



# MACKILLOP NEWS

TERM 1 WEEK 10 5<sup>TH</sup> APRIL 2017



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



Lauretta Graham  
Principal

### Dear Members of MacKillop Catholic College Community,

Well here we are, almost at the end of Term 1, 2017. Doesn't seem possible really, and yet when I look at our achievements to date, I can easily see why the weeks have flown past – we have been so busy! I think I can safely claim that this has been one of the most successful terms ever. With retreats, excursions, information nights, the RCIA program, World Challenge inductions, the Cross Country and Parent/Teacher/Student interviews to name a few of the most recent events. I am certain that the remainder of the year will be just as wonderful. Our staff work extraordinarily hard to deliver a rich and varied curriculum, and the students are all thriving as a result.

If any parents missed seeing teachers at the recent Parent/Teacher/Student interview night please email your son/daughter's teacher or me and we will arrange for the meeting to take place.

As this is the last newsletter for the term, I must congratulate all our students for their hard work and community spirit throughout Term 1. As I walk around the College, I notice most students interacting in a positive and polite manner; this is one of our community values. I have attached to this newsletter information on Bullying and I ask that parents read this with their children. Working to reduce the occurrence of bullying is high on our agenda.

The last couple of weeks, in the School, have been quieter than usual, as students have been preparing for exams and finishing off assessment tasks. Some students have been a little more stressed than normal over these; however this should be seen as an opportunity to learn to develop more effective study habits and organisational skills. If children do not have a regular time and place for homework within their afternoon schedule then being organised and completing tasks on time becomes more challenging.

Staff have been conducting regular uniform checks and whilst the area that needs improvement is socks and shoes. Socks must be the fold down style and plain WHITE for girls and NAVY for boys. Many girls are starting to choose black socks or socks with logos on them and some boys are choosing white socks with logos. Whilst this may seem trivial to some, it is our expectation that students wear the correct uniform each day. I have taken the opportunity to attach the College expectation for shoes for your perusal and attention over the holiday break.

The calendar for Term Two is already filling up, but not just with special treats. There are a number of national tests that need to be administered next term – for example NAPLAN tests; and, the continuation of improvements in the area of assessment. We will write to the parents of years seven and nine, as the test administration dates draws near, so parents understand what is being tested, how the children are being tested and why. When preparing children for any test, it is important to emphasise that tests of this nature are only a snapshot of a child's learning. Encourage your son/daughter to tackle the test with confidence and give it their best shot, and when the results arrive, interpret them with care, so as not to shatter their confidence. Staff are, as always, very happy to meet with you in person or answer your questions by email if it's more convenient, if you are concerned about the impact the tests may have on your child.

This brings me back to my statement at the beginning of my article....it's going to be a great year! Enjoy your break and have a happy Easter.

## An Easter Blessing

May the love of the risen Lord draw you to himself  
May the power of the risen Lord strengthen you in God's service.  
May the joy of the risen Lord fill your spirit  
May the life of the risen Lord raise you to new life this day.

...High Mountains, Deep Valleys,

Edited by Rowland Croucher and Grace Thomlinson

*Sincerely,*

*Lauretta Graham*

Principal

## From the Acting Assistant Principal - Curriculum



**Rod Plummer**  
Acting Assistant  
Principal - Curriculum

As a part of our continual improvement process the Curriculum team has now turned its attention to quality Assessment Task Design. We really want to ensure the information is simple to follow and accessible for all students and parents. Throughout Term 2 and beyond students will be given an Assessment cover sheet which will contain 1) Purpose of the Assessment, 2) What the Task is and 3) Conditions of the Assessment. Teachers will then be able to follow this up with explicit classroom teaching and scaffolding if required.

Throughout Term 2 a number of faculties will receive professional development around the composition of the tasks set for students. Each task set will also be put through a rigorous checking process to ensure clarity and ease of access for all students. The team will also be looking at making the marking rubrics make a little more sense for all. The third item on the agenda for the Curriculum Team is the linking of assessment to reporting. The aim here will be to give parents the highest quality feedback on their child's education as we can.

Our first Parent/Teacher/Student conferences were held just recently and it was very pleasing to see so many wonderful parents and students in attendance. It is really important that both the parents and students hear the feedback from their teachers at the same time and work on plans for improvement together as a team.

Looking to the future, Thursday of Week 10 followed a Monday Timetable, we do this in lieu of all the public holidays coming up in Term 2. Years 7 & 8 students have been given their Term 2 timetables already and the closing date for change of electives will be the end of week 1. Assessment Planners for Year 7 & 8 will be uploaded onto the website for Term 2 in Week 2 on next term. All other year level have their planners already posted.

### Thank Yous

Year 10 & 12 Retreats – Thank you to Mrs Butt and Mrs Graham and all the staff that attended these very important events and made them the best experience possible for our students. Students learn an incredible amount about themselves and their friends during these events.

*Sincerely,*

*Rod Plummer*

Acting Assistant Principal - Curriculum

## Catholic Identity News



**Marie Butt**  
Assistant Principal  
Religious Education

### Year 7 Crosses

The Year 7 students have been studying the seasons of Lent and Easter. They have learnt about the significance of the Cross as a Symbol of our Catholic tradition. Students worked with their families to design and create a Cross to be the centre of their family prayer space this Easter Season. On Wednesday 5th April Father Tom visited our year level assembly to speak about the significance of the cross and to bless these special Crosses.

*Marie Butt*

Assistant Principal - Religious Education



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



## NET Team Visit



Kathryn Pettersen  
College Chaplain

Hello MacKillop!

It's our turn to host the NET team and we are in need of your help.

The NET team are a group of 11 energetic, vibrant young people who have dedicated a year of their lives to travelling around Australia running school retreats and youth groups.

Each year the travelling team come to the top end and run retreats for MacKillop, St. Johns, and O'Loughlin; each school takes a turn hosting the team.

