

St Mary MacKillop

GRATITUDE: "WE HAVE MUCH FOR WHICH TO BE THANKFUL" (1873)

NEWS

Vision

As partners in Catholic education and open to God's presence, we pursue fullness of life for all.

Mission

At St Mary MacKillop College we are people who affirm the dignity of every person, who act with respect and compassion, who reverence relationships, who have hearts for generosity and forgiveness.

We celebrate our Catholic identity.

We respect the unique dignity, faith and gifts of each person.

We value learning, aspiration and connectedness and we work together to create a positive future.

FROM THE PRINCIPAL

Dear Parents, Guardians and Friends,

This week we celebrated JJAMM Week and the feast day of St Mary of the Cross MacKillop. On Wednesday we joined together as a community for Mass and I have included my reflection for:

In this year of Gratitude, you will have heard and continue to hear your teachers speak about being grateful and asking "what are you grateful for"? In preparing for this reflection today I read a number of articles about Gratitude. The following extract was written by a Year 8 student from an unknown background:

If you woke up this morning happy and healthy, you are more blessed than those suffering from illness.

If you have food to eat, clothes to wear and a house to live in, you are much better than those who do not possess these.

If your parents are there to take care of you, you are very fortunate.

If you can hold someone's hand, hug him or even touch him on the shoulder, you are blessed because you have a friend.

If you can read this message, you are blessed than over seven hundred million people in the world that cannot read or write.

Showing gratitude, appreciation, or thankfulness is a positive attitude for the acknowledgment of a benefit that one has received or will receive.

People who experience gratitude are happier, more helpful and forgiving.

Gratitude provides you the abundance of happiness that you desire and deserve in life.

INSIDE

Friday, 10 August, 2018

- Faith Matters
- Mary Poppins Jr. Tickets now on sale
- Pathways/Careers News
- Transition Day 2
- VCAL Soup Kitchen

**ABSENCE HOTLINE
PH: 0427 781 910**

FUTURE EVENTS

AUGUST

- | | |
|---|------------------------------------|
| Mon 13 th – Fri 17 th | Science Week |
| Wed 15 th – Fri 17 th | Mary Poppins Jnr Production |
| Mon 20 th | Culinary Challenge Regional Final |
| Tues 21 st | Deakin University Experience |
| Wed 22 nd | Athletics Carnival |
| Fri 24 th | VCAL Soup Kitchen |
| Tues 28 th | Teacher Release Day – Student Free |
| Wed 29 th – Thurs 30 th | Fairfax Festival Workshop |



One basic attitude of life is one of claiming rights and shunning responsibilities.

We have ceased to appreciate the blessings of life such as health, the beauty of nature, human relationships, love and to respond to them with gratitude.

Gratitude is the key to happiness.

We feel that life owes us the fulfilment of every desire and if we do not receive this, we feel bitter and envious.

Why should we be thankful?

Gratitude makes you aware of the good things that are happening in your life.

Gratefulness is the key to a happy life that we hold in our hands. If we are not grateful, then no matter how much we have, we will not be happy because we will always want to have something else or something more.

One of Mary MacKillop's sayings is "Gratitude is the memory of the heart". Mary MacKillop lived her life with an unwavering sense of gratitude and confidence that God would always provide. Mary didn't waste her time thinking about what she didn't have. She would thank God for what she did have and prayed that he would help her when she needed it.

When someone needed food and accommodation, Mary sold her watch to help them out. When the sisters, or those that she cared for needed food, she went out and asked people for food or money. When Mary ran low on paper, she would write horizontally and then vertically on the same piece, so that she could continue to keep in touch with her family, Fr Tenison Woods and the other sisters.

Mary treated everyone with respect and treated everyone equally. She was grateful for everything in her life.

Today we should feel blessed and grateful for the life of St Mary of the Cross MacKillop.

Regards

Michelle Haeusler

Principal

FAITH MATTERS

JJAMM Week 2018

What a fabulous week of celebrations we have had this week!

