



MACKILLOP NEWS

TERM 1 WEEK 8 22ND MARCH 2017

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

ANZAC DAY

25th April 2017 PALMERSTON RSL



GUNNERS BREAKFAST Palmerston Sports Club 4.30am
DAWN SERVICE Memorial Park, Palmerston 6am
BREAKFAST Palmerston Sports Club 7am
MARCH commences 9.50am followed by a morning service at 10am

Veterans' march forms up in the Bunnings Car Park 9.30am.
Veterans and veteran organisations wishing to participate in the march or laying a wreath, please contact the Palmerston RSL.
Email: rs1@palmerstonsportsclub.com.au

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 our Defence Transition Mentor

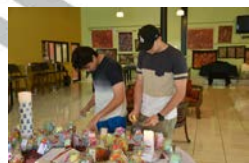
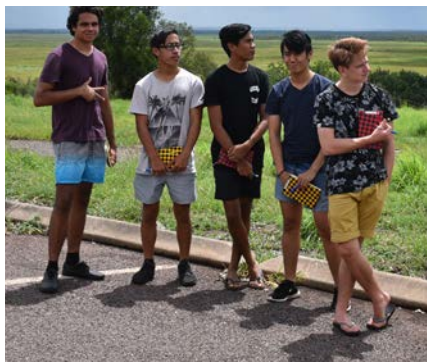


Dianne Fattore
Defence Transition Mentor

My name is Dianne Fattore and I am the newly appointed Defence Transition Mentor (DTM) for Mackillop Catholic College. I am looking forward to this exciting opportunity to assist defence students and their families, particularly during their transition into and out of school and community on posting. I will assist in the monitoring of the social, emotional and academic needs of the Australian Defence Force students and provide support where needed. It will be a pleasure meeting all the students and families throughout the year and have many activities planned, starting with a morning tea with students and their families. Dates and times will be provided shortly. I will be available on Tuesdays and Thursdays 0845-1345hrs. Please feel free to contact me on (08) 89305715 to discuss any concerns or just to have a talk, I am located at the well-being office. I am sure that together we can ensure a positive experience for students and families of the Defence Force and welcome them into our wonderful community.

Dianne Fattore
Defence Transition Mentor

Year 12 Retreat



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



Vanaja Arakkal
Director of IT
Teaching and Learning

From the ICT Department

Please Note: It is compulsory for each BYOL student and parent and guardian to sign the **College User Agreement**.

And a reminder - Each student should bring a laptop to the College every day.

Vanaja Arakkal
Director of IT - Teaching and Learning

Leadership Mass



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

Year 8 SOSE News

Students in Year 8 SOSE have been studying the medieval period. As part of their assessment work, students in one of the classes made replica medieval weapons from the period. Frightening! But educational.

Pictured (left to right) Aaron Hovland with bearded axe, also holding (absent) Connor Chin's flail; Olivia Koeford with torture chair; Cameron Bongart with mace, Tobey Myers with longbow.

Kind regards,

Tom Lewis

SOSE Teacher



Rugby Union News

Dear Parents



Alistair Duncanson
PE Teacher

Last Friday I had the privlidge of taking your son to the annual PARRS rugby union tournamnet. Being short on numbers we combined with O'Loughlin Catholic College. Students played 4 games in total against a number of schools and finished the day undefeated wining all 4 games. It was clear most of the boys had come from a rugby league background however picked the game of union up very quickly which was great to

see. Student's effort and sportsmanship on the field combined with their behaviour inbetween games made it a fantastic day. Please see the attached photo of students with the winning trophy.

Kind regards,

Alistair Duncanson

PE Teacher



Melbourne Women's AFL Visit



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

Sports News



Nakita Dendle
Sports Coordinator

RUGBY LEAGUE – YEARS 7-8 BOYS ONLY

Tuesday 28th March 2017

Warren Park, Marrara

8:30am – 2.30pm

Cost: \$15

Competition Details:

9 a side

Safe Play Code

Signed Permission Forms Due: Monday 20th March 2017

For further information contact Miss Dendle or Mr Duncanson

RUGBY LEAGUE – YEARS 7-8 GIRLS ONLY

Thursday 30th March 2017

Warren Park, Marrara

8:30am – 2.30pm

Cost: \$15

Competition Details:

9 a side

Safe Play Code

Signed Permission Forms Due: Monday 20th March 2017

For further information contact Miss Dendle or Mr Duncanson

NETBALL – MIDDLE AND SENIOR YEARS

Wednesday 19th April 2017

Palmerston Netball Courts

8:30am – 2.30pm

Competition Details:

Middle and Senior School Students

Signed Permission Forms Due: Monday 3rd April 2017

For further information contact Miss Dendle or Miss McCosh

CROSS COUNTRY – MIDDLE AND SENIOR YEARS

5th, 12th and 19th of May 2017

Howard Springs Pine Forrest

From 5pm

Competition Details:

After hours PARRS event, students are responsible for finding their way to and from the event.

