

MANSFIELD SECONDARY COLLEGE

NEWSLETTER



Issue 15 - 12 October 2022

From The Principal:



Dear Parents,

Welcome back to Term 4. This term is characterised by transitions. We acknowledge and celebrate the achievements of our school leavers at one end of the journey and welcome our new contingent of Year 7 students for transition experiences at the other.

Information Nights:

The Year 7 2023 Information Night was held this week, with key themes around growth and support. If you were unable to attend and require further information, then please reach out to the team at the Front Office or Courtney O'Loughlan, Junior School Coordinator. Enrolment and Information packs are available at the Primary Schools or at the Front Office. The enrolment forms need to be returned by Friday 28th October please.

Year 8 and 9 students also have significant information sessions related to 2023 subject selections for electives. We are very excited to be offering a range of new electives - with our growth as a school comes increased opportunities for student learning. I encourage you to review the Curriculum Handbooks and discuss the subjects with your child. If you have questions, please reach out to Nigel Kain, Curriculum Coordinator. The information session associated with subject selections is at 6:30pm tonight online.

History Excursion:

This week I was privileged to attend the Year 9 Humanities excursion to Melbourne. The program had curriculum links through World War 1 (at the Shrine of Remembrance) and patterns of immigration (at the Immigration Museum). It was great to spend the day with our young people and to share their learning in this way.

Final days for Year 12 students:

This year we have had two senior secondary certificates on offer - the Victorian Certificate of Applied Learning (VCAL) and the Victorian Certificate of Education (VCE).

VCAL is geared towards students heading straight to industry and/or TAFE education. It provides an opportunity to learn about work-related and job-ready skills. Our VCAL students are working hard to attain their competencies for each unit studied and, as they complete these, they are able to leave school and commence the next step in their journey.

VCE is geared primarily towards students wanting to attend university. Most students undertaking VCE complete examinations and attain an Australian Tertiary Entrance Rank (ATAR). Some of our students have already obtained early entry offers into Universities including; the Australian National University, Melbourne University and Swinburne University.

This early offer does reduce the pressure on them, which helps in the lead-up to exams. VCE students have their last day on Tuesday 18th of October, with the first exam for English scheduled for Wednesday 26th October. We wish students all the best in their preparation!

Did you know? We have several staff involved in marking VCE exams. Significantly, the proportion of staff who do so at our school is higher than most - this year we have three exam markers on staff, but there is a team of us who have all marked exams in various years. Whilst it is a big commitment for our staff, it means that they are best placed to support our students with exact information about what examiners are looking for.

Student Anxiety:

With the examination period commencing, I have included on the following page, two references that parents might like to investigate in order to support their young people. All the best to parents as well as students - it is a difficult period for everyone concerned in the educational partnership.

Kind regards

Timothy Hall

Calendar



Week 3

Monday 17th October to Tuesday 18th October - OES Bluff Bush Walk
Tuesday 18th October - Year 12 Farewell & Celebration Day
Wednesday 19th October - Year 7 Cheviot Tunnel Trip
Wednesday 19th October - SWOTVAC Begins
Wednesday 19th to Friday 21st October - Philosophy Camp
Friday 21st October - Hume Region Intermediate Boys Basketball

Week 4

Monday 24th October - Hume Region Girls Basketball
Monday 24th to Friday 28th October - Year 8 Rubicon Camp

Week 5

Monday 31st October - Curriculum Day/No classes running
Tuesday 1st November - Melbourne Cup Day Public Holiday

End of Term Dates to Note

Year 12s Graduation Evening - Friday 18th November
Year 11s & Year 10s last day of classes - Friday 2nd December
Year 9s last day of classes - Friday 9th December
Years 8s last day of classes - Friday 16th December
AVC Arapiles Camp - Monday 12th to Friday 16th December
Surf Camp - Monday 12th to Thursday 15th December
Year 7 Howqua Camp - Wednesday 14th to Friday 16th December
Year 7s last day of classes - Friday 16th December
Curriculum Day - Monday 19th December
Last Day of Term - Tuesday 20th December

2023 Start of Term 1 Dates to Note

First Day of Term 1 - No classes/Curriculum Day
Monday 30 January - First day at school for Year 7s
Monday 30 January - First day for Year 12s (Retreat Day at The Sebel)
Tuesday 31 January - First day for Year 8, 9, 10 & 11s



Additional Support

Reachout:

Preparing for exams can be stressful – and not just for your teenager, but for every member of the family. To help create a positive environment, there are practical ways you can help your teenager feel ready for their exams – and minimise the tension in your household.

1. Focus On The Basics
2. Create Study Goals - and Prioritise
3. Identify Exam Stress Early
4. Communicate
5. Look After Yourself - And Be Positive (And Resilient)

<https://parents.au.reachout.com/common-concerns/everyday-issues/5-ways-parents-can-help-teenagers-study-for-exams>

Parenting Ideas:

Mental health tips for teenagers

By Dr Jodi Richardson

Tips for parents to promote flourishing mental health habits in young people.

