WHAT'S ON IN WEEK 6 TERM 1

Sunday, 28th February - 3rd Sunday of Lent
Monday, 29th February (Day 6)
Tuesday, 1st March (Day 7)
Wednesday, 2nd March (Day 8) - NSW All Schools Triathlon – Penrith
Thursday, 3rd March (Day 9) - NSW All Schools Triathlon – Penrith
Friday, 4th March (Day 10) - Year 7 and 8 Trivia Afternoon in the College Hall from 3.30p.m.

COMING UP IN WEEK 7 TERM 1

Sunday, 6th March - 4th Sunday of Lent
Monday, 7th March (Day 1) - CCC Golf Northern – Tuncurry
- CCC Tennis – Parramatta
- NSW All Schools Boys’ Water Polo
- Year 11 Retreat – David Kobler
- Bell Shakespeare Actors at work. All Year 9 students and Years 10, 11 and 12 drama students from 12.00p.m. to 1.00p.m.
- Bell Shakespeare Actors at work. Elective drama students and selected English students from 1.30p.m. to 2.30p.m.

Tuesday, 8th March (Day 2)
Wednesday, 9th March (Day 3) - Ceremony for the opening of new buildings
Thursday, 10th March (Day 4) - Diocesan swimming carnival at Kempsey
- Rugby League Hastings 9’s
- Years 11 and 12 LEAD at Grafton
- Year 7 Family BBQ
- Years 11 and 12 LEAD at Grafton
- CCC Rugby League Development Camp at Narrabeen tomorrow

Friday, 11th March (Day 5)

MACKILLOP COLLEGE SOCIAL JUSTICE AWARENESS DAYS, 2016

3rd March World Wildlife Day
6th August Hiroshima Day
26th May National Sorry Day
25th November White Ribbon Day

HOMEWORK CLUB – Week 6
Junior Library: Monday to Thursday 3.20p.m.-4.00p.m.
Senior Library: Monday to Thursday 3.15p.m.-5.00p.m.

MATHS TUTORIAL – Week 6
Junior Tutorial is held in room 12 on the junior campus Tuesdays and Fridays, 7.45a.m.-8.30a.m.
Senior General Maths Tutorial is held in room 49 on the junior campus Mondays, 7.45a.m. to 8.45a.m.

ASSESSMENT TASKS DUE IN WEEK 6
Year 12 Thursday Extension 1 Mathematics In class assessment
Year 11 Thursday Information Processes and Technology In class assessment
Year 10 Monday Religion In class research task (ongoing over three weeks)
Year 8 Thursday Enterprise In class assessment
MACKILLOP COLLEGE SCHOOL PRAYER

As we begin the year it is always a good idea to reflect on the words of our school prayer. The words of the prayer are guidelines for our community and the prayer is foundational to all that we do at MacKillop College. The ritual at the end of each assembly is to pray together and commit to these core values as we journey through the school year as a community.

Father, God of truth, knowledge and love, you have created us in your image.
We are your hands who mould and fashion your creation.
Guide us to speak and act with justice and kindness and to treat others with respect.

Help us to live in harmony with each other,
as we work in partnership with our parents, teachers and friends.
May this school be a place where we have the opportunity to grow in faith and appreciate the splendour of your creation, by caring for our school and our environment.

Keep us faithful in our friendships, forgiving in our disappointments.
Let no one be less good, less true, less kind for having been part of our school community.
Help us learn the value of work, discipline and striving for excellence,
and may the lessons of our school days prepare us for the challenges of tomorrow.
We ask this prayer through Jesus Christ, Our Lord. Amen.

For parents I’d like to highlight the idea of ‘Partnership’. Your child’s education is a partnership with the school and you play a very important part. I encourage you to be involved in as much as you can at the College. I was encouraged by the parents who attended the Digital Citizenship session on Monday night, it was an engaging topic and many parents had the opportunity to share their ideas in relation to this crucial area. The Year 12 family breakfast was a lovely way to share some time with families on Tuesday morning.

Some ways to help make the partnership effective are:

- Diary – please sign it each week and assist your son/daughter in their planning and organisation. In Years 11 and 12 we expect students to be responsible for their own study and diary but it is a good idea to have regular conversations at home about the pattern of study, to ensure that it is consistent and productive.
- Newsletter – emailed every Friday. Please read it and keep up to date.
- Parent / Teacher nights – please make these a priority:
  - Wednesday, 30th March (A-L)
  - Monday, 4th April (M-Z)
- Upcoming year specific activities- Year 7 Family BBQ Friday, 11th March.
- Canteen – this is a great way to meet other parents and it is a great service for our students (one day a month would be wonderful)
- Contact your son’s/daughter’s teacher whenever you have a concern. Problems are best addressed as soon as they arise.

Two key sentences for students:

Firstly: ‘Guide us to speak and act with justice and kindness and to treat others with respect’.

In our actions and words we need to treat each other with justice and respect – our number one rule is respect. We all must think before we act; we should ask ourselves, “am I being respectful?”. If in doubt then we should change our actions and review our words.
Secondly: ‘Help us to learn the value of work, discipline and striving for excellence’.

- Yes there is hard work in high school… you'll have to get used to that and it certainly pays dividends.
- Discipline – we have quite simple rules and by following them you won’t need to worry about some ugly things called: ‘lunch detention, afternoon detention and Saturday detention’.
- “Summa Tentabo”, strive for excellence – you should always try your best. God has blessed us all with many talents and qualities; we should all make use of these talents to ensure that we reach our full potential.

At our first assembly we had Sarah Carroll, who was our Student of the Year for 2015 and one of our high achievers, address the assembly to share her thoughts on excellence. I have included the script of her talk to the students as I found it to be a wise piece of advice to all.

Hey everyone,

So, the first thing I did when I was asked to speak about the theme of excellence was, naturally, to go and google the definition, and the one I found was that “Excellence is a talent or quality which is unusually good and so surpasses ordinary standards” and I’m going to use that definition for my purposes today. I think that often the first thing people think when they hear the term excellence is that it has to involve being exceptional at something specific – be that academics, or sport, or music, or any other specialised “talent”. And I think to this respect some of you might have heard that excellence is the school theme and thought it was somewhat of an exclusive one, as not everyone is exceptional at sport or music or another skill. But I’m going to return to that definition I just mentioned, because it also said that excellence encompasses any “quality that surpasses ordinary standards,” and I want to focus on that term “quality”, because I believe that having wonderful qualities in your nature and temperament as a person is an area of excellence that everyone can reach, and is infinitely more important than having any other specific talent or skill.

So I’d like everyone to think of this theme as striving for excellence in terms of attitude and relationships and personal character, which is something I believe every single person should be doing in order to be successful and reach a mindset of happiness and self-respect.

For me, personally, I’ve learnt that often striving for excellence is largely about taking the opportunities that are posed to you. I’ve had an incredible past five years, just because I’ve been involved in as many things as I could.