Signed Permission Forms Due: Monday 24th April 2017

For further information contact Miss Dendle

2017 SCHOOL SPORT AUSTRALIA PACIFIC SCHOOL GAMES SWIM SQUAD SELECTION

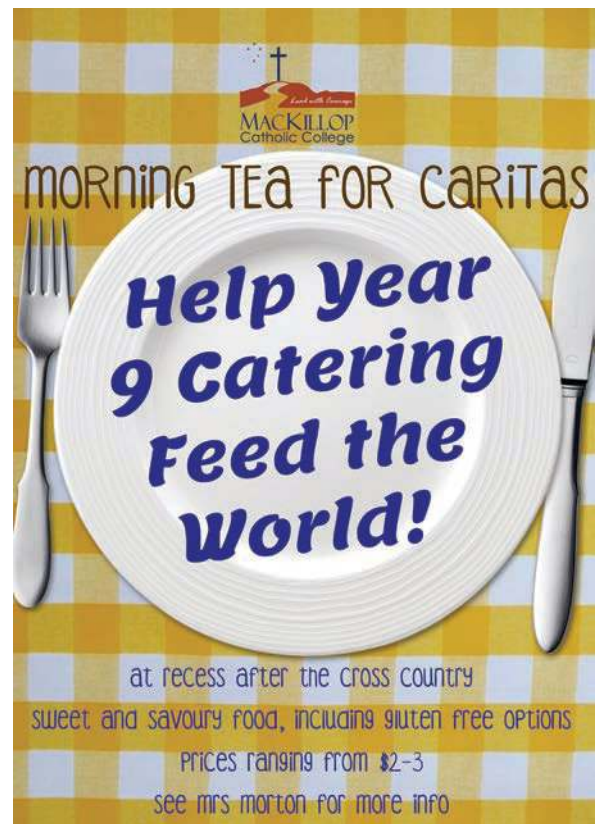
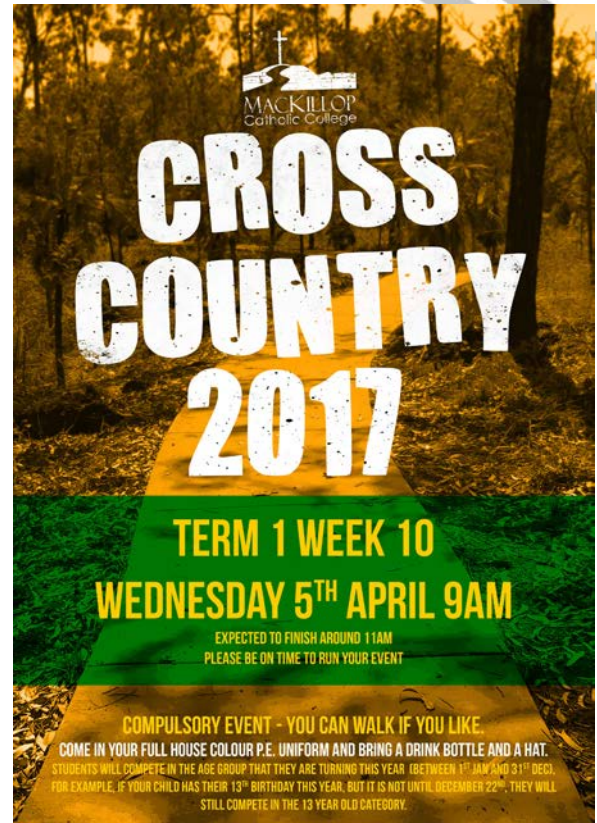
If you are interested in nominating for the SSA PSG swimming championships, you must do so by the 31st of May. To be eligible, nominee must have swum with accepted timing procedures and have swum in the last Regional Swimming Carnival. Forms are located in the front office.

Please note that all permission and nomination forms can be found in the student front office.

Regards,

Nakita Dendle

Sports Coordinator



P&F Association News

P&F AGM

Thank you to those who attended our AGM. Unfortunately we were unable to achieve a quorum so the AGM has been postponed until Monday 8 May. A General Meeting was then held during which several changes to the P&F Constitution were proposed. A Special General Meeting will soon be notified in order to ratify these amendments. Please check on the MCC website for a copy of the P&F Constitution and the proposed amendments. The Minutes of our meetings and other relevant information can also be found here.

Coffee Club

The next Coffee Club will be held on Monday 3 April from 8-9am in the College Cafe. Please come along and relax with some good company before starting your hectic day. Everyone is welcome for Barista Leanne's yummy coffee and cake.

Fundraising

We need your ideas and enthusiasm. Please feel free to share your ideas with us whether they be tried and tested or a sudden burst of inspiration. I'm sure you've seen things that have worked and thought, 'Why don't MacKillop try that?'. The answer is, because we probably haven't thought about it or don't know about it. All ideas greatly appreciated.

For Families

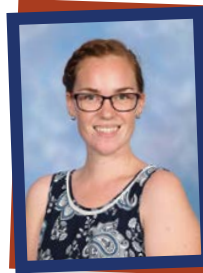
Included in this Newsletter is a Headspace flyer about Bullying that might be of interest. You can also access the flyer online at <https://www.headspace.org.au/assets/Uploads/Resource-library/Family-and-friends/Bullying-FAF-web.pdf>

Enjoy your week!

Elizabeth Laughton

MCC P&F Association President

Chaplain's Chat



Kathryn Pettersen
College Chaplain

Hello!

This week I'm out with the year 10's on their retreat. Retreat always proves to be a memorable moment in your schooling life. Having spoken with some year 12's who graduated last year I have heard they still look back fondly on their retreat days. Please keep the year 10 cohort in your prayers this week.

Mack Night will be held Friday week 9 (31/3/17). The theme is Mad Hatter's Tea Party. See the flyer in this newsletter for more information. All welcome!

Our Lenten journey is still continuing. Lent is a great time to do something for others. What can you do to help someone in your community? Baking biscuits for St. Vincent De Paul Food Van, getting a few friends together to sing at the local nursing home, or maybe putting the money you were going to spend on a treat into the project compassion box, are just a few suggestions. What will you do?

