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Inspiring Hearts, Minds and Spirits

20 August 2018

News from the College Principal, Mr Luke Reed



The Living Years

Thirty years ago now, Mike and the Mechanics released their hit song 'The Living Years'. Some will remember it well; for a reprise, or an introduction, why not search it up on YouTube?

In a theme familiar to many, the singer laments missed opportunities in his relationship with his dad. They had differences which had created a gulf between them; and too late it seems, he realises that the gulf could have been bridged by the love that had bound them since birth.



The goal that draws us along Life's journey is known by many names: maturity; self-actualisation; holiness; enlightenment. Rules, as important as they are, serve only as a scaffold within which human love and respect can flourish; and flourish in a way which supersedes the scaffold which once so necessarily supported it.



The truth, Jesus insists, is that holiness comes not from observance of laws, but from conversion of heart. In the best of scenarios, fatherhood is not as much about enforcing rules, as it is about connecting heart to heart, father to child.

Especially this Fathers' Day, we pray thankfully and hopefully for fathers and their vital role within our families. *We pray for fathers everywhere, that they be open to the guidance of God's Spirit, so that with grace, patience and creativity, they may be an ongoing source of life within their families.*

Let's honour fathers in 'the Living Years'.

Luke Reed
Principal

News from the Assistant Principal, Mrs Lyndal Rick



Feast Day Celebrations and the Opening and Blessing of the Stage 2 Facilities:

Last Week we celebrated the life of St Mary of the Cross MacKillop, who continues to inspire us today to reach out to those in need in a practical and kind manner.

<http://www.youtube.com/watch?v=oSSTpmOI95w>

Approximately, 150 years ago, Mary and her Sisters answered the call of Fr Julian Tenison Woods to "make haste" and travel to Adelaide. On arrival in Adelaide, they immediately set to work establishing schools for those children, predominantly Catholic, who were otherwise too poor to receive an education.

The fabulous innovative learning environments that have just been blessed and officially opened here at the College may look very different to those original schools, however the spirit of hope for a brighter future that they represent are similar.

We thank Fr John McGrath for celebrating Mary MacKillop's feast day with us and for his ongoing support. Thanks to the families who were able to attend and share in this special celebration. Acknowledgement also goes to the Year 5 students and staff who assisted in leading the Feast Day liturgy.

On the day of the official opening and blessing of the Stage 2 facilities at the College, there were a number of Year 5

students who demonstrated a community spirit of welcome and hospitality- the MacKillop Way. These students acted as ambassadors of the College and welcomed visiting dignitaries and guests to the College, escorted them to the venue and later offered to give them a tour of the College facilities. The positive feedback that was received from visitors to the College is evidence of how welcoming our ambassadors were in the way they made our guest feel at home. Mary MacKillop's inspirational way of service to community and family is evident today at the College.

A special thanks to all the students and staff who assisted to make the official opening and blessing such a special event. A special mention goes to Ms Emma Baker and the MCC Strings ensemble and to Mrs Jan Veronese and the MCC Senior Choir for setting the scene to the gathering and for sharing in their efforts, talents and passions.

"Find happiness in making others happy" Mary MacKillop

Lyndal Rick
Assistant Principal

Classroom News

Prep

<http://www.youtube.com/watch?v=C1RanpSI0ZM>

Donna Lamb, Alison Fitzsimmons and Kirsten Young
Prep Teachers

Year 2

<http://www.youtube.com/watch?v=us-S98zmmNc>

Brett Grealy and Rebecca Place
Year 2 Teachers

Year 3

<http://www.youtube.com/watch?v=Sgiuh3JvKPE>

Faith McDonald, Amy Chapman and Lauri Veronese
Year 3 Teachers

Year 4

<http://www.youtube.com/watch?v=8pzai90BxTE>

Anne-Marie Ponticello and Lana Ross
Year 4 Teachers

Year 5

<http://www.youtube.com/watch?v=shqy5IZUHze>

Sharon County and Alison Jackson
Year 5 Teachers

School News

MacKillop Way Awards

Our weekly awards presented at every Friday's Assembly recognise students, who in their demonstrated attitudes and

behaviour choices, have a lived understanding of the **MacKillop Way**.

