"If we cannot speak well then let us be silent"
(St Mary of the Cross MacKillop)

How Will You Re-Create Your World?

Dear Parents, Guardians and Friends,

In thinking again about our theme for the year, I was reminded this morning that one way we can recreate our world is to reach out to those in need. Our Mass for the Poor will be held on June 1st and this is a tangible way of helping the needy by contributing non-perishable food items which can be left at the Front Office or sent to school via your son or daughter.

Congratulations to Leanne Cook, our History teacher for her engaging speech given at the ANZAC Day service, along with Alice Capstick. Leanne was also selected to accompany the Spirit of ANZAC Premier's Award Students on a recent study tour of Canberra, sometime after they had attended the Premier’s Lunch in Melbourne.

Congratulations to our footballers on having won the local Swan Hill version of the Herald/Sun shield last week. Coaches Jeremy Wirges and Damien Hirst brought the best out of the boys.

This year we are being challenged to review what we do at the College by undertaking the School Improvement Review process which is being led from the Catholic Education Office in Ballarat. Some Parents will receive surveys within the next few months and you are asked to respond accordingly as we value Parental feedback.

Eighty-eight Parents attended the Parent/Teacher interviews held last week. We continue to review the Parent/Teacher Interview structure – your feedback will be welcome.

Rob Aron
Principal

1. **REWARDS:** Many students set rewards for themselves “I’ll read this section then I can eat this sandwich”. Some students use the opposite, punishments; they create consequences for themselves where they will deprive themselves if they do not do the work.

2. **SELF-PRAISE:** Some students find that recognising their progress to themselves and praising themselves for their efforts creates a more positive mental environment and encourages them to keep going. Comments such as “Well done, you’ve solved yet another problem” can help create mental stamina.

3. **GOAL-ORIENTED SELF-TALK:** Students who think about why they are studying or what possible future outcomes may be from putting in effort can also strengthen the effect of these thoughts by making sub-vocal statements while they are engaged in an academic activity. When faced with an urge to stop working they may focus on the thought of getting better marks, or getting into a particular course at uni or even the satisfaction of learning a new skill or developing self-discipline.

4. **INTEREST ENHANCEMENT:** This involves looking for ways to make the task to be completed more interesting or enjoyable. Even making slight modifications to make something less boring or repetitive. One student found that by writing notes in a different style it made the activity more inspiring.

5. **ENVIRONMENTAL STRUCTURING:** This is also referred to as resource management and is all about removing temptations and creating an environment that is more conducive to studying. It may even mean studying in a different location such as a local or school library in order to stay focused on the tasks to be completed.

6. **PROXIMAL GOAL-SETTING:** Breaking larger tasks into smaller more manageable chunks will help students to feel more motivated about what needs to be done. Setting specific and achievable short-term goals with an allocated time-frame can help increase students sense of efficacy.

7. **DEFENSIVE PESSIMISM:** “I think about how unprepared I am in order to get myself to work harder”. There is mixed research about this approach and the negativity involved. However every student is different and for some students making themselves a bit anxious about what they haven’t done may be necessary to get them to start doing their work.

8. **EMOTIONAL CONTROL:** Thoughts produce feelings, feelings lead to actions. If we can make our thoughts and feelings more positive, this can lead to more positive actions. When students are feeling unmotivated, strategies such as taking a short amount of time to close your eyes and engage in deep slow breathing, or counting slowly backwards from 10 while thinking positive reassuring thoughts about their abilities to do what has to be done has been found to be beneficial.


Our school’s subscription details are:
Username: mackillopcollege
Password: 160results

Michelle Haeusler
Deputy Principal
CAREERS NEWS
An exciting opportunity exists for students interested in horse racing to attend a Thoroughbred Ed Career Program at the St Mary MacKillop College on Tuesday, May 15th.
The program provides students with an opportunity to hear from industry specialists such as trainers, jockeys and racing professionals. Guest speakers will explain how they got into the industry, their daily routine and career achievements. This insightful and informative presentation is relatively informal, but clearly and concisely explains the pathways students can take to achieve their goals. Students will be provided with information on a range of Racing Victoria approved University and TAFE courses available to them.
1992 Melbourne Cup winner, Subzero is an added attraction to the presentation.