Saint Mary MacKillop was a woman who taught us that there is so much to be grateful for and this week we have seen this in action! Our Op Shop day was a success with some staff and our Year 12 students invited to go shopping at one of our outreach shops before parading their "wears" on Tuesday. These clothes were then donated back to the store. Wednesday included hot jam donuts at recess and our beautiful Feast Day Mass at midday. Fr. Matt held a Q & A during the Homily! He had movie vouchers as prizes! Thursday was the annual Staff vs Students netball match where the students proved way too good and were victorious over the staff! Friday was the day of the Walkathon. A new Walkathon track was used this year. It is such a wonderful way to finish off JJAMM Week celebrations and I would like to thank Mr Joyce for all the organization for this event.

This week coincides with National Vocations Awareness Week. Sr Rita Malavisi RSJ wrote a lovely reflection on why she became a sister. This was posted on the Sisters of St Joseph website earlier this month.

Here is an excerpt:

"Following your heart,

Following your deepest desire.

A vocation is not a job. A vocation is your whole life. Simple, but profound all at once.

It takes great conviction to follow a vocation – to follow a call, that you can't really name or explain to others."

Alison Wright

Director of Mission

Prayer for Vocations

God our Father, You made each of us to use our gifts in the Body of Christ. We ask that You inspire young people whom you call to priesthood and consecrated life to courageously follow Your will.

Send workers into Your great harvest so that the Gospel is preached, the poor are served with love, the suffering are comforted, and Your people are strengthened by the sacraments.

We ask this through Christ our Lord. Amen



TEACHING & LEARNING

A LOOK AT STUDENT LEARNING.

VET HOSPITALITY

Last Friday the VET Hospitality students catered for two different events in 'The Orchard'. The first year VET Hospitality students provided morning tea and a light lunch for a Leaders in Learning Conference that was held at the school while the second year students provided a two-course lunch for 38 guests at an Accounting Week lunch. The VET students are to be commended on their enthusiasm and work ethic that helped make both events such a great success.

Mandy McCallum
VET Hospitality Teacher



After School Homework and Study Help in the Learning Resource Centre (Library)

In an effort to assist students with their homework and develop sound study skills, the staff at St Mary MacKillop College have been rostered into the Learning Resource Centre every Monday – Wednesday from 3:30 – 4:30 pm. We strongly encourage students to utilise this excellent facility, where students can stay after school any day until 4:30pm (except Friday when the Learning Resource Centre closes at 4:00pm).

After School Homework and SAC Supervision

Week	Monday		Tuesday		Wednesday
5 13/08	Nicole Gillingham		Catherine Howison		Joel Murphy
6 20/08	Chris Joyce		Catherine Smith		Athletics Carnival
7 27/08	Damian Howison		Student Free		Talia Henderson

Sally Looney
Director of Teaching & Learning

MARY POPPINS JR. TICKETS NOW ON SALE

St Mary MacKillop College is excited to announce our 2018 school production 'Mary Poppins JR.' will be performed in August. The show will run on Wednesday 15th August at 6:30pm & 8:30pm and Friday 17th August at 6:30pm & 8:30pm at our Jubilee Centre in Splatt Street.

Mary Poppins JR. is the story of the Banks family, who live in a big house in London on Cherry Tree Lane. Things are not going well for the family. Young Jane and Michael have sent many a nanny packing before Mary Poppins arrives on their doorstep. Using a combination of magic and common sense, she must teach the family members how to value each other again. Mary Poppins takes the children on many magical and memorable adventures, but Jane and Michael aren't the only ones upon whom she has a profound effect. Even grown-ups can learn a lesson or two from the nanny who advises that "Anything can happen if you let it."

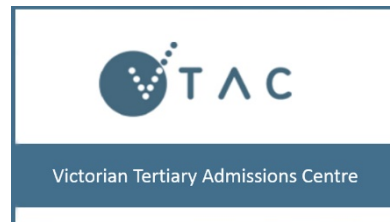


Tickets are on sale now and can be purchased through the Front Office. Phone: 03 5032 9771.

PATHWAYS/CAREERS

VTAC Applications

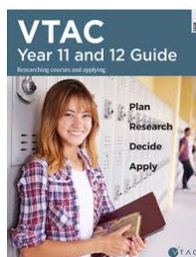
Our busy Year 12 students have one more thing to cope with at the moment which is the process of registering with VTAC. We have given them all preliminary information prior to VTAC opening on Monday and will spend time with them next Tuesday. We are here to assist them with VTAC, SEAS and Scholarships until application close on September 27th.