Our College values are based on core Christian values and form the basis of the MacKillop Way:

In the spirit of Christ and following the example of St Mary MacKillop

- Living community in the way of family
- Learning for life
- Expressing solidarity through service
- Nurturing Catholic spirituality and faith

Congratulations and thanks to these students who show us their living of the MacKillop Way!



Sports News

School Sporting Results 2018

It seems long ago that we gathered in Week 11 of Term to celebrate Sports and Athletics at our annual Prep-2 Sports Day and Years 3-5 Athletics Carnival.

Thank you to all those parents, families staff and students who supported our students at these events.

Our results from the events are as follows:

Prep-2 Sports Day MacKillop Spirit Awards

Prep M	Melody Jeanes
Prep A	Mikayla Dall'Ozzo
Prep R	Maddison Albert
Year 1M	Corey Belke
Year 1A	Matthew Anderson
Year 1R	Riley Bailey
Year 2M	Jaxon Valadian
Year 2A	Skylaa Fisher



Years 3-5 Athletics Carnival Mackillop Spirit Awards

8 Years	Zara Keegan
9 Years	Aiden Burke
10 Years	Laverda Charlton & Brandon Carreno
11 Years	Preston Friend



Interschool Athletics 26th July 2018

Over 350 students gathered at Barlow Park on Thursday 26th July, to compete in the District trials for Athletics. This district event enables students the opportunity to compete against our Cairns Independent schools, to then progress further to the Peninsula Trials.

Our MacKillop Athletes, did an awesome job representing MacKillop in their events. It was wonderful to see the sportsmanship within our MacKillop Team, but also amongst other schools.

Years 3-5 Athletics Carnival Age Champions

	Girls	Boys
9 Years	1st Claire Kyle 2nd Pheobe Allan 3rd Alivia Newton-Parker	1st Preston Coates 2nd Deegan Fisher 3rd Dylan Jeanes
10 Years	1st Jamie-Lynn Potts 2nd Michelle Clarkin 3rd Kristina Jabien-Stone	1st Lebron O'Donoghue Wallis 2nd Brandon Carreno 3rd Mike Laslett
11 Years	1st Maya Thompson 2nd Maddison Greenwood 3rd Chloe Stone	1st Preston Friend 2nd Harrison Baker 3rd Jake Cooper



MacKillop Athletics Team 2018

10 Years Boys	10 Years Girls
Xavier Timmermans	Jamie-Lynn Potts
Lebron O'Donghue Wallis	Bailey Fraser
Jayden Bailey	Kristina Jabien-Stone
Mike Laslett	Michelle Clarkin
Brandon Carreno	Katelyn Hutley
	Mia Nesbitt
	Mia Coates
	Lyberti Thompson



MacKillop Games Day March Past and War Cry – Woods Athletics Carnival March Past and War Cry Winners – MacDonald

MacKillop Games Winning Team – Loyola Athletics Carnival Winning Team -McCormack

Overall Winning Team Combined MacKillop Games and Athletics - McCormack

11 Years Boys	11 Years Girls
Harrison Baker	Maddison Greenwood
Preston Friend	Maya Thompson
Santiago Ruiz	Paige Allen

11 Years Boys	11 Years Girls
Jake Cooper	Chloe Stone
Fletcher Thomas	

A special shout out to Lebron O'Donoghue Wallis and Maya Thompson who represented the Cairns Independent District Team at the Peninsula Trials on Sunday 12th August 2018 and Monday 13th August 2018.



And an amazing effort by Lebron who came second in the final of the 100m and is now representing the Peninsula District at the State Championships! Go Lebron!

We are all so proud of you!

Our MacKillop Staff Shine in Community Sporting Events

It is always amazing to see our students shine in the MacKillop Way at school and also at district Sporting Events. However, in PE lessons we encourage everyone to have a go, be respectful to each other and give our personal best, regardless of our age, size, ability or gender.

In PE and Sport, we lead by example and I, myself had a wonderful opportunity to share with our MacKillop students my personal achievements of running the Brisbane Half Marathon on Sunday 5th August with my family. It is the persistence, dedication and commitment that enables us all to achieve. I hope my efforts, inspires our students and their families to have a go! You can do it!



If your child has any special sporting achievements outside of school that you would love to share with us, then please email achapman1@cns.catholic.edu.au We love to share good news!

