



# HOW TO THRIVE IN HIGH SCHOOL



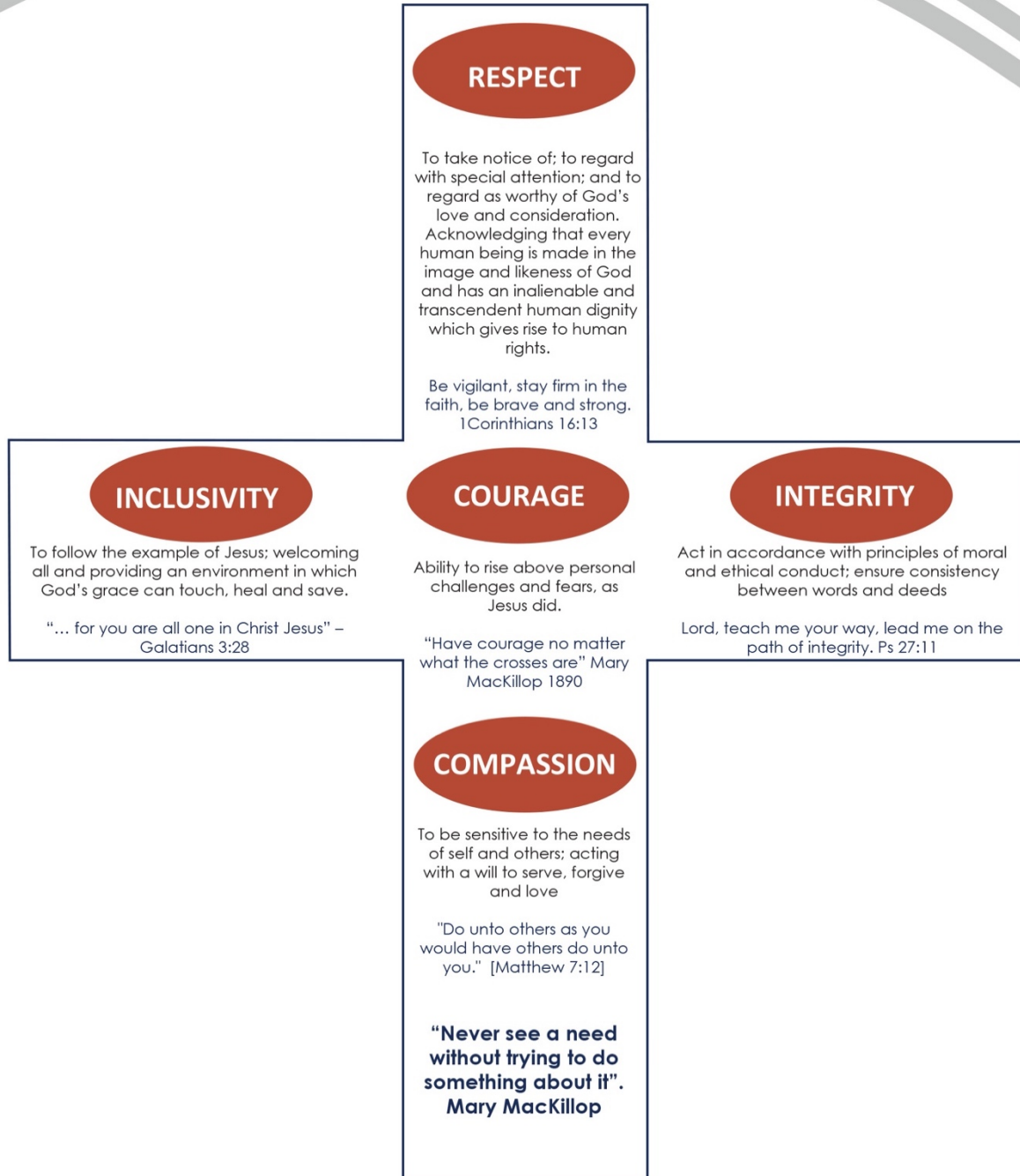
Name:

MACILLOP INCLUSION  
SUPPORT



# STATEMENT OF VALUES

At MacKillop Catholic College the following Gospel Values will be upheld:



Through their involvement with the MacKillop Catholic Faith community, students will reach their full potential.

