RESPECT ACHIEVEMENT RESPONSIBILITY ENJOYMENT
Together, we engage, educate and celebrate excellence, developing students who are respectful and responsible

College Principal’s Report

2016 – A YEAR OF MAKING CONNECTIONS

2016 has started with an air of excitement, energy and commitment to improvement. Our focus this year is to improve our engagement with students and their families. We started this work last year with many student forums and now the student leaders are working with us to make improvements. We have an amazing team of staff who are looking forward to working more closely in partnership with students and their families to achieve our dreams.

INTRODUCING THE PRINCIPAL TEAM

Trish Horner
College Principal

Colin Burke
Senior Campus Principal

Peter Tonis
Senior Campus Assistant Principal

Kelli MacDonald
SC Assistant Principal

Karen Eastlake
Middle Years Campus Principal

Simon McRae
MYC Assistant Principal

INTRODUCING THE LEADING TEACHERS

Andrew Keating
College Curriculum

Felicity Gordon
College Languages (English / LOTE)

Gina Palamara
College Arts

Anastasia Kalavritinos
College Maths

Sonia Loudon
College Science

David Maltby
College PE

Andrew Nicholls
College Technology

Liam McNaughton
College Humanities

Bill van Driel
MYC Student Engagement Leader

Melanie Henry
SC Student Engagement Leader

Jane Headon
Teaching & Learning Coach - Literacy

Peta Johnston
Teaching & Learning Coach - Numeracy

Samantha Milbourne
Teaching & Learning Coach - Induction

Geoff Matheson
Teaching & Learning Coach - Classroom Support

Shaun Isbister
College Pathways & Transitions Leader

Renee Colbey
Community Liaison

Gina Palamara
College Arts

Felicity Gordon
College Languages (English / LOTE)

Anastasia Kalavritinos
College Maths

Sonia Loudon
College Science

David Maltby
College PE

Andrew Nicholls
College Technology

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Teaching & Learning Coach - Classroom Support

Shaun Isbister
College Pathways & Transitions Leader

Renee Colbey
Community Liaison

Congratulations to the new Leading Teachers - Melanie HENRY, Peta JOHNSTONE, Sonia LOUDON and Liam MCNAUGHTON

WHO’s NEW?

A warm welcome is extended to our new staff: Michael COLLETT (Maths, Chemistry); Liam FORD (IT, Humanities); Emily FULLWOOD (Business, Accounting, English); Hayden GESTAUTAS (Biology, Psychology); Julian GUEBALA (PE); Melanie HENRY (English VCAL); Antoinette HULSEN (Music); Peta JOHNSTONE (Maths, Science ); Andrew KINGHAM (Physics, Maths); Stacey MAIN (English); David ROCHE (English, Humanities); Nick SPINKS (Media, Legal Studies); and Jessica ZUGARO (HR Manager).
We also welcome back Dorothy CHEALE, Renee COLBEY, Renae LANGERAK, Kerry NORTON, Kate TASSONE and Maree VAN RAAY from long term leave.

**SCHOOL COUNCIL ELECTIONS 2016**

The School Council elections are open for nominations as of Monday 15 February 2016. There are 4 Parent and 3 DET vacancies to be filled. Information about the election process, a Notice of Election and Call for Nominations schedule is included in this newsletter. Nomination forms are available from both General Offices and close at 4:00pm on Monday 22 February 2016.

**STANDING COMMITTEES**

If you are unable to commit to School Council, but would still like to contribute to the College’s future direction, please consider joining one of the School Council’s sub committees. Members meet twice a term on a Tuesday night and all recommendations made by the committees are taken to School Council. Being a member of a committee also enables greater understanding of how the school operates and how decisions are made.

The sub committees are: Education; Student Engagement & Well Being; Resources; Community; and Finance.

It is vitally important that we have parent input. If you are interested in joining one of the committees or have any questions, please contact Joanne Armarego on 9407 9700 or armarego.joanne.r@edumail.vic.gov.au.

**SCHOOL PHOTOS**

Middle Years & Senior Campus school photos were held on Wednesday and Thursday last week. There is a follow up photo day for any students who missed out; this will be held tomorrow - Friday 12 February 2016 - at both Campuses.

