

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,

Spring has certainly come upon us with some beautiful sunny days. We pray that in amongst these sunny days we also receive some much needed rain to quench our dry land. As a Parish we pray the following prayer, which I invite you to pray as well:

*Loving God, maker of all things and protector of your people,
In you we live and move and have our being.*

In your mercy come to our aid, send us the rain we need, and teach us to seek your lasting help on our journey through life.

*We ask this blessing through Christ Our Lord.
Amen*

The forecast for the next two weeks sees us with temperatures from 18 to 28 degrees, therefore the students have been informed that they may wear their Summer Uniform from Monday 10th September. Students have been reminded that they must not wear their Winter Jacket with the Summer Uniform, so need to make wise choices when deciding which uniform they will wear over the next few weeks. We will still have some colder days, so students may still wear the Winter Uniform if they prefer.

Due to the activity based Pastoral Care session on Tuesday 11th September, students may wear their PE uniform on this day, for the full day. A reminder that black socks are not a part of any of our school uniform.

I appreciate all parent and guardian support in ensuring that the correct uniform is worn each day.

Regards

Michelle Haeusler
Principal

INSIDE

Friday, 7 September, 2018

- Faith Matters
- Pathways/Careers News
- Year 11 PE Ski Trip
- Swan Hill Regional Athletics
- Soup For A Cause

ABSENCE HOTLINE
PH: 0427 781 910

FUTURE EVENTS

SEPTEMBER

Wed 12 th	Culinary Challenge Grand Final
Thurs 13 th	Formal School Assembly
Tues 18 th – Thurs 20 th	Fairfax Festival
Thurs 20 th	Year 7 & 8 MacBooks Returned
Fri 21 st	Term 3 Ends. School finishes 2.15pm
Mon 24 th – Thurs 27 th	Office Open 8:30am – 4:00pm

OCTOBER

Mon 1 st – Fri 5 th	Office Closed
Mon 8 th	Term 4 Begins



FAITH MATTERS

On August 23 and 24, I attended the annual conference for both Primary and Secondary REL's. This is a wonderful time to engage in professional conversations with other staff from schools right across our diocese. The focus of this year's conference was "take nothing for the journey" – with a direct focus on the new Awakenings RE curriculum. A number of sessions ran over two days and included: leading curriculum change in RE, students at the centre of our teaching, substance for the journey, supports for developing units of work with the new curriculum and assessment and reporting within the new curriculum. A major change with the new curriculum is that the units of work taught are developed within the context of our school community and community of believers. The challenge for RE staff when writing this new curriculum is making it relevant and engaging for the students in our classrooms. We know from ECSI data that we do have students of faith in our community so we must be understanding and teach this from the Catholic perspective whilst acknowledging connections to other Christian and non-Christian faiths. We also need to adapt to young students and deliver a program that will challenge their thinking and possibly open up a willingness to listen and hear.

On Tuesday this week, Bernadette Tolan (RE secondary consultant, CEO, Ballarat) delivered a two-hour professional development session for interested staff. The title of this session was "Catholic 101" and it focused on the very basics of our faith, including rituals, sacraments, seasons (or times) with the Church's year as well as a history of the Church. Bernadette is always very willing to travel to our school and work with all staff. I thank her for this.

It is hard to believe, but I am already starting to plan for our End of Year Mass! Just as an initial notice, this mass will be held on Tuesday 23rd October at 12pm. This is the final liturgical celebration the college has as an entire community. Please mark this date in your calendar!

During the Season of Creation (Sept 1 – Oct 4) Christians across the earth come together to pray and care for creation. Today, indifference and spiritual apathy towards God's gift of creation and the people impacted by its exploitation have led to what Pope Francis calls "an ecological crisis". Let us pray for the care of creation:

*All-powerful God,
 You are present in the whole universe and in the smallest of your creatures.
 You embrace with your tenderness all that exists.
 Pour out upon us the power of your love, that we may protect life and beauty.
 Fill us with peace, that we may live as brothers and sisters, harming no one.
 Touch the hearts of those who look only for gain at the expense of the earth.
 Teach us to discover the worth of each thing, to be filled with awe and contemplation
 To recognize that we are profoundly united with every creature
 As we journey towards your infinite light.
 We thank you for being with us each day.
 Encourage us, we pray, in our struggle for justice, love and peace.
 Amen.*

Alison Wright
 Director of Mission

ACTION CALENDAR: SELF-CARE SEPTEMBER 2018

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

"Treat yourself as you would treat a good friend" - Dr Kristin Neff

- 1 Recognise that self-care isn't selfish. It's essential.
- 2 Talk to yourself like you would to someone you love
- 3 Free up time in your diary by cancelling any unnecessary plans
- 4 Forgive yourself when things go wrong. We all make mistakes
- 5 Notice what you are feeling today, without any judgment
- 6 Avoid saying 'I ought to' or 'I should' to yourself
- 7 Remember it's ok not to be ok. We all have difficult days
- 8 Plan a fun or relaxing activity this weekend and make time for it
- 9 Remind yourself that you are loved and worthy of love
- 10 Give yourself permission to say No to requests from others
- 11 Find a new way to use one of your strengths or talents today
- 12 Aim to be good enough, rather than perfect
- 13 Find a caring, calming phrase to say to yourself when feeling low
- 14 Be willing to share how you feel and ask for help when needed
- 15 Stop the glorification of 'busy'. It's good to take a break
- 16 Make time today to do something you really enjoy
- 17 Notice the things you do well today, however small
- 18 Don't compare what you feel inside to how others appear outside
- 19 Leave positive messages where you will see them regularly
- 20 Accept your mistakes as a way of helping you make progress
- 21 You matter. Remember that you are enough, just as you are
- 22 Get active outside and give your mind & body a natural boost
- 23 No plans day - make time to slow down and be kind to yourself
- 24 Look at photos from a time with happy memories
- 25 Write down three things you appreciate about yourself today
- 26 Think of a previous mistake you're glad you made and why
- 27 Release yourself from inner demands and self-criticism
- 28 Ask a trusted friend to say what they like about you
- 29 Take your time. Find space to just breathe and be still
- 30 Let go of other people's expectations of you today

