Our vision: To create authentic, courageous, faith-filled young people with a passion for learning, respect for relationships and an ability to contribute to a global community.

Friday, 10th June, 2016

WHAT’S ON IN WEEK 8 TERM 2
Sunday, 12th June - 11th Sunday in Ordinary Time
Monday, 13th June (Day 6) - Queen’s Birthday – Public Holiday
Tuesday, 14th June (Day 7) - Diocesan Secondary Southern Opens’ football
Wednesday, 15th June (Day 8) - “Raising Resilient Teens” from 5.30p.m. in the Lochinvar Centre
- Years 7 to 12 Out of Uniform day – Winter Woolies Warmers
Thursday, 16th June (Day 9) - Street Retreat in Brisbane
- Silver Duke of Edinburgh excursion
Friday, 17th June (Day 10) - Street Retreat in Brisbane
- Silver Duke of Edinburgh excursion
- CCC cross country at Eastern Creek, Sydney
- Years 11 and 12 photo day
Saturday, 18th June - Western Sydney HSC Careers Expo in Homebush
- Street Retreat in Brisbane

COMING UP IN WEEK 9 TERM 2
Sunday, 19th June - Western Sydney HSC Careers Expo in Homebush
- Street Retreat in Brisbane
- 12th Sunday in Ordinary Time
Monday, 20th June (Day 1) - CCC open basketball championships at Penrith
- Chess competition at St Joseph’s Regional College
- Diocesan football gala day at Coffs Harbour
- NSW All Schools hockey tri series at Homebush
Tuesday, 21st June (Day 2) - Solomons Immersion program until 1st July
- Night of Stars in the Lochinvar Centre
Wednesday, 22nd June (Day 3) - Whole College Mass – Patron Saint Mary MacKillop Mass in the MacKillop Hall from 9.00a.m.
Thursday, 23rd June (Day 4) - Year 8 - Chris Doyle in the Lochinvar Centre
Friday, 24th June (Day 5) - Year 9 - Chris Doyle in the Lochinvar Centre
- Catch up photo day – Years 11 and 12

PARENT CALENDAR: As events continually change, we have placed our calendar on the College website. Please visit http://pmaclism.catholic.edu.au/about-us/mackillop-college-calendar to view the calendar.

FAREWELL
Mr David Jenkins has decided to commence retirement at the end of this term. He has plans to travel with his wife and spend time adventuring around Australia.

David has made outstanding contributions to education in St Agnes’ Parish for many years. A special presentation to David will be made at our mass on Wednesday, 22nd June. Parents are welcome to attend.
**PRINCIPAL’S REPORT**

**WELLBEING**

A core belief of ours as Christians is that God wants our happiness and gives us the freedom to make good choices that will ultimately improve our wellbeing.

Research on the topic of positive psychology has shown that it is possible to increase happiness by becoming more engaged in your work or study and by finding time to reflect on various facets of your life. Releasing anger and resentment caused by others as well as performing small acts of kindness will not only make you feel good about yourself but will also improve your connections to others.

Some other good advice to improve wellbeing from “Health Matters” includes:

- **Savour** – become more aware of pleasure and give conscious attention to the experience of pleasure.
- **Share your experiences with others** – tell them how much you valued a particular moment or experience.
- **Build memories** – take mental photographs of your experiences, so you can reflect on them later with others.
- **Congratulate yourself** – don’t be afraid to tell yourself how great you are.
- **Absorb yourself in the moment** – block out the hustle and bustle and immerse yourself in the moment.
- **Be mindful** – by focusing your attention on the present moment.
- **Involve yourself in a variety of experiences and spread pleasurable events out over time.**

**YEAR 12 AWARD ASSEMBLY**

On Wednesday last week we had a very important assembly as we gathered to celebrate those students who have consistently applied themselves to their Higher School Certificate since Term 4 last year. Approaching learning consistently is a most important strategy in a student’s plan to achieve their personal best. At the assembly we also congratulated and acknowledged those who have achieved excellence in their studies. Students who embark upon their HSC at the College are pursuing a challenging and important journey in their education. It is a pathway to university and an opportunity to deepen their knowledge in the academic areas they select.

