“If a child doesn’t know how to read, we teach.”
“If a child doesn’t know how to swim, we teach.”
“If a child doesn’t know how to multiply, we teach.”

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Grades 7-10 Tuesdays 5-6:30pm. Matric and up Tuesdays 7-8:30pm
Plus... Train with top national casting directors in 2013 - Neighbours, Packed to the Rafters, H2O - Just Add Water and more!
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Sara Cooper (Bachelor of Education - Drama Major)

EXPERIENCE ANOTHER CULTURE IN 2013 AND IMPROVE YOUR LANGUAGE STUDIES AT HOME

In June-July students from over 20 countries around the world will be arriving in Australia to study at local high schools for 5 or 10 months. Hosting can be in a temporary, short or long term basis.

If your family can offer a friendly, supportive and caring home environment, contact us today.

To hear more about this wonderful opportunity or our student exchange programs out of Australia. Call Student Exchange Australia
New Zealand on 1300 135 331 or visit
www.studentexchange.org.au/host-a-student

dates for your calendar

MARCH

| WEEK B (DAYS 6 - 10) | Tuesday 19 | State SATIS Swimming (Hobart Aquatic)  
|                      |           | Feast of St Joseph |
|                      | Wednesday 20 | Year 8 Camp commences  
|                      | Thursday 21 | Year 9 Reflection Day |
|                      | Friday 22  | Year 9 Reflection Day  
|                      |            | Year 8 Camp concludes |
| WEEK A (DAYS 1 - 5) | Friday 29 | GOOD FRIDAY (Public Holiday)  
|                      | Sunday 31 | EASTER SUNDAY |

APRIL

| WEEK B (DAYS 6 - 10) | Monday 1 | EASTER MONDAY (Public Holiday)  
|                      | Tuesday 2 | EASTER TUESDAY (Public Holiday) |
|                      | Wednesday 3 | Return from Easter |
|                      | Tuesday 9  | College Board |
| WEEK B (DAYS 6 - 10) | Monday 15 | Village Space Performance (Year 10) |
|                      | Wednesday 17 | Big Science Comp |
|                      | Friday 19  | TERM ONE CONCLUDES |

APPLICATIONS CLOSE ON FRIDAY, APRIL 19, 2013

Yr 8 Camp

On Wednesday, March 20, Year 8 will be leaving the College for their camp at either Fortescue Bay or Lime Bay. Students undertake a variety of activities including surfing, abseiling, kayaking and mountain biking. A great deal of effort has gone into the preparation of the experience and I’m sure all students will enjoy and benefit from the opportunity. I would like to extend my thanks to all camp staff for their energy, organisation and commitment to the Year 8 students for this event. Prayers for good weather would, I’m sure, be most appreciated.

STUDENT ACHIEVEMENTS


Congratulations to Nicky Richards (9 Red) who recently competed in the Launceston Kart Club Titles. He came 1st in the Senior Clubman, 3rd in the Statewide Series and has one round to go. Well done and all the best, Nicky.

Prayer of St Francis

Lord, make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness, joy.
O Divine Master, Grant that I may not so much seek to be consoled, as to console; To be understood, as to understand; To be loved, as to love.
For it is in giving that we receive.
For it is in giving that we receive.
For it is in giving that we receive.
For it is in giving that we receive.
For it is in giving that we receive.

The prayer of St Francis is, arguably, one of the most popular Christian prayers, with perhaps the exception of the “Lord’s Prayer”. The first part of the prayer reminds us about whom we should strive to be in asking God to help us live out our identity, while the second part reminds us of what not to aspire to, which could be interpreted as selfish.

Wanting to be understood, loved or forgiven is important but living the example of St Francis means putting others first and caring for creation in a manner that mirrors our interdependence and family relationships. The prayer offers us a chance to pause, pray and reflect on who we are and what we were created to do.

SOUTHERN SATIS SWIMMING CARNIVAL

Congratulations to the swimming team that competed at the Southern SATIS Swimming Carnival last week, especially the Swimming Captains, Jamie McShane and Nicole Bresnehan, as well as the Vice Captains, Kyle Leisk and Demi Clark. Sincere thanks to Miss Jen Rider, Mr Peter Kay and Miss Caitlin Webb for their organisation, coaching and support on the day. MacKillop came second in the Junior Co-ed Shield and the highlight of the day was the U16 Girls Medley Relay, which the MacKillop team won and broke the record. Congratulations to Maggie Turner, Ashley Steele, Demi Clark and Nicole Bresnehan.

The SATIS Swimming Carnival will take place at the Hobart Aquatic Centre on Tuesday, March 19. Good luck to all the students participating in this event.