Many Blessings,

Kathryn Pettersen

College Chaplain

Upcoming Events

- Tue 28/3/17** PARRS NRL Year 7 and 8 Boys
- Thu 30/3/17** PARRS NRL Year 7 and 8 Girls
- Fri 31/3/17** Mack Night 3:20pm - 6pm
- Mon 3/4/17** P&F Coffee Club 8am
- P&F Meeting 7pm
- Tue 4/4/17** Parent/Teacher/Student Conferences 3:30 - 6:30pm
- Chrim Mass St Mary's Cathedral 7pm
- Wed 5/4/17** MCC Cross Country
- Caritas Fundraiser Morning Tea
- Fri 7/4/17** 12.13pm Whole School Holy Week Liturgy
- Last day of Term 1



TRACK & FIELD

@ Freds Pass Sport & Recreation Reserve

open to ages 3 – 99 years, all abilities welcome



Come & Try/Information Days
Saturday 18th & 25th March 2017
9.00 – 11.00am

Competition
Saturdays 8.00 – 11.00am
Meet #1 on 1st April 2017
(weather permitting)

Training (from April)
Monday & Wednesday
afternoons

For further information:

Find us on Facebook
ruralathletics.blogspot.com.au
rural.athletics.nt@gmail.com

ARTIST'S CRAFT & TEA

THURSDAYS 6-7.30PM

THE HEIGHTS, DURACK COMMUNITY CENTRE
33 PACKARD AVE, DURACK

A CHANCE FOR ARTISTS' TO CONNECT,
WORK ON THEIR OWN PROJECTS
AND ENJOY SOME DINNER!

FREE USE OF THE ART WORKSHOPS

ALL ARTISTS AND ART MEDIUMS WELCOME

OPTIONAL BYO PLATE TO SHARE

BRING YOUR OWN ARTWORK AND
ENJOY MEETING NEW FRIENDS

NO BOOKINGS
REQUIRED, JUST
TURN UP!



WWW.PALMERSTON.NT.GOV.AU

CITY OF PALMERSTON

SATURDAY 1 APRIL 2017
HARMONY DAY

3PM - 9PM

FAMILY FESTIVAL

GRAY FOOTBALL STADIUM, 30 VICTORIA DRIVE PALMERSTON

CULTURAL PERFORMANCES, FAMILY ACTIVITIES,
INFORMATION & CULTURE, JUMPING CASTLES & FACE PAINTERS, FOOD & DRINKS

FOOTBALL WITHOUT
BORDERS

PALMERSTON
FOOTBALL CLUB

HELLENIC
ATHLETIC CLUB

CASUARINA
FOOTBALL CLUB

FOOTBALL
Matches

EVERYONE WELCOME

WWW.PALMERSTON.NT.GOV.AU | 8935 9922

CONGOLESE
COMMUNITY

DARWIN HEARTS
FOOTBALL CLUB

AFRICAN COMMUNITY
ALL STARS

DARWIN SHAMROCK
ROVERS



EASTER SEASON MASS TIMES

St. Francis of Assisi Church Humpty Doo:

| | |
|---------------|----------------------------|
| Holy Thursday | 6pm |
| Good Friday | 3:30pm Passion of Our Lord |
| Holy Saturday | 7pm |
| Easter Sunday | 9:30pm |

Our Lady Help of Christians Church - Palmerston:

Mass times to be announced.

Check Parish Bulletin.

Badminton NT invites all interested people aged 5 – 18 to join our

Junior Development Squad

Beginners
to
Advanced
groups

Monday &
Wednesday

5.00 – 7.00 pm

Costs

Session Fees \$6.00

Membership \$60.00

Sports Vouches accepted



Badminton

21 Albatross Street Winnellie

www.ntbadminton.org.au

admin@ntbadminton.org.au

autismNT
Teacher
Appreciation
Evening

Where: Government House Darwin
When: Wednesday 6th June 2017
 5 pm to 7.30 pm



If your child with Autism has an awesome teacher, you can show your appreciation by inviting them to a beautiful night out at Government House for a ceremony, drinks and nibbles.

Who: Teacher, Support Staff, Pre-School, Primary School, Middle School, High School, Child Care Worker, TAFE teacher, After School Care Staff in Darwin, Katherine, Alice Springs, Tenant Creek - anywhere across the Northern Territory.


The event has limited seating and is open to one of the parents and the teacher nominated per child with ASD.

The teacher will receive a personalised certificate of appreciation and a gift, presented by the parent.

Keep your eyes out for stars, voting will open soon!

Thank you to our Event Supporters  

 **MONASH**
University


MONASH
INFORMATION
EVENING

We're coming to you!

Ask us everything you ever wanted to know about studying at Monash, including our courses, international opportunities, accommodation, scholarships, how to apply, and where your degree can take you.

DARWIN
 Wednesday 22 March 2017, 6.30 – 8pm
 The Vibe, 7 Kitchener Drive, Darwin

REGISTER TODAY
 To find out more and reserve your spot, visit:
monash.edu/darwin-info-evening

 **GROUP OF EIGHT**
AUSTRALIA

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MacKillop Japan Trip 19th Sep-4th Oct 2017

We'd like to hear your Expression of Interest.

Please contact Ms. Popp
 Or Ms. Saliba about this trip.

Cost: approx. \$3800-4000
 (It may change due to flight fees.)
 Cost includes your trip fees including meals, flight fees, and accommodation.
 Not includes passport fees, visa, insurance, allowance.

Itinerary

- Day 1 flight to Japan via Singapore
- Day 2&3 Tokyo free day - Tokyo Disney Land, Harajuku
- Day 4 Mt, Fuji-Shinkan sen (bullet train)
- Day 5 Osaka
- Day 6 Kyoto (UNESCO World Heritage Sites)
- Day 7&8 Hiroshima & Miyajima (World Heritage Sites)
- Day 9-14 Sister School Hakata visit & Home stay in Fukuoka prefecture.
- Day 15&16 flight back to Australia via Singapore



QUIZ NIGHT



NORTHERN TERRITORY CALISTHENICS

REPRESENTATIVE TEAMS

QUIZ NIGHT

FRIDAY 31ST MARCH

7pm for 7.30pm start

CAZALYS CLUB PALMERSTON

\$10 A TICKET

TABLES OF 10

GET YOUR TABLES ORGANISED EARLY SO YOU DON'T MISS OUT.

