

# St Mary MacKillop

GENEROSITY: "TRY ALWAYS TO BE GENEROUS:" (1882)

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,

I am writing this newsletter piece in the beautiful surrounds of Mary MacKillop Place in North Sydney. Every year the Principals from the Association of Josephite Affiliated Secondary Schools (AJASS) meet for a three-day conference. Every second year the conference is in Sydney and in alternate years the conference moves to another state or territory of Australia or to New Zealand. This week over twenty schools from all over Australia and New Zealand are represented. Events over the three days centred on: The Plenary Council; Reflections from three Sisters of St Joseph; a visit to St Joseph's Catholic College, East Gosford; a tour of the Museum, Labyrinth and Mary of the Cross Walk at the St Joseph's Spirituality and Education Centre; and discussion with Sr. Catherine Mead to assist with moving forward with the AJASS Principal's charter.

It has been a very fulfilling few days with leaders from schools who carry the same charism as we do. There is something very special about being a Josephite school.

Enrolments for 2020 opened in May and will close on 15<sup>th</sup> July 2019. Currently we have over 50 applications for enrolment for Year 7 in 2020, with more than 20 grade 6 students who are current siblings that have not submitted an enrolment form. If you are one of these families, I urge you to please submit your enrolment form by 15<sup>th</sup> July to avoid being processed after timely applications, as for the past two years we have had to place some applicants on a waiting list.

## INSIDE

Friday, 14 June, 2019

- Faith Matters
- Wicked Tickets Now On Sale
- Congratulations to Tahlia Barry
- Year 8-10 Exam Timetable

**ABSENCE NOTIFICATION**  
**PH: 5032 9771**  
**Press 2**

## FUTURE EVENTS

### JUNE

- |   |   |
|---|---|
| <b>Fri 14<sup>th</sup> – Wed 19<sup>th</sup></b>  | <b>Year 8 – 10 Exams</b>                              |
| <b>Thurs 20<sup>th</sup></b>                      | <b>Student Free Day – Staff Professional Practice</b> |
| <b>Fri 21<sup>st</sup></b>                        | <b>Dante Alighieri Poetry Competition</b>             |
| <b>Sun 23<sup>rd</sup></b>                        | <b>Production Rehearsal<br/>1pm – 5pm</b>             |
| <b>Mon 24<sup>th</sup> – Fri 28<sup>th</sup></b>  | <b>10B Work Experience Week</b>                       |
| <b>Tues 25<sup>th</sup> – Fri 28<sup>th</sup></b> | <b>Year 11 Camp</b>                                   |
| <b>Wed 26<sup>th</sup></b>                        | <b>SMMC NAIDOC Celebrations</b>                       |
| <b>Wed 26<sup>th</sup></b>                        | <b>Cyber Safety Presentations Year 7 &amp; 8</b>      |
| <b>Fri 28<sup>th</sup></b>                        | <b>Last Day of Term 2<br/>School Finishes 2:15pm</b>  |



As of today all Year 8 to 11 students are involved in Semester 1 exams and assessment tasks. The Year 11 students finish exams today, with the Year 8 to 10 students sitting their final exams on Wednesday 19<sup>th</sup> June.

Next Thursday 20<sup>th</sup> June is a day of Professional Practice Time for the Teaching staff, therefore students are not required to attend school on this day. The teaching staff will be completing work in one or more of the following areas:

- Planning (e.g. planning of differentiated tasks for students with various needs)
- Preparation (e.g. preparing course outlines for semester 2 classes)
- Assessment of Student Learning (e.g. marking of exams or other assessment tasks)
- Collaboration (e.g. working with other teachers to develop integrated topics)
- Curriculum Development (e.g. writing new Religious Education curriculum)
- Relevant Professional Development

I will finish with the blessing that we prayed at the end of our visit to St Joseph's Catholic College yesterday:

Gracious God,  
Bless us with hearts that expand in generous response,  
Minds that are willing to explore greater justice,  
Hands that are giving to those in need,  
Food that nourishes us body and soul.  
Amen

**Michelle Haeusler**  
Principal

## WICKED TICKETS NOW ON SALE

St Mary MacKillop College is excited to announce our 2019 production of Wicked: The Untold Story of the Witches of Oz! will run on Thursday 15<sup>th</sup> August and Friday 16<sup>th</sup> August at 7:00pm at our Jubilee Centre in Splatt Street.



