WHAT'S ON 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)
- CSYMA students lead Incitare (Year 6 retreat)
Wednesday, 9th March (Day 3)
- Ceremony for the opening of new buildings commencing 9.30a.m.
- Parents welcome.
Thursday, 10th March (Day 4)
- Diocesan swimming carnival at Kempsey
- Rugby League Hastings 9’s
- Years 11 and 12 LEAD at Grafton
- Year 12 Visual Arts workshop
- Year 11 Coinline for Caritas
- Parent Group – Junior Library from 6.30p.m. Refer to information under the section “Parent Group News”

Friday, 11th March (Day 5)
- Year 7 Family BBQ commencing 5.00p.m. at the COLA
- Years 11 and 12 LEAD at Grafton
- Year 12 CAFS excursion
- Year 12 coinline for Caritas
- CCC Rugby League Development Camp at Narrabeen tomorrow

COMING UP IN WEEK 8 TERM 1

Sunday, 13th March
- 5th Sunday of Lent
Monday, 14th March (Day 6)
- Diocesan Winter Sport Trials at Lismore
Tuesday, 15th March (Day 7)
- Diocesan Winter Sport Trials at Lismore
- Years 7 to 12 Geography workshop
Wednesday, 16th March (Day 8)
- Years 7 to 12 Geography workshop
Thursday, 17th March (Day 9)
- St Patrick’s Day
Friday, 18th March (Day 10)
- Years 12 - Power of Choice
- Solomon Island 3rd Instalment Due: $500

MACKILLOP COLLEGE SOCIAL JUSTICE AWARENESS DAYS, 2016

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

HOMEWORK CLUB – Week 7

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 7

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.
PRINCIPAL’S REPORT

PARENTS CAN MAKE A DIFFERENCE
At the beginning of the year many parents are searching for ideas of how to help their sons and daughters succeed. In saying succeed, I mean do their personal best and help them strive for excellence – their excellence. Listed below are ten simple ideas you may find helpful.

10 WAYS TO HELP YOUR CHILDREN SUCCEED

1. Talk with your children – talk often, provide them with information, feedback, a sympathetic ear, good advice based on family values, support rather than criticism. They will come to you throughout their lives for guidance if their early experiences are positive.

2. Set high but realistic expectations. No-one knows better than you your child’s true abilities. Note their strengths and talents and gently encourage them. Identify where they need assistance and find help for them.

3. Build your children’s sense of self-worth. As children grow and make choices they will make mistakes. Knowing they have your unconditional love and support whatever happens will help them pick themselves up and start again when things do go wrong.

4. Keep your children healthy. Children who do well at school come to class rested, well fed and emotionally prepared. Children who are well nourished in every respect have the foundation for success.

5. Support learning at home. Involvement in your child’s learning starts at home. Create the conditions for good learning – books, computer, quiet study area, library membership, time set aside for homework, interests in progress and reports.


---

ASSESSMENT TASKS DUE IN WEEK 7

| Year 11 Monday | Design and Technology | Hand in assessment |
| Year 11 Tuesday | 2 Unit Studies of Religion | In class assessment (periods 5 and 6) |
| Year 11 Thursday | Extension 1 Mathematics | In class assessment |
| Year 11 Thursday | Ancient History | In class assessment |
| Year 11 Friday | General Mathematics | In class assessment |
| Year 11 Friday | PDHPE | In class assessment |
| Year 10 Monday | Religion | In class research task |
| Year 9 Monday | Religion | In class research task ongoing over three weeks |
| Year 9 Monday | Science | In class assessment |
| Year 9 Wednesday | Textiles | Hand in assessment |
| Year 9 Thursday | Music | In class assessment (periods 5 and 6) |
| Year 8 Monday | Religion | In class research task ongoing over three weeks |
| Year 8 Thursday | Science | In class assessment |
| Year 8 Friday | Drama | In class assessment (period 3) |
| Year 8 Friday | Technical Skills | Hand in assessment |
| Year 7 Monday | Religion | In class research task ongoing over three weeks |

---

PARENTS CAN MAKE A DIFFERENCE
At the beginning of the year many parents are searching for ideas of how to help their sons and daughters succeed. In saying succeed, I mean do their personal best and help them strive for excellence – their excellence. Listed below are ten simple ideas you may find helpful.

10 WAYS TO HELP YOUR CHILDREN SUCCEED

1. Talk with your children – talk often, provide them with information, feedback, a sympathetic ear, good advice based on family values, support rather than criticism. They will come to you throughout their lives for guidance if their early experiences are positive.

2. Set high but realistic expectations. No-one knows better than you your child’s true abilities. Note their strengths and talents and gently encourage them. Identify where they need assistance and find help for them.