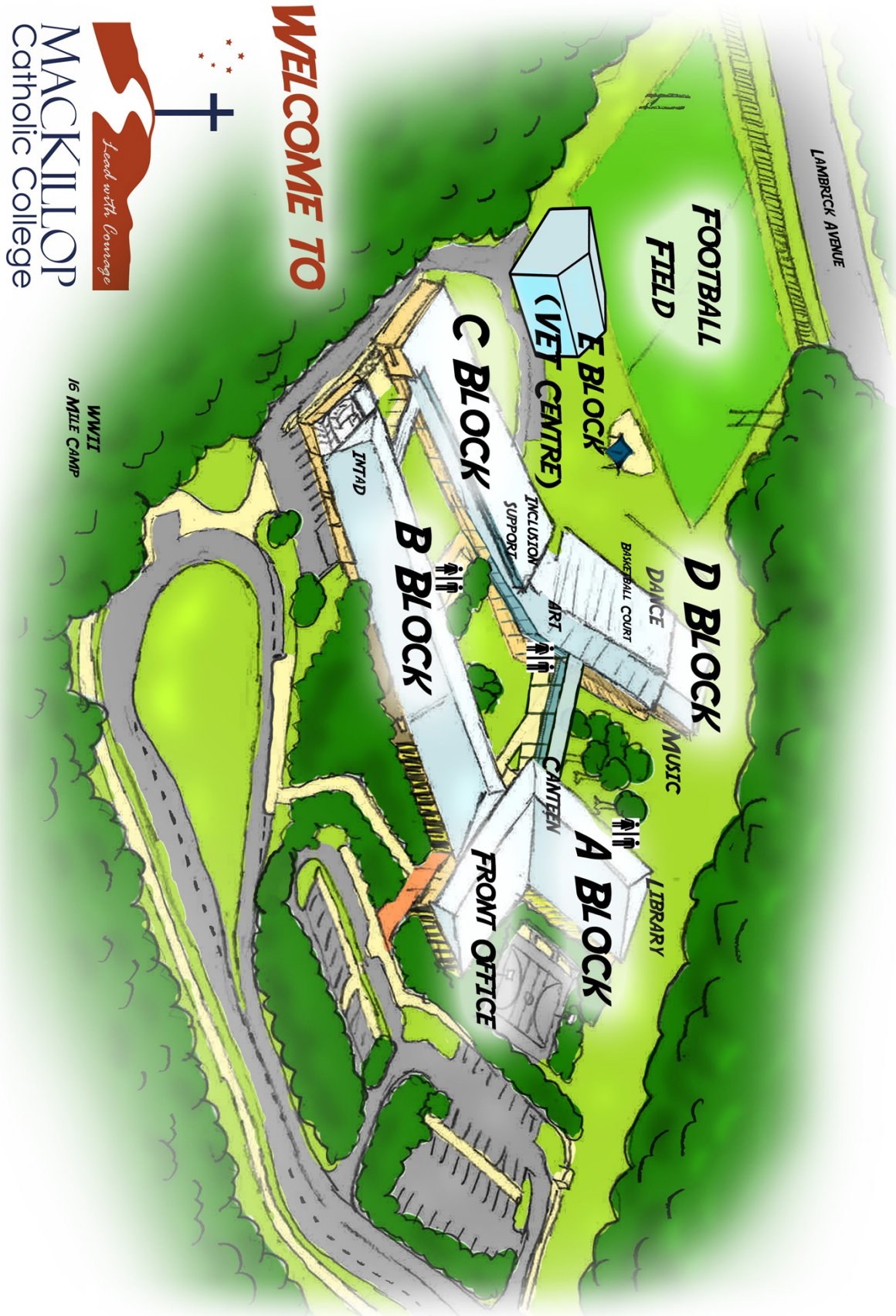
We and the communities in which we live and study will be sustained and enriched by the life-giving relationships that we develop at MacKillop.

