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MAKING RELATIONSHIPS A PRIORITY...
ONE WAY CHILDREN LEARN IS THROUGH OBSERVING ADULTS BEHAVIOUR, SO IT IS IMPORTANT TO ROLE-MODEL
HEALTHY INTERACTIONS AND PLACE VALUE ON FAMILY RELATIONSHIPS.
EXECUTIVE SUMMARY

With a clear vision and the efforts of a collaborative taskforce, Mandurah Catholic College Parents & Friends Association delivered many results and outcomes in 2016.

The committee’s success this year can be measured by the parent engagement seen at many of our events, as well as students enjoying and reaping the educational benefits of the quality resources purchased for departments from Early Years Learning right through to Technology & Design in the high school.

To us, this is what ‘P+F’ is all about!

We felt very fortunate to be working alongside our college Principal, Andrew Watson, who embraced our ideas and helped to make them a reality. Andrew had his own vision this year, with particular focus on bringing fathers of the college community to the forefront, and we applaud him for achieving great momentum in Men of MCC. This is a legacy he will leave behind, one that we hope to continue to foster.

We have also felt a stronger connection with the College Board, and would like to see this relationship prosper in coming years.

Guidance and advocacy was provided by PFFWA which gave us great insight at times, and a clear understanding of obligations as a committee.

We would not achieve much at all if not for the hard work and dedication from the executive, who have been committed to spending the P+F Levy pennies wisely, and whose vision is aligned with that of the College’s.

Many thanks to the 2016 committee:

President......................................................Deb Head
Vice-President.............................................Maryanne Baker/Sarah Rodriguez
Treasurer.....................................................Jo Pustkuchen
Secretary......................................................Nicole Gill
Board Representative.................................Maryanne Baker/Tania Matthews/Tonian Abbott-Robbins

SUPPORTING EACH OTHER...
WHEN CHILDREN FEEL SUPPORTED BY FAMILY, THEY ARE MORE LIKELY TO EXPERIENCE A DEEPER BOND AND CONNECTION WITHIN THE FAMILY UNIT. THIS ASSISTS CHILDREN TO MANAGE LIFE’S INEVITABLE STRESS.
PRESIDENT’S PREAMBLE

I can’t quite believe another year has passed and it is time for me to write again. The Parents and Friends Committee has had a very busy 2016! Our numbers have steadily increased and we are pleased to see new faces and that this in turn has brought new ideas to our table. Further, we have been privileged to support members of the school community work in partnership with Mandurah Catholic College to organise events they are passionate about such as the hugely successful “Light It Up Blue” for Autism Awareness Day put together by Mrs Sarah Rodriguez and Mrs Joanne Browning to benefit our students.

Our anticipated annual events, the Quiz Night, Father’s and Mother’s Stalls and Easter Raffle, were again fixtures on our calendar and enjoyed by everyone. Special thanks at this point must be made to those who put their hands up to coordinate these, namely Mrs Joanne Pustkuchen, Mrs Tonian Abbott-Robbins and Mrs Nicole Gill, as well as the Mothers and Grandmothers who turned up to help on the day. We also added to the Calendar this year a couple of information evenings for Parents. The FIFO workshop and Paul Litherland's Cyber Safety talk were well attended and those who attended took away valuable insights and information.

We are proud to have been able to plough significant funds into the school’s purse this year that has helped to enhance the school environment and classrooms our children work in. Projects that may stand out for Parents are the Shade Sails that have been erected outside D block in the High School, the numerous sets of Lego Robotics that are widely used and the Lexile Reading programme that has been integrated into the Junior School. Working closely with the School Board we have pledged funds to help Mandurah Catholic College use solar power which will save the College significant monies that can be used to enhance future learning.

The Men’s Group was established this year by the College and this has seen large numbers of fathers become involved. This is fantastic to see and students have definitely enjoyed seeing more of their Dads around the grounds. They have also helped us by taking over events we would normally have run such as the Junior School Sports Carnival Sausage Sizzle. Thank you!!

I will finish by thanking the hard working School Community for their contributions, no matter how small they may seem, that help us to continue to support Mandurah Catholic College. I must make special mention of my Executive, Mrs Sarah Rodriguez, Mrs Joanne Pustkuchen and Mrs Nicole Gill for their herculean efforts this year. Finally, I thank Mr Andrew Watson for his support and wish him all the best in his future new role.

Merry Christmas to all and a Happy New Year!

Deborah Head
2016 PRESIDENT
MCC PARENTS + FRIENDS ASSOCIATION
**P+F OBJECTIVES**

P+F’s events were shared on the college’s new communication platform (Skoolbag), and our Facebook page – both proved to engage a wider audience than in previous years.

Parents, new and old, were invited to our seven pre-scheduled meetings and were encouraged to add their ideas to the meeting agendas. Many fantastic suggestions were tabled and gained support immediately by an engaged college community.

