catholic College

RSVP to [kgate.middleton@nt.catholic.edu.au](mailto:kgate.middleton@nt.catholic.edu.au)  
by 17<sup>th</sup> November 2017

Please join with us in celebrating  
our 2017 Academic Year!

Tickets available from the  
College Office.

# Download Schoolstream

Our App for quick  
communication between  
home and school

Available on the App Store | Get it on Google play

**MacKillop**  
**BREAKFAST CLUB**

Slept-in? Rushing to school? The breakfast club is for you!

Served in the Inclusion Support Room!

All Inclusion Support Students Welcome!

**MONDAY TO FRIDAY - 7AM**

# THE MACKILLOP Saints ARE COMING!

R.L.F.C. EST 2017

**THE MACKILLOP SAINTS RUGBY LEAGUE FOOTBALL CLUB IS KICKING OFF SOON, AND WE ARE ACCEPTING EXPRESSIONS OF INTEREST FROM PROSPECTIVE SPONSORS, COACHES, PLAYERS AND MEMBERS OF THE COMMUNITY.**

The Saints will be based out of MacKillop Catholic College in Johnston, the NT's only official NRL school, offering facilities to the competition including dedicated Rugby League grounds, an established development programme of student pathways into the sport, and plans for a new community stadium in the near future. Interest in Rugby League in the Territory is growing fast, and yet it has been over 40 years since the last expansion. Palmerston and the wider Darwin region has the population and love of the game to justify another NRL NT team!

[WWW.MACKILLOPSAINTS.COM](http://WWW.MACKILLOPSAINTS.COM) | [f /MACKILLOPSAINTS](https://www.facebook.com/mackillopsaints)  
[INFO@MACKILLOPSAINTS.COM](mailto:INFO@MACKILLOPSAINTS.COM) | [ig /MACKILLOPSAINTS](https://www.instagram.com/mackillopsaints)

The Saints gratefully acknowledge the support of our valued silver sponsor, Nightcliff Builders. We can personally vouch for the excellent quality of their work. Call them today on (08) 8947 2307

**NIGHTCLIFF BUILDERS**  
SINCE 1964

## KEEP UP WITH MORE NEWS FROM MACKILLOP!

- Download SchoolStream from the App Store to get College notifications
- Like our Facebook page - [facebook.com/mackillopcollege.nt](https://www.facebook.com/mackillopcollege.nt)
- Follow our YouTube channel - MacKillop Catholic College Palmerston NT



# Information for Parents and Carers



## Changes in young people

**Young people can go through many different changes as they grow up. Raising sensitive issues and resolving problems that arise along the way can be challenging for them.**

It can often be hard as a parent to know the difference between normal behaviour, such as

occasional moodiness and irritability, and an emerging mental health problem.

If a young person develops a mental health problem it is important that they get support from both their family and friends and health professionals.



The information in this fact sheet is designed to help you better understand mental health and what you can do to support young people who might be going through a tough time.



## Mental health and mental health problems in young people

**Good mental health is about being able to work and study to your full potential, cope with day-to-day life stresses, be involved in your community and live life in a free and satisfying way.**

A young person who has good mental health has good emotional and social wellbeing and the capacity to cope with change and challenges.

Feeling down, tense, angry, anxious or moody are all normal emotions for young people, but when these feelings persist for long periods of time, or if they begin to interfere with their daily life, they may be part of a mental health problem. Mental health problems can also influence how young people think and their ability to function in their everyday activities, whether at school, at work or in relationships.

If you think you know a young person whose mental health is getting in the way of their daily life, it is important to let them know you are there to support them.

