and plays guitars and any other instrument every night. It was an amazing sight for our own students, and one of the areas they identified for contribution, besides the Library, was music. Most guitarists were missing a few strings, but they were considered the most valuable item in the community. At MacKillop, we would like to contribute to their enjoyment of music by donating more instruments – and we encourage you to do the same. Thank you to families and individuals who have donated guitars, recorders and tin whistles. Please have a good search around home and your local market or second-hand store and bring them in. Instruments without full sets of strings will be repaired here at the College before being sent to Timor Leste.

**YEAR 9 RETREATS**

In the last week of Term 2, the Year Nine Retreats were held at Brighton Civic Centre. This retreat explored the theme of Relationships, challenging students to reflect upon how they view their world, and how life-giving their relationships are and can be. It was a jam-packed day of games, activities, reflections and stories around Gospel values and identifying those things most important to a sense of self and to positive relationships with others. Much fun was had in the Ballroom Dancing and Barn Dance challenge. The concept of hurt and growth was also explored in the context of God’s love and the power of forgiveness, and students were encouraged to take part in the reconciliation ritual at the end of the day.

Thank you to the MacKillop Retreat Team of Mr Ben Slade, Mrs Sharon Lawler, Mr Mat Dixon, Mrs Kate Chasemore, Mr Ty Capaci, Mrs Sue Howard, Mr Nicholas Lahey and Mrs Debbie Arnett for your creativity and energy over the two days.

*Mrs Linda Pollard, DIRECTOR OF MINISTRY*

---

**ROBOCUP JR REGIONAL COMPEITITION 28/6/14**

On Saturday, June 28, four teams from MacKillop competed in the Hobart Regional event of RoboCup Jr. Although a relatively small competition, it gave our students valuable experience in competing under pressure. We fielded teams in Senior Dance, Soccer, Senior Rescue and Open Rescue.

Our Dance Team were the only ones in their division, but they still performed with gusto. Robots and students represented Lord of the Rings characters. They did two flawless performances, before joining with a junior dance group in a Super Team event. Our team received valuable feedback and intend to make some improvements before the upcoming State Competition. “The Fellowship” Team members are Alexandra Bull (9 Blue), Munro Wilson (9 Gold), Jesse Fox (9 Green), Seth Denby (7 White) and Holly Blake (9 Blue).

After much confusion about whether the soccer event was to take place or not, a last minute “Simple Simon” competition was pulled together. This event involves programing two soccer robots with infrared sensors to find the soccer ball, manoeuvre it and score goals. Our team won, drew a game but lost the grand final. They learnt about the complex rules of the game and are better prepared for the next competition. “The Soccers” Team members are Keely (7 White) and Isaac Hudson (7 Red), Christopher Ferguson-Stoop (7 Red) and Joshua D’Amico (7 Red).

Our Senior Rescue Team had a horrible start to the competition, with the robot failing apart and the program not working. However, the team persevered and they strengthened the robot and reworked the program. They managed two good rounds but did not make the finals. I expect they will be highly competitive in the next competition. “Echo” Team members are Samuel Bedloe (7 Green), Luke Petrusma (7 Blue) and Zephyr Wilson (7 Gold).

Our Open Rescue Team also had mixed success on the day. As the only team in their division, all eyes were on them for a successful “rescue”. Cheers from the crowd erupted when their robot managed to successfully find the “victim” (= an aluminium can), pick it up, find the “evacuation platform” (= a block of wood) and place the victim on it. There were a nervous few seconds as the can balanced precariously, only half on the block. The team are hoping to make some design modifications on their robot to improve consistency of rescue. “The Tank” Team members are Liam Brooks (8 Green) and Ben Kershaw (8 Green).

I am proud of the way all our students competed with perseverance and good sportsmanship and look forward to taking them to the State Finals in a few weeks.

*Mrs Pat Graham, Robotics Co-ordinator*

---

**Headspace School Support**

A national evidence-based service that provides support to schools affected by suicide, will be presenting a session for parents. The session will build an awareness of the signs and symptoms of suicide in the community and can impact young person and how social media may influence their responses. Parents will have the opportunity to hear about what they can do to help their young people to support young people regarding social media and issues relating to suicide.

- **Parent Information Evening**
  - **Date and Time:** Wednesday 13 August 7pm - 8:30pm
  - **Venue:** Guildford Young College 94 Barrack Street Hobart

A legal information session will be presented by the Legal Aid Commission of Tasmania, covering the legal rights for teenagers and young adults that can arise through the use of social media. The session will cover not only the possible traps and pitfalls facing young people but the legal and employment consequences of inappropriate use of such media.

