

# St Mary MacKillop

Compassion ~ "Be of good heart" (St Mary MacKillop 1876)

## NEWS

### INSIDE

#### 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,

What a difference a few days can make. Last week we were preparing ourselves for a period of wearing masks and by Sunday we were informed that we would return to remote learning. Thank you for your patience in waiting for information to be shared. Today you will receive a booklet of information that will hopefully help you and your children to navigate learning online once again.

The first few days have gone smoothly, with students and staff switching back to remote learning in an exceptional way. Some students will be happy to have the extra minutes of sleep each morning, and I am sure that all students are very comfortable not wearing their school uniform again. There was so much to learn last time, and with reflection we have adjusted some of the things that we do. Please do not hesitate in making contact with the school if you have concerns or questions.

The advice provided to us is that those that can work from home must work from home. This means that most staff usually at school are currently working from their homes. If you need to make contact, an email would be the best way to communicate with teachers.

We are making every effort to reduce the contact of non-teaching staff that do not usually work in classrooms and would have difficulty working from home. Therefore, we have rostered staff over the week to ensure the school continues to run efficiently and reduces the number of staff on site. For this reason, the school Office will be open to parents/guardians between the following times: 8:30am – 10:00am and 2:00pm – 3:30pm.

Friday, 7 August 2020

- Exciting Times Ahead for St Mary MacKillop College
- Faith Matters
- College Community Expectations in Remote Learning
- Teaching & Learning

#### ABSENCE NOTIFICATION

PH: 5032 9771

Press 2

### FUTURE EVENTS

#### AUGUST

Tues 25<sup>th</sup> Student Free Day  
School Wellbeing  
Closure Day

Wed 26<sup>th</sup> Staff Professional  
Learning Day  
Student Free Day

#### SEPTEMBER

Fri 18<sup>th</sup> Last Day of Term 3  
Student Free Day  
School Wellbeing  
Closure Day



## FROM THE PRINCIPAL

Phone calls will continue to be answered from 8:15am to 4:00pm. It would be helpful if parents contacted the office prior to coming in.

This week we celebrated the life of St Mary of the Cross MacKillop, whose anniversary is on Saturday 8<sup>th</sup> August. The Feast Day mass was wonderful, our first mass with Fr James Kerr, and our second mass in remote learning. A special message from Sr Rita Malevisi provided us with some perspective on our situation, through the eyes of Mary MacKillop. PJJAMMA Day was celebrated online, while staff and students on site enjoyed hot JJAMM donuts. Today we would have finished the week with our walkathon. As it happens, the weather has not lent itself to walking outside, however we have encouraged students to attempt to participate in a walk at home during Lesson 4.

Thank you for supporting your child/ren back into remote learning. We are always here for you if you need us.

Regards

**Michelle Haeusler**  
Principal



## EXCITING TIMES AHEAD FOR ST MARY MACKILLOP COLLEGE

St Mary MacKillop College is currently on a journey to create a Master Plan for future development over the next 10 to 20 years. At the Annual Presentation Night last year, the Principal, Mrs Michelle Haeusler, informed the community that we had engaged the architectural company Y2Architects to create this Master Plan for us. This year the teaching staff have participated in workshops with i=d+e Director, Dr Scott Alterator, to develop an Educational Plan to guide the future building developments of the school.

We have consulted widely, and now invite interested parents and guardians to join in the conversation.

### **PARENT INFORMATION SESSION**

Tuesday 18<sup>th</sup> August, starting at 6:30pm

Facilitated by Dr Scott Alterator

If you would like to register for this event, please make contact with Ms Emma Webb by emailing [ewebb@mackillopsh.vic.edu.au](mailto:ewebb@mackillopsh.vic.edu.au), by 12:00pm Monday 17<sup>th</sup> August.

## NATIONAL SCHOOLS TREE DAY

We celebrated National Schools Tree Day on Friday 31<sup>st</sup> July by planting trees and shrubs in the garden beds outside the Science Room. A big thank you to the Environment Committee for organising this project and the Year 11 VCAL class for their hard work!



This was made possible through the generous sponsorship of Swan Hill Toyota and we thank them for their support.

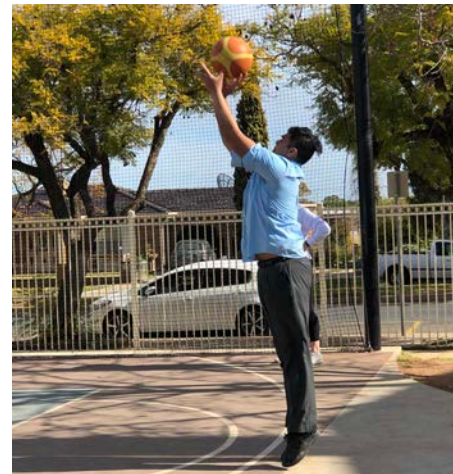
You can check out more at <https://treeday.planetark.org/>



# FAITH MATTERS

What a fabulous (mostly) online JJAMM Week we have had this year! JJAMM is an acronym for St. Joseph, Julian (Tenison Woods) and Mary MacKillop. It is always wonderful to celebrate the Josephite charism and the legacy of Mary MacKillop in JJAMM Week.

On Monday, we had a 3-point basketball shootout between four Year 12 students and staff. The staff proved a little more accurate and scored more points! Unfortunately, a return to remote learning meant our other planned activities had to be shuffled around a little bit.



Our Feast Day Mass was the first celebration with our new parish priest, Fr James Kerr. This was a pre-recorded Mass, shown in homerooms on Wednesday. A lovely reflection from Sr Rita Malavisi RSJ was included in the Mass. Sr Rita is a past teacher of St. Mary's Primary School (when St. Mary's was on the south part of this site). We were so fortunate to have her share a beautiful letter written by St. Mary MacKillop. Her words are still so relevant for all of us today as we continue to be challenged by the current restrictions. "Let us work together and bear with one another". Our MacKillop community has such a strong spirit of working together and helping each other. We are so fortunate!