In Year 11 there was a period of time in which I was rehearsing a show at the Players Theatre three times a week, playing netball twice a week, working twice a week and dancing twice a week whilst I was doing the Preliminary HSC course. And I feel like for me, that was one of the most significant times in my life where I’ve been really working towards excellence and was in a really positive and fulfilled mindset - not because I was exceptional at all of those things, but because I was completely immersed in life and embracing all of the opportunities posed to me at that time, and the experiences I’ve had through being involved in those things have had such a positive impact on my character and my desire to be proactive about my life. And of course there are people whose interests might not pose as many opportunities as I’ve been blessed to have, and I’m not saying that everyone needs to fill all of their spare time with activities and interests and hobbies, but the point I’m trying to make is that where there are opportunities to learn or to try something new or to develop your existing skills, take them and see where they take you; the benefits of that are priceless, and they’re giant steps towards becoming a more rounded and better quality individual. So I’d definitely encourage you all to embrace the opportunities that you are given - or if there is something you want to pursue and haven’t been given the opportunity, then you chase an opportunity down and find a way to pursue it. You all will have your own unique interests, and to not seek opportunities around them and to not take advantage of that interest is a real waste of potential talent and growth.

I found a quote by Aristotle which says that “excellence is an art won by training and habituation. We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit.” Essentially what this is saying is that virtue and excellence are the products of continuously acting in a righteous way. So to this respect, I think excellence is found in those who embody a strong sense of human morality whilst constantly seeking to both improve their weaknesses and develop their strengths to become the most rounded person possible.
I’m going to wrap this up now by giving you some words of my limited wisdom, and saying that the best possible thing you can do to start your year is to create a good reputation for yourself by seeking excellence in the way you approach school life, and the way you associate with others. Establish yourself as kind and personable amongst your peers, and as hardworking and respectful amongst your teachers – because good relationships make your time at school such an incredible experience and save you so much stress and drama. I think that the most important aspect of life as a whole is the sort of person you define yourself as - because it’s excellence in attitude and kindness and your relationships that characterise a person who is genuinely respected and admired.

So I hope that under this theme, you all work towards excellence in your areas of strength, your areas of weakness, and your character and nature as an individual, and I really hope that you all have an incredible year.

Thank you
Written by Sarah Carroll

Make 2016 your best year yet!

I look forward to working with parents and students in the year ahead.

“May the Spirit of the Lord be with you”

Anne O’Brien
Principal
aobrien@lism.catholic.edu.au

ASSISTANT PRINCIPAL – CURRICULUM AND ADMINISTRATION NEWS

ENRICHMENT OPPORTUNITIES
At this week’s assembly our Leader of Enrichment, Mrs Mandy Palin, highlighted to students the vast array of opportunities that exist within the year for students to extend themselves. Some of these initiatives included:

- The da Vinci Decathlon – open to all students, Year 7 to 11; it tests students’ ability across 10 disciplines. This is a whole day out and students work in teams against other schools in the area.
- Science and Engineering Challenge – open to students Years 7-10, building on skills related to engineering and the science disciplines.
- MCYA – A national Mathematics competition where students can test themselves against the best of the best.
- Tournament of the Minds (TOM) – A team-based initiative whereby students compete against other schools across a variety of fields. Students practise in teams in the lead up to this event.
- STEM Video Game Challenge – A national completion whereby students build their own computer games.
- 5-5-5 – Students are to film a 5 minute movie, with 5 characters over 5 weeks. A great initiative led by Ms Nikki Gray, one of our wonderful English teachers.

IT AT THE COLLEGE

IT PROFESSIONAL LEARNING DAY
On Monday this week our staff participated in an IT Professional Learning Day. This day led by our Leader of Information Technologies, Mr Rhys Jones was a tremendous success building on the skills of all staff in the delivery of engaging and inspiring pedagogy for our students.

YEAR 8 PARENTS CYBER SAFETY NIGHT
Rhys and our school support officers Mr Chris Clarke and Mr Pat Cowan delivered an insightful and engaging presentation to Year 8 parents on Thursday, 11th February. A key message to come out of the evening was how important it was for parents to be aware of their children’s use of IT. Many families have a central place where all devices are placed when not in use (which also maximises family engagement) and a well-defined study area where appropriate IT use can be easily monitored and supported.
YEAR 7 DIGITAL CITIZENSHIP PRESENTATION
This week all Year 7 students were addressed on how they can be responsible digital citizens. This presentation embraced themes around cyber bullying, use of social media and dangers associated with using IT inappropriately. I am sure our group of Year 7 students found the presentation beneficial and as a college we will reap the rewards of responsible students and their use of IT.

PARENT ASSEMBLY GATHERING
Congratulations to Mrs Peta Rourke and Mrs Debbie Ward on hosting an evening for parents around Digital Citizenship. Our Parent Assembly, led so well by these wonderful ladies, continue to build on positive parent partnerships within our school community. The evening was attended by over 50 parents and I am sure each of them left the evening well equipped with more tools to better support their families with safe IT use.

Adam Kelly
Assistant Principal – Curriculum and Administration
ajkelly@lism.catholic.edu.au

ST AGNES’ PARISH NEWS

To all Tuition Fee Payers

Our Parish and schools work hard to contain costs so that we can limit the annual school fee increase. Postage costs have increased again, and we will therefore be reducing the volume of postal communication from Parish Administration. Statements will be posted once at the beginning of the year. If you require a statement at any other time, please contact Parish Administration.

We will be increasing our use of SMS and email correspondence. To ensure that you receive all correspondence about the payment of tuition fees, please confirm that your contact details held at the Parish Administration Centre are current. There are a number of ways you can do this:

- Email enrol@pac.stagnesparish.org.au with your family name, student/s name, mobile number/s, email/s and postal addresses, or
- Phone 65887444 and check your details with our Reception or Education Team staff; or
- Send a written note in an envelope via your school’s Reception, marked for the attention of the Education Team – Parish Administration.

Instalment payers are those who have chosen to pay their fees via three equal instalments. The due dates for these instalments in 2016 are 11th March, 27th May and 19th August. Families will be reminded via SMS or email prior to the instalment falling due.

Families on payment plans pay on a regular weekly/fortnightly/monthly basis and payments are calculated over the entire year. Any missed payments are to be made up immediately and families will be notified via SMS if this occurs.

If for any reason you are unable to maintain your payment plan or make instalment payments on time, please contact the Education Team as above. They will be happy to discuss options that are suitable for your current circumstances.

John McQueen
Coordinating Executive Officer
Parish Education
65887444
DEDICATION OF THE NEW ALTAR AT LISMORE CATHEDRAL

On Monday, 22nd February, six students travelled to Lismore to represent our College at this significant event in the diocese. Over the past five years, the St Carthage’s Cathedral has undergone extensive restoration and a new altar installed. The Rite of Dedication takes place during the first time the altar is used at a Mass, and involves prayers, the use of oils and incense and the laying of altar cloths. It was a very elaborate ceremony, overseen by our own College Chaplain Fr Peter Wood, and it was a unique opportunity to experience this kind of worship. One of the highlights was to hear the magnificent singing of the Cathedral choir as well as a Gregorian chant group from Brisbane. Students were also able to spend some time with Bishop Jarrett at the end of the ceremony, to hear from him more about the history and story of the Cathedral and its restoration. Congratulations and thank you to Caitlin Rich, Lula Sagolj, James Schumann, Pyper Glover, Georgia Sinclair and Jamie-Lee Smith on representing the College so well.