**CANTEEN AND HEALTHY FOOD POLICY**

On Tuesday 24 November 2015, School Council endorsed the Canteen and Healthy Foods Policy. A copy of the policy is included in this newsletter.

**ENERGY DRINKS**

With the introduction of the Canteen and Healthy Food policy, I would like parents to consider the effects that energy drinks have on their children. Energy drinks are beverages that contain varying amounts of caffeine, taurine, guarana, amino acids, vitamins and sugars, brands include Monster; Red Bull, Mother, V, Rockstar and Wicked. They are promoted as being beneficial in increasing stamina, improving physical performance, endurance and concentration. These drinks are regularly consumed by 30% to 50% of children, adolescents, and young adults. Research has indicated that they provide no health benefit and can be associated with risks for serious adverse health effects.

Included in this newsletter is a fact sheet from the Australian Drug Foundation which provides information on caffeinated energy drinks and their effects. Further information can be found at the Australian Drug Foundation’s website: www.druginfo.adf.org.au

**EVERY DAY COUNTS!**

It is important that parents advise the school of any absence. It is also important that parents contact the school if their child will be absent from school for 5 or more days, so catch up work can be arranged.

Refer to the tables below for Approved and Unapproved reasons for absence.

<table>
<thead>
<tr>
<th>APPROVED REASONS FOR ABSENCE</th>
<th>UNAPPROVED REASONS FOR ABSENCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Illness</td>
<td>Driving lessons</td>
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<tr>
<td></td>
<td>Personal issues (without further explanation)</td>
</tr>
<tr>
<td>Funeral</td>
<td>Family commitmements</td>
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<tr>
<td></td>
<td>Car or bike breakdowns</td>
</tr>
<tr>
<td>Job interview</td>
<td>Sleeping in or missing the bus</td>
</tr>
<tr>
<td>Medical / dental appointments (which cannot be arranged out of class time)</td>
<td>SAC / SAT preparation or completion of work due in other subjects</td>
</tr>
<tr>
<td>Court appointments</td>
<td></td>
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<tr>
<td>Court counselling</td>
<td></td>
</tr>
<tr>
<td>College / State / National representation in sport</td>
<td>Part time work commitments or Centrelink appointments</td>
</tr>
<tr>
<td>Licence testing</td>
<td>Supporting upset friends or timetable mix ups</td>
</tr>
</tbody>
</table>
IMPORTANT REMINDERS
At this time of year it is important to remind you of the following information:

 VISITORS TO THE SCHOOL
All visitors, including Parents / Carers, must report to the General Office upon arrival. All official visitors must be signed in and carry a Visitors Pass. Parents / Carers are not permitted to walk around the school unaccompanied.

 SCHOOL ZONES
Parents, carers and visitors are reminded of the importance of road safety around schools.
School Speed Zones will be enforced from the commencement of the school year and parents / carers / visitors are requested to abide the speed limited in the designated school speed zones during the specified times (8.00am - 9.30am and 2.30pm - 4.00pm).

 SAFETY FIRST
In the interest of students’ safety, the staff car parks at each Campus are FOR STAFF ONLY. Parents / guardians / friends dropping off or picking up students are asked to park their car in nearby streets and not in the Staff Car Park.

 ACCIDENT INSURANCE
The Department does not provide personal accident insurance for students. Parents and carers are responsible for paying the cost of medical treatment for injured students, including any transport costs. Student accident insurance policies are available from some commercial insurers. These cover a range of medical expenses not covered by Medicare or private health insurance.

 LEAVE VALUABLES AT HOME
The Department does not hold insurance nor does it accept responsibility for private property brought to school by students, staff and visitors. Personal property is often brought to school by students. This can include mobile phones, calculators, toys, sporting equipment and cars parked on school premises. Students are discouraged from bringing any unnecessary or particularly valuable items to school.

 STUDENT TRAVEL CONCESSIONS
All students requiring a Student Pass are required to obtain a 2016 Victorian Public Transport (VPT) Student Concession Card as proof of their concession entitlement. Further information and the Application Form can be obtained from: train stations, Public Transport Victoria (PTV) hubs, PTV Call Centre (Ph: 1800 800 007) or online at ptv.vic.gov.au.

