**YEAR 10 FOOD STUDIES REPORT**

**NOVELTY CAKE PROJECT**

The three classes of Year 10 Food Studies students concluded their year with not only a written exam but a final practical challenge. The Novelty Cake Project is often a highlight of the Year 10 Food Studies course which encourages students to be as creative as possible in their design and decorating of a special occasion, novelty cake. Students are briefed in various icing and decorating techniques as well as researching many classic cake designs to gain ideas for their own project. Each year, the level of enthusiasm and fine craftsmanship impresses us.

All the cakes this year were placed on display for students and staff to view. Congratulations to all the students for their efforts.

Mr Nicholas Lahey and Mr Ben Shaw
Year 10 Food Studies Teachers

**PRINCIPAL**

**REFLECTION**

Now that China seems to be playing an important part in many nations’ prosperity or otherwise, perhaps we should become more familiar with Chinese proverbs, for example, this one: “We count our miseries carefully and accept our blessings without much thought.” Now, proverbs are supposed to contain a message that is helpful for us to better understand life; could this proverb be suggesting that our lives are shaped by the way we perceive ourselves?

There is a story about a person who came upon an unbroken eagle’s egg that had fallen from its nest. Unable to climb to the top of the tall tree, the person put the egg into the nest of a scrub turkey, where eventually it hatched. The fledgling eagle looked at the other scrub turkeys and did as they did, he accepted and imitated their daily routine. One day, an eagle flew over and the now ageing eagle looked up in awed admiration, as the great eagle soared through the sky. “What is that?” he gasped in astonishment. An old scrub turkey replied, “I’ve seen one of those before. It’s an eagle, the strongest and most magnificent of all the birds. But don’t get ideas that you could be like that. You’re like the rest of us, a scrub turkey.” So, shackled with this belief, the eagle lived and died thinking he was a scrub turkey.

Human beings are blessed with being able to break from the shackles of inappropriate beliefs and alter their lives by altering their attitudes and the choices that we make today will be our tomorrows. For our reactions can take us forward or take us down.

A wise person, probably a gardener, tells us that, “Some people grumble because roses have thorns; I am thankful that the thorns have roses.” This wise person, still probably a gardener, might go on to point out to us that if our attitude towards ourselves is negative, then our capacity to love is greatly diminished. If we have a poor self-image, all our attention is directed to self-pity and leaves us little freedom to reach out to others with love and affection. If we have poor self-image, we are no longer able to recognise and appreciate the gifts that God has given us that enable us to be our unique self. And if we as parents have poor self-image, and as a consequence, grumble about how hard life is and blame our circumstances on the doings of others, then, how will this assist our children and their chances of having a positive self-image? Children are natural mimics; they learn much about life from watching their parents.

Mr Nicholas Lahey
Food Studies Teacher

**EXCURSION TO CRIPPS BAKERY**

Last week, students (Yr10 L2) concluded their Food Studies course by visiting the factory site of Cripps Bakery in Glenorchy. The excursion allowed our students the opportunity to observe and gain an insight into the operation of a commercial kitchen and business.

As it was a real commercial kitchen, there were strict health and safety regulations that students adhered to, to enable us to participate in the tour. We were extremely grateful to our guide, Mr. Laurie Hanson and for the generosity of his time and terrific knowledge of the site.

I and the students were amazed by the sheer size of the operation, the focus of the staff, the technology and the cleanliness of the premises and of course the great taste of the locally sourced, Tasmanian products.

Laurie was knowledgeable and very welcoming of our students. While many companies look upon visiting school groups as a chore or a waste of company resources, it was refreshing that Cripps has the vision to see the importance of assisting students in their education about food technology and operations; the potential benefits and high marketing to a new generation of consumers and the power of word of mouth about local products and operations.

Mr Nicholas Lahey
Food Studies Teacher

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“When I saw you hang up my first painting on the refrigerator, I wanted to paint you another one.

When you thought I wasn’t looking, I saw you feed a stray cat and I thought it was good to be kind to animals.

When you thought I wasn’t looking, I felt you kiss me good night and I knew I was loved.

When you thought I wasn’t looking, I saw that you cared and I wanted to be everything that I could be.

When you thought I wasn’t looking, I heard you say a prayer.

FUSION 2014

Last week the College held its 14th annual FUSION arts festival. FUSION celebrates the creative gifts of our College community. Events happened all week at the Peacock Theatre and Long Gallery, Salamanca. Congratulations to all our wonderfully creative students who organised, performed or exhibited in all or any of the events. I would also like to acknowledge and thank the Performing and Visual Arts staff, Mr Steven Burdon, Miss Phillipa Coward, Mrs Linda Pollard, Ms Ann Lovell, and our Head of Performing and Visual Arts, Mrs Toni Pritchard for the staging of a very successful FUSION ‘14.

I would also like to acknowledge the work of our Year 10 Hospitality class and their involvement in the staging of FUSION. As part of their VET course these students and their teacher, Mr Ben Shaw, planned, cooked and served canapés at the opening event last Wednesday evening. Additionally, congratulations to the Food Studies students, from Mr Nicholas Lahey’s class, on the wonderful looking cakes on display in the Long Gallery.