VTAC are running a free Webinar on August 15th at 7.00pm for parents to better help them understand all aspects of the application process.

More information and registration is available at <https://www.eventbrite.com.au/e/applying-for-tertiary-study-in-victoria-free-vtac-webinar-tickets-48724413031>

The application process can be stressful for some students and their parents so we are both available to meet with any student or parent that needs assistance. Please contact us if necessary to arrange a time.



All Year 12 students have received a VTAC publication that explains in depth how VTAC operates, how to research courses, understanding eligibility, the selection process and encouraging students to research careers and pathways.

Year 11 students will also receive a copy next week and hopefully they will use this resource so they have a better understanding of what is involved for them next year!

2018 Open Day Dates

Some Universities have held their Open Days, and the remainder will happen over the next couple of weeks. A number of students have already attended Open Days and we believe the experience has helped them get better clarity with courses of interests. It is fantastic to hear that many Year 11 students are attending Open Days and finding the experience very worthwhile. Remaining dates for this year are:

AUSTRALIAN CATHOLIC UNIVERSITY

Melbourne – Sunday, August 12th

Ballarat – Sunday, August 26th

DEAKIN UNIVERSITY

Geelong – Sunday, August 19th

Melbourne – Sunday, August 26th

FEDERATION UNIVERSITY

Ballarat and Berwick – Sunday, August 26th

LATROBE UNIVERSITY

Bendigo – Sunday, August 26th

MONASH UNIVERSITY

Parkville – Sunday, August 19th

RMIT University

City and Bundoora – Sunday, August 12th

UNIVERSITY OF MELBOURNE

Sunday, August 19th

VICTORIA UNIVERSITY

Sunday, August 19th

Year 9 and Year 10 News

Year 9 students have been doing some career exploration using different websites such as Job Outlook and Skills Road for a range of careers that they are considering after leaving school.

Year 10 students who have a good idea of what they want to do when they leave school are researching where they could study and making sure they have chosen any required pre-requisite subjects in Year 11. Those who are still undecided have gone back to career exploration websites to look at careers that might suit them. Students considering undertaking an Apprenticeship in the future are doing Aptitude Tests so that they are aware of the literacy and numeracy skills they will need to possess.

2019 Work Experience Opportunities



VICTORIA POLICE

Victoria Police provides an opportunity for Year 10 or Year 11 students who are genuinely considering a career within Victoria Police to do a week of Work Experience in a number of Police Stations

Application forms and information about the application process are in the Pathways Office and must be returned to Brenda by Friday, August 25th.

Zoos Victoria have a wonderful work experience program that allows students to assist in the daily responsibilities of a Zookeeper undertaking some tasks such as food preparation, routine health checks and animal observation as well as maintaining and cleaning animal enclosures. Current Year 10 or Year 11 students are encouraged to apply if interested.



Laura Crow and Brenda Brady
Pathways Team

Melbourne Theatre Company- Work Experience

The Betty Amsden Youth Scholarship course is designed for young people with limited access to the arts. When Mrs Crow passed on the information to me, I applied and my application was accepted into the scholarship. Within my scholarship I was given free accommodation and meals were provided whilst we were onsite.

During my time at the company I made connections with other students throughout Victoria. There were 25 students including myself completing the course. With all of our bright personalities in one room, there was no shortage of conversation.

On each day we experienced a different type of theatre, such as body percussion, stage positioning, physical theatre and acting techniques. Our two teaching artists Tania and Azja were amazing mentors who allowed and encouraged us to express ourselves each and every day we were there. The whole aim of the course was to provide an opportunity for young people with limited access to the arts to learn and develop drama skills, gain confidence, self-awareness and self-expression whilst building friendships and a lifelong affinity for theatre.

The days went from 10am to 5pm and were jam-packed full of experience and education. On Tuesday 2nd July we had the brilliant opportunity to see one of MTC's productions, 'The House of Bernarda Alba'. Seeing the play definitely changed my view on how stage positioning, physical theatre and acting techniques can change and evolve a play to make it even better. On the final day, we completed a performance of our own, showcasing all of our amazing talents and also staging all of the new techniques we had learned. Inside of our play, we had a number of little plays broadcasting our view on 'Bullying'. By taking what we knew from books, the internet and also our personal experiences we were able to display all of our different views on how, where and why bullying happens and exhibit how we can fix and avoid these situations.

