



College Principal's Report

CORONAVIRUS UPDATE

At present the Department is sending us a daily update. Schools have been deemed as an essential service and as such are exempt from many of the current restrictions. However we are taking steps to ensure the safety of our staff and students and the community. At present we do not have a confirmed case of coronavirus.

We are taking precautions to minimise risk when students are at school. For example we have cancelled all planned assemblies, camps and excursions, ensuring soap supplies are topped up in all toilets throughout the school day and we have ramped up our education of students on safe hygiene practices.

All teaching staff are currently working on a plan for teaching their classes remotely, should the school close. I am very proud of the way staff are rallying together to support each other to learn new skills and develop materials for remote learning.

Our school community may face changes in regard to education over the coming weeks. This may include the closure of schools in response to the spread of the COVID-19 virus. At this time there are a number of things you can do to continue learning and maintain connection beyond our usual school setting.

What can I do to support my student during this period?

- Talk about the virus in a manner which is appropriate to their age. Find out what they know, correct any misinformation, teach them how to prevent spreading germs or research it with them.
- Ask what they might need to complete their learning successfully at home. Stock up on a few essentials like post-it notes, coloured pencils, highlighters, unlined and lined paper, and pens/pencils.
- Ensure they have access to an appropriate device and internet to support online learning.
- Consider where your student might feel comfortable working without distractions.
- Create a "learning" space within your home that can be made their own.
- Students would still be expected to follow their regular timetable but from home. For example; if they have Maths session 1 & 2 on a Monday, they should be up out of bed and looking online for work posted by their classroom teacher on Google Classroom at 9.00am.
- Make sure your child knows how to communicate with their teacher(s).
- Take into account that your child won't see their friends. Negotiate appropriate ways in which they can maintain connections to their peers.
- Encourage a period of physical activity each day. This will help keep them active and reduce boredom.
- 'Help' at home means providing support, encouraging, listening, praising, guiding and discussing – there is no expectation that families will 'teach' school subjects.
- Detailed information will be provided to all families on expectations should we close.
- Parents and students should check Sentral daily for important announcements from the school.

BETTER QUESTIONS FOR THESE CHALLENGING TIMES

I subscribe to a newsletter from a company called "Better Questions are the Answer". Here are the Better Questions they sent to me this week that I hope will enable you and your families to manage these challenging times in the most effective way.

Recognising that our thinking creates our reality, when challenging times are evident, we need to do all we can to manage our thinking and create the best experience that we can for ourselves.

The Sensible Question

Based on the most up to date advice, what do I need to do to keep myself and my loved ones healthy?

The Self-Management Question

What do I need to enable me to stay as optimistic as possible?

The Challenging Question

What positives can I take out of this?

The Calming Question

What do I need to do to create a sense of calm for me and my loved ones?

The Compassionate Question

What can I do for other people so that they feel supported and are OK?



Trish

Trish Horner





Reduce your risk of coronavirus

- ✎ **WASH** your hands often with soap and running water, for at least 20 seconds. Dry with paper towel or hand dryer.
- ✎ **TRY** not to touch your eyes, nose or mouth.
- ✎ **COVER** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- ✎ **STAY** at home if you feel sick. If you take medication make sure you have enough.
- ✎ **PHONE** your doctor or the hotline – **1800 675 398** – if you need medical attention. They will tell you what to do.
- ✎ **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep.
- ✎ **WEARING** a face mask is not necessary if you are well.
- ✎ **BUY** an alcohol-based hand sanitiser with over 60% alcohol.



Find out more
www.dhhs.vic.gov.au/coronavirus

If you are concerned, call the
Coronavirus hotline 1800 675 398 (24 hours)

Please keep Triple Zero (000) for emergencies only

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Health
and Human
Services



Karen Eastlake
Middle Years Campus Principal

MY Campus Principals Report

Middle Year Campus Student Leaders

YEAR LEVEL	CAPTAINS		VICE CAPTAINS	
7	Rachael L	Zachary M	Huda J	Will N
				
8	Stefania M	Yuwal K	Sania S	Karthika S
				
9	Junia A	Daniel P	Hayley M	Isha S
				

Congratulations to all of our 2020 Middle Years Campus Captains and Vice Captains.