Year 12 also received their reports recently and these were filled with words of wisdom and guidance as they work towards their trials in August and the Higher School Certificate in October.
Comments such as….

- practise exam-style questions
- hand in extended responses to the class teacher for feedback
- complete study notes prior to the trials
- attend extra workshops offered by the teachers….. and more

Great advice is given to our students by their generous and dedicated teachers. It is up to the students to accept this, work towards a successful HSC and give their best until the journey ends.

It was great to see parents here on Wednesday to join with us and share afternoon tea. The partnership is invaluable and we encourage your attendance at all times.

If any parent has a concern about the report or wishes to follow up from these please do not hesitate to contact the College and arrange a suitable time.

I remind all students of our motto, “**Summa Tentabo, Strive for excellence**”

*which is*

*“your personal best”*

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**HIGASHI HIGH SCHOOL STUDENTS VISITING PORT MACQUARIE**

Port Macquarie-Hastings Council maintains a sister city relationship with the City of Handa, Japan. This relationship was officially formed in 1990, and includes a student exchange program. 2016 marks the 26th year of the sister city relationship between the City of Handa, Japan and Port Macquarie-Hastings Council.

Students and teachers from Handa Higashi Senior High School spend 5 days visiting Port Macquarie to learn more about our culture and way of life. Handa students arrive on **Friday, 29 July at 2.15p.m. and depart on Wednesday, 3 August at 8.30a.m.**

MacKillop College have been invited to host the Handa students for 2016. We will be hosting nine girls and three boys who will make up this year’s study tour group. As host families you are invited to attend various Council organised events with the Handa students throughout their stay.

We are inviting families interested in hosting Handa students to contact bhadfield@lism.catholic.edu.au to express their interest. A requirement of hosting the Handa students, is that any persons over of the age of 18 years living in the household must have a volunteer Working With Children certificate. This is available free of charge by visiting [https://wwccheck.ccyp.nsw.gov.au/Applicants/Application](https://wwccheck.ccyp.nsw.gov.au/Applicants/Application)

“May the Spirit of the Lord be with you”

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

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**OFFICE NEWS**

**SUBJECT & ELECTIVE FEE STATEMENTS**

Semester 1 reminder statements have been mailed out to families. Those who have not established a regular Bpay throughout Term 1 and Term 2 are reminded that amounts are now well overdue and payment is required prior to the end of the term.

Year 9 parents are reminded that full payment for the Canberra excursion will be required by Monday, 22nd August.

Parents would also be aware that Year 9 and 10 students have completed Elective Sport selections for Term 3. As per the permission/selection correspondence a nil balance on accounts is required if your child wishes to participate in a fee paying sport in Term 3.

Queries regarding these accounts should be directed to main College office (Ocean Drive).
HSC EXAMS AND ELECTRONIC DEVICES/PHONES
BOSTES sent an email to schools to remind all HSC students that these devices are not to be brought into examination areas and the severe penalties for those who ignore the instruction. I have copied two of the most relevant BOSTES paragraphs.

“Students are not permitted to take mobile telephones or other electronic devices into the examination room. Mobile phones may ring, disturbing concentration, and students may be tempted to use mobile phones and devices to cheat.”

and

“Students who are found with a mobile telephone or electronic device during an HSC examination will have breached the examination rules. Penalties can include loss of examination marks or cancellation of the course.”

Of course the BOSTES HSC exam expectations are the same as in our own MacKillop Assessment/Exam policy with which students are (or should be) familiar.

YEAR 11 AND 12 PHOTOS
These will be taken during the first few periods and recess on Friday, 17th June in the Lochinvar Centre (Senior MPC). For Year 12 students there will be both individual and a whole group photo. Full normal uniform including ties (no sports uniform at all), and a high standard of grooming/presentation is expected. In the past most photos have been taken without jumpers on – it is advised to still have them in case.

