



Edition 4,  
7 May 2021

## Important Dates

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**Mother's Day**  
Sunday 9 May

**NAPLAN**  
Monday 10 May

**Yr9 Career Goals  
Workshop  
(9R & 9G)**  
Thursday 13 May

**Yr12 Parent  
Information Evening**  
Tuesday 18 May

**Yr9 Career Goals  
Workshop  
(9B & 9Y)**  
Thursday 20 May

**Yr8 Retreat (8G)**  
Friday 21 May

**Yr12 UniSA  
Workshop**  
Monday 24 May

**Yr8 Retreat (8B &  
8R)**  
Thursday 20 May

**Good News  
Assembly**  
Thursday 27 May

**Yr12 UofA  
Workshop**  
Monday 31 May

**Yr7 2022 Autumn  
Transition Day**  
Wednesday 26 May

**Corpus Christi Mass**  
Thursday 3 June

## Upcoming Events

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### Come 'n' Try Day

Date: Wednesday 2 June

Venue: Mary MacKillop  
College - Kensington

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07.05.21

### From the Principal

Kath McGuigan

Welcome to Term 2!

We welcome back to the College Mrs Miescha Archibald and Mrs Louise Tyler. We also have a new College Accountant, Mr Armando Ramirez and ICT team member working on Fridays, Mr Jake Osborne-Smith.

During the term break, a new garden was installed in the Home Economics courtyard and new seating was placed around the school. Our Dance and Drama classes will be thrilled with the new lighting and flooring in the stage area. We are looking forward to many interesting productions in this newly refurbished space. Other maintenance projects were undertaken throughout the school.

Our Term 2 calendar is jam packed with interesting experiences and events. Winter sport will start this weekend and once again, we

have students involved in Netball, Soccer and Badminton.

We also have many co-curricular activities that students can become involved in other than sport. I encourage students to join a lunchtime group or after school activity.

At our Awards Assembly last week, we acknowledged and celebrated those students who received Awards for Academic Excellence. We also acknowledged and celebrated those students who had made a significant contribution to our College community and they received our "Know more, Do more, Be more" Awards.

Through our assembly Prayer, we remembered those who had served Australia in conflicts around the world. We prayed for peace.

Lest we forget.

**Kath McGuigan**

Principal



06.05.21

## From the Deputy Principal

Louis de Jager

Welcome to all families for the commencement of Term Two.

Students have settled well into their timetables and routines, and as we look ahead to a very productive eight weeks, I encourage all students to organise themselves early in the term with a solid work program that allows for the completion of assignments and regular

revision. This will help to ease the assessment load experienced towards the end of the semester. Remember that plenty of sleep, a good diet and regular exercise also play a very important part in “keeping the balance”.

There are also valuable conversations to be had regarding a range of matters following the release of the Term 1 report. These may include how your daughter is finding their new year level and perhaps the greater degree of difficulty; their academic progress when compared to last year; how their individual contributions to learning are represented by their Learning Behaviour results (input) and the influence this has on their academic results (output). Should your daughter require some help in developing a regular study timetable or identifying strategies for improvement, please contact the relevant Pastoral Care Teacher or Year Level Pastoral Care Coordinator for assistance.

### **Returning to School After the Holidays**

Teachers are aware that after a couple of weeks of school holidays, it can be challenging for some students to settle back to school routines. In fact, some students may feel a variety of mixed emotions:

- stressed or anxious
- excited about seeing friends again
- sad or upset that holidays are now over
- pressured by what their teacher, parents or friends expect of them
- physically unwell
- concerned about workload and keeping up with schoolwork and curriculum

Students of all ages have different experiences of going back to school, and parents are often unaware of how their children are coping and what they are feeling. For example, it is not uncommon that children find it difficult to sleep the night before school returns after a holiday break. Building your child’s sense of resilience can be one way to help them tackle any back-to-school challenges that may arise.