 MYKI CARDS—REGISTRATION
Registration of myki cards is optional, however, it is strongly recommended that students register their myki cards online at http://ptv.vic.gov.au/tickets/myki/registering-your-myki/. The main benefit of registering a myki is the balance on the myki is protected if it is reported lost or stolen.

Trish Horner

Mill Park Secondary College
International Student Program

Local Homestay Families Wanted

Host families are a very important factor in the success of our International Student Program and are greatly valued by the College.

Our program is growing, so we are looking for more families interested in providing a warm and supportive environment for an international student who has chosen to study at Mill Park Secondary College. Families receive payment to cover expenses for fullboard and our International Student Coordinator is available at all times, to provide ongoing support to host families.

For more information please contact Marilyn Pridmore

Phone: 9409 8222 or 0438 681 125  Email: pridmore.marilyn.j@edumail.vic.gov.au
WELCOME BACK TO THE SENIOR CAMPUS TO ALL OF OUR STUDENTS AND FAMILIES

It's been a great start to the 2016 academic year, with all of our Year 10, 11 and 12 students participating in their regular classes from day 1. I personally have popped in and observed a number of classes in the last week or so, and have enjoyed seeing great teaching and learning happening.

I am writing this after returning to my office from the Year 10 assembly where we officially welcomed the Year 10’s to the Campus. I challenged the Year 10’s that our aim is to have every single one of them graduate in 2018 with either a VCE or a VCAL certificate.

I also spoke to them about a simple formula for success: Aim High, Work Hard and Be Good. Aim High, Work Hard, Be Good is a guide for how students can achieve success in schooling and life. At the Year 10 assembly I spoke with students about developing high aspirations. We certainly have high aspirations for all of our students, and I challenged each of the Year 10 students to be aspirational, whether it’s when they are thinking about their goals in school, what they’d like to achieve after school or life in general. Students should always be thinking about their career goals, so that once they finish Year 12 they have a clear pathway to further training. Having a high aspiration or a goal they have to stretch for is very important.

One of the first steps in building this aspiration is work experience. Ms Belinda Mahony, our Work Experience Coordinator, spoke at the Year 10 assembly about this excellent program. All Year 10 students will participate in work experience between Monday 20 June and 24 June. An important part of work experience is students finding their own placements, with support from Pastoral Teachers and our careers team. For more information or support please contact Belinda Mahony on 9409 8222.

PASTORAL TEACHER PHONE CALLS

This year our Year 10, 11 and 12 Pastoral teachers are endeavouring to contact each family from their Pastoral class in the first few weeks of school, with a check in phone call. We are aiming to do this so that you can discuss your child’s needs with their Pastoral teacher, see how they are settling into the 2016 academic year and help to build the connection between home and school from early in the year. The Pastoral teacher is an important figure in our College community, and is the first point of contact for parents in the school.

STUDENT LEADERSHIP

This year we will be expanding student leadership at the Senior Campus. As well as the Subject Captains and Year Level Captains, we will be asking each Pastoral class to nominate SRC representatives in the coming weeks. This is an exciting stage for the Campus, as we move to have significant involvement from student leaders in broader aspects of the College.

The 2016 School Captains are:

![Stuart LEE Captain](image1)
![Batoul DIRANI Captain](image2)
![Nitesh GULIA Vice Captain](image3)
![Iman EL-MOHAMMAD Vice Captain](image4)

Our Captains Representatives are:

- **SRC Representatives**: Achal Raju Jade Carpenter Alex Horman
- **VCAL Captain**: Sarah Shortal
- **Science Captain**: Sashini De Silva
- **Community Captain**: Natasha Bay
- **English Captain**: Cassandra Sutera
- **Debating**: Ryan Clark
- **House Captains**: Ebony Taylor Olivia Pejoski Vivienne Mitton
- **Environment Captain**: Declan McBride
- **Technology**: Matthew De Vuono
- **Visual Arts**: Katelyn Donohoe-Griffin
- **Performing Arts**: Rachel Taylor
- **Library Captain**: Fazla Fawwaz
- **Sports**: Bridgette Taylor-Gray
WELCOME BACK AND CONGRATULATIONS

Welcome to all new students and their families to Mill Park Secondary College and welcome back to our returning Year 8 & 9 students. What a fabulous start to the school year we have had! It was wonderful to see so many parents at the first Year 7 assembly for the year. We are so pleased you have joined our dynamic school community and we certainly look forward to developing a strong relationship with all of you so we can together, support our students to achieve their absolute best.