Everyone's pJJAMMa's were worn on Thursday! And the HOT DONUTS were eaten!! Thanks to Dave and Tina for cooking these for the staff and students on-site and for some staff to do a click and collect!





Friday's Walkathon had to look a little different this year as well. A huge thanks to Mr Joyce who had organised a new track for us to walk/run. All staff and students were encouraged to complete a "virtual walkathon".

We also had a bit of fun this week playing "Where's Mary?". A small wooden Mary totem was hidden around the school for students to find. She was found in the Canteen on Monday and then in online classrooms throughout the rest of the week! This is what she looks like.



I received the following link and information in an email this week. It's a link to a podcast on the life of Mary MacKillop. Produced by the ABC it is part of their "Fierce girls" podcasts. It's been one of their most popular episodes, because her story is so inspiring. The episode tells the story of Mary's childhood, her incredible work with the poor, standing up to priests and eventual sainthood.

<https://www.abc.net.au/radio/programs/fierce-girls/mary-mackillop-the-girl-who-became-a-saint/11658006>

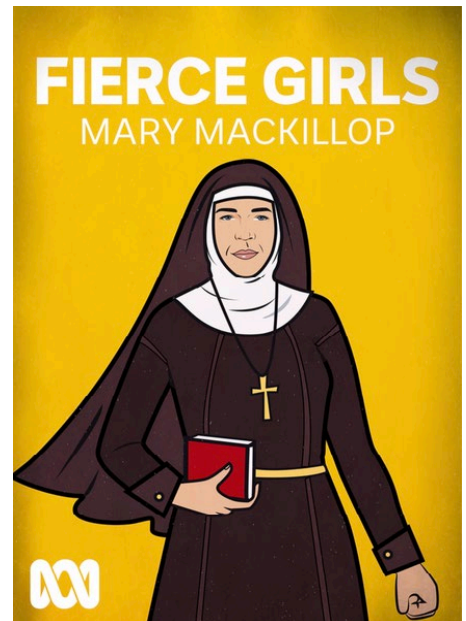
## **Mary MacKillop Prayer**

Ever generous God,  
You inspired Saint Mary MacKillop  
To live her life faithful to the Gospel of Jesus Christ  
and constant in bringing hope and encouragement  
to those who were disheartened, lonely or needy.  
With confidence in your generous providence  
and through the intercession of Saint Mary MacKillop  
We ask that you grant our request that our community stays safe and well.

We ask that our faith and hope be fired afresh by the Holy Spirit  
so that we too, like Mary MacKillop, may live with courage, trust and openness.

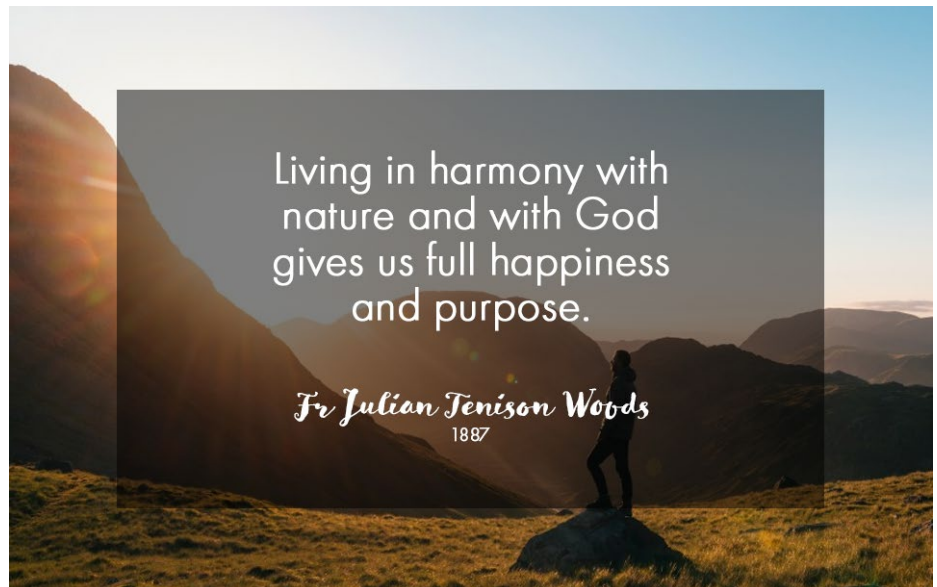
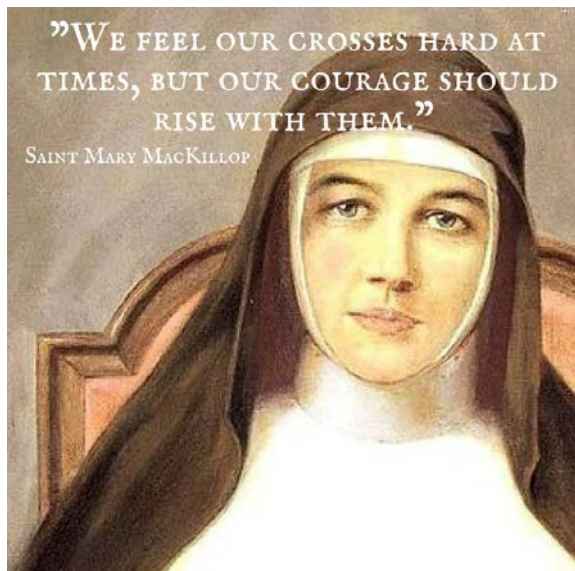
Ever generous God hear our prayer.  
We ask this through Jesus Christ. Amen.