### **NAPLAN**

*12 May–20 May*

In the NAPLAN program, all students in Years 7 and 9 are assessed using national tests in Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy. NAPLAN results provide teachers with useful feedback about your daughter’s literacy and numeracy skills from a point in time. Results can also be used as a benchmark for comparison with school-based judgements to offer a more complete understanding of your daughter’s learning. In 2021, these tests will take place during 11 to 21 May using the online platform. If your daughter is absent from school during this period, please notify the College in the normal way. Catch-up tests will be conducted for missed tests during this period.

You can support your daughter during the NAPLAN testing period by:

- Helping her to be on time for school
- Creating a relaxed atmosphere at home, especially in the morning as you prepare for school
- Ensuring your daughter is well rested and has a good breakfast
- Encouraging your daughter to adopt a positive “have a go and do your best” attitude
- NAPLAN testing provides just one snippet of information about your daughter’s learning. It should be considered in conjunction with the wealth of additional feedback the College provides about your daughter’s learning and development in all aspects of their lives.

### **Scholarships: Australian Veterans’ Children Assistance Trust (AVCAT)**

Applications for scholarships open each year on 18 August and close on 31 October.

AVCAT scholarships include Long Tan Bursaries and sponsored scholarships. Sponsored scholarships are for the children and grandchildren of ex-serving veterans. Long Tan Bursaries are for the children and grandchildren of Vietnam Veterans and are available in each state and territory. The Long Tan Bursary is funded by the Australian Government Department of Veterans’ Affairs.

AVCAT sponsored scholarships are funded by ex-service organisations and private donors. All bursaries and sponsored scholarships are for tertiary education and are mostly \$4000 per year, for three years.

For more information, please visit the [AVCAT website](#).

Every blessing for the term ahead.

**Louis de Jager**

Deputy Principal

## From the Director of Students

Lauren Sutton

### Wellbeing: Self-tracking and Monitoring for Positive Wellbeing in Our Adolescents

Research suggests that regularly monitoring wellbeing and tracking your moods can assist in managing and maintaining positive wellbeing. It provides an opportunity to reflect on when we feel good, the environment we are in and assists in avoiding triggers that may bring on negative moods or feelings. Monitoring wellbeing helps us to make lifestyle choices that continue to support and promote positive wellbeing.

We offer a number of ways for students to track and monitor their own wellbeing at the College, supported by a thorough Pastoral Care program, Pastoral Care Teachers who regularly check in with students and Pastoral Care Coordinators who oversee student progress. Students are regularly encouraged to take stock of their wellbeing, and support is on offer for those needing additional help.

We are pleased to introduce another means for students to track their own wellbeing - the Pulse tool. All students have been signed up to Pulse, a weekly wellbeing check-in where students have the opportunity to reflect on how they are currently feeling and to request help from a member of staff should they want it.

Pulse allows students to ask for help from a trusted teacher or school counsellor in a private manner, the wellbeing check takes less than 60 seconds each week and gives each student agency in managing their own wellbeing. While not compulsory for each student to engage in the weekly check-in, we encourage all families to discuss this with their daughter/s and to encourage engaging with the wellbeing tool.

#### Lauren Sutton

Director of Students

## From the Religious Education Coordinator

Adriana Sotira

### Social Outreach

#### *Project Compassion*

Since the launch of Project Compassion, which took place in Term 1, students enthusiastically made an active contribution by raising money to support Caritas International in assisting marginalised communities. This money has been raised by organising a variety of activities including: Pancake Day, raffles, selling hot chocolate, Silly Socks Day, hot cross buns, zeppole day, guess the lollies in the jar, cookies for compassion and many more to come. This term we will have a Colour Run to end Project Compassion. This is led by the Student Leadership Team.

The College Community has given so generously to this cause by raising \$1201.85 so far, and as the Project Compassion theme for 2021 reflects 'Aspire not to have more but be more' - inspiring words by Saint Oscar Romero - this has been a great opportunity to show compassion for others and show that by working together as people of strong faith and justice, we can assist those in our world who are in need of support.

"Let us keep God with us by charity in thought, word and act."