Karen Eastlake
Middle Years Campus Principal

MY Campus Principals Report

CERTIFICATES OF ACHIEVEMENT FOR YEAR 9 NAPLAN ACHIEVERS

Year 9 students will receive certificates for growth and achievement in NAPLAN from this year.



Certificates of Achievement will be awarded to students who:

- Achieve a result in the top achievement band for Reading or Numeracy, or both
- Achieve a result that shows outstanding learning growth, improving by two or more achievement bands between Year 7 and Year 9 National Assessment Program – Literacy and Numeracy (NAPLAN) assessments in Reading or Numeracy (or both).

The certificates reflect two of the key goals of the Education State: excellence and equity. They provide an opportunity for schools, families and the broader community to celebrate and recognise the importance of both excellent academic achievement and outstanding learning growth.

Further information about the distribution of the certificates will be provided later in the year.
For 2020 NAPLAN test dates visit the [Victorian Curriculum and Assessment Authority](#) website.

More information

Visit the [Year 9 NAPLAN Certificates of Achievement](#) web page.

A review of NAPLAN is currently underway. [Read more](#) about the review on the Department's website.

YEAR 7 VACCINATIONS

The Year 7 Gardasil 9-1 and Boostrix vaccinations are still planned to go ahead next Monday 23 March, unless the school has been closed by the Department of Education (DET).

Families who may have chosen to keep their students home for purposes of risk minimisation, are welcome to bring their year 7 student in from 9.15am to received the vaccination.

Parents will be required to wait in the general office area while the student receives the immunisation. This process will be expected to take anywhere between 15 – 30 minutes.

Middle Years Campus Report

LIBRARY MONITORS 2020



A warm welcome to our new Library Monitors team for 2020. I am very excited that over 20 of our students signed up to the program with a good representation from Year 7, 8 and 9. An Expression of Interest sheet was circulated for two weeks where students registered and put their preferred day to work in the library.

They all happily agreed to work in groups two or three and chose their partners, and then assigned to undertake their duties. During this program it will allow students to recognize the value of working in teams, make new friends and engage in learning new skills including their IT skills as they learn to use the library database. They will also develop leadership skills, communication skills by coordinating with their fellow peers and teachers.

We look forward to a great year with our Library Monitors for 2020.

Stella Lambrou

Middle Years Campus Librarian



Middle Years Campus Report

YEAR 7 CAMP - MT EVELYN

"This term the Year 7 students ventured off on a 3 day adventure to Mount Evelyn Recreation Camp. Whilst on the bus on the way to camp, everyone's emotions were roaring with anticipation and excitement. Everyone was really excited and couldn't wait to get there, even though it was forecasted to rain the whole time we were there.

On arrival, we were greeted by the camp's friendly and supportive staff members. They explained how the camp was going to run and what activities we will have everyday. By then, everyone was buzzing with excitement. After unpacking our bags we jumped straight into all the activities the camp had on offer. The activities were amazing! The best part was building friendships with everyone, while we worked on the activities.

Even though it rained lightly the whole time we were at camp, we didn't let it dampen our spirits. Some of the activities we did there included archery, the high ropes course, the crate stack challenge, the giant swing, plus much more. There was even a pool for swimming! Some of us jumped straight into the pool and the water was freezing! So we didn't stay in the pool long, and had a nice warm shower after.

Oh, and did I mention the food! The food here at Mount Evelyn Recreation Camp was amazing! The camp catered for everyone's special dietary needs and served 5 meals a day! Breakfast, morning tea, lunch, afternoon tea, dinner and dessert.

We all had so much fun at camp, but the only problem was that we were all having so much fun the time just flew by! It was a really great experience for everyone, and it was awesome making so many new friends and getting to know everyone."