***Yours in Sport
Amy Chapman***

Learning Diversity and Inclusion News

The Importance of Sleep

Did you know that childhood sleep problems are really common? It is thought that about 40% of primary school kids have an issue of some sort, and the rates are higher in early childhood.



It makes sense that sleep and a child's mental health and wellbeing go hand-in-hand. In fact, insufficient and broken sleep has been associated with numerous issues, such as: increased behavioural, social-emotional and academic problems; trouble starting primary school; ADHD-like symptoms (ie concentration, attention, and impulse-control difficulties); and even depression. Chances are you've already experienced some of them at your place. For example, she says children may:

- want to co-sleep with adults
- use stalling techniques ('just five more minutes', wanting a drink etc)
- refuse to go to bed (engaging in long conversations, tears or tantrums)
- get out of bed frequently (for a drink, the toilet, to talk)
- wake often
- have difficulties getting to and returning to sleep (eg lying awake worrying)
- experience anxiety-related insomnia (more common in primary-age children)
- have nightmares or night terrors.

According to Associate Professor Harriet Hiscock, paediatrician and sleep researcher there are some golden rules that we should follow:

Establish a bedtime routine - so they know what to expect and have time to wind down.

Keep bedtime consistent (within 30 mins), even on the weekends - big variations can disrupt their body clock and undo all your good work.

Make sure they fall asleep in their bed - snoozing off on the couch or in front of the TV can affect their routine and make them less likely to want to sleep alone.

Remove all TVs, computers and mobile devices from their bedroom - the light stimulation alone will make it harder for them to settle down.

Avoid caffeinated foods and drinks after 3pm - caffeine is a stimulant which is likely to keep young bodies awake.

Have a wind-down period yourself - show kids that a bedtime routine is important for the whole family.

For more information visit:

<https://www.kidsmatter.edu.au/>

Kind Regards,
Kym Henry
Learning Diversity and Inclusions Teacher

Music

Senior choir rehearsal is every Thursday morning, 8am sharp. This term our senior choir will be singing at the MacKillop stage two opening, Thursday 16th August. MacKillop choir will have the opportunity to sing at the Gordonvale Pyramid Race on Saturday, August 18th at 4.30 pm. On Monday 27th August they will be attending the St Monica's Cathedral with St Mary's Choir and other primary choirs from local Catholic Schools.



More details on these to follow.

Junior choir for year one and two rehearse second break each Thursday. The junior choir will have a chance to showcase their hard work on assembly later this term.

<http://www.youtube.com/watch?v=iAHHfveqjul>

<http://www.youtube.com/watch?v=pXTTOXrm6T4>

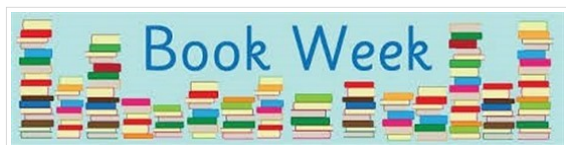
Kind regards,
Jan Veronese, Emma Baker & Faith McDonald

Art

<http://www.youtube.com/watch?v=SYzg-Ui2DOs>

Bek Larkin

Library



Book week & Book Fair 20-24th August



Book character dress up day Friday 24th August at assembly families are invited to attend.

The library will be open before and after school for parents to purchase books.

Students will be given the opportunity to attend the Book Fair twice with their class.

Writers workshop

10 students from MacKillop have been invited to attend a writers workshop at OLHOC primary school Thursday 23rd August. Watch this space for some creative writing . . .

First Break Clubs

Our first break games have been a huge success and we are excited they will continue in term two. Each club has something different to offer. It is an opportunity for staff and students of different year levels come together to engage in a common interest.



The library is open second break to all students who would like to come in to read or play a board game.

Donations

If you have any books or board games that are no longer needed, we would love to give them a new home in the school library.

Faith McDonald & Vicki Domenighini

P & F News

P&F Meeting

Thank you to all that attended our meeting on Tuesday 24th July. Our next meeting will be held on 21st August at 6:30pm in the Library and everyone's welcome to attend.



Father's Day!

We are hosting a breakfast with Dad on Friday 31st August at 7:30am to 8:30am with Croissants, toast, fruit, tea & coffee. Come down and play some ball games in the Multi-Purpose Court. These events will be followed by a special Father's Day Assembly. Please rsvp via the edsmart e-mail (sent on 6/8) for catering purposes.