## Warning signs

Most parents can tell when something is out of the ordinary, but there are also signs that suggest a young person might be experiencing a mental health problem. These are new, noticeable and persistent changes in the young person, lasting at least a few weeks, including:

Not enjoying, or not wanting to be involved in things that they would normally enjoy	Changes in appetite or sleeping patterns	Being easily irritated or angry for no reason	Their performance at school, TAFE, university or work is not as good as it should be or as it once was
Involving themselves in risky behaviour that they would usually avoid, like taking drugs or drinking too much alcohol	Experiencing difficulties with their concentration	Seeming unusually stressed, worried, down or crying for no reason	Expressing negative, distressing, bizarre or unusual thoughts





# Information for Parents and Carers



## » Mistakes happen «

Learn from mistakes – whether by you or the young person – to learn and keep moving forward. Having some conflict and then repairing the relationship is more important than avoiding doing anything because you fear upsetting the young person.

## What affects a young person's mental health?

There is no one “cause” for mental health concerns. Instead, it seems that a number of overlapping factors may increase the risk of a young person developing a mental health problem. These can include:

- **Biological factors** – family history of mental health problems
- **Adverse early life experiences** – abuse, neglect, death or a significant loss or trauma
- **Individual psychological factors** – self-esteem, coping skills or thinking style
- **Current circumstances** – stress from work or school, money problems or difficult personal relationships, or problems within your family
- **Serious illness or physical injury**
- **Drugs and alcohol** – use and experimentation.

## How to help the young person you are worried about

HELP

When someone in your family has a mental health problem:

- **Keep communication open**, show empathy and don't rush into judgements
- **Be available** without being intrusive or 'pushy'
- **Spend time with the person**. Take an interest in their activities and encourage them to talk about what's happening in their life
- **Take the person's feelings seriously**
- **Encourage and support positive friendships**
- **Encourage activities that promote mental health**, such as exercise, healthy eating, regular sleep, and doing things the person enjoys
- **Give positive feedback**
- **Let the person know that you love them**. They may not always admit it, but this is likely to be very important to them.

## How to find help

If you are worried about the health and safety of a young person:

Talk openly and honestly with them, and let them know that you are concerned

Reassure them that you will be there for them, and ask what they need from you

Let them know that there is lots of help available

Help find an appropriate service, such as a **headspace** centre ([headspace.org.au](https://headspace.org.au)) and support them in attending

Ask direct questions if you are concerned about suicide. For example, have you been thinking about death? Have you thought about ending your life?

Help them build a support network

Look after yourself as well. Get some support by talking to someone you trust, and seek professional help for yourself if you need it.

## Some important things to remember about young people

- **Young people need a sense of belonging**, connectedness to their family, friends and community, and to make a meaningful contribution
- **Firm and consistent boundaries** are essential, but try to involve the young person in negotiating acceptable 'rules'
- **A balance between self-responsibility and support** helps a 'child' grow to an 'adult'
- **Young people need to do things differently** from their parents and become individuals in their own right
- **Teenagers and young adults often question everything** their families say and do
- **Try to stay confident in yourself**, but also be open to learning



**headspace**  
National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit [headspace.org.au](https://headspace.org.au)

## Student Driver Policy

### Policy:

Mackillop Catholic College recognises that some parents allow their son/daughters to drive to school. As the safety of all students is important, there are conditions placed on Mackillop Student Drivers and their passengers.

### Consequences:

#### Information for Student Drivers:

1. Student drivers are to submit the Student **Driver Registration Form** to the MacKillop Catholic College Office.

This form details:

- Parental/guardian consent for the student to drive to, and home from, school.
  - The make, model, colour and registration number of the vehicle/s that the student will drive to school.
2. Cars must not be accessed or used during the school day without parental consent for any reason.
  3. Cars and the parking area are out of bounds during the school day, including lunch breaks.
  4. Students are required to adhere to all road rules and to drive in a safe and responsible manner.
  5. Students are not permitted to park in the staff carpark or visitor parking areas.
  6. Drivers **MUST NOT** carry passengers who have not lodged a **Student Passenger Registration Form** with the MacKillop Catholic College Office.