**- St Mary of the Cross MacKillop**

### Celebrating our Faith

A significant part of celebrating our faith at Mary MacKillop College is to find time for prayer, reflection and personal development. Our Catholic tradition reminds us of the importance of discernment in our lives so as to bring ourselves present to God, who loves us and knows each one by name. Our Liturgies and Retreat programs aim to provide this opportunity.

In Term 1 the Year 12 cohort embarked on a three-day retreat to Nunyara Retreat Centre, Belair. The theme was 'Our Call to Love'. The Retreat was an opportunity for students to reflect on their faith journey and reconnect with God. It was a time to pause from their busy schedules and reflect in a peaceful environment.

This term, there will be three retreats, the Year 8 students will participate in a Retreat Day Pilgrimage, where they will visit various sites in Adelaide which are of significance to Mary MacKillop - the Port Adelaide Chapel, St Mary's Chapel and The Old Adelaide Gaol. The Year

10 cohort will travel to Penola for a three-day retreat. They will walk in the Footsteps of Mary MacKillop. The Year 7 students will learn about Mary MacKillop's life and work in Kensington.

This term, our Year 9 and 10 Cohort will be able to have their year level Mass at the Saint Ignatius Catholic Parish, Norwood, and in Week 6, the whole school will celebrate the Corpus Christi Mass in the College Gymnasium.

**Adriana Sotira**

Religious Education Coordinator





03.05.21

## The Arts @ MMC - Achievements

The Arts Learning Area would like to congratulate the following students on their recent achievements.

Art students Lillian, Year 12 and Scarlett, Year 9 won first and second prize in the "Canvas Urban Photo Competition". Well done to all students who entered the competition run by the City of Norwood, Payneham and St Peters Council. Ten to 18 year olds were encouraged to snap a photo of their favourite place or icon in the local area, with selected entries to be displayed in the Norwood Town Hall as part of *Art on Parade*, which was held on 1 to 30 April 2021.

Lillian describes her inspiration for her winning photograph.

"I was immediately drawn to Richards Park, as to me it included all of the stunning aspects of Norwood in one area. Every summer Lever & Sons provides a pre-loved piano for the community to play and this year it was decorated by children from the Margaret Ives Community Children's Centre. This brings together the visual arts and musical arts, with the open leafy parks that I think of when I think of Norwood.

My photo was composed to include all these aspects in the one shot, the children's art, the hands playing the piano and the stunning backdrop."

**- Lillian, Year 12 Art student**

Music students were recently acknowledged for their achievements in the ANCA Southern Stars Online Showcase of 2020.

Just Jazz and Bella Diva choir groups submitted performances to the event and received the following awards.

- Just Jazz : Division 3 Bronze Award
- Bella Diva: Division 4 Bronze Award

Congratulations to Lotus who was awarded Best Soloist of Division 4.

Well done to all students involved in these events.



**Rachel Scott**

The Arts Leader of Learning



02.05.21

## Languages @ MMC - Italian Liberation Day

Anzac Day, which is acknowledged on 25 April, is of significant importance here in Australia, but it is also a day of remembrance for those who died for the Liberation of Italy in 1945.

Year 11 students, Alexis, Alexandra and Olivia represented our College with great pride at the recent ceremony held at the Chapel of the Holy Family to commemorate the Italian fallen soldiers of the two World Wars. Various government representatives of both the Italian and Australian governments as well as members of the Italian community attended this event.

The students participated in the readings, and those in attendance commented on their poise and confidence as well as their ability to read fluently and expressively in Italian. It was evident our students' involvement in the day's celebrations was truly appreciated.

The service was led by Father Alan Winter, and in his Homily, he spoke of all those who had sacrificed their lives for Italy in the search for democracy and equality. A reflection was also presented by Mr Adriano Stendardo, the Consul of Italy in South Australia, who spoke of the courage of those who fought for Italy's freedom and independence. The President of Com.It.Es (Comitato degli Italiani all'Estero - Committee of Italians Abroad), Dr Christian Verdicchio, spoke of the Italians who had stood up without fear for the good of their country. He also acknowledged the ANZACs and thanked them and Australia for providing many Italians with a place they can call home.

