

2025 Information Pack

Forms in the Pack

- 1 Year 7/2025 Information Sheet
- 2 Parent & Friends Flyer
- 3 eSmart Flyer
- 4 Transition Resources
- 5 Uniform Shop Flyer

All these forms will be sent via Operoo

- 1 a Notebook Program Cover Letterb ICT Acceptable Use Agreement Student*
- 2 Photograph and Recording Permission Form*
- 3 Instrumental Program Enrolment Form Application to <u>Borrow</u> a MacKillop College Instrument*
- 4 Essential Readings for the MacKillop Performing Arts & Extra Curricular Instrumental Program Optional
 - **a)** Extra-Curricular Instrumental Program Enrolment Form Application to <u>Hire</u> a MacKillop College Instrument
- 5 Student Travel Method Advice*

All forms with an asterisk (*) are to be completed



YEAR 7 (2025) - INFORMATION SHEET

Principal Mr Chris Caldow
Vice Principal Ms Nicole Allan
Deputy Principal (Student Wellbeing) Ms Anna Marazita
Deputy Principal (Learning & Teaching) Mr Simon Gitson
Deputy Principal (Catholic Identity) Mrs Jennifer Levett

ORIENTATION DAY - WEDNESDAY 4 DECEMBER 2024

ORIENTATION DAY PROCEDURES

- All students are to be at the College by 8.25am and assemble on the College oval.
- Students are to wear their current school sports uniform.
- Students need to bring stationery: pencils, pens and paper.
- Students need to bring a recess snack and lunch.

DEPARTURE PROCEDURES

Parent/Guardian pick up: From 3.20pm onwards, students will wait near the Moreno Performing Arts Centre Foyer until parents/guardians arrive to pick them up.

Meeting a MacKillop student: Any Grade 6 students meeting a current MacKillop College student at the end of the day will be taken to the Rotunda / Bus area.



DATES TO REMEMBER

Friday 15 November 2024 Friday 20 December 2024

Thursday 30 January 2025 Friday 31st January 2025 Due date for completion of OPEROO forms Booklists to be completed and submitted online.

All orders will be delivered to nominated home address during January

Year 7 & Year 12 VCE Students return

All Students return



MacKillop College Parents & Friends Association

The Parents & Friends Association is an important support group for MacKillop College. Meetings are open to interested parents and guardians, friends of the College, Teachers, Administration staff and the Principal or one of the Deputy Principals.

Contact us on parents friends@mackillop.vic.edu.au

Parents and Friends Meetings

WHEN:

First Wednesday of every month during term time

TIME:

Meetings commence at 7:30pm

WHERE:

Training Room of the Sr Giovanni Administration Building

Come along to

- meet other parents/guardians
- listen to reports from committee members
- speak with the Principal and key staff members
- share in general discussion (often relating to policy issues, teaching and learning, uniforms, etc)
- offer creative criticism and talk about relevant issues
- help plan activities that will benefit the students

The Parents and Friends is a great, informal way to meet other parents/guardians. There is no expectation to get involved in any activity – just come and be informed.

MacKillop Parents & Friends Association presents MacCuppa 2025

The MacKillop Parents & Friends Association warmly invites all parents/guardians to MacCuppa on the first day of school on

Thursday 30 January 2025 8:30am Tenison Woods Centre

This is a great opportunity to have a cuppa and chat with other parents/guardians and staff members.

Committee members will be happy to answer questions (and we have the tissues handy as well!).

Dear families,

MacKillop Tackles Cyber Safety with eSmart

Towards the end of 2015, MacKillop College achieved full status as an eSmart School. The eSmart program is a guiding framework for schools to manage cyber safety and wellbeing. Funded by the Victorian Government, eSmart is an initiative of The Alannah and Madeline Foundation, a national charity committed to protecting children from violence. eSmart helps teachers, students and the whole MacKillop community embrace the benefits of technology and reduce exposure to risks such as cyber-bullying, identity theft, online sexual predation and accessing or sending inappropriate images and content.

Our continued work in the eSmart program involves the whole school community. For example, we integrate cyber safety into our wellbeing policies, establish clear procedures to deal with incidents, deliver curriculum around the smart, safe and responsible use of technology and students engage with various initiatives such as speakers and events.

More information about this program is also available at https://be.esmart.org.au/.

Additional support material to deal with cyber safety issues is also available on the College blog, Year level portals and from the eSafety Commissioner https://www.esafety.gov.au/. The eSmart program at MacKillop supports school policies related to Child Safety and Wellbeing.

Kind regards, MacKillop eSmart Team





eSafe Behaviours for Students

At MACS schools, we understand and follow these guidelines.

As students, we understand that access to digital systems and devices is part of our learning. Inappropriate use of these goes against the school's code of conduct, which we have agreed to uphold, and consequences may apply.



Be polite

We will always send messages that are polite and respectful.



We will use appropriate, respectful language when we are online.