By Zachary M, Year 7 Captain





Richard Dungey
Senior Campus Principal

Senior Campus Principal Report

Although the country, and the world, are trying to work out how best to cope with, or slow down the spread of the coronavirus, we need to try to make sure that learning continues as normal as possible. **The best way to do this is to attend school as much as possible.** Currently there are no confirmed cases of COVID19 AT Mill Park Secondary College and measures have been put into place to reduce potential exposure. If students do decide to work from home, or if the government decides to close the school for a period of time, work is being provided via google classrooms or the maths pathways program for Year 10.

In this situation, it is essential that students have access to a computer with internet. Some suggestions for students include;

- Maintain normal school routines. Using your timetable as a guide, complete work for each of your subjects at the same time you would normally have them.
- Set up your home work environment properly. It is best to be in a quiet area that can be left set up with a computer and your books for the day. Avoid distractions such as the TV and turn your phone off while working, just like school.
- Take time to have breaks. When you would normally have recess or lunch, get up and go for a short walk, get some food and drink and be ready to settle down when your next session would normally start.

SAC's cannot be done remotely, however teachers will be adjusting their SAC's in the event of any school closure.

YEAR 12 JACKETS AND RUGBY JUMPERS

The first round of orders for school jackets came in last week. They look great and students are now proudly wearing them.



A reminder that it is an expectation that all students are in full uniform every day. As the weather is starting to get colder, students can wear a white skivvy underneath their school jackets/jumpers to keep warm. Hoodies are not acceptable. If you need assistance with uniform, please contact the wellbeing co-ordinator at the school.

CREATING A STUDY TIMETABLE

To maintain a good work ethic, whether working from home or at school, an important practice is to create a study timetable. To do this, start by making up an excel sheet (example as below) with the days across the top and the hours down the side.

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
7am							
8am							
9am							
10am							
11am							
12noon							
1pm							

Fill in when you have your classes, when you have sport and when you have work commitments.

Then also schedule in time for hobbies, a favourite TV program or other activities. Once this is done, you can then schedule in other times when you plan to do school work. This needs to be flexible as you might have a special event that will change your schedule, but the more you stick to your routine, the easier it is to keep up to date.

Senior Campus Report

MELBOURNE YOUTH LEADERSHIP CONFERENCE 2020

An inspiring, engaging and educational conference attended by the College Captains from Senior Campus and Middle Years Campus. They embraced the opportunity to network with 70 other student leaders from country and city schools. They were impressed by the speakers that presented their leadership stories to the conference and will now endeavour to share their knowledge and experiences of the day, with students through their leadership roles during Term 2.

Well done to all, you were excellent ambassadors to Mill Park Secondary College.



FUTURE THINKERS PROGRAM

On Friday 13 March a group of 18 Year 10 students from the SEAL program attended the Future Thinkers program at Accenture, where they learned about the design process, and utilised the process to come up with possible solutions to the hypothetical challenges faced by a school. The students demonstrated the College values at all times, behaving like young industry professionals.



SENIOR SPORTS REPORT

Bubble Soccer was an incursion that the Year 10 Physical Education students were a part of this term. This is relevant to their current topics as they are learning about biomechanics and Newtons Law. As they had learnt about this for the past few weeks it was great to see them bring it to life in a practical setting.



Our Senior Boys Volleyball team at District Sports who came a close second.



Senior Campus Report

HARMONY WEEK 15 - 21 MARCH 2020

This week we celebrate Harmony Week from the 15th - 19th March 2020. It also includes the 21st March, which is the United Nations International Day for the Elimination of Racial Discrimination.

Harmony Week is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background. In these times of uncertainty within our world we all have a responsibility to come together as one.

Mill Park Secondary College has many students from diverse cultural backgrounds. Check out pictures from our Harmony Week display at our Senior Campus Library.



YEAR 12 OUTDOOR AND ENVIRONMENTAL STUDIES CAMP - WILSONS PROMONTORY

A big thank you to Mr Patterson for these amazing images from our Year 12 Outdoor and Environmental Studies camp at Wilsons Promontory earlier this term!