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



# COLLEGE COMMUNITY EXPECTATIONS IN REMOTE LEARNING

We have expectations regarding the way the members of our school community operate and treat each other. These apply even in a remote setting, though how they are applied is slightly different in some respects. Here are some ways that students should be following the College Community Expectations in Remote Learning.

## **We are on time and ready to learn.**

- This means students are organised before their lesson starts. Make sure you get up at the normal time for a normal school day. Sign in to SIMON and Google early, let's say around 8.40 am so that you can check your emails and be ready for Homeroom.
- Keep your MacBook charged and have a drink bottle with you so you don't have to leave the lesson to get a drink.
- Sign in to your Google Meets on time and with your camera on. Your teacher will tell you if and when to turn it off.

## **We always follow staff instructions.**

- Even though you are at home, while you are in class you are still expected to follow staff instructions. This means trying to do the work that is set, finishing tasks when instructed to and staying engaged.

## **We all use appropriate language.**

- This is important online as well. Not only should we use appropriate language when we are online, we should also use courteous language.
- Try to affirm and acknowledge others in an authentic way.
- Be mindful of the words you use when you post in the chat or in any forums.

## **We respect ourselves, others and our learning environment.**

- Be as respectful in the online classroom as you are in the physical classroom.
- Close or minimise windows that you don't want to show before screen sharing.
- When speaking, make sure your camera and mic are turned on.
- Consider what others can see in your background and be considerate of other people's privacy, including that of your siblings and family members! A plain or blank background is best, perhaps angle your MacBook to do this.
- During the Google Meet your attention should be with the learning - not texting, messaging or snacking.
- Accept your responsibility for your part in classroom learning. Contribute where you can, it helps establish an environment of trust which is great for learning.

## **We are responsible for our own behaviour.**

- Manage your own time and meet deadlines.
- Really try to stay on task throughout the day.
- If you don't understand, ask your teachers questions in the Google Meet or via email.
- Make sure you are reading and responding to emails promptly.
- Use the Self-Directed time to your advantage - spend time revising and reviewing what you have learnt that day and finish any tasks or homework that has been set.

Sr Rita Malavisi shared a beautiful reflection with us for our Feast Day Mass. She used the words of St. Mary MacKillop to frame our current experience. There is much wisdom in what Mary had to say to her community one hundred years ago. "Your sufferings are great at this time and many things that seem unaccountable crosses may prove indeed to be hidden blessings. This is a time of trial in every way. Ah then, let it be one of much generosity upon our part. Let us work together and bear with one another. Do not be afraid. Love one another, bear with one another and let charity guide you in all your life."

All the best to all members of our school community as we embark on an exciting new term. It won't be without challenges - but life never is and we will meet them together.

**Catherine Howison**  
Deputy Principal

# TEACHING AND LEARNING

I hope everyone in our community continues to stay safe and well during this challenging time. Wednesday marked the start of our second period of remote learning. Parents and students will receive comprehensive information regarding our return to this learning environment.

During our remote learning experience in Term 2 we learnt a lot. The skills and expertise of our students and staff increased throughout the term and we learnt how to adjust our programs and teaching to suit the remote learning environment.

As the duration of our online classes has been reduced to 60 minutes in length, we hope students will use the break times to stand up, stretch and go for a walk to get a change of scenery.

In light of our return to online learning, the VCAA has rescheduled the General Achievement Test (GAT) to Wednesday 7 October for students undertaking Units 3 and 4 subjects and scored VET subjects. We wish our students all the best as they prepare for this exam.

## **Growth Mindset**

In my role I spend a lot of time reading material online to ensure I keep abreast of the latest developments in education in Australia and globally. The heading on one website I read recently said 'Do you know the most powerful 3-letter word you can use in your classroom?'. With interest I kept on reading. The website quoted one student saying 'I can't do it', and another student saying 'I'm not good at this'. So, what is this three letter word you ask? YET! 'You can't do it...YET'. 'You're not good at it...YET!' On a number of occasions in the newsletters so far this year we have talked about students approaching their studies with a growth mindset, and seeing challenges in their learning as something positive and that they will grow from them. If we want to change our mindset, one of the ways we can achieve this is through our thinking. I encourage our students when they next come across a challenge in their learning not to say 'I don't understand this', but to say to themselves 'I do not understand this yet', but I will work towards understanding the concept by adopting a growth mindset.

James Anderson has done a lot of work in the area of growth mindset. On his website he wrote an interesting article on 'Why we need Agile Learners'. The link to the article can be found [here](#). Anderson believes that if we are Agile Learners, we can develop our most basic abilities and we know how to translate our Growth Mindset into actual growth. Anderson also helps us to think about mindset as a continuum. For further information on this click [here](#).

## **The 'Learning Pit'**

The 'Learning Pit' is a different mindset continuum. I like this concept and a quick search on Google will reveal many results for this and lots of images, which shows the popularity of the model. The 'Learning Pit' was created by James Nottingham in 2007. Nottingham believes that learning occurs best when students step out of their comfort zone. Of course, there are learners who are reluctant to step outside of their comfort zone for fear they will make mistakes, or their weaknesses will be revealed. The 'Learning Pit' assists students to take risks, try new things and to ask questions so they can develop their understanding and skills. The 'Learning Pit' recognises that learning can be a struggle at times, along with confusing and frustrating, however, students need to be reassured that this is a normal part of the learning journey, and as they move through the 'Learning Pit' they will come out the other side having mastered the skill or concept, and ultimately achieving success. Further information on the 'Learning Pit' can be found on the Challenging Learning website ([here](#)).

## **Changes to Years 7 to 10 Assessment for Term 3**

All subjects will include one summative assessment task on the Parent Access Module (PAM) titled 'Term 3 Key Skills and Knowledge'. This will be given an S/N grade. This grade will come from one task or a collection of tasks completed across the term, depending on the subject.

