



College Principal Report

CONGRATULATIONS – 2021 TOP CLASS PERFORMANCE

Congratulations to Martika-Carla Phemister who completed her VET Dance at Mill Park Secondary College in 2020. She has been selected to perform as part of the 2021 Top Class performance.

Martika was an external student to Mill Park, her home school is Northside Christian College. Martika will be performing her VET Contemporary solo at Top Class on the 18th March at the Melbourne Recital Centre. This is a great accomplishment.

The intention of her solo, is to reflect the emotions experienced by young women living in today's society, focusing mostly on distorted body image ideals.

This year's Year 12 VET class will be attending the performance and will be cheering her on in the morning show.

We are very proud of her achievement!



SCHOOL COUNCIL ELECTION UPDATE

We welcome parent, Lisa Davis, who has volunteered to fill a 2-year vacancy on school council. There is still a 1-year parent member term vacancy available.

We value parent input and a 1-year term is a great opportunity to trial if school council is right for you. If you are interested in joining school council or one of our standing committees (*Student Engagement & Wellbeing and Community; Education; Finance or Resources*), please contact Joanne Armarego on 9407 9700 or Joanne.Armarego@education.vic.gov.au

DON'T TELL YOUR CHILD THAT YOU WEREN'T GOOD AT MATHS.

Parents might feel intimidated by the thought of helping children with their maths homework, especially in the upper year levels. Never say, "It's okay, I've always been bad at maths, too". You would never say that about reading.

Maths is here to serve you, not to trip you up. It's here to make life easier, and a lot of that can start at home with parents showing that they're not intimidated by numbers.

Try to relate it to daily activities, whether it's calculating statistics at a sporting event or working out the cost of groceries.

Capitalise on those day-to-day things where maths comes up rather than drilling children on maths facts. That way you're really engaging them and letting them see how what they're learning matters in life.

College Principal Report

WHAT TO DO WHEN THINGS GO WRONG AT SCHOOL

1. We all want to spring to our children's defence when they are upset or life seems unfair.

Before taking any action, it's a good idea to sit down with them and let them tell you, without interruption, what has happened. Find out what has upset them. Ask them what they think would put things right. Children, like us, need the chance to unload to a sympathetic ear. Often children are prepared to fight their own battles and just want to vent. There's nothing worse than charging into the fray and discovering your child has got over it and moved on.

2. Help them think through what has happened.

Often, clearly thinking about events gets things into perspective or helps them see how they contributed to what happened. A good lesson for children is to learn which battles to choose. Life holds many irritations and we learn to take most of them in our stride. Erupting over minor incidents is no way to build sound relationships with classmates or teachers – or our own credibility.

3. After you have slept on it, if you are still worried, or your child asks you to, contact the class teacher.

The teacher may be worried too and will be able to suggest the next step. Or you will be able to get a clearer picture of, for example, class dynamics or reassurance that the incident was a minor one with no consequences for your child.

4. If you are still concerned, the door is always open to parents.

We really appreciate parents who let us know when there is a problem and want to work with us to find solutions. Year Level Coordinators, the Student Engagement Leaders and the Principal team can be contacted through either general office.

EVERY DAY COUNTS! TIPS FOR PARENTS

- Going to school every day is the single most important part of your teenager's education.
- Students learn new things at school every day – missing school puts them behind.
- There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes and their social connectedness.
- Talk positively about school and the importance of attending every day.
- Avoid making routine medical and dental appointments during the school day or planning family holidays during the term.
- Seek help from your school if you are concerned about your child's attendance and wellbeing. Schools want to work in partnership with parents to support student attendance and wellbeing.

REMINDERS

| | | |
|-------------------|---|--|
| Monday 8 March | – | Labour Day public holiday (<i>no school</i>) |
| Thursday 25 March | – | College Athletics Carnival |
| Thursday 1 April | – | Last day of Term 1 |



Trish Horner
College Principal





Campus Principal Report

COLLEGE ATHLETICS CARNIVAL

Student permission forms have been given to all Middle Years Campus students today. Our athletics carnival will take place on Thursday 25 March at Meadowglen Athletics track on McDonald's Road Epping. Students are to go directly to the athletics track and will be dismissed from there.

STUDENT LEADERSHIP

The Year 9 student leaders have stepped up to be the first group of students responsible for raising and lowering our flags on our newly installed flag poles for this year. A big thank you to Karthika, Brock, Esther and Rudraksha for their diligence every morning and afternoon.