ACTION FOR HAPPINESS www.actionforhappiness.org

FROM THE DEPUTY PRINCIPAL

Coming weeks

It is hard to believe we are almost at the end of Term 3. Over the next few weeks we usually notice students getting a little tired and also unsettled. The change in weather seems to have an impact on concentration levels also. Students are encouraged to try to finish the term well and avoid any behaviour that detracts from their learning.

College Community Expectations

At St Mary MacKillop College we have a very straightforward set of expectations that outline the way members of the community should conduct themselves. One of these is “We respect ourselves, each other and our learning environment”. Lately we have seen a rise in behaviour that is in direct opposition to this. It seems to be more prevalent in the junior year levels and is something that we need to work on changing in the immediate future. Some reminders about what respecting ourselves, each other and our learning environment means:

- Speaking with courtesy to everyone in our community.
- Doing our own work and not creating a distraction to anyone’s learning, including our own.
- Picking up our own rubbish and taking care of our learning environment.
- “Hands Off” means exactly that, no pushing, no shoving, no slapping, no physical contact with other students. Some students might claim that this is ‘just mucking around’ but we need to respect everyone’s space.

Leaving school grounds

Students are reminded that they should not leave school grounds without written permission and having signed out. Our expectation is that students would only be leaving at lunchtime for specialist appointments and if this is the situation then they should present the note at the Pastoral Care Centre when they are signing out. It is also important for students to contact parents via Pastoral Care rather than texting parents during class.

Uniform

During September there are at least 11 occasions where groups of students have gone out in the community on excursion or sporting trips. When students do this they are representing the school and as such we expect that they are correctly attired. If it is a PE trip then students should be in full and correct PE Uniform which does not include black socks. For other excursions the uniform might vary depending on activity but whatever the case, uniform should be worn correctly and with pride.

Lockers

Unfortunately, last week it became evident that we have people coming in to our yard at night and moving around the school property. Whilst no major damage has occurred at this stage the Police have been informed and are investigating. It is a timely reminder to our students to make sure their locker is secure and locked with the padlock provided. Too often students leave their lockers open, many times with valuable items in plain sight.

Catherine Howison

Deputy Principal

BETTY CURRIE SCHOLARSHIPS

Applications close Friday 26th October 2018

Betty Currie Scholarships for the 2019 school year are now open.

Families experiencing financial hardships are encouraged to apply.

Please note that financial information must be supplied. All applications are confidential.

Application forms are available from Front Office or on the school website

<https://smmc.vic.edu.au/our-community/betty-currie-scholarship/>

TEACHING AND LEARNING

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
9 10/09	Tony Haley		Sally Looney		Brenda Meinhold
10 17/09	Gemma Harrower		Nella O'Brien		Eddie Scholtens
	School Holidays		School Holidays		School Holidays

Year 12 Students

The majority of Year 12 VCE classes will have completed their coursework by the end of this term and will be focussed on exam preparation. Unit 3/4 external examinations commence on Wednesday 31st October with English and English EAL. Students studying VET subjects and/or the VCAL course will also need to ensure all outcomes have been successfully completed by the last day of Year 12 classes on October 23rd 2018.

Full details of examination timetables, rules and the VCE Navigator are available on the VCAA website

<https://www.vcaa.vic.edu.au/Pages/vce/exams/timetable.aspx>

UNIT 3/4 PRACTICE EXAM TIMETABLE 2018

All students studying a Unit 3/4 subject (Year 12 subject) are required to attend Practice Exams in the second week of the school holidays as per the timetable below. Any rescheduling of a practice exam due to timetable clashes or valid personal/work reasons must be requested in writing, with a parent signature, to Mrs Haley, Senior School Coordinator, prior to the holidays.

All students must complete and submit a Practice exam for their subject, even if rescheduled, by 3.15pm Wednesday 3rd October.

DATE	TIME	SUBJECT
Monday October 1st	9.00 – 11.15	3/4 RE 2 hrs FURTHER MATHS 1.5 hrs
	12.30 – 2.45	PHYSICAL EDUCATION 2 hrs VET SPORT & REC 1.5 hrs
Tuesday October 2nd	9.00 – 11.45	PHYSICS 2.5 hrs HEALTH & HD 2 hrs VET HOSPITALITY 1.5 hrs
	12.30 – 3.15	PSYCHOLOGY 2.5 hrs MATH METHODS 2 hr VET COMM. SERVICES 1.5 hrs
Wednesday October 3rd	9.00 – 11:45	BIOLOGY 2.5 hrs CHEMISTRY 2.5 hrs VISUAL COMM. 1.5 hrs
	12.30 – 2.45	BUS MANAGEMENT 2 hrs STUDIO ARTS 1.5 hrs

TEACHING & LEARNING

A LOOK AT STUDENT LEARNING.