TICKETS CAN BE BOOKED THROUGH

Di Cook at: yergs12@hotmail.com



Kids Room available to keep the little ones busy while you play

Meals and drinks available



To purchase tickets contact Bindi Johnston
Phone: 0407 434 525 or Email: bindi@ofndarwin.com.au

Be Our Guest

Supporting the...

2017 NT Calisthenics Representative Team

Travelling to Sydney in July for the Australian Calisthenic Federation National Championships. The two teams of 24 girls will be competing against groups from around Australia in the most prestigious event on the yearly calendar.

Friday the 24th March 2017

6pm Start

CMAX Cinemas, Palmerston

\$25 per person

Ticket includes Popcorn, Drink & Lolly bag

Beauty and the Beast



Vinnies Volunteers Wanted!

JOIN US IN CHANGING LIVES. Vinnies Palmerston is looking for new volunteers! Would you like to join our team? If you LOVE meeting new people, have a POSITIVE attitude, ENJOY fashion, have time to CONTRIBUTE to your community, want to gain EXPERIENCE in retail & would like to VOLUNTEER for a leading NT charity

Become a Vinnies Volunteer Retail Assistant.

To find out more contact the Centre Manager 3 Roylat St, Palmerston or call 89488100

HOLIDAY LEARN TO SWIM PROGRAMS

School holiday programs will be available over April school holiday period. This will take the form in a one week intensive block on **Monday 10th April - Thursday 13th April** at a cost of \$64.00

The one week intensive blocks are a fast paced learning process, 4 weeks work in one week!

Please call 8931 1000 for more information or email gfish2@bigpond.com



6 WEEK FAMILY FIT CHALLENGE

- 12 Family-Fit Fitness Classes (5.30pm - Tuesdays, 9.30am Saturdays in Palmerston)
- 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
- \$249 per family (sports vouchers accepted)

Program kicks off on 4th April
Register at kidsfitaustralia.com



KIDS-FIT

#KIDSFITAUST

iFITNESS 24/7



ACCEPTED HERE

Registered Activity Provider for the Sport Voucher Scheme

Hello!

Kicking off 2017, we would like to remind all parents, students, families and staff that we now accept school vouchers and would like to offer your community corporate rates!

iFitness247 encourages children between the ages of 14 - 18 to get active and stay that way. Participating in regular physical activity helps to gain confidence and become healthier, happier and more comfortable with exercising. For this reason, we have recently been approved to accept the \$100 Sports Vouchers. These vouchers can be redeemed on memberships or Personal Training sessions designed specifically for the students fitness and/or health development.

We currently have memberships that are discounted to just \$13.95/week or \$650 paid in advance for 12 months! To ensure on going affordability to your staff, students and families, we would like to offer your school community an ongoing corporate rate. Once our presale ends, corporate rates will be \$14.95/week or \$650 paid in advance for 12 months.

Our memberships include 24/7 access to all three state of the art iFitness clubs (located in Darwin City, Palmerston and Millner) live and virtual group fitness classes.

Kind Regards,
Cathryn McAdie
iFitness Palmerston Club Manager

y MacKillop ignite in you the flames of faith and service



Thinking about University? Public Parent Information Session

To help parents and students get prepared for university, representatives from four **WA universities** will be running a parent information session.

If you have questions about courses, alternative entry pathways, application processes, how much it will cost, and what to expect - come along to the session!

When? Tuesday 9th of May, 6pm

Where? The Howard Springs Campus Auditorium, Good Shepherd Lutheran College, Cnr of Whitewood Rd & Kundook Place, Howard Springs

To register or for more information contact: Hannah Murray,
hannah.murray@nd.edu.au



Theme: Mad Hatter's Tea Party
Where: Meet at the undercover area by Art
When: Friday week 9 (31 March 2017)

What time: 3:10pm - 6:00pm

What to expect: GAMES GALORE!! Challenges and a shared snack

Who: YOU! Bring some friends along too

Please bring: A change of clothes that can get wet and a towel.



PALMERSTON BALLET SCHOOL Established 1984

*Classes in Classical Ballet

*Preparations for examinations Pre Primary to Advanced (Cecchetti)

*Performance and production opportunities

*Adults' stretch/tone and ballet barre starting soon (on demand)

*Special "little 3's" class

*Jazz and tap offered

*Location: Dance studio MacKillop Catholic College, Farrar Blvd Johnston.

*Inquiries: Principal Jan Hedenig L.C.B.A. C.I.C.B. REGISTERED TEACHER

jan@palmerstonballet.com.au 08 89 312 508.



2017 KIDS TRIATHLON AND NT JUNIOR CHAMPIONSHIPS

Would you like to try a Tri? On Saturday 15 April 2017, Triathlon NT presents the annual Kids and Junior NT Championships at the picturesque Lake Alexander, East Point Reserve, Darwin. Races are open to all comers, and comprise a series of fun challenges in swimming, cycling and running across distances to suit all levels of ability for children aged 6-16. Non-members are welcome! We also offer pre-event participation opportunities, most of which are free, or offered for a nominal charge.



More information?

Contact Tim Ellison:

0437 602 346

ntjuniordevelopment@gmail.com

What do I need to participate?

- Clothes you can swim, cycle and run in, goggles and a pair of running shoes, a cycling helmet and any type of bicycle.

How do I enter?

- Register online, at:
<http://www.active.com/east-point-reserve-nt/triathlon/races/nt-kids-triathlon-2017>.

What will I have to do?

- The NT Kids Triathlon is an event designed to introduce children to the sport in a fun environment, and is suitable for both beginners and more experienced athletes. All swim legs are conducted in waist-deep water and all cycling is done on traffic-controlled roads.