3. Build your children’s sense of self-worth. As children grow and make choices they will make mistakes. Knowing they have your unconditional love and support whatever happens will help them pick themselves up and start again when things do go wrong.

4. Keep your children healthy. Children who do well at school come to class rested, well fed and emotionally prepared. Children who are well nourished in every respect have the foundation for success.

5. Support learning at home. Involvement in your child’s learning starts at home. Create the conditions for good learning – books, computer, quiet study area, library membership, time set aside for homework, interests in progress and reports.

7. Encourage a spirit of inquiry. Show your children what a wonderful place the world is. Visit parks, museums, art galleries. There’s plenty of free entertainment and exploration available. Curiosity about the world around them is the first step to children’s thirst for knowledge.

8. Build friendships. Children want to fit in and feel they belong. Welcome their friends to your home. Show your children how to be good friends. Teach them the difference between true friendship and popularity.

9. Keep your children safe. Identify risks and hazards and show your children how to avoid them. Children develop a sense of security when they are taught what to do if they are in danger.

10. Speak well of teachers and schools. Children learn their attitudes from you and will like and respect their teachers if they see you do the same.

GETTING INVOLVED IN SCHOOL – SOME IDEAS:
Meet their teachers ~ visit the school~ go to parent–teacher interviews~ join the Parent Assembly ~ read the school website (www.pmaclism.catholic.edu.au) ~ get to know the principal ~ read the school rules and policies ~ volunteer your time and talents ~ help out in the canteen~ attend school events ~ have fun.

I dreamed I stood in a studio
And watched two sculptors there
The clay they used was a young child’s mind
One was a teacher and the tools that were used
Were books with music and art;
One was a parent with a guiding hand
And a gentle, loving heart.

Day after day the teacher toiled
With touch that was deft and sure,
While the parent laboured side by side
And polished and soothed it o’er.
And when at last their task was done,
They were proud of what they had wrought,
For the things they had moulded into the child
Could neither be sold nor bought.

And each agreed they would have failed
If they had worked alone,
For behind the parent stood the school,
And behind the teacher the home.

STAFF NEWS
Ms Robyn Dunne joins MacKillop College in our Mathematics faculty. Robyn comes to us with a vast range of experience in the regional teaching roles, TAFE, the corporate sector and business management.

Robyn has been teaching in a Connected Communities school in the North West of NSW at both the school and vocational levels within an aboriginal community. She also has experience in schools within the Hastings area.

We welcome Robyn to our College community.

Welcome back to Mr Peter Farrugia. It is wonderful to have Peter back with us this week as he returns after 12 months leave; he will be job-sharing with Mrs Michelle Marino.

“May the Spirit of the Lord be with you”

Anne O’Brien
Principal
aobrien@lism.catholic.edu.au
LAUGHTER AND SCHOOLS BY MICHAEL HERBERT

We know the importance of laughter. Scientists are confident they have proven that it can stop us from feeling pain. The tycoon, Andrew Carnegie, believed there is little success where there is little laughter. A sign of a healthy school is the regularity and the quality of its laughter - in the staff room, in work areas, in the classroom, and in the school yard. Schools refer to themselves as communities. Relationships are at the heart of every community. For the Danish comedian, Victor Borge, “laughter is the shortest distance between two people.”

So what is it about laughter that makes it so valuable? It is contagious, creating its own wave of joy. Scientists tell us the joy we experience from laughter results from the release of ‘happy chemicals’ that make us feel good. We speak of mindfulness as living in the moment - laughter creates happiness in that moment. It is said that stress is the silent killer in modern society. Staff get stressed and students get stressed. We must develop enough maturity - personally and as a society - to understand that all aspects of human health (physical, mental or emotional) are likely to succumb to the accumulating effects of too much stress.

The positive emotions created by laughter are a circuit breaker, providing temporary relief for a chronically stressed person. Sometimes it only takes some temporary relief to allow a person to view their problems from a more fruitful perspective. It is not an exaggeration to say that school communities live on a daily basis with an expectation to be successful (for some, that might feel like ‘pressure’.) High expectations are not a bad thing and certainly much better than setting the bar so low that ‘ordinary’ is the norm. We just need to remember those words of Andrew Carnegie: “There is little success where there is little laughter.”

David Jenkins
Assistant Principal – Pastoral Care and Staff Support
djenkins@lism.catholic.edu.au

SOCIAL JUSTICE AWARENESS DAYS NEWS

This week, our College community commemorated World Wildlife Day as part of the inaugural social justice program which is being held in our school this year. World Wildlife Day allowed us to celebrate the diverse range of wild fauna and flora globally whilst also raising awareness of the importance of wildlife conservation and the many benefits it provides. Similarly, the day reminded us of the urgent need to promote the fight against wildlife crime and allowed us to understand the subsequent economic, environmental and social impacts it can have.