Career News

Friday 20 March



Dates to Diarise in Term 2

- **Victorian Careers Show** – 17 & 18 April 2020, Melbourne Showgrounds
- **VCE & Careers Expo** – 30 April to 3 May 2020, Caulfield Racecourse
- **Law Week** – 18 to 24 May 2020, various locations



Careers in the Army

The Army is more than just a dynamic place to work. You'll also love our unique culture of adventure, sports and friendships. There is a wide range of jobs in the army including aviation, logistics, trades, engineering and medical, to name but a few!

Below are some useful links students might like to browse to learn more.

About the Army	Defence Jobs - About the Army
Army Life	Defence Jobs - Army Life
Training & Education	Defence Jobs - Training & Education
How to Join the Army	Defence Jobs - How to Join the Army
Women in the Army	Defence Jobs - Women in the Army
Jobs in the Army	Defence Jobs - Jobs in the Army
All other FAQs	Defence Jobs - FAQs about the Army



Bond University College

Located within Bond University's classically designed campus on Queensland's Gold Coast, [Bond University College](#) is fully integrated with the University's educational structure and lifestyle. **Bond University College** provides pathways to further study, including English language programs, and also offers a range of diplomas which pathway to bachelor courses, and ATAR requirements are lower for diplomas than for bachelor degrees - [Bond University College Diplomas](#).

Successful completion of a Diploma guarantees students a place in the undergraduate degrees at Bond University, with a possible 80 credit points credited towards their new program of study.

As full members of the University community, Bond University College students enjoy access to Bond's libraries, IT resources and research facilities, as well as student support services, recreational facilities and accommodation.

Bachelor of Nutrition Science at ACU

Nutritionists help communicate nutrition science to the public and advise the community about food choices for healthy eating. Studies in nutrition therefore include the nutritive value of foods, the nutrients that bodies need at different stages of development, and the role that nutrients and diet play in health promotion and disease prevention. Nutrition links very closely with the national health priorities in Australia such as obesity, diabetes, cardiovascular disease much of which are preventable through healthy lifestyle.

ACU's 3-year **Bachelor of Nutrition Science** program focuses on general healthcare, chronic disease management, Indigenous health, and other emerging areas of need in the industry and is appealing to students interested in careers in nutrition including nutritionists in public and private industry, hospitals and public health sectors, e-health and tele-health, in nutrition communication, and in the food science and in the research and development sectors.

Importantly, the program provides the basis for postgraduate studies in dietetics. Dietitians treat disease through diet and therefore require further studies and clinical practice in health settings.

The VCE pre-requisites are: Units 3 and 4 – a study score of at least 30 in English (EAL) or 25 in any other English.

Find out more at [Bachelor of Nutrition Science](#)



News from Victoria University

Block Model

Usually students' study eight units a year, four each semester. Traditionally, the timetable is structured so a student has a mix of all four units each week.

VU is the first university in Australia offering the [Victoria University - Block Model](#). Each block focuses on one unit (subject) and is only four weeks long, with up to four days between blocks to relax and prepare for the next. In other words, with the **Block Model**, students get to study one subject every four weeks, with a few days in-between each block. So, students' study and complete a unit at a time. By immersing oneself in one unit before moving on to the next is regarded as a more focused approach to learning and assessment, particularly for first-year university student.

Studying the Bachelor of Community Development at VU

The courage and leadership shown by communities responding to the devastating Australian bushfires have inspired people across the globe. Many young people are thinking about how they can help others and use their voice to advocate for change, now and in the future.

The [Bachelor of Community Development](#) prepares students with the knowledge and skills they need for a worthwhile career building strong, sustainable communities in Australia and around the world. Part of the course required students to undertake [fieldwork placements](#) in second and third year in NGOs, community groups, local government or as part of community campaigns. They also have the opportunity to go overseas to countries including Timor Leste and Kenya. This combination of knowledge and practical experience is geared at preparing students to be job-ready for a rewarding, exciting, and fulfilling career.