Find us online at:

www.triathlon.org.au/State_Associations/NT/Northern_Territory_Home.htm

<https://www.facebook.com/pg/Triathlon-Northern-Territory->



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

Follow our YouTube channel - MacKillop Catholic College Palmerston NT

Bullying



What is bullying?

Bullying is a repeated verbal, physical, or social behaviour directed towards another person by one or more individuals over time. Typically this involves one person or a group of people exerting their power over others who are less powerful. For example, the bully may be stronger, have others to “back them up” or they may be socially manipulative.



Bullying takes many forms and can occur face-to-face or online such as verbal and/or physical abuse, deliberate cyber-stalking or sending hate email. It can also be less obvious, such as deliberately excluding others or spreading rumours. Cyber bullying is a form of bullying that uses technology such as text messages, email, and social networking sites such as Facebook, Instagram or YouTube to carry out the behaviour.



46.8%
school students
have been bullied

Bullying is not simply “part of growing up”. It can have serious effects on a young person’s physical and mental health, their school performance, as well as having negative effects on their families and the broader community. Not only can bullying cause serious harm but it is also common, with up to 46.8% of Australian secondary school students reporting they have been bullied in some form over the past 12 months¹.

Ways you can help

Family and friends can play a critical role in supporting young people involved in or experiencing bullying. Positive relationships can help protect young people from the negative consequences associated with being bullied².

Young people who are well supported by their parents report fewer depressive symptoms than those who receive little parental support, regardless of whether they are the ones bullying or are the target³.

Ways you can support a young person

▶ Let them know they are not alone.

It may help them to know that a lot of other young people experience similar difficulties.

▶ Make sure they are safe.

Sometimes this may require taking action they are not happy with. Have a conversation with them if this might be the case.

▶ Try to develop a trusting relationship and ask questions.

Make sure the young person does not have to handle this situation by themselves.

▶ Establish and maintain good communication.

Ask open-ended questions and listen without judgment and without panicking.

▶ Be involved.

Show that you are interested in the young person’s life, relationships and hobbies.

▶ Be prepared to seek help.

Help them decide how to approach the situation. Discuss who they could talk to at school, or in the workplace about the situation.

▶ Provide reassurance.

Emphasise that the bullying is not their fault and that they are not responsible for what is happening to them.

▶ Support them to problem-solve.

Work together to come up with as many sensible and helpful strategies as possible to try and control the bullying. This can increase their self-esteem and discourage strategies that are unlikely to be helpful (e.g. starting a fight).

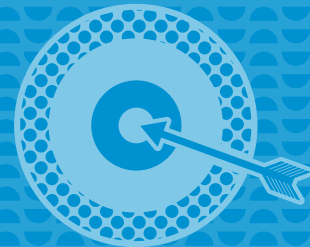
▶ Support them to make new friends and maintain existing friendships.

Encourage them to spend time with others away from where the bullying is happening.

▶ Build their confidence.

Identify their strengths as well as things they enjoy and find ways to develop these, especially social activities. This can help them to feel good about other things in their lives.

Bullying



Finding out if someone is being bullied

Knowing if someone is being bullied can be difficult; often parents and carers do not know, or underestimate its frequency or its severity^{4,5,6}. However, family and friends are often in a good position to notice changes in behaviour, mood and general wellbeing as well as early signs of mental and physical health issues. Not all young people will ask for help and it may take time for a young person to speak about their experiences.

If you suspect a young person close to you is being bullied, ask them about their situation. Remember to be respectful and understanding and that they may not necessarily feel like answering. You can ask:

Have you ever noticed kids at school calling each other names or hitting or pushing each other?

What is lunchtime like at school? What do you do?

Do you ever feel lonely at school or left out of activities? What happens and how do you feel?

Do kids ever tease you? Talk about you behind your back? Hit you? Push you around? Say nasty things about you online? If so, that sounds really difficult, how are you coping with that? Do you think anyone else is aware that it's going on?

It sounds like a really difficult situation. Do you think we could talk a bit more together to figure out how I might be able to best support you?

Be mindful that persistent questioning can be stressful for some young people and may make them less willing to talk. Encourage them to speak to someone they feel comfortable with and don't take it personally if they want to speak to someone other than yourself⁷.



Other things to consider

- Keep supporting your young person and let them know what actions you are taking.
- Documentation will be useful if the issue needs to be taken further (i.e. with the school, police or support services) so keep a record of events including when it occurred, who was involved, what happened, where did it happen, did anyone else see it happen, what type of bullying occurred (physical, verbal, cyber bullying?). Did anyone intervene? Has it happened before?
- Get to know the websites and social networking tools that young people use and talk to them about how to use these safely.
- If the bullying is occurring in or around the school, approach the school to discuss your concerns or seek advice on what to do. It may be helpful to discuss the process with your young person before you begin.
- If you're concerned that your young person may need more help than you can provide, contact **headspace**.

Other useful websites

- Lifeline – www.lifeline.org.au
- Kids Help Line – www.kidshelp.com.au
- Parent helplines (in every State and Territory of Australia) – Google “Parentline” along with your State or Territory
- Bullying No Way – www.bullyingnoway.gov.au
- The Alannah and Madeline Foundation – www.amf.org.au/bullying
- The Australian Psychological Society – www.psychology.org.au/publications/tip_sheets/bullying
- Cybersmart – www.cybersmart.gov.au



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

References: ¹ Hemphill, SA, Tollit, M, & Kotevski, A. (2012). Pastoral Care in Education, 30(2), 99-112. ² Bowers L, Maughan B, Caspi A, Moffitt T, & Arseneault L. (2010). Journal of Child Psychology & Psychiatry, 51(1), 809-17. ³ Connors-Burrows N, Johnson D, Whiteside-Mansell L, McKelvey L, & Gargus R. (2009). Psychology in Schools, 46(7), 593-604. ⁴ Fekkes M, Pijpers F, & Verloove-Vanhorick S. (2005) Health Education Journal, 20(1), 81-91. ⁵ Goodman K, De Los Reyes A, & Bradshaw C. (2010). Clinical Child & Family Psychology Review, 13(4), 366. ⁶ Holt M, Kaufman-Kantor G, & Finkelhor D. (2008). Journal of School Violence, 8(1), 42-63. ⁷ Australian Institute of Family Studies (2008). Working with families concerned with school-based bullying. Australian Family Relationships Clearinghouse Briefing No. 11

Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, **headspace** makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information.