**Mary Lepore**

Languages Leader of Learning



## Music @ MMC - Instrument Loan Initiative



Music is a fantastic way to supplement learning and personal development. Students involved in bands, choirs and instrumental lessons are continuously provided opportunities to work together, develop friendships and bond through similar interests. They can learn courage, confidence, humility and enthusiasm.

We know that it is difficult to justify students starting lessons on a new instrument due to the cost of instrument hire on top of lessons. Therefore, we would like to offer the opportunity for students to try out instruments such as flute, saxophone, trumpet, oboe and clarinet.

Students and families who enrol to undertake lessons for the duration of 2021, will be provided an instrument free of cost. Families will however be liable for the end of year service and any damage sustained during the year.

It is important for students to show determination, dedication and perseverance when learning a new instrument and while learning something new for the first time may not come naturally, it is amazing what we can learn and achieve in six to nine months. Students may enrol at any time during the year.

The instruments we can offer are:

- x4 Trumpets
- x1 Alto Saxophone
- x1 Baritone Saxophone
- x3 Clarinets
- x5 Flutes

Instruments are limited to those above and will be allocated on a first come, first served basis.

Please contact Jasmin Watkins directly via [email](#).

Enrolment and Loan Forms can also be found on the Music Co-curricular Portal on SEQTA.

**Jasmin Watkins**

Co-curricular Music Coordinator

## Science @ MMC - Scanning Electron Microscope (SEM)

During Week 10 and 11 of Term 1, the Science Learning Area gave students from Year 7 to 12, the opportunity to use a scanning electron microscope (SEM) to explore the hidden structures of a range of materials. The SEM used had the ability to magnify materials up to 100,000 to 250,000 times.

Materials explored included a tooth, various insects, fibres, sand grains, plant structures and metal crystals. The photographs in the gallery below show some of the images captured by students and staff.

Students found this a very interesting and exciting experience.

"I really enjoyed looking at the different samples under the microscope. I was fascinated with what I saw especially the baby tooth. Overall, a great experience and it was really cool."

**- Monica, Year 10**

"The microscope was really cool and interesting because I got to see what an ant looks like up close which is very different to how we see it normally. You can see every individual hair and its actual face. The SEM microscope was very easy to use, I picked up the skills needed to operate it very quickly. The eggshell was also very cool to see up-close because I wouldn't have known it was an eggshell if someone didn't tell me. It was a fun experience and I would definitely do it again."

**- Porscha, Year 10**

"I overall enjoyed using the SEM microscope. This hands-on experience was fun and interesting and created amazing microscopic images that were clear and had lots of detail. My favourite thing that we looked at under the SEM microscope was the ant head."

**- Estella, Year 10**

"The SEM electron microscope was easy to work and follow. It had much more detail than our current microscopes and was very interesting to look at objects extremely close up. I like the different textures that we could see."

**- Monique, Year 10**

"The microscope was really cool and I liked learning how to navigate and use it. I was shocked to see how much it magnifies the image under the microscope."

**- Emily, Year 10**

"The Year 11 chemistry class used the SEM Microscope to discover interesting objects in a detailed scale. With the help of Cintia, we were able to see a dragonfly's wing, a strand of hair, a hair with a spilt end, crystals of silver that we had grown in the laboratory, grains of sand, Velcro and the fractured edges of a torn piece of magnesium metal.

For our class to discover these fascinating objects on a minute scale, we firstly put the objects in a vacuum to eliminate any air. Then, we used the computer program to roam across areas of our specimen and to increase the scale and quality of the image.

