

College Principal Report

SHOWCASE NIGHT / MEET THE PRINCIPAL *virtually*

The best part of our showcase on Monday evening was the students. They were helpful leading up to the event and most importantly talked to our visitors with such pride in their school. I had many compliments about how impressive the students were. As parents you have worked in partnership with us to support these amazing young people. Our students are our best advertisement for the College. The night was a sell out and so we are now running Zoom meetings for those who missed out.

I congratulate Renee Colbey and all the staff who contributed to a very successful showcase.

RECOVERING FROM THE EFFECTS OF THE PANDEMIC

Living with the Pandemic is taking its toll, and many children are finding it hard to cope. As in all parts of our lives, finding the right balance is always the best, if sometimes the most difficult, goal.

Sharing too much. When your child comes home from school with tales of mean girls, aggressive boys and insensitive teachers, remember that children feed off our emotions and can get more distressed when we're distressed. We need to try to keep our own anxiety in check while sympathising with theirs. We have to be the emotional rock: the person who understands and supports.

Advocating too hard. We all want to stand up for our children, but our eagerness to advocate can sometimes actually raise anxiety levels. If your child shares a school problem with you, your first instinct is often to march into the school and try to resolve it. This tells your children that you don't have faith in them to fix their own problems. Your first priority should be to help them find a solution they can implement without your help, every time.

Compensating for weaknesses. Most of us get our confidence not from compensating for weaknesses, but on playing to our strengths. Children can't always avoid their weak areas, but by focusing on strengths we build self-efficacy and confidence.

Overplaying strengths. Positive affirmation can easily turn to pressure. Compliment children when they excel, but don't make their excellence a reason to expect even more from them.

Having great values. Sometimes children make poor choices, and the thought of family finding out can seem like a fate worse than death. Let your children know that while values are important, you understand the realities and temptations they face. Don't create a culture where your children are too anxious to come to you and admit they messed up.

Hiding your troubles. If we're struggling financially or fighting with our spouse, we think our children are better off not knowing. But they suspect and if they don't know the whole story, they can blow it out of all proportion. Should we pile our own troubles on our child's shoulders? No, but it doesn't hurt to be honest about what our concerns are and, more importantly, what we're doing about it. By sharing what makes us anxious and how we deal with it, we're modelling practical ways to resolve anxiety.

As I indicated in the last newsletter when things go wrong at school contact us so we can work in partnership to improve.

SCHOOL COUNCIL

There is a 1-year parent member casual 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

REMINDER OF EXPECTATIONS

All students are expected:

- to be on time
- to be in complete school uniform
- to keep their phones in their lockers during the school day
- bring their own device
- be ready to learn

REMINDERS

Thursday 25 March – College Athletics Carnival
Thursday 1 April – Last day of Term 1



Trish Horner
College Principal





Campus Principal Report

FOCUS ON CHARACTER STRENGTHS

This year as part of our Student Engagement Model we are conducting a college-wide focus on **Character Strengths**.

Together we will be learning more about what defines us as individuals worthy of respect, love and appreciation, and how we can use those positive elements of who we are to improve our sense of well-being, our relationships, and even our school community.

Character is the part of our personality that other people tend to admire, respect and cherish. It is the sum total of those aspects of who we are as individuals that leads others to see us as a person with integrity, a person who contributes and a person who can be trusted.

We are excited about the work we will do this year around character strengths. Our aim is to highlight one of the 24 character strengths each fortnight.

So far this year we have looked at the strengths of Self-regulation, Love of Learning, Zest and Humour.

All students either will, or have in the past, completed the *VIA Character Strength Survey*. Any parents/carers who would also like to complete the adult version of this short survey are invited to click on the link below to take the survey and then download their own personal character strengths report. This will be a great way to connect with the learning your child/children are doing at school and help build their understanding of their own strengths.