This year the team consists of 6 ladies and 5 men. Just like God sent the animals on the ark in twos, NET are asking hosts to consider hosting two people. This means we need at least 7-8 houses. If you have a spare

room, or extra space that you could house these lovely people please let me know ASAP. Your guests will require a meal for dinner and some brekky in the morning (Lunches are covered by the host school they visit).

The dates of their visit is from Easter Monday 17/4/17 - Thursday 27/4/17.

The team will be at our school for our yr 8 and yr 9 retreat days.

Please consider hosting these wonderful people.

*Many, many thanks,*

*Kathryn Pettersen*  
College Chaplain



## Chrism Mass



## A Letter from a Parent

Mrs Kabinga Mazaba and her family recently moved to Melbourne, and wrote us a very nice letter about her daughter Temwani's time here at MacKillop Catholic College:

*My daughter really enjoyed learning at MacKillop Catholic College. Many thanks to the dedicated teachers who try to bring out the best in kids. They helped, encouraged and motivated my daughter in a way that has really helped her to continue with high academic performance at her new school in Melbourne. Every parent who wants their kids to advance to higher heights would really appreciate MacKillop's learning techniques. I loved how the school gives assignments which helped my child academically and socially. She is safe and appreciated by her new teachers and peers who have quickly noticed what a good start she has had, and her positive attitude towards school work. She continues to excel at school.*

*Many thanks to the friendly staff in administrative and of course the wonderful Principal.*

*Warm Regards*

*Kabinga Mazaba*

*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



**Natalie Hafsteins**  
Dance and Drama  
Coordinator

### Drama News

A bunch of exciting activities have occurred in Yr 7 Drama recently.

We went to Flip Out to advance our skills in clowning. The Year 7 students practised their skills in flips, jumps, falls and recovery. It was an exciting experience with fun had by all. A particular highlight was seeing Leo's natural ability to jump and flip with ease. Not to forget Max's elegance noted by all the staff in the venue. I was very impressed with the students manners and constant energy during the entire session. Thanks Year 7 Drama- Keep it up!

This week we have also been looking at how costume can help with characterisation. Students designed their clown characters face and we began to play with face paint. Take a look at the photos below. Their presentations are due Monday Week 10. I can't wait to see their final products. It has been a fantastic experience teaching these young and energetic Year 7's. It is an incredible reminder of how far students grow when immersed in their learning.

### Dance and Drama Dates to remember Semester 1:

- Fred's Pass Show: 13/05-14/05
- Drama Night: 30/05/17 6.30pm
- Dance Night: 31/05/17 6.30pm
- Darwin Eisteddfod: 7/06/17

### Our after school dance program has returned:

**Dance- Wednesday 3.15-4.15pm (no experience needed).**

**Sdance- Thursday 3.15-4.15pm (experience is encouraged).**

*\*Please fill out necessary forms available at the College Office -student reception.*

*Kind regards,*

**Natalie Hafsteins**

Dance and Drama Coordinator



### Music News



**Matt Holt**  
Instrumental Music  
Coordinator

#### Instrumental Music Students

Please be sure to regularly check the music notice board

Lessons and Band/Ensemble Rehearsals are now back to normal. Students are to see relevant noticeboards for details on their lesson times and any information regarding upcoming performances.

#### Sign Up!

We still have loads of opportunities for anyone who wants to learn an instrument, especially brass and woodwind instruments like trumpet, trombone, saxophone and flute. Please talk to any of the music staff before week 5, who will be happy to advise you and sign you up.

*Kind regards,*

**Matt Holt**

Instrumental Music Coordinator

**Free  
9 Week  
Program**

## DRUMBEAT

Learn to play the  
African drum, called a 'Djembe'

Saturday 9:30-10:30am in the Music Room  
Starting Term 2 Week 1 (Saturday 22nd April 2017)  
**Limited Places Available**

Together we will learn to play rhythms while Discovering Relationships  
Using Music, Beliefs, Emotions, Attitudes, and Thoughts.

Email [kathryn.pettersen@nt.catholic.edu.au](mailto:kathryn.pettersen@nt.catholic.edu.au) or  
[kathryn.ezzy@nt.catholic.edu.au](mailto:kathryn.ezzy@nt.catholic.edu.au) to sign up

## Sports News



**Nakita Dendle**  
HPE Teacher

### ATHLETICS

Mr. Roger Chin from Athletics NT has kindly offered to run athletics training sessions on Tuesday and Thursday afternoons from 4-5pm. If your child would be interested in attending, please let me know with the preferred day so I can organise this with Mr. Chin for term 2.

### NETBALL

10 – 13 year old BOYS and GIRLS

Tuesday 18th, Wednesday 19th and Thursday 20th April 2017 from 4 – 5 pm at Palmerston Senior College.

### RUGBY LEAGUE - NT TITANS TRIALS

U14's Boys Trials

TIME/DAY/VENUE: Wednesday 19th and Wednesday 26th of April from 5:15pm to 6:30pm at the NTIS Marrara

U14's Girls Trials

TIME/DAY: Sunday the 9th from 9:30am to 10:30am, and the Wednesday 19th and Wednesday 26th of April from 5:00pm to 6:00pm at Anula Oval.

U15's Trials

TIME/DAY/VENUE: Wednesday 19th and 26th of April at the NTIS Marrara, from 5:00pm to 6:00pm

U16's Boys Trials

TIME/DAY/VENUE: Wednesday 19th and 26th of April at Warren Park from 5:15pm to 6:30pm

U16's Girls Trials

TIME/DAY: Wednesday 5th, 12th, 19th and 25th of April from 5:30pm to 7pm at McKillop Catholic College.

### TENNIS

10-13 Year BOYS and GIRLS

Thursday April 27th and Saturday 6th May from 4-5pm at Palmerston Tennis Courts.

### TOUCH FOOTBALL

Seeking expressions of interest to find NT representatives to compete at the Harvey Norman school series on the Sunshine Coast September 2017. Middle school students only.



