Tolerance: a vital ingredient for your child's success

Kids who accept differences in others are setting themselves up for success in the world of diversity that they will enter.

Want your child to be successful way past the confines of the school gate? Then you need to make sure your child is tolerant of individual differences and accepting of children and adults who look and act differently to them.

There's no doubt that success in today's world depends on the ability to understand, appreciate and work with others. The child who is open to differences is likely to have more opportunities in school, in business and in life in general.

Schools are diverse places

Walk into any school ground in Australia and you'll witness diversity firsthand. You're likely to see children from many different cultural, racial and family backgrounds. You'll also see kids with different needs and diverse ways of expressing themselves. Some kids will wear their hearts on their sleeves, while others will be taciturn and quiet. Tolerant kids are accepting of these differences. They make friends with children and young people who may look and act differently to them.

Intolerance breeds bullying

Intolerance, or prejudice, is at the heart of a great deal of the bullying that occurs among children and young people. Kids who look and act differently or who are more isolated often experience bullying for no apparent reason other than the fact that they are 'different'. Whole-hearted acceptance and even appreciation of differences is a preventative bullying measure that we can all support.

Tolerance starts at home

Kids learn attitudes such as tolerance from those around them. Children in primary school usually reflect the attitudes of their parents. While adolescents are strongly influenced by their peers, parental attitudes still have a significant impact on their attitudes to other people. In short, if you want your child to be accepting of differences – whether they are racial, cultural, behavioural or in sexual orientation – then make tolerance a family trait. Here's how:

- Help your child feel accepted, respected and valued. When your child feels good about himself, he is more able to treat others respectfully.
- Model acceptance. Kids learn what they live so make sure you welcome differences in others, and be sensitive to cultural or racial stereotypes. It also helps on a practical level to discuss prejudice and stereotyping when they occur in the media.
- Challenge prejudice or narrow-minded views. Sometimes kids, knowingly or unknowingly, can say the cruellest things about others. As a parent respectfully remind your child or young person about the impact that a narrow view can have on his or her own behaviour as well as on those it may be directed towards. Intolerance of diversity is an attitude that parents should make a stand against.
- Answer kids' questions about differences honestly and respectfully. Teach your kids that it is acceptable to notice and discuss differences as long as it is done with respect.
- Respect individual differences within your own family. Your ability to accept your children's differing abilities, interests and styles will go a long way towards establishing an attitude of tolerance in the children themselves. By valuing the uniqueness of each member of your family you are teaching your kids to value the strengths in others, no matter how diverse.

Modern Australia is such a wonderful culturally-rich place. This diversity is part of its magic. One way to make sure our children fully appreciate this richness is to fully embrace tolerance in everything we do.

Next Monday is Remembrance Day. On this day in 1918 at 11.00am – the 11th hour of the 11th day of the 11th month – the First World War came to an end. Much of the war had been fought in the trenches of Belgium and France. It is thought that approximately 9 million soldiers were killed and 27 million wounded – many of them permanently disabled. Australia lost a whole generation of young men through this war. During the war soldiers in the trenches could see red poppies growing in the fields of Flanders – the name of the area that covers part of Belgium, the Netherlands and France. Red poppies have been used as a symbol of remembrance ever since and are often worn on this day to keep in mind those who lost their lives in that terrible war.

At Mackillop we will hold our own Remembrance Day Service on Monday morning.

FUSION 2013: TREE OF LIFE

FUSION is one of the many highlights of the school year at Mackillop. The College arts festival is now in its 13th year and the tradition of excellence has been well established. Last night the Year 9 Drama performance Bay Overboard was staged at the Peacock Theatre. This year FUSION officially opens today, Wednesday, November 6, in the Long Gallery, Salamanca. Congratulations to our Performing and Visual Arts staff, Mr Sean Priest, Miss Phillipa Coward, Mrs Olivia Stephen, Mrs Linda Pollard, Ms Anne Lovell, and to our Head of Performing and Visual Arts, Mrs Toni Pritchard for the staging of FUSION in 2013. Thank you to Mr Ben Shaw and the Year 10 Hospitality class for catering for the opening.