In our PC classes, students and teachers reflected on the importance of this day through the following prayer:

God our Heavenly Father,
you created the world to serve humanity’s needs and to lead them to you.
Give us the grace to see all wildlife as a gift from you and to treat them with respect,
for they are your creation.
We pray for all animals who are suffering, overworked, underfed and cruelly treated,
for all wistful creatures in captivity and for any that are hunted, lost, deserted, frightened and hungry.
Guide us to be kind and gentle towards all wildlife
and show us how to take care of and provide for our animal companions.
Teach us to never ill-treat any living creature that you have placed upon this earth.
We ask this prayer through Jesus Christ our Lord.
Amen

Additionally, we learnt about an endangered species called a “Pangolin” through some quiz questions and the first person to guess this animal correctly was rewarded with a canteen voucher. Wildlife colouring sheets were also provided to students in the library at lunchtime.

World Wildlife Day was a highly important event for our College community and we look forward to commemorating the next social justice day: “National Sorry Day” on 26th May.

Sarah Smith
Teachers’ Aide
**TRANSITUS: YEAR 7 RETREAT OPPORTUNITY**

*Transitus* is a retreat for selected Year 7 students from Parish Secondary Schools in the south of the Diocese aimed at creating a smoother transition into secondary school, as well as to celebrate and be nurtured in their faith at a Diocesan level.

The retreat will be a chance to bring students together to meet like-minded peers and to celebrate with other young people who want to grow and be supported in their Christian faith. The activities will be a mixture of large and small sharing groups as well as celebrating the Eucharist together. The program has been geared to meet the needs of these Year 7 students.

The gathering will be an overnight experience that will allow students to build relationships with other students from throughout the Diocese as well as a chance for students to talk and share about their faith journey.

**What:** *Transitus* – a youth retreat for selected Year 7 students from every Parish school in the southern region of the Diocese.

**When:** Thursday, 31st April – Friday, 1st March

**Where:** Valla Beach Holiday Park

**Cost:** Nil. All transport, food and accommodation expenses will be met by the Catholic Schools Office.

This retreat is for students who:
- regularly attend Mass;
- are involved in some other form of Church involvement either at school or in the parish;
- who show initiative, common sense and maturity; and
- are seeking to grow in these areas.

MacKillop College has been allocated places for 20 students to attend. Any student who would like to be considered is asked to complete the Student Application Form provided by Ms Lancaster and available at the staffroom. Attention should be given to the stated selection criteria. Nominations should be returned to the office no later than Wednesday, 9th March.

**FOURTH WEEK OF LENT:**

First Australian Evangeline lives in a remote community that faces many ongoing challenges. She had a limited vision for her future until three years ago, when she started working at the Djilpin Arts Ghunmarn Culture Centre, a community-owned venture supported by Caritas Australia. Today Evangeline is flourishing, with new skills and a passion for the preservation and promotion of her Aboriginal culture.

Please donate to Project Compassion 2016 and help First Australians in remote communities of Australia gain new skills and renewed passion to preserve and celebrate traditional culture. You can donate through school boxes, by visiting [www.caritas.org.au/projectcompassion](http://www.caritas.org.au/projectcompassion) or phoning 1800 024 413.

Joan Lancaster
Leader of School Evangelisation
PARENT GROUP NEWS

Interested mums, dads and carers are invited to come to a social evening with the aim of starting a social group of MacKillop parents.

This evening will be an opportunity to meet other parents/carers, and to share ideas and be involved in planning for future social events.

Light refreshments will be served.

Everyone welcome!

Where: MacKillop College junior campus library
When: Thursday, 10th March at 6.30p.m.
RSVP: Monday, 7th March for catering purposes

Debbie Ward
Mobile: 0407 702 643
Email: wardies5@bigpond.com

OFFICE NEWS

SUBJECT & ELECTIVE FEE STATEMENTS
Payment of subject and elective fees 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
Thank you to all the families who have returned the student information verification forms.

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 as soon as possible so that current information is available for upcoming camps and excursions.

YEARS 12 NEWS

JERSEYS
The orders have been placed, approximately 60, which should be delivered by the start of next term. This would not have been possible without the leadership of SRC members Diana Smith and especially Britney Duck.

Reminder that these can only be worn on Tuesdays or similar days when the sports uniform is permitted.
ALL SCHOOLS TRIATHLON
Good luck to those students competing – **Jack Pilgrim** (Year 12), **Dafydd Wall** and **Lachlan Kirkland** (Year 11)

YEAR 12 COINLINE
This important Caritas fundraising event happens on Friday, 11\(^{th}\) March. PC Mullo points gained for longest line and gold coin total.