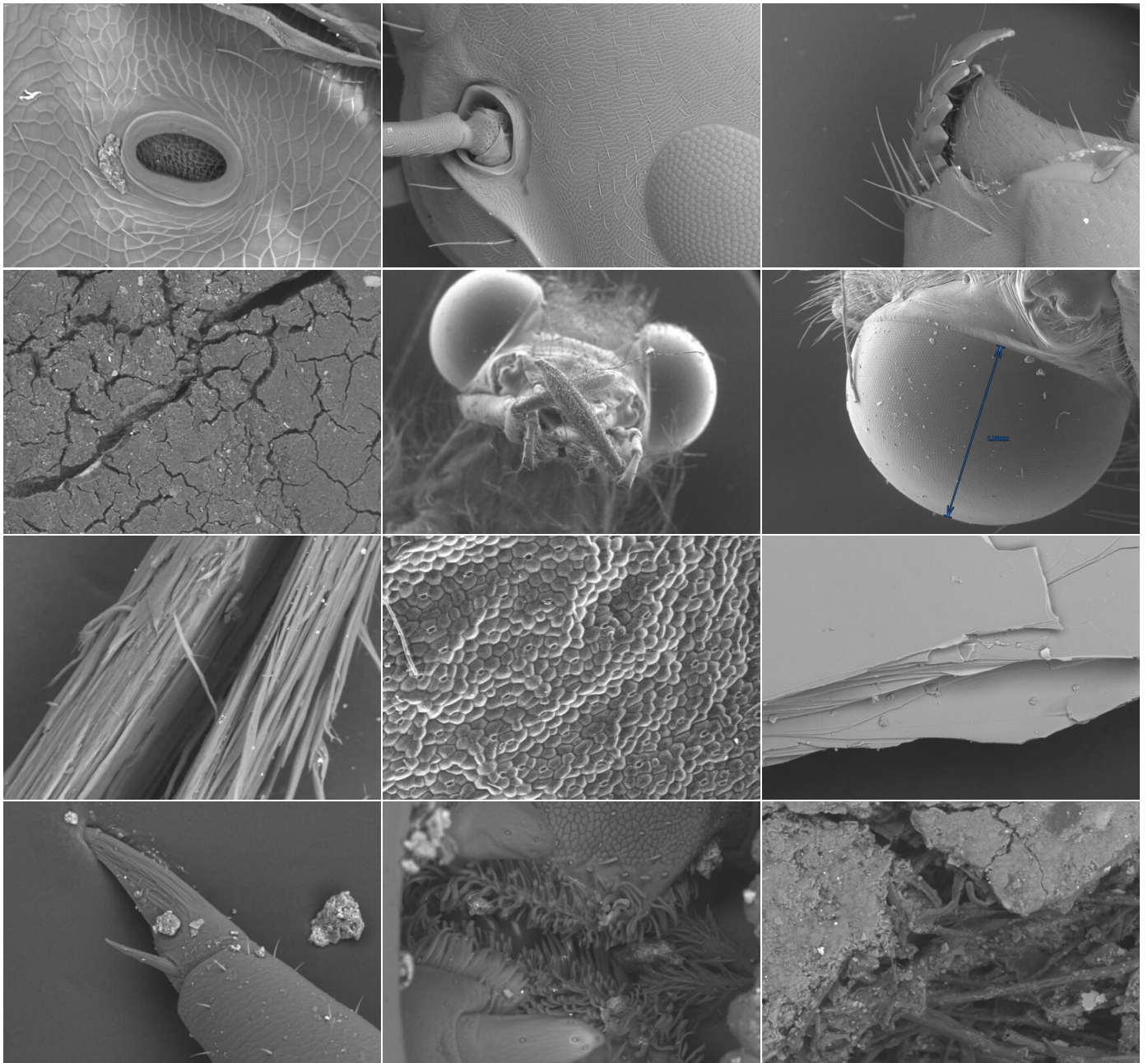
The SEM Microscope provides much more detailed images than a regular microscope as it enhances details not visible to the naked eye or seen when using a light microscope.

Our Year 11 class felt very lucky to discover these tiny objects in a massive scale."

**- Ella and Daniella, Stage 1 Chemistry Students**

**Josie Spizzo**

Science Leader of Learning



# Career & Future Pathways Notices

Melissa Couzner



## Join us at Health HQ 2021

Get hands-on with health at a free showcase of degrees available from the Faculty of Health and Medical Sciences at the University of Adelaide.

Attend presentations from expert staff and current students, get hands-on with cutting-edge simulation technology and have all your questions answered. This is a wonderful opportunity to learn more about the health and medical degrees available at the University of Adelaide.