---

**PRINCIPAL**

Arriving late was a way of saying that your own time was more valuable than the time of the person who waited for you – Karen Joy Fowler, The Jane Austen Book Club

Is your child often late for school? Did your child’s recent Semester One report highlight room for improvement in the area of punctuality? Arriving late for school and class is a habit that some students appear to have developed over time. This is not a good habit. Being on time is very important for academic and life success.

Research shows that students with consistent school attendance learn more. If students are to fully benefit from the rich and varied opportunities school offers, then regular school attendance is vital. A student who arrives 10 minutes late every day will miss 30 hours of instruction and/or organisational time every year. This is a significant academic loss. Yes, it is possible to get copies of notes and make up assessments but they can never recapture what, in my opinion, is a most important aspect of school – the discussions, the socialisation, the explanations by the teacher and the thinking that makes learning so rich and interesting.

Arriving at school on time clearly promotes learning, but arriving late to school can also be highly disruptive for the student, the teacher and other students in the class. It shows a lack of respect for themselves and for others. Life success, and this includes life after school, depends on solid foundations, including being punctual and having regular school attendance. As we move from school to the workplace it is very apparent that employers seek and value reliable, dependable and responsible individuals to fill employment positions. Is your child laying this foundation for themselves?

Punctuality is an important part of self-discipline and is essential to good time management. Improving and maintaining punctuality requires a committed partnership, involving parents and families, students and college staff. The following tips may assist students in developing and maintaining good time-management habits:

- Have everything ready the night before – complete a checklist of all the items that you will need to have for the following day and have these packed into school bags before bed. This could include homework, assignments and notes. Complete any tasks that you might normally leave for the following morning, such as printing out documents;
- Give yourself a suitable amount of time to dress and get ready – be realistic about the amount of time it really takes you to get ready and don’t try and squeeze forty minutes of grooming time into fifteen. Adjust your waking time accordingly;
- Get plenty of sleep – if your problem is actually getting up in bed in time to get to school then make a serious effort to get to bed earlier;
- Arrive early – this will give you time to get to the bathroom if needed and to chat with friends. Having these few minutes before class starts gives you time to stay connected with your friends and limits disruption once you have entered the classroom.

He knew the migration started today.

**IN MEMORY OF LANCE BUTLER**

On Monday, we unexpectedly lost a member of the MacKillop Catholic College community, Mr Lance Butler.

Lance was a familiar face around the College, and has been part of the school life since the College started in 1994. He has been locking doors, changing to staff and parents. The session will have the opportunity to hear about the legacy that he leaves behind and the important role he played in the MacKillop community, the wider Hobart community and the people that he influenced and made a difference to.

**MARY MACKILLOP FEAST DAY**

Next week, Friday 8 August, is Mary Mackillop’s Feast Day. Each year we celebrate the life and legacy of this amazing woman. From humble and troubled beginnings, Mary combined her desire for religious life and her desire to respond to the needs of poor bush children to found a new form of religious life, known as the Sisters of St Joseph. Alongside Father Julian Tenison Woods, she
established a school for anyone wishing to learn at Penola, South Australia. This school was revolutionary for that moment as it accepted students of any background.

Throughout next week there will be a number of different activities. This has become known in our College as JAMM Week (JAMM being an acronym for Joseph, Julian And Mary Mackillop). The highlight of the week is the Feast Day Mass at Corpus Christi Church, Bellville on Friday 8 August. Parents are most welcome to attend.

STAFF SPIRITUALITY DAY – 1 AUGUST
Staff in Catholic schools are expected to participate in a staff spirituality day, which will be held on the Monday of Richard Leonard SJ. Fr Richard will lead us through a number of sessions looking at the big question: How can Catholic Education form believers in a media-saturated culture?

The staff of MacKillop Catholic College will be holding this spirituality day on Friday, 1 August. As all staff will be involved and off site, students will not be required to attend school on this day. Please note that the College Office will also be closed on this day. The College Office will reopen on Monday, 4 August.