YEAR 12 RETREAT
This runs from Wednesday, 11\(^{th}\) to Friday, 13\(^{th}\) May at two venues – the Francis Centre in Bonny Hills and Camp Elim Forster. An information note has been recently distributed providing more details.

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

YEARS 11 NEWS

YEAR 11 REFLECTION DAY
**When:** Monday, 7\(^{th}\) March  
**Where:** MacKillop College - Senior Site  
**What to Wear:** Sports uniform  
**Lunch:** A BBQ sausage sizzle lunch will be provided

Going on feedback from past years, the Year 11 Reflection Day which students will be taking part in next week, has the potential to provide students with a meaningful day of reflection on the issues pertinent to them.

Presenters David and Katie Kobler will spend much of the day with Year 11, with a team of nine additional teachers from MacKillop assisting with facilitating small group sessions. Apart from the introductory and conclusive sessions, students will be split into gender groups, with David Kobler presenting to male students and Katie Kobler presenting to female students.

Please note the cost of the day is $25.00 which has been charged to each student’s school account.

PROJECT COMPASSION - COIN LINE FUNDRAISER
Next Thursday, 10\(^{th}\) March Year 11 students will be contributing to our fundraising efforts for Project Compassion by taking part in a PC-based coin line competition. Students are asked to bring in any loose change which may include 5c, 10c, 20c, 50c pieces, and on the rare occasion gold coins.

The competition between PCs will be judged by which PC has the longest line of coins and also which line has the greatest monetary value.

**Andrew Marsh**  
Year 11 Leader of Pastoral Care  
amash@lism.catholic.edu.au
RETREAT – WEEK 9
Students have been asked to continue returning their permission notes for this year’s retreat to their Pastoral Care teacher. Groups are currently being created and students have been able to nominate friends whom they want to be with on retreat. All students will attend either Monday/Tuesday or Wednesday/Thursday (week 9) and will also be completing their English assessment during that week.

WELLBEING PROGRAM
“Pastoral care is central to the ethos and identity of a Catholic school and it is essential that pastoral care for students be given a high priority. The role of schools as an educational institution is to encourage excellence, the pursuit of learning and the care of all individual students. The primary purpose of schools is to promote the full physical, social, intellectual, emotional and spiritual development of students.” (Catholic Education Commission NSW)

Year 10 have been working on our Wellbeing program during Pastoral Care time and the feedback has been pleasing. Recent focus topics have been goal setting (SMART goals) and self-confidence/self-esteem. The program is designed to inform, educate and develop skills beyond the academic classroom to support holistic growth in our students. This program will continue during Pastoral Care time through the delivery of reading, discussion, activities, videos and much more.

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

YEARS 9 NEWS

This week’s wellbeing lesson was dedicated to students setting up a study timetable and a term assessment planner. Each student has been advised to place this at home somewhere to assist with their organisation. It is a great way for students to balance their busy school life with their family, social and extra-curricular activities.

Homework and assessments are being handed out for Year 9; please assist your child by having a conversation with them about this and making sure they are up-to-date.

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
Thank you Year 7 and 8 students who came along to trivia yesterday and support Caritas. It was wonderful to fundraise with friends, food and frivolity.

Tickets for the Easter egg raffle are now selling - 50c a ticket or 3 tickets for $2 - all proceeds are for Caritas Project Compassion.

All Year 8 were emailed a copy of their Term 1 Assessment calendar. It is good practice for the students to screenshot, and/or print out and display, the calendar in a prominent place to keep track of preparation time for tasks.

A group becomes strong with teamwork and when numbers are recognised as bringing different and worthwhile skill-sets. Recognising their individual character strengths and how to demonstrate these in practice were the focus for Year 8 in extended PC this week.

Students were challenged to compose positive ‘self-talk’ on their iPads to be used as a visual reminder to push through challenging times towards their goals.

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

Another busy week completed!

Year 7 had another important and informative chat this week with a visit from Wendy Hudson, Police Liaison Officer for our area. I am hoping students are becoming more aware of Cyber Safety and the implications of misuse.

Unfortunately we had an iPad issue late last week involving boys messaging in class, wasting both their time and their teacher’s time; needless to say consequences have been issued.

We had a good turnout for our Project Compassion fundraiser after school on Thursday and it was great to see the kids get involved. Photos will appear in next week’s newsletter.

Congratulations to the following students who obtained a Pastoral Coordinator’s Award: Sophie Evans, Mason Hutchison, Simon Meertens and Ella Sorensen.