Be careful about sharing personal information

We will not share any personal information such as our full names, home addresses or phone numbers. We will let our teachers know if someone is asking us for personal information.

Be critical when using the internet

Some of the information we access through the internet may not be accurate.
We will develop a critical eye so we can check if information is real or not.
We will report what we think might be a scam to a teacher.

Be protective of your work and protect the work of others

We will respect other people's ownership of their work and we will not copy it without permission. We will make it clear where we found our information and if we used artificial intelligence.



Be aware

We will follow the terms and conditions of apps and software that we use within the classroom.

Be safe and secure

We will not access the files of other students or staff. We will not share our passwords with anyone and we will not use anyone else's password. We will protect our privacy by using strong passphrases.

TRANSITIONING TO HIGH SCHOOL



| BEFORE YOUR CHILD STARTS HIGH SCHOOL | |
|---|--|
| Go to orientation events | |
| Practice waking up early () | |
| Buy the right uniform and bag 🤘 | |
| Make sure they have stationary and books / | |
| Spend time talking about the new school | |
| Be positive about the transition yourself 💠 | |
| Build excitement for new opportunities – all those extra-curricular activities! | |
| Encourage them to make friends outside of their existing group | |
| Practice the trip to school together - apply for a travel pass if needed | |
| Encourage them to sign up to peer support or buddy programs | |
| Discuss emergency and safety issues | |
| Arrange a chat with an older child who's already been through it | |
| ONCE YOUR CHILD STARTS HIGH SCHOOL | |
| Check in regularly to see how they're going 🤵 | |
| Establish a proactive relationship with their year advisor | |
| Explore time management and study techniques | |
| Make sure they're getting enough sleep | |
| Connect with another parent from the year | |
| Make sure they have multiple copies of their timetable at school and at home | |

12 OTHER WAYS TO SAY HOW WAS YOUR DAY

- 1. HOW DID TODAY TREAT YOU?
- 2. WHAT DID YOU GET UP TO TODAY?
- 3. ANYTHING NEW OR EXCITING HAPPEN TODAY?
 - 4. HOW DID EVERYTHING GO FOR YOU TODAY?
 - 5. DID TODAY BRING ANY SURPRISES?
 - 6. HOW DID YOU FEEL ABOUT TODAY?
 - 7. WAS TODAY A GOOD DAY FOR YOU?
 - 8. WHAT STOOD OUT FOR YOU TODAY?
 - 9. DID YOU HAVE A MOMENT OF PEACE TODAY?
- 10. HOW WOULD YOU DESCRIBE YOUR DAY
 IN THREE WORDS?
- 11. WAS TODAY BETTER THAN YESTERDAY?
 12. WHAT MADE YOU SMILE TODAY?

www.other-ways-to-say.com

Astrea Educational Psychology Service

5 Steps to Emotion Coaching





Tune in, become aware.

Be on the look out for and recognise behavioural cues that indicate that the child or young person is experiencing strong and/or difficult feelings and tune in when you spot the signs.





Listen empathically and validate their feelings.

Connect before you correct
Calm and curious not fast and furious

Use wondering questions to help the child or young person to recognise and label their emotions (i.e. "I have noticed x, I wonder if you might be feeling x...")

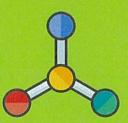




Problem-solve together.

Support the child to think of possible strategies and/or alternative solutions that they could try in order to avoid the same situation/outcome in the future.

Depending on their age and understanding, some children and young people may require more support with this than others; use visuals and offer suggestions and choices where this helpful.



2

Utilise the situation as an opportunity for connection and learning ('coaching').



4

Set limits. (if necessary)

If necessary, remind the child or young person about the expectations for behaviour (e.g. "we use kind words when we speak to each other in school", "it is against school rules to hit").

It is important not to judge or shame the child, this is about nurturing your connection with them and helping (i.e. coaching) them to learn alternative, prosocial ways to manage their feelings and emotions.



FOR ALL NEW STUDENTS YOU ARE INVITED TO

EXCLUSIVE VIP-NIGHT SHOPPING

WITH ACADEMY UNIFORMS

AT OUR **HOPPERS CROSSING** RETAIL OUTLET

SCHEDULED DATES:

MONDAY 9TH **DECEMBER** 2024, 3PM - 8PM TUESDAY 10TH **DECEMBER** 2024, 3PM - 8PM WEDNESDAY 11TH **DECEMBER** 2024, 3PM - 8PM THURSDAY 12TH **DECEMBER** 2024, 3PM - 8PM FRIDAY 13TH **DECEMBER** 2024, 3PM - 8PM

HOPPERS CROSSING RETAIL OUTLET

UNIT 1, 195 OLD GEELONG RD, HOPPERS CROSSING VIC 3029 (03) 9768 0312

VISIT ACADEMYUNIFORMS.COM.AU



SCAN TO BOOK



