



College Principal Report

REMEMBRANCE DAY

Remembrance Day in Australia is dedicated to Australians who died as a result of war, particularly from World War I onwards. A minute of silence is dedicated to the deceased, especially for soldiers who died fighting to protect the nation.

On Wednesday 11 November, the 102nd anniversary of Remembrance Day at 11.11am, a minute's silence was observed to remember those who have died or suffered in wars and conflicts on both Middle and Senior Campus.

At Middle Years Campus, year 9 Campus Captains, Daniel P and Junia A, delivered an eloquent Remembrance Day reading and poem over the loudspeaker.

Well done students

11 NOVEMBER
REMEMBRANCE DAY

Lest we forget



Save the date!
More details to follow.

Mill Park Secondary College
create your future

Virtual Arts Festival

1- 4 December 2020

Art & Design EXHIBITION

Song & Dance CONCERT

Visual Arts/Design: VCE Studio Arts, Visual Communication Design, VCE Media, VET Fashion/ Design Technology
Yr 7 - 10 Visual Arts & Design

Performing Arts: VCE Music Performance - Solo and Group Performances, VET Music Industry, VCE & VET Dance Solo and Group Performances.
Yr 7 - 10 Music and Dance performances



Principal Team Report

YOUR CHILD'S WELLBEING

There is no silver bullet to caring for and growing your own and your children's wellbeing. Just like the dashboard in your car, no single gauge tells you how well your car is running, but rather it is a combination of all of the important information you possess. The gold standard model for wellbeing is PERMAH, and your own and your children's wellbeing relies on a combination of all of them. A shortfall in one adversely affects the others, and in these current uncertain times, this could easily occur should we all not be vigilant. As James Baldwin said, "Children have never been very good at listening to their elders, but they have never failed to imitate them." Let's have a look at simple things you can do as a family to ensure each of the elements of PERMAH are healthy.

P – Positive Emotions + Gratitude: it is the frequency of positive emotions, not their intensity, which has the greatest influence on growing your own and your children's wellbeing. For everyone, social connection is the best way to achieve this. To self-generate positive emotions, try these things: exercise first thing every morning, text a friend who is struggling, aim to do three kind acts every day and Facetime grandparents.

E – Engagement + Mindfulness: your own negative mind chatter, which causes you to experience fight or flight responses will probably be the biggest thing for you to control and overcome. Remember your children are likely to imitate you. To focus yourself try: create positive I can and I will self-talk statement to combat the negatives, colour in for ten minutes and breathe deeply and slowly.

R – Relationships + Empathy: other people are the best antidotes for life's ups and downs. Use Zoom, Skype and Google Hangout for you and your children to see happy and smiling faces, break out Uno, Scrabble and other fun games to generate laughter, have fun cooking up hot cross buns, and do Wellbeing Fitness Challenges together.

M – Meaning + Purpose: in these times, feelings of vulnerability are perfectly normal for both you and your children. To relieve these feelings, having a strong sense of purpose to focus on something bigger than yourselves to devote your energies to, will assist. As a family, make cards to drop in the letterboxes of elderly people in your street, make fun family videos, and as a family follow and learn about a caring charity.

A – Accomplishment + Optimism: to cultivate feelings of optimism in your family that together you can influence your own futures, set a goal at home every day. Try starting a vegetable garden with your children, paint a room or piece of furniture, do one extra sit up or push up, encourage your children to complete one thing at a time from their teachers or an online wellbeing activity.

H – Health + Strengths: to keep your own and your children's immune systems strong, focus on the big five – healthy fresh eating, one hour's exercise, at least 8 hours sleep, drinking plenty of water and looking on the bright side of life. An uplifting family activity is to identify your top character strengths by doing the free online Strengths Survey at www.viacharacter.org. Everyone puts their strengths on the fridge and tries spotting them.

Acknowledgement: Mick Walsh. Should you have any queries, or would like further support, please contact Mick via the websites www.learningcurve.com.au for principals and teachers, and www.learningcurveathome.com for parents.

IMPORTANT DATES:

Year 10 Immunisations

Thursday 19 November

Year 9 Exams

Monday 30 November

MYC Testing Day

Tuesday 1 December

- 8:40am – 10:38am (Session 1 and 2): Year 8s
- 10:38am – 12:43pm (Session 3 and 4): Year 9s
- 1:00pm – 3:05pm (Session 5 and 6): Year 7s

Year 8 & 9 Awards-

Friday 4 December

Year 7 Awards

Monday 7 December

Year 6 Orientation Day

Tuesday 8 December

Year 10 Step Up

Tuesday 8 - Thursday 10 December

Last Day of Term 4

Friday 18 December



Trish Horner
College Principal



Karen Eastlake
Middle Years
Campus Principal



Principal Team Report

Return to School Based Learning

It's been great to see all of the students back at school after an extended amount of time on remote learning. Although many students improved their skills in independent learning, resilience and a number of other character strengths, you can't replace the face to face contact for communicating effectively. For this reason, it is essential that all students attend school as much as possible for the rest of the year and only miss school if unwell.