YEAR 8 ART & DESIGN

Students have spent the term learning about the design process and how to apply it to a specific arts project. After initially creating artworks in the style of constructivism with paper, students were then required to research and generate ideas for their own mosaic artwork.

It was pleasing to see students going through the different stages of development and providing each other with feedback as they explored the various art elements and principles.

Jeremy Wood

Visual Communication Teacher



Artwork by Bronwyn Hewitt



Artwork by Bridgette Zucco



Artwork by Max Dow



Artwork by William Girdwood



Artwork by Hannah Findlay

PATHWAYS/CAREERS

ROBOTICS WORKSHOP

We are very excited about an upcoming Brainery Robotics Workshop that interested students are invited to attend. There are still a few places available but only genuinely interested students are asked to apply. They need to see Brenda in the Pathways Office by Monday, September 10th to register their interest. The workshop will commence at 12.00 and finish at 3.00pm. A short lunch break will be at a time decided by the presenters.

SCHOOL HOLIDAY OPPORTUNITIES

LaTrobe University - Bendigo Campus Talk & Tours (24-27 September)

This is a wonderful opportunity for students to receive a personalised campus experience, and also have the opportunity to have a one-on-one guided campus tour and tour of our accommodation services. Students can register here: <https://www.latrobe.edu.au/events/all/bendigo-campus-talk-and-tours>

Choose Clever

A brand new initiative for Year 12 students will be running in the September school holidays at both the Bendigo and Melbourne campuses. These sessions are designed to get students actively thinking about the area of study and will appeal to students struggling to choose between different disciplines. Places are limited. Head to the LaTrobe University website and register if interested.

Australian Catholic University - Talk with Teachers

Melbourne Campus - Tuesday, September 25th from 10.00am – 11.30am

Ballarat Campus - Tuesday, October 2nd from 10.00am to 11.30am

Deakin University

[Step on Campus](#) is running again over the school holidays. Students will be taken on a tour of their chosen campus by a current Deakin student while finding out more about University life. For registrations and to find out more about Deakin Step on Campus visit deakin.edu.au/steponcampus

Melbourne University

The Mission Discovery Program offers full immersion in Space and STEM – with plenty of hands-on activities, and is run by Latitude Travel Group in association with ISSET and NASA. See the [Mission Discovery website](#) for the full program and costs.

Hands On Engineering and IT Workshop

This one-day interactive program includes Electronics or Robotics Workshop, App Inventor Workshop and Engineering Lab tours and is available for interested Year 10 students during the September holidays. Interested students must see Brenda as soon as possible as their application must be done through the school.

Academy of Information Technology (AIT) and Coder Academy (CA)

Join the fun and engaging days full of Game Development and Character Design, Robotics, Electronics, App Development, Animation, Virtual Reality and more. Commencing Monday, September 24th, each day has a different focus. Go to www.ait.edu.au/events/short-courses/melbourne-workshops

JMC Academy - Stage Management Live Workshop

Learn what it takes to Stage Manage a Live Event and then put those learnings into practice. Monday, September 24th 10.00am to 4.00pm. Cost \$50 which includes lunch. Please go to their website to register

AIE Experience Days – Free Event

A fabulous opportunity to learn more about game development, 3D animation and visual effects. Sessions are fun by professionals who have worked on blockbuster games and films. Everything is provided to participate in these hands on workshops. Register at <http://www.aie.edu.au/ied>

Kwong Lee Dow Young Scholars Program

This University of Melbourne program is an academic enrichment program designed to support high achieving students currently in Year 10. Students must demonstrate evidence of leadership potential, active citizenship and community involvement in their application. Benefits of being a Kwong Lee Dow Young Scholar include access to University resources and participation in an exciting program of events and activities, as well as benefits for any student who studies at The University of Melbourne. This program has been running for eleven years and previous recipients have found this to be an extremely worthwhile experience. Brochures and application details are available from their website futurerstudents@unimelb.edu.au/kld or the Pathways Office. Applications close Monday, October 15th.

Year 9 Pathways Excursion

Last Friday we took Year 9 students firstly to Bendigo TAFE (both City campus and Charleston campus) where they were able to participate in workshops of their choice. Workshops included Children Services, Hospitality, Sound Production, Visual Arts, Building, Electrical and Refrigeration, Environmental Science and Lab Operations just to name a few. This was a wonderful experience for all students to be part of some 'hands on' sessions. We met up again at LaTrobe University for a short presentation followed by a thorough tour of the campus. We think sitting inside a lecture theatre was a highlight for many students!



A huge thank you to Mr Waterson, Mr Sean White, Ms Agars and Mrs Rush for attending with us.



Year 12 Students Applying for Teaching Courses 2019

With recent changes to Undergraduate Teaching course applications and the selection criteria for courses Year 12 students have been reminded that besides meeting subject prerequisites and minimum study scores, they must now register and sit the CASPer Test by December 9th to be eligible for Round 1 offers.