When Dorothy famously triumphed over the Wicked Witch, we only ever heard one side of the story. WICKED tells the incredible untold story of an unlikely but profound friendship between two young women who first meet as sorcery students at Shiz University: the blonde and very popular Glinda (played by Charlotte Rush) and a misunderstood green girl named Elphaba (played by Phoebe Griffiths and Kate Mullan). Following an encounter with The Wonderful Wizard of Oz (played by Jethro Edullantes and Harrison Sawyer), their friendship reaches a crossroads and their lives take very different paths. Glinda's unflinching desire for popularity sees her seduced by power while Elphaba's determination to remain true to herself, and to those around her, will have unexpected and shocking consequences for her future. Their extraordinary adventures in Oz will ultimately see them fulfil their destinies as Glinda The Good and the Wicked Witch of the West.

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

**Talia Henderson**  
Curriculum Leader Arts



## FAITH MATTERS

Our school, once again, raised awareness on World Environment Day on June 5th with a whole school yard clean up at lunchtime on this day. The environment committee also sold green ribbons to raise money for the Friends of the Earth – a social and environmental justice organization. Around \$100 was raised.

Although we are consistently reminded of putting our rubbish in the bin and keeping our surrounds clean and tidy, there is always room for improvement. Our school grounds are beautiful and we must remember it is everyone's responsibility for keeping them tidy!

We are in full swing of collecting donations for the annual St. Vincent de Paul Winter Appeal. I have suggested to homerooms to consider collecting for different parts of the home e.g. toiletries, food, laundry, etc. We are always a very generous community. This year our school theme is Generosity, so we are all encouraged to do what we can.

This weekend is the Feast of the Holy Trinity - our God who is three in one: Father, Son, and Holy Spirit.

We pray:

God who is above all names, You sent your Son Jesus into the world to give us life in all its fullness. Through Jesus, we came to know of the mystery of your power working within and throughout each one of us. As disciples of the Good News, we may strive to help one another, until, united in love, we may all live in peace in your kingdom here on earth. We make this prayer in the name of Jesus your Son, through the power of the Holy Spirit. Amen.

Jesus, light of the world guide us

St. Joseph, journey with us.

St. Mary of the Cross MacKillop, pray for us.

**Alison Wright**

Director of Mission



## CONGRATULATIONS TO TAHLIA BARRY

On Monday 3rd June, Tahlia was awarded a Premier's VCE Award for obtaining a perfect study score of 50 for VCE VET Sport and Recreation in 2018. Tahlia is pictured receiving her award from the Deputy Premier, Mr James Merlino.

Obtaining a perfect score in any VCE subject is an outstanding academic achievement and Tahlia is to be congratulated for her dedication, hard work and enthusiasm towards her studies.



# TEACHING AND LEARNING

## **Open Day, Subject Expo and Subject Selection Information Evening held on Wednesday 29<sup>th</sup> May**

It was wonderful to see so many students and their parents attend our St Mary MacKillop College Subject Expo and Year 9 – 12 Subject Selection Information Sessions. These are aimed at providing our students and parents with important information and an opportunity to discuss future pathways. It was a great display of student work and the chance to discuss, face to face with subject teachers, what various subjects have to offer as we begin the 2020 subject selection process. SuniTAFE representatives were also in attendance, providing information on possible career pathways for our students to consider.

## **2020 Subject Selection for Year 8 – 11 students – Online Process using Web Preferences**

- ▶ All students have received a planning sheet and had the process explained to them in their Pathways classes or in special meetings for Year 8 students.
- ▶ They will all have received an email containing a student access code and password.
- ▶ Students have been encouraged to discuss their planning with parents and their teachers.
- ▶ Once preferences have been completed online, students must print a preference receipt for their parents to co-sign and **return it to the Pathways Office.**
- ▶ **Students in Year 10 and 11 need to return their preference receipt by Wednesday 19<sup>th</sup> June.**
- ▶ **Students in Year 8 and 9 need to return their preference receipt by Friday 19<sup>th</sup> July.**

**For any families without internet access or who need further assistance with completing the online Web preferences subject selection process, please contact the Pathways Team to make an appointment.**

The online entry of 2020 subject choices is part of the first stage in our subject selection process where students indicate their preferences, so as final subjects for 2020 can be determined.