This course certainly has pushed me in ways I never imagined and has shaped me into a better actress. For anyone who is passionate about the arts and is interested in making lifelong friends, I would unquestionably recommend this course.

I would also like to thank everyone who made this experience possible for me, so thank you to Mrs Laura Crow, Mr Nick Tranter, Tania Cañas, Azja Kulpińska, my parents Narelle and David Rush and to everyone at the Melbourne Theatre Company. Also to those who made the experience as enjoyable and friendly as it could be, thank you to all of the students who completed the course alongside me.

By Charlotte Rush
Year 10 Student

TRANSITION DAY

On Tuesday 31st July St Mary MacKillop College hosted its second transition day for the year. This day was provided for students who have enrolled in Year 7 for 2019. It's a day where students begin the bond with their classmates that will last throughout their secondary school life. These students came from local and district schools as far away as Balranald, Kerang and Moulamein.

Students were able to experience a variety of different classes including Library Skills, English, Maths and PE. They also participated in a Wellbeing session which involved team building skills and communication.

Our final transition day for 2018 will be held on Friday 14th December, for further enquiries please contact the College on 5032 9771.

Mandy McCallum
Transition Coordinator



CONGRATULATIONS TO JOSHUA HODGSON

Josh Hodgson in the holidays undertook an interview with the Richmond Football Club to apply for a position in their Sports Leadership Program. They generally get over 200 applicants and this year only 45 were offered positions.

Josh received news that he was successful and has a place in the program for 2019.

Richmond Institute of Sports Leadership is a unique program aimed at developing the next generation of leaders within the sports industry.

This unique dual diploma is designed to complement student development as an athlete with a strong emphasis on experiential learning and practical skills and a focus on management and leadership capabilities. The courses are delivered by the Richmond Football Club and Swinburne University of Technology.

Students have access to state-of-the-art high-performance training, teaching and learning facilities. In addition, students will gain industry placement and on successful completion of the dual diploma, guaranteed university pathway into selected Bachelor courses.

Josh will be able to combine his passion for sport and leadership in an elite level environment.

Well done Josh!

SOUP FOR A CAUSE

The Year 12 VCAL class are currently investigating Youth Homelessness in our region. To gain a deeper understanding and support those in need, we are organising a project, 'Soup for a Cause'.

'Soup for a Cause' is being held on the 24th of August at 1pm, Parish Function Centre attached to St Mary MacKillop College.

This will involve a gold coin donation for a cup of soup and roll, all proceeds will be donated to St Vincent de Paul Society and The Salvation Army.

For further information, please contact Skye Hopkins on 5032 9771.

ATHLETICS CARNIVAL

A reminder to parents, guardians and friends that our Athletics Carnival will be held on Wednesday 22nd August at the Ken Harrison Reserve. Events will run from 10am until approximately 2.30pm. This is always a great day on our calendar and we look forward to plenty of support from the College community.

A reminder also that Wednesday is a compulsory school day for all students.

NSW GOVERNMENT – ACTIVE KIDS PROGRAM

The NSW Government will provide a \$100 voucher to parents/guardians of school enrolled children. The \$100 voucher can be used for registration and participation costs for sport and fitness activities based in NSW. It is not means tested and one voucher will be available for every child in the family annually over the next four years. Vouchers are valid yearly from the 1st January to the 31st December. The voucher is redeemable through approved sport, fitness and physical activity providers upon them registering with the program. Currently Murray Downs Golf and Country Club is a registered provider so the voucher can be used for golf lessons. If you are involved with other sporting venues in NSW enquire to see if they are or would like to be registered to be a provider.