ROUTE 245

Changes start 27 March 2017

Teachers, students, parents and carers are advised that a change to school bus route **245(AM)** will commence on **Monday 27 March 2017**.

This change is being introduced to reduce late arrivals at Mackillop College.

Route **245 (AM)** will now depart at 7:55am from Rosebery Middle School, Left Belyuen Road, Right Forrest Parade, Right Odegaard Drive and then continue along the normal route of travel to Mackillop College at 8:20am.

Similarly, students should expect the bus to arrive 5 minutes earlier at their usual bus stop.

Please see the reverse of this page for the updated map.

For more information contact Public Transport on 8924 7666 or email: public.transport@nt.gov.au



@NTBuses



www.facebook.com/ntbuses



NT Bus Tracker



245

MacKillop Catholic College Bus Service

AM Service

245 Rosebery Middle School to MacKillop Catholic College via Woodroffe, Moulden and Bellamack

PM Service

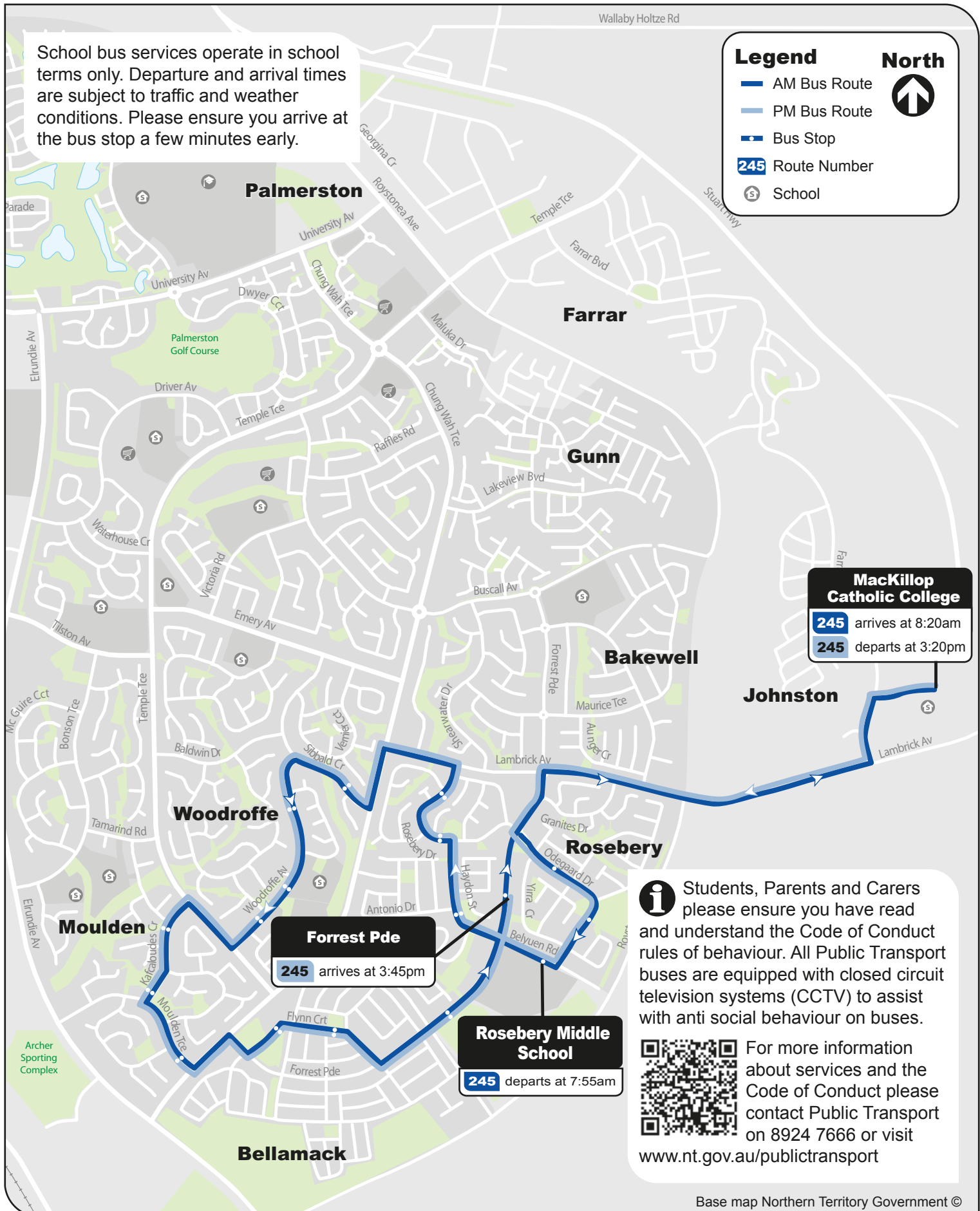
245 MacKillop Catholic College to Rosebery via Woodroffe, Moulden and Bellamack

School bus services operate in school terms only. Departure and arrival times are subject to traffic and weather conditions. Please ensure you arrive at the bus stop a few minutes early.