THE DIFFERENCE BETWEEN SNITCHING AND TELLING

An issue that is becoming more common at the Middle Years Campus is students discouraging each other from telling an adult when something is wrong. We are working with our young people to help them understand the difference between snitching and reporting. Below is an excerpt from an article with some useful information for parents/carers to support the work being done here at school.

'4 ways to Nip Snitching in the Bud' - Frank Sileo, PhD

To Tell or Not to Tell

Snitching, or tattling, is telling on someone when the situation is safe and does not require an adult to be involved. **Telling, or reporting, is telling an adult when someone or something is being hurt or is in danger, or when someone is deliberately being destructive or hurtful.**

Children 'snitch' for many different reasons including seeking attention, jealousy or wanting to get someone in trouble, to show they know the rules, and others. They may snitch because they haven't yet developed the ability to think abstractly, so they interpret rules very rigidly. Young children also may have not yet developed effective interpersonal problem solving skills, leading them to involve adults unnecessarily.

Of course, there are times when children should always tell an adult that something is going on. Let your child know they can always ask you if they are unsure about a situation. Help your child learn to recognize the difference between dangerous situations, like bullying or someone or getting hurt, and frustrating or upsetting situations, like people being rude or selfish, by providing concrete examples.

Teaching your child the difference between snitching and reporting is an important starting point, but remember that children may snitch for a lot of different reasons.

Teach Problem-Solving Skills

Young children are learning the important skills needed to deal with conflict and problems. Stepping in to solve problems too quickly will teach your child that the only way to solve a problem is to go to an adult for help. Instead, teach your child to work through conflicts with others. For example, suggest they take a few deep breaths and think about a way to handle the situation on their own before tattling. Give them tools—like using words ("I don't like it when you don't share with me") or walking away to play with someone or something else in a difficult situation.

More on this evolving issue in the next newsletter.



Campus Principal Report

YEAR 7 CAMP

Over 150 Year 7 students attended camp this week at Mt Evelyn. Here are a few of the latest photos.





Campus Principal Report

HEALESVILLE SANCTUARY EXCURSION FOR INTERNATIONAL STUDENTS – by Ngoc (9H)

Last week we attended an excursion for international students who come from overseas and we had a chance to visit the native animals of Australia. We are all students from different countries, Judy comes from China, Minnie is from Thailand and I am Ngoc, from Vietnam. Ms Eastlake our Campus Principal and Ms Le our International Student coordinator were the two teachers who took us. They are very nice and friendly to take us there and accompany us. We had a great day and it is a good memory for me in particular and everyone in general.



The Healesville Sanctuary, officially known as the Sir Colin MacKenzie Sanctuary, is a zoo that protects Australia's native animals. It is located at Healesville in rural Victoria. Some of the animals we visited included the koalas, kangaroos, echidnas, dingoes, emus, tree kangaroo, reptiles and woodland birds. I am very happy to have had the chance to see these animals in my life, however one of them I really liked and was impressed by was the white cockatoo. It is a parrot with a crest on its head. Its keeper showed that the bird can learn and understand when we ask them to say "hi", "bye", laugh and dance. It is a smart bird and makes people feel happy.



During the excursion, we took a lot of photos and had more experience with wildlife. We should save all the animals in the world from extinction because animals have different roles for habit and survival. For example, birds help to balance nature and can sometime be called the 'ecological handyman', where they help things like reforestation and seed pollination to pest control and soil fertilization. Whether in a forest, on the farm or simply in the garden, these feathered friends play an important role in keeping nature in balance. As humans we need to help protect all Australian animals from danger.





Campus Principal Report

MIDDLE YEARS CAMPUS SCHOLARSHIP HOLDERS

Congratulations to the following students who were successful in the applications for scholarships this year. Each scholarship runs for 2 years.

YEAR 7



Shumaylah Haque
Leadership



Neva Joly
Academic



Meekaeel Rafiq
Sporting



Elle Filev-Nice
Community



Mustafa Khraim
Performing Arts

YEAR 8



Honey Lockwood
Leadership



Vinnie Yan
Academic



Zachary Melvaine
Sporting



Jacie Buckley
Community



Campus Principal Report

CLASS OF 2020 GRADUATION CEREMONY AWARD WINNERS

DUX OF THE COLLEGE

Class of
2020



Abdullah WARAICH



TOP ACADEMIC ACHIEVERS



Abdullah
WARAICH



Upnishadd
KSHARMA



Ruthvi DEVIR



Ishana
RUPASINGHE



Gurfateh MAHAL

YEAR 12 BRIAN WOOSTER 'GENUINE ENDEAVOUR' AWARDS

Brian Wooster was a College Council Vice President who served for several years. The College chose to recognise Brian Wooster's contribution to the entire school community by naming this award in his honour after his untimely death in 2003. This award is presented to one male and one female student who have contributed to the entire program offered by the College. This includes a commitment to academic studies as well as a significant involvement in the broader aspects of student life.