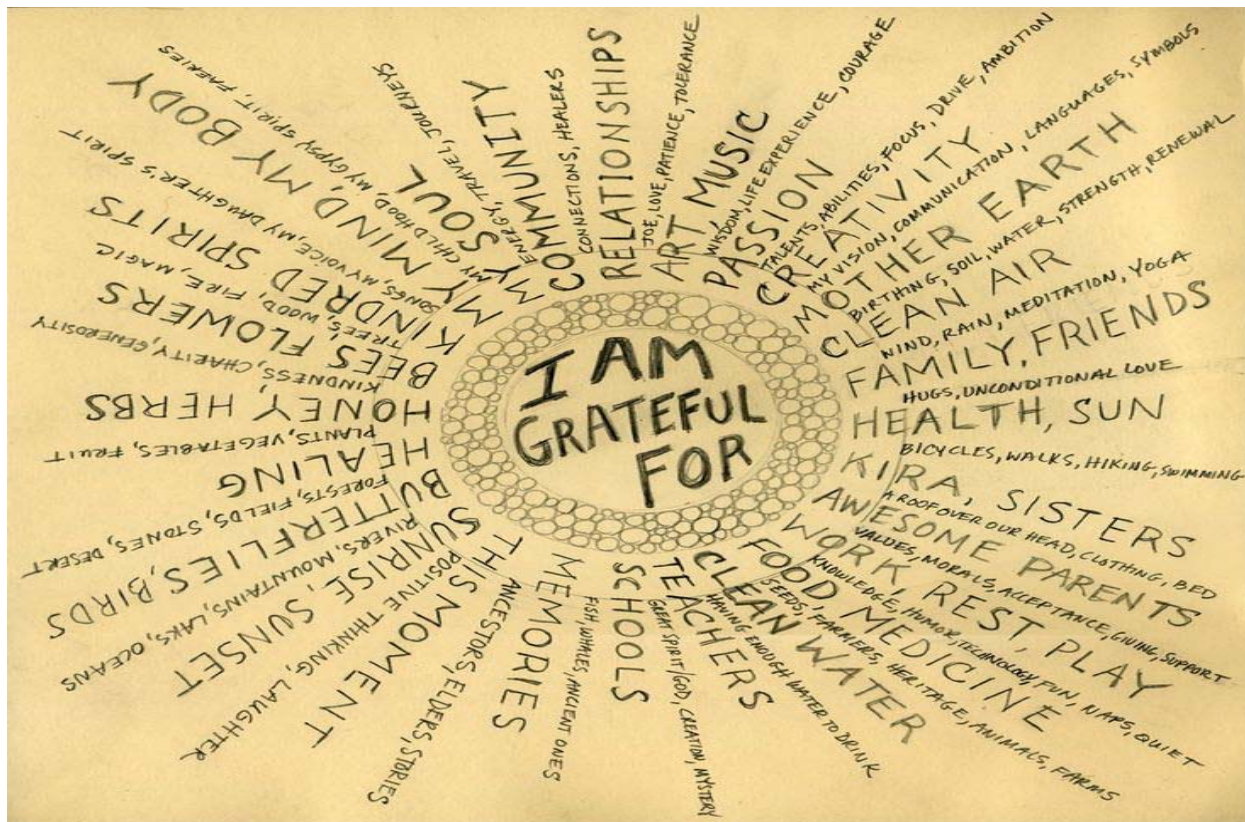
If you reside in NSW go to <https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher> to apply for a voucher.

WELLBEING Newsletter

Gratitude

At the beginning of the new semester the Wellbeing Team is focussing on the theme of “Gratitude” with our staff and students. Staff are encouraged to discuss with each other things they may be “Grateful” for or something that “went well” during the day. We are also encouraging staff to ask their students these questions on a regular basis.

We would encourage you to spend some time each night as a family and ask each other these same questions. This attached link <https://www.psychologytoday.com/intl/blog/what-mentally-strong-people-dont-do/201504/7-scientificallly-proven-benefits-gratitude> highlights the benefits of expressing Gratitude on a daily basis.



Student Focus Groups

Over the next six weeks the Wellbeing/Social Justice Committee will be conducting year level focus groups to hear from their peers about how they feel the school addresses Wellbeing. The focus groups will be conducted on Wednesdays at lunchtimes where students will be asked to answer questions as well as provide any ideas or feedback to the committee in small groups.

Mindfulness

Mindfulness is a tool that can help:

- Reduce worries, anxiety and distress
- Enjoy more energy
- Create a sense of calm
- Learn how to relax and regulate emotions
- Enhance awareness and creativity
- Improve concentration and increase productivity
- Develop a sense of empathy and connectedness
- Enjoy better health and sleep

The smilingmind app is a free app that can be used by all ages to help practice mindfulness. It can be downloaded onto phones as well as accessed on computers through the following link <https://www.smilingmind.com.au/>.