Year 8 and 9 students need to plan their completion of the 9/10 Vertical Curriculum carefully, ensuring they complete the required minimum units in a range of subjects whilst also choosing electives that suit their particular interests and learning needs.

Year 10 and 11 students have been encouraged to seek further advice from their parents, teachers and Pathways Coordinators on their career and tertiary education pathways. Students should consider the numerous options VCE or VCAL pathways on offer, including the opportunity to complete School Based Apprenticeships and VET subjects for those more focused on preparing for the workforce, or the need to research prerequisite subjects and ATAR scores required for university courses.

**Once the final blocking of subjects to be offered in 2020 is completed, all students in Year 11 and Year 12 will have subject counselling interviews in November.** Parents or guardians are required to attend these interviews and booking times will be available online using PAM.

Subject selection assistance is also available from students' Teacher Advisor or Subject teachers as well as more specific planning advice from Mrs Crow or Mrs Brady in the Pathways/Careers Office each lunchtime for the remainder of Term 2 and Term 3.

## **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 3:30pm – 4:30pm. 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 17/06	Nick Danaher				Monique Watt
10 24/06	Tony Haley		Sally Op't Hoog		Eddie Scholtens
	School Holidays		School Holidays		School Holidays

# PREPARATION FOR YEAR 8 – 10 SEMESTER 1 EXAMINATIONS

## Purpose of Examinations in Year 8 – 11

External examinations in Year 12 VCE studies are a major component of the overall assessment and therefore the study score achieved. Exams in junior levels can add to the anxiety of some students yet they also have the potential to build resilience and promote effective revision strategies.

At St Mary MacKillop College, the main purpose of exams in Year 8 – 11 is:

1. To develop student confidence and experience in examination settings.
2. To develop subject specific revision and examination skills.
3. To instill a culture of regular revision and home-study preparation.
4. To reinforce an academic learning culture of St Mary MacKillop College amongst students, parents and the wider community.
5. To support the school's aim in providing a range of both formative and summative assessment tasks for improved student learning.

In Year 8 classes, students will be explicitly taught how to approach and revise for each subject specific exam. Although the exam will be conducted in exam conditions and be set a duration of 70 minutes it includes an allowance of 10 minutes of teacher instruction time.

In Year 9 and 10 classes, the revision strategies specific to that subject will also be explicitly taught and the examination paper will be structured in a way that promotes scaffolding towards the style of examinations held in senior years for that subject.

In Year 11 VCE classes, students are given practice exams during the revision period and all exams assess the key knowledge and skills as per the current VCAA study design.

The outcome of all examinations will be reported on in Semester Reports with a grade-only scale. As the final summative assessment for the semester, no feedback comments are provided.

St Mary MacKillop College has endeavoured to spread exams so that students have no more than two exams per day.

Please see Mrs Watt should you have any questions or concerns.

## YEAR 8 EXAM TIMETABLE

	<b>Friday 14<sup>th</sup> June</b>	<b>Monday 17<sup>th</sup> June</b>	<b>Tuesday 18<sup>th</sup> June</b>	<b>Wednesday 19<sup>th</sup> June</b>
<b>Lesson 1</b>	<b>8C Science – R16</b> Mrs Doherty	<b>8A Science – S4</b> Mrs Doherty <b>8B Maths – R1</b> Mr Howison <b>8C Maths – R2</b> Mrs Haley		
<b>Lesson 2</b>	<b>8B English – R18</b> Mrs Meinhold		<b>8A Math – R1</b> Mr Murphy	
<b>Lesson 3</b>				<b>8A English – R19</b> Miss Curtis
<b>Lesson 4</b>		<b>8B Science – S3</b> Mrs Clark		<b>8C English – R11</b> Mrs Henderson