Having moved around the campus over the last few days and spending time at the front gate chatting to families, it has been quite noticeable how calm and orderly all students have been conducting themselves. This morning we had a replacement crossing lady. She was so impressed with how polite, happy and responsive our students using the crossing were, that she felt compelled to come in and complement me on their excellent behaviour. They have certainly been living our college values. So a very big congratulations to all involved, this is just what we want to hear from members of the community.

PARENT WORKING BEE

We are keen to establish a once-per-term, parent working bee here at the Middle Years Campus. This would involve volunteers who are willing to contribute 3 hours of their time, one Sunday morning of each term to tackle jobs such as gardening, painting, plumbing etc. This would finish with a bbq lunch for all involved. To get it kicked off we ask families to register their willingness to be involved via the school website http://www.millparksc.vic.edu.au/. Please look for the Working Bee link on our website and thank you in advance for your contributions. We look forward to working side-by-side with our parent/carer community.

PARENT PORTAL

All parents are strongly encouraged to log on to our parent portal at least once per week to check on their son / daughter’s attendance rates, homework, notifications from staff and the College newsletter among other things. The parent portal is also how families make appointments for Parent/Teacher Interview days. Parent / caregivers should navigate to the following webpage and save it in their bookmarks or to the screen of their device https://sentral.millparksc.vic.edu.au

All families have their own unique access code to use Sentral, and first-time users will be required to enter the access code provided by the College in order to set up a username and password. These must be kept confidential and not shared – even with your children. A working email address is required to set up your account. All students at the College have access to the student portal of Sentral and can communicate with their classroom teachers via this. If you require assistance accessing the portal, please contact the College.

SAFETY IN THE CAR PARKS

A friendly reminder to parents/caregivers and their students, that walking through our staff car parks and driveways is unsafe. These areas are completely out of bounds to students. Parents are asked not to drive into staff car parks to drop off or pick up their children.

YEAR SEVEN PARENT BBQ

Thank you to all the families who attended our Year 7 parent bbq on Monday February 1. It was wonderful to see such a large number of families in attendance to meet the year 7 teachers and commence their relationship building. As well as enjoying a casual meal together, all families got to log on to our parent portal and take a quick tour, as well as participate in a feedback session where they identified for us, their hopes, dreams and fears for their child’s education. This feedback is vital to the school and will help guide us in ensuring we meet their expectations and avoid their fears. We thank all those who attended for their generous sharing on the night.
SWIMMING CARNIVAL

The gods were smiling on us on Friday. A wet night followed by steady rain when setting up had many of the PE staff and Principals worried we might have to pull the pin on the day. Ms Eastlake, being the brave leader she is, made the call when it was still coming down to go ahead. What a call it was! The rain cleared not long before all the students arrived and stayed away all day!

We had lots of students who braved the cool temperatures and competed, with special mention to Chad McDonald from 9AW and Hailey Wilson from 7J who will be representing the school in multiple events at the Division Carnival.

Students not competing supported their House with gusto, Whernside and Redleap deserve a special mention for their very loud cheering all day!

Whernside came away as the winning house. They were tied with Redleap going into the house plunge and with strength of numbers pulled away for the win. An important message to all students to get involved anyway you can to get points for your house, whether you compete, dress up or take part in the novelty events, every point counts!

Liam Oliver – Sports Coordinator
If a student is unwell every attempt will be made to contact parents, guardians or emergency contacts. In the event of serious injury or illness where a nominated person cannot be contacted, a decision will be made in the best interest of the student.

This is why it is vitally important that student records are maintained with medical conditions, allergies and special requests. If your child requires medication at school this should be monitored through sickbay.

**IMMUNISATION DATES - MIDDLE YEARS CAMPUS:**

- **Tuesday 22 March**  
  Yr 7 Girls & Boys (HPV1) and Boostrix

- **Tuesday 24 May**  
  Yr 7 Girls & Boys (HPV2) and Chicken pox

- **Friday 9 September**  
  Yr 7 Girls & Boys (HPV3)

By now all Year 7 students will have received their immunisation cards, spare cards are available at the General Office.