**Nathan Lane**

Deputy Principal Teaching and Learning



# TEACHING AND LEARNING

## Spotlight on Learning: Drama

On a recent walk around the school I spent some time observing Mrs Henderson's Year 8 drama class engaging in a great activity where they had to each become a part of a scene. The scene was a playground, and each student had to come forward when they were named and say what they were in the playground and then act this out. For example, 'I am a slide' or 'I am the monkey bars'.

After viewing this class I was inspired to do some reading and exploring of the websites of the renowned acting schools in Australia: the National Institute of Dramatic Art (NIDA), the Western Australian Academy of Performing Arts (WAAPA) and the Victorian College of the Arts (VCA). I came across a clip from WAAPA outlining helpful hints for the audition process. I watched this clip with interest and learnt about what the audition panel look for in applicants. The Head of Acting at WAAPA, Glenda Linscott, used words such as 'passionate, curious, interested, hungry, natural storyteller, huge imagination'. I then went on to do some research about the importance of drama in schools. In 2010 the Australian Council for Educational Research published 'The Arts and Australian Education: Realising potential'. It was a fascinating read that talked about the international context and Australia, the way of teaching the Arts, and the Arts as catalyst for social transformation.

Drama is a vehicle for students to develop the 21st century skills of collaboration, creativity and critical thinking. Drama engages students intellectually, physically, socially and emotionally. The variety of activities students do in their drama classes, from improvisations to re-enacting scenes and creating performances, helps to develop these skills.



I have seen the advertising posters and photos from last year's production of the musical Wicked. I wish I could have seen the many talents of our students on display in this production. Being involved in school productions provides our students not only the opportunity to showcase their amazing artistic skills and creative dispositions, but to develop their confidence and to step out of their comfort zone. I very much look forward to seeing our students perform in 'Super Happy Awesome News' later in the year.

Thank you to our wonderful performing arts team for their passion for the performing arts and for the many opportunities they provide our students.

**Nathan Lane**

Deputy Principal Teaching and Learning



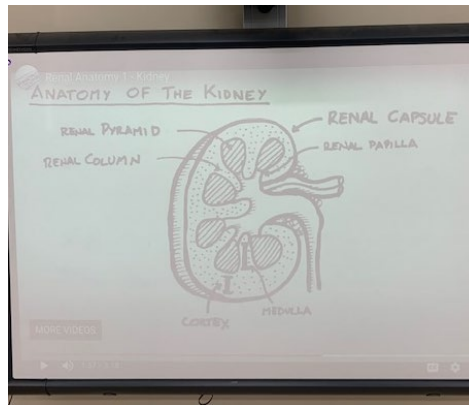


# TEACHING AND LEARNING

## What I learnt today at SMMC...



Mrs Clark's Year 8 science class playing a Kahoot quiz to test their knowledge of the heart.



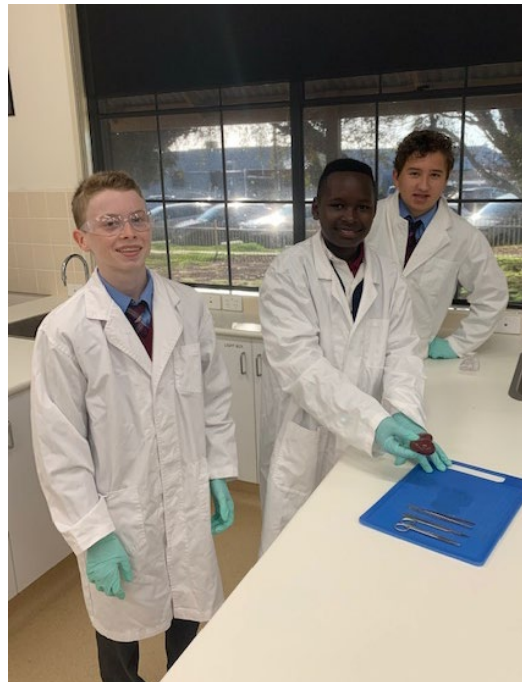
Mrs Clark's Year 8 Science class got to dissect a kidney.



Before starting the dissection, Mrs Clark asked students to feel the kidney.



Students from Mrs Clark's Year 8 Science class about to dissect a kidney.



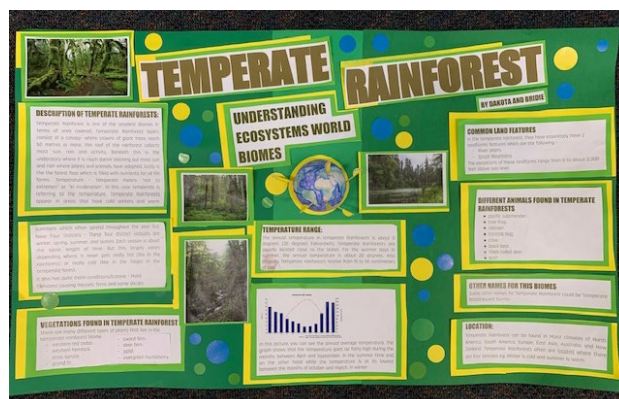
Students from Mrs Clark's Year 8 Science class.



Students from Mrs Clark's Year 8 Science class.



In Year 7 RE students are learning about the sacraments.



Ms Curtis' 'The Worlds People and Environment' class are studying biomes.