Well done to those Year 7 students involved in last weekend’s State Cup touch footy and those who represented the school in the Triathlon on Wednesday and Thursday.

Have a great weekend.

Dom Ashe
Year 7 Leader of Pastoral Care
dashe@lism.catholic.edu.au
CAREERS AND UNIVERSITY TRANSITION NEWS

MACKILLOP COLLEGE CAREERS WEB PAGE:
It’s a one stop shop for everything you need with career planning and help.

Find out about any of the following:
- Applying to university anywhere in Australia
- University Open Days
- Choosing or comparing universities
- Doing interest tests
- Creating a resume
- Defence Force careers
- Police Force
- Links to education providers (TAFE, Colleges and Universities across Australia
- Scholarships
- Gap Year alternatives
- Access to the Good Universities Guide and Job Guide.

Check it out: www.mackillopcollegecareers.com

Students and parents are able to subscribe to receive a “Careers Newsletter” at least twice each term from the site administrators. If you wish to do this, just enter your name and email address on the home page and click ‘Subscribe Now’.

In addition to these wonderful tools I will also publish a newsletter with relevant information for either Year 11 or 12 students and their parents. All Year 11 or 12 are automatically sent this information, however if any parents also wish to receive these updates please email me and I will add you to the list. All I require from parents is a first name, email address (I can retrieve this from your email) and whether your child is in Year 11 or 12. My email address is: mnkelly@lism.catholic.edu.au

Michael Kelly
Leader of Careers and University Transition

MARINE AND AQUACULTURE TECHNOLOGY NEWS

MARINE DISCOVERIES FOR YEAR 9 AND YEAR 10
2016 has been a year of discoveries in Port Macquarie for MacKillop Marine Studies students. The Year 9 students have been on field trips to see the artificial reef before it was installed six kilometres off the Port Macquarie coast. They have also been on a tour of the Sea Rescue Centre.

The Year 10 students have been on discovery tours of our beaches, researching the red weed infestation and learning body surfing techniques.

The students have also been doing refresher courses for first aid in Year 10. In Year 9 the students have been completing Royal Lifesaving resuscitation training.
Year 9 Marine studies Flagstaff and artificial reef tour

Rob Irving
Marine Studies Teacher

Year 10 Marine studies body surfing style session

Red weed and body surfing at town beach.

2016 LIBRARY BOOK CLUB MET THIS WEEK.
This report is contributed by Zoe Brennan, Year 8 student.

MacKillop College's book club has just begun and we are widening the range of books we read by choosing the books we read by genre. We are all reading action/adventure novels at the moment and throughout the year we will progress to the other genres of books. Mrs Penson is currently setting up a blog for us to compare the books that we are reading. Anyone who would like to join the book club is welcome; just get in contact with Mrs Penson.
THE LIBRARY SUBSCRIBES TO COSMOS MAGAZINE DIGITAL EDITION FOR STUDENTS

Cosmos is a leading literary science magazine published in Australia but with a global reach. It makes the world of science accessible to everyone.

At Cosmos, they aim to deliver the latest in science from a considered perspective with beautiful pictures, clear explanations of the latest discoveries and breakthroughs and great writing. Winner of 47 awards for high-quality journalism and design, Cosmos is a print magazine, weekly digital edition and educational resource with custom, curriculum-mapped lessons for Years 7 to 10.

Cosmos is a bi-monthly print magazine. Six editions each year cover the best of global science. Cosmos is backed by an editorial advisory board that includes Apollo 11 astronaut Buzz Aldrin, ABC Radio’s Robyn Williams, and is chaired by Dr Alan Finkel, a neuroscientist, philanthropist and Chancellor of Monash University in Melbourne. cosmosmagazine.com/about.

Cosmos is accessible via the school Moodle site. Students need to login to Moodle then click the Cosmos link found in Student Links Box on the left hand side of the page. Enjoy reading great scientific articles.