#### Information for Student Passengers

1. Student passengers (including siblings) will need to submit a **Student Passenger Registration Form** to the MacKillop Catholic College Office.

This form details:

- Parental/Guardian consent for the student to travel as a passenger on the journey to, and home from, school, or other specific school event.
- The student driver's name and the details of the car, including the registration number.

***If either Driver or Passenger disregards these requirements, parents will be notified and appropriate consequences, will apply.***

Developed By:	Pauline Watson
Content Owner:	MacKillop Catholic College
Approved By:	Leadership Team

*"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"*



Approved Date:	Feb 2015			
Policy replacing:	Name of previous policy n/a in this case			
Effective Date:	Feb 2015			
Dates Reviewed:	Feb 2015	Feb 2016		



## Student Driver Registration Form

This form is to register the following student as having permission to drive to school in the morning and home from school in the afternoon.

Students are not permitted to drive their car during school hours unless they have submitted the **Flexible Study Hours Form** (Year 12 students only).

Students are not to carry other students in their car unless the student passenger has lodged a **Student Passenger Registration Form**.

Parents/Guardians are asked to advise the school if the details below change.

**Student Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Licence No.:** \_\_\_\_\_

**Car Details:**

MAKE	MODEL	REGISTRATION	COLOUR

- ☐ I give permission for my son/daughter to drive to and from school each day.

**Parent Name:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

- ☐ I agree to the requirements of the **Driving to School Policy**

**Student Signature:** \_\_\_\_\_

*"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"*



Principal Signature: \_\_\_\_\_

If either **Driver** or **Passenger** disregards these requirements, parents will be notified and appropriate consequences, such as **School Disciplinary Absence**, will apply.

**Note: this form will not be accepted unless signed by all the parties**

*"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"*





## Student Passenger Registration Form

This form is to register the following student as having permission to travel to school in the morning and home from school in the afternoon with the student whose details are listed below.

Students are not permitted to drive their car during school hours unless they have submitted the **Flexible Study Hours Form** (Year 12 students only).

Parents/Guardians are asked to advise the school if the details below change.

**Student Passenger Name:** \_\_\_\_\_

**Student Driver Name:** \_\_\_\_\_

**Car Details:**

MAKE	MODEL	REGISTRATION	COLOUR

- ☐ I give my son/daughter permission to drive the following passenger to and from school each day.

**Passenger's Parent Name:** \_\_\_\_\_

**Passenger's Parent Signature:** \_\_\_\_\_

- ☐ I give my son/daughter permission to travel as a passenger to and from school each day.

**Driver's Parent Name:** \_\_\_\_\_

**Driver's Parent Signature:** \_\_\_\_\_

- ☐ I agree to the requirements of the **Driving to School Policy**.

**Student Signature:** \_\_\_\_\_

**Principal signature:** \_\_\_\_\_

*"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"*



*If either **Driver** or **Passenger** disregards these requirements, parents will be notified and appropriate consequences, will apply.*

**Note: this form will not be accepted unless signed by all parties**

*"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"*

## HPE Swimming Lessons

Dear Parents / Guardians,

The Health and Physical Education department will be focusing on swimming lessons for all year 7-9 classes in Term Four. There are many reasons why learning to swim and survive in water environments is important, including:

- 280 people drowned in 2016, in Australia
- 1 in 5 of all drowning deaths are children aged under 18 years of age
- NT recorded the highest 10 year average drowning rate in Australian (3.88 per 100,000)
- 64% of drownings in 5-14year olds occurred whilst swimming and recreating

*RLSSA 2016 Annual Report*

Swimming lessons will be held from weeks 1 to 8 in Term 4, at the Palmerston Swimming and Fitness Centre. Student swimming ability will be assessed during the first lesson and students will then be placed in groups according to their swimming ability. This allows them to develop water confidence and provides students with basic skills in water safety and survival. The lessons will be conducted during their usual double HPE lessons and align with the Australian Curriculum as follows:

Year	Description of Swimming Activity (ACARA HPE Links)	Class	Days	Time
7	<b>Safety and Swimming</b> (sun and pool safety practices)	7.1, 7.2, 7.4	Wednesday	*10.30 – 11.50am
		7.3, 7.5	Friday	*10.30 – 11.50am
8	<b>Strokes – in the pool and in first aid</b> (first aid and in swimming strokes)	8.3, 8.4, 8.5, 8.6	Thursday	*10.30 – 11.50am
		8.1, 8.2, 8.7	Friday	8.45 - 10am
9	<b>Water Sports and Injuries</b> (swimming skills applied to water sports and understanding injuries)	9.1, 9.2, 9.3	Thursday	*1.10 – 2.20pm
		9.4, 9.5	Thursday	8.45 – 10am

\*Please note: these times are before the lesson is due to start, to ensure we return before the early bus departs or assemblies commence (lost break time will be offered either on return or at the pool venue)

**What to Bring:** Students should bring their swimming costumes (bikinis are not appropriate for physical movements), towel, broad brimmed hat, goggles, sunscreen and water bottle. Students are also encouraged to wear rash shirts in the pool for sun protection and bring any personal medical requirements (e.g. asthma puffer, specific sunscreen).

**Cost of Activity:** \$87 - includes transport by private bus, teacher instruction and pool entry. As bookings are pre-arranged, payment will be required despite a lack of attendance, unless medical certificates can be offered.

With swimming being a new program offered in the College, we have ensured all risk assessments, staff training and abilities support a safe and educational learning environment for all students. Our HPE team has an array of qualifications, experience and passion for swimming, which will be complimented by extra Inclusion Support Staff and qualified Lifeguards.

We look forward to offering this valuable learning experience to your child and welcome your input and communication through the details below.

Kind regards,

**Roxy Claire**  
HPE Curriculum Coordinator

**Lauretta Graham**  
Principal



# Consent and Medical Form

## 2017 MACKILLOP CATHOLIC COLLEGE

The information supplied on this form will assist staff to carry out their duty of care for your son/daughter during the scheduled excursions. The information provided might be essential details needed in case of an emergency.

Parents Name \_\_\_\_\_ (Please PRINT)

Student's Name: \_\_\_\_\_

Class: \_\_\_\_\_

Home Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

### EMERGENCY CONTACTS

Name	Relationship	Phone Home	Phone Work
1.			
2.			
3.			

Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_ Address: \_\_\_\_\_

Medicare Number: \_\_\_\_\_ Private Health Fund: \_\_\_\_\_ Number: \_\_\_\_\_

### Medication:

Is your son/daughter taking medication? ☐ Yes ☐ No. If yes, please offer details below:

Medical Problem	Medication	Dosage	When Taken	Teacher Administered Medication (Date / Time / Sign)						

### Please tick if your child suffers any of the following:

Travel Sickness..... ☐ Heart Condition.....☐ Fits of any type.....☐ Blackout.....☐ Dizzy Spell.....☐  
Migraine.....☐ Asthma.....☐ Sleepwalking.....☐ Allergy.....☐ Anxiety.....☐

### Does your child have any other special needs? If yes please outline:

\_\_\_\_\_

### Please offer details for any other relevant medical or otherwise condition:

\_\_\_\_\_

### Swimming Consent (please tick where necessary):

I, the parent/guardian consent for my child to participate in aquatic and swimming activities Yes ☐ No ☐

### Please indicate below your child's swimming ability (please tick where necessary):

- ☐ A **non-swimmer**: my child is unable to swim  
☐ A **weak-swimmer**: my child is able to swim in shallow waters but not strong in deep water  
☐ An **average-swimmer**: my child can swim 25 metres and is confident in deep water  
☐ A **strong-swimmer**: my child can swim more than 50 metres and is confident in deep water

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_