### 16 and Under Netball Development Camp

Friday 16th June – Sunday 18th June 2017

Cost: \$200

Application Close Date: 12th May 2017

Nominations are now open for students wishing to apply for the Netball Development Camp. Information and application packs can be collected from the front office or through myself.

### 16 and Under Union Development Camp

Wednesday 10th – Thursday 11th April 2017

Cost: \$95

Nominations are now open for students wishing to apply for the Union Development Camp. Information and application packs can be collected from the front office or through myself.

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

*Regards,*

*Nakita Dendle*

HPE Teacher

## CLEANER URGENTLY REQUIRED

**Energetic and Enthusiastic cleaner required! Duties will include scheduled cleaning of all the common, classroom and office areas of the building. Must have previous commercial cleaning experience, sound understanding of safe chemical use and a good attitude towards work. Working with Children Card is absolutely necessary, candidates without it will not be considered. NT Driving licence is essential.**

**This is a school term-time position for 30 hours a week offering attractive reward rates. If interested, please send your CV along-with details of three references to [mackillopcollege@nt.catholic.edu.au](mailto:mackillopcollege@nt.catholic.edu.au) ASAP.**



# Cross Country Photos

# MACKILLOP NEWS



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



## Rugby League News



**Rodney Cremona**  
Rugby League  
Team Coach

### RUGBY LEAGUE ACADEMY

On Wednesday 22nd, Tuesday 28th and Thursday 30th March, our students from the Rugby League Academy refereed the; Years 5/6 Rugby League Gala Day, Years 7/8 Boys Rugby League Gala Day; and Years 7/8 Girls Rugby League Gala Day.

Part of this experience, our students were mentored by the NRL Referees coaching staff to ensure that they were able to deliver good consistent refereeing throughout these 3 events.

The NRL Refereeing mentors said that our MacKillop students were an excellent group and demonstrated from a component to an advanced level of refereeing.

These students represented MacKillop to an excellent standard and deserved to be commended.

*Regards,*

**Rodney Cremona**  
Rugby League Team Coach



**Alistair Duncanson**  
HPE Teacher

### PARRS RUGBY LEAGUE

Week 9 saw the Year 7/8 boys and girls compete against several schools in the annual PARRS rugby league competition. The boys managed to progress through undefeated taking out the flag with a 5 -2 try win over Sanderson in the final match. The girls encountered tough competition from all schools but managed finished 3rd overall with an impressive win over Good Shepherd Lutheran College to finish off the day. A special mention must go to the dedicated group of Year 9 students who assisted in umpiring on both days in the process completing their level 1 Rugby League Refereeing accreditation.

**Alistair Duncanson**  
HPE Teacher



## MACKILLOP SAINTS WEBSITE LAUNCH!

Our new Rugby League team identity, the MacKillop Saints, has officially launched its website! The Saints team identity will encompass all our College teams in interschool competitions, as well as our 2018 bid to expand the NT NRL to reestablish direct pathways into the Territory competition for MacKillop students. A whole heap of awesome merchandise will be available soon, and we will keep everyone updated on the latest news via this newsletter, the Saints website, and the Saints facebook and instagram pages, as below. Please like these pages to offer your support, and register your interest on the website! For further information, please email [info@mackillopsaints.com](mailto:info@mackillopsaints.com).

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

[facebook.com/mackillopsaints](https://facebook.com/mackillopsaints)

[instagram.com/mackillopsaints](https://instagram.com/mackillopsaints)

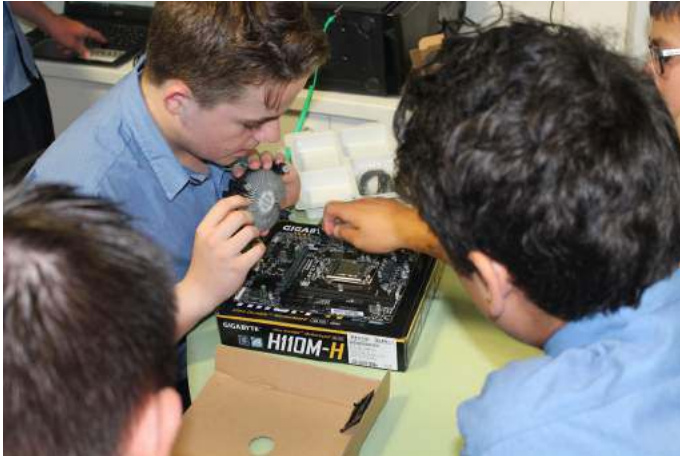
**Girls Rugby Gala Day**  
28th April 2017  
*First game 9am*  
See Mrs Mills for more info

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



## I.T. News

### BUILDING COMPUTERS IN YEAR 10 IT



## From the Finance Department



**Hussain Ratlamwala**  
Outgoing Business  
Manager

### WELCOME TO OUR NEW FINANCE MANAGER - AMOS WACHIRA

I am pleased to announce the appointment of Amos Wachira as Business Manager of MacKillop Catholic College with effect from Monday, 17th April. Amos replaces Hussain Ratlamwala who has resigned and moved to South Australia.

Amos's educational qualifications includes the Bachelor of Commerce (Finance) and he is a Certified Practice Accountant (CPA) from Kenya. He intends to study towards attaining his Chartered Accountancy from Australia.

Amos has a wealth of experience in Finance and Accounting and has held a range of positions as Senior Accountant and Finance Officer in a wide range of industries including UN World Food Programme.

I congratulate Amos on his appointment and I am sure he will enjoy the support of all staff in our college and the Finance team as he takes on his role and responsibilities.

*Regards,*

*Hussain Ratlamwala*

Outgoing Business Manager



***We wish Hussain all the best in his new adventures down south and thank him sincerely for all he has contributed in his time at our College.***

## Careers News

Photo of James Parfitt, Community Legal Educator – Law & Justice Projects Angelique Torr – Programs Officer – Law & Justice Projects with our MacKillop Catholic College Indigenous & Torres Strait students having Pizza lunch for the launch & information session of the Bilata Legal Pathway Program for 2017.