YEAR 7 CAMP

The last two weeks Year 7 students have been involved in their Year 7 Camps. This camp comprised of an overnight stay at Dysart Camp and included many activities, such as bike riding, bushwalking and a trip to Fusion. Thank you to all staff involved in the camp and I would especially like to mention the work of Ms Sharyn Wilson in the organisation of the camps. A special mention must also go to Year 9 student, Travis Nichols, who spent the two weeks assisting on the camps.

APRIL

| WEEK B (DAYS 6 - 10) | Monday 1 | EASTER MONDAY (Public Holiday)  
|                      | Tuesday 2 | EASTER TUESDAY (Public Holiday) |
|                      | Wednesday 3 | Return from Easter |
|                      | Tuesday 9  | College Board |
| WEEK B (DAYS 6 - 10) | Monday 15 | Village Space Performance (Year 10) |
|                      | Wednesday 17 | Big Science Comp |
|                      | Friday 19  | TERM ONE CONCLUDES |

APPLICATIONS CLOSE ON FRIDAY, APRIL 19, 2013
FROM THE DEPUTY PRINCIPAL

Over the coming weeks the College continues to be a very busy place. After the success of the Year 7 Camp program we now move into the Year 8 program, Year 9 Outdoor Education Camps, RYDA the Year 10 Driver Education program as well as our Reflection Days for Years 9 and 10. I thank parents for their continued support of our programs by getting the required forms and medical advice as soon as possible.

March 13 Year 10 Reflection Day 10 Red/White
March 12-14 Year 9 Line 3 Outdoor Ed Camp
March 18 Year 10 to RYDA
Schools’ Surf Lifesaving Camp
March 19 Year 9 SATS Swimming
March 20-22 Year 8 Camp
March 21 Year 9 Reflection Day 9 Green/Blue/Gold
March 22 Year 9 Reflection Day 9 Red/White
March 26-28 Year 8-9 Year 2 Line 2 Outdoor Ed Camp
April 15 Year 10 Village Space
April 17-19 Year 9 Line 1 Outdoor Ed Camp

STUDENTS WITH ALLERGIES

In recent years we have experienced an increase in the number of students with various allergies. It is important that the College has the most up-to-date medical information on students in order to provide for their needs. Please ensure our College Office is informed if there is a change of medical information so we can note this in our records.

At present we do have a large number of students with allergies to nut products and ask parents to help us by avoiding nut products when packing student lunches.

We do strive to be nut free. However, the strong recommendation for secondary schools is that we look at educating all students about the concerns regarding nut allergies and training students to make good choices rather than banning products. Like the disclaimer on food products, we can never claim to be “nut free” with over 600 people accessing our site each day.

“Banning of foods or food products is not recommended. There is a lack of evidence to suggest that banning a food from a school is helpful in reducing the risk of anaphylaxis. Schools are encouraged to become aware of the risks associated with anaphylaxis and implement strategies to minimise exposure to known allergens. What about nuts? As one strategy to minimise exposure to nuts, schools may decide in consultation with their community to ask families not to bring nuts or nut products to the school site or to school activities. While this is an acceptable strategy to reduce the risk of exposure to known allergens, it is never possible to guarantee a school site is nut free.”


HELP YOUR CHILD BEAT BULLYING

Bullying is common despite heightened public awareness in recent years. Recent research shows that 67 per cent of children experience bullying at some stage. Bullying transgresses a child’s fundamental right to feel safe and secure. It is the selective, uninvited, intentional, often repeated oppression of one person by another person or group. It can happen at school, within the neighbourhood and, in some cases, within a family.

Children can be bullied in a number of ways – physically, verbally or through exclusion. Both boys and girls can bully, although girls are more likely to use verbal taunts and exclusion, while boys are more likely to use physical means.

When a child is bullied he or she generally feels powerless and lacks the ability to fend for himself or herself. A child who is bullied over a long period of time can experience significant long term affects. It can affect a child’s learning, peer group relations and self-esteem.

Children who are bullied generally need help. They need someone to believe their story. If you suspect your child is being bullied take him or her seriously. Sometimes the only thing a child wants is the knowledge they have their parents’ support.

Gain a clear picture of what happens and help your child identify any behaviour, such as playing alone or annoying others, that may contribute to the bullying.

If appropriate, provide your child with some ideas based on the information you have gathered that will reduce the likelihood of being bullied. Resist the emotive reaction to confront the bullies yourself as this often causes an escalation and invites retaliation.

Bullying is best handled in partnership between parents and school or other institution. Be present your concern to the relevant teacher or professional so that you can find a joint solution to the problem.