THIRD WEEK OF LENT:

Generational poverty has led to many challenges in Dominic’s community in Papua New Guinea, including gender inequality, alcohol abuse and violence. Since receiving training in the Caritas Australia supported Community Conversations program, Dominic has learnt communication and problem solving skills to lead his community towards a more peaceful, prosperous future.

Please donate to Project Compassion 2016 and help empower communities in Papua New Guinea to lead their own development and create more harmonious futures. You can donate through School boxes, by visiting www.caritas.org.au/projectcompassion or phoning 1800 024 413.
Dominic in Papua New Guinea has learnt communication and problem solving skills to lead his community towards a more peaceful, prosperous future.

Please donate to Project Compassion 2016 and help empower communities in Papua New Guinea to lead their own development and create more harmonious futures.

www.caritas.org.au/projectcompassion  1800 024 413

Joan Lancaster
Leader of School Evangelisation

CATECHESIS NEWS

CONGRATULATIONS JOAN LANCASTER MASTER OF THEOLOGY

On Friday at the Glasshouse Ms Joan Lancaster, Leader of School Evangelisation, was formally awarded her Master of Theology. This is a massive achievement. The awarding of a Masters Degree indicates completion of study beyond the undergraduate level and is granted to individuals who demonstrate a mastery and higher order overview of a specific field of study. Joan has demonstrated this mastery of Theology and we are privileged to have her working in our College. Completing a Masters Degree requires at least four years of postgraduate part-time study. It requires at least sixteen 3000 word essays and completion of over 1200 hours of study. To give up her own free time to complete this study and to incur the considerable expense involved, highlights Joan’s dedication to the students she teaches and her profession. Congratulations Joan on completion of this fantastic achievement.

Daniel Blackman
Leader of School Catechesis

OFFICE NEWS

SUBJECT & ELEVTIVE FEES STATEMENTS

Statements have now been mailed to all families.

Payment would be appreciated if paying in full by Friday, 18th March. We appreciate that this may not be possible so would encourage families to establish regular weekly/fortnightly payments via Bpay (refer to statements for payment details) to ensure amounts are cleared as soon as possible. Other methods of payment include cash, cheque or via credit card (over the phone). Direct debit is NOT an option for payment. These fees are in addition to St Agnes’ Parish tuition fees.

Enquiries relating to subject and elective fees should be directed to the College office.
STUDENT INFORMATION VERIFICATION FORMS
All students have received an individual verification form via their PC teacher outlining the details the College currently have on our records.

It is very important that the College is notified of any changes to student information. This includes changes to parent contact details, address, emergency contacts and most importantly medical information.

Parents/guardians are asked to make any changes to the form, sign, date and have your child return the form to their PC teacher. If there are no changes, please also sign, date and return the form.

Please assist by ensuring all forms are returned by Monday, 29th February.

YEARS 12 NEWS

NSWCCC BLUE AWARD PRESENTATION 2015
The New South Wales Combined Catholic Colleges (NSWCCC) Sports Association 19th Blue Award Presentation was held at St Patrick’s College, Sutherland on Monday, 8th February.

These awards recognise the excellence of secondary students in sport. 2015 saw over 140 students from Catholic secondary schools gaining selection in NSW All Schools and over 20 students gaining selection in Australian teams.

Both Jackson Jubelin (currently in Year 12) for golf and Samuel Lewis (Year 12 2015) for triathlon were presented. This is an amazing achievement.

SWIMMING CARNIVAL
As mentioned in last week’s newsletter this was a fantastic day. Congratulations to all the Year 12 students who swam competitively and/or managed to make it to the end of 50m using a variety of flotation devices. A big thank you to Mrs Andrea Huxley and Zahna Franklin for the organisation of the carnival. Without their hard work the swimming carnival would not have gone so smoothly.

The following Year 12 students were either Age Champions or Runner’s-Up:

Under 18 Girls – joint champions Lucie Williams and Monica Worth, runner-up Erinn Smith

Under 18 Boys – champion Jack Pilgrim and runner-up Eoghan Barltrop

Of particular note was the role taken on by Mitch Paterson who stepped up to be the Oxley House Captain in Liam Coelho’s unavoidable absence - Mitch did a great job.

Bragging rights however went to Monica Worth, the winning carnival’s Macquarie House Captain. The challenge is out there to all houses for the cross country and athletics carnival later in the year.
VALENTINE'S DAY CHOCOLATES
The Year 11 & 12 SRC raised just under $50.

YEAR 12 BBQ BREAKFAST
This very successful BBQ was held Tuesday morning and was a great opportunity for students, parents and teachers to gather in an informal setting to share food and conversation. A big thanks to those who assisted from around 7.45a.m. – Andrew Marsh, Steve Harvey, Stewart Smith, Marg Gobius to name a few; Noel and his team who set up and packed away; and those who helped me clean up at the end – Jenni Searson and Kelli Waters. Special mention must go to Paul Robins who did an “eggceptional” job as the short order cook for eggs.

However the event wouldn’t have happened without the efforts of Pat in the canteen who ordered everything in, cooked most of the bacon for us and was at the senior site assisting me from 7.00a.m. on the Tuesday.

CONGRATULATIONS
Congratulations to Year 12 student Mitchell Paterson who gained his RA Australia Recreational Pilot's licence yesterday. Mitchell completed 30 hours of pilot training to gain this qualification and is now capable of flying two-seater small engine aircraft. Caleb Butterfield also gained this same qualification early last year, and Jack Kalchbauer is well on the way as well.

Well done boys, fly safely!!
YEAR 12 COLLEGE JERSEYS
For these to be ready near the start of next term, orders and payment ($79) will need to be made online by no later than Monday, 29th February. Most of the initial work has been done by Britney Duck, supported by Diana Smith (both in the SRC). Year 12 students have been presented details by me and this information also sent to their college emails. They have also been able to check which size fits best. The designs and details for ordering are shown below.

HOW TO ORDER

Step 1: Go to orders.reformclothing.com

Step 2: Enter the unique code below.

M 9 0 6 5 5

Step 3: Carefully follow the steps to place your individual order.

Step 4: Pay for your order online using a credit or debit card.