**BILATA LEGAL  
PATHWAYS  
PROGRAM**



*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 Officer

### DEFENCE MORNING TEA



**Dianne Fattore**  
Defence Transition Officer

A wonderful morning tea was held on Tuesday 4th April for all defence students and their families.

It was a great morning with students mingling and meeting the new Defence Transition Mentor (DTM), Ms Di and getting to liaise with other students in similar circumstances.

Our Regional Education Liaison Officer, Annick also attended and provided information and support for parents, students and the DTM.

Thank you to our principal Mrs Laurretta Graham and one of our teachers, Mrs Rebecca Dowling providing support towards the students and morning tea.

The students and Ms Di are organising some great events for the coming year and definitely will be organising another 'get together' soon. A much need thank you to Leanne Pope for providing such a fantastic morning tea and the adults loved the great coffee!

Thank you to all of the students and families for attending and great to see smiling faces and interaction among the students and parents.

Regards,

**Dianne Fattore**  
Defence Transition Officer



#### DEFENCE FORCE RECRUITING

### FUTURE LEADERS IN THE DEFENCE FORCE EVENING

Do you have leadership aspirations and want to know how you can develop these skills in the Australian Defence Force?

Being an Officer in the ADF involves leading from the front. It's about thinking quickly, making decisions, and motivating people. If this sounds like something that would interest you, then this is the perfect opportunity to meet and speak to Officers from the Australian Defence Force.

Join us for an evening of networking where you will have the opportunity to interact with Officers and discover how you can become a world-class leader in the Australian Defence Force.

Canapés will be provided on the night.



Thursday, 27 April 2017  
6:30PM - 8:30PM



Hilton Darwin  
32 Mitchell Street, Darwin NT 0800



Online at [defencejobs.gov.au/events](http://defencejobs.gov.au/events) OR  
Phone: 08 8936 2007 / Email: [cptnt@dfrc.com.au](mailto:cptnt@dfrc.com.au)



## Wellbeing News



**Stella Wallis**  
Wellbeing Officer

First term is coming to an end at MacKillop Catholic College 2017; all the students looked lovely in their uniform, what a great start to the year. For many a new term can cause some stresses. Some students are feeling a lot of pressure. There's more things to juggle on a daily basis, including homework, extracurricular activities and a social life. All while trying to get good grades!

This pressure can be tough for any teen. And it's even harder on students with learning and well-being issues. Here are some causes of high school stress.

#### Worries about keeping up

High school comes with more choice and options, which can be great for students with learning and well-being issues. But it also comes with more work and greater demands.

Even on a daily basis, teens with learning and well-being issues can be anxious about keeping up. For some, just being prepared for class can be a challenge. They may struggle to stay on top of assignments, finish projects on time and remember to bring work and materials to school.

#### Fear of failure

With worrying about keeping up comes the fear of failure they can start to worry that they won't succeed. Even if they study hard, they may fear they'll blank out on the information when they take a test. They may be afraid that their teachers don't like them, that they'll fail their classes or that they won't get into a good college. Sometimes the fears extend beyond high school: What if I can't succeed in life?

#### Planning the Future

In high school, students have to start thinking about what kind of career they want to pursue. This can be a scary prospect, especially if they don't really know what they want to do or what they're good at.

#### Social Pressures

Social situations can also be a source of stress for teens. They can feel pressure to fit in, to be popular and to have a lot of friends—whether these are real friends or not. And as teens become more independent, they may find themselves in new and possibly risky situations where they need to make tough choices.

#### What you can do

High school can create many pressures, but there are ways to help manage stress.

- Students that don't have good organization and time-management skills can easily become overwhelmed and feel that they're falling behind, Create a study schedule to help them manage their time better.
- Anxiety about teachers and work. Organise a meeting with relevant teachers or staff, ask for a plan of assessments and due dates.
- Anxiety about the future. Ask to see the careers faculty, they will be able to help direct students to the course they want.

The most important thing you can do is talk to your child about how school is going and how he/she's feeling. If you're concerned that they are overly anxious, talk with the Year coordinator, home form teacher, or wellbeing team, if you are still worried you might want to refer to the College counsellor, talk to a doctor or consider looking into professional help, such as Head Space.

**Stella Wallis**  
Wellbeing Officer



## World Challenge News



**Roxy Claire**  
World Challenge  
Coordinator

### World Challenge: Training Expedition

On Sunday 2nd and Monday 3rd of April a bright, enthusiastic group of Challengers set out on their Training Expedition with Miss Claire as their Expedition Leader and Mr Kingston – their School Leader.

We ventured into the wilds of Darwin city to prepare for MacKillop's inaugural African World Challenge. Students practiced hunter-gatherer and negotiation skills in the woolies, a SIM card search and of course a self-directed hike.

The team showed great maturity, independence and confidence throughout, and were quick to make friends with the other World Challengers and staff members.

*Regards,*

**Roxy Claire**  
World Challenge Coordinator



# MACKILLOP CATHOLIC COLLEGE WORLD CHALLENGE: ZAMBIA AND BOTSWANA EXPEDITION SPONSORS WANTED!

Twelve students from MacKillop Catholic College have taken the challenge of participating in a World Challenge Expedition to Zambia and Botswana in November - December, 2017.

For over 30 years, World Challenge has been running leadership and personal development programs, and has consistently received positive feedback from employers and sponsors about the dedication and commitment of students who have completed it. On average, students raised over 70% of the funds towards the expedition themselves, predominately through part-time employment and individual fundraising.

The MacKillop Catholic College community and World Challenge are fully supportive of the first World Challenge MacKillop team and hope that you will consider supporting the students' fundraising targets of raising 50% of their individual cost of \$8,900 each. Please see the website for sponsorship packages on offer, and if you have any further arrangement suggestions or questions, please contact Miss Roxy Claire at [roxy.claire@nt.catholic.edu.au](mailto:roxy.claire@nt.catholic.edu.au) or call the College during business hours on (08) 8930 5757.