# YEAR 9/10 EXAM TIMETABLE

	<b>Friday 14<sup>th</sup> June</b>	<b>Monday 17<sup>th</sup> June</b>	<b>Tuesday 18<sup>th</sup> June</b>	<b>Wednesday 19<sup>th</sup> June</b>
<b>Lesson 1</b>		<b>Year 9 Science – JC</b> 9C S. Looney 9A A. Wright 9B R. Waterson  * Mrs Looney's Math and Mrs Wright's RE classes will complete their Science here		<b>Year 10 English – JC</b> 10B B. Meinhold 10C L. Crow 10A E. Doherty  *Mrs Crow's Pathways class and Mrs Doherty's RE class will complete their English exam here
<b>Lesson 2</b>		<b>Art Explosion – JC</b> A. Stewart  <b>Healthy Choices – R11</b> D. Hirst	<b>Year 9 History – R15</b> Jess Curtis  <b>Year 9 History – R9</b> C. Tilburn  <b>Good Health</b> C. Watson R3	Possible catch up lesson
<b>Lesson 3</b>	<b>Year 9 English – JC</b> 9A S. Haley 9C L. Crow 9B R. Waterson  *Mrs Crow's Pathways, and Mr Waterson's Science class will complete their English exam here	<b>Year 10 Maths – JC</b> D. Howison M. Haeusler N. Miceli	<b>Year 10 Science – JC</b> 10C B.Meinhold 10B C. Tilburn 10A N. Danaher  *Mrs Tilburn's RE and Mrs Meinhold's English will complete their Science exam here	<b>Dance – JC</b> T. Henderson  <b>Money, Markets and Citizenship – R14</b> M. Watt  <b>We Will Rock You – JC</b> A. Wright  <b>All Fun and Games – JC</b> E. Gurnett
<b>Lesson 4</b>		<b>Year 9 Maths – JC</b> 9B L. Rogers 9A C. Watson 9C N. O'Brien  Mrs Roger's English and Mrs O'Brien's RE will complete their Math exam here	<b>Money Markets and Citizenship – R14</b> G. Hickmott.  <b>Environmental Geography – R15</b> C. Tilburn  <b>Year 9/10 Italian – R18</b> M. Salvo  <b>Year 9/10 Japanese – R19</b> K. Bookham  <b>Art Explosion – JC</b> J. Wood  <b>Technology Around the World – FT1</b> M. McCallum  <b>Metal Magic – JC</b> E. Scholtens	



# PATHWAYS/CAREERS

As we approach the end of term and reflect, we realise there have been a large number of opportunities provided to our middle and senior students such as –

## LaTrobe University Presentation

At the end of May, we arranged for representatives from LaTrobe University to come and speak to the Year 12 students about a number of things including courses, scholarships, accommodation and the ASPIRE Program. We are sure all students have found this session very beneficial and many of their questions were answered.



## Year 11 students to VCE Careers Expo

We have taken students to the VCE Careers Expo for a number of years now and believe those who attend find it to be a very worthwhile excursion. Prior to the Expo, students had an opportunity to find out more about Swinburne University courses while undertaking a campus tour.



## Subject Expo

The Subject Expo is a wonderful opportunity for students to get a better understanding of the variety of subjects that are offered here at St Mary MacKillop College. A number of students and parents stopped by to ask questions and make sure they were selecting subjects that will help them with future pathways. We also arranged for the Defence Force and SuniTAFE to attend the evening so interested students could find out firsthand other opportunities available to them.



## Subject Selection

A reminder to all parents and students that we are available to meet and answer any questions or concerns you have in relation to your subject selection. Please contact us to arrange a suitable time to meet.

## Work Experience

10B students are getting excited and ready to undertake their work experience placement in the last week of this term. Again a variety of industries are being further investigated including Exercise Physiology, Automotive, Hospitality, Aged Care, Education, Journalism, Agronomy and a number of Building trades. We look forward to hearing reports back from the students at the completion of their placement.

## **School Holiday Programs**

There are many amazing school holiday opportunities that are specifically designed for Year 10 – 12 students. Gathering information for possible future education choices and making the most of opportunities is very beneficial to students.