FUSION 2013; Tree of Life Festival Opening Wed 6 Nov 7pm, Long Gallery

Morris Gleitzman’s Boy Overboard Yr 9 Drama, Tues 5 Nov 7pm, Peacock Theatre, tix adult $10, student/child $5

Music: Our Life, featuring Senior Band and senior students
Thurs 7 Nov 7pm, Peacock Theatre, tix $5

Music: Branching Out, featuring Macapella Choir, Training Band and junior students
Fri 8 Nov 7pm, Peacock Theatre, tix $5

For the staging of FUSION in 2013, this year MacKillop’s annual Arts festival FUSION was built around a theme that students explored and responded to across the Performing and Visual Arts. The Tree of Life is a universal theme that addresses the connections between all things in nature and in spirit. Within the framework of a Catholic college the concept of the Tree of Life relates to the meaning of Catholicity; to be universally inclusive and connected.

Students in Visual Art, Music, and Drama classes have responded to this theme in a wonderful variety of ways. During FUSION 2013 these fantastic creative works will be shared with the College community as well as the greater local community in exhibitions and performances at Salamanca Arts Centre, Hobart. Support the amazing work of the creative students within our community by attending one or more of these superb events.

7 Red - SWPBS LESSON
YEAR 10 ASSESSMENTS
Year 10 exams commence their final exams on Monday, November 18. I strongly encourage parents not to make outside appointments for students during this time as they can be very disruptive, necessitating last-minute test booklets and stationery. Book and stationery lists for 2014 will be sent out to all students in the next few weeks along with an information sheet including Birchsall’s opening days and times. Birchalls have a well established back to school operation at the Royal Hobart Showgrounds where parents and students can select their text and stationery requirements.

ADOLESCENCE OR DEPRESSION/ANXIETY?
Research shows that students who have sound social and emotional skills are better able to cope with everyday stresses and are less likely to experience mental health problems in the future. They tend to have better relationships with adults and peers and experience more academic success.

Adolescence is a time of change and it can be hard to tell the difference between “normal teenage behaviour” and depression and anxiety. However, about one in four 16-24-year-olds have depression and one of twenty-five 13–17 year olds will experience anxiety. If your son or daughter shows signs of these conditions, getting help early can improve their wellbeing as well as help to stop the problems happening again when they become adults.

Depression often emerges during adolescence, with long-standing research suggesting 1 in 5 adolescents experience depression by the time they reach 18 years.

Depression doesn’t just cause sadness or feeling blue, and anxiety doesn’t just make people worry. Young people can express depression and anxiety in many different ways. They might:

• have trouble falling or staying asleep, or spend much of the day thinking about something;
• be tired, grumpy, irritable, tearful or upset most of the time;
• feel restless, keyed up or on edge;
• lose interest in things they used to enjoy, and have trouble starting and completing goals or work;
• lose concentration and be forgetful and easily distracted;
• become withdrawn and lose friends;
• be worried and panic about doing anything out of the ordinary;
• either refuse to eat or eat a lot;
• complain of feeling physically awful, with unexplained aches.

You may have noticed that our College website has the ‘Beyond Blue’ link. This organisation is well resourced and easy to access. Another information site to visit could be http://www.headspace.org.au/. The information in this article has been taken from the Beyond Blue website. I suggest that all parents have a look at this and similar sites so that we can better nurture and support our children, teenagers and significant other people.

STAFF NEWS
Congratulations to Mr Tim Johns and his wife, Amy, on the safe arrival of their beautiful daughter, Sophie, last week. We wish them all the best.

FROM THE DEPUTY PRINCIPAL

YEAR 10 EXAMS
As we approach the final weeks for our Year 10 students we must prioritise the need for all Year 10 students to organise their studies towards so as to be prepared for their final exams. Exams will be held at CityWide this year; however, students will start and finish their day at MacKillop. Students have been given exam protocols during Personal Development this week.

• Exams run for three days, November 18 - 20.
• There will be two exams each day.
• Lunch break will be between 11.30am - 12.30pm on the MacKillop campus.
• Students are responsible for providing all pens, pencils, calculator etc.
• iPads will not be required for exams.
• Students must wear their summer uniform to exams. The exam room will be heated so extra layers should not be necessary.

YEAR 10 FINAL WEEKS
As noted above Year 10 students are involved in a number of different activities over the next few weeks. Year 10 Exams, the Eddie Rice Cup, Moving Up Conference, Thanksgiving Mass, Year 10 Graduation Ceremony and Year 10 Final Assembly. It is important for our young people to finish well hence I encourage students to take part in anything on offer and enjoy their last weeks.