The Catholic Church and MacKillop Catholic College are part of one reality, and are connected to something bigger than ourselves.

If we love one another, God lives in us... (1 John 4:12)

*"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"*

# School Map



*"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"*

# Example Timetable

Timetables can be hard! You'll have less teachers than the other year levels to make it a bit easier. Here's an example timetable: [colour this]

PERIOD	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pastoral Care (15mins)</b> (8.25 - 8.40)					
<b>P1</b> 60 mins (8.40 - 9.40)	<b>Maths, Mr. Bryan-Brown</b>	<b>English, Mrs. McGregor</b>	<b>Elective 1, Mrs. Griffen</b>	<b>Elective 2, Mrs. Butt</b>	<b>English, Mrs. McGregor</b>
5 Min Change Time					
<b>P2</b> 60 mins (9.45 - 10.45)	<b>Science, Mr. Bryan-Brown</b>	<b>Maths, Mr. Bryan-Brown</b>	<b>Pastoral Care/ Assembly</b>	<b>SOSE, Mrs. McGregor</b>	<b>SOSE, Mrs. McGregor</b>
<i>Recess</i> 10.45 - 11.15 (5 Min warning bell 11.10)					
<b>P3</b> 60 mins (11.15- 12.15)	<b>HPE (Double)</b>	<b>Science, Mr. Bryan-Brown</b>	<b>Maths, Mr. Bryan-Brown</b>	<b>English, Mrs. McGregor</b>	<b>RE, Mr. Evans</b>
5 Min Change Time					
<b>P4</b> 60 mins (12.20 - 1.20)	<b>HPE (Double)</b>	<b>SOSE, Mrs. McGregor</b>	<b>English, Mrs. McGregor</b>	<b>Maths, Mr. Bryan-Brown</b>	<b>Lunch 12.15 - 12.45</b>
<i>Lunch</i> 1.20 - 1.50 (5 Min Warning bell 1.50)					
<b>P5</b> 60 mins (1.55 - 2.55) (students who take the Early Bus leave at 2:40 pm)	<b>SOSE, Mrs. McGregor</b>	<b>Elective 1, Mrs. Griffen</b>	<b>Elective 2, Mrs. Butt</b>	<b>Science, Mr. Bryan-Brown</b>	<b>Elective 3 (12.45 - 2.55), Art, Mr. Retief</b>
<b>Regular Buses (3.05- 3.35)</b>					



# Bell Times



	8:00 am	Supervision begins
	8:20 am	Warning Bell
	8:25 am – 8:40 am	Pastoral Care, Prayer, Roll
	8:40 am – 9:40 am	Period 1
	9:45 am – 10:45 am	Period 2
	10:45 am – 11:10	Morning Tea
	11:10 am	Warning Bell
	11:15 am – 12:15 am	Period 3
	12:20 pm – 1:20 pm	Period 4
	1:20 pm – 1:50 pm	Lunch
	1:50 pm	Warning Bell
	1:55 pm – 2:55 pm	Period 5 (Including meditation)
	2:45 pm	Early Bus
	2:55 pm	End of day



## Who's Who @ MacKillop??

When you need, you can get help from:

- ISAs - Inclusion Support Assistants
- PC (Pastoral Care)/ Homeform teachers
- IEWs - Indigenous Education Workers
- Deputy Principal of Pastoral Care
- Wellbeing Officer
- First Aid officers
- Student leaders - ask around to find out who they are!