For the first time in 15 years, thousands of Australian teenagers named mental health as one of the top three national issues in the 2016 Mission Australia Youth Survey. Personally, they're concerned about coping with stress, school, body image and depression.

First and foremost, we want to help protect our young people from mental illness, but we also want to know that they can recognise when they need help, and ask for it.

If we can equip our young people with the knowledge and skills to protect their own mental health, in doing so, they're better prepared to support friends who turn to them for help too.

The following tips help promote flourishing mental health in secondary school kids:

1. Help them find a sport or physical activity they love

Physical activity is essential for flourishing mental health. Young people who play sport are more fulfilled and feel healthier and happier about life. The key is helping them to find an activity they love. Physical activity instantly improves mood and can even lift symptoms of depression. Secondary school kids need 60 minutes of moderate to vigorous activity every day but even 15-20 minutes will help improve their mood.

2. Make sure they get plenty of face time

Not FaceTime, face-to-face time! Positive in-person relationships promote psychological wellbeing and happiness. The research clearly shows that people with a variety of strong social relationships live longer, and are healthier and happier.

3. Work with your teen to set screen time limits

A recent National Stress and Wellbeing in Australia survey revealed over half of Aussie teens connect five or more times a day (heavy social media use) and 15 minutes before sleep every night. Work with your teen to set limits; consider no screens in bedrooms, tech-free zones in your home, limiting your own screen time and ensuring screen time doesn't encroach on time for physical activity, socialising and relaxation.

4. Teenagers need plenty of sleep

A challenge to get your teenager out of bed in the morning? You're not alone! Teens need around 9 to 10 hours of sleep yet most sleep only around 7 to 8 hours on average. The trouble is that the sleep hormone melatonin only begins to rise in their brains around 11pm and so they can't get to sleep until late.

These practices can help:

- Getting up at the same time each day
- Daily physical exercise, preferably outdoors
- Avoiding caffeine after 4pm
- No screens one hour before bed
- Winding down around 30 minutes before bed

5. Help your teenager develop mindfulness skills

In a nutshell, mindfulness is about paying attention in the present moment. Our teens' minds are constantly overstimulated. A regular mindfulness practice will help them to regulate their attention and emotions; and teaches them to create a lifelong practice of taking time out to become calm, relaxed and in the moment. I highly recommend the Smiling Mind app for mindfulness meditations.

<https://www.parentingideas.com.au/>



Students Choose New Houses

Following a year-long process at Mansfield Secondary College instigated and led by the School Captains, the student body voted to change the four existing house names of Bader, Churchill, Hillary and Landy to four Taungurung language names highlighting important locations around Mansfield as well as local flora and fauna.

The school will continue to value and celebrate the house names chosen by the school community in the early 1960s. An honour board will be created to commemorate the legacy of Bader, Churchill, Hillary and Landy.

The four new names are 'Delatite', 'Wimba' (Wallaby), 'Marrang' (Buller) and 'Biyal' (River Red Gum). Each one was chosen for its importance in the local landscape and to the Yowung-illam-balluk clan of the Taungurung who lived here for thousands of years.

Delatite (blue house)

The Yowung-illam-balluk clan relied heavily upon the river for its water, food and ability to transport them around their country. It was the overwhelming favourite river name amongst our students.

Wimba (yellow house)

Wimba is the Taungurung word for wallaby. Wallabies are involved in many dreamtime stories. Like many animals, the wallaby was a food source, and their pelts could be used for making various items for daily life.

Biyal (red house)

Biyal is the Taungurung word for the River Red Gum and is pronounced bee-yal. The wood from this tree was used by the Yowung-illam-balluk to make canoes, coolamons (bowls), shields and other utensils.

Marrang (green house)

Marrang is the Taungurung name for Mount Buller. It was a meeting place for the Taungurung people and other clans of the Kulin Nation. Corroborees and other events were held there.

The School Captains ran a consultative process with the current school community, beginning in November 2021 when a survey was conducted to ascertain whether students believed the existing names were relevant and if they had a desire to change the names; 80% of students voiced their support for change.

In early 2022, the school captains invited the four Year 10 students who attended the School for Student Leadership at Gnurad Gundidj during Term 4 2021 to join their team and assist in facilitating the name changes. The team ran a number of surveys at all year levels throughout the year; consistently the results centred upon changing the house names to move away from particular well-known people to the aboriginal names for places in the Mansfield landscape, flora and fauna.

Once the school community had chosen their preferred names, the School Captains consulted with the Taungurung Land and Waters Council to ensure cultural appropriateness, and sought final approval from the College Council.

At the final school assembly in Term 3, the Year 10s, Charlie Hall, Charlotte Kearney, Isobel O'Loughlan and Maia Virtanen presented the new house names to those assembled.