NATIONAL SELF-DETECTION PROGRAM FOR SCOLIOSIS
Girls in Years 7 and 9 are encouraged to participate in the Scoliosis Self-Detection Program during July and August. Girls in these year levels should download the brochure from www.scoliosis-australia.org.pdfs/self_detection_brochure.pdf

STAFF NEWS
Congratulations to Mrs Alice Smith and her husband, Anselm, on the birth of their son, Fred, during the last week of Term 2. We welcomed Miss Kaylee Bonfield to the College last week. Kaylee will be teaching Mrs Smith’s classes for the remainder of 2014.

STUDENT ACHIEVEMENT
Congratulations to Ashley Steele (10 Green) and Samantha Richardson (7 Blue) who represent Tasmania at the Australian Schools Sports Swimming Championships which are being held in Melbourne at present. All the best, Ashley and Samantha.

Congratulations to Dylan Johns (10 Green) on his selection to represent Tasmania at the Australian Schools Sports Swimming Championships which are being held in Melbourne at present. All the best, Dylan.

Congratulations to Cameron McKeen (9 Gold) on his selection to go to Darwin to participate in the Army National AFX Camp recently. Well done, Cameron.

OLD SCHOLAR ACHIEVEMENT
Congratulations to Michael Turvey (Year 10, 2012) who has won a Tuckwell Scholarship to study at the Australian National University in Canberra. Michael plans to study cognitive science and biochemistry. Well done, Michael.

We welcome back Term 3. We have a number of events on our calendar, available on our website and on the enclosed insert, that parents might like to note. On August 5 we have our College Sport photos and students will have their photo taken in full College uniform this year rather than sport uniform as it has been in the past.

Universal

Last week I spoke to the student body in regard to ensuring they confront the College problems by their best and in their correct uniform. Please be aware that during this term we will continue to ask our girls to check that their skirts are the right length, as mentioned in previous newsletter items last term.

Keep in contact

I encourage parents to maintain contact with their son/daughter’s Home Room teacher as the year progresses. During the recent Parent Teacher Student meetings a number of parents spoke very positively of the high level of communication and support they have received from staff members of the College with problems they were experiencing. As we share in the day-to-day lives of these young people, who can often be living through stressful situations, please keep us informed of anything that may impact on them, so that we can best support them pastorally and academically.

IPads and sleep

I share with you an article written by our Year 7 Team with some suggestions and answers to queries you may have. Since introducing iPads into the school, we have recommended that they are charged on the kitchen bench rather than in bedrooms. Research has shown that having technology such as iPads and iPhones in the bedroom may lead to less sleep or poorer quality of sleep.

Sleep experts suggest that teenagers should try to get at least 9 hours sleep a night, but many are only averaging 7 hours sleep on a weeknight. One possible reason is that the use of technology, before bed, may interfere with a person’s sleep habits, even contributing to them getting less sleep (National Sleep Foundation, cited by Reaney, 2011).

Researchers at the Harvard Medical School said “exposure to artificial light before going to bed can increase alertness and suppress the release of melatonin, a sleep-producing hormone.”* Findings in the journal Neuropsychopharmacology suggest that use of tablets for two hours on their brightest setting can suppress melatonin by about 22%. Although smaller gadgets and iPhones emit less light, they can still disrupt sleep by delaying or interrupting bedtimes.

In one survey, one in ten children reported being awakened by texts after they had gone to bed. As teachers and parents know it, is important to most teenagers that they stay in touch through social media, but some limits may be necessary.

Lack of sleep is a complex issue. Obviously it is a parental choice as to how strict to be with having access to technology in the evenings and at night, and the use of technology may only be one possible cause of lack of sleep.

We would like to suggest some possible options:

• Dim the lights – Try not to use your tablets at full brightness in the evenings;
• Distance yourself - Proximity is an issue, so try not to hold these devices close to your face;
• Impose an e-curfew – Turn off electronic devices for an hour or two before going to bed;
• Leave/charge devices outside the bedroom;
• Talk to your child about the length of time they spend interacting with technology in school and at home;
• Further reading – ‘Health dangers arising from lack of sleep confront tired teens’ Leanne Edmiston (July, 2013), QWeekend, <www.coriermail.com>

References:

Mrs Sue Howard
DEPUTY PRINCIPAL

STUDENT LEADERS PRESENT: JAMM WEEK – NEXT WEEK!
JAMM Week is next week (Week 3) of Term 3 and is a terrific opportunity for our Student Leaders to work together to deliver a week-long program for students, to improve the College climate and to get our student leaders more involved in fundraising for the College.