# TEACHING AND LEARNING



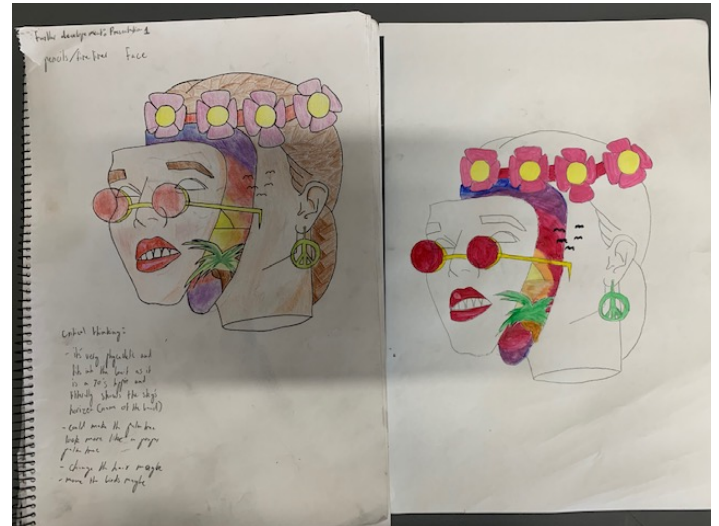
Ms Dalton's Year 8 English class are designing a new cover for the novel they are studying, 'Across the Barricades'.



Mr Wood's Year 12 Visual Communication and Design class working hard on their folios.



pJJAMMa day at SMMC! Mrs Rush and Charlotte Rush enjoying jam donuts in their pyjamas for JJAMM Week.



Malachy O'Halloran is making great progress with his design for Visual Communication and Design.



Students from Mrs McCallum's VET Hospitality class cooking up a storm!



Tima is carefully cutting up vegetables in preparation to make a curry.



Year 12 RE students preparing for JJAMM Week and creating Mary totems.



# TEACHING AND LEARNING

## Spotlight on our Amazing Staff



**Name:** Kylie Andrews

**How long have you been at SMMC?** 18 Months

**What is your role at SMMC?** LSO (Learning Support Officer)

**What makes SMMC special?** The community atmosphere within the school is very comforting and welcoming. The staff are amazingly supportive and the students are so friendly!

**Which is your House?** Woods

**What do you enjoy doing outside of school?** Nothing better than a family camping trip on the river or a good day of country cooking!



**Name:** Jenna Bibby

**How long have you been at SMMC?** Since October last year, nearly coming up one year

**What is your role at SMMC?** Mostly reception, manning the phone. But any other little jobs people need me to do or that come up I get done as well such as photocopying or writing up receipts, etc.

**What makes SMMC special?** Everyone here is really nice and communication throughout the school is a big bonus, especially right now with coronavirus around. Keeping everyone up to date and in the know has been a crucial part of being at work.

**Which is your House?** Solomon

**What do you enjoy doing outside of school?** I spend most of my free time with friends when I can, but most of my time recently has been spent decorating and settling in to my new house and looking for a new pup.



**Name:** Kathie Box

**How long have you been at SMMC?** 15 ½ years

**What is your role at SMMC?** Learning Support Officer and OH&S Officer

**What makes SMMC special?** Our school is special, because of the incredible students, parents, community, and our staff that bring it to life each day. Our staff has an energy, love, and passion for our student and the whole school community.

**Which is your House?** Xavier

**What do you enjoy doing outside of school?** Travelling



**Name:** Brenda Brady

**How long have you been at SMMC?** Quite a while now...

**What is your role at SMMC?** Careers Adviser and Work Experience Coordinator

**What makes SMMC special?** I love the friendly and inclusive atmosphere at SMMC. I feel blessed to work with colleagues who genuinely care about our students. I love working with students and having numerous chats about subject selection and future career options. And I appreciate the importance SMMC

leadership place on staff members' personal growth and learning by providing numerous opportunities so we can continue our personal growth and learning.

**Which is your House?** Woods

**What do you enjoy doing outside of school?** Spending time with my three children and their families, reformer Pilates, walking along the Murray River, going away with my husband, catching up with friends and cooking. Anything but housework really!!!



# PATHWAYS / CAREERS

During these very different times, we are endeavouring to provide as much information to students as we can. Traditionally during August, most Universities hold Open Days so that prospective students are encouraged to attend to learn more about a course they are considering, talk to lecturers and current students, and have a tour of the campus. Open Days will still occur this year, they will just be virtual.

All Year 12 and Year 11 students considering further study are strongly encouraged to register for these days. If for some reason they are unable to attend the Virtual Open Day, by registering they will be kept up-to-date about other events, scholarships and accommodation options.

## **Virtual Open Days – Victoria**

|   |   |
|---|---|
| <b>AUSTRALIAN CATHOLIC UNIVERSITY</b><br>Saturday, August 29 <sup>th</sup> , September 5 <sup>th</sup> and 12 <sup>th</sup> | <b>CHARLES STURT UNIVERSITY</b><br>Sunday, September 6 <sup>th</sup>  |
| <b>DEAKIN UNIVERSITY</b><br>Sunday, August 16 <sup>th</sup>   | <b>FEDERATION UNIVERSITY</b><br>Sunday, August 16 <sup>th</sup>   |
| <b>LATROBE UNIVERSITY</b><br>Sunday, August 2 <sup>nd</sup> and Sunday, August 23 <sup>rd</sup>                             | <b>MONASH UNIVERSITY</b><br>Saturday, August 29 <sup>th</sup> to Monday, August 31 <sup>st</sup>            |
| <b>RMIT UNIVERSITY</b><br>Saturday, August 8 <sup>th</sup> and Sunday, August 9 <sup>th</sup>                               | <b>SWINBURNE UNIVERSITY</b><br>Wednesday, August 12 <sup>th</sup>   |
| <b>TORRENS UNIVERSITY</b><br>Tuesday, August 11 <sup>th</sup>   | <b>UNIVERSITY OF MELBOURNE</b><br>Saturday, September 5 <sup>th</sup> to Tuesday, September 8 <sup>th</sup> |
| <b>VICTORIA UNIVERSITY</b><br>Sunday, August 29 <sup>th</sup>   |   |

## **SuniTafe Online Careers Week**

SuniTAFE Careers Open Day is moving online this year and becoming a whole week of activities. From Monday 24<sup>th</sup> to Friday 28<sup>th</sup> August, there will be 5 days dedicated to bringing you the latest course information, pathways, study options and everything else you need to get started!