Suzanne Penson
Teacher/Librarian

SPORT NEWS

<table>
<thead>
<tr>
<th>WEEK</th>
<th>DATE</th>
<th>DAY</th>
<th>CLASSES</th>
<th>TIME</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 7</td>
<td>7.3.16</td>
<td>Monday (1)</td>
<td>7.1TB</td>
<td>7.2CC</td>
<td>7.3AH</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>7.8RA</td>
<td>7.9DMc</td>
<td>7.7GL</td>
</tr>
<tr>
<td>10.3.16</td>
<td>Thursday (4)</td>
<td>7.4TJ</td>
<td>7.5PF</td>
<td>7.6WL</td>
<td>11.10-12.50</td>
</tr>
<tr>
<td>Week 8</td>
<td>14.3.16</td>
<td>Monday (6)</td>
<td>7.1TB</td>
<td>7.2CC</td>
<td>7.3AH</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>7.8RA</td>
<td>7.9DMc</td>
<td>7.7GL</td>
</tr>
<tr>
<td>17.3.16</td>
<td>Thursday (9)</td>
<td>7.4TJ</td>
<td>7.5PF</td>
<td>7.6WL</td>
<td>11.10-12.50</td>
</tr>
<tr>
<td>Week 9</td>
<td>21.3.16</td>
<td>Monday (1)</td>
<td>7.1TB</td>
<td>7.2CC</td>
<td>7.3AH</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>7.8RA</td>
<td>7.9DMc</td>
<td>7.7GL</td>
</tr>
<tr>
<td>24.3.16</td>
<td>Thursday (4)</td>
<td>7.4TJ</td>
<td>7.5PF</td>
<td>7.6WL</td>
<td>11.10-12.50</td>
</tr>
<tr>
<td>Week 10</td>
<td>28.3.16</td>
<td>Monday (6)</td>
<td>7.1TB</td>
<td>7.2CC</td>
<td>7.3AH</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>7.8RA</td>
<td>7.9DMc</td>
<td>7.7GL</td>
</tr>
<tr>
<td>31.4.16</td>
<td>Thursday (9)</td>
<td>7.4TJ</td>
<td>7.5PF</td>
<td>7.6WL</td>
<td>11.10-12.50</td>
</tr>
<tr>
<td>Week 11</td>
<td>4.4.16</td>
<td>Monday (1)</td>
<td>7.1TB</td>
<td>7.2CC</td>
<td>7.3AH</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>7.8RA</td>
<td>7.9DMc</td>
<td>7.7GL</td>
</tr>
<tr>
<td>7.4.16</td>
<td>Thursday (4)</td>
<td>7.4TJ</td>
<td>7.5PF</td>
<td>7.6WL</td>
<td>11.10-12.50</td>
</tr>
</tbody>
</table>
### YEAR 8

<table>
<thead>
<tr>
<th>WEEK 7</th>
<th>8th March</th>
<th>FLINDERS</th>
<th>INNES</th>
<th>MACQUARIE</th>
<th>OXLEY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 2</td>
<td></td>
<td>VOLLEYBALL</td>
<td>BASKETBALL</td>
<td>CRICKET</td>
<td>OZ TAG</td>
</tr>
<tr>
<td></td>
<td></td>
<td>CC/LBA</td>
<td>GL/AH/JC</td>
<td>DA/RM</td>
<td>RA/WL</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Spare: ZF</td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEEK 8</td>
<td>15th March</td>
<td>VOLLEYBALL</td>
<td>BASKETBALL</td>
<td>CRICKET</td>
<td>OZ TAG</td>
</tr>
<tr>
<td>Day 7</td>
<td></td>
<td>MR/DD</td>
<td>JW/SA/NOC</td>
<td>SS/DMU</td>
<td>DS/PF</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Spare: ZF</td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEEK 9</td>
<td>22nd March</td>
<td>OZ TAG</td>
<td>VOLLEYBALL</td>
<td>CRICKET</td>
<td></td>
</tr>
<tr>
<td>Day 2</td>
<td></td>
<td>RA/WL</td>
<td>CC/LBA</td>
<td>DA/RM</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WEEK 10</td>
<td>29th March</td>
<td>House Challenge - Soccer</td>
<td>House Challenge - Netball</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Flinders Vs Innes</td>
<td>Macquarie Vs Oxley</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>SS/SA/DS/PF/MR/ZF</td>
<td>JW/DD/DMU/NOC</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Macquarie Park Oval</td>
<td>Macquarie Park Netball Courts</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 11</th>
<th>5th April</th>
<th>OZ TAG</th>
<th>VOLLEYBALL</th>
<th>CRICKET</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 2</td>
<td></td>
<td>RA/WL</td>
<td>CC/LBA</td>
<td>DA/RM</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Week 10: MacKillop College Cross Country Carnival Competitors Only**

### YEAR 9

<table>
<thead>
<tr>
<th>SPORT</th>
<th>DETAILS</th>
<th>BUS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Surf Survival</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</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>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 the junior campus.</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.</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 the junior campus.</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

I have always had a passion for sport in general and in particular sport within our school, however, it was not until I held this role that I truly understood both the dedication and commitment to sport that the students and teachers of MacKillop College display. There is a constant supply of sporting opportunities here at MacKillop College, sourced by dedicated coaches who give up their own time to trial, train and take teams away. These dedicated coaches are rewarded with committed students of all abilities who trial, train and represent our College in a commendable fashion.

I would like to thank both the students who have tried out for teams so far and the teachers who give our students these opportunities.