Included with this newsletter is a draft of the range of activities planned for the week, including the Mass on Friday, followed by a free, whole-school, sausage sizzle at lunchtime and Talent Quest at the end of the afternoon.

New additions to the program this year include the opportunity to pay to have a ride in the cool ‘Zorb Ball’ and to go crazy with a colourful ‘do’ on Crazy Hair Day. As another way to raise money for Timor and to add to the carnival atmosphere of our lunchtime celebrations a ‘Mr Whippy’ van has been organised to be on site for students to be able to purchase soft serve ice-creams to the tune of “Greensleeves”.

Students will be given daily updates of the events planned throughout the ‘JAMM’ packed week. Please encourage your sons and daughters to have their pocket money at the ready to support the terrific week of events.

NEW COLLEGE SPORTS BAG

The new College Sports Bag is available now for $30 from the College Uniform Shop. This has been designed to create a replica of the window of the first school house in Penola. Etched into the glass of that window is the reflection above. That MacKillop Catholic College stands today is part of the inspiring history of service of women like Mary MacKillop to Jesus’ call to reach out to those most in need. It is fitting indeed to pause, reflect and give thanks.

MACKILLOP HAS TEAMED UP WITH ONE BEAN – COFFEE FOR A CONSCIENCE
With One Bean – coffee with a conscience - to offer you 250g fund-raising packs of freshly ground or roasted bean, premium Arabica, Timor Leste grown coffee (medium or strong strength) for $12.50 per bag. The beans are grown and harvested by subsistence farming communities in Timor Leste and roasted and packed in Australia.

Not only are you supporting MacKillop’s goal to build a library for the Marobo community, but you are also supporting Timor coffee-farming communities, many of whose members live on less than 800 a day. This has been an idea that I have had in my mind for a long time. This Company returns 100% of the profits for environmental and educational projects in Timor Leste.

The order form is included with today’s Newsletter. Don’t drink coffee? It makes an ideal gift for someone who does!

Mr Nicholas Lahay
DIRECTOR OF STUDENT WELLBEING

MASS OF SAIN T MARY MACKILLOP OF THE CROSS
Next week, we will celebrate the life and legacy of Saint Mary Mary Mackillop. This has been an annual Day Mass. The Mass will be the finishing highlight of a week of celebrations known as JAMM week. It is an opportunity to give thanks for the life and work of this remarkable woman who founded the Josephite Sisters. We also give thanks for the life and work of the sisters now – Sister Julian Tidson Woods, Archbishop Kirby and the many hundreds of women who dedicated their lives to education in the order of the Josephites.

It is fascinating to read Mary’s letters about the journey of the formation of her order and the work of her Sisters. Reflecting on this in 1891 she wrote: “and little did either of us then dream of what was to spring from so small a beginning.” Last year, Bernie Tanton convincingly created a replica of the window of the first school house in Penola. Etched into the glass of that window is the reflection above. That MacKillop Catholic College stands today is part of the inspiring history of service of women like Mary MacKillop to Jesus’ call to reach out to those most in need. It is fitting indeed to pause, reflect and give thanks.

VINNIES WINTER APPEAL
Thank you to all families who have generously donated their warm winter woollies for the Winter Wonders Appeal. Over the next few weeks, we will be continuing to collect winter items, so please pop them into the bags available through Home Rooms. Parents are welcome to the Mass to celebrate with us.

INSTRUMENTS FOR TIMOR LESLIE

With One Bean has had some instruments donated which is very exciting. One thing that all immersion students came back last year saying was that the whole Marobo community sings

upcoming Athletics Carnival in Week 5.

COFFEE FROM TIMOR FUNDRAISER
I lend my support to the MacKillop Catholic College Timor Leste Immersion Team, and encourage you to support them to raise money to build a community library in Marobo in Timor Leste by buying coffee.

MacKillop has teamed up with One Bean – coffee with a conscience - to offer you 250g fund-raising packs of freshly ground or roasted bean, premium Arabica, Timor Leste grown coffee (medium or strong strength) for $12.50 per bag. The beans are grown and harvested by subsistence farming communities in Timor Leste and roasted and packed in Australia.

Not only are you supporting MacKillop’s goal to build a library for the Marobo community, but you are also supporting Timor coffee-farming communities, many of whose members live on less than 800 a day. This has been an idea that I have had in my mind for a long time. This Company returns 100% of the profits for environmental and educational projects in Timor Leste.

The order form is included with today’s Newsletter. Don’t drink coffee? It makes an ideal gift for someone who does!