## Need-to-Know Staff at MacKillop



**Principal:  
Mr Lucas Hurley**



**Deputy Principal  
Pastoral Care – Mr  
Craig Skinner**



**Deputy Principal  
Academic Studies  
– Mr Rod  
Plummer**



**Inclusion Support  
Coordinator:  
Mrs Binu Roy**



**Inclusion Support  
Coordinator:  
Mrs Emma Cooper**



**Defence Student  
Mentor:  
Mrs Sue Lowery**



**Religious Education  
Coordinator:  
Ms Kathryn Pettersen**



**Head of AIEW  
Team:  
Mr Jasen Bryers**



**Wellbeing Officer:  
Mrs Stella Wallis**

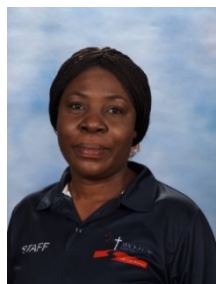


**Student Reception:  
Ms Kim Schofield**

*"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"*



## Inclusion Support Assistants (ISAs)



**Ms Beatrice  
Achieng**



**Ms Noriana  
Anderson**



**Mrs Gaye-Ann  
Beckman**



**Ms Amy  
Birkett**



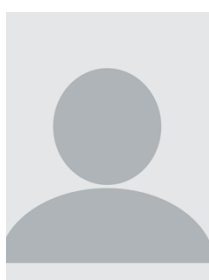
**Miss Elizabeth  
Doyle**



**Mrs Juni  
Ernawati**



**Mrs Sharon  
Forsyth**



**Ms Ella Freer**



**Miss Jordan  
Gardner**



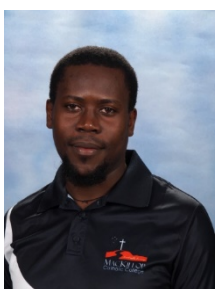
**Mr Ben Griffiths**



**Mrs Jannine  
Hardy**



**Miss Litty  
Joseph**



**Mr Kibazo  
Rogers**



**Mrs Nang  
Khumpholkrang**



**Ms Angela Krohn**



**Miss Courtney  
Lowery**



**Miss Blaise  
Pereira**



**Mr Earth  
Phothong**



**Mrs Bianca  
Potts**



**Miss Elizabeth  
Roy**



**Mr Patrick  
Sibly**

## Youth Minister



**Ms Tina Dib**

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# How to have a great day in High School







➔ Before 8:15 am - chat with friends outside.

- If you didn't have breakfast, go to the breakfast club.



➔ 8:15 am:

- Come in, check in with an ISA. Make sure you have:

Laptop		Textbooks		Diary	
Notebooks		Water bottle		Pencils/pens	



- No food in class! Wait for Recess. 😊
- Turn your phone off or on silent! Put it in your bag or leave it at the front office.

➔ 8:25-8:40 Pastoral Care (PC)



- Roll is marked - if I don't go, my parents will get a text message to say I am not at school (oh no!) and my parents will be sad 😞
- Prayer - remind us about God and being kind to people
- I get to know all the fun 😊 activities coming up
- I can tell my PC teacher if I have a problem



➔ P1 and P2:



- Be on time
- Line up for the teacher
- Do your best in class!
- Ask your teacher politely if you don't understand, explain to your friends if you do understand.



➔ Recess:



- Come back, put books away, go to the bathroom, eat food, talk to friends, and pick up books for P3 and P4.

### → P3 and P4:

- Be on time
- Line up for the teacher
- Focus and keep up the good work!



### → Lunch!

- Eat food, talk with friends - have fun! Get books for P5. Can always check in at Inclusion if you need to.



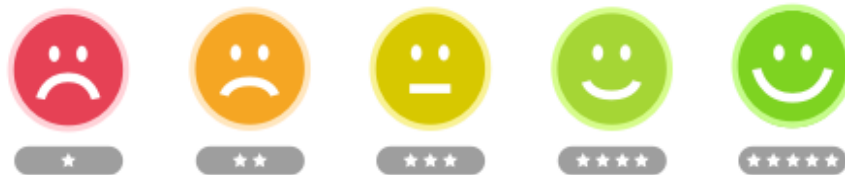
### → P5: Last class of the day!