**When:** Sunday 23 May 2021

**Time:** 9.00am to 3.00pm

**Where:** Adelaide Health and Medical Sciences building, 4 North Terrace, Adelaide, SA 5000

For more information or to register your interest, please click [here](#).

## Adelaide Careers & Employment Expo

*Friday 7 to Saturday 8 May @ Adelaide Show Grounds*

SA's largest Careers & Employment Event is open Friday 7 May 7 and Saturday 8 May. The Expo will host over 80 organisations and employers with career opportunities for all ages.

The Expo is packed with free advice, you can:

- Talk with over 80 training organisations and employers
- Gain free career advice from employment options
- Experience the daily career seminars
- Enjoy the interactive Displays

For any students wanting more information on courses and careers, this is a great opportunity. All of the Universities, TAFE SA and

Apprenticeship providers will be there as well.

### **Inviting Professionals in Law and Journalism**

The College is seeking professionals and field experts to join our Year 10 girls in a Q&A session as part of Futures Week in June (Term 2). We have surveyed the girls to discover the career pathway/s they wish to follow and/or are interested in, which include Journalism and Law.

If you are a parent or old scholar that would like to be involved or you know someone that might, please contact Melissa Couzner, our Future Pathways Coordinator via phone: (08) 8333 6300 or email: [mcouzner@marymackillop.sa.edu.au](mailto:mcouzner@marymackillop.sa.edu.au)

### **UCAT and Pathways into Medicine and Dentistry FREE Information Session**

*Sunday 16 May, 6.00pm – 8.30pm (AEST)*

An invaluable forum recommended to students considering a career in Medicine or Dentistry, and especially for those who already know that they will be sitting the UCAT or attending Med School Interviews. This forum is an excellent opportunity for students and parents to find out about the UCAT, Interviews, Pathways into Medicine, and have all questions answered by expert teachers who have been working in the field.

For more information or to register your interest, please click [here](#).

### **Australian Company of Performing Arts (ACPA)**

The Australian Company of Performing Arts (ACPA) provide the opportunity for students to remain and study in SA. Students may not be aware of the tertiary pathways available to them for full-time dance training through ACPA.

Important Funding Update: SA Government funding of up to \$4000 off course fees for ACPA's delivery of CUA40113 Certificate IV Dance in 2022. Participant eligibility criteria applies.

#### **Academy Open Day**

*Sunday 6 June*

Students will have the opportunity to participate in classes, tour the venue, seek audition details and ask all the essential questions to find their dance pathway.

For more information on studies or to register your interest in attending the open day, please contact Alexis Koukouvitakis via [email](#).

### **Resume & Job Support**

If you are thinking about applying for a part-time job and unsure what to write on your application letter or what to put in your resume, Melissa Couzner can help you with application and resume writing. She will provide you with a sample cover letter and resume and train you on what employers are looking for in resumes.

Pop into the careers office to make a time to catch up with her on either Mondays, Wednesdays or Thursdays. Alternatively, you can contact her via [email](#).

#### **Melissa Couzner**

Future Pathways Coordinator

## **Acknowledgement of Country**



Mary MacKillop College acknowledges and pays respect to the Kurna people, the traditional custodians whose ancestral lands we gather on. We acknowledge the deep feelings of attachment and relationship of the Kurna people to country and we respect and value their past, present and ongoing connection to the land and cultural beliefs.

## Opening Prayer



As we begin our new term and reflecting on our College theme of "Courage and Justice", let us reflect on St Mary of the Cross MacKillop words "May we be courageous and face the future without fear". Therefore, never give up when you are faced with obstacles and always have an open heart when helping others.