**CAREERS
OPEN DAY**

Wednesday, September 19th from 10am to 5pm

Information Stands

Campus Tours

Open Classrooms

Course Information Sessions

Ask About 'Free TAFE'

Swan Hill campus. Call: 1300 478 648 or visit: sunitafe.edu.au

Laura Crow and Brenda Brady
Pathways Team

YEAR 11 PE SKI TRIP

The Year 11 PE classes were lucky enough to experience one of the highlights on the St Mary MacKillop College calendar - the annual ski trip. We were happily assisted by Mr Murphy, Miss Gurnett and Mr Wirges throughout the trip. Sunny skies greeted us on the two day and we were able to experience some perfect powder skiing, with Fantastic Conditions and Visibility!

Friday saw a change in the weather, but the students and staff enjoyed about a great trip and vastly improved the skills involved in Unit 2 Physical Education!

Below is a snapshot of some of the highlights from the students...

- Watching people stack
- Donuts
- Beating Liam
- Watching Jackie take out everyone
- When Chelsea, Greta, Ella and I (Sienna) all stacked at the same spot on Burnt Hut
- Andreas
- Riley trying to ski
- Sitting with Riley while he tried to go 30 metres without eating it on Bourke Street
- Watching Hamish shred.
- Watching Jackelyn absolutely fly down the summit because she hadn't learnt how to turn to slow down yet
- Watching Dayna learn how to ski
- Going down Bourke Street with Riley and Liam
- Clearing the summit without stacking
- Watching Dayna ski
- Having a 4 person stack on Burnt Hut
- Skiing with friends
- Watching Tom stack when we went as a class on a green run
- Watching Dayna and Greta stack
- Making down Bourke Street without falling
- Making it down the steep part of Bourke Street without stacking
- Not having a really bad crash
- Charli hitting the fence on Family Run
- Cob loaf and racing Talia on the Summit
- Watching Riley going down Bourke Street
- Seeing Dayna stack it everyday
- Family Run
- The sunshine and student effort!
- The fact I only stacked 4 times
- Blue skies on Thursday

And some of the lowlights...

- Forgetting a neck scarf
- Almost breaking my ribs
- Ski lifts on the last day
- Slipping on the road
- The boots
- When the guy told us that the ski lift was going to the car park not the ski school
- Riley trying to ski
- Watching Riley ski
- Not being able to use the spa on the second night
- Walking 5km with Liam and Charli to get back to where we were staying up a hill
- Riley Daniels taking me out
- Watching Insidious
- Walking for an hour with Liam and Chloe G to get back to where we were staying up a massive hill
- Not much to do in the lodge
- Going on the chair lift by myself thinking the safety bar would automatically come down but never did
- Getting screamed at by a guy down the bottom of the Summit
- Getting to the chair lift of the summit and almost falling off the mountain
- The boots and walking up stairs
- Watching Emily C nearly die
- Myself skiing across a run, down a drop and into the side of a shed.
- Coat hanging myself on a rope
- The Boots and not trying as much
- Accidentally going down a Howqua Black Run
- Wombat Run
- Not being able to stop
- Not knowing how to stop properly
- Windhold!
- My shin pain
- Blue skies but no skiing on Friday!

The 'Family Run' was voted the student's 'Most Favourite Run', with the 'Bourke Street Run' and the 'Burnt Hut Run' coming in a distant second and third. Riley Daniels was voted 'Most Improved Skier'.

The Year 11 PE Group



SWAN HILL REGIONAL ATHLETICS

Wednesday 29th August saw 100 St Mary MacKillop College students representing our college in Kerang at the Swan Hill Region Athletics Championship. The athletes were given perfect conditions for competition, with sunshine and minimal wind on the day.

St Mary MacKillop College was able to finish second in the Schools Championship which was a great effort with a reduced team. It was a real competition with the lead changing many times throughout the day. It is great to see a close competition, with many students across all schools performing well.

There were some fantastic individual performances from our students on the day, highlighted by our record breakers who are listed below.

Many thanks to the staff involved who were able to ensure that the day was well organised and ran smoothly. We now look forward to seeing the many students who won their events back up their performance at the Loddon-Mallee Championships in Bendigo on the 11th of October.

St Mary MacKillop College Record Breakers

Event	Name	New Record
Female 15yrs High Jump	Leah Meaney	1.46m
Female 17yrs Long Jump	Chelsea Tofful	4.20m
Female 15yrs 1500m	Greta Ryan	5.25.90

St Mary MacKillop College Age Group Champions

Age Group	Name
Male 13yrs	Nathan Louw
Female 17yrs	Chelsea Tofful
Male 17yrs	Jacob King

Final School Results

Result	School	Points
1 st	Kerang	648 Points
2 nd	St Mary MacKillop College	599 Points
3 rd	Swan Hill College	593 Points
4 th	Cohuna	506 Points

Jeremy Wirges
Sports Coordinator

SPELLING BEE CHALLENGE

The Academic Committee held their Annual Spelling Bee Challenge on Thursday 30th August. We had many students participate in the Spelling Bee, which consisted of a Junior, Intermediate and a Senior section. All of the contestants tried their best to correctly spell each word and ultimately win the canteen vouchers. It was a very competitive event which made the ending very close.

In the Junior competition, the winner was Hannah Findlay, closely followed by Anellie Sabado who came in second. In the Intermediate competition, the winner was Grace Scott, with John Hoare in second. In the Senior competition Ava Russo was the winner, with last year's winner Kimberley Archard coming in second. We congratulate the winners on their efforts and would like to thank all the students who participated.