The Junior School participated in Light it up Blue for Autism Spectrum Disorder (ASD) Awareness on 2 April 2016. Teachers went through the core symptoms of ASD and asked students to be more mindful and inclusive of those with the disorder. Some classrooms got to participate in some fantastic activities which were both fun and educational. Thank you Sarah Rodriguez for the work you put into this day.

We introduced school banking this year. It was great to see this parent initiative finally get off the ground, and many families jumped at the opportunity to sign up and bank their children’s weekly savings. Special thanks to the Junior College and administration staff, Natika Dorrius, Jo Pass and Jo Pustkuchen who have all made this a great success.

We gave Footy Tipping a try. Around 30 families participated in this competition. Thank you to Deb Head and Jo Pustkuchen for organising this.

The P+F collected old school uniforms to be sent to a Bangladesh underprivileged community with Sister Catherine Brabender, Director of the RNDM International Mission Development Office. We hope to share photos of the children wearing them as soon as they are received.

We discussed areas around the school campus that could do with a refresh. This saw the roll out of improvements such as the student carpark extension and road resurfacing, junior school carpark greenery pruning and path installation, and oval car parking line markings. We had plaques fabricated to denote items donated by the P+F and they have been successfully put in place around the college. From this exercise, we were able to compile a comprehensive list of items purchased, past and present. Thank you to Kerrie McAlinden and Sarah Rodriguez for the work you both put into this.
P+F FINANCIALS

FUNDRAISING
This year we wanted to offer something to encourage ‘family time’ during the Easter holidays, so we threw in some family packages along with the usual baskets chock-full of eggs, bunnies and every other form of chocolate imaginable. First prize was a family pass to Adventure World, second was a family pass to the Perth Zoo and third prize a family pass to Scitech. We saw many new faces band together this year to wrap gifts or help out at the Mother’s and Father’s Day stalls. It was a great opportunity for mothers across all age groups to have a chat in between flurries of excited students. This is the ‘friend-raising’ culture we set out to achieve two years ago and we are delighted to have such caring and helpful parents on board.

Junior School staff asked us to consider capping gifts at $6.00 to ensure an affordable stall for everyone. We were happy to honour this and sourced products that send home messages of sustainability and create opportunities to do things together such as the herb growing kits. We also supported the charity organisation, Health Food Shed, and stocked their Candles for Cambodia and succulent pots which saw all profits go towards poor villages and slums in Cambodia. Our annual Quiz Night was a fun night, as it always promises to be! There was a competition for the best-named table... Let’s Get Quizzical took out the title for that, while The Quiz Whizzes went on to win top scorers. They came fourth last year (but only had 5 on their table) and won the year before that with the highest score ever from a Quiz Night – somewhat of a pattern forming there... We raised the following amounts at our annual events:

- Easter Raffle $4,258.32
- Mother’s Day Stall $587.60
- Father’s Day Stall $279.80
- Quiz Night $3,862.40
- Entertainment Book $624.00

MAJOR EXPENSES
The Wish List program was offered to all staff and parents and we saw requests come through all year round, as opposed to closing it off at the commencement of the school year. This worked really well, and gave teaching staff both in the junior and high school, an incentive to put their hand up for quality resources and equipment to complement their classrooms. Some great outcomes came out of this including the following:

- Library Reading Chair
- Lego Robotics
- Lego Mindstorms Education (15 sets)
- Osmo Genius Kit (7 sets)
- PM Benchmarks reading
- Lego Education StoryStarter
- Rubik’s Cubes (20)
- Trampoline – Early Years Learning
- Smart Chute Cards and Polydron Framework
- Maths Box Lime
- MacMillan Maths Problem Solving Box 5&6
- Various board and card games
- Lego Soft Brick Set
- Grand Piano
- Wheelchairs (2)
- Student Carpark Resurfacing
- Shed for Art Department
- Literacy Pro
- Box Trailer for Bikes
- Anatomically Accurate Bones
- Aluminium Park Benches - Camp Area
- Dandelion Reading Series (Dyslexic Remediation Series)
- CO2 Dragster Portable Racing Track
- Cordless Hand Power Tools
- $30,000 towards the Board’s Solar Energy Program for the College
- Flourish Room (a new room/breakout space for distressed students)

The college have put the $200,000 shade allocation to good use, and have provided shade sails to the following areas:

- D Block forecourt
- C Block new amphitheatre
- Kindy/Pre-Primary amphitheatre

There is still a remaining $93,182 for the Junior School and $64,091 for the High School.