- Be on time
- Line up for the teacher
- Do your best!



### → End of the day: awesome!

- Tell us how it went, don't forget to tell your parents too! We want to know how to make it a great year at school for you and everyone else 😊





## During Class

Feeling anxious/antsy:

- Stop. Breathe. Breathe again.  
One more time.
- 5 senses grounding activity:



5 4 3 2 1

**SLOW DOWN & CALM DOWN**

FIRST- TAKE 3 SLOW BELLY BREATHS!

5 List 5 things you can SEE 

4 List 4 things you can FEEL 

3 List 3 things you can HEAR 

2 List 2 things you can SMELL 

1 List something you like to TASTE 

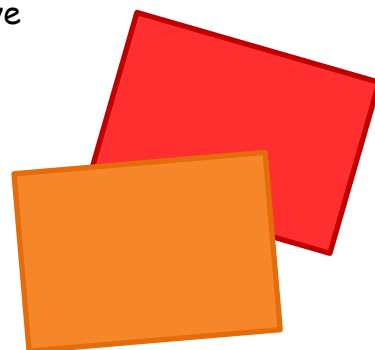
FINISHED? - TAKE ANOTHER 3 SLOW BELLY BREATHS

- Progressive muscle relaxation:
  - \* Clench fists... and relax.
  - \* Clench shoulders... and relax.
  - \* Clench leg muscles... and relax.
- Fidgeting that won't get you in trouble:
  - \* Jiggle your leg
  - \* Roll your ankles or wrists
  - \* Stretch out your legs and tuck them back under the chair

# "I need a Safe Place" - where to go

During class:

- Ask to go for a drink of water - 2-min break.
- Ask to go to the bathroom - 5-min break.
- Ask to go to Inclusion - 5-10 min workout break and talk to an ISA.
- Ask to go to the Wellbeing Officer - 10 minutes, or more if you need to. Teacher has to call them.
- Ask to go to the Youth Ministers - 10 minutes, or more if you really need to. Teacher has to call them.
- Ask to go to the Engine Room in Inclusion - if you're having a meltdown and you really need to be away from everyone. You'll usually stay here the rest of the lesson.
- If you have an orange or red 'exit card', you can show it to the teacher (without needing to talk), and go to any of the above places for up to 15 minutes.





## During Recess and Lunch:

- The Library - quiet, lots of books.
- The Art Room - very chill, can talk with others and do art.
- The Music practice rooms - only if you play an instrument - remember to sign in!
- The Youth Ministry Office - chill space, talk with Youth Ministers.
- The Inclusion Centre - all Recess/all Lunch if it's your year level's turn - or anytime at all if you need to. ISAs will always be there.



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# Substitute Teacher Survival Guide

Help! You've got a relief teacher. What will class be like?

Here's how to have a great class and learn a lot when you have a teacher who is not your regular teacher: 😊

1. First off, don't panic. You still know what subject you're walking into.
2. Keep a spare book to write or draw or use the back page of the book or keep a reading book handy in your bag.
3. Pull out your notes from the previous lesson. While you're waiting for the relief teacher to open up documents, you can read over these.
4. Listen carefully while the teacher marks the roll. They'll need everyone to be extra quiet, as they may not know everyone's name and need to hear them say 'Here!'. The relief teacher might also not say someone's name quite right, and that person might miss their name being called if it's too loud. If other people are being too loud, be an example for them.
5. After that, the relief teacher might give you a worksheet or ask you to take notes from a PowerPoint. If you don't know what's going on, just raise your hand and ask. If other people seem to know what's going on and you don't, ask someone next to you (if the teacher isn't talking). If the teacher IS talking - time to listen!
6. During the class, you might need to work without a lot of instructions. Firstly, make sure you read whatever worksheet you've been given or read what the teacher writes up. If you can, choose someone who generally gets the work done well and try to work with them.
7. Hooray! You made it to the end of the class. You still got some learning done, and you used your notes too - great job! You can tell your normal teacher all about it when they get back.