SURFEST - NEWCASTLE

The Maitland and Port Stephens Toyota high schools teams challenge was contested in difficult conditions over two days. MacKillop College entered three boys teams. 70 teams from state, independent and Catholic schools met at Dixon Park Beach Newcastle with a 3ft north east swell.

MacKillop number 1 team consisting of Year 10 boys Harry Hiatt, Judd Brown and Kai McKenzie surfed well and were ranked fifth after the first day, improving on their position on day 2 to get into the quarter-finals.

The competition was moved to Nobbys Beach where a 4ft shore break was breaking inconsistently. The boys surfed well, gaining a third position in their heat. Unfortunately this was the end of their competition. This result meant they came 10th overall; a fantastic effort against each designated sports high school on the coast of NSW.

MacKillop had two other teams. The MacKillop number 2 team was made up of Kurtis Bollard (Year 10), Noah Cornale (Year 11) and Kye Wilson (Year 9). This was their first competition as a team and they surfed very well, coming in at 20th position.

The MacKillop number 3 team of Dylan Marchingo (Year 11), Lachlan Smith (Year 11) and Jack Edwards (Year 10) also surfed for the first time in this competition. The boys got a rough draw, surfing in the afternoon with a solid 20 knot north east wind on the first day and a crazy 35 knot southerly on the second day, which lowered the scores for their waves and did not help in the tag team challenge. The boys came a commendable 47th and learnt a lot from mother nature.
A fantastic effort from the three teams and the boys kept to the team motto of “the best surfer in the water is the one having the most fun”.

Harry Hiatt, Kai McKenzie and Judd Brown

Kurtis Bollard, Noah Cornale and Kye Wilson

Jack Edwards, Dylan Marchingo and Lachlan Smith

UPCOMING EVENTS:

<table>
<thead>
<tr>
<th>Sport</th>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<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>7th 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>Rugby League</td>
<td>Hastings 9’s Competition</td>
<td>10th March</td>
</tr>
<tr>
<td>Football &amp; Rugby League</td>
<td>Diocesan Secondary Open Boys and Girls Football selections – Woodlawn</td>
<td>14th &amp; 15th March</td>
</tr>
<tr>
<td></td>
<td>Diocesan Secondary 15’s Boys and Opens Boys</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rugby League Selections – Woodlawn</td>
<td></td>
</tr>
<tr>
<td>Hockey</td>
<td>CCC Hockey selections – Newcastle</td>
<td>21st March</td>
</tr>
<tr>
<td>Cross Country</td>
<td>MacKillop College Cross Country</td>
<td>29th March</td>
</tr>
<tr>
<td>Netball</td>
<td>Yr 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>
<tr>
<td>Rugby Union</td>
<td>Rugby 7’s - Taree</td>
<td>4th April</td>
</tr>
<tr>
<td>Rugby League</td>
<td>Northern Country Rugby League trials</td>
<td>5th &amp; 6th April</td>
</tr>
<tr>
<td>Touch Football</td>
<td>All Schools Touch Competition – Port Macquarie</td>
<td>25th April</td>
</tr>
<tr>
<td></td>
<td>Diocesan Touch - Ballina</td>
<td>2nd May</td>
</tr>
</tbody>
</table>

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

LITTLE BIG BAND
A new ensemble in 2016, Little Big Band is open to all students from 7 to 10 of beginner to intermediate level who play a Jazz Band instrument. Members of this group will feed into the Senior Big Band.

Rehearsals take place every Friday morning from 7.45a.m. to 8.45a.m. under the direction of Mrs Adams. The ensemble rehearse jazz band arrangements of a range of popular styles of music. If you are interested in participating in this ensemble please see Mrs Adams or Mr Denham for more information.

CO-CURRICULAR MUSIC OFFICE
The co-curricular music office exists between J16 Music room and the Band room in the ‘Music Hub’ area near the MPC. A timetable will be posted outside this office with details of when Mr Denham and Jack Titterington (Music Trainee) will be available to answer questions or issue information. All co-curricular music enquiries are to be made to either Mr Denham or Jack in person at this office or via email. Important music related information will be posted on the noticeboard outside this office throughout the year, including timetables and performance dates.

PERFORMING ENSEMBLES 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 Showcase & Awards Night.

Students are to see Mr Denham or Jack Titterington at rehearsal or in break times in the Band Room to order a size. Sample shirts will be available for you to try on.

All payments are to be made to the main office with the attached note as soon as possible. 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.