Our Year 7 and 8 students complete a mindfulness activity in each of their wellbeing lessons and other year levels will be invited to completed a mindfulness session in the Chapel during Friday lunchtimes.

eat. move. smile.

fruit & veg more often together

Think about these three words to help your child (and yourself) be their most healthy and happy

Eat more fruit and veggies

Move more often

Smile with friends, family and neighbours.

Getting good nutrition, good levels of physical activity and interacting with other kids and adults are important factors in the growth, learning and health of children.

Week 3 – 16th July



Healthy Eating Habits

Teach Nutrition in a Positive Way

Avoid using negative statements like 'X food is not healthy; X food is a bad choice.' Instead use the phrase, 'X is a sometimes food, a food that we eat sometimes, not every day.' 'Y and Z are everyday food, something we should try and eat every day.'

Don't talk about dieting in front of children

Encourage body positivity and diversity. It is normal for people to come in all shapes and sizes. Encourage physical activity for the sake of health and pleasure – not weight control.

Listen to children

Believe and respect children when they say or signal they are full.

Provide Structure around meal and snack times by having set meal and snack times. Avoid grazing.

Remember...

WHAT food to pack – Parent's and child's job together

WHEN & WHERE kids eat – Parent's and Teacher's job

WHETHER & HOW MUCH to eat – Child's job

*Adapted from The Mindful Dietitian Facebook page post

Week 4 – 23rd July



Dental Health Week 6-12 August

This year's Dental Health Week theme is "Watch Your Mouth"

Tips for the whole family include:

- brush twice a day with fluoride toothpaste
- clean in between teeth at least once a day with floss or an interdental brush
- eat a healthy balanced diet and limit sugar intake
- regularly visit the dentist for check-ups and preventative treatment

ALL children under the age of 13 are eligible for FREE dental health care at Swan Hill District Health's Dental Clinic. Call 5033 9336 or visit 30 High Street to make an appointment.

One good deed can change everything.

SOUP FOR A CAUSE

St Mary MacKillop Parish Function Center

1:00PM | AUGUST 24TH, 2018

Gold coin donation for cup of soup!

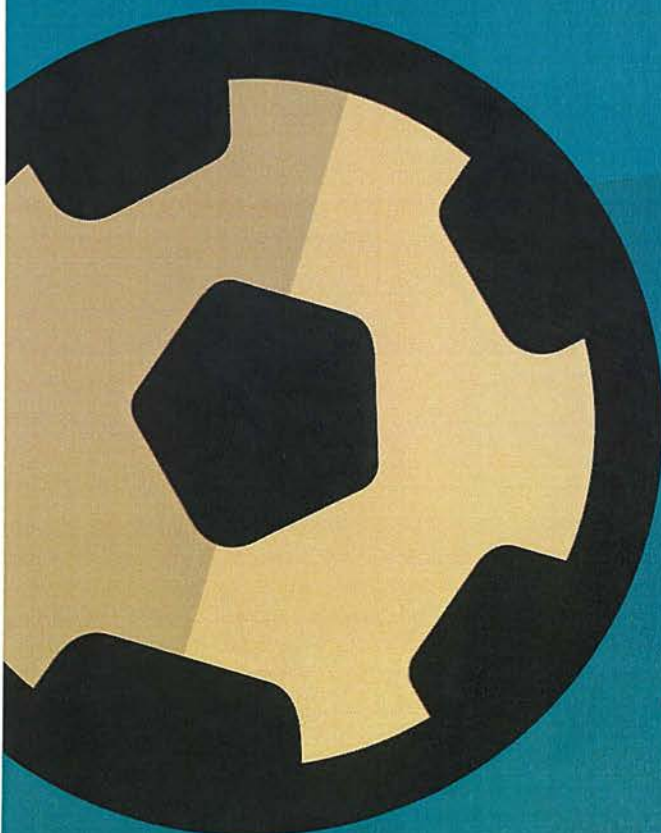
All proceeds will be donated to
*St Vincent De Paul Society / Salvation
Army*
Swan Hill

5-WEEK PROGRAM
SOCCER & MINOR GAMES



AFTER-SCHOOL SPORTS

FREE & EXCLUSIVE
FOR 12-25 YEAR OLDS



MONDAY'S
13TH AUG - 10TH SEPT
3:30PM-4:30PM
JUBILEE CENTRE
ST MARY MACKILLOP COLLEGE

AFTERNOON SNACK PROVIDED

TO EXPRESS INTEREST: SIGN UP SHEETS AT SWAN HILL COLLEGE & MACKILLOP COLLEGE, CONTACT SHANTELE AT HEALTH PROMOTION SMAGUIRE@SHDH.ORG.AU 5033 9337 OR JUST POP BY ON THE DAY!