It is also important that students arrive to school on-time to maximise their learning opportunities (classes start at 8:55am) and wear the school uniform to be seen as part of the Mill Park Secondary College community. Year 11 students are currently ordering their year 12 jackets for next year so hopefully they will be ready for the start of the school year.

Year 12 Celebration Day

After a very challenging year for Year 12 students, they were able to have some fun on their last day of school. The day consisted of a breakfast supplied by the canteen, student awards and videos and a costume parade at recess time. In the tradition of MPSC, there were some amazing costumes. Thanks to the many staff and students that made this day possible. On the next is a just a few examples.

Year 12 students have now settled into exams which will continue for the next two weeks. Results will not be available until December 31st and we are not able to have an awards night this year due to COVID restrictions but we may be able to organise something early next year.

Exams

Exams are a very important way to assess students' knowledge at a certain point in time and are used extensively at year 12.

Year 12 VCE Exams

Year 12 exams are occurring at the moment and these results contribute to their overall ATAR score. These will finish on Tuesday 1st December. To perform best on exams, it is essential that students spend time studying and practicing exam type questions.

Year 11 VCE Exams

These begin on Monday 23rd November and run up to Tuesday 1st December. These exams are compulsory for all Year 11 VCE students. Students do not need to be at school on the days that they do not have an exam but are expected to be at home studying and preparing for the exams. If year 10 students have a Year 11 exam, they are expected to attend this instead of their normal class. If their year 11 class is no longer running, they are expected to go to the VCE study centre during those sessions.

Year 10 Exams

Due to the difficulties arising from COVID and remote learning this year, Year 10 students will only have exams for Maths and English. These will be on Wednesday 2nd December. Year 10 students will finish their classes on Friday 27th November and students will have Monday 30th and Tuesday 1st December to prepare for their exams at home. Year 10 students need to learn that effective preparing for exams is essential preparation for VCE.

Immunisations

Year 10 students will have their immunisations next Thursday 19th November. This has now resumed at school for those students that did not get their latest immunisations at health centres.

Student Awards

As we will not have an awards evening this year, Year 11 and Year 10 awards will be given out in classrooms at school. This will happen on their last day of classes. For Year 11 students that will be Friday 20th November and for Year 10 students it will be on Friday 27th November.

*Richard Dungey
Senior Campus
Principal*



Principal Team Report



College Report

2020 YEAR 12 CHINESE CLASS



A message from the Senior Campus Library:

Congratulations to our Year 12 Product Design and Technology students who have completed their practical work this term.

A park bench and shoe rack were completed by Rhys O(12M) and Jake A (12M) respectively. During first and second term the students worked on their accompanying written folios. The COVID 19 situation meant that there was limited time for the students to complete the practical work. We congratulate both Rhys and James on working so diligently to get their pieces completed.

They will be displayed in the Senior Campus Library for a short period.

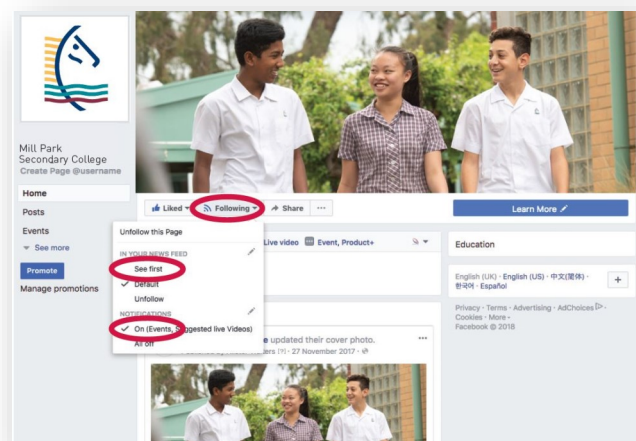


LIKE US at <https://www.facebook.com/millparksc/>

This screenshot shows you where to find SEE FIRST when you are liking the page.

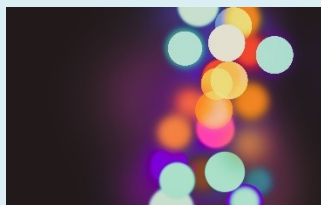
INSTRUCTIONS

1. 'Like' Mill Park Secondary College.
2. To the right of the 'Like' button you will see 'Following' with a drop down arrow.
3. Please select 'See First in Newsfeed' and 'Notifications On (Events)'.