Sienna Haeusler and Paddy Ryan
Academic Committee Captains

FAIRFAX FESTIVAL WORKSHOP



SOUP FOR A CAUSE

As part of our Year 12 VCAL Literacy class we had to research homelessness in our community. After investigating this cause, our Year 12 class felt that we wanted to contribute and help homelessness within our town.

The Soup For A Cause was held last Friday on the 24th of August. Soup For A Cause was aimed towards helping homelessness in the Swan Hill Community by providing a nice and healthy lunch for free. Community members were also welcome and encouraged to come along and donate \$1 for a cup of soup and a roll to raise funds for this cause. In support there were representatives from St Vincent De Paul society, our church parishioners, also St Mary MacKillop College staff and Year 12 students. We had a great outcome and there was plenty of soup for everyone which was enjoyed by us all. Congratulations to the Year 12 VCAL students for raising \$250, which will be donated to our local St Vincent De Paul society.

We would like to say thank you to Mrs Box, Miss Gillingham, Ms Cook, the canteen ladies, Dave Daly and Mrs McCallum, who assisted with our luncheon and with all the preparation.

Imogen Foott

Year 12 VCAL Student



WORLD CHALLENGE 2019

**World
Challenge**

Are you in Year 9 or 10 this year?

Are you interested in an overseas adventure where you can experience a whole other world?

Maybe you want to learn a new language?

Maybe you want to trek and camp in Asia?

Maybe you want to give back to those less fortunate?

Stepping out of your comfort zone to make lasting memories on a trip to Cambodia might be for you!

We are aiming to have a group of students take on this adventure of a lifetime next year to Cambodia. Our last group had an absolute blast and we are sure you will too!

If you want to learn a bit more – check out their website

<https://weareworldchallenge.com/australasia>
or social media pages!

You'll be feeling inspired to venture out into the world to experience a journey of a lifetime!

If you are interested or have a child that may be interested, please get in touch with Mrs Howison as soon as possible.

CLAY TARGET NORTH WEST REGION SCHOOL SHOOT

On Wednesday 5th September our Clay Target Shooting team competed in the North West Region School Shoot at the Swan Hill Field and Game shooting ground at Mellool. 10 students from St Mary MacKillop College attended the shoot, including; Ryan Archard, Bailey Mimmo, Tom Miller, Bradley Rogers, Harvey Walker, Jana Stemmer, Campbell Kelly, Jalen Keam, Blake Wilckens and Patrick Oliver.

Our shooters completed in lovely sunny conditions with a slight breeze, perfect for seeing the targets. Two courses were set up with 12 targets on each course. Shooters got a sighter target on the first station to get their eye in and then the competition began. Course "A" was deemed to be a slightly easier course by most shooters and this was reflected in the scores that came from the "B" course.

Overall our shooters performed very well. Ryan Archard handled the tougher targets on course "B" and came first in Junior Boys Members, after a shoot off as he was tied with another shooter at the end of the 24 target event. Tom Miller came first in Junior Boys Non-Members and Jana Stemmer bravely battled a very bad head cold to come 3rd in Senior Girls Non-Members. In the Teams event, which consists of 5 shooters per team, we came 3rd. Our team members were Ryan Archard, Bailey Mimmo, Tom Miller, Bradley Rogers and Harvey Walker.



Harvey Walker
Year 10 Student

OPERATION CHRISTMAS CHILD

Over the last few days, Woods students have been busily putting together boxes, distributing flyers and raising awareness for the Operation Christmas Child campaign.

This initiative allows students and families to fill a shoebox with small gifts that can then be collected and sent to children all around the world who are a little less fortunate than ourselves.

Each Homeroom will have a box to fill, so we are looking for students to bring in a small item that may be appropriate over the next two weeks. Each box also requires a \$10 donation to cover postage and other costs, so students may also like to bring in a gold coin to help cover the cost of this.

Homeroom teachers will have more details on what can go in the boxes, or more information can be found at <https://www.samaritanspurse.org.au/what-we-do/operation-christmas-child/>

In addition to our Homerooms, if any staff or families would like to take a box home to fill, there are spares (along with brochures) in the front office and staff room. These need to be returned by the end of Term 3.

We are looking forward to seeing the generous spirit of St Mary MacKillop College in action once again!

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 7 – 27th August

eat.
fruit & veg

Mindful Eating

It's not uncommon these days to be constantly grazing on food without taking time to enjoy a full meal – it's definitely not mindful eating.

Instead, we should be choosing to eat mindfully and these steps will help you:

1. Sit at the dinner table for your meal: pay attention while eating, put phones away, turn the TV off and enjoy your food. That way, you'll be less likely to overeat. Talk to family members about their lives and have a conversation. A meal should be a positive and enjoyable time for all.
2. Rate your hunger level: 1=very hungry, 5=satisfied, 10=too full, I feel sick. Ask your child to rate their hunger level throughout their meal. Encourage them to stop once they rate their hunger at 5.
3. Let kids serve themselves: If your child is old enough, allow them to serve themselves how much they would like to eat. While you can provide guidance so they have enough veggies on their plate.
4. Encourage slow eating: set the pace by eating slowly yourself. Aim to take at least 20-30minutes to finish eating your meal. Make this a rule so your children know they will be sitting there for 30minutes...no rushing off to the TV.
5. Discuss the food: ask what did they like or dislike and why. Get your child to describe the taste or texture of different food.
6. Make nutritious snacks easy to access: by having fruit in bowls on the kitchen bench or vegetable sticks cut up in the fridge, your child is more likely to eat these.
7. Don't buy occasional items: by having lollies, soft drinks and chips in the house, you just have to keep saying 'no' when they ask for them. Avoid buying them and it will be easier to say 'no' once in the supermarket than to have to say it numerous times if you bring it home.