Helena
MACDONALD



Felix
WERNER



Campus Principal Report

'ART SPECTRUM' VISUAL ARTS AWARD

This award is presented to a Year 12 student who has made a significant contribution to the wider Visual Arts program. This includes: Studio Arts, Visual Communication Design & Media.



Jordan
THOMAS

LONG TAN LEADERSHIP AWARD

In 2006, the Australian Defence Force introduced an award designed to acknowledge the leadership and teamwork qualities of young people.



Veda
MILEVA

Eligible VCE Baccalaureate

| | |
|---------------------------|----------------------|
| Carolyn CHHOR | Gurfateh Singh MAHAL |
| Tharshika SRIKAMALANATHAN | Angela TRAJANOSKA |



Campus Principal Report

YEAR 12 ACADEMIC ACHIEVEMENT AWARDS RECIPIENTS

| | |
|----------------------------|---|
| Atha Zaidei HUSSAIN FARZAN | Accounting |
| Ruthvi DEVIR | Accounting, Biology, English |
| Hartajbir SINGH | Algorithmics |
| Stefan STEVANOVSKI | Algorithmics |
| Upnishadd KSHARMA | Further Mathematics, English Language |
| Rebecca ADRAIN | Business Management |
| Abdullah WARAICH | Chemistry, English, Physics, Specialist Mathematics |
| Tiarnah POLIMENI | Dance |
| Claudia ADDAMO | Drama |
| Mo YUAN | English EAL |
| Leesa KAVROULAKIS-JACKSON | Environmental Science |
| Helena MACDONALD | Economics |
| Victoria VELLA | Food Studies |
| Gurfateh Singh MAHAL | Further Mathematics |
| Shelby NANSCAWEN | Geography |
| Veda MILEVA | Health & Human Development, Philosophy & Physical Education |
| Jiaqi LOU | LOTE: Chinese First Language |
| Apryl CHRISTIDIS | Media |
| Kerry YANG | Music Performance |
| Dean DI FAZIO | Music Sound Production |
| Simone VRLJIC | Outdoor & Environmental Studies |
| Rhys O'Connor | Product Design and Technology |
| Alicia CALI | Studio Arts |
| Chelsea KIKLEVSKA | Studio Arts |
| Ethan GIBSON-BOOTH | Systems Engineering |
| Jordan THOMAS | Visual Communications Design |
| Nathan BEGG | VET Business |
| Angelica CARUANA | VET Community Services |
| Alisha HABIB | VET Laboratory Skills |
| Catherine CAKRA | VET Sport & Recreation |

College Report

VCAL Work Related Skills - Barista Training

As part of their Work Related skills, our VCAL students undertook their barista training course and completed their RSA. The training will assist the students in their barista program where they learn to run a small business being a 'café' with a professional set up in the VCAL centre.



College Report

Year 7 Humanities - Archaeology in the classroom!

All excavations have a story to tell. It is the job of the archaeologist to read that story. This week, as part of our unit on the ancient world, members of 7I became archaeologists and took part in an excavation in the classroom.

Archaeological excavation is digging, recording and telling the story of the people who lived in an area by examining physical remains such as tools, houses, art, food and structures. These objects reveal much about the people who possessed them.

In class, students carefully unearthed artefacts and recorded their locations and positions in order to create a hypothesis about the life and lifestyles of the people who left them.

Will the next Indiana Jones be from Mill Park?

Liam McNaughton
Humanities Leading Teacher

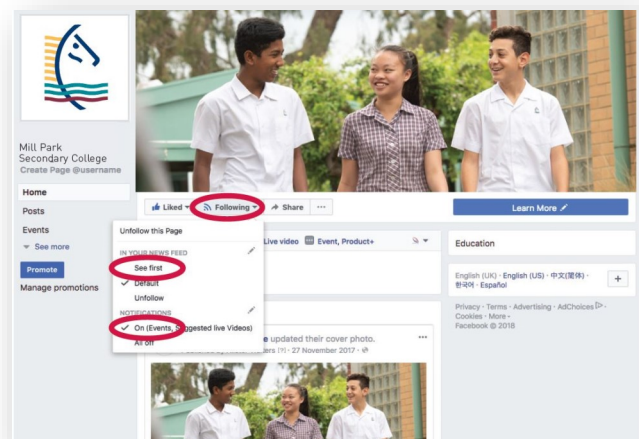


LIKE US at <https://www.facebook.com/millparksc/>

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)'.