Person in charge:
Phil Lloyd
plloyd@lism.catholic.edu.au

Phil Lloyd
Year 12 Leader of Pastoral Care
plloyd@lism.catholic.edu.au

YEARS 11 NEWS

SWIMMING CARNIVAL
The presence, enthusiasm and school spirit of our Year 11 students at the recent swimming carnival were exemplary. It was most pleasing to see well in excess of 95% of the year group in attendance, doing their best to contribute to the positive sense of community that we have here at MacKillop. Congratulations to the following Year 11 students who put on show their outstanding swimming abilities to become age champions and runners-up to age champions:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Age Champion</th>
<th>House</th>
<th>Runner up</th>
<th>House</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 Year</td>
<td>Amy Mutton</td>
<td>Innes</td>
<td>Naomi Langley</td>
<td>Flinders</td>
</tr>
<tr>
<td>Girls</td>
<td></td>
<td></td>
<td>Caitlin Murtagh</td>
<td>Innes</td>
</tr>
<tr>
<td>17 Year</td>
<td>Jade Horton</td>
<td>Macquarie</td>
<td>Kayla Murray</td>
<td>Flinders</td>
</tr>
<tr>
<td>Girls</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>17 Year</td>
<td>Lachlan Kirkland</td>
<td>Macquarie</td>
<td>Hunter Leishman</td>
<td>Innes</td>
</tr>
<tr>
<td>Boys</td>
<td></td>
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</tbody>
</table>
ASSESSMENT MEETING
On Thursday of this week Mr Adam Kelly met with all Year 11 students to discuss the expectations surrounding internal assessments at MacKillop College. This was a follow-up from the parent information evening that we held in Week 4.

If students or parents are unsure of the correct procedures to follow regarding assessments I would guide them to look at the Year 11 Preliminary HSC Assessment Handbook which was distributed to all students in the first week of school. This handbook provides a concise, yet thorough explanation of the school’s assessment policy.

YEAR 11 REFLECTION DAY
On Monday, 7th March Year 11 students will be involved in a Reflection Day which will be facilitated by David Kobler. Reflection Days presented by David in the past at MacKillop College have proven to be Christ-centred in their focus, while also delving into the contemporary issues confronting our youth of today. Further information will be provided to students over the coming week.

Andrew Marsh
Year 11 Leader of Pastoral Care
amarsh@lism.catholic.edu.au

YEAR 10 NEWS

RETREAT – WEEK 9
The Year 10 Retreat is fast approaching. Information and permission notes went out with students this week. Please prioritise the return of these notes so that further planning can take place.

The retreat will be held this year from Monday, 21st March to Thursday, 24th March. Students will attend one of two venues on Monday/Tuesday or Wednesday/Thursday. Selection of days will commence shortly at school.

The Retreat is most certainly a compulsory event for Year 10. As a Catholic school we view spiritual development as an integral part of every student’s holistic education and reinforce the need for all students to immerse themselves in events such as the Retreat.

JUNIOR STATE CUP TOUCH
Over the weekend a large number of MacKillop students participated in their respective age groups in the Touch Junior State Cup. Supporting them and cheering them on were their friends from school. It was great to see everyone in action and every player did our school and Port Macquarie proud. Well done.

Warren Lorger
Year 10 Leader of Pastoral Care
wlorger@lism.catholic.edu.au
YEARS 9 NEWS

Last week’s wellbeing lesson was dedicated to students devising a goal that they wish to achieve. I would encourage parents/guardians to discuss this goal with their child so that we can all support students in achieving this goal.

Harrison Northey competed at the NSW Country Swimming Championships at Homebush on the weekend and qualified for Nationals in the 100m and 200m breaststroke which will be held in Adelaide from 28th March – 3rd April. Good luck Harrison.

It is a large year group and students are continually doing fantastic things. Please email me to make me aware of student achievements so that they can be recognised.

Glen Littler
Year 9 Leader of Pastoral Care
glittler@lism.catholic.edu.au

YEARS 8 NEWS

Thank you to all parents, grandparents and staff who joined us to celebrate Mass today. The students were involved and reflected on living the Gospel values that will help them exemplify excellence in their own lives.

All Year 8 have been working with their PC teacher on their goals for 2016, including considerations as to how to tackle barriers to achieving their goals; worthwhile conversations to share at home. We require parents and guardians to sign the Acceptable Uses of Electronic Devices Agreement in the school diary (page 24) to support your teen’s commitment to being a safe, ethical and responsible user of technology.

WHAT IS NEXT?
Year 8 are invited to come to a trivia afternoon next Thursday, 3rd March, at 3.30-5.00.p.m in the junior MPC.

Students are encouraged to join with their friends and form a table to compete against other Year 7 and 8 students.

Cost is $5 entry and soft drink will be available for $2. Prizes will be awarded to best dressed in an outfit that represents one of the letters in our theme: L.E.N.T, as well as trivia triumphs. All proceeds will be donated to Caritas Project Compassion and students may include their involvement as part of their 10 hours of community service.

Nicole O’Connell
Year 8 Leader of Pastoral Care
noconnell@lism.catholic.edu.au

YEARS 7 NEWS

Well a slightly shorter week completed and much achieved.

On Tuesday, Mr Tim Kelly from the Catholic Schools Office carried out an interesting and informative presentation on Digital Citizenship. Students would have left feeling better informed about their digital footprint as well as Cyber Safety.

Dates of importance:
(1) Wednesday, 2nd March - Police Liaison, Wendy Hudson, chat to Year 7.
(2) Thursday, 3rd March - Project Compassion fundraiser for Years 7 and 8.
   3.30p.m. – 5.00p.m. in the MPC. The theme is LENT, come dressed in something starting with those letters. The afternoon will be a mix of games and trivia.
(3) Friday, 4th March - Vaccinations for Year 7. If your child has had a reaction to needles, visiting your local GP may be a better option. Students are allowed to wear sports uniform on the day.
(4) Friday, 11th March - Year 7 BBQ starts at 5.00p.m.

Have a great weekend.

Dom Ashe
Year 7 Leader of Pastoral Care
dashe@lism.catholic.edu.au
Q: What does 7 + 8 + L.E.N.T + $5 = ?

A: 1 ½ hours of FUN, FOOD, FRIENDS & PRIZES at

When? Next THURSDAY, Wk 6
3.30pm – 5pm

Where? MPC @ junior site

Why? Fundraise some $$$ for Project Compassion
Soft drinks will be available $2

HURRY - Sign Up at Mr Ashe’s & Mrs O’Connell’s Office Door

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CREATIVE DESIGNERS / ARTISTS REQUIRED

Would you like to be an enduring part of an exciting new initiative planned for Port Macquarie in 2017?

Suzanne Penson and Karen Bale – SAPSS Teacher/Librarians, are in the process of planning a Literary Festival aimed at young people, to take place across 25th - 26th May 2017. It is hoped this will be a regular event. Its name is #LitFest2444.

Some established and emerging artists comprising writers, journalists, a film-maker, and some home-grown Port Macquarie ‘creatives’ have already expressed a desire to be involved.

We are looking for a funky, memorable, 2444-iconic visual brand to include on all our correspondence, social media posts, programs, etc.
We are inviting entries from creative people who 'get' what we are aiming for.