Friday 13 November

Career News



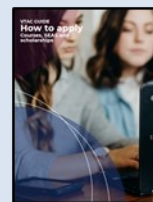
As this is the final edition of the Career News for 2020, I would like to take this opportunity to wish all students every success in their final exams and wish them and their families a wonderful summer holiday - filled with special times shared with friends and loved ones.

Stay safe and here is to a fabulous 2021



Dates to Diarise in Term 4

- Year 12 VTAC very late applications – 6 November to 4 December



Reminder: VTAC 2021 Upcoming Key Dates

VTAC Personal Statement	Friday 4 December 2020
ATARs Released	Wednesday 30 December 2020
Change of Preference (COP) closes	Monday 4 January 2021
January Round International Offers	Thursday 7 January 2021
January Round Domestic Offers	Thursday 14 January 2021
February Offer Rounds	Monday 1 February 2021 onwards

For a full list of cancelled, amended, and new courses, visit [VTAC Course Updates](#)

The VTAC website is www.vtac.edu.au

Tips for prospective Uni students:

Download the following useful *free* apps from iTunes and Google Play -



LOST ON CAMPUS: find every tutorial room, lab, lecture theatre, coffee shop, carpark, bus stop, even your nearest vending machines and free microwaves on campus - [lost on campus](#)



FAIR: an app designed by the University of Melbourne to walk you through a series of common scenarios that can lead to breaches of academic integrity, like plagiarism, with advice on what to do and why it matters - [UoM Fair](#)



iUSEpass - travel concession for international students:
[International Student Travel Concession](#)



Accessing 2020 VCE Results

VCE study scores, ATAR and VTAC Scaled Study Scores will be available to students via the Results and ATAR website and the Results and ATAR app on Wednesday 30 December 2020 at 7.00am. Students will receive a statement of VCE study scores from the VCAA, and those who applied for courses through VTAC this year and have paid their VTAC processing fees, will be sent an ATAR statement in the mail.

Students who wish to receive their results online, will need to register at <https://resultsandatar.vic.edu.au/results/applicants.htm> before results are released.

Registrations are already open, and students are encouraged to register soon.

Note: To register, students need their VCAA student number and will be requested to choose a secure password on registering.



Websites/Links

- ☞ **Skills Spiderweb** – different jobs need different skills. The Skills Spiderweb shows 12 skills common across many different jobs.
<https://public.tableau.com/profile/occupation.and.industry.analysis#!/vizhome/OccupationSkillsSpiderweb/OccupationSkillsSpiderChart>
- ☞ **Myfuture** – a career information & exploration service providing current career information, articles and links to many resources
www.myfuture.edu.au
- ☞ **Careers Online** – career research, resume help, job hunting tips, job links, etc. www.careersonline.com.au
- ☞ **Job Search Australia** – free online jobsite, searches can be made by region and state, occupational category, type of employment – casual, part-time, or full-time, and covers a range of occupations.
www.jobsearch.gov.au
- ☞ **Victorian Government Vacancies** – find out about government jobs and careers available at the Victorian Government of Australia.
www.careers.vic.gov.au



2021 VCE Summer School Programs

⇒ Access Education Summer School

Dates: Monday 11 January to Friday 15 January 2021
Venue: Interactive, Live-Streamed Online Lectures

Visit [Access Education Summer School](#) to find out more or to download a brochure for the 2021 program.

⇒ The School for Excellence Summer School

Dates: January 2021
Venue: Interactive, Live-Streamed Online Lectures

Visit [TSFX Summer School](#) to find out more about the 2021 program.



The Australian Defence Force Cyber Gap Program is for you if:

- **You are an Australian citizen**
- **You want to be a cyber-warrior or be on the front line in cyberspace**
- **You are studying cyber at University or TAFE in 2021**
- **You would like assistance, mentoring, Defence work experience and have your study course fees paid!**

At the end of your studies, there's no obligation to join us, although we certainly hope that you will. But if you chose not to join us, we'll even help you prepare for other jobs.