Some July school holiday events this year include:

- **Experience Clever at La Trobe University** - Bendigo, July 3rd and Melbourne, July 5th.  
Register at <https://www.latrobe.edu.au/study/life/events/experience-clever>
- **Experience ACU (Melbourne)** – July 2nd.  
Register at <https://www.acu.edu.au/about-acu/events>
- **DeakinInspire Day** – Geelong, July 2<sup>nd</sup> and Melbourne, July 4<sup>th</sup>.  
Register at <https://www.deakin.edu.au/about-deakin/events/deakininspire>
- **Aspiring Zookeeper?** The Werribee Open Range Zoo offer secondary students an opportunity to participate in a school holiday activity. For more information and to register go to <https://www.zoo.org.au/werribee/whats-on/keeper-for-a-day> or call 03 93402788.

## **Year 9 and Year 10 News!**

### Year 9

We have spent quite a bit of time talking to students about their 2020 subject selections, compulsory subjects and reminding them of the online selection process.

This week we will commence visits to SuniTAFE with all students. This is a wonderful opportunity for them to find out about courses and entry requirements.

### Year 10

Last week Adam Laughlin from Pooles Accountants & Tax Specialists and Ash Edwards and Jess Gaut from GMG Accounting spoke to all Year 10 students about Accounting Week opportunities and invited them to apply for a placement if they were interested. To date we have received the highest ever number of applications!

Visits to the Swan Hill Library have been a very worthwhile industry visit for our students.

# 2019 SCHOOL FEES

## REMINDER:

Families that have opted to pay their school fees annually are reminded that this payment was due on **Friday 24<sup>th</sup> May.**

If you are paying per term, the second payment is due on **Friday 28<sup>th</sup> June.**

Please contact Mrs Kerry Keam, Assistant Business Manager on 5032 9771 for more information or to make payment arrangements.



# VET SPORT & RECREATION AFL TRIP

On Sunday 2<sup>nd</sup> and Monday 3<sup>rd</sup> June the Year 10 VET Sport & Recreation students had a great opportunity to attend an AFL trip to Melbourne. This main part of the trip on Monday 3<sup>rd</sup> June included a program with the Richmond Football Club. The first part of the day included a club tour and watching the team train. After this the students completed an Elite Training Session and learned about the Richmond Institute of Sports Leadership. The Elite Training Session was very valuable in developing their skills around exercise/personal training and the Richmond Institute of Sports Leadership provided them different pathway options post Year 12. As part of the trip the students were also able to attend the Essendon vs Carlton game at the MCG on the Sunday and watch former student Paddy Dow. Overall, the students had a great time and were able to further develop the knowledge and skills within the Sport & Recreation industry.

**Damien Hirst**

VET Sport & Recreation Teacher





# LMR CROSS COUNTRY

On Tuesday 4<sup>th</sup> June, an enthusiastic cross country team braved the cold conditions of St Arnard to compete against the best runners in the Loddon Mallee Region. Our students all participated fantastically well and all should be proud of their individual efforts.

Three of our students have qualified to compete at the State Cross Country in Melbourne on July 18<sup>th</sup>. Congratulations to:

Jason Gillbee	6th place	15yr Boys division
Eliza Everett	11th place	12-13yr Girls division
Sophie Balkin	12th place	15yr Girls division

There were several other students who just missed the top 12 qualifying cut off, including Nathan Louw, George Smith and Otto Conlan.

Well done to the entire team on your performances at the cross country, including:

Otto Conlan, Rory Vial, Xavier Sherlock, Glen Gillbee, Indiana Gray, Eliza Everett, Keeley Closter, Nathan Louw, Ned Ryan, Jenna Bannam, Ruby King, Darcy Farrell, Robert Rush, Jason Gillbee, Emily Button, Sophie Balkin, Ellie Rollinson, Emma Atkinson, George Smith, Joseph Mammone, Will Garvie, Jack Holloway and Ryan Archard.