- Enrolling with SuniTAFE
- Free TAFE
- Latest course information
- Pathways through TAFE
- Study options
- Skills & Jobs Centre

There will be Live Q&A sessions to answer any questions you may have! Session times will be released closer to the event.



## **Tertiary Information Service (TIS)**

TIS is running the following online information sessions for Year 12 students and parents

- SEAS and Scholarship applications - August 26<sup>th</sup>
- Transition to University and moving away from home - October 1<sup>st</sup>

Information and RSVP <https://bit.ly/2NoSH3W>

**Sally Looney and Brenda Brady**  
Pathways Team

# YEAR 8 ART & DESIGN

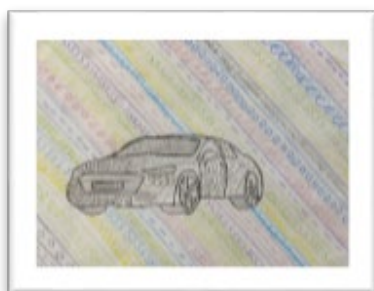
Wow! What an extraordinary term it has been so far. Students in year 8 have been learning how to use the elements and principles to create a range of artworks including; zentangle patterns to show shape and form, one and two-point perspective drawings to show space.

**Jeremy Wood**

Art & Design Teacher



William Gilchrist



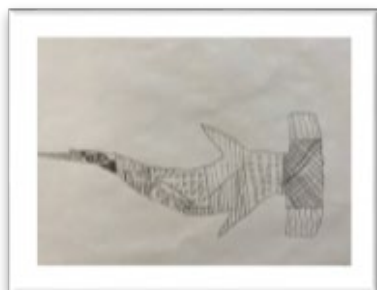
Otto Conlan



Remi Alderuccio



Jasmine Barr



Christian Anderson



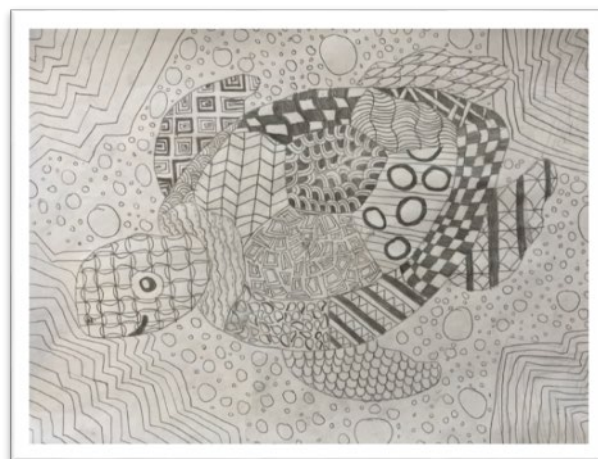
Bradley Greenham



Parker Condely



Payton Cutrell



Emma Derbas



Lauren Cordingley

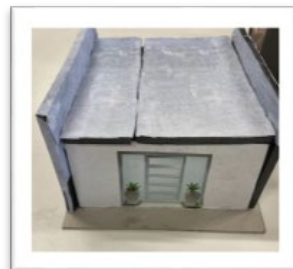
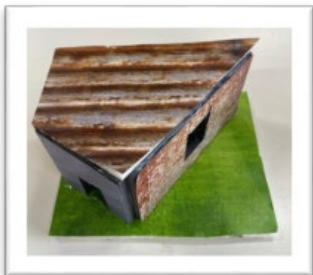
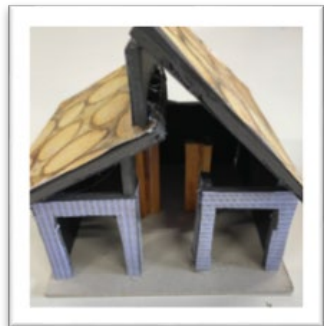
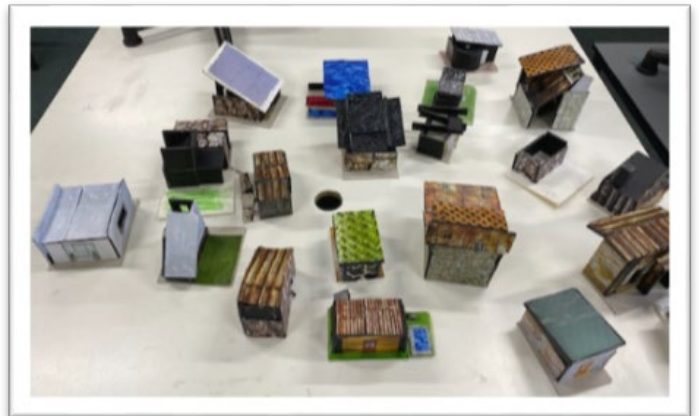


# DESIGN COMMUNICATION

Despite the frantic nature of week 4 students were able to complete their model building in the last lesson before remote learning. The brief required students to generate ideas for a Nano house set in an urban dwelling. They deconstructed surface materials and textures in their initial 2D sketches and continued to develop ideas based on form and structure for their 3D models.

**Jeremy Wood**

Design Communication Teacher



## WELLBEING

During remote learning some students may struggle with staying motivated and engaged with their learning, they may also feel anxious about what is happening in the world and where their future will take them.