**Our audience:** young people aged 12 – 24.

**Our rationale:** We want to inspire a love of books, reading, writing and things literary for our young people in the Hastings area. We intend to acknowledge the dynamic, changing nature of media and publications in all formats, along with new and different ways of engaging with the written, spoken and digital word.

**Essential criteria:**
1. Work submitted must be original.
2. Work submitted must include a visual element exclusive to the Hastings region.
3. The work must reflect the interests of our intended audience, rationale and the dates of the Festival
4. Entries close on Monday, 2nd May 2016 at midnight.
5. Entries must be emailed in jpg or png format to litfest2444@gmail.com
6. Entries must include the name, age and email address of the creator.

Work will be judged by a panel of creative professionals, and the winner will be announced on 30th June, 2016. Winners will be notified by email.

The decision of the panel will be final.

The winning entry will receive a $200 voucher to the store of their choice.

The winning design will become and remain the property of #LitFest2444 for exclusive use of #LitFest2444

The winning entry will be used by the committee on correspondence, volunteer shirts, social media profile, and so on.

For inspiration, check out the images used by the Newcastle Writers Festival, The Sydney Writers Festival, and Corrugated Lines: A Festival of Words.

*Suzanne Penson*
Teacher/Librarian

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**SPORT NEWS**

**SENIOR SWIMMING CARNIVAL**
The senior carnival was a fun day for all which showcased some fine swimming talent, some wonderful school spirit and some great positive attitudes. There were many highlights of the day including:

- The 17 year old competitive swimmers who fought out the battle in every event;
- The 18 year old joint Age Champions who swam competitively against each other all day;
- The house colours and spirit in the House challenge;
- The butterfly (and other insects) in the non-competitive butterfly event;
- The belly flop competition and the red skin as a result of said belly flop;
- The PC challenge where apparently 'win at all costs’ is the attitude;
- Lachlan Kirkland breaking the 50metre breaststroke record.
The results from the carnival were as follows:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Age Champion</th>
<th>House</th>
<th>Runner up</th>
<th>House</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 Year Girls</td>
<td>Amy Mutton Innes</td>
<td>Naomi Langley Caitlin Murtagh</td>
<td>Flinders Innes</td>
<td></td>
</tr>
<tr>
<td>17 Year Girls</td>
<td>Jade Horton Macquarie</td>
<td>Kayla Murray</td>
<td>Flinders</td>
<td></td>
</tr>
<tr>
<td>17 Year Boys</td>
<td>Lachlan Kirkland Macquarie</td>
<td>Hunter Leishman Innes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18 Year Girls</td>
<td>Lucie Williams Monica Worth Flinders Macquarie</td>
<td>Erinn Smith Macquarie</td>
<td></td>
<td></td>
</tr>
<tr>
<td>18 Year Boys</td>
<td>Jack Pilgrim Macquarie</td>
<td>Eoghan Barltrop Macquarie</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>1st Place</th>
<th>2nd Place</th>
<th>3rd Place</th>
<th>4th Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>Macquarie</td>
<td>534 Points</td>
<td>Flinders</td>
<td>491 Points</td>
</tr>
</tbody>
</table>

**YEAR 7**

Students continue their Swim and Survive lessons for the remainder of the term. Students need to bring swimmers, a rash shirt and a towel for their swimming lessons.

Students are reminded to wear their sport uniform to school for every sport double this term.

<table>
<thead>
<tr>
<th>Week 6</th>
<th>29.2.16</th>
<th>Monday (6)</th>
<th>7.1TB</th>
<th>7.2CC</th>
<th>7.3AH</th>
<th>9.10-10.50</th>
<th>WHP</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>7.8RA</td>
<td>7.9DMc</td>
<td>7.7GL</td>
<td>11.10-12.50</td>
<td>WHP</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>7.4TJ</td>
<td>7.5PF</td>
<td>7.6WL</td>
<td>11.10-12.50</td>
<td>WHP</td>
</tr>
<tr>
<td>Week 7</td>
<td>3.3.16</td>
<td>Thursday (9)</td>
<td>7.1TB</td>
<td>7.2CC</td>
<td>7.3AH</td>
<td>9.10-10.50</td>
<td>WHP</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>7.8RA</td>
<td>7.9DMc</td>
<td>7.7GL</td>
<td>11.10-12.50</td>
<td>WHP</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>7.4TJ</td>
<td>7.5PF</td>
<td>7.6WL</td>
<td>11.10-12.50</td>
<td>WHP</td>
</tr>
<tr>
<td>7.3.16</td>
<td>Monday (1)</td>
<td>9.10-10.50</td>
<td>WHP</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10.3.16</td>
<td>Thursday (4)</td>
<td>11.10-12.50</td>
<td>WHP</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**YEAR 8**

Year 8 continues their rotations in House groups

**Multi Sports**

<table>
<thead>
<tr>
<th>FLINDERS</th>
<th>INNES</th>
<th>MACQUARIE</th>
<th>OXLEY</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK 6 1st March Day 7</td>
<td>BASKETBALL</td>
<td>CRICKET</td>
<td>OZ TAG</td>
</tr>
<tr>
<td>WEEK 7 8th March Day 2</td>
<td>VOLLEYBALL</td>
<td>BASKETBALL</td>
<td>CRICKET</td>
</tr>
</tbody>
</table>
## YEAR 9

<table>
<thead>
<tr>
<th>SPORT</th>
<th>DETAILS</th>
<th>BUS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surf Survival Certificate</td>
<td>Complete the Surf Survival Certificate with Accredited Course Provider Kim Rayner at Flynns.</td>
<td>1</td>
</tr>
<tr>
<td>Kayaking</td>
<td>Guided Kayaking with professional instructor from Kayak Tours. Swimming gear, hat &amp; towel required (limited 20).</td>
<td>1</td>
</tr>
<tr>
<td>Kickboxing</td>
<td>Are you keen to energise your life in a fun and exciting way? Why not try out Kickboxing for Fitness at the new KUMIAI dojo in Port.</td>
<td>2 Bendy Bus</td>
</tr>
<tr>
<td>Rock Climbing</td>
<td>Participate in Rock Climbing at Centre of Gravity and play laser zone.</td>
<td>2 Bendy Bus</td>
</tr>
<tr>
<td>Ten Pin</td>
<td>Play Ten Pin at Wave Bowl.</td>
<td>2 Bendy Bus</td>
</tr>
<tr>
<td>Yoga</td>
<td>Guided Yoga with Martine Ford from Spirit Yoga at school.</td>
<td>-</td>
</tr>
<tr>
<td>School Sport</td>
<td>Play a variety of team based sports on site at St Paul’s.</td>
<td>NA</td>
</tr>
</tbody>
</table>