Legend

- AM Bus Route
- PM Bus Route
- Bus Stop
- 245 Route Number
- S School

North



MacKillop Catholic College

245 arrives at 8:20am
245 departs at 3:20pm

Forrest Pde
245 arrives at 3:45pm

Rosebery Middle School
245 departs at 7:55am

i Students, Parents and Carers please ensure you have read and understand the Code of Conduct rules of behaviour. All Public Transport buses are equipped with closed circuit television systems (CCTV) to assist with anti social behaviour on buses.



For more information about services and the Code of Conduct please contact Public Transport on 8924 7666 or visit www.nt.gov.au/publictransport

ROUTE 246

Changes start 27 March 2017

Teachers, students, parents and carers are advised that a timing change to school bus routes **246(AM)** will commence on **Monday 27 March 2017**.

This change is being introduced to reduce late arrivals at Mackillop Catholic College.

Route **246(AM)** will now depart at 7:40am and arrive at Mackillop at 8:15am.

Similarly, students should expect the bus to arrive 10 minutes earlier at their usual bus stop.

Please see the reverse of this page for the updated map.

For more information contact Public Transport on 8924 7666 or email: public.transport@nt.gov.au



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NT Bus Tracker



246

MacKillop Catholic College Bus Service

AM Service 246 Gray to MacKillop Catholic College via Woodroffe, Moulden Marlow Lagoon and Driver

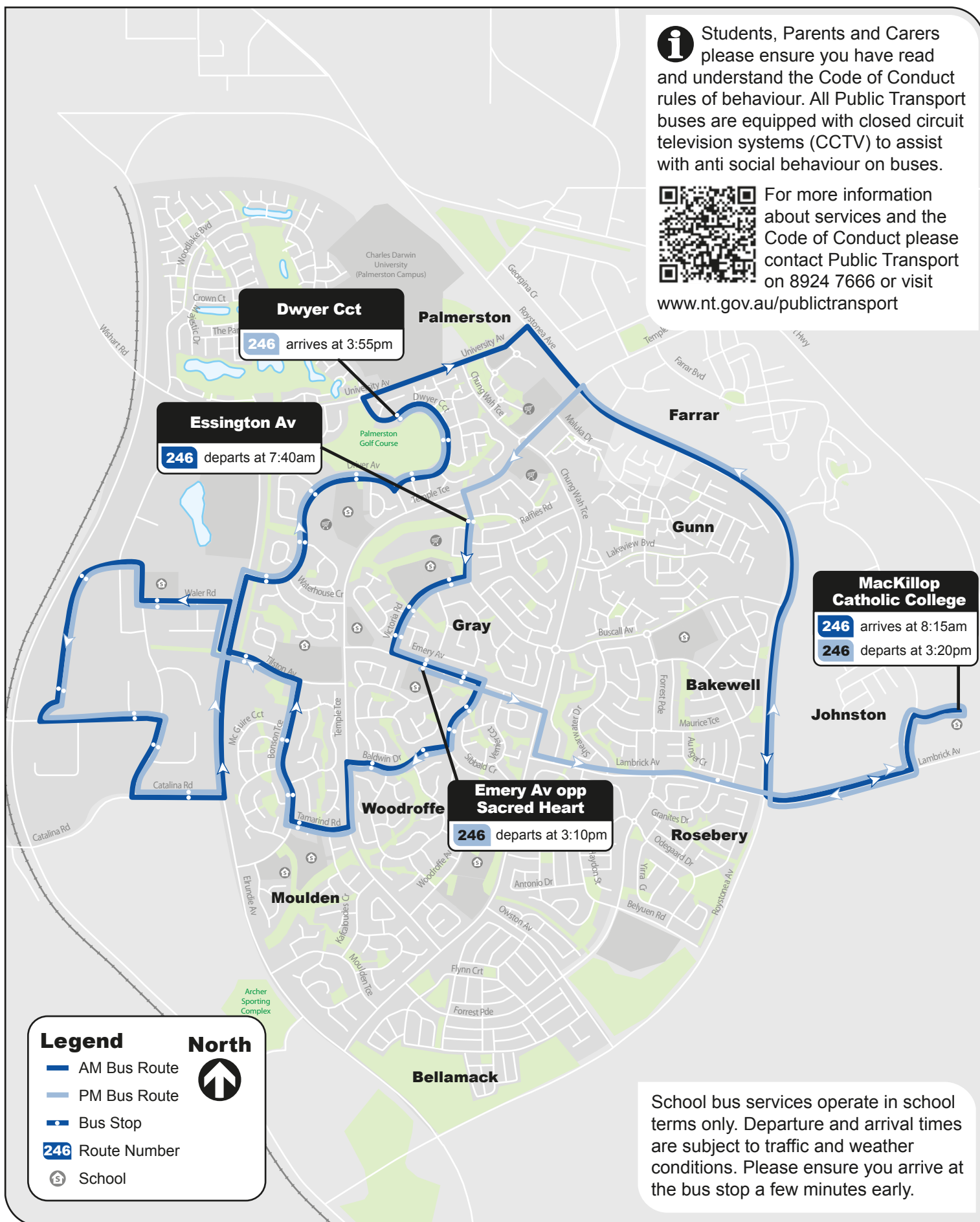
PM Service 246 Sacred Heart Primary and MacKillop Catholic College to Driver via Gray, Woodroffe, Moulden and Marlow Lagoon

i Students, Parents and Carers please ensure you have read and understand the Code of Conduct rules of behaviour. All Public Transport buses are equipped with closed circuit television systems (CCTV) to assist with anti social behaviour on buses.



For more information about services and the Code of Conduct please contact Public Transport on 8924 7666 or visit

www.nt.gov.au/publictransport



School bus services operate in school terms only. Departure and arrival times are subject to traffic and weather conditions. Please ensure you arrive at the bus stop a few minutes early.

ROUTE 248

Changes start 27 March 2017

Teachers, students, parents and carers are advised that a timing change to school bus route **248(AM)** will commence on **Monday 27 March 2017**.

