



"We are all in His hands."

Mary MacKillop 1870

Foundation & Year 1

Exploring Human Dignity in Timor-Leste

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MARY MACKILLOP
today

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“We are all in His hands”

(Mary MacKillop 1870)

This course of study explores the theme of Common Human Dignity; it recognises that we are sisters and brothers to each other; we see the image of God reflected not only in ourselves but in our class mates, teachers and families, and in the lives of other people and children, even those who live far away in another country.

“Believe in the whisperings of God to your own heart”

Prayer focuses on the relationship between God and His people and celebrates the physicality of our human form while praising our Maker for His generous gift of life.

“Never see a need....

- In the Footsteps of Mary

Mary MacKillop lived the teaching of Human Dignity through her example of putting others before herself. In 1867 Mary and Father Tennison Woods founded the Institute of St Joseph of the Sacred Heart, an order of nuns devoted to teaching the poorest of the poor in schools, homeless shelters and orphanages. She helped to feed them, clothe them and shelter them and she taught them to read and write. When Mary became a nun, she took as her new name, Mary of the Cross. When she was made a Saint on 17 October 2010, she became Saint Mary of the Cross.

- Mary MacKillop Today in Timor Leste

Mary MacKillop Today continues Mary MacKillop’s legacy through our work in Timor-Leste where the level of knowledge on preventative health among the general population is extremely low. This leads to the high prevalence of many illness, particularly in children, that could be prevented through a very basic knowledge of good health and hygiene.

..... without doing something about it”

- We are all in His hands (classroom activities)

Students beginning school in Kindergarten/Reception and Year 1 explore the theme of Human Dignity through suggested learning activities that reflect Mary MacKillop Today’s work in health literacy in Timor Leste. These learning activities have been developed in line with the English and Literacy Learning Areas of the Australian Curriculum. General Capabilities such as Creative Thinking and Intercultural Understanding enable skills to be transferred across other curriculum frameworks, disciplines and teaching practices.

- Being True and Generous (fundraising activities)

Students in Kindergarten/Reception and Year 1 put their learning into action by participating in an activity that helps them to promote basic oral hygiene amongst their own community whilst raising funds to promote similar ideas in Timor Leste through *Mary MacKillop Today*’s provision of Health Literacy Training and Health Literacy teacher kits.

“We are all in His hands”

(Mary MacKillop 1870)

“Believe in the whisperings of God to your own heart”

How do I Pray?

Let them praise his name with dancing and make music to him with timbrel and harp. For the Lord takes delight in his people; he crowns the humble with victory.
Psalm 149:3-4



Prayer focuses on the relationship between God and His people and celebrates the physicality of our human form while praising our Maker for His generous gift of life.

The following template provides opportunity for students to be involved in prayer by praising God as a class group, reading each line together, or dividing into smaller groups with different speaking roles and/or actions.

Including actions using hands and feet bring a physical focus to the prayer. Including some corresponding Tetun words remind us of our common human dignity, that we share the same physical form with our brothers and sisters in Timor-Leste.

The prayer lines could be repeated, accompanied by rhythm, or combined with movement, music, images or artworks. It could be developed into a daily prayer, an assembly prayer or a visual display in the classroom or school chapel.

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"We are all in His hands"

(Mary MacKillop 1870)



I hear You when I listen with my **Ears**

tilun

I praise You when I dance with my **Feet**

ain

I praise You when I drum with my **Hands**

liman

I praise You when I sing with my **Mouth**

ibun

I praise You with all my **Heart**

laran

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"We are all in His hands"

(Mary MacKillop 1870)

"Never see a need....

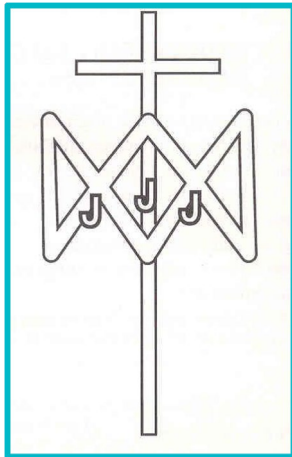
How do I See?

- In the Footsteps of Mary

Mary MacKillop lived the teaching of Human Dignity through her example of putting poor people before herself. She helped to feed them, clothe them and shelter them and she taught them to read and write.

Discussion Questions

1. Why do we need food?
What does it feel like when we are hungry?
2. Why do we need clothes?
What does it feel like when we are cold?
3. Why do we need a home?
What does it feel like when we are alone?
4. Why do we need to read and write?
What does it feel like when we don't understand?
5. Why is it important that Mary MacKillop helped people?
How can we help people?



When Mary became a nun, she took as her new name, Mary of the Cross.