*All cards must be returned signed even if the student isn’t being vaccinated.*

In 2015 the Public Health and Wellbeing Regulations 2009 were amended to authorise schools to release parent and student information to local councils so that councils can follow up with parents after the consent forms have been distributed. This means that we will provide the local council with your contact details and a local council representative may contact you with vaccine program information. If you do not wish for your details to be provided to your local council, please advise me in writing as soon as possible. Alternatively you can contact the officer responsible for the vaccine program at Whittlesea Council in the event that you have queries about your contact details.

**ANAPHYLAXIS**

Anaphylaxis (a severe, rapidly progressive allergic reaction that is potentially life threatening) affects a number of students at the College.

If you have a child with this condition and have not alerted the College it is imperative you do so immediately.

Parents who have received forms to be filled out can please return them so we can update our records.

One of the most common allergens are nuts and eggs and we ask that parents make their children aware of this condition, and to be careful when sharing food with other students.

If you have any concerns or queries regarding this condition please don’t hesitate to contact the College.

Asthma affects approximately one-fifth of our student population. These students are encouraged to use their medication accordingly under the family doctor’s instruction, i.e. before sport if needed and students should have access to this medication at all times. Ventolin inhalers and spacers can be obtained at various locations around the school.

On Friday 22 April the Athletics Carnival will be taking place. Students should wear appropriate clothing, a hat and apply sunscreen regularly to avoid the pain and danger of sunburn.

The PE curriculum offers a wide variety of sports and students are expected to participate. In the interest of dental safety a mouthguard should be worn when involved in sporting activities.

**HEAD LICE**

While children are at school many families will have contact with head lice. Head lice are small wingless, blood-sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head, they will die very quickly usually within 24 hours.

People get head lice from direct hair to hair contact with another person who had head lice. This can happen when people play, cuddle or work closely together. Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl. Many lice do not cause an itch so you have to look carefully to find them; it is a good idea to check your child’s hair periodically.

*Treatment*

A lotion can be used to treat head lice. This can be purchased at a Pharmacy. Another method is by using conditioner. According to the Health (Infectious Diseases) Regulations 2001, children with head lice can be readmitted to school after treatment has commenced.


**INFECTIOUS DISEASES**

If your child has been diagnosed with an Infectious Disease (e.g. measles, chicken pox, etc) please ensure they have a clearance from the doctor before returning to school.

If you have any concerns regarding your child’s health or safety don’t hesitate to call the School Nurse, Cathy Cranfield, between 8:30am and 3:00pm.

*Cathy Cranfield*  
*School Nurse*
# Canteen and Healthy Foods Policy

## Preamble
To support the education, health and wellbeing of students and staff through promotion of sound dietary and environmentally friendly guidelines for the school. The school food services and curriculum programs on healthy eating should complement each other.

## Aims
- Develop within the students an informed appreciation of healthy eating habits.
- To ensure that any foods provided by school are consistent with a healthy eating philosophy.
- Encourage the development of a healthy eating lifestyle for students.

## Implementation
- The school will work with canteen management on the adoption and following of the National Healthy School Canteen Guidelines.
- Lessons relating to healthy foods and healthy eating will form part of the school’s curriculum.
- The school canteen will promote a variety of nutritious and tasty foods.
- The canteen will follow the current Waste & Recycling Policy.
- A supply of drinkable water will be available at the school at all times.
- Staff members will be encouraged to model healthy eating habits whilst at school.
- Students will have access to their own water bottles during class lessons.
- All school activities, including fundraising events, are encouraged to promote & model healthy eating habits.
- Each Canteen will clearly advertise the price of all menu items every day.

## Related Documents
- The National Healthy School Canteens Guidelines (NHSCG)

## Ratified Date
This Policy was ratified by School Council on 24 November 2015.

## Review Date
This policy will be reviewed as part of the College's three-year review cycle.
Energy drinks: do they really give you wings?

In the past 10 years there has been a significant increase in the consumption of energy drinks, particularly by young people. There has also been considerable debate about the contents of energy drinks and whether consumption of them is safe. This fact sheet provides information on caffeine content in energy drinks and their effects, including when they are mixed with alcohol.

What are energy drinks?
Energy drinks are beverages that contain varying amounts of caffeine, taurine, guarana, amino acids, vitamins and sugar. Energy drinks are promoted as being beneficial in increasing stamina, improving physical performance, endurance and concentration.