OUT OF UNIFORM DAY AND CARE PACKAGES FOR MCCOSKER HOUSE
This coming Wednesday, 15th June with the theme of “Winter Woolies Warmers” with a $2 donation going towards St Vincent de Paul and McCosker House.

Each PC is also putting together a “Care Package” for McCosker House – see the SRC section for more details.

CCC CROSS COUNTRY AT EASTERN CREEK
Good luck to Jack Pilgrim and Scott Irving when they compete this coming Thursday and Friday.

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

YEAR 11 NEWS

YEAR 11 AWARDS ASSEMBLY
On Monday, 27th June academic awards will be presented to students in Year 11 at a special Awards Assembly. This will take place in the Lochinvar Centre, commencing at 2.25p.m. Academic awards on offer in each course include:

- Excellence and Application Award - This means a student has placed in the top 10% of their cohort in a particular subject while also applying themselves in an exemplary manner.
- High Achievement Award - This means a student has placed in the top 10% of their cohort in a particular subject.
- Application Award - This means that a student has applied themselves to their studies in a particular course in an exemplary manner.

In addition to this, there will be further awards to recognise some students for their outstanding academic achievements.

As this is a significant event I would like to openly invite all parents of Year 11 students to attend, particularly the parents of students who will be receiving an award. Afternoon tea and refreshments will be provided after the assembly.
Reports will be distributed on Thursday, 23rd June (Week 9). Acknowledgement of students who will be receiving an academic award will be made on the semester one report.

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

YEAR 8 NEWS

UNIFORM
Overall, Year 8 are to be congratulated on wearing their uniform with pride throughout first semester. This term, ties are on, top buttons are done up and jumpers are being worn – winter is here! Unfortunately, some students still need to be reminded about the basics: shoulder-length hair needs to be tied back for both boys and girls. Boys’ shirts tucked in and only wearing sport uniform when required. Please be responsible and pro-active in representing our College with pride according to our door-to-door uniform policy.

It is also a good idea to check that you have labelled your jumper and/or sport jacket. When the sun is shining, or after an energetic game of touch or handball, they are easy to remove and forget. Having your name clearly written on them means that they will find a way back to you!

CHARITY BEGINS AT HOME
In support of our local St Vincent de Paul Society and McCosker House, the SRC has organised an out of uniform day for Wednesday, 15th June. Dress in our theme of “Winter Woolies Warmers” and give a $2 donation for the privilege. This is a wonderful cause and donations will benefit needy families in our region this winter.

In a further effort to help keep out the chill, it would be great to see Year 8 also bring in winter clothing or blankets to support those less fortunate than ourselves this season. There will be a House challenge, so why not check your wardrobes and linen closets for any unwanted and appropriate items and start bringing them in. You will help keep the chill away and get a warm-fuzzy in return for doing a good deed!

CONGRATULATIONS
Congratulations to the following students who have received a Pastoral Co-ordinator’s Award: Carlos Bovey Mendez and Thomas Osborne

Ellen McKell  
Acting Year 8 Leader of Pastoral Care  
emckell@lism.catholic.edu.au

YEAR 7 NEWS

REPORTS
I have just started to read over the Year 7 Reports and they are quite impressive. The Pastoral Care teachers have completed thorough comments that show how well they know the students in their care.

SRC NOMINATIONS
Last week students had the chance to nominate one student who they would recommend for our SRC (Student Representative Council). When nominating they had to state the reason/s why that person would make a good leader. It is with much pride that I present the short-list/ballot paper:

Chloe Allum, Jakob Baker, Casey Biddle, Mirren Campbell, Alani Cockshutt, Jack Fallon, Jesse Hiatt, Jared Humphreys, Kashia McGrath, Tom Nunan, Ashley Ritter and Sienna Toohey.

Each student was given a summary of what their peers had said, similar to an affirmation activity. From here students will vote two candidates in and they will represent Year 7 in semester two.
OUT OF UNIFORM DAY
There will be an out of uniform day on Wednesday, 15th June to support our local St Vincent de Paul Society. Dress in the theme of “Winter Woolies Warmers” and provide a $2 donation.