CREATING OPPORTUNITIES FOR ENGAGEMENT IN LEISURE ACTIVITIES...
Today’s modern families are often busy with a multitude of commitments, so creating opportunities to engage in leisure activities is key to supporting families to develop and maintain strong and positive connections.
P+F EVENTS

MANAGING A FIFO LIFESTYLE
The P+F played host to an information night, featuring Mark Burrage, Coordinator for Education Services & Mensplace - Relationships Australia, on Tuesday 31 May 2016. There were a dozen participants, some attending solo due to their partners working away, others came united as a couple. The event was extended to the wider community, parents of our feeder schools and the Greenfields Family and Community Centre, and attendees commented on how well they could relate to the common stresses of FIFO living and felt great comfort in knowing they are not alone. It was also a great opportunity for College Executives who attended to learn about these pressures, and look at bringing new resources to the school for our FIFO families. The event was a great success and Mark Burrage (and his assistant Chris) were excellent facilitators.

SURF ONLINE SAFE
Paul Litherland, Surf Online Safe, graced the parent community with his humble presence at an insightful information evening held in the College Library on 24 August 2016.

Paul, a Western Australia Police Officer for 21 years from 1993 to 2014, went through an Internet Awareness Presentation for parents. He is one of Perth’s leading presenters on this subject and as a former Police Officer, he is able to offer some great knowledge and experience to help parents better understand the risks of the online world.

Andrew Watson suggested we look at bringing Paul to the College annually as part of the Year 7 Welcome for parents as the message he sends home is both powerful and thought evoking.

MAKING TIME TO SPEND TOGETHER AS A FAMILY...
Quality time is a key ingredient in fostering healthy relationships. Spending time as a family can take many forms including mealtimes, trips to the park, board games etc. Quality time also includes day-to-day activities such as taking children to school and sporting activities. It is not the amount of time that makes these interactions quality, rather the investment of time and interest in children that matters.
A FEW WORDS FROM THE BOARD

I would firstly like to thank Mrs Deb Head and Mrs Nicole Gill who have volunteered their time to the P & F. Without their community spirit we would lose the valuable P & F linchpin, which provides an alternative voice for parents, coordination of special events i.e. quiz nights and a resource for funding special equipment.

The year has again been filled with challenges but once again with communication and consultation on all levels we have continued moving forward. The praise which is fed back to the college from the greater Peel community is testament to the high standards & quality of education at the college.

The majority of focus for the board has been on future growth of the region & aligning our college with the requirements of the Catholic Education Office. The planning for improvements & growth both physical and financial requires detailed consideration to minimise excess & waste. Andrew's stewardship, Kathleen's excellent financial guidance and the positive input from the Board has placed the college in a strong position.

We have also seen the introduction of a new group, The Men of MCC. It has been great to see another group pulled into the college environment & provides an opportunity for male role models who are unsure how they can contribute to participate in activities. The more opportunity given to mums, dads, care givers & grandparents, the more diverse the education for our children.

The conversion to LED lighting, renegotiation of our electricity tariff and the installation of a 100 kw solar system will see a reduction in costs of more than $50,000 per year. Changes such as these enable us to maintain affordable fees as well as benefiting the environment.

I would like to thank Andrew for his contribution over the last 2 years & wish him well at Mazenod College.

I would also like to thank all the staff for their professionalism & commitment to the students education.

I wish everyone a safe merry Christmas and a happy New Year.

Merv Moncaster
2015 CHAIRMAN
MCC BOARD
Nicole Gill.

...take home by committee to voice our concerns about areas lacking in (session with to help their kids with study skills. Education in times of despair. recount of his rise to fame and how he turned to faith captain of the Fremantle Dockers, gave a brilliant Catholic Education in WA, and Shelley Hill Dr Tim McDonald Joe Monterosso, Siobhan Allen and Shelley Hill spoke about the future aspirations of Catholic Education in WA, and Peter Bell, former captain of the Fremantle Dockers, gave a brilliant recount of his rise to fame and how he turned to faith in times of despair. Shauna Knowles from Elevate Education shared numerous practical tips for parents to help their kids with study skills. We had a Q&A session with 5 representatives from the 3 major parties (both State and Federal) which was a great opportunity to voice our concerns about areas lacking in attention/funding. To the right is a summary of the discourse taken home by committee member, Nicole Gill.

Social media platforms most commonly used by 13-14 year olds

Facebook, YouTube, Tumblr, Instagram, Skype and iMessage

Other social media platforms young people used:
- Viber - free messaging and calling app
- Twitter, Steam - gaming platforms
- Emodo - social networking site/interactive blog
- Nineag - image sharing site for memes
- Voox - (‘Vooxie Take’ and messaging for team communication)
- YYou - for interacting with celebrities online
- Flipboard - an integrated social media platform
- Minecraft, Call of Duty - gaming websites
- Klk - online texting program
- Reddit and One eagle - online forums

The PFFWA Dinner and Conference 2016 was certainly an eye (and ear) opener for me. I feel blessed to have attended such a well organised, informative event and it will certainly go down as a major turning point in my life. Not because I now know what Pedagogy, POS, Rote, SEL and STEM actually mean 😕 but because I know I’m not alone in wanting to invest in my children’s education and future, that there is nothing wrong with this and it’s because I am truly ENGAGED.