What are the ingredients of energy drinks?
Energy drinks typically contain a mixture of:
- Caffeine—a stimulant that acts on the central nervous system to speed up the messages to and from the brain. Caffeine is the main active ingredient in energy drinks.
- Guarana—an extract from a plant that contains about twice the amount of caffeine as coffee beans.
- Theobromine—from the cacao plant. It has a similar effect to caffeine and is found in chocolate and many other foods.
- Theophylline—a drug used for the treatment of respiratory diseases and asthma, marketed under a variety of brand names, it is structurally similar to caffeine. It is also naturally found in tea at very small levels.
- Taurine—occurs naturally in food, especially in seafood and meat, and is necessary for normal skeletal muscle functioning.
- Ginseng—a substance that comes from a variety of plants and is believed to have medicinal properties, but has been found to interact with a number of prescription and herbal drugs.


Caffeine content of some popular energy drinks and soft drinks

<table>
<thead>
<tr>
<th>Drink/product</th>
<th>Size (ml)</th>
<th>Caffeine content (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Modo energy drink</td>
<td>250</td>
<td>40</td>
</tr>
<tr>
<td>Redbull</td>
<td>250</td>
<td>80</td>
</tr>
<tr>
<td>V energy drink</td>
<td>250</td>
<td>50</td>
</tr>
<tr>
<td>Red Bull, Red Bull</td>
<td>330</td>
<td>21</td>
</tr>
<tr>
<td>Code Red臣                                      375ml</td>
<td>40-50</td>
<td></td>
</tr>
<tr>
<td>Red Bull citrus</td>
<td>375ml</td>
<td>45</td>
</tr>
</tbody>
</table>

Effects of energy drinks

Short-term effects
- feeling more alert and active
- need to urinate more frequently
- rise in body temperature
- increased heart rate
- stimulation of the brain and nervous system.

Higher doses

Serious injury or death from caffeine overdose can occur. The Australian Medical Journal has reported an increase in energy drink-related reports to the Poisons Information Service in NSW and they assume that this increase would be reflected in national statistics. Some of the adverse health effects associated with excessive energy drink consumption are:
- insomnia
- nervousness
- headaches
- nausea
- vomiting
- rapid heart rate
- heart palpitations

In small children, caffeine poisoning can occur through much smaller doses—up to 1 gram of caffeine (equal to around 12 energy drinks).

For more information on caffeine and its effects, see: www.druginfo.adf.org.au/index.php?option=com_content&view=article&id=368&Itemid=47

Who should avoid energy drinks?

Children and young people

There is no reported evidence that energy drinks are of any nutritional value. Research has found that children and young people who consume energy drinks may suffer sleep problems, bed-wetting and anxiety.

Pregnant or breastfeeding women

Women who are pregnant or breastfeeding are advised to avoid energy drinks, as high amounts of caffeine can increase the risk of miscarriage, difficult birth and delivery of low-weight babies. Caffeine crosses the placenta, so breastfeeding mothers are also advised to avoid energy drinks.

Sportsmen and women

People who play sport are advised to avoid caffeinated energy drinks as caffeine can cause dehydration. The combination of dehydration and exercise can be dangerous.

Caffeine-sensitive people

Some people are more sensitive to caffeine than others. If you are susceptible to the effects of caffeine, even small amounts—such as one energy drink—may prompt unwanted effects such as restlessness and sleep problems.

Combining energy drinks with alcohol

Health professionals have expressed concern about the consumption of energy drinks containing alcohol and the combining of energy drinks with 'shots' of alcohol. Drinking energy drinks with alcohol places the body under great stress and can mask some of the effects of the alcohol. For example, if a person consumes energy drinks with alcohol they will still be affected by the alcohol but may not feel as relaxed or sleepy. They may feel more confident, take more risks and increase the chances of experiencing alcohol-related harm such as drinking too much or being injured in a fight or accident. It is therefore recommended that the consumption of alcoholic energy drinks be avoided.

Preventing and reducing harm

It has been suggested that the actual caffeine contents of energy drinks is under-reported, meaning a person may be drinking more caffeine than the label on the drink states. Energy drinks should be avoided by anyone who feels negative effects after consuming them. The consumption of energy drinks by young people, pregnant and breastfeeding women as well as people with 'caffeine sensitivity' should be avoided. Mixing energy drinks with alcohol should be avoided due to the masking effects of the caffeine, meaning the person doesn't feel as drunk as they actually are and so there is more risk of alcohol-related harm.