CONGRATULATIONS
Congratulations to the following students who have received a Silver Principal’s Award: Ella Clark, Italia Crisafi, Emily Currey, Madison Cutajar, Claire Dean, Jack Fallon, Kate Field, Jessica Hamel, Jared Humphreys, Skye Lucey, Maddison McKee, Caidyn Sharman, Grace Smith, Ella Sorensen, Isaiah Tay and Ella Wilson.

Congratulations to the following students who have received a Pastoral Co-ordinator’s Award: William Barnaby (x2), Ella Clark, Alani Cockshutt, Ethan Cornell, Italia Crisafi (x2), Emily Currey (x2), Madison Cutajar (x2), Claire Dean, Cody Edwards, Sophie Evans, Jack Fallon, Kate Field, Adelaide Gannon, Nelson Gregory, Jessica Hamel (x2), Madison Hamilton, Logan Harrison, Bethany Hosking, Paris Huender, Jared Humphreys, Damon Kipreotis, Vaughan Lickley, Skye Lucey, Cameron Martin, Callum McElroy, Kashia McGrath, Maddison McKee, Noah Noonan, Jasper Schultz, Mitchell Scott, Caidyn Sharman, Grace Smith, Ella Sorensen, Isaiah Tay, Marie Tessede, Dane Thiele, Tamika Vogele, Mia Wilbow and Ella Wilson.

Dom Ashe
Year 7 Leader of Pastoral Care
dashe@lism.catholic.edu.au

Out of Uniform Day – Wednesday, 15th June
Theme: “Winter Woolies Warmers”

Students from Year 7 through to Year 12 are encouraged to dress up according to the theme. A donation of $2 per student will be collected during PC. The funds raised will go to support the wonderful job that our local St Vincent de Paul and McCosker House do in providing warm clothes and support for those in need, especially as we experience the colder weather of winter.

Collection of Warm Clothes and Blankets at the Junior Campus
In a similar theme, students from Years 7 – 10 are encouraged to bring in warm clothing and blankets or similar during PC. These will be stored in the MPC then given to St Vincent de Paul, around the end of week 9, to support the needy in our community. House points will be allocated based on each PC’s collection.

Care Package for McCosker House at the Senior Campus
McCosker House provides local emergency housing for families and the homeless; and is supported by our local St Vincent de Paul Society.

Each Year 11 and 12 PC have been given a list of items under a set categories; non-perishable food, toiletries, laundry and cleaning products to bring and package (similar to a Christmas hamper). Again these need to be completed by around the end of week 9.

Phil Lloyd and Andrew Marsh
Leaders of Student Representative Council
plloyd@lism.catholic.edu.au and amarsh@lism.catholic.edu.au
Australian Stock Exchange (Game 1) 2016
MacKillop students were given the opportunity to participate in the ASX game again this year. Classes participating were Year 8 Enterprise, Year 9 Commerce and Year 11 Business Studies. Many more students answered the call to be involved as an extra-curricular activity. Students from Year 7 to 12 were involved. We had a total of 75 competitors.

Throughout the last three months the students invested an imaginary $50,000. Trades were based on the live stock exchange prices. The school leaders in the competition were displayed on the board in room 32 of the junior campus and comments on placings made for some fierce competition between students, and great discussions around the tactics being employed by students as they either progressed up or down the leader board.

Ann Palmer
HSIE Teacher
apalmer@lism.catholic.edu.au

MARINE AND AQUACULTURE TECHNOLOGY NEWS

EAST COAST LOW FIELD TRIP
The east coast low caused so much destruction to our region last weekend. The culmination of a large north east swell and high winds in the vicinity of 90km/h unfortunately ripped apart Town Beach and Oxley Beach.

Year 9 Marine and Aquaculture students are completing rock platform research and took samples last week. The students were absolutely shocked at the destruction mother nature has wreaked on the coast over the weekend.

Year 10 Marine and Aquaculture students have been studying whale migration and ocean currents, especially the east Australian current. The East Australian current is a major contributor to east coast lows, with sea temperatures and cold air flows combining to create powerful weather patterns.