TRANSITION DAY
St Mary MacKillop College’s transition program for 2013 commenced on Thursday 3rd May with 150 Grade 6 students from local schools attending the day. The students had an action packed day experiencing some of the subjects that they will study when they commence Year 7. Some of these subjects included PE, IT, Textiles and Japanese. Many students formed new friendships on the day and are looking forward to meeting up again on our second Transition Day on Tuesday 31st July.
CURRICULUM
Semester 1.
Unit 3 Written Exams and GAT
All Unit 3 exams will be held in the Anglican Church Hall. The GAT will be held in the Jubilee Centre.

<table>
<thead>
<tr>
<th>Tuesday 12th June</th>
<th>9:00am – 10:45 am Biology</th>
<th>11:45am – 1:30pm Physics</th>
<th>2:45pm – 4:30pm Accounting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 13th June</td>
<td>9:00am – 10:45am Psychology</td>
<td>11:45am – 1:30pm Chemistry</td>
<td></td>
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<tr>
<td>Thursday 14th June</td>
<td>10:00am – 1:15pm General Achievement Test (GAT)</td>
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Year 11
All Year 11 exams are conducted in the Jubilee Centre (unless otherwise indicated). Students are not required to be at school during the exam period unless they have an exam (Students in Unit 3 classes should continue to attend these classes). If students need to remain on the college grounds they must be in the Library or Year 12 Study Centre. Block VET classes will continue on Wednesday morning.

<table>
<thead>
<tr>
<th>Friday 8th June</th>
<th>Tuesday 12th June</th>
<th>Wednesday 13th June</th>
<th>Thursday 14th June</th>
<th>Friday 15th June</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00am – 10:45 am (11:00 am English)</td>
<td>English Literature</td>
<td>General Maths Business Math Methods</td>
<td>10:00 am – 1:15 pm General Achievement Test (GAT)</td>
<td>Physical Education</td>
</tr>
<tr>
<td>1:30pm – 3:15pm</td>
<td>Accounting Studio Art History</td>
<td>Chemistry Geography</td>
<td>Biology Business Management Italian</td>
<td>Psychology</td>
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<td>Visual Communication &amp; Design</td>
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<td>Food Technology</td>
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<td>Health &amp; HD</td>
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<td></td>
<td></td>
<td></td>
<td>Physics</td>
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</tbody>
</table>

NAPLAN Testing
As usual in Term Two we have the NAPLAN testing of all Year 7 and 9 students. The NAPLAN testing this year will be at the following times:

<table>
<thead>
<tr>
<th>Test</th>
<th>Date</th>
<th>Lesson</th>
<th>Test Length</th>
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</thead>
<tbody>
<tr>
<td>Language Conventions</td>
<td>Tuesday 15th May</td>
<td>1</td>
<td>45 minutes</td>
</tr>
<tr>
<td>Writing</td>
<td>Tuesday 15th May</td>
<td>2</td>
<td>40 minutes</td>
</tr>
<tr>
<td>Reading</td>
<td>Wednesday 16th May</td>
<td>2</td>
<td>65 minutes</td>
</tr>
<tr>
<td>Numeracy (calculator)</td>
<td>Thursday 17th May</td>
<td>1</td>
<td>40 minutes</td>
</tr>
<tr>
<td>Numeracy (non-calculator)</td>
<td>Thursday 17th May</td>
<td>2</td>
<td>40 minutes</td>
</tr>
</tbody>
</table>
Students who are funded under Special Needs may be exempted from completing the NAPLAN tests. Parents/guardians who do not want their child to sit the test, need to contact Mrs Monique Watt or Mrs Sally Looney for an exemption form.

If your son/daughter is not a funded student, a parent/guardian may withdraw the student from one or all of the NAPLAN tests. A form must be completed. Parents/guardians need to contact the College if they require a Withdrawal Form.