<https://www.viacharacter.org/survey/account/register>



ATHLETICS CARNIVAL

A reminder to all families that our College Athletics Carnival will be held next week on Thursday 25 March. There will be no regular classes on this day and all students are required to make their own way to the Meadowglen Athletics Track on McDonalds Road Epping. Students are encouraged to wear house colours on the day, participate in as many events as they can and have a fun day. Students will be dismissed from the track between 2:30pm and 3:00pm. Parents and care givers are most welcome to attend on the day.





Campus Principal Report

I'm glad to report that school is finally almost back to a pre COVID normal in many aspects. Year 11 Outdoor Education students went on their first trip, a 3 day hike this week, SAC's are well underway for year 11 and 12's, and year 10 students are able to experience the full range of subjects while being on campus. We are still encouraging COVID safe practices and we are hopeful that we will be able to continue learning at school for the rest of the year.

YEAR 12 SAC'S

We are currently trialling having some of the larger year 12 SAC's on a Wednesday afternoon. This allows for subjects where there are multiple classes to have the students all sit the SAC at the same time and for some of the SAC's, under exam conditions in the gym.

This will also free up more class time for teacher instruction and learning. Some students who do a VET subject on a Wednesday afternoon will have to sit their SAC the following day but we are hopeful that this change will have a positive effect of student learning.



GOVERNOR OF VICTORIA 'VIRTUAL VISIT' TO YEAR 12 LEGAL STUDIES CLASS

The Governor of Victoria, Her Excellency the Honourable Linda Dessau QC and her husband Mr Anthony Howard AM QC, addressed the Year 12 Legal Studies class via a live zoom. Students got to find out the role of the Governor and also ask a number of questions including how she became the first female in her role. Thanks to Mrs Fraser for organising this and the Governor in Schools program.



COLLEGE ATHLETICS CARNIVAL

This year we plan to trial a whole College Athletics Carnival on Thursday 25th March. Student voice has been very strong that they want the opportunity to participate in whole college functions. This has not occurred for a number of years so we hope that all students take advantage of this opportunity and it can become a tradition that continues. Students should have handed in their signed permission form to the school already. Students are expected to arrive no later than 8:45am at the Meadowglen Athletics Track, 146 McDonalds Road Epping and the event is expected to finish between 2:30 and 3:00pm. Students are asked to wear their house colours;

- Eaglet – Yellow
- Redleap – Red
- Studley – Green
- Whernside – Blue

Year 12's are able to dress up in for the day but should match the colour of their outfit to their house colour.

EXPECTATIONS REGARDING ATTENDANCE

One of the biggest factors in achieving high academic outcomes is regular attendance at school. We expect all students to maintain an attendance rate of more than 90% and for students in VCE and VCAL, an attendance rate of less than 90% may result in the student not being eligible for their VCE/VCAL certificate. If a student is sick, we ask that they provide a medical certificate and this will then not affect their attendance rate.

Richard Dungey
Senior Campus Principal

BREAKFAST CLUB IS BACK!



**TEAM HERE EVERY
FRIDAY MORNING**

 WWW.NOBULLMOVEMENT.COM

 [@NOBULLMOVEMENT](https://www.instagram.com/NOBULLMOVEMENT)

"Our teams go into high schools all across Melbourne and engage with students before school. They provide a vibrant positive environment for students to build rapport with our mentors. The time our team spend with students is tailored to encourage the development of confidence, resilience, stronger social skills and general wellbeing in students."

Please join us every Friday for Breakfast Club from 8:00am outside Block 2 or in the VCAL Room.



College Report

Year 9 Boys and Girls Tennis

On a very warm and sunny Friday 12 March, a group of year 9 boys and girls participated in the Northern Division Tennis Competition at the Epping Tennis Courts. In a series of round robin games, MPSC students competed with Epping, Hazel Glen and Mernda Secondary Colleges.

The boys' team of Sami A (9G), Tim E (9A), Aadit J (9A), & Devdutt P (9A), fought the hard fight, had some successes, enjoyed the comradery, but struggled to meet the challenges the other schools served up to them.