The P&F association is also holding a Father's Day Stall on Thursday 30th August for children to purchase a small gift for the man they look up to. Please remember to save the date to give your little one some money if you would like them to buy a gift. If you would like to volunteer your time for the stall or food preparation for these events, can you please e-mail pandf.mountpeter@cnsstu.catholic.edu.au we would love your help!

DISCO

Our Annual DISCO is coming up! The event will be held on 14th September @ the Multi-Purpose Court from 5pm (P-year2 5pm-6pm, year3-5 6pm-7pm). We are looking to Theme it 'M for MacKillop'. Entry



payment and parental supervision required, tickets will available before the event date & Glow sticks will be for sale.

Upcoming Events

The P&F AGM will be held on the 16th October at 6:30pm in the Library. If you wish to nominate committee members, please e-mail pandf.mountpeter@cnsstu.catholic.edu.au



Christmas Raffle! We are currently looking for Monster Raffle ideas so if you would like to provide some input, please come to our meeting on Tuesday (21/8)

Sub-Committee's

We are looking for volunteers to start establish some P&F Sub-Committee's such as a Uniform Committee & a Care & Concern Committee. Please e-mail pandf.mountpeter@cnsstu.catholic.edu.au if you are interested.

We are also looking for volunteers to run fundraisers such as a Colour Run &/or Pie/Krispy Kreme drives. Please e-mail pandf.mountpeter@cnsstu.catholic.edu.au if you are interested.

Kind Regards,

Maryanne Stokes

Email: pandf.mountpeter@cnsstu.catholic.edu.au

Community News

Upcoming Events

Tuesday 21 August	P&F Meeting 6:30pm
Monday 20 August – Friday 24 August 2018	Book Week
Friday 24 August 2018	Book Character Dress Up Day
Monday 27 August 2018	Performing Arts Evening 6:00pm – 7:30 pm St Monica's Cathedral
Thursday 30 August 2018	Father's Day Stall
Friday 31 August 2018	P&F Father's Day Breakfast 7:30am – 8:30am Multi Purpose Court
Friday 31 August 2018	Father's Day Prayer Assembly
Friday 31 August 2018	Come & Learn with Us – Music & Japanese
Wednesday 12 September	MCC Showcase 4:30pm – 6:00pm
Friday 14 September	P&F Disco
Friday 21 September	Last Day of Term 3

St. Augustine's
COLLEGE



Parents in Touch

presents

An Evening with Mr Greg Wain Headmaster -The Southport School

Greg Wain is currently Headmaster of The Southport School on the Gold Coast and a member of the Board of Trustees of the International Boys' School Coalition. Greg is passionate about applying brain research and positive psychology to develop a culture in a boys' school that fosters boys development to become the best they can be.



Greg was born in Perth. After leaving school, he spent two years as a jackeroo on a large sheep station in the North West of WA before completing a Diploma of Teaching. He taught mathematics and science at Scotch College in Perth before moving to Sydney to teach at Marcellin Catholic College Randwick and then The Scots College, a GPS boys' boarding school. During his 14 years at Scots, where at various times he held the position of Senior Day Housemaster, Boarding Housemaster and Head of Mathematics, Greg studied part-time for three degrees; a Psychology degree, a Master of Educational Administration (UNSW) and a Master of Business Administration (UNE). In 1995, Greg moved to Brisbane with his wife, Kate, and daughter, Sophie, to take up the position of Deputy Headmaster of Brisbane Grammar School. Greg was Principal of Cannon Hill Anglican College in Brisbane for four years before taking up his current appointment at The Southport School.

I know parents will find Mr Wain's presentation informative so I look forward to the community supporting this evening.

Br Darren Burge FMS
Principal

WHEN
Monday 20 August 2018
7:00pm - 9:00pm

WHERE
Lennon Hall
St Augustine's College

WHO
Parents/Carers/Teachers
This is a Parents Only Event

COST
\$10.00
Payment can be made at College Reception or over the phone with a credit card

RSVP
To The College Office
By Thursday 16 August
T: 4051 5555
E: reception@sac.qld.edu.au

FOR I KNOW THE PLANS
I HAVE FOR YOU...
TO GIVE YOU
HOP FOR THE FUTURE