More information

For more information on alcohol and other drugs, and drug prevention, contact DrugInfo on tel 1300 85 85 84 or email druginfo@adf.org.au.

DrugInfo is a service of
Visit druginfo.adf.org.au
Call Drug Information Line 1300 85 85 84
Email: druginfo@adf.org.au
Funded by Department of Health.
School Council Elections

Mill Park Secondary College
School Council Elections 2016

What is a school council and what does it do?
All government schools in Victoria have a school council. They are legally formed bodies that are given powers to set the key directions of a school within centrally provided guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides for its students.

Who is on the school council?
There are three possible categories of membership:

- **A mandated elected Parent category.** More than one third of the total members must be from this category. Department of Education and Training (DET) employees can be Parent members at their child’s school as long as they are not employed at the school.
- **A mandated elected DET employee category.** Members of this category may make up no more than one third of the total membership of school council. The principal of the school is automatically one of these members.
- **An optional Community member category.** Its members are appointed by a decision of the council because of their special skills, interests or experiences. DET employees are not eligible to be Community members.

The term of office for all members is two years. Half the members must retire each year, creating vacancies for the annual school council elections.

Why is Parent membership so important?
Parents on school councils provide important viewpoints and have valuable skills that can help shape the direction of the school.

Those parents who become active on a school council find their involvement satisfying in itself and may also find that their children feel a greater sense of belonging.

How can you become involved?
The most obvious way is to vote in the elections, which are held in Term 1 each year. However, ballots are only held if more people nominate as candidates than there are positions vacant.

In view of this, you might seriously consider:

- standing for election as a member of the school council
- encouraging another person to stand for election.

Do I need special experience to be on school council?
No. What you do need is an interest in your child’s school and the desire to work in partnership with others to help shape the school’s future.

What do you need to do to stand for election?
The principal will issue a notice and call for nominations following the commencement of Term 1 each year. All school council elections must be completed by the end of March.

If you decide to stand for election, you can arrange for someone to nominate you as a candidate or you can nominate yourself in the Parent category.

DET employees whose child is enrolled in a school in which they are not employed are eligible to nominate as parents for the school council where their child is enrolled.

Once the nomination form is completed, return it to the principal within the time stated on the notice of election. You will receive a Nomination Form Receipt in the mail following the receipt of your completed nomination.

If there are more nominations received than there are vacancies on council, a ballot will be conducted during the two weeks after the call for nominations has closed.

REMEMBER

- Ask at the school for help if you would like to stand for election and are not sure what to do
- Consider standing for election to council this year
- Be sure to vote in the elections.

Contact the principal for further information.
An election is to be conducted for members of the School Council of Mill Park Secondary College.

Nomination forms may be obtained from the school and **must be lodged by 4:00pm on Monday 22 February 2016**

Following the closing of nominations a list of the nominations received will be posted at the school.

The terms of office, membership categories and number of positions in each membership category open for election are as follows:

<table>
<thead>
<tr>
<th>MEMBERSHIP CATEGORY</th>
<th>TERM OF OFFICE</th>
<th>NUMBER OF POSITIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent member</td>
<td>From the day after the date of the declaration of the poll in 2016</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>to and inclusive of the date of the declaration of the poll in 2018.</td>
<td></td>
</tr>
<tr>
<td>DET employee member</td>
<td>From the day after the date of the declaration of the poll in 2016</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>to and inclusive of the date of the declaration of the poll in 2017.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>From the day after the date of the declaration of the poll in 2016</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>to and inclusive of the date of the declaration of the poll in 2018.</td>
<td></td>
</tr>
</tbody>
</table>

If the number of nominations is less than the number of vacancies, a notice to that effect and calling for further nominations will be posted in a prominent position at the school.

_Signed_

Trish Horner  
College Principal
Camps, Sports and Excursions Fund (CSEF)

Parents / guardians holding a valid means-tested concession card or temporary foster parents are eligible to apply for CSEF in 2016.

Applications are available from the General Offices at both Campuses.

The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

The secondary school student rate is $225 per year.