On the other hand, congratulations to the girls' team of Kelly C (9A), Insiyah H (9A), Kiara W (9A) and Julianna Z (9G) who proved to be a formidable team in their successes, and consequent winning place in the Regionals in Term 2.



The whole day was made even more pleasurable by the very mature, respectful, and sportsmen/women like behaviour exhibited by all the students of the four competing schools.

Well done to all who contributed to a great day of tennis.

Debbie Prideaux

Persian New Year

Nowruz the Iranian New Year, also known as the Persian New Year, which is celebrated worldwide by various ethno-linguistic groups usually on or around March 21 on the Gregorian calendar.

Nowruz has Iranian and Zoroastrian origins; however, it has been celebrated by diverse communities for over 3,000 years in Western Asia, Central Asia, the Caucasus, the Black Sea Basin, the Balkans, and South Asia.

Nowruz is the day of the vernal equinox and marks the beginning of **spring** in the Northern Hemisphere. It marks the first day of the first month (Farvardin) of the Iranian calendars. The moment the Sun crosses the celestial equator and equalizes night and day is calculated exactly every year.

Nowruz has been celebrated since the reform of the Iranian Calendar in the 11th century CE to mark the new year. Persian culture is one of the richest ones in the world and has profoundly influenced other cultures, too. Iran is normally referred to as the cradles of civilization and its impact on different regions and traditions is still observable. One of the most beautiful customs which has been celebrated for over 3000 years now is Nowruz. Nowruz literally means "New Day" and is the start of the Iranian new year, celebrated on the very first day of spring, around 21 March.

Haft seen (Seven 'S')

What is the meaning behind the seven 'S'?

Each item in Haft-Seen symbolizes a concept in Persian culture.

Sabzeh is a symbol of rebirth and renewal of nature.
Samanu represents fertility and the sweetness of life.

Senjed is for love and affection.

Serkeh(vinegar) symbolizes patience and age.

Seeb(apple) is a symbol of health and beauty.

Seer(garlic) is for good health.

Somaq (crushed spice of berries) symbolizes the sunrise and the spice of life.

Mirror symbolizes the sky and self-reflection.

Goldfish and bowl of water represent movement and life.

When you think about all these items together, you can easily understand why it is an important part of the beginning of the Iranian new year. Each one of these elements symbolizes a lovely concept and bring us the newness of fresh life, just like the Earth which starts a new life by the arrival of spring.



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!

Upcoming Events

Campus Tours – April School Holidays

Monash University

If you're considering Monash University, join them on a scheduled tour - it's a great way to see and experience the Clayton campus.

Tour Dates:

Wednesday 7 April, 10am - 12pm

Friday 9 April, 10am - 12pm

Monday 12 April, 10am - 12pm

Friday 16 April, 10am - 12pm

[Click here](#) for more information and to register!

Deakin University

Melbourne Burwood Campus

9.00am, 10.30am, 12.00pm, 1.30pm, 3.00pm, 4.30pm

Thursday 8 April

Tuesday 13 April

[Click here](#) for more information and to register!

University Clinical Aptitude Test (UCAT)

If you want to apply for Medicine (and some Dentistry courses) 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](#).



Early Leaders Program at Swinburne – Year 11 Students

The Early Leaders Program (ELP) provides secondary students with the opportunity to be recognised for extra-curricular activities, making themselves attractive candidates for future employers. The ELP is open to all students who are undertaking Year 11 in 2021.

Completion of the Early Leaders Program can be a great achievement to include in applications for employment and further study. Undertaking it also provides a range of valuable benefits to students. Students can:

- Develop life skills
- Grow your confidence
- Increase your employability
- Gain recognition for achievements from a leading university
- Get out of your comfort zone and try something new

In addition to the above benefits, students who successfully complete the Early Leaders Program will be awarded credit towards the Swinburne Emerging Leaders Program, a program for enrolled Swinburne students only. Applications for 2021 are now open. Students keen on finding out more, or applying, should visit Early Leaders Program (ELP).

Want More Career Information?

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