**Bus 1 leaves Junior Campus at 11.20am**  
**Bus 2 leaves Junior Campus at 11.40am**

## YEAR 10

<table>
<thead>
<tr>
<th>SPORT</th>
<th>DETAILS</th>
<th>BUS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn to Surf</td>
<td>Guided surfing lessons with Port Macquarie Surf School at Flynns Beach</td>
<td>1</td>
</tr>
<tr>
<td>Kayaking</td>
<td>Guided Kayaking with professional instructor from Kayak Tours. Swimming gear, hat &amp; towel required (limited 20).</td>
<td>1</td>
</tr>
<tr>
<td>Surfing</td>
<td>Surfing at Flynns beach. Must have own board and SRC.</td>
<td>1</td>
</tr>
<tr>
<td>Rock Climbing</td>
<td>Participate in Rock Climbing at Centre of Gravity and play laser zone.</td>
<td>2</td>
</tr>
<tr>
<td>Indoor Cricket</td>
<td>NEW SPORT! Why not try indoor cricket in a fun environment with your friends at the new Indoor stadium on Lake Road.</td>
<td>2</td>
</tr>
<tr>
<td>Ten Pin</td>
<td>Play Ten Pin at Wave Bowl.</td>
<td>2</td>
</tr>
<tr>
<td>Yoga</td>
<td>Guided Yoga with Martine Ford from Spirit Yoga at school.</td>
<td>-</td>
</tr>
<tr>
<td>School Sport</td>
<td>Play a variety of team based sports on site at St Paul’s.</td>
<td>-</td>
</tr>
</tbody>
</table>

**Bus 1 leaves MCK Junior site at 1.25pm**  
**Bus 2 leaves MCK Junior site at 1.50pm**
**REPRESENTATIVE SPORT**

<table>
<thead>
<tr>
<th>Sport</th>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surfing</td>
<td>Surfest Newcastle</td>
<td>24th, 25th, 26th February</td>
</tr>
<tr>
<td>Triathlon</td>
<td>NSW ALL Schools Triathlon</td>
<td>2nd &amp; 3rd March</td>
</tr>
<tr>
<td>Golf</td>
<td>CCC Golf northern selections – Tuncurry</td>
<td>7th March</td>
</tr>
<tr>
<td>Tennis</td>
<td>CCC Tennis – Parramatta</td>
<td>7th March</td>
</tr>
<tr>
<td></td>
<td>NSW All Schools Tennis</td>
<td>21st March</td>
</tr>
<tr>
<td>Waterpolo</td>
<td>NSW All Schools Waterpolo</td>
<td>7th March</td>
</tr>
<tr>
<td>Swimming</td>
<td>Diocesan Swimming Carnival – Kempsey</td>
<td>10th March</td>
</tr>
<tr>
<td>Football &amp;</td>
<td>Diocesan Secondary Opens Boys and Girls Football &amp; Rugby League selections – Woodlawn</td>
<td>14th &amp; 15th March</td>
</tr>
<tr>
<td>Hockey</td>
<td>CCC Hockey selections - Newcastle</td>
<td>21st March</td>
</tr>
<tr>
<td>Netball</td>
<td>Year 7 &amp; 8 Netball Schools Cup – Port Macquarie</td>
<td>23rd March</td>
</tr>
<tr>
<td>Basketball</td>
<td>Diocesan Opens Basketball competition – Coffs Harbour</td>
<td>31st March</td>
</tr>
</tbody>
</table>

**ALL SCHOOLS TRIATHLON TEAMS 2ND/3RD MARCH-PENRITH REGATTA CENTRE**

Please find below the list of teams competing at the triathlon next week in Penrith. It is expected that students arrive in sports uniform but are able to race in their own specific gear.

A reminder to parents our team will meet on Wednesday at 6.00p.m. at Penrith Panthers outdoor area for dinner at 7.00p.m. at the Pasta Place (this will allow those travelling to make it).

Thanks to those athletes who are racing in two teams to help out.

<table>
<thead>
<tr>
<th>TEAM NAME</th>
<th>SWIMMER</th>
<th>RIDER</th>
<th>RUNNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior boys 1</td>
<td>Lletyon Wall</td>
<td>Boyd Bann Murray</td>
<td>Alexander Horder</td>
</tr>
<tr>
<td>Junior boys 2</td>
<td>Hugh Penson</td>
<td>Ben Heslop</td>
<td>Liana Williams</td>
</tr>
<tr>
<td>Junior girls 1</td>
<td>Freja Hamer</td>
<td>Miren Davies</td>
<td>Alani Cockshutt</td>
</tr>
<tr>
<td>Intermediate boys 1</td>
<td>Tom Berryman</td>
<td>Scott Heslop</td>
<td>Griffin Goodman</td>
</tr>
<tr>
<td>Intermediate boys 2</td>
<td>Max Milligan</td>
<td>Ethan White</td>
<td>Flynn Goodman</td>
</tr>
<tr>
<td>Intermediate boys 3</td>
<td>Zachary Cocshutt</td>
<td>Sam Capper</td>
<td>Boyd Bann Murray</td>
</tr>
<tr>
<td>Intermediate girls 1</td>
<td>Bianca Jamison</td>
<td>Elly Pilgrim</td>
<td>Ella Heeney</td>
</tr>
<tr>
<td>Intermediate girls 2</td>
<td>Emma Pateman</td>
<td>Jessica Pateman</td>
<td>Freja Harmer</td>
</tr>
<tr>
<td>Senior boys 1</td>
<td>Lachlan Kirkland</td>
<td>Will Pender-Buchan</td>
<td>Jack Pilgrim</td>
</tr>
<tr>
<td>Senior boys 2</td>
<td>Dafydd Wall</td>
<td>Tom Berryman</td>
<td>Max Milligan</td>
</tr>
</tbody>
</table>

Any concerns then please contact me on jipilgrim@lism.catholic.edu.au.

Jo Pilgrim
Triathlon Coach

**MACKILLOP CROSS COUNTRY CARNIVAL**

Whilst our competitive swimmers continue to train and compete in the next levels of representative competition, it is time for our runners to refine their training programs. The MacKillop cross country will be a competitors only event this year. It will be held on 29th March. Further details to come in future newsletters.

If you have any questions regarding sport at MacKillop College please do not hesitate to contact me.

Andrea Huxley
Leader of Sport
ahuxley@lism.catholic.edu.au
“Beautiful music is the art of the prophets that can calm the agitations of the soul; it is one of the most magnificent and delightful presents God has given us.” Martin Luther King

CO-CURRICULAR MUSIC
Welcome back Mr Denham!

2016 ensembles are in full swing!

- Concert Band – Thursday mornings
- Big Band – Friday mornings
- Little Big Band (NEW in 2016) – Friday mornings
- Senior Stage Band and Praise Band – Monday morning and lunchtimes
- Junior Stage Band – Friday lunch
- Jazz Ensemble “Groove Merchants” – Friday lunch
- Brass Ensemble – Thursdays (rotating timetable)
- Woodwind Ensemble (NEW in 2016) – Thursdays (rotating timetable)
- Percussion Ensemble – Tuesday mornings
- Choir – Wednesday lunch
- Vocal Ensemble – Wednesday mornings
- SAPSS Concert Band – Tuesday morning (Term 1 and 3 at the St Joseph’s Regional College, Term 2 and 4 at MacKillop College)
- SAPSS Drum Line – Wednesday afternoons (St Joseph’s Regional College).