When she was made a Saint on 17 October 2010, she became Saint Mary of the Cross.

Discussion Response

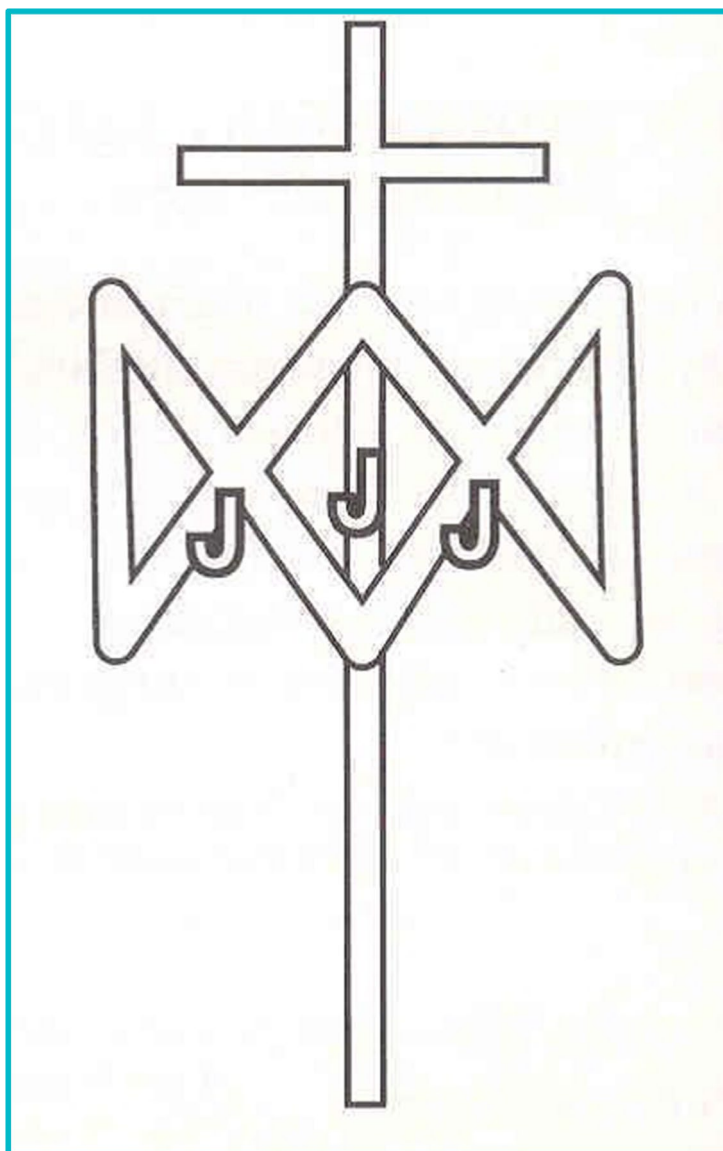
On the following page surround Mary's Cross with some responses from your discussion.

You might write some words about feelings or draw some pictures of your home, clothes and food or find pictures in magazines and paste them on.

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How do I See?

- Mary MacKillop Today in Timor Leste

<https://www.marymackilloptoday.org.au/what-we-do/our-projects/health-literacy-program/>

Clara is a dedicated teacher in Fatuberliu, Timor-Leste who recently completed Mary MacKillop Today's 5-day training workshop in Health Literacy. Before she attended Health Literacy Training, she had a little bit of knowledge about how to wash and basic malaria protection. Now she teaches about basic health knowledge through photos and drawings, as well as singing songs and has also been provided with a health education resource kit. She also encourages her students to promote hygiene and basic health literacy to their parents, passing on important skills that all the family will benefit from, leading to bright and healthy futures.



“Before I attended Health Literacy Training, I had a little bit of knowledge about how to wash and basic malaria protection... when my name was on the list to attend training with Mary MacKillop Today I was so excited... it really helped me and enforced my skills to share with my students in the classroom.”

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"We are all in His hands"

(Mary MacKillop 1870)

..... *without doing something about it*"

How do I Do?

- We are all in His hands (classroom activities)

Students beginning school in Kindergarten/Reception and Year 1 explore the theme of Human Dignity through suggested learning activities that reflect Mary MacKillop Today's work in health literacy in Timor Leste.

These learning activities have been developed in line with the English and Literacy Learning Areas of the Australian Curriculum.