For more information visit <http://healthy-kids.com.au/>

Week 8 – 3rd September

eat.
fruit & veg

Snack idea

Hummus and veggie sticks are a really quick and easy snack that your kids can help you prepare for school or an afternoon snack! Use a rainbow of different coloured veggies like capsicum, cucumber, carrot and celery.

Hummus

400g canned chickpeas, drained, rinsed
1 teaspoon ground cumin
2 tablespoons tahini paste
1 clove garlic, crushed
Juice of 1 lemon
1/4 cup (60ml) water
1/3 cup (80ml) olive oil

Place all ingredients in a food processor and process until combined and smooth. Can also be made in a bowl and blended with a stick blender.

RIDE FOR HEADSPACE 2018

This September, the Freemasons Cycling Club (Vic) are partnering with Headspace Swan Hill and Headspace Horsham to raise awareness of the Headspace services available to rural youth in those areas. Between September 9th and 12th, members of the Freemasons Cycling Club (Vic) will ride from Swan Hill to Horsham (331kms) in their 'Ride For Headspace 2018'. The riders will be carrying a message written by Headspace youth workers about the importance of maintaining mental health and well-being, which will be delivered to secondary colleges along the route.

From 8.30am on Sunday 9th September, at the Freemasons Hall in Beveridge Street, riders from the Freemasons Cycling Club (Vic) and their support crew will be starting our 330km Ride to Horsham. Members of the community are most welcome to join the group for the first few kms if you like.

Please click on the [link](#) to the event fundraising page for more information. The main objective of the Ride is to raise awareness of Headspace and their services so you don't have to donate but, if you or someone you know might like to support the fundraising, we'd be more than happy to see that happen. We'd appreciate your assistance to spread the 'Ride For Headspace 2018' message.



The Freemasons Cycling Club (Vic) is partnering with headspace Swan Hill and headspace Horsham to deliver an important message about mental health and wellbeing.

Members of the Cycling Club are riding from Swan Hill to Horsham between September 9th and 12th to raise awareness of, and funds to support the work of headspace in your district.

Come and join us at the Swan Hill Masonic Centre, 118 Beveridge St between 8.00 and 10am on Sunday 9th September for the "Grand Depart" of the Freemasons Cycling Club (Vic)

Ride for headspace 2018
headspace youth workers have designed a special message that a club member will present to your school before we commence the Ride.

Hope to see you there



Horsham

Murtoa

Arnaud





Declare
HIS
Glory

AMONG THE
Nations

PSALM 96:3

Send gift-filled shoeboxes
TO THE ENDS OF THE EARTH



LOCAL INFORMATION ABOVE

AUSTRALIA

Donations and Enquiries:
1300 884 468

operationchristmaschild.org.au

NEW ZEALAND

Donations and Enquiries:
0800 726 274

operationchristmaschild.org.nz



Samaritan's Purse Australasia-Operation Christmas Child ABN: 80 162 895 623
Samaritan's Purse Australia Ltd. ABN: 84 070 722 404 NZ CCRN: CC36649

/OCCanz @occ_anz

HOW TO PACK YOUR SHOEBOX



1. Order your pre-printed shoeboxes online or use a regular size shoebox with lid no larger than an A4 page.

2. Choose a boy or girl and age group (2-4, 5-9 or 10-14) and fill your shoebox with gifts (see website for gift ideas).



3. Most importantly, **pray** for the child who will receive your gift. Include a personal note and photo.



4. A donation of **\$10** is critical to cover shipping and other project costs. If you give online through **Follow Your Box** you can discover the destination of your shoebox.



5. Every shoebox must be clearly labelled. If you ordered **Follow Your Box** labels, do not photocopy the barcoded label as it will not scan.



6. Take your shoebox gift to a local drop off point during **OCtober**. Visit our website to find one near you.



NATIONAL
COLLECTION
MONTH
OCTOBER



Remember to pray for the child who will receive your shoebox!

GIFT SUGGESTIONS

- ✓ **SOMETHING TO WEAR:** t-shirt, polo shirt, shorts, skirt, cap, beanie, sandals, etc.
- ✓ **SOMETHING TO LOVE:** teddy bear, doll, soft toy, etc.
- ✓ **SOMETHING SPECIAL:** carry bag, sunglasses, bangles, stickers, necklaces, craft kits, wind-up torch, a personal note, a photo of yourself, etc.
- ✓ **SOMETHING FOR SCHOOL:** exercise book, pencil case, pens, pencils, colouring pencils, sharpener, eraser, chalk, etc.
- ✓ **SOMETHING TO PLAY WITH:** tennis ball, cars, skipping rope, marbles, musical instrument, yo-yo, slinky, finger puppets, etc.
- ✓ **SOMETHING FOR PERSONAL HYGIENE:** soap and face washer, toothbrush, hairbrush, comb, scrunchies, hair-clips, etc.