We thank you kindly for your time and consideration.

[www.mackillopnt.catholic.edu.au/world-challenge-2017](http://www.mackillopnt.catholic.edu.au/world-challenge-2017)

*World Challenge provides personal development and leadership programs which teach life skills and expand minds outside the classroom. The students at MacKillop Catholic College are just some of the thousands of other students embarking on a 12-18 month skills development program culminating in a one-month expedition to a developing country.*





## P&F Association News

Dear Parents and Friends,  
Welcome to our April Newsletter.

A big thank you to all those who attended our meeting this month. Please remember that everyone is welcome.

### Signage

You will be pleased to hear that with the help of Lia Finocchiaro MLA, we are well on the way to getting flags for our crossing and a finger sign indicating the College. Both will benefit our College community.

### Entertainment Books

These books are available from the College for \$60. We gain \$12 for each book sold which is a terrific fundraiser. Please contact Kate in the Office if you are interested in purchasing books or need further information.

### P&F Constitution

Considerable time was spent at this month's meeting discussing proposed changes to the Constitution and tidying up details. Please keep an eye out for the Constitution which will be available via the College website and emailed out to all families.

### Mother's Day Stall

We're requesting donations of any items suitable for sale on our stall. These can be bought, home crafted or re-gifted items that will put a smile on mum's face. Donations can be left at the Office. This is our most popular fundraiser as each student has the opportunity of taking home a special gift for their deserving mum. Please support the stall. All gifts greatly appreciated.

### Anxiety

Attached to this Newsletter is an article reprinted from Headspace dealing with anxiety (<https://www.headspace.org.au/resource-library/category/resources-for-young-people>). Please take the opportunity to read it as it as many of our young people suffer from anxiety from time to time and this may prove insightful.

The MCC P&F Association would like to wish everyone a relaxing and revitalising term break. A massive thank you for all your support this term.

Enjoy your week!

*Elizabeth Laughton*  
MCC P&F Association President



## Chaplain's Chat



Kathryn Pettersen  
College Chaplain

Hello,

Wow, the end of the term has fast approached. I wish you and your families a very Safe and Happy Easter.

Easter Mass times:

		Palmerston Parish	Humpty Doo	Darwin Cathedral
Palm Sunday	9/4/17	8:30 / 6pm		7:30am / 9:30am / 7pm
Holy Thursday	13/4/17	7pm	6pm	7pm
Good Friday	14/4/17	9am Stations 3pm Passion of Our Lord	9am Stations 3:30pm Passion of Our Lord	10am Stations 3pm Passion of Our Lord
Easter Saturday	15/4/17	7pm	7pm	7pm
Easter Sunday	16/4/17	8am / 6pm	9:30pm	7:30am / 9:30am / 7pm

Also, be sure to check out the DRUMBEAT program flyer in this newsletter. It's a great opportunity. If you would like to be involved, please contact me or Mrs Ezzy at your earliest opportunity.

Many Blessings,

*Kathryn Pettersen*  
College Chaplain

## Upcoming Events

8-17th April

Easter Holidays:

Sun 9th	Palm Sunday
Mon 10th	Annunciation
Thu 13th	Holy Thursday
Fri 14th	Good Friday
Sat 15th	Easter Saturday
Sun 16th	Easter Sunday
Mon 17th	Easter Monday

Tue 17/4/17

First Day of Term 2

Wed 19/4/17

Board Meeting 7pm

PARRS Netball

Fri 21/4/17

MacK Night

Year 12 Trial Exams

Tue 24/4/17

Anzac Day Liturgy

Wed 25/4/17

Anzac Day Public Holiday  
Palmerston Service 9am

Mon 1/5/17

May Day Public Holiday

Tue 2/5/17

Monday's Timetable



# Good Friday Walk 2017

## Palmerston to Darwin Cathedral - 14/04/2017

Jesus walks with us on this journey and he encourages each one to feel empowered and to know why we are special when walking.

*2016 we had quite a few kids who walked, as you can see in the photo below.*



*Together lets form this great big army for, ourselves and Jesus and walk that extra mile, a place where you will receive that intimate peace, joy and love of the Lord.*

**Starting from - OLHC Palmerston Parish front Gate - 14/04/2017**

**Time: 3 am and hope to reach Darwin Cathedral at 8:30 am.**

Please arrange transport for you to get picked up from Darwin.  
If anyone would like to volunteer in bringing back the walkers would be appreciated, as an option if needed.

We will be carrying water and some snacks for the walkers.

*We need a volunteer to drive the support vehicle as well. Its a manual car.*

**For any information please contact: Harold: 0405217307**

Or email: [Harold.crtr@gmail.com](mailto:Harold.crtr@gmail.com)



## 38th Freds Pass Rural Show

13 & 14 May

Get involved! Entries close 28th April. Schedule and entry submissions online at [www.fredspassruralshow.com.au](http://www.fredspassruralshow.com.au) or pick up a show book at local shops and electoral offices. Enter your art, craft, photography, plants, garden produce, cooking, pets, poultry, cattle, goats, equestrian, talent quest, school garden competition and more!



2017 CAZALYS  
CITY OF PALMERSTON

# FUN RUN WALK

SUNDAY 9 APRIL  
GOYDER SQUARE

[www.ntathletics.org.au](http://www.ntathletics.org.au)

For more information contact: [info@ntathletics.org.au](mailto:info@ntathletics.org.au)  
or visit our website: [www.ntathletics.org.au](http://www.ntathletics.org.au)

[facebook.com/AthleticsNorthernTerritory](https://www.facebook.com/AthleticsNorthernTerritory)

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CAZALYS

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2.5KM

5KM



Download SchoolStream from the App Store to get College notifications



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# STUDY IN THE LIBRARY

UNTIL 6PM

MONDAY TUESDAY WEDNESDAY THURSDAY  
ALL YEAR LEVELS WELCOME



## 6 WEEK FAMILY CHALLENGE

Kids-Fit's 6 week Family Fit challenge kicks off 18th April.