Both Year 9 and 10 Marine Aquaculture students went on a field trip to witness the ocean at its most powerful and definitely came away with a renewed respect for the ocean.

Year 9 at Flagstaff Headland

Rob Irving and Rhys Jones
Marine and Aquaculture Technology Teachers
rirving@lism.catholic.edu.au and rhjones@lism.catholic.edu.au
PDHPE NEWS

One of the key aims of our Pastoral/Well-being program, along with Religious Education and PDHPE lessons, is for our students to learn the skills to develop lifelong, respectful relationships. This first of all involves the development of a positive sense of self as well as community belonging. Hence, we have a whole school approach utilising a range of strategies.

Paul, along with ex-student, Stephanie, representatives from Realtalk Australia, spoke to parents last Thursday night and to Year 9 students on Friday morning. The focus of their presentation was on ways to develop positive and respectful intimate partner relationships, where the postponement of sexual activity, preferably until marriage, is encouraged.

PDHPE courses also complement this message. Year 8 are beginning a unit titled Supporting Myself and Others. Gender inequality is explored in terms of power imbalances and the potential for violence and abuse when emotions are managed poorly and when there is ineffective communication. This unit includes new mandatory content on domestic violence.

Year 9 students have just completed a unit on the challenges that teens face. Hopefully they now have developed strategies to postpone sexual activity and to avoid harms associated with alcohol and illicit drug use. They are now learning about developing a positive body image and how to avoid/manage the media stereotypes that constantly bombard us.

We encourage parents to discuss these important issues with your children and if you have any concerns regarding the sensitive nature of the content, please do not hesitate to contact your child's PDHPE teacher, the Pastoral team or myself.

Jenny Watson  
Leader of PDHPE
jwatson@lism.catholic.edu.au

HOSPITALITY NEWS

WORK PLACEMENT IN HOSPITALITY – TERM 2, 2016

Year 11 students have begun completing their work placements in the Hospitality industry this term. Students have begun a rotation through the Marian Centre which caters for the Catholic Care of the Aged residents. They have also begun their roster working on the Coffee Shot van with proprietor Craig Munro.

I am very proud of the way in which these students conduct themselves and the manner in which they represent our College.

Well done.

Georgina Pender  
VET Coordinator
ENGLISH NEWS

UNSW ENGLISH COMPETITION - 2nd AUGUST
MacKillop College students are invited to attempt the University of New South Wales’ English Competition. The one hour paper assesses reading and language skills and rewards students for their participation and achievement with certificates and medals.

Advanced English classes will be automatically entered in the competition and billed $8 by the school. Any other student who wishes to enter should register their interest with their classroom teacher. Entries close 21st June.

Clare Hayes  
Acting Leader of Learning English  
chayes@lism.catholic.edu.au

Nichola Lutton  
Acting Leader of Learning English  
nlutton@lism.catholic.edu.au

CAREERS NEWS

YEAR 12 STUDENTS AND THEIR PARENTS ARE INVITED TO

MACKILLOP COLLEGE CAREERS EVENING
TRANSITION TO UNIVERSITY

WHEN: Tuesday, 19th July

The university representatives will be available from 6.30p.m. and after the presentation, which will commence at 7.00p.m.

WHERE: The Lochinvar Centre (Senior MPC)

Find out about:
- Applying to university, ATARS
- Alternative pathways to university and Special Entry Schemes
- Accepting and Deferring
- Accommodation
- Meet University representatives from UNSW, CSU, SCU UNE, Newcastle.

Michael Kelly  
Leader of Careers and University Transition  
mnkelly@lism.catholic.edu.au

AUSTRALIA’S BIGGEST MORNING TEA

Once again we have held the Australia’s Biggest Morning Tea at MacKillop College. The morning tea for the students was held on Friday, 27th May and for the staff, Friday, 3rd June.

The students enjoyed muffins and a soft drink, and staff enjoyed a lovely morning tea provided by the ancillary staff, as is tradition.

We have raised $1200 for the Cancer Council of Australia, another great combined effort.