To find out more and Apply (closing deadline 10th Nov), go to: <https://dta.gov.au/cybergap>

Watch video on YouTube: <https://youtu.be/aLHRp4yXna8>



**Freelancer
UBER Driver
Work from home
Part-time employment**

Remember, employers are looking for:

Skills broader than your discipline

Skills more than content

Transferability of skills

Longevity of skills

Analytical skills

So, while at university, set yourself up be the kind of graduate employers are looking for

Don't assume that a certain qualification only leads to employment with certain companies

Don't second-guess where the jobs are

HOW? VALUE-ADD by doing Work Experience, Industry-based Learning, Overseas Exchange, taking 'breadth' subjects

ORDERS CLOSE
MONDAY 23RD
NOVEMBER

PLACE YOUR ORDER



REVERSIBLE VARSITY JACKET

\$110.00

ORDER NOW

JACKET MY SIZE:



RUGBY JERSEY

\$80.00

ORDER NOW

RUGBY TOP MY SIZE:

YEAR 12 JACKETS & RUGBY TOPS

HOW TO ORDER

<https://shop.reformclothing.com/join/yh7841>

ORDERS
CLOSE
MONDAY 23RD
NOVEMBER

1. TRY ON THE JACKET &/OR RUGBY TOP

- We have a sample of all the sizes for each of the jackets & rugby tops
- These will be kept in the STUDY CENTRE
- Please take care of these items as they must be returned to the supplier
- Make sure you WRITE DOWN the size that you prefer
- You can visit the study centre before school, after school, recess, lunch time or during your study sessions.
- One of the year level coordinators must be with you when trying on jackets/jerseys

ORDERS
CLOSE
MONDAY 23RD
NOVEMBER

2. ORDER YOUR ITEMS ONLINE

<https://shop.reformclothing.com/join/yh7841>

- You will need to create an account
- Follow the prompts
- Payment will be made directly to REFORM CLOTHING
- \$110 = JACKET
- \$80 = RUGBY TOP
- The school will not be collecting any orders or payments
- Check that you have selected the correct size
- Check that all spelling is correct
- The 'custom name' is CaSe SEnSitiVe → check that you have entered your name in the preferred case size

3. CUSTOM NAME — RULES!

- First name OR
- Last name OR
- First & last name (if it fits) OR
- A shortened version of your first name, eg: Sam for Samantha OR
- The translation of your first name, eg: Peter for Pietro
- There are 12 spaces for you to write your name – if this is not enough, please see Ms Aiello
- **NO NICKNAMES**
- **ALL NAMES WILL BE CHECKED BY THE YEAR LEVEL COORDINATORS TO MAKE SURE THEY ARE APPROPRIATE**

ORDERS
CLOSE
MONDAY 23RD
NOVEMBER

Who is at risk?

You are at risk of thunderstorm asthma if you:

- have asthma (or have had asthma in the past)
- have hay fever (allergy affecting the nose) during Spring.

If you feel short of breath, tight in the chest, wheeze or cough during pollen season – you might have undiagnosed asthma.



ASTHMA FIRST AID CAN SAVE SOMEONE'S LIFE.

DO NOT WAIT UNTIL ASTHMA IS SEVERE TO START FIRST AID.

If you think someone is having an asthma attack...

1	STEP 1 – Sit the person upright.
2	STEP 2 – Shake the blue/grey puffer, put 1 puff into a spacer, take 4 breaths from the spacer. Repeat this 4 times.
3	STEP 3 – Wait 4 minutes and repeat step 2 if the person does not feel better.
4	STEP 4 – If the person still does not feel better, call 000. Repeat step 2 every 4 minutes while you wait.

To receive this publication in an accessible format phone 1300 761 874, using the National Relay Service 13 36 77 if required, or email environmental.healthunit@dhhs.vic.gov.au

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WHAT IS THUNDERSTORM ASTHMA?



What is thunderstorm asthma?

Thunderstorm asthma is asthma that is triggered by a particular type of thunderstorm when there is high amounts of grass pollen in the air (typically between October and end December).

It can result in people wheezing, feeling short of breath, and tight in the chest with coughing.

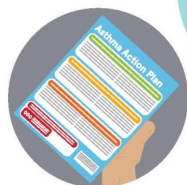
This can be sudden, serious, and even life threatening.

For more information visit www.betterhealth.vic.gov.au/thunderstormasthma

Get ready for grass pollen season

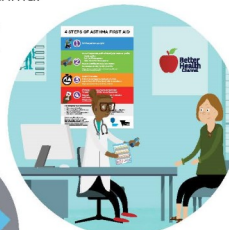
You can reduce the chance of being affected by thunderstorm asthma.

If you think you may have asthma or hay fever, talk to your doctor.



If you have asthma, see your doctor regularly. Update your asthma action plan, carry your reliever medication and treat any hay fever.

If you experience hay fever, see your doctor or pharmacist about the best treatment and your risk of thunderstorm asthma. Have reliever medication available.



Learn how and when to use your medications properly.

Learn asthma first aid and if you have an asthma action plan make sure you understand what to do if you get an asthma flare or attack.



Check the epidemic thunderstorm asthma forecast at <http://emergency.vic.gov.au/prepare/#thunderstorm-asthma-forecast>

Avoid thunderstorms in grass pollen season, especially the wind gusts before the storm. Stay inside and close doors and windows.