Register you and your family at [kidsfitaustralia.com](http://kidsfitaustralia.com) today!



#KIDSFITAUST

### CASH in Today!

Check Labels For 10c Deposit Info & Get Your 10c REFUND for:

- \*ALUMINIUM CANS - Beer / Mixed Spirits / Softdrink
- \*PLASTIC BOTTLES (PET) - Coke / Water / Softdrink / Iced Tea
- \*GLASS BOTTLES - Beer / Softdrink
- \*LIQUID PAPER BOARD (LPB) - Poppers / Ice Coffee
- \*HDPE - Ice Coffee - (Pauls & F. Union) / Juice (Pauls) / Yakult

**33** PRUEN RD BERRIMAH 0828

## BEVCON

Beverage Container 10c Deposit Depot



## RECYCLING

CASH in Today!

Look for the big red **33**  
PRUEN RD. BERRIMAH NT 0828

0402 575 572

**Sarah Thomas**

Depot Manager

[sarah.thomas@marinestores.com.au](mailto:sarah.thomas@marinestores.com.au)



Commerce-PINTs Hockey Club

**Come and Have a Go!**  
**Junior Hockey Development Camp**  
5 weeks

Wednesdays 5.30 – 6.30pm

8 March – 5 April

Wagaman Oval, Limmen Street

Sticks provided

All ages

Register with Junior VP: Cindy 0437 388 441

[commerce.pints@gmail.com](mailto:commerce.pints@gmail.com)

Our 2016 U8s, U11s and new U14s are welcome too. Why not bring a friend?



It's free!  
It's fun!  
It's for fitness!  
It's for families!





**headspace**  
National Youth Mental Health Foundation

# Anxiety

## What is anxiety?

Anxiety is like 'worry'. It's an unpleasant emotion that most people feel when something might be risky, frightening or worrying. Everyone experiences mild anxiety when faced with stressful situations, like just before a sporting match or an exam. This kind of anxiety is normal and is our body's way of preparing us to act in difficult situations. Anxiety can actually help us perform better by revving us up and helping us feel alert.



Anxiety can become a problem when it is very intense, happens a lot of the time, feels overwhelming or it interferes with your daily living.

## What are the symptoms of anxiety?

Physical feelings of anxiety include an increased heart rate, faster breathing, muscle tension, sweating, shaking and 'butterflies in the stomach'. People with anxiety disorders experience these physical symptoms a lot more often. They might also experience:

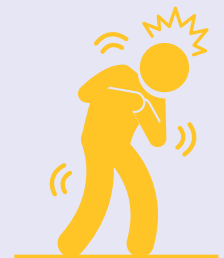


- Persistent worrying and excessive fears
- Being unable to relax
- Avoiding challenging situations
- Being socially isolated or withdrawn
- Trouble concentrating and paying attention
- Poor sleep
- Problems with work, social or family life.

## What are panic attacks?

**Panic attacks can occur as part of any anxiety disorder, but not everyone with anxiety problems will experience them.**

Panic attacks are when you are suddenly overcome by strong fear and experience physical symptoms of anxiety, like a pounding heart, difficulty breathing, shaking, feeling dizzy or feeling sick. Panic attacks are short (about 10 minutes) and usually feel frightening and intense. Someone having a panic attack might feel like they're having a heart attack or an asthma attack, or they might fear they're losing control.



# Anxiety



## Types of anxiety disorder

Anxiety problems are classified into different types, referred to as disorders. Here are descriptions of some common anxiety disorders:

- **Generalised anxiety disorder:** Spending most of your time worrying about a variety of everyday things that wouldn't usually bother others. Worries seem out of control and you feel tense and nervous most of the time.
- **Social anxiety disorder:** Experiencing intense anxiety in social situations because you're terrified you'll embarrass yourself or others will judge you. This often leads you to avoid social situations, such as talking in class, going to parties, being the centre of attention, meeting new people.
- **Panic disorder:** Having repeated panic attacks and worrying about having another panic attack.
- **Specific phobias:** Intense fear of a particular situation or object (like small spaces or spiders) that leads you to avoid the situation or object.

## Helping someone with anxiety

**A person with anxiety problems needs understanding and support. Anxiety problems can interfere with a person's ability to live a full life so the earlier they seek help the better. Do your best to encourage the person to seek professional help.**

Be patient and listen to the person's fears and concerns, and take them seriously. It's not just a matter of telling them to 'calm down'— it's not that easy.



## Other problems



Many young people with anxiety problems may also have symptoms of depression. Some people with anxiety may also drink alcohol or take drugs to ease the discomfort or make them feel more confident. Relying on alcohol or drugs however can make things much worse in the long run and cause long-term physical and mental health problems.

## Getting help for anxiety problems

- If you're experiencing anxiety it's a good idea to talk to someone that you trust about how you are feeling. You might choose to talk with your family or friends. They can help you to work out what is going on and what support or help you might need.
- It is also useful to take care of yourself as best you can; eat well, exercise and find ways to relax by listening to music, meditating, doing yoga and doing activities that you enjoy.
- If your anxiety continues without any improvement you can get help from your general practitioner (GP), a psychologist or a counsellor.
- There are health professionals at **headspace** centres and **eheadspace** (online and phone support) who can help. Treatment might involve counselling sessions to help you learn anxiety management skills, practice relaxation techniques and gain confidence to cope in stressful situations.
- For some people medication is helpful as well. The good news is that most young people with anxiety disorders respond well to treatment. With support you can continue to achieve your work, study, professional or personal goals.



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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)





# 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 months<sup>1</sup>.

## 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 bullied<sup>2</sup>.

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 target<sup>3</sup>.