## STATE GOLF FINALS

Congratulations to both Jayden Graham (Year 10) and Paddy Monk (Year 9) who both qualified to compete in the State Golf Championships following winning performances in the LMR Golf Finals. Jayden competed in the Senior Boys division at the highly rated Metropolitan Golf Course on Friday 24<sup>th</sup> May and Paddy competed in the Junior Boys division at Gardiners Run Golf Club on Friday 31<sup>st</sup> May. Both boys had excellent rounds of golf and although not finishing on the podium, they finished midfield against high level competition. Great effort boys. Many thanks must also go to the boy's parents for transporting their child to Melbourne.



Paddy Monk



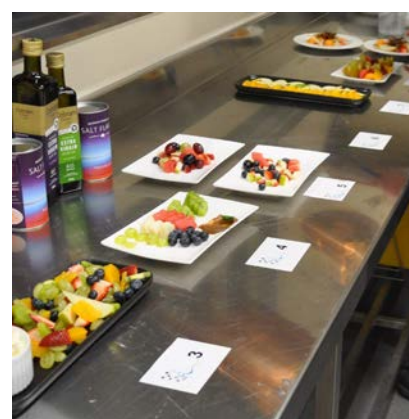
Jayden Graham



# CULINARY CHALLENGE

Last week VET Hospitality students competed in the Inter-School Culinary Challenge. The competition required students to cook a three-course meal within a set time period, and the students were judged on their organisation, cooking techniques and food presentation. All students worked consistently throughout the competition and produced industry standard food. The results were very close with only a few points separating students. The winners on the day were Thy Pham-Nguyen and Kate Gillingham. Thy and Kate will now go on to compete against the Swan Hill College team in the district final on Wednesday 21<sup>st</sup> August. Well done to all students who competed in the Culinary Challenge and the best of luck to Thy and Kate.

**Mandy McCallum**  
Vet Hospitality Teacher





## VCAL PANEL INTERVIEWS

Over the last two days, VCAL students have attended a panel interview with staff and members of the public. This is a great opportunity for students to go through the rigors of an employment interview process. Students were required to respond to the panellists' questions, about themselves and their work placement experiences. It was a valuable learning experience for students, with feedback given to highlight strengths and areas of improvement that will need to take place for future job interviews. I would like to thank the staff who volunteered their time and the following members of the public: Deb Quin, Russell Parkes, Sheridan Harrop and Michael Crowe.

**Tony Haley**

VCAL Coordinator

## DOG KENNELS FOR SALE

Our 1<sup>st</sup> Year VET Building & Construction students have just completed their dog kennels and they are ready for sale. There are two large, medium and small kennels available with the sizes listed below. The small kennels are only \$100, medium \$125 and the large kennels are \$150.

Sizes:

Small – 740mm long x 450mm wide x 700mm high (top of gable)

Medium – 900mm long x 600mm wide x 840mm high (top of gable)

Large – 1000mm long x 700mm wide x 1030 high (top of gable)

All kennels are supplied with treated pine weather board walls, colour bond roof and 18mm thick ply bottom.



## SPARE UNIFORMS

We have a few second hand PE tops and boys winter pants at the moment. Contact Josie Rovere, 5032 9771, to inquire as to available sizes.



## WOOLWORTHS EARN & LEARN 2019

This year we are once again participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school – and all just from when you do your grocery shopping at Woolworths.

From Wednesday 1<sup>st</sup> May through to Tuesday 25<sup>th</sup> June, you can receive one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco and gift cards). Individual stickers, or completed sticker sheets, can be dropped into the Collection Box here at the school in our Pastoral Care Centre, or at Woolworths in the St Mary MacKillop College Earn & Learn Box.

At the end of the promotion, we'll be able to get some great new equipment. The range is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you'd like to know more visit [woolworths.com.au/earnandlearn](http://woolworths.com.au/earnandlearn).



# 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

3<sup>rd</sup> – 7<sup>th</sup> June

### Reduce your environmental impact!

This week we will celebrate World Environment Day. Throughout the week, try and reduce your environmental impact as much as possible.

There are many ways to do this; from turning lights and heating off when you leave the house, to consciously buying products with less packaging. 'Nude food' is something we really encourage here at Health Promotion. Not only does it decrease your environmental footprint by reducing plastic packaging, but also it often means you eat more fresh unprocessed foods.

eat.  
fruit & veg

Ways to avoid single use plastics in lunchboxes:

- Don't buy pre-packaged snacks – these are often processed and can contain high levels of sugar/salt anyway – go for some fresh veggie sticks or something homemade!
- Invest in some good containers! Having a good set of containers that you can use over and over is a great way to reduce single use plastics.