Sport and Learning Precinct

Victoria University is ranked No. 12 in the world for Sport Science. Its \$68 million high-technology **Sports and Learning Precinct** at the Footscray Park Campus supports VU students and researchers with 29 labs that are fitted with the latest technology and equipment. The laboratory facilities investigate *exercise physiology, biomechanics and motor learning and skills performance*. These facilities are used by students studying courses such as the [Bachelor of Exercise Science \(Sports Practice\)](#) and [Bachelor of Sport Science](#).

The [Institute for Health & Sport \(IHES\)](#) provides the platform for VU's world-class research into topics such as sport and exercise science, active living and public health and sport in society. IHES's facility is used by students, researchers & professional sports teams.



Bachelor of Space Science at RMIT University

Do you want to be part of Space 2.0? Have you thought about human spaceflight, space tourism and even missions to Mars?

The Bachelor of Space Science at RMIT University allows students to prepare for an exciting career in the growing space industry. In addition to space science and physics, students will study complementary courses in *satellite remote sensing, mathematics, IT and data analytics, signal and systems engineering* as well as *spaceflight systems design*. During their studies, students will have the opportunity to undertake a 12-week industry placement so they can immerse themselves in the world of space. These placements are run through Boeing, Geoplex and Nova Systems.

Find out more at [Bachelor of Space Science at RMIT University](#)



Environment & Sustainability at Swinburne University

Preserving the earth begins with an understanding of the current landscape.

The environment and sustainability courses offered at Swinburne are an exploration into what it means to champion and sustain the earth for future generations. Courses are designed to provide foundational knowledge and practical skills through an emphasis on *conservation, land management, horticulture, renewable energy* and more. *An environment and sustainability course could lead to a future in floristry, horticulture, retail, writing, and beyond.*

Swinburne offers courses in -

[Conservation and Land Management](#)
[Environmental Science](#)
[Environmental Sustainability](#)
[Horticulture and Landscape](#)

Visit [Environment & Sustainability](#) to find out more.



**RICHMOND INSTITUTE
OF SPORTS LEADERSHIP**

WITH SWINBURNE UNIVERSITY
OF TECHNOLOGY

MELBOURNE CAMPUS

OPEN DAYS

Students and families are invited to join us to learn more about the Richmond Institute of Sports Leadership.

Dates for 2020

Tuesday, March 31, 2.30pm

Wednesday, April 22, 6.30pm

Monday, May 11, 6.30pm

Session Duration

90minutes

Location

Richmond Football Club,
Swinburne Centre, Punt Road Oval

Please register your interest at
richmondinstitute.com.au/register-interest



RTO 3059



BASELINE PRESENTS

Creative Youth @ Mill Park Library

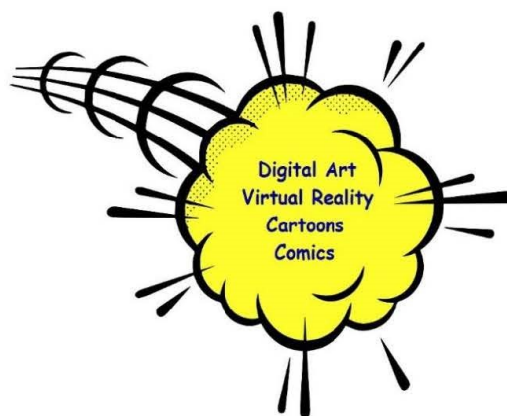
A social art group for young artists



Baseline



Manga • Pop Art • Craft



When: Every Wednesday from 12 February – 25 March 2020

Time: 4pm – 6pm

Where: Mill Park Library, 394 Plenty Road, Mill Park

Age: 12 – 18 years

Cost: Free

Contact: Baseline for Young People on 9404 8800 or
email: baseline@whittlesea.vic.gov.au

All activities are supervised by Council's Youth Services staff



www.whittleseayouth.com
e. baseline@whittlesea.vic.gov.au
p. 9404 8800