On the 3rd & 4th of November the **Mallee Cruisers Car Club** & the **Swan Hill Lions Club** will be joining together to present our major event for 2018, "RU OK SH" Are You Ok Swan Hill, incorporating the "Mallee Cruisers Car Club CRUZE 4 AWARENESS and the Swan Hill Lions Club Show and Shine" for a weekend **filled** with family friendly events for all ages.

Our concept for this fundraiser is a meet and greet, local community drive, followed by a family evening with a meal and entertainment, a day filled with a show and shine, market stalls, with lots of children's activities for all the family. The aim to promote having fun as a family which will also include activities for the children at Riverside Park. The event will be a fundraiser for Mental Health in Swan Hill 'to aid organisations in their work with our community who are impacted by mental health.' As community clubs in Swan Hill we recognise that the number of people that are being impacted by mental health is growing in our area and services are struggling to support them with limited funds.

As a committee we have this year decided that the money raised from this event will be used for providing activities at a family day at the park and ongoing support of our local schools.

Mallee Cruisers Car Club and Swan Hill Lions Clubs vision is that every person in our community knows how to look after their mental health and wellbeing. Talking about depression, anxiety and suicide and life difficulties are not a part of the Australian culture and consequently Australians suffer in silence and do not access the help that will improve their life. With this donation the **Mallee Cruisers Car Club** and **Swan Hill Lions Club** will be able to hold events for our local community and hopefully breaking down the stigma surrounding mental health issue like suicide, depression and anxiety.

Our priority is to have the park filled with families for the whole weekend.

Your consideration and support for this event will be greatly appreciated; we as a committee feel that the work undertaken by the Mallee Cruisers Car Club & the Lions Club will greatly benefit our community members.

Yours sincerely

R U  S H Committee

Mandy Purtill (Event Chairperson 0427301073)

CRUZE

4 AWARENESS

DRAG

YOUR MATES

SHOW

AND SHINE



RUSH



SWAN HILL, VICTORIA

ON THE 3RD & 4TH OF NOVEMBER



CHECK "RUSH SWAN HILL" OUT ON FACEBOOK OR CALL 0417 727 038



Tour the Universe - VR style!

Help us Celebrate Science week and take a tour of the invisible Universe!

Join Professor Alan Duffy and Doctor Rebecca Allen to discover how Australian scientists are leading the way in probing the Universe through ripples in the fabric of space-time and providing unique views of the microscopic world.

A SciVR headset will be supplied on the night to take you out of our world and in to one filled with colliding black holes and microscopic wonders!

And afterwards, you can see the night sky in real time through a computerised telescope from the Lake Boga Observatory, weather depending.

Don't miss the unique chance to explore the Universe using ground-breaking technology and make new discoveries through Q&A with the speakers.

Please note: Participants will need their own Smartphone to use with the VR head set and, prior to the tour starting, have downloaded the free SciVR app.

- When:** Thursday, 16 August
Time: 6.30pm - 9pm
Where: Swan Hill Regional Library
For: All ages
Cost: FREE!

Limited places, so bookings essential. For more information contact the library on 5036 2480.



SCINEMA

International Science Film Festival 2018

Swan Hill library invites you to a fun film night in conjunction with SCINEMA, Australia's Science Channel, in celebration of National Science Week.

The documentaries range in length from 1 to 58 minutes and cover a range of topics such as: our perception of time, natural cycles of exchange between humans and animals, cultural behaviour of wild orangutans, the strange sounds of satellites in space, the people who stand between the world's last wild population of African penguins and extinction and mathematician Lily Serna's belief that maths can provide the answer to life's tough decisions.

- When:** Wednesday, 15 August
Time: 7 - 8.30 pm
Where: Swan Hill Regional Library
For: 6 - adult
Cost: FREE!

Bookings not essential but preferred. For more information contact the library on 5036 2480.