DO NOT INCLUDE:

- ✗ **ITEMS THAT LEAK OR MELT:** (these can spoil boxes) including toothpaste, shampoo, bubbles, crayons and plasticine/play dough
- ✗ **FOOD OR LOLLIES OF ANY KIND:** (due to customs regulations) including medicines and vitamins
- ✗ **USED OR DAMAGED ITEMS:** (due to customs regulations) including worn clothing and old toys
- ✗ **BREAKABLE ITEMS:** including glass, porcelain and mirrors
- ✗ **ITEMS THAT CAN SCARE OR HARM A CHILD:** including halloween, war or pirate-related items such as toy guns, knives, military figures or skull and crossbones
- ✗ **GAMBLING-RELATED ITEMS:** including play money, playing cards and dominoes
- ✗ **RELIGIOUS LITERATURE:** including tracts and Bibles (every child is given an Operation Christmas Child evangelistic book at an outreach event)

These items are prohibited to protect children or to comply with overseas government and customs restraints.



Shoebox Gift Ideas

Mark the correct age category:

2-4 Years Old

5-9 Years Old

10-14 Years Old



Girl



GIRL 2-4

Pencils
 Colouring book
 Exercise book
 Safety scissors
 Watercolour set
 Stuffed animal
 Doll
 Blanket
 Dress
 Hat
 Scarf
 Mittens
 T-shirts and tops
 Pants
 Underwear
 Socks
 Shoes
 Toothbrush
 Facewasher
 Soap
 Comb or brush
 Balls
 Cars, trucks, boats
 Toys that light up, squeak or make a noise
 Tote bag/purse
 Blocks
 Finger puppets
 Board or cloth books
 Sunglasses
 Plastic tools
 A note from you!



GIRL 5-9

Pens, pencils and sharpener
 Exercise book
 Eraser
 Scissors
 Colouring book
 Dolls
 Doll bed
 Stuffed animal
 Dress ups – crowns, fairy wands, etc.
 Toy jewellery
 Ribbon wands
 Balls with pump if necessary
 Lego
 Puzzles
 Hand puppets
 Plastic toys
 Yoyo
 Dress
 Pants
 Hat
 T-shirts and tops
 Socks
 Shoes
 Soap
 Underwear
 Facewasher
 Toothbrush
 Comb or brush
 Hair ribbons, elastics, etc.
 Sunglasses
 Illustrated books
 Bag
 A note from you!



GIRL 10-14

Pens, pencils, coloured pencils, eraser and sharpener
 Exercise books
 Scissors
 Books
 Ruler
 Chalkboard and chalk
 Backpack
 Stuffed animal
 Skipping rope
 Doll
 Balls with a pump if necessary
 Puzzles
 Yoyo
 Musical instruments
 Dress
 Skirt
 Hat
 T-shirts and tops
 Socks
 Shoes
 Underwear
 Pants
 Soap
 Facewasher
 Toothbrush
 Comb or brush
 Hair ribbons, elastics, etc.
 Sunglasses
 Kaleidoscope
 Bag
 Sewing kit
 A note from you!



Mark the correct age category:

2-4 Years Old

5-9 Years Old

10-14 Years Old



Boy



BOY 2-4

Pencils
 Colouring book
 Exercise book
 Safety scissors
 Stuffed animal
 Blanket
 Hat
 Scarf
 Mittens
 T-shirts and shirts
 Pants
 Underwear
 Socks
 Shoes
 Toothbrush
 Facewasher
 Soap
 Comb or brush
 Balls
 Cars, trucks, boats
 Toys that light up, squeak or make a noise
 Tote bag
 Blocks
 Finger puppets
 Board or cloth books
 Sunglasses
 Plastic tools
 Plastic dinosaurs
 Duplo
 A note from you!



BOY 5-9

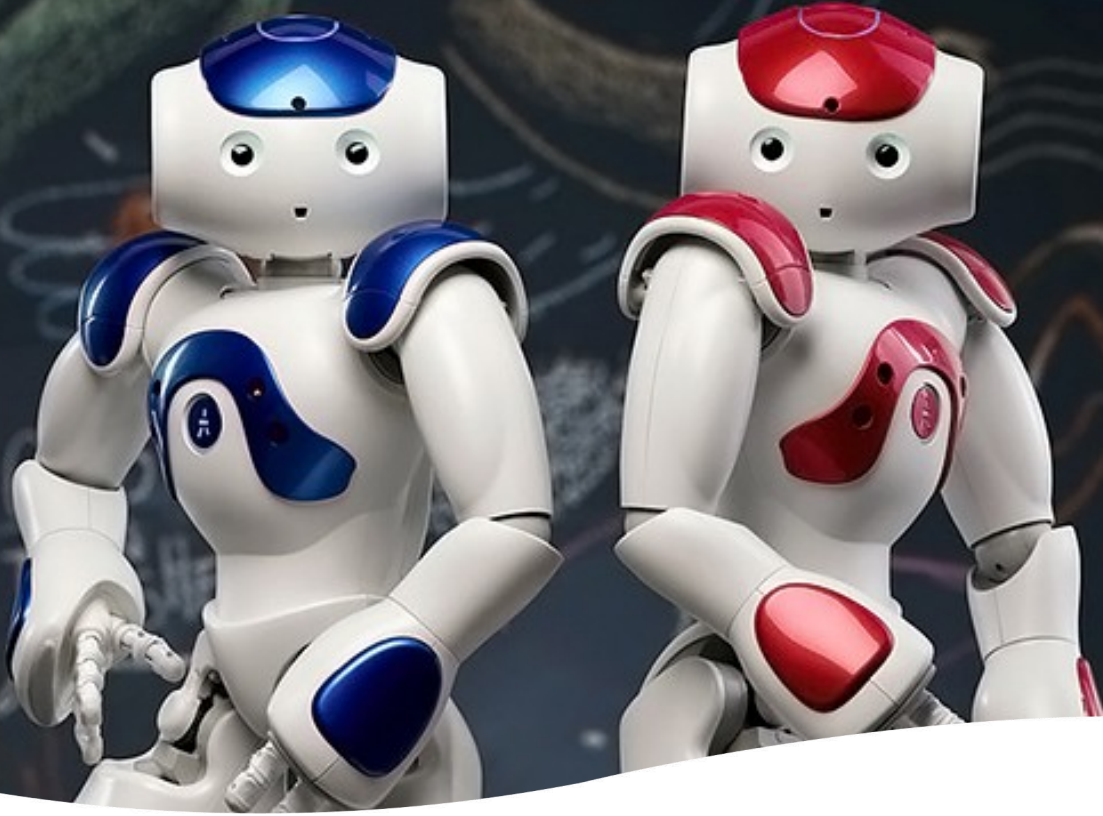
Pens, pencils and sharpener
 Coloured pencils
 Erasers
 Pencil case
 Exercise books
 Scissors
 Ruler
 Stickers
 Chalkboard and chalk
 Backpack
 Stuffed animal
 Balls (tennis balls, bouncy balls, hacky sack, football, soccer ball, beach ball, etc.) with a pump if necessary
 Plastic dinosaur, animal or action figure (no war-related toys)
 Lego
 Cars or trucks
 Puzzles
 Frisbee
 Musical instrument
 Yoyo
 Soap
 Facewasher
 Toothbrush
 Comb or brush
 Sunglasses
 Hat
 Underwear
 Shoes
 T-shirts and shirts
 Pants
 Socks
 Scarf
 A note from you!