CO-CURRICULAR MUSIC WEBSITE
All students participating in the co-curricular music program are encouraged to bookmark this page and regularly refer to it for information and notices. This website can be found within the College website or by using the following link: http://pmaclism.catholic.edu.au/creative-arts/co-curricular-music

A range of information can be accessed on the website including:

- Ensemble information, rehearsal schedules and sign up forms
- Music tuition information
- Major event information
- Photos and video of performances
- Gig and excursion notes

All information given to students in rehearsal is posted on this site. It is a great resource to aid household organisation! Please contact Mr Denham if you have any problems accessing information on this site.
REHEARSALS IN WEEK 7

MONDAY
• Senior Stage Band – 7.45a.m. – 8.45a.m, Theatre

TUESDAY
• SAPSS Concert Band – 7.30a.m. – 8.45a.m, St Joseph’s Regional College
• Percussion Ensemble – 8.00a.m. – 8.45a.m, J12 Music Room

WEDNESDAY
• Vocal Ensemble – 8.00a.m. – 8.45a.m, J16 Music Room
• Choir – Lunchtime, J16 Music Room
• SAPSS Drum line – 4.00p.m. – 5.30p.m, St Joseph’s Regional College

THURSDAY
• Concert Band – 7.45a.m. – 8.45a.m, J12 Music Room
• Junior Stage Band – Lunchtime, J12 Music Room
• Brass Ensemble – See morning notices for time, Band Room

FRIDAY
• Little Big Band – 7.45a.m. – 8.45a.m, J16 Music Room
• Big Band – 7.45a.m. – 8.45a.m, Theatre
• Junior Stage Band – Lunchtime, J16 Music Room
• Jazz Ensemble “Groove Merchant’s” – Lunchtime, Theatre

UPCOMING EVENTS

GLASSHOUSE LUNCH CONCERT
• Friday, 1st April, 12.30p.m. – 1.30p.m, Glasshouse Theatre (Ross Studio) Port Macquarie, Groove Merchants and Brass Ensemble

YOUTH MASS
• Sunday, 15th May, 4.00p.m. – 6.00p.m, St Agnes’ Church, Praise Band and Vocal Ensemble

CARITAS LUNCH CONCERT
• Thursday, 7th April, Lunchtime, MacKillop Theatre, Senior Stage Band, Vocal Ensemble and Senior Music students.

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

CANTEEN ROSTER – TERM 1 WEEK 7

<table>
<thead>
<tr>
<th>Day</th>
<th>Roster</th>
<th>Start Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Lyn Gallagher, Kaylene Monckton and Belinda Fisher</td>
<td>10.40a.m.</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Rob Doyle and Tony McKenzie</td>
<td>11.00a.m.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Janine Goulding, Jodie Duck and Judy Treadwell</td>
<td>11.00a.m.</td>
</tr>
<tr>
<td>Thursday</td>
<td>Kristine Fallon, Jo Sexton and Karena MacLachlan</td>
<td>10.40a.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>Janice Smith, Deb Nelson, Bec Lewis and Michelle Nugent</td>
<td>10.40a.m.</td>
</tr>
</tbody>
</table>

REMINDER: Uniform Pool is open every day from 8.00a.m. until lunchtime.
Skirts $5    Shirts $5    Jumpers $10
BUSWAYS
The proposed changes for Monday, 7th March 2016 have been postponed pending further investigations, therefore School Bus 75 will continue to operate via normal service until further notice.

Busways apologise for any inconvenience. For further information please contact Busways Customer Service on (02) 9497 1870 or (02) 9497 1887. Alternatively visit our website at www.busways.com.au.

PORT MACQUARIE SHARKS JUNIOR RUGBY LEAGUE
Players Wanted! The Port Macquarie Sharks Junior Rugby League Club are after interested players for the under 14’s division. If you are a young boy turning 14 this year and want to have fun, develop the skills of rugby league and enjoy hanging out with friends then contact the club today. The contact details are as follows:

Contact Name: President: Gordon Witherspoon
Port Macquarie Sharks Junior Rugby League Club
Email Address: gjwitherspoon@hotmail.com
Phone Number: Gordon Witherspoon - 0404775069

2017 EUROPE TOUR –
The Western Front, Paris, The Bay of Naples and Rome
There will be an information evening on Wednesday, 9th March at St Joseph’s Regional College starting at 6.00p.m. until 7.00p.m.

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

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

Mrs Anne O’Brien, Principal of MacKillop College, on behalf of Father Leo Donnelly, Parish Priest, cordially invites parents to attend the official opening and blessing of the recently completed building projects at

MacKillop College Hall
on
Wednesday, 9th March 2016
commencing at 9.30am

The Hon Luke Hartsuyker MP will be conducting the official opening of the project, and the blessing by Father Leo Donnelly.

Light refreshments will be served after the ceremony.
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@lism.catholic.edu.au)

Ms Cheryl Hyde
St Joseph’s Regional College