STUDENTS PERFORMING
As you noted from Dr Towns’, article our students are very much in performance mode this week. In addition to the performances of Music and Drama at the Salamanca Long Gallery and Peacock Theatre, Brady Stacey (8 Blue) and Holly Smith (8 White) are performing at the annual Australian Council for Educational Leaders awards night at Guilford Young College on Friday, November 8.

UNIFORM
Parents are requested to support our uniform standards over the coming weeks and until the end of the year. Please note the following:

• Students should only be in College track suit when they have an HPE practical subject on that day.
• Boys should be in the College open neck white shirt, with monogrammed pocket.
• Sock colour should be white for girls and light grey for boys, (black should not be worn).
• Blazers should be worn to and from the College, not kept in bags.

• All students should have the correct MacKillop College school bag only.
• Earrings should only be silver and gold studs or sleepers. (Incorrect jewellery will be stored at the office for a period of time).
• No coloured nail polish.
• Black leather lace up school shoes.

If you have any queries in regard to uniform requirements please consult the Student Planner or the College website.

STUDENT ACHIEVEMENT
Congratulations to Morgan Jakobovski (8 Gold) on his selection to represent Tasmania in the Tasmanian State Titles for Go Karting next week. All the best, Morgan.

FROM THE DEPUTY PRINCIPAL

YEAR 10 MOVING UP CONFERENCE - 2013
Dear Parent/Guardian,
Year 10 students will be participating in a Moving Up Conference on Friday 22 and Monday 25 November 2013. The conference forms another aspect of our farewell to our Year 10 students together with the conclusion of the Year 10 – My Future – career and transition program that has been running throughout 2013. The My Future program asked students to look ahead some years to the careers they wish to pursue, to look at the choices they may need to make to realise their career goals (courses, subjects, directions) and the steps they need to take to get there.

Year 10 students will be attending a variety of career focused workshops on Friday 22 November. On Monday 25 November students will participate in a morning conference about living, working and learning in the 21st century to be led by Ms Tanya Ahmed and Mr Alfonso Guisti.

The full program for the 2013 Year 10 Moving Up Conference is available on our website in the upcoming events section: http://www.mackillop.tas.edu.au/news-events/

Roger Tooombs, Development Officer, 1 November 2013

FROM THE DIRECTOR OF STUDENT WELLBEING

2013 FOR 2014 - YEAR 10 STUDENT LEADERSHIP SPEECHES & ELECTIONS
Yesterday, all Year 7-9 students gathered in the gym to hear 21 Year 9 student leadership candidates give their speeches. The speeches were of a very high standard, evidence of thorough preparation and good mentoring by the current Year 10 student leaders. The candidates’ peers supported them well, by listening carefully to each speaker and the qualities and ideas each could offer the 2014 student leadership team. Students and staff cast their vote during afternoon Home Room time. Election results will be published in the next couple of days. Thanks to Mrs Pat Graham for offering to work so hard to organise elections for our present day students. The results of the election which will be published shortly.

YEAR 10 STUDENT LEADERSHIP TEAM
Thank you to members of the Year 10 Leadership Team who gave their last Tuesday and Saturday to fulfill the responsibility of leading school tours for the benefit of new families enrolling their son/daughter into Year 7 in 2014. The Year 10 Student Leadership Team will be attending their Leadership Luncheon this Friday afternoon which allows us to formally acknowledge and thank them for their work and prepare them to pass on the “mantle of leadership” to the newly elected Year 9s.

YEAR 8 PERSONAL DEVELOPMENT – ST JOHN FIRST AID GUEST SPEAKER
Last Tuesday, Year 8 welcomed a guest speaker during their Personal Development time, Mr Chris Wright from St John First Aid Association. The purpose of this presentation was to raise awareness about First Aid, the St John organisation, how you can become a volunteer, how St Johns contributes to community events and so on. Several role plays were enacted to engage our Year 8 students and encourage young people and emphasise the message that by knowing some basic first aid principles you have the potential to save lives. A valuable "learning for life", opportunity for our young people.

FIRST AID APP
Furthermore, in an effort to raise awareness about First Aid, St John First Aid apps are available to download for iPhones and ipads. I have been assured that they are undoubtedly the easiest to use. First Aid apps on the market. Included are 13 of the most common and critical conditions that require immediate lifesaving first aid, featuring step-by-step emergency first aid information with large clear images for each step. No need to search for advertisements and no unnecessary menus mean you get lifesaving instructions faster than any other app.

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