Special thanks to Mrs Pender’s Year 11 Hospitality class who this year cooked the 650 muffins for us, and to all who helped by supporting this event and contributing to the Cancer Council.

Judy Crick and Julie Tipper
SPORT NEWS

SPORT TERM 2

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>House</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>14th June</td>
<td>PC Challenge and pre-carnival events for competitors</td>
<td>400 metres</td>
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<tr>
<td>9</td>
<td>21st June</td>
<td>PC Challenge and pre-carnival events for competitors</td>
<td>High Jump</td>
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<tr>
<td>10</td>
<td>28th June</td>
<td></td>
<td>Athletics Carnival</td>
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The 800 metre event was run successfully throughout each of the year groups’ sport sessions this week. For those students who intend to compete in the high jump and wish to use the fosbury flop technique, they will need to have collected and returned a signed permission note, prior to the event. Otherwise the scissors technique will only be permitted.

REPRESENTATIVE SPORT RESULTS

BILL TURNER ROUND 3 VS MELVILLE HIGH SCHOOL
In yet another nail-biting game the MacKillop boys’ soccer team conquered a very impressive Melville High team 4-3 with 90 seconds to go.

Melville had a 2-0 lead prior to half time, however, we were fortunate to get an own goal just before half time to be down 2-1. In the second half Melville once again seized the initiative to take a 3-1 lead, with a hat trick to Sam Applegate.

The MacKillop boys had to refocus and with some positional changes things started to happen. A great goal to Flynn Goodman triggered a much needed revival. Then a penalty to Flynn Goodman got us back to 3-3 with 10 minutes to play. Then inspirational captain Lachlan Clacher nailed the winning goal with 90 seconds to go to give us the win 4-3.

The team still has a lot to learn about switching on and competing the full 60 minutes, but as a coach I was very pleased with their efforts. Boys to impress have been:

  * Jyal Tregier - Gutsy in defence
  * Flynn Goodman - Creative in the midfield and finishing with execution
  * Lachlan Clacher - Fierce competitor
  * Jasper Williams - Breaking down several attacking plays

We now go on to play the winner of Camden Haven High School vs Tuncurry.

Dom Ashe
Coach

UPCOMING EVENTS

<table>
<thead>
<tr>
<th>Sport</th>
<th>Event</th>
<th>Date</th>
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<tbody>
<tr>
<td>Football (Soccer)</td>
<td>Diocesan Soccer (7 – 10)</td>
<td>Monday, 20th June</td>
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<tr>
<td></td>
<td>Diocesan Soccer (Opens)</td>
<td>Tuesday, 14th June</td>
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<tr>
<td>Cross Country</td>
<td>CCC Cross Country – Eastern Creek</td>
<td>Friday, 17th June</td>
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<tr>
<td>Basketball</td>
<td>CCC Open Championships - Penrith</td>
<td>Tuesday, 21st June</td>
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<tr>
<td>Athletics</td>
<td>Athletics Carnival Year 7 – Year 12</td>
<td>Tuesday, 28th June</td>
</tr>
</tbody>
</table>

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

GLASSHOUSE LUNCH CONCERT
On Friday, 3rd June a number of students from the MacKillop College Vocal program performed in the Ross Studio at the Glasshouse in Port Macquarie as part of the Mid North Coast Conservatorium of Music Lunch Concert Series. The students performed a one hour set of popular music to an appreciative audience. The MacKillop College Choir, Vocal Ensemble and Year 7 Ensemble under the direction of Ian Castle presented high quality repertoire and reflected the growing vocal strength present at our College. In amongst the ensemble performances were a number of vocal soloists from Years 8 to 11. All soloists performed with confidence and style; they deserve special mention for representing their school superbly:

Kiara Bishop, Caitlin Black, Erin Bradley, Charleigh Houston, Alaina Menzies, Stephanie Nelson, Teoni Nelson and Francesca Plentinger.

Well done to all vocal students involved and thank you to Ian Castle and Jack Titterington for their support at the performance.