## 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).

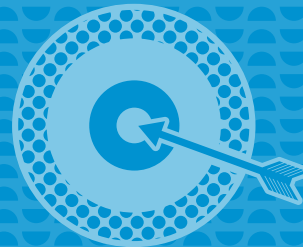
### ► Support them to make new friends and maintain existing friendships.

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<sup>4,5,6</sup>. 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 yourself<sup>7</sup>.



## 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](http://www.lifeline.org.au)
- Kids Help Line – [www.kidshelp.com.au](http://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](http://www.bullyingnoway.gov.au)
- The Alannah and Madeline Foundation – [www.amf.org.au/bullying](http://www.amf.org.au/bullying)
- The Australian Psychological Society – [www.psychology.org.au/publications/tip\\_sheets/bullying](http://www.psychology.org.au/publications/tip_sheets/bullying)
- Cybersmart – [www.cybersmart.gov.au](http://www.cybersmart.gov.au)



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National Youth Mental Health Foundation

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

**References:** <sup>1</sup> Hemphill, SA, Tollit, M, & Kotevski, A. (2012). Pastoral Care in Education, 30(2), 99-112. <sup>2</sup> Bowers L, Maughan B, Caspi A, Moffitt T, & Arseneault L. (2010). Journal of Child Psychology & Psychiatry, 51(1), 809-17. <sup>3</sup> Connors-Burrows N, Johnson D, Whiteside-Mansell L, McKelvey L, & Gargus R. (2009). Psychology in Schools, 46(7), 593-604. <sup>4</sup> Fekkes M, Pijpers F, & Verloove-Vanhorick S. (2005) Health Education Journal, 20(1), 81-91. <sup>5</sup> Goodman K, De Los Reyes A, & Bradshaw C. (2010). Clinical Child & Family Psychology Review, 13(4), 366. <sup>6</sup> Holt M, Kaufman-Kantor G, & Finkelhor D. (2008). Journal of School Violence, 8(1), 42-63. <sup>7</sup> 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.



# the Bilata Legal Pathways Program

The Bilata Legal Pathways Program (program) aims to increase the number of Aboriginal and Torres Strait Islander people practicing law in the Northern Territory (the NT Law Society 'Balance' publication 2/15 reports this number as 10 of 533 practitioners, approximately 2%).

Qualifications in law also open up a wide range of career pathways outside of legal practice and with more Aboriginal and Torres Strait Islander people gaining qualifications in law there will be increased benefits for our communities.

The program is guided by a Reference group comprising:

- The Honorable Trevor Riley (co-chair)
- North Australian Aboriginal Justice Agency CEO Priscilla Collins (co-chair)
- Chief Justice Michael Grant QC
- Chief Judge Dr. John Lowndes
- Law Society NT Acting-CEO Kellie Grainger
- Charles Darwin University, Prof Ned Aughterson & Wendy Ludwig
- Anti-Discrimination Commissioner Sally Sievers
- Barrister, Mr. John Lawrence SC
- Lawyer, Ms. Amanda Nobbs-Carcuro



Participants and guest speakers at a 2016 program day

The program accepts applicants for participants from the following groups:

- In partnership with schools, years 10 – 12 students (youth participants)
- Law students studying at Charles Darwin University
- Law students from the Northern Territory studying a law degree interstate
- Other adult participants interested in studying law at a university level

The following principles underpin the program:

- Knowledge is shared 2 ways
- Encourage expectations, no shame in failing
- Pushing boundaries, being culturally safe
- Fostering connections



Participants taking part in a court room set-up



The program provides opportunities for 3 sets of participant categories.

**Youth participant (high school or college student years 10 – 12)**

Youth participants will have access to:

- program days with a range of activities including exposure to legal workplaces, hearing from inspirational guest speakers, networking, hands-on activities and other experiences
- mentor group arrangements as arranged
- work experience connections with law firms, and
- other activities such as a launch and an end of year event



Co-chair of the Reference group Priscilla Collins speaking at the Cudgarees and Canapés event in 2016

**University student studying a Bachelor of Laws (or a pathway to a Bachelor of Laws), or a graduate degree in law**

University student participants will have access to:

- program days with a range of activities including exposure to legal workplaces, hearing from inspirational guest speakers, networking, hands-on activities and other experiences
- one-on-one mentoring opportunities
- mentor group arrangements as arranged
- internships
- other activities such as a launch and end of year event

**Aboriginal and/or Torres Strait Islander person interested in or passionate about potentially studying law**

Adult participants will have access to:

- program days with a range of activities including exposure to legal workplaces, hearing from inspirational guest speakers, networking, hands-on activities and other experiences
- other activities such as a launch and end of year event.



Participants hearing from guest speaker Leanne Liddle in 2016

**For further information please contact:**

Angie Torr  
[bilata@naaja.org.au](mailto:bilata@naaja.org.au)  
Ph: (08) 8982 5100

or visit [www.lawsocietynt.asn.au](http://www.lawsocietynt.asn.au)

# 2017 Bilata Calendar

January						
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## Events

**Reference Group Meetings**  
 School Engagement  
**Advocacy Workshop**  
 Law Week  
 Naidoc Week  
 Cudgerees & Canapes  
 Mulligahs & Meatpies  
 End of Year Program day and  
 Christmas Dinner  
 Law Firm Lunches  
 School Holidays  
 Public Holidays  
 Launch - TBC



# Youth Participant application page

This page is for high school or college students in the NT (or from the NT studying interstate). Please fill in the page and submit to [indigenouslegalpathways@lawsocietynt.asn.au](mailto:indigenouslegalpathways@lawsocietynt.asn.au)