ACARA Learning Areas - English

Language	Foundation	<i>Language variation and change</i> ACELA1426 Understand that English is one of many languages spoken in Australia and that different languages may be spoken by family, classmates and community <i>Phonics and word knowledge</i> ACELA1439 Recognise and generate rhyming words, alliteration patterns, syllables and sounds (phonemes) in spoken words
	Year 1	<i>Language for interaction</i> ACELA1444 Understand that language is used in combination with other means of communication, for example facial expressions and gestures to interact with others <i>Text structure and organisation</i> ACELA1448 Understand patterns of repetition and contrast in simple texts
Literature	Foundation	<i>Examining literature</i> ACELT1579 Replicate the rhythms and sound patterns in stories, rhymes, songs and poems from a range of cultures
	Year 1	<i>Examining literature</i> ACELT1585 Listen to, recite and perform poems, chants, rhymes and songs, imitating and inventing sound patterns including alliteration and rhyme
Literacy	Foundation	<i>Interacting with others</i> ACELY1784 Use interaction skills including listening while others speak, using appropriate voice levels, articulation and body language, gestures and eye contact
	Year 1	<i>Interpreting, analysing, evaluating</i> ACELY1658 Describe some differences between imaginative informative and persuasive texts

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..... *without doing something about it*"

How do I Do?

- We are all in His hands (classroom activities)

General Capabilities such as Creative Thinking and Intercultural Understanding enable skills to be transferred across other curriculum frameworks, disciplines and teaching practices.

ACARA General Capabilities - Critical and Creative Thinking

Inquiring – identifying, exploring and organising information and ideas	Organise and process information	
	Level 1	gather similar information or depictions from given sources
	Level 2	organise information based on similar or relevant ideas from several sources

ACARA General Capabilities - Intercultural Understanding

Recognising culture and developing respect	Explore and compare cultural knowledge, beliefs and practices	
	Level 1	identify, explore and compare culturally diverse activities and objects
	Level 2	describe and compare the way they live with people in other places or times

Cross Curriculum Priorities such as Asia and Australia's Engagement with Asia enable ideas to be transferred across other curriculum frameworks, disciplines and teaching practices.

ACARA Cross Curriculum Priorities - Asia and Australia's Engagement with Asia

Asia–Australia engagement

- OI.5 Collaboration and engagement with the peoples of Asia support effective regional and global citizenship.
- OI.6 Australia is part of the Asia region and our histories from ancient times to the present are linked.

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(Mary MacKillop 1870)

..... *without doing something about it*”

How do I Do?

- We are all in His hands (classroom activities)

Students begin by singing the familiar song, Heads & Shoulders, Knees & Toes. Using repeating sounds and rhythms they learn the second verse. The physical action of pointing to the various body parts help students to remember and anticipate the next line.

The following template provides students with an opportunity to extend their learning by understanding that something familiar (heads and shoulders) can be described using different words (xehe, kabas), in this example by using Tetun words. These words can be displayed around the room or made into posters or flash cards to aid with singing the song with a Tetun inclusion.

The second activity explores the responsibility we all have in caring for our bodies, and focuses on daily routines such as teeth cleaning, face washing and bedtime. The worksheet on hygiene includes many of the routines taught in the *Mary MacKillop Today* Health Literacy Training programme in Dili. The inclusion of Tetun words in this worksheet reminds students that we share a common human dignity with others.

These words could also be displayed around the room or made into posters or even developed into songs or poems similar to Heads & Shoulders, Knees & Toes.



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**heads
shoulders
knees
toes**

**eyes
ears
mouth
nose**

**xefe
kabas
hakne'ak
ain**

**matan
tilun
ibun
inus**

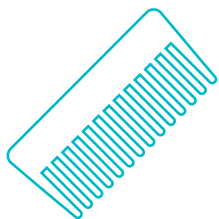
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I brush my teeth because

ruun
nehan



I brush my hair because

fuuk



I wash my hands because

liman



I wash my face because

oin



I have a bath because

hariis



I go to sleep because

toba

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How do I Do?

- Being True and Generous (fundraising activities)

Students in Kindergarten/Reception and Year 1 put their learning into action by participating in an activity that helps them to promote basic oral hygiene amongst their own community whilst raising funds to promote similar ideas in Timor Leste through *Mary MacKillop Today's* provision of Health Literacy Training and Health Literacy teacher kits.

Making toothpaste and then selling it is a fun and easy fundraiser which can be done in small groups, classes, year levels or even as a whole school initiative. Designing a brand name or label can also personalise the product and using Tetun words and images help to incorporate a Timor-Leste perspective and promote our common human dignity.

Ingredients

4 tablespoons coconut oil
2–4 tablespoons baking soda or a combination of baking soda and sea salt
20 drops cinnamon or clove essential oil (optional)
20 drops peppermint essential oil (optional)
Several small glass jars with lids

Directions

Place coconut oil container in a bowl of hot water to until it goes runny

(this may take up to 15 minutes).

Measure all ingredients into another bowl and stir carefully until everything is completely mixed together.

Store the finished toothpaste in a clean glass jar and put on the lid.



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