I also feel blessed that I have two children who, at this stage, seem to be achieving what is expected of them from a Literacy and Numeracy perspective. What I am seeing though, in their generation, is a downfall in social-emotional wellbeing and we need to make a start on giving them the tools to equip themselves autonomously for the 21st century.

The Western Australian Curriculum and Assessment Outline (K-10) sets out the path for teachers to journey along with their students each year. One can never be fully prepared for how rough that journey can become and in part, it is up to us as parents to set the foundations of a smooth track for our children’s educators. Out of all the syllabuses, the one I see needing the most attention over the next few years is HEALTH & PHYSICAL EDUCATION.

We need to look at bringing professionals into schools who have the means to deal with children with special needs or on an individual basis. From what I can see, there is no attention to MENTAL HEALTH in any of the years sub-Year 5. I talk a lot with my children (and have done from an early age) about mental wellbeing. About how others can hurt you in a way that is not only physical but also matters of the ‘heart’. I am giving my sons the means to deal with situations which may confront them in an inconspicuous way and to understand the full meaning of resilience and how they should strive to achieve this, in the same way they would a sporting achievement or an academic milestone, for example.

Parenting in the third millennium is no easy feat! We are accused of being helicopter parents, or, not caring at all. The happy medium is one which seems to work best, but then some would argue “it’s down to the child, they’ve had their own agenda since the day they were born”. We all know the Early Years form a crucial part in a child’s development and educators really cannot go responsible for the first three years of a child’s life. So let’s look at how we can work with them, not against them.

When I chose a Catholic School for my sons to attend, the decision was made on the premise that I thought I could rely on faith to help me ‘grow’ them into fine adults. My focus has never been on academia and my parenting style is one that mimics the beliefs of the late Celia Lashlie...“With clarity and insight, she offers parents - especially mothers - practical and reassuring advice on raising their boys to become good, loving, articulate men.”

Through my involvement with the Mandurah Catholic College Parents + Friends Association, I have developed a great respect for the Principal and his staff. Trying to rouse parent engagement is very difficult, so it’s no wonder children today are feeling a sense of despair. Life is very busy for many of us, but we can’t keep using that as an excuse. We NEED to find time to listen to our children and foster good relations with the place they spend 200 days of the year.

I am more determined to continue to work at creating a synergy between my sons’ school and personal life. I will promote the teachings of their educators and reinforce the importance of mental wellbeing on the home front. I will try to keep abreast of the technological advances and continue to talk to other parents about how we can all remain ENGAGED!
We are hearing and seeing lots of acronyms and funny words in modern-day teaching... but what do they all mean??

**STEM**

STEM stands for science, technology, engineering and maths. STEM lessons involve building models and simulating situations. A good STEM lesson ensures that students understand the connection to the real world.

**PEDAGOGY**

Pedagogy is the discipline that deals with the theory and practice of education; it concerns the study and practice of how best to teach.

**SEL**

Social and Emotional Learning (SEL) can help students develop the understanding, strategies and skills that support a positive sense of self, promote respectful relationships and build student capacity to recognise and manage their own emotions and make responsible decisions.

**ROTE**

Rote learning is a memory recall technique based on repetition. The idea is that one will be able to quickly recall the meaning of the material the more one repeats it.

**EYLF**

The Early Years Learning Framework describes the principles, practices and outcomes that support and enhance young children’s learning from birth to five years of age, as well as their transition to school.

**VET**

Vocational Education and Training is education that prepares people to work in a trade, in a craft, as a technician, or in support roles in professions such as engineering, accountancy, nursing, medicine, architecture, or law.
MANDURAH CATHOLIC COLLEGE
Parents & Friends Association

pf@mcc.we.edu.au

P+F Meetings 2016
Tuesday, 1 March 9.00am
Tuesday, 5 April 6.30pm
Tuesday, 3 May 9.00am
Tuesday, 7 June 6.30pm
Tuesday, 2 August 9.00am
Tuesday, 6 September 6.30pm
Tuesday, 8 November 9.00am
AGM - to be confirmed

We invite you to join us at our brainstorming meetings which are always held on a Tuesday. Items raised are those affecting the whole school community and we value the opinions and suggestions of all parents. We encourage you to share your ideas with us by emailing pf@mcc.wa.edu.au

Mandurah Catholic College
Parents & Friends

These excerpts have been taken from KIDS MATTER’s Fostering healthy family relationships enewsletter. www.kidsmatter.edu.au