NEW MURAL – ARTHUR CONLON

Last week we were very fortunate to have Mr Arthur Conlon at the College to design and paint a mural. Arthur is an Aboriginal artist from Queensland and he spent two days working with some of our students on the mural. We were also very lucky to have him speak and present at a College assembly. The mural itself is big, bright and a sight to behold. Thank you to Mrs Sharyn Wilson for her initiative in securing Arthur’s talent and her organisation over the two days. I also congratulate all the students involved on a fantastic job and for their enthusiasm over the course of the project. I invite you to read the report from Year 8 student, Taylah Pickett, below:

We have had a ‘Deadly’ two days at Mackillop this week, working with Arthur Conlon to put some very colourful murals on the walls.
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 nuts and ask parents to help us by avoiding nuts when packing student lunches.

We do strive to be nut aware, however, after working with the Allergy and Anaphylaxis Association last term we aim like other secondary schools to educate all students about the concerns in regard to nut allergies and the training of students making good choices rather than a complete ban. Like the disclaimer on food products we can never claim to be “nut free” with over 600 people accessing our site each day.

“Living with the risk of a severe allergic reaction, or anaphylaxis, takes planning, diligence and clear communication. However, having a severe allergy doesn’t mean you have to stop living your life. With awareness, education and training, those who live with the risk and their families can lead normal, healthy lives.”

http://www.allergyfacts.org.au/

Dealing with difficult events that change our lives is challenging. Most people with food allergy adapt over time, including the adaptations needed as their children grow up and gain independence. It is never too early to start empowering your child to manage their allergies; after all they are the ones living with them. We have several books that can help with learning to let your child go and building resilience. “Managing Your Child’s Food Allergies” by Alison Orman is indispensable for the family, covering all aspects of caring for a child with a food allergy. It has a dedicated section on the emotions of food allergy including anxiety in parents; anxiety in children; and building resilience in children.

Other recommended resources:

• Letting Go (booklet) – Teaching children responsibility – learn to share control of food management;

• Friends Helping Friends DVD promotes positive support from peers and family, illustrating how allergy and anaphylaxis is a manageable condition (ages 10 years to late teens)


UNIFORM

The wearing of the correct uniform to and from the College has been a major focus over past weeks. All students are required to have a College Blazer and this must be worn both to and from the College. As stated in our uniform policy: “The wearing of the College uniform aims to engender a sense of belonging, to kindle enthusiasm, a sense of camaraderie and to reflect a commitment to the College. The College uniform is the face of the College to the general public. The uniform builds pride and tradition in the College, provides a known cost to parents and ensures equity for all students.”

(Mackillop Catholic College Uniform Policy reviewed 2013)

According to our uniform policy the only acceptable earrings that can be worn with the College uniform are a stud or sleeper in the lobe of the ear. Any other visible piercing is unacceptable and students will be required to remove them when in our College uniform. (Plastic keepers are not an option.)

DEPUTY PRINCIPAL

Mrs Sue Howard

MACKILLOP MOUNTAIN BIKE GROUP

Congratulations to Mr Farmer and our mountain bike crew on their efforts at the recent Launceston 6-Hour Mountain Bike Challenge Event.

The Team of Jack Baker, Ben Kershaw and Tom Chesserman finished 1st and Jack Preshaw, Keenan Wilcox and Andrew Wignall finished 4th. A sensational effort by all our boys. Well done.

Wayne Tinsley

TOUCH STONES

YEAR 10 - FINAL WEEK

As we look to next week there are a number of important events in the final days for our Year 10 students. On Tuesday, our Year 10 students begin the day with their Mass of Thanksgiving at Corpus Christi. They then travel to the Sir Stanley Burbury Theatre at the University to prepare for that evening Leaving Ceremony. All Year 10 students will need to be in Summer Uniform during the day and then change into Winter Uniform for the evening Leaving Ceremony. The Leaving Ceremony begins at 7.00pm with the Year 10 students required to be at the University by 6.30pm when the doors will be open for parent seating. Please note that seating for this event is not allocated and a number of seats in the main theatre are reserved for Year 10 students and staff.

GUEST SPEAKERS FROM LEGAL AID TASMANIA (YR 10)

Last Tuesday during Personal Development, the College welcomed guest speakers from the Legal Aid Commission of Tasmania to address our Year 9 and 10 students about their responsibilities and the law. The two presenters outlined the legal and ethical consequences of risk taking, safe party protocols, sexting etc. Hopefully, the presentation will prove to be beneficial for our students especially just prior to the Christmas holidays.

PEER SUPPORT FOR 2015

The Peer Support Program provides many benefits not only to our newly enrolled Year 7 students commencing in the new year, but also for students in the final year at the College who are chosen to be leaders. The Peer Support Program provides a wonderful opportunity for Year 10 students in 2015 to take on a leadership responsibility and an opportunity to develop confidence.

The Peer Support Program is designed to help reduce anxiety for our young students undergoing the transition from primary to secondary school. It also provides our beginning secondary students with an opportunity to talk to someone closer to their own age about any concerns they may have about school. The Peer Support Leaders not only assist students on Orientation Day, acting as a “big brother/big sister”, but will also work with the students in their Home Rooms for a few weeks into the school term in order to help the Year 7s adjust to the changes.

The Year 9s will be briefed next week about how to apply to become a Peer Support Leader in 2015. Please encourage your son/daughter to consider applying for one of the 30 positions available. Application documentation will be published soon.

Mr Nicholas Lahey

DIRECTOR OF STUDENT WELLBEING

SAINT JOSEPH CERTIFICATE

Please encourage your son or daughter to apply for the Saint Joseph Certificate. Applications have been involved in two extra-curricular activities during the year. Applications are available from the College Office or can be downloaded from the College Website. Year 10 cut-off date for applications is Friday, November 21, and the cut-off date for Years 7-10 is Friday, December 12.

Mackillop Catholic College Uniform Policy reviewed 2013

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