BOY 10-14

Pens, pencils and sharpener
 Coloured pencils
 Erasers
 Pencil case
 Exercise books
 Scissors
 Ruler
 Stickers
 Chalkboard and chalk
 Backpack
 Stuffed animal
 Balls (tennis balls, bouncy balls, hacky sack, football, soccer ball, beach ball, etc.) with a pump if necessary
 Books
 Kaleidoscope
 Cars or trucks
 Puzzles
 Frisbee
 Musical instrument
 Yoyo
 Soap
 Facewasher
 Toothbrush
 Comb or brush
 Sunglasses
 Hat
 Underwear
 Shoes
 T-shirts and shirts
 Pants
 Socks
 Scarf
 A note from you!





NAO Robotics

Come along to the Swan Hill Library and meet NAO - a 58 cm tall autonomous, programmable humanoid robot!

During this fun interactive session, NAO will talk about its various sensors, showcase speech recognition and demonstrate balance and its range of motion.

Participants will also get to see NAO dance and two volunteers will take NAO for a walk around the library.

As a group, we will then scope and program an application for NAO to work in a service situation, such as taking coffee orders in a cafe or giving directions in a hospital as a concierge. Participants then get to test the application and debug any problems they find.

Don't miss this incredible chance to explore the potential for humanoid robots helping people in society, including those with disabilities.

When: Tuesday, 11 September
Time: 4pm
Where: Swan Hill Library
For: Primary and Secondary students
Cost: FREE!

Limited places, so bookings are essential. Contact the library on 5036 2480.

Children under 12 must be supervised by an adult.

Fun with
robotics!

For ages
5 - 18

A great
STEM
activity!

Swan Hill Body Esteem Project

Parent and community
information night

Tuesday, 11 September
7pm - 8.30pm
Swan Hill Town Hall

Gain knowledge, information and tips to help you better understand and promote positive body image in the home.

For more information, call Nellie
on 0419 288 365.

To register:

<https://thebutterflyfoundation.org.au/our-services/education/education-events/>





Thursday Ladies Pennant Competition 2018/19 Expression of Interest

<https://www.tennis.com.au/swanhilltennis/>



Play starts at 9am

Thur, 11 October 2018

Rd 1 Thur, 11 Oct 2018

Rd 2 Thur, 18 Oct 2018

Rd 3 Thur, 25 Oct 2018

Rd 4 Thur, 1 Nov 2018

Rd 5 Thur, 8 Nov 2018

Rd 6 Thur, 15 Nov 2018

Rd 7 Thur, 22 Nov 2018

Rd 8 Thur, 29 Nov 2018

Rd 9 Thur, 6 Dec 2018

Rd 10 Thur, 13 Dec 2018

CHRISTMAS BREAK

Rd 11 Thur, 31 Jan 2019

Rd 12 Thur, 7 Feb 2019

Rd 13 Thur, 14 Feb 2019

Rd 14 Thur 21 Feb 2019

Rd 15 Thur, 28 Feb 2019

Rd 16 Thur, 7 Mar 2019

Rd 17 Thur, 14 Mar 2019

Semi-finals:

Thur, 21 March 2019

Grand final:

Thur, 28 March 2019



Adult Membership: \$200

\$6 playing fee per week pp

*Babysitting available:
cost to be confirmed*

What do you get?

Membership also gives you:

- FREE court use all year*
- Play or fill in for any other pennant competition without penalty
- Members discount for hire of club house
- 10% discount on coaching fees

**playing fee only applies to competitions*

Contact: Rachel ph: 0427 230 482 or
email: accounts@rayargypsum.com.au



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