Do you know the warning signs of bullying? They include:
• Complaints about stolen items
• Unusual behaviour at home such as aggression or timidity
• Physical injuries such as bruising or repeated accidents
• Reluctance to go to school or lack of interest in school
• Pretend illness or injury
• Sudden or unusual clinginess

Raising Exceptional Kids  Michael Gross


Mrs Sue Howard
DEPUTY PRINCIPAL
shaward@mackillop.tas.edu.au

FROM THE DIRECTOR OF MINISTRY

REFLECTION DAYS

“Life’s most persistent and urgent question is:  What are you doing for others?”

Martin Luther King Jr. Civil Rights Leader

“I don’t know what your destiny will be, but this I know: the only ones among you who will truly be happy are those who have sought and found how to serve.”

Albert Schweitzer, Humanitarian

It is with this in mind that we provide our Year 10 cohort an opportunity to reflect on their relationship with our God, and how they are living out the challenge of the Gospel. This week our students will be duly challenged: are you serving others, how are you giving, and how are you being a leader in your own life?

VINNIES INDUCTION MASS

Congratulations to our students who have been voted into the following positions for our St Vincent de Paul Conference for 2013.

President: Caitlin Stalker
Vice President: Connie Woodward
Secretary: Claudia Webb
Treasurer: Bridget Foale
Liaison Officer: Madeleine Lucas
Publicity Officer: Miriam Boulton

Our students will be formally inducted into their roles this Thursday evening at the Induction Mass, which starts at 7pm at St Mary’s Cathedral. All students and their families are warmly invited. We wish our students all the very best in their new roles this year.

PROJECT COMПASSION

Please don’t forget that during this time of Lent we, as a College, are aiming to fundraise for the 2013 Project Compassion Appeal. You should all now have your Project Compassion boxes in your homes so please remember to give during this time of Lent.

BEANBAG AND FLOOR CUSHION APPEAL

We are looking for some beanbags and floor cushions to make St Joseph’s Chapel a more comfortable and inviting place for students to pop in and reflect and chat. If you know you have a beanbag or floor cushion that you are no longer using, and it is in reasonable condition, please donate it to the College by leaving it at the front office. Our Year 10 CSYMA class is busy re-decorating and would love your help!

Mrs Linda Pollard
DIRECTOR OF MINISTRY
lpollard@mackillop.tas.edu.au

FROM THE DIRECTOR OF WELLBEING

NATIONAL DAY OF ACTION AGAINST BULLYING AND VIOLENCE - FRIDAY, MARCH 15

Our school is taking part in the National Day of Action Against Bullying and Violence this Friday, March 15. We encourage students to behave positively and safely every day but on the National Day of Action we will be putting the spotlight on our anti-bullying strategies as well as providing students with support materials.

Although this event is highlighted nationally on Friday 15, its message is echoed daily at MacKillop. Anti-bullying education is an important part of our Personal Development Program for all year groups. Already Year 9 has heard from a visiting Police Officer about the consequences of cyberbullying, while the Year 9s began watching Lee Hirsch’s powerful feature documentary Bully on Tuesday.

The Bullying. No way! website has information for parents and students of all ages about the National Day of Action and how we can all help create a supportive school environment free from bullying, harassment and violence.

EATING DISORDERS – THE BUTTERFLY FOUNDATION

We often associate and direct our education programs about eating disorders towards young women. However, in an article in the March edition of the Sunday Tasmanian, Jackie Sinnerton reported on a spike in young males being treated for eating disorders. Boys who are body conscious call it the “six pack” but the craze to have the perfect set of abs at such a young age, has been labelled “distressing”, by leading eating disorder experts.

According to the first gender-split research done nationally, last year 333,365 males as young as 10 were estimated to have an eating disorder. “Boys obsessed with looking like their sporting heroes can sometimes find themselves frustrated and lose self esteem as their bodies are often not mature enough to develop into their perceived ‘ideal’ image”, said Christine Morgan, CEO of the Butterfly Foundation, a national organisation supporting those who suffer form an eating disorder.

For further information about eating disorders go to: www.thebutterflyfoundation.org.au

Mr Nicholas Lahey
DIRECTOR OF STUDENT WELLBEING
nlahey@mackillop.tas.edu.au

QUIZ NIGHT: WYD FUNDRAISER

Are you the smartest school in the south of the state?? WYD13 pilgrims invite you to a Quiz Night raising funds for the Tassie WYD program (including supporting young people in Tasmania and Chile) on Friday, April 12 at Sacred Heart College, New Town. Cost is $15pp and includes your first drink and nibbles. Get a table together, and we’ll find out who is the smartest and the bravest school of all!

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http://www.wydtas.org.au or www.wyd.tas.gov.au