Jump on the beeswax wrap bandwagon!! These are a great substitute for gladwrap and can even be a fun DIY activity for the kids! See how you can make your own here: <https://www.biome.com.au/blog/diy-reusable-beeswax-wrap-recipe/>

## Week 8

10<sup>th</sup> – 14<sup>th</sup> June

### Building Resilience:

The ability to bounce back and respond well to challenging situations is an important life skill, especially for young people who face many obstacles throughout schooling, their social lives, and navigating the path from childhood through to adulthood.

Here are a few tips you can use to help your child build up their resilience:

- Help them see challenges individually: Listing challenges that they're facing can make them seem less daunting for young people. Work through what about the individual challenges is concerning your child and create strategies to deal with each challenge.
- Work through their feelings with them: Noticing and acknowledging emotions is important to help them deal with them on a long-term basis and allows them to feel more in control.
- Help them reflect on their current coping methods: Break down how they're currently managing challenges and help them see how they can improve those strategies to cope better.

smile.  
together

St Mary MacKillop College's  
Production of

# WICKED

THE UNTOLD STORY OF THE WITCHES OF OZ

Music and Lyrics by  
Stephen Schwartz

Book by  
Winnie Holzman

Based on the novel by Gregory Maguire

Orchestrations by  
William David Brohn

Music Arrangements  
Alex Lacamorie & Stephen Oremus

15th & 16th August 7.00pm  
The Jubilee Centre, Splatt St, Swan Hill  
Tickets on sale from  
St Mary MacKillop College Front Office  
Phone: 50329771  
Adults: \$20  
Child/Student: \$10  
Family: \$65

Licensed exclusively by Music Theatre International (Australasia)  
All performance materials supplied by Hal Leonard Australia







## THE CYBER SAFETY PROJECT PARENT EVENT

Focus: Safe online and social media practices

For children today, growing up digital is a whole new world. Learning safe practices and strategies for maintaining a positive digital reputation starts in the home. It takes a village to raise a child, so understanding what your children are learning at school is crucial in ensuring the messages are consistent and ongoing.

This session aims at providing parents with the insights and important information about popular social networking and online gaming platforms for young people today. Building a positive and healthy family environment where digital use is encouraged but managed effectively can be a tough balance. We will discuss ways you can ensure your children stay safe through making use of an application's privacy settings and help them to build positive digital habits through your family's digital user agreement.



### WHAT YOU WILL LEARN

- ✓ Discover the ins and outs of YouTube, Instagram & Snapchat
- ✓ Uncover mobile apps and games that can be potentially harmful
- ✓ Managing and monitoring gaming
- ✓ Explore strategies that foster positive digital experiences for children
- ✓ Discuss ways to manage digital wellbeing for children at home

### SPEAKERS



**TRENT RAY**  
Educator & Microsoft  
Learning Consultant



**SAM MACAULAY**  
Educator & Cyber Safety  
Curriculum Specialist



### EVENT DETAILS

**DATE:** Wednesday 26<sup>th</sup> June  
**TIME:** 6:30pm – 8:00pm  
**LOCATION:** St Mary MacKillop  
College Jubilee Centre



# Under 18s

**Swan Hill Racecourse Bowls Club**  
**Come and Try Day**

**Friday 21st of June at 4pm**

BBO Dinner provided  
Music

Drinks available for purchase  
Kids and parents welcome

Contact: [bowls18.msnel@gmail.com](mailto:bowls18.msnel@gmail.com)







## Vinifera Recreation Reserve

Cnr River Rd & Murray Valley Hwy, Vinifera

PO Box 143, Nyah 3594

Email: [nyahponyclub@outlook.com](mailto:nyahponyclub@outlook.com)

or find us on Facebook

## Become a member of the NYAH & DISTRICT PONY CLUB FAMILY

With great facilities including; 20mx60m sand dressage arena, showjumping area, large multi use open ground, direct access to the Vinifera State Forest including cross country course & perfect for trail riding, day yards, toilet block, canteen and storage shed, round yard & a soon to be constructed enclosed arena.