How can the Career Centre help me?

| | |
|--------------------------------------|-------------------------------------|
| Apprenticeships Information | Résumé Writing Skills |
| Cadetships & Traineeships | Scholarship Opportunities |
| Career Expos | Subject Selection Counselling |
| Careers Testing | TAFE Courses & Programs |
| Interview Skills | University/TAFE Application Process |
| Open Days | University Courses & Programs |
| Overseas Exchange Programs | University Extension Studies |
| Part-time & Casual Job Opportunities | VTAC Process |

The Careers Centre is located in room 12A – right next to the Canteen. Drop in and see us before school, at recess, lunchtime or afterschool and we can make an appointment!

Interested in IT?

Monash University - Find your Fit in IT – Quick Quiz

From AI to cybersecurity, IT is a wonderfully diverse field. Students interested in technology, but not sure which path is right for them, can take a *short, fun quiz* to find out!

Visit [Find My FIT Quiz](#).

Want to know more about Engineering?



Engineering Heroes Podcasts

Engineers Australia has now officially taken the helm of the Engineering Heroes podcast series. Students keen on a career in engineering may find these podcasts about the engineering challenges in today's society of interest. Engineers discuss their work life and the issues they are dealing with.

There are various categories of podcasts including *aerospace*, *building services*, and *computer systems*.

Visit [Engineering Heroes](#) and sign up for regular updates.

Career Targets

Know what subjects you like, but have no idea what Careers they can lead to?

Careers targets are a great first step into your career exploration journey. Just click on a subject you love and you will be presented with the Career Target which offers a myriad of job options for your chosen subject. You can click on each job link to get detailed information about what the job is, what study you need to complete and even predicted salary you can earn. Find a full list of careers targets on the [Mill Park Secondary College Careers website](#).



Did you want to study Medicine or Dentistry? UCAT is now open

University Clinical Aptitude Test (UCAT)

Universities requiring the UCAT are listed at this link - [Universities requiring the UCAT](#).

Bookings are now open and close **17 May 2021**. The testing dates will be from **1 July 2021** to **11 August 2021**.

Students who are preparing for entry into any of these courses are encouraged to familiarise themselves with the **format of the test** at [UCAT Test Format](#) and the **practice tests and preparation material** provided at [UCAT Preparation](#).
Find out more at [UCAT](#).

Want More Career Information?

Check out our [Careers Website](#) which provides extensive resources for students and parents.





Tuning in to Teens

Emotionally Intelligent Parenting

A free six-session online parenting program for parents of adolescents

Would you like to learn how to:

- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Feedback from previous participants:

- "This program was complete and helpful"
- "I understand my teen's emotions better"
- "Overall our house is calmer and there are less explosive emotions"
- "My teen and I are talking more and arguing less!"
- "I feel happier as a parent"

Tuning in to Teens shows you how to help your teen develop *emotional intelligence*. Adolescents with higher emotional intelligence:

- are more resilient - this means change and stress are easier to deal with
- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success - Emotional intelligence may be a better predictor of academic and career success than IQ!

Evidence shows that the earlier the intervention the greater the impact - it's never too early or too late to learn how to better connect with your teen and teach them important life skills!

Where: Online via Zoom

When: Tuesdays 10am – 12pm, from 23rd Feb to 30th March (six consecutive weeks)

Contact: Leah (9450 4728) or Candice (0417 047 426) from Family Services

BASELINE PRESENTS

Creative Youth at Mill Park Library

A social art group for young artists



Baseline



Artwork supplied by Kaitlyn, age 15

All art styles welcomed,
including:

- *Digital*
- *Anime*
- *Manga*
- *Superhero*

When: Wednesday's 10 March – 31 March 2021

Time: 4pm to 6pm

Age: Young people 10 - 17 years

Cost: Free

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

To register: <https://Baseline.as.me/T1CreativeArt> or contact Baseline
on 9404 8800 or email baseline@whittlesea.vic.gov.au

All activities are supervised by Council's Youth Services staff.



YARRA PLENTY
REGIONAL LIBRARY



Find us on
Facebook