<b>Name:</b>			
<b>School or college:</b>		<b>Year level:</b>	
<b>Are you (please circle):</b>	Aboriginal	Torres Strait Islander	Other
<i>(Please note that whilst this program targets young Aboriginal and/or Torres Strait Islander people due to around 2% of Legal Practitioners in the NT from this background, there may be opportunities for other young legal students to be involved).</i>			
<b>Please answer the following:</b>			
<b>Is there an event or something that first made you think about studying law?</b>			
<b>Why are you interested in pathways leading to studying law?</b>			
<b>Who are your role models?</b>			

**Name (youth participant)**

\_\_\_\_\_

**Signed**

\_\_\_\_\_

**Date:** \_\_ / \_\_ / \_\_\_\_

## Parental / Guardian Consent

Please tick each box, fill in your details and sign and date:

- ☐ I agree for my child to be a participant of the Bilata Legal Pathways Program
- ☐ I acknowledge information relating to my child's participation in the program will be confidential, unless the law says otherwise.
- ☐ I acknowledge the Bilata Legal Pathway Program will hold all Confidential Information in confidence in accordance with the terms of this agreement.
- ☐ I acknowledge the Bilata Legal Pathways Program shall use Confidential Information solely for the purpose of providing the Services.
- ☐ I acknowledge my child's school or college will arrange for parental consent forms for excursions and trips outside of the school or college.

**Name (parent or guardian)**

\_\_\_\_\_

**Signed**

\_\_\_\_\_

**phone** \_\_\_\_\_

**Date:** \_\_ / \_\_ / \_\_\_\_

**email** \_\_\_\_\_

# GAMBA ACTION

Get Your Herbicide & Spray Equipment Loans  
**FREE OF CHARGE**

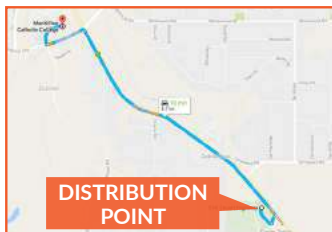
Program

The closest GAP access point from  
MacKillop Catholic School is Fred's Pass Reserve

## EXTENDED HOURS FOR FRED'S PASS ONLY

Make use of the Easter Weekend

Monday 10 April	7:30 am – 5:30 pm
Tuesday 11 April	7:30 am – 5:30 pm
Wednesday 12 April	7:30 am – 5:30 pm
Thursday 13 April	7:30 am – 5:30 pm
Friday 14 April	CLOSED
Saturday 15 April	CLOSED



## LAST DAYS THIS WET SEASON - Part time hours only

Saturday 1 April	8:00 am – 12:00 noon
Monday 3 April	7:30 am – 10:30 am and 2:30 pm – 5:30 pm
Friday 7 April	7:30 am – 10:30 am and 2:30 pm – 5:30 pm
Saturday 8 April	8:00 am – 12:00 noon
Monday 17 April	7:30 am – 10:30 am and 2:30 pm – 5:30 pm
Friday 21 April	7:30 am – 10:30 am and 2:30 pm – 5:30 pm
Saturday 22 April	8:00 am – 12:00 noon
Monday 24 April	7:30 am – 10:30 am and 2:30 pm – 5:30 pm
Friday 28 April	7:30 am – 10:30 am and 2:30 pm – 5:30 pm
Saturday 29 April	8:00 am – 12:00 noon (LAST DAY)

Keep your loved ones safe and manage your gamba grass.

**YOUR GAMBA, YOUR PROPERTY, YOUR RISK**

For more information, contact the Weed Management Branch

8999 4567 [www.nt.gov.au/gamba](http://www.nt.gov.au/gamba)



**NORTHERN  
TERRITORY  
GOVERNMENT**



## **National Consistent Collection of Data (NCCD) 2016**

### **Communiqué: Parents & Schools**

The nationally consistent approach to data collection provides all Australian schools a clear picture of the number of students in schools with disability and additional support needs, as defined by the Disability Discrimination Act (DDA) definition. The reasonable adjustments that are provided to students with disability and additional support needs through consultation with parents/carers, enable students to participate in education on the same basis as their peers.

The collection includes information about the type and level of support provided to students from Transition to Year 12. This collection of data aims to inform the Commonwealth Department of Education and Training about the reasonable adjustments our schools provide for students with disability and additional support needs.

The information provided to the Commonwealth Department of Education and Training does not identify the student, as the collection requires each State and Territory to send a numerical figure for all students provided with support under the DDA. Students included in the data collection do not need to have formal diagnoses of disability even if they receive additional support.

Authority for the collection of information for the purposes of the NCCD  
The Australian Education Regulation 2013 (the Regulation)  
([www.comlaw.gov.au/Details/F2014L01723](http://www.comlaw.gov.au/Details/F2014L01723)) requires all government and non-government schools to provide information to the Commonwealth Department of Education and Training for the purposes of the NCCD.

The information that is provided is set out at subsection 58A(2) of the Regulation. This includes, in relation to each student with additional support needs and disability at a school:

- the student's level of education (i.e. primary or secondary)
- the student's category of disability (i.e. physical, cognitive, sensory or social/emotional)
- the student's level of adjustment (i.e. support provided within quality differentiated teaching practice, supplementary, substantial or extensive adjustment).

The information will not identify individual students (subsection 58A(3) of the Regulation); no information that could reasonably enable the Departments to identify individual students will be provided by schools.

NOTE: All information provided for the NCCD has the student's details, removed so that the students are unidentifiable. A student's name, date of birth, year level and address is NOT included in the data collection.

In the event that your child meets the criteria for the NCCD, we will include information about the support that they receive in the National Consistent Collection of Data 2016.

[Consultation](#) with parents is important and schools are responsible for making sure that the adjustments that they provide for your child are discussed with you in a timely manner.

Further information: [https://docs.education.gov.au/system/files/doc/other/attachment\\_k\\_-\\_updated\\_parent-carer\\_fact\\_sheet.pdf](https://docs.education.gov.au/system/files/doc/other/attachment_k_-_updated_parent-carer_fact_sheet.pdf)

*Acceptable Formal Footwear*



*Unacceptable Formal Footwear*



*Acceptable Sports Footwear*