Lord we pray for our young women,



may they be strong, resilient and courageous.  
May they grow each day to love and serve you,  
May they serve you in all their endeavours,  
Steadfast and humble in their presence  
With a Spirit of love and understanding towards people  
Amen

## Enrol Now For 2022 And Beyond

Mary MacKillop College is currently accepting enrolments for Year 7 and 8 2022 and 2023. To enrol your daughter or to find out more information, please contact the College Registrar, referencing this newsletter advertisement via:

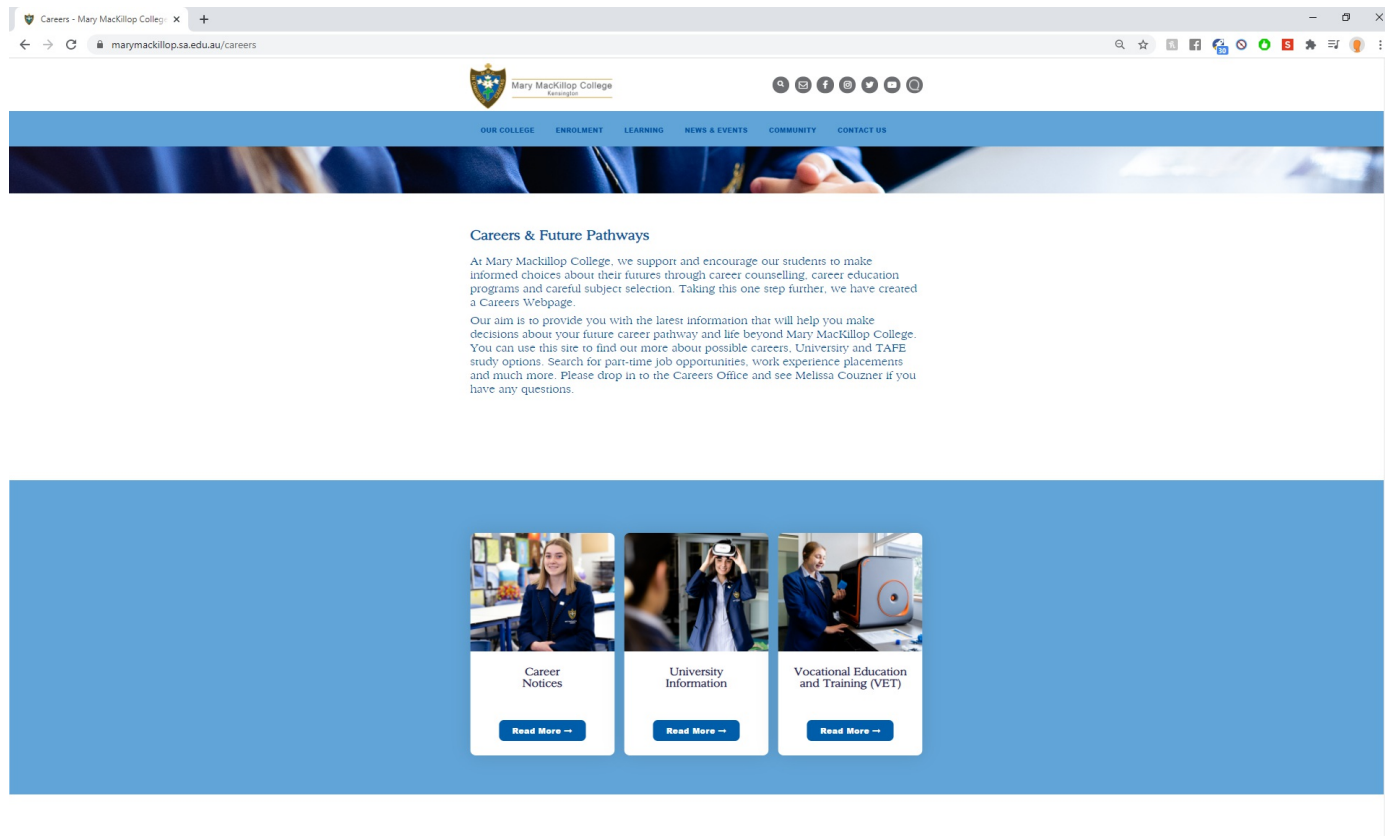
**Phone** | (08) 8333 6300 or

**Email** | [admin@marymackillop.sa.edu.au](mailto:admin@marymackillop.sa.edu.au).

Alternatively, you may visit our [website](#).