A great resource for you as a parent to help support your child is Reachout. This is an online mental health service for young people and their parents in Australia. Reachout's mission is to deliver innovative mental health services that enable young people to take control of their mental health and wellbeing. It also provides information, tools and resources to help parents support their children in a family environment.

Here is a link for an article about motivating your teenager when school is the last thing on their mind:

<https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-school-and-education/motivating-your-teenager-when-school-is-the-last-thing-on-their-mind>

**Mandy McCallum**

Director of Wellbeing

## YOUNG HEALTH CHAMPIONS

Swan Hill District Health are recruiting Young Health Champions

- Are you aged 16-25?
- Are you passionate about your local community and health?
- Do you want to work on key issues that impact young people?
- Do you want to develop skills in leadership, community engagement, advocacy, marketing and health promotion?

Express your Interest here <https://forms.gle/NLxNcUivPdAsVhnQ8>

If you're not sure if this is for you or you would like to speak to a Health Promotion Officer, please contact Rachel Brooks at [rbrooks@shdh.org.au](mailto:rbrooks@shdh.org.au)



EXPRESSIONS OF INTEREST ARE NOW OPEN

## 2020 FOOTY TIPPING COMPETITION

Our College Footy Tipping Competition has entered the half-way stage, and with a very compressed roster of games over the next few weeks, all competitors, students and staff, are reminded to check the AFL calendar carefully and regularly.

There are prizes for the winning "Tipster" of each year level, as well as an overall prize for the most astute "Tipster". In addition, there is a \$5 College canteen voucher awarded to those students who tip 9 winners in a 9-game round. So far 3 of these have been awarded, so well done to those knowledgeable competition members. As a special bonus, there will be a \$25 canteen voucher awarded to the highest scoring student IF their final tally is greater than that of the winning staff member.

After game 1 of round 10 the student leader board sees Mena Keighran leading with 56 winners. In second place is Isabella Gilchrist on 55 and in a tie for third are Emma Hoare, Kye Belton, Lauren Cordingley and Sam Teasdale on 54.

Mrs Hull is leading the staff competition with 55 winners, Mr Murphy has tipped 54 winners and Mr Hickmott 53. Mr Hirst, Mena Keighran, Cal Jager and George Smith are all "filthy" on Collingwood's inability to defeat the lowly placed Dockers as it cost all of them a "bonus prize" in round 9.



# FOOD FOR ALL – SWAN HILL REGION

## HAVE YOU HEARD OF FOOD FOR ALL- SWAN HILL REGION?

They were established in 2018 and their mission is to support food literacy and facilitate access to adequate nutritious food for all members of the Swan Hill Region.

### Core strategies to achieve their goal include:

**Edible Gardening** - Helping the community to grow their own food through sharing tips, tricks and practical gardening skills.

**Connecting to locally grown food** - Encouraging and supporting the community to choose local.

**Emergency Food Relief** - Supporting local organisations who help those in need.

**Food Literacy and Healthy Food in settings** - Helping people to know how to shop for, store and cook delicious healthy food and making the healthy choice the easy choice.

You can keep up to date with Food for All by following their [Facebook](#), [Instagram](#) or by visiting their [website](#). Now for a sneak peak of the content they share on their socials:



**FOOD FOR ALL**  
SWAN HILL REGION

## Baked vegetable frittata

seasonal recipes | summer/autumn

### ingredients

- 1 tablespoon of olive oil
- 2 large onions
- 2 cloves of garlic
- 400g of mushrooms
- 4 tomatoes
- 1 large zucchini
- 8 eggs
- 3/4 cup of milk
- 3/4 cup of parmesan cheese
- Pepper

**Tip:** Finely chop up any veggies that you may have lying around and add them with the tomatoes and mushrooms!

### method

1. Pre-heat the oven to 200C fan forced.
2. Line a 5cm deep, 20x 26cm baking dish with non stick baking paper.
3. Chop up the onions, tomato and any other vegetables you wish to use.
4. Grate the zucchini and squeeze out any excess water.
5. Heat the oil in a frying pan over a high heat. Add the onion and garlic and fry off until soft and translucent.
6. Using a large bowl, whisk the milk and eggs. Add the parmesan, mushroom, onion, zucchini and continue to stir. Season with pepper to taste.
7. Pour the mixture over the dish. Add the tomato and any other vegetables you may be using on top.
8. Bake frittata for approx 20-25 minutes or until golden.

Serves 4      Recipe adapted from [www.taste.com](http://www.taste.com)

**eat. move. smile.**  
fruit & veg      more often      together



**Swan Hill  
District Health**  
Connected Care. Best Experience.

# REMOTE LEARNING @ SMMC



We have done it once,  
we can do it again!

**TERM 3**

## What will online learning look like this term?

Students are expected to be online in a Google Meet at the start of the lesson with their camera on. This is to check in with your teacher, have your attendance marked and receive an outline of the lesson for the day.

Depending on the learning plan, the lesson may be entirely on Google Meet with your teacher or may be independent learning where you are working through tasks and content provided by the teacher by yourself.

The Self-Directed Time after Lesson 4 is a chance for you to do things like catch up on your work from any subject, complete learning tasks or practice skills. This is also a time where you might meet with your Homeroom Teacher for your TA Interview.

Senior students might also arrange for to catch up with your teachers to go over specific content.

Each Friday we will start in Lesson 1 and have a short assembly at the end of the lesson, like we do when we are at school. This will be a great way to see what is happening for other people in our school!