PERFORMING ENSEMBLE SHIRTS
Performing ensemble shirts have arrived for students who ordered shirts in Term 1. These will be distributed at rehearsal during the week. All students participating in the co-curricular music program are required to wear this shirt during performances. Another order will be made mid-term. Order forms are available on the school website to print and submit to the music trainee or the rehearsal director.

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 videos 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 8

MONDAY
• NO REHEARSALS

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

WEDNESDAY
• Senior Stage Band – 7.45a.m. – 8.45a.m. and lunchtime, Performing Arts Theatre
• Vocal Ensemble – 8.00a.m. – 8.45a.m, J16 Music Room
• Choir – Lunchtime, J14 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, J16 Music Room
• Year 7 Vocal Ensemble – 8.00a.m. – 8.45a.m, J14 Music Room
• Woodwind Ensemble – NO REHEARSAL
• Brass Ensemble – NO REHEARSAL

FRIDAY
• Little Big Band – 7.45a.m. – 8.45a.m., J16 Music room
• Big Band – NO REHEARSAL
• Junior Stage Band – Lunchtime, J16 Music Room
• Jazz Ensemble “Groove Merchants” – lunchtime, Performing Arts Theatre

UPCOMING EVENTS

HSC ASSESSMENT TASK
• Tuesday, 14th June, 1.00p.m. – 1.30p.m, Performing Arts Theatre, Senior Stage Band

ASSEMBLY PERFORMANCE
• Wednesday, 20th July, 9.00a.m., Junior MPC, Big Band

GLASSHOUSE LUNCH CONCERT
• Friday, 29th July, 11.30a.m. – 2.00p.m, Glasshouse Theatre Port Macquarie, HSC students and Senior Stage Band

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 2 WEEK 8

<table>
<thead>
<tr>
<th>Day</th>
<th>Staff Members</th>
<th>Start Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>PUBLIC HOLIDAY</td>
<td>10.40a.m.</td>
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<tr>
<td>Tuesday</td>
<td>Rob and Bernadette Doyle and Tony McKenzie</td>
<td>11.00a.m.</td>
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<tr>
<td>Wednesday</td>
<td>Jodie Richmond, Lindell Bailey and Beth Todd</td>
<td>11.00a.m.</td>
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<tr>
<td>Thursday</td>
<td>Lisa Richards and Priscilla Turnbull</td>
<td>10.40a.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>Margie Cassegrain, Leanne Hatherly and Jackie Jovanic</td>
<td>10.40a.m.</td>
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</tbody>
</table>
Year 11 Creative Arts Students Present
A NIGHT of STARS
TUESDAY 21ST JUNE.
A Showcase of Class Work from
Dance, Drama, Music and Visual Arts
MacKillop College 6.30-8.30pm
Lochinvar Centre (Senior Site)

Basketball Clinic
With WNBL Athlete - LAUREN KING

Saturday 18th June 2016
Lismore Basketball Stadium
Girls: 9.30am - 12noon
Boys: 12.30pm - 3pm
For more information please contact programs@ncas.org.au or
visit www.ncas.org.au to register
MacKillop College invites you to a workshop on:

**Raising Resilient Teens**

It is essential that we empower our teenagers to be able to overcome life's setbacks and face life's challenges with confidence.

This fun, interactive workshop will teach you how to:

- Empathise with your teen's BIG feelings (such as anger and anxiety) and teach strategies on how to begin to self-regulate emotions
- Be both kind and firm with your teen and the reasons why delayed gratification is important
- Teach your teen how to move from plan A to plan B with less drama
- Encourage and teach your teen to be capable, independent and self-reliant

**Facilitator:** Sara Phillips - www.mindfulparentingmindfulcoaching.com

**Date / Time:** Wednesday, 15th June 2016  
5:30pm Supper  
6:30 - 8:30pm Workshop Presentation

**Venue:** MacKillop College Lochinvar Centre, senior campus

**RSVP by:** 6th June 2016 [click here](http://goo.gl/forms/7oQkQYyzjB) to register  
Or enter the following link: [http://goo.gl/forms/7oQkQYyzjB](http://goo.gl/forms/7oQkQYyzjB)

**Contact:** Debbie Ward on 0407 702 643