PERFORMING ENSEMBLE SHIRTS
All students participating in MacKillop College Ensembles are required to purchase a shirt to wear at performances. This shirt will be worn with black trousers, black socks and black shoes at all performance events including:

- assembly performances and school functions;
- lunchtime concerts at the Glasshouse;
- Big Band Blast;
- the annual Music Awards Night;

Students are to see the music trainee at rehearsal or in break times in the Junior Band Room to order a size. Sample shirts will be available for you to try on. All payments are to be made to the front office of your school with the attached note by the end of Term 1. I encourage students to order a slightly larger shirt if still growing. This performance shirt will be able to be worn across all MacKillop College and SAPSS Bands into the foreseeable future.

YEAR 7 STUDENTS
Look out for messages in the morning notices!

REHEARSALS IN WEEK 6

<table>
<thead>
<tr>
<th>DAY</th>
<th>Ensemble</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>Senior Stage Band</td>
<td>7.45a.m. – 8.45a.m.</td>
<td>Junior Theatre</td>
</tr>
<tr>
<td></td>
<td>Praise Band</td>
<td></td>
<td>Lunchtime, Junior Theatre</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>Percussion Ensemble</td>
<td>8.00a.m. – 8.45a.m.</td>
<td>J16 Music Room</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>Vocal Ensemble</td>
<td>8.00a.m. – 8.45a.m.</td>
<td>J14 Music Room</td>
</tr>
<tr>
<td></td>
<td>Choir</td>
<td>Lunchtime, J14 Music Room</td>
<td></td>
</tr>
<tr>
<td></td>
<td>SAPSS Drum line</td>
<td>4.00p.m. – 5.30p.m.</td>
<td>St Joseph’s Regional College</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>Concert Band</td>
<td>7.45a.m. – 8.45a.m.</td>
<td>J16 Music Room</td>
</tr>
<tr>
<td></td>
<td>Junior Stage Band</td>
<td></td>
<td>Lunchtime, J16 Music Room</td>
</tr>
<tr>
<td></td>
<td>Brass Ensemble</td>
<td></td>
<td>See morning notices for time, Band Room</td>
</tr>
<tr>
<td></td>
<td>Woodwind Ensemble</td>
<td></td>
<td>See morning notices</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>Big Band</td>
<td>7.45a.m. – 8.45a.m.</td>
<td>J14 Music Room</td>
</tr>
<tr>
<td></td>
<td>Little Big Band</td>
<td>7.45a.m. – 8.45a.m.</td>
<td>J16 Music Room</td>
</tr>
<tr>
<td></td>
<td>MacKillop Ensemble</td>
<td></td>
<td>Lunchtime, Theatre</td>
</tr>
<tr>
<td></td>
<td>Junior Stage Band</td>
<td></td>
<td>Lunchtime, J16 Music Room</td>
</tr>
</tbody>
</table>
Please contact Mr Denham with any questions relating to the co-curricular music program at MacKillop College or visit the College website and click on the Creative Arts tab.

Rob Denham
Leader of Co-Curricular Music
rdenham@lism.catholic.edu.au

NEW ZEALAND MUSIC TOUR NEWS

1. First instalment of $800 is due next Monday, 29th February.
2. If the travel insurance documents have not been returned by next Friday, 5th March, we will presume that you do not wish to take advantage of the group discount.
3. Can you please let me know ASAP if you have received my note about the extra day of skiing that has been added to our tour?

Sharon Green
Leader of SAPSS Co-Curricular Music
sagreen@lism.catholic.edu.au
0416291648

CANTEEN ROSTER – TERM 1 WEEK 6

<table>
<thead>
<tr>
<th>Monday</th>
<th>Heather Sheers and Ann Todd</th>
<th>10.40a.m. start</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Robyn Hunt, Kim Goldie and Jan Francis</td>
<td>11.00a.m. start</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Kerry Smith and Karen Cooper</td>
<td>11.00a.m. start</td>
</tr>
<tr>
<td>Thursday</td>
<td>Kelly Mooney, Kelly Dingle and Rowena Beukers</td>
<td>10.40a.m. start</td>
</tr>
<tr>
<td>Friday</td>
<td>Margie Cassegrain, Sue McDonald and Janice Smith</td>
<td>10.40a.m. start</td>
</tr>
</tbody>
</table>

LEAP YEAR LUNCH MONDAY 29TH FEBRUARY

HAWAIIAN CHICKEN BURGER $4.00
CRISPY CHICKEN, PINEAPPLE, CHUNKY LETTUCE, MAYO AND SWEET CHILLI SAUCE.
MUST BE ORDERED.

COMMUNITY NEWS

BUSWAYS ANNOUNCEMENT – MORNING SERVICE BUS 75
Commencing Monday, 29th February, there will be a change of directions to the morning school bus 75 service.

School bus 75 departing from Burrawan Forest Dr & Boswell Dr at 7.35a.m. travels via normal directions to St Joseph’s Regional College at 8.08a.m. Then turns around and returns via College Dr (L) Main St (L) John Oxley Dr (L) Oxley Hwy, then continues via normal route for the rest of the journey.

For further information please contact Busways Customer Service on (02) 94971870 or (02) 94971887. Alternatively visit Busways website at www.busways.com.au.

RITCHIES – FUNDRAISING FOR SCHOOLS
When shopping at Ritchies and by using a community benefit card/tag linked to MacKillop College, Ritchies will donate money back to us. These cards/tags can be used at ANY Ritchies store throughout Vic, NSW and Qld by staff, students and their families and grandparents.

If you would like to support our school and you don’t already have a CB card/tag please collect one at the office which is already linked to our school and ready to use, or alternatively please collect one at the registers next time you shop at Ritchies,. All you do is nominate MacKillop College, it's that easy!

This is an easy way for us to raise funds for our school with no costs involved.
WEST PORT TENNIS CLUB
West Port Tennis Club will be hosting the Port Macquarie Open Tennis Championships on Saturday, 2nd April and Sunday, 3rd April. Events will include open A, B and C grade men’s, ladies’ and mixed doubles.

Test your ability, come along and enjoy the competition. Entry forms are available from the senior office or contact Mark Rawlingson on 02 65833053 or 0412834336.

WEST PORT TENNIS CLUB - SCHOLARSHIPS
The club also have some tennis scholarships to give away valued at over $2,000. Some application forms are available from the senior office or contact Duncan Wyndham on 65821188.

The scholarship includes: one 30 minute private training session, access to courts in daylight hours, use of ball machine, scheduling and planning advice, training camps during the school holidays, entry into JDS tournaments, entry into the Saturday afternoon junior competition, membership to West Port Macquarie Tennis Club and shirt and cap in West Port Macquarie Tennis Club colours.

Applications close on Saturday, 12th March.

JOPRIM will be closed for stocktake from Thursday, 10th March – Saturday, 12th March inclusive.