### LESSON & BELL TIMES

|                           |                            |
|---------------------------|----------------------------|
| <b>Homeroom</b>           | <b>8:55 am - 9:03 am</b>   |
| <b>Lesson 1</b>           | <b>9:08 am - 10:08 am</b>  |
| <b>Recess</b>             | <b>10:08 am - 10:28 am</b> |
| <b>Lesson 2</b>           | <b>10:30 am - 11:30 am</b> |
| <b>Break</b>              | <b>11:30 am - 11:40 am</b> |
| <b>Lesson 3</b>           | <b>11:40 am - 12:40 pm</b> |
| <b>Lunch</b>              | <b>12:40 pm - 1:25 pm</b>  |
| <b>Lesson 4</b>           | <b>1:25 pm - 2:25 pm</b>   |
| <b>Self-Directed Time</b> | <b>2:25 pm - 3:15 pm</b>   |

**IT Support - This is really important during Remote Learning. Our IT Team are available to students and parents during the day.**

Ricky - 0400 980 917

Ian - 0439 926 425

Access Hours 8.30am - 4.00pm

### Photocopying and Printing

Should the need arise for printing, you may email your documents to [office@mackillopsh.vic.edu.au](mailto:office@mackillopsh.vic.edu.au) with a short explanation and a courteous request. It will be printed for you and available for you to pick up in 24 hours.



# FAQ and Answers

## What if I can't log on to the Google Meet?

There are a few things you can do. Firstly, refresh your page and try the Google link again.

Check your emails to see if your teacher has sent you a new link.

Email your teacher to let them know and perhaps contact a friend in the class to get the work you need.

## What if I don't understand the work that I am doing?

Speak to your teacher during the next Google Meet and let them know. You can also email your teacher so that they understand exactly what you need help with.

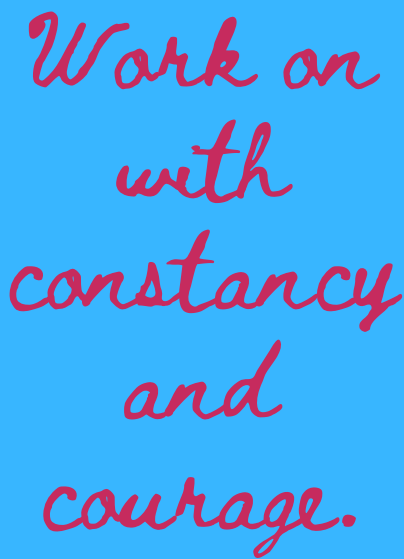
## What if I am sick and can't be online?

Please ask your parents to ring the school as they normally would. If you know you are going to be offline for a few days you can send your teachers and email to let them know.

## Can I come to school and do Remote Learning?

Students can work at school in the Learning Resource Centre if:

- your parents are essential workers or cannot work from home.
- you have no wifi.



Work on  
with  
constancy  
and  
courage.

St Mary MacKillop

## What if I am feeling anxious or unmotivated during Remote Learning?

It is hard to tell how we are going to feel each day. There are many things that are difficult at the moment and some of these things are out of our control. We all feel frustrated or unmotivated from time to time and don't know what to do. One thing we do know is that a positive attitude can help and you can also try these things:

**CONNECT** - talk to a friend, your HRT or HL about how things are going.

**BE ACTIVE** - sometimes a little fresh air and some exercise goes a long way.

**TAKE NOTICE** - try being mindful and present, some meditation or breathing exercises can make us feel good too!

**KEEP LEARNING** - Don't give up on learning, ask for help and maybe try things from a different angle.

**GIVE** - Try doing something for someone else, it is amazing how good that can make us feel!

## Student Wellbeing

Our **Wellbeing Team** will be available in Remote Learning to support you.

Mandy McCallum -  
mmccallum@mackillopsh.vic.edu.au

Leonie Gleeson  
lgleeson@mackillopsh.vic.edu.au

Josie Rovere  
jrovere@mackillopsh.vic.edu.au



# ACTION CALENDAR: ALTRUISTIC AUGUST 2020



## SATURDAY

**1** Choose to be kind to others (and yourself) all this month

**8** Give unused items, clothes, food or money to help a local charity

**15** Cook your favourite food for someone who will appreciate it

**22** Today do something to make life easier for someone else

**29** Plan a future project or gathering for your local community

## SUNDAY

**2** Send a positive message to someone you can't be with

**9** Water some flowers or plants in a public park or outdoor space

**16** No plans day! Be kind to yourself so you can be kinder to others

**23** Turn your phone off and give people your full attention

**30** Today do something to be kind to nature and our planet

## MONDAY

**3** Treat everyone you interact with as though they are a friend

**10** Contact a friend to let them know you're thinking of them

**17** Make a thoughtful gift as a surprise for someone

**24** Take time to forgive someone who hurt you in the past

**31** Share Action for Happiness with other people today

## TUESDAY

**4** Ask someone how they feel and really listen to their reply

**11** Be thankful for your food and the people who made it possible

**18** Give your time to help a project or charity you care about

**25** Give your time and energy to help someone in difficulty



## WEDNESDAY

**5** Spend time wishing for other people to be free from suffering

**12** Share an encouraging news story to inspire others

**19** Check in with someone who may be lonely or feeling anxious

**26** Find a way to 'pay it forward' or support a good cause

## THURSDAY

**6** Smile and be friendly, even when 'physical distancing'

**13** If someone annoys you, be kind. Imagine how they are feeling

**20** Look for the good side in everyone you meet today

**27** Notice when someone is down and try to brighten their day

## FRIDAY

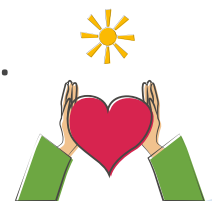
**7** Thank someone you're grateful to and tell them why

**14** Try to bring a smile to as many people as possible today

**21** Tell someone about a book or article you found helpful

**28** Start friendly conversations with people you don't know

**In a world where you can be anything, be kind.  
Every act of kindness makes a difference.**



**ACTION FOR HAPPINESS**



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/altruistic-august](http://www.actionforhappiness.org/altruistic-august)

**Keep Calm · Stay Wise · Be Kind**