This change is being introduced to reduce late arrivals at Mackillop College.

Route **248 (AM)** will now depart at 7:55am and arrive at Mackillop College at 8:20am.

Similarly, students should expect the bus to arrive 5 minutes earlier at their usual bus stop.

Please see the reverse of this page for the updated map.

For more information contact Public Transport on 8924 7666 or email: public.transport@nt.gov.au



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NT Bus Tracker



248

MacKillop Catholic College Bus Service

AM Service

247 Gunn to MacKillop Catholic College via Bakewell and Gray

PM Service

247 MacKillop Catholic College to Gray via Farrar, Gunn and Bakewell

Legend

- AM Bus Route
- PM Bus Route
- Bus Stop
- 248 Route Number
- S School

North



Students, Parents and Carers please ensure you have read and understand the Code of Conduct rules of behaviour. All Public Transport buses are equipped with closed circuit television systems (CCTV) to assist with anti social behaviour on buses.



For more information about services and the Code of Conduct please contact Public Transport on 8924 7666 or visit www.nt.gov.au/publictransport

Palmerston

Farrar

Raffles Rd

248 arrives at 3:45pm

Lakeview Blvd

248 departs at 7:55am

Gunn

MacKillop Catholic College

248 arrives at 8:20am

248 departs at 3:20pm

Bakewell

Johnston

Rosebery

School bus services operate in school terms only. Departure and arrival times are subject to traffic and weather conditions. Please ensure you arrive at the bus stop a few minutes early.



7 February 2017

Dear Parents/Guardians,

The World-Class Tomatis® Method is offered at MacKillop Catholic College!

From this year onwards, Mr Georgios Papasavvas, a staff member of MacKillop Catholic College specialising in Music and Special Education who is also a Licentiate of Tomatis® Method, a world-class educational intervention, will work with students in the Inclusion Support Department to improve their educational outcomes.

This method is based in sound and rigorous science, and is already part of the school curriculum in several advanced European countries. It has seen a tremendous recognition and success for more than 60 years worldwide. Professor of Audio-Psycho-Phonology (APP or Tomatis® Method) and an ENT specialist, Alfred Tomatis, has invented it, helping millions of adults and children with special educational needs. Amongst them are famous singers and actors such as Gerard Depardieu, Luciano Pavarotti, Maria Callas, and Sting, who faced various difficulties in their career. It is a great honour that this program is offered at MacKillop Catholic College after the initiative of Mr Georgios Papasavvas and Mrs Laretta Graham (Principal).

THE TOMATIS® METHOD

The Tomatis® Method can be described as a sound stimulation and educational intervention that improves listening, language, motivation, attention, learning, self-image, awareness, musical ability and appreciation, audio-vocal control, and posture. The method aims to re-establish the full potential of the human ear, the most powerful sensory organ of our body. When the ear listens well, the whole body is involved. Learning becomes easier, and more potential skills and intelligence can be developed. Once students complete their listening programs then they will become more motivated and better able to work with their teachers and easily develop skills that once were very difficult for them to achieve.

INITIAL ASSESSMENT, TED® ONLINE RESEARCH PLATFORM, SOUND INTERVENTION (Passive and Active Listening)

It begins with an Initial Assessment, which includes a listening test, laterality, and some drawings, along with access to TED® Educational Online Research platform. A consultation with parents follows to review the results of the assessment and the detailed personal history to determine appropriate goals for each student, and to recommend a program if one can be helpful in achieving the goals. The length of the program varies depending on the person's motivation and degree of difficulty. A typical length of program is sixty hours of listening passively to music over several months, with the actual length determined at reassessment. To train listening skills and bring more positive educational outcomes, Mr Papasavvas will use a sophisticated, state-of-the-art device known as a TalksUp® - Electronic Ear.

Mackillop Catholic College

285 Farrar Boulevard, Johnston NT 0832 Australia | PO Box 2608 Palmerston NT 0831

P 08 8930 5757 | F 08 8930 5700 | E mackillopcollege@nt.catholic.edu.au

www.mackillop.catholic.edu.au

"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"

Active phase follows where all students are encouraged to use their voices creatively and express themselves freely, improve social skills through group singing or reading aloud activities with the use of Forbrain®, a device that enhances memory, attention, communication, and language processing skills. The active phase, especially during puberty, is crucially important to reawaken or 'reactivate' the mechanisms of learning, memory, and attention which may be temporary disturbed during the physical vocal change that all students go through. By doing so, the brain finds it easier to cope with the puberty challenges and learning is not disturbed on emotional and physical levels. In reality, the new lower frequency 'sound colour' of a male or female student's voice needs to be 'accepted' by the brain from the beginning on new foundations.

THE VALUE OF MUSIC EDUCATION AND INSTRUMENTAL LESSONS

As studies have demonstrated, music has the potential to improve a wide range of physical, emotional, educational, and social skills in all students. Therefore, it is highly recommended, and I encourage you to enrol your children to learn an instrument such as piano, violin, voice, guitar, or drums (percussions) which are currently offered in collaboration with the Music Department. Please email your enquiries and all relevant attached forms directly to me.

Please sign and attach your permission and instrumental music forms and either email them back to me directly on georgios.papasavvas@nt.catholic.edu.au , or return it to school as soon as possible.

Regards,

Georgios Papasavvas

Music, Religious Education, Special Ed. Teacher, Licentiate of the Tomatis Method (Audio-Psycho-Phonology)

PERMISSION FORM FOR PARTICIPATION IN THE TOMATIS PROGRAMME

I _____ (*parent/caregiver name*)

grant permission for my son/daughter _____ (*student name*)

to participate in the Tomatis programme with Mr Georgios Papasavvis, which will involve the following:

- An initial assessment
- A listening test
- Laterality test
- Assessment of drawing ability

Signed: _____

Date: _____