SING FOR THE SOLOMONS SONG CONTEST
This year MacKillop College will be holding a song competition for students to enter in an effort to raise money for the “Make a Difference” program.

Prizes include vouchers from local music stores and a professional recording session

Auditions begin Week 7 Term 1

See Music Trainee/Music Staff for more details and an entry form
BULLYING

Anyone can be bullied – it’s a lot more common than people think and can happen at school, at home, on the sporting field, at work or online. If you are being bullied, it’s important to remember that you are not to blame, and that there are steps you can take to stop it. Bullying is a serious matter and no one should have to put up with being bullied.

WHAT IS BULLYING?

There are many ways that someone can be bullied. Bullying can be:

- Verbal: including name calling or put downs, threats, teasing and sexual harassment – even if it is done in an indirect or suggestive way. This can also take place online or through mobile phone text messages.
- Physical: including being punched, tripped, kicked or having your belongings stolen or damaged. It might also include sexual abuse.
- Social: including being left out or ignored, or having rumours spread about you. This type of bullying is very common.
- Psychological: this is often less obvious or direct than other forms of bullying. You might be given dirty looks, be stalked or made to feel intimidated.
- Cyberbullying: this is a form of bullying which takes place online, for example via email, chat rooms, discussion groups, online social networking, instant messaging or web pages. This can also take place via mobile phone text messages. For more information, see Youth beyoundblue Fact Sheet 23 – Cyberbullying.

WHEN ISN'T IT BULLYING?

Bullying isn’t a one-off incident – a friend being in a bad mood one day, calling you names and then apologising later. It’s when name-calling or threats continue that it becomes bullying.

HOW BULLYING AFFECTS PEOPLE

Bullying can have a serious impact on how someone feels about him/herself. People who are bullied often feel that they are all alone and think there is nothing they can do to change the situation. Ongoing bullying is of great concern. It can lower a person’s self-esteem and lead to feelings of sadness, depression, anger and confusion. If you are being bullied, remind yourself that it’s not your fault and that there is something you can do to stop it. The best place to start is to talk to people you trust – friends, family and teachers – about what is happening to you and to discuss with them some ways of dealing with the problem.

Visit: www.youthbeyoundblue.com
Info line: 1300 22 4636 Email: info@beyoundblue.org.au
On behalf of Parent Assembly, we would like to say a very big THANK YOU to those parents who were able to join us for our Cyber Safety & Digital Citizenship presentation at MacKillop College on Monday night and at the “Raising Resilient Children” workshop at St Peter’s Primary School on Thursday night.

Your attendance at these presentations is greatly appreciated and your feedback from the evaluation forms will be utilised for the funding of future events.

As well as the Parent Assembly events, St Joseph’s Regional College hosted Adam Voigt who presented “Bully Proof Your Child” on Tuesday night. Feedback from parents at all these events was very positive. We are very fortunate to have such proactive schools that welcome and support parents and families and the funding from the Catholic Schools Office to host these events. Thanks again for your support. Look out for future parent engagement opportunities advertised in your school newsletters.  

Parent Assembly Hastings Macleay Region

A unique opportunity for students interested in journalism

Kick start your journalism career

Australian Catholics’ media internship program offers Catholic school students the chance to gain hands-on experience in journalism and contribute to the inspiring work of our magazine.

Apply now to be a correspondent

We’re looking for a number of journalists correspondents to help bring stories from different corners of the country. Our correspondents will feature in our weekly newspaper edition in Sydney to be included in the edition, and be mentioned on our website.

Application process

This internship program is open to students in Year 10 and 11. Successful students will need to be available during early 2023 for a number of video conferences with our editorial team, and will be expected to have one video conference a week during the school day. Successful students will be required to complete a new application each year to be eligible for the program.

For more information or to apply, please contact:

Michelle Lomega
Editor
Australian Catholics Magazine
michelle.omega@jmap.org.au

Media Internship Program 2023 australia.catholics.com.au
Invitation

PLEASE JOIN US FOR OUR
BLESSING & OPENING
TOURS | SAUSAGE SIZZLE | JUMPING CASTLE

Located by the sea in Bonny Hills, The Francis Retreat caters for school and group retreats, conferences, staff workshops, events and holiday accommodation.

We invite the St Agnes’ Parish community to join in our Blessing, celebrate our Opening and tour our amazing facilities.

WHEN: Saturday, February 27th 2016, 11am
WHERE: The Francis Retreat
2 Thomson Place, Bonny Hills NSW 2445
RSVP: Joandy Castles by Monday 22nd February
(for catering purposes)
francisretreat@stagnesparish.org.au or 0409 452 813

WWW.THEFRANCISRETREAT.ORG.AU

11th February 2016

Europe Study Tour, January 2017

Calling for expressions of interest

Dear Parents/Students,

St Joseph’s Regional College and MacKillop College are offering a joint study tour to Europe for students of Ancient History, Modern History and French (open to all Year 11 and 12 students and selected Year 10 students) and interested family members in January 2017.

The tour will visit Rome, the Bay of Naples, the Western Front and Paris and includes travelling to a number of sites directly relevant to core studies in the HSC courses of both Ancient History and Modern History. Students studying Art, French and Studies of Religion may also find this trip interesting and valuable experience.

We are intending to run this tour with Academy Travel, an Australian-based company specialising in school group tours. Working closely with College staff, they will develop and manage a program specifically designed for our students.

Information Brochures will be available at the offices of both MacKillop College and St Joseph’s Regional College. The brochure outlines costs and inclusions and a sample itinerary for your consideration.

The first step in getting the tour off the ground is to gauge the level of serious interest among students and their family members. An Information evening will be held before the end of Term 1, 2016; dates will be advertised in the College newsletter.

Whilst we recognise a significant financial cost is associated with the Europe Study Tour, we believe the experience enables further academic and personal growth. If you and your son or daughter are interested please collect a pamphlet from the office of your College and/or contact Ms Cheryl Hyde (email: chyde@ism.catholic.edu.au)

Ms Cheryl Hyde
St Joseph’s Regional College
YOUTH WEEK 2016
8th - 17th April

It starts with us!

YAC KODA
North Bridge 15th April 2016
8pm - 10pm

STREET ART MURAL WORKSHOPS
14th April 2016
9am - 6pm

INFLATABLE TOY RACE
Settlement Point 16th April 2016
11am - 4pm

BUSK OFF
17th April 2016
3pm - 6pm

For event details see
facebook.com/hastingsYAC
pmhc.nsw.gov.au/youthweek

the tech room
Weird techie stuff.

Port Macquarie-Hastings Library invites you to
the official launch of the NEW Tech Room.
Come try the latest in ‘weird techie stuff’!

Official Launch and Morning Tea
When: Friday 26 February at 11am
(Open Day from 10am - 2pm)
Where: Port Macquarie-Hastings Library, Grant Street
RSVP: by Friday 19th February
Phone: 6581 8735
Email: portlib@mnclibrary.org.au
mnclibrary.org.au/techroom

YAC partnering with Port Macquarie-Hastings Council proudly presents