*Please note: in order for students to attend our Transition Mornings (Autumn, Winter and Spring), enrolment process must be completed and placement confirmed.*

## NEW Careers Webpage



Careers - Mary MacKillop College x +  
marymackillop.sa.edu.au/careers

Mary MacKillop College  
Karoonda

OUR COLLEGE ENROLMENT LEARNING NEWS & EVENTS COMMUNITY CONTACT US

### Careers & Future Pathways

At Mary MacKillop College, we support and encourage our students to make informed choices about their futures through career counselling, career education programs and careful subject selection. Taking this one step further, we have created a Careers Webpage.

Our aim is to provide you with the latest information that will help you make decisions about your future career pathway and life beyond Mary MacKillop College. You can use this site to find out more about possible careers, University and TAFE study options, Search for part-time job opportunities, work experience placements and much more. Please drop in to the Careers Office and see Melissa Couzner if you have any questions.

Career Notices  
Read More →

University Information  
Read More →

Vocational Education and Training (VET)  
Read More →

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## Webpage.

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## From the Canteen Coordinator

### We have partnered with Flexischools to make school lunches even easier

We are excited to confirm the introduction of a new online ordering system called Flexischools commencing from **TUESDAY 27 APRIL 2021**.

Flexischools is a well-established organisation allowing you to easily place all your canteen orders online at any time.

Flexischools allows you to easily place all your canteen orders online at any time.

1. Download the Flexischools App

*Note:* for iPhone and iPad please select 'Allow' notifications.

2. Add your School and Group

Click on the search icon, enter your school name, select your school and year group, or groups relevant to you.

3. Login/Register

Click the '**Order now**' button located in the bottom right-hand corner of the app, this will open a login screen.

- Already a Flexischools user - Enter your details and login. To save your login details select 'remember me'.
- New Flexischools user - Click 'Register', enter your email address and follow the instructions in the email to set up your account. Once your account is set up, add new student; search for our school, enter student details and select their class.

We hope this step forward will support families with a more convenient and efficient process of placing canteen orders.

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## Mary MacKillop Walk



Mary MacKillop Precinct are delighted to announce that the much-anticipated *Mary MacKillop Walk* was launched on Sunday 18 April.

The suburbs of Kensington and Norwood figure prominently in Mary's story. She was an active and much loved figure in the local community along with her Josephite Sisters. These were women ahead of their time who believed in educating the mind and heart and with a keen sense of social justice. The new dedicated, signposted *Mary MacKillop Walk* brings together a rich history and sense of place of Mary's legacy.

The walk hosts 14 unique Saint Mary of the Cross MacKillop stops, each with their own significant story. The walk will take a leisurely 60-90 minutes, is accessible for all and is signposted thanks to a 2020 grant from the SA History Trust. A detailed guided booklet is available from Mary MacKillop Museum, the Northcote Town Hall or online at [www.marymackillopadelaide.org.au](http://www.marymackillopadelaide.org.au)

At the starting point of this walk is the Mary MacKillop Museum, an interactive and sensory showcase of Australia's first saint and the Josephite Sisters. Very fittingly, the circular walk finishes at the Museum's new High Street Café!

**Free guided tours** of the walk are available on the 1st Wednesday and 1st Sunday of every month at 10.30am, meeting at Mary

MacKillop Museum, 19 Phillips St, Kensington. Bookings are essential. To book, phone the Museum: (08) 8130 5910 or email: [info.mmprecinct@sosj.org.au](mailto:info.mmprecinct@sosj.org.au).

*Be part of living history!*

# Principal's Tour

Junior Campus

**Tuesday 4 May**

**Saturday 29 May**

**Tuesday 22 June**

Senior Campus

**Thursday 6 May**

**Saturday 29 May**

**Thursday 24 June**

Register online

**[www.cbc.sa.edu.au/tours](http://www.cbc.sa.edu.au/tours)**

For more information phone

**8400 4210**

**Christian Brothers College**

A Co-Ed ELC and R-Year 12 Catholic College  
for Boys in the Edmund Rice Tradition