Disciplines offered include; dressage, showjumping, cross country, games, desensitisation, trail riding, navigation rides, Activity Mount, showing, bareback riding, lakeside rallies in hot weather, Certificate & general horsemanship/horse health.

Rallies are held on the first and third Sunday of each month, starting at 10am & running for between 2-5 hours depending on weather & rider interest.

We offer a relaxed & friendly environment and welcome riders of all ages & abilities, including adult riders.

### Why our members love Nyah & District Pony Club:

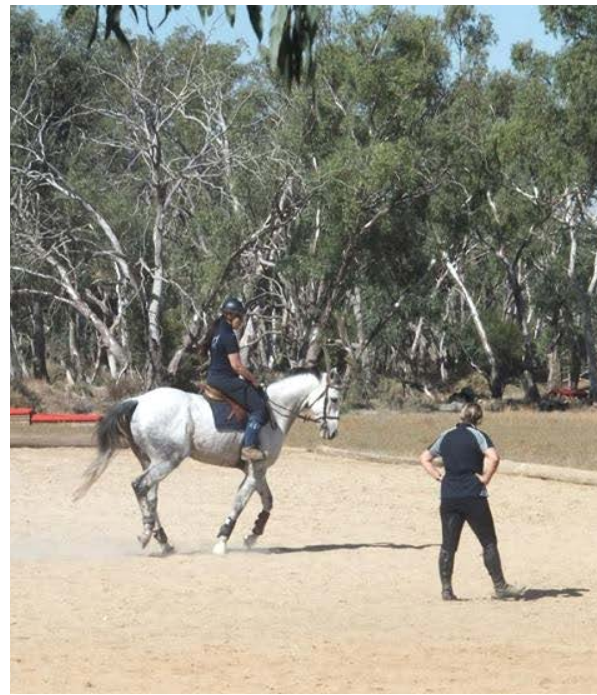
**Georgia Martin** (Junior Riding Member): *"Pony Club is a fun, friendly place to ride my horse and make lots of friends"*

**Erin Domaille** (Mother of 2 members): *"For my kids Pony Club isn't just about riding horses & learning great horsemanship. It provides a fun, supportive and friendly environment where friendships are formed, builds up their self confidence and they learn how to be part of a team."*

*Riding a pony is an added bonus!"*

**Membership is now open for the new Pony Club year, if you are interested in becoming a member or would like to attend a 'come and try' rally please contact:**

**Amy Martin: 0407 726 666 or Ally Lloyd: 0447 791 010**



~ CARING ~ INTEGRITY ~ INCLUSION ~ RESPECT & RECOGNITION ~



Young Professionals Network - Swan Hill Region

# *Winter at the Winery*

ANDREW PEACE WINES  
4077 MURRAY VALLEY HIGHWAY, PIANGIL VIC 3597

SUNDAY JULY 14, 2019 • 2PM UNTIL 5PM

\$20 PER PERSON  
WINE TASTING, LIGHT CATERING AND  
TRANSPORT FROM SWAN HILL INCLUDED

BUS DEPARTING SWAN HILL AT TOURIST  
INFORMATION CENTRE AT 1:15PM

RSVP and purchase tickets by Wednesday July 10, 2019 via:



YOUNG PROFESSIONALS NETWORK  
SWAN HILL REGION



# Young Professionals Swan Hill Region

Let's Get Connected

EVENT PROUDLY SPONSORED BY:





ZERO WASTE SWAN HILL presents

# 2020

Join the REGENERATION

WED 7th AUG at 6:30PM

SHOWBIZ CINEMAS SWAN HILL, VIC



## MAKE THIS HAPPEN!

FAN-FORCE SCREENINGS ARE RUN BY REAL FANS.  
THEY ONLY HAPPEN IF ENOUGH TICKETS ARE SOLD  
DON'T WORRY-WE REFUND YOU IF IT DOESN'T GO AHEAD  
TICKETS ONLY AVAILABLE AT [FAN-FORCE.COM/SCREENINGS](http://FAN-FORCE.COM/SCREENINGS)