**Subject Expo and Pathways Planning**

Term Two brings with it some important dates for showcasing our school. The Pathway Planning Night which incorporates our Subject Expo is on **Wednesday 30th May**, so please mark this on the calendar as a night not to miss.

With the end of Semester exams approaching please do not hesitate to contact your child’s teachers directly via email or contact the office if you have any concerns.

Mrs Jane Alderuccio  jaldercio@mackillopsh.vic.edu.au  
Mr Rob Aron  raron@mackillopsh.vic.edu.au  
Miss Chelsea Bird  cbird@mackillopsh.vic.edu.au  
Miss Kate Brady  kbrady@mackillopsh.vic.edu.au  
Ms Liz Braid  elbraid@mackillopsh.vic.edu.au  
Ms Leanne Cook  lcook@mackillopsh.vic.edu.au  
Mrs Laura Crow  lcrow@mackillopsh.vic.edu.au  
Miss Colomba Ficarra  cficarra@mackillopsh.vic.edu.au  
Mrs Michelle Haeusler  mhaeusler@mackillopsh.vic.edu.au  
Mr Greg Hahn  ghahn@mackillopsh.vic.edu.au  
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Mrs Suzy Haley  shaley@mackillopsh.vic.edu.au  
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Mrs Monique Watt  mwatt@mackillopsh.vic.edu.au  
Miss Lori Wilkins  lwilkins@mackillopsh.vic.edu.au  
Mr Jeremy Wirges  jeremywriges@gmail.com.au  
Mrs Alison Wright  awright@mackillopsh.vic.edu.au

Sally Looney  
Curriculum Co ordinator
NEW STAFF PROFILE – COLOMBA FICARRA
Colomba is the second former student of MacKillop College who has returned to teach.

After leaving school, Colomba went to La Trobe University and obtained her Bachelor of Visual Arts - Graphic Design in 2010. Whilst at University she worked freelancing as a Graphic Designer and Photographer. She participated in the Graduates Exhibition, winning the Bart ‘n’ Print Choice Award and a place on The Dean’s Honour List for 2010. After completing her degree Colomba went on to obtain her Graduate Diploma of Education in 2011. Colomba has worked in other regional schools before accepting her position here at St Mary MacKillop College.

Whilst Colomba is extremely passionate about Art and Design, maintaining a high interest in her own creativity and continuing to further her skills, she is also enthusiastic and dedicated in encouraging her students with their creativity.

As Colomba takes on the role as an Educator in Visual Communication and Design Art and Drama we wish her well and hope that she will enjoy her time at St Mary MacKillop College.

SPIRIT OF THE ANZACS – PREMIER’S LUNCH CELEBRATING THE 97TH ANNIVERSARY OF WWI
Teacher Leanne Cook accompanied Christopher Barkmann, a student from our College, to this luncheon on 16th April. Christopher was a Regional Finalist in the Spirit of the ANZACs competition. Both Leanne and Christopher found this to be a most humbling occasion. They were awarded the Premier’s Certificate at this function.

ANZAC DAY SERVICE
It was a great honour for Leanne and student, Alice Capstick, together with Elana Tompsett, a student from Swan Hill College, to be the guest speakers at the Swan Hill Community’s ANZAC Day Service which was delivered in a passionate manner. Thank you to our School Captains, Leah McDonald and Zac Rundell-Gordon, who were Masters of Ceremonies for the day; our Vice Captains, for laying the wreath and to all students who marched with our College.

PREMIER OF VICTORIA – SPIRIT OF THE ANZACS – CANBERRA STUDY TOUR
Leanne was selected as a Teacher Chaperone for the State to accompany the seventeen student Regional Finalists on a Study Tour of Canberra which included Chris Barkmann and Jake Hepburn, a student from Swan Hill College. It was a wonderful experience to travel through the War Memorial and the Australian National Archives.

It has been a great honour and pleasure to be associated with the Spirit of the ANZAC Competition and the Swan Hill RSL, who have endeavoured to offer young people the opportunity to be fully involved with the ANZAC Spirit. Hopefully, we can continue this close association so this legacy may live on through the younger generation.