The new names will be implemented from the beginning of 2023. Charlie, Charlotte, Isobel and Maia will continue to work on the next stage of the house names project: to educate the school community about the background to each name; to work with an aboriginal artist to create new house banners; and to assign appropriate values for each house once the school community has completed its work in updating the school's values. We thank Charlie, Charlotte, Isobel and Maia for their assistance and wish them well for the completion of this important project.

Arabella Green and Lani MacMunn

School Captains 2022



Important Reminders

Insurance and Ambulance Cover: The College does not have any insurance for either of these items. It is strongly recommended that you cover your family for ambulance costs. Check with your Health Fund also to ascertain whether this includes ambulance cover (non-life-threatening). Please note that the College will call for an ambulance if deemed necessary and parents/guardians cannot be contacted.

Attendance: All government schools must maintain student attendance records. If a student is away from school, parents need to contact the school by phone or email or complete in Compass.

Bikes & Scooters: Students who ride to school need to put their bike or scooter in the bike shed. This is secured during the day.

Canteen Assistance: If you are available to help in the canteen from 11:30am - 1:30pm please contact Jane Kay.

School Lockers: Students must have a lock for their locker. These can be brought from home (spare keys left at the Front Office for safekeeping), or combination locks are available to buy from the Front Office for \$15.

Leaving the school grounds: Year 7-11 students who need to leave school grounds during the day **must meet a parent/guardian at the Front Office to be signed out.**

Arriving late to school: Students must come past and announce their arrival at the Front Office.

Lost Property: We highly recommended that all student items are labelled, including stationery, bags, clothing. All unnamed lost property is handed into the Front Office and held for one month only.

Messages for Students: Any urgent messages for students can be relayed through the Front Office - please call 5775 2022.

Mobile Phone Policy: If a student brings their mobile phone to MSC, it must be put in their locker from the first bell to last bell - no exceptions. Phones will be confiscated by teachers.

Sick Bay: Students not feeling well are to go to the Sick Bay, which is located next to the library. Parents will be contacted by the staff when required.

Change Of Details: Please advise the Front Office of change of address, contact details etc.

Uniform Shop: The MSC Uniform Shop is open every Wednesday at lunchtime (12:40pm - 1:10pm). Orders are placed via the MSC website <https://mansfieldsc.vic.edu.au/shop/>

PDS Students clean up Fords Creek



Sports Star

Congratulations to our Sports Star of the Month, Year 10 student Quinn Russell.

Quinn has been training and competing in gymnastics for over 8 years. She is a Level 6 gymnast. Level 10 is Olympic level. Recently Quinn added coaching to her repertoire.

Quinn's latest achievement was in the September school holidays. Quinn competed in a Gym Star event held at Eclipse Gymnastics in Ringwood. Unlike traditional gymnastics where apparatus is gender specific, in Gym Star athletes can select any five apparatus.

Quinn competed in Floor, Beam, Uneven Bars, Vault and Parallel bars. A huge congratulations to Quinn for bringing home a gold medal on beam!

Well done!



Southern Ranges & Hume Athletics

On Monday 4th October the MSC Athletics team headed off to Shepparton for the Southern Ranges meet and were greeted with sunny skies. The students got the ball rolling early with some great results in the track events.

At the Southern Ranges it's the first two who progress to the regional stage. Troy Baltas placed first in the 14yr 100m and Jamie Davis also picked up a first place in the 200m. Many other students such as Max Mahoney, Judah Kelleher, Tasia Ciarma, Hannah Allen, Alicia Rowe, Kevin Gannon, Trent Berry, Orlando Miller, Astin Browning, Estelle O'Neill and Matilda Stumpf all gained second places in their respective distances and the longer the races went, the better the students seemed to like it!

In the field events, Charli Carman, Tilly Thornton and Harper Russell picked up second place in their age level and Year 7 Ellie Konig placed second in the long jump. Harper also gained a second place in the High Jump. The relay teams had several first places and 13-16 Year old all progressed through.

On the way home there was an optimistic feeling, having picked up second place overall for the Southern Ranges schools, that at Regions on the Thursday there might be some promising results.

It was a tale of two days, as the weather closed in and the early start to the day and travelling to Albury knocked some of the excitement out of everybody. The drizzle continued and although Tilly managed a third in her discus and the 16 and 14 year girls getting a third in the relay only. Judah managed to move onto the state competition in a fortnight with a second in the 1500m and Trent Berry ran a solid 100m hurdle gaining second place.

There were some incredible athletes from across the bigger regional centres one boy running under 50 seconds for a 400m which is National standard! It was a land of giants and attitudes, and terrific for our students to see what is the next level they can aspire to if that's what they want to pursue.

A massive thank you to Chad Owen and Adam Storer and Patrick Kelleher for assisting with the discus event all day!

On the sport front for the rest of this term we'll have regional basketball coming up for the Year 7,8 and 9/10 girls October 24th, also the 9/10 boys 21st October. These take place at Shepparton Sports Stadium. We will also be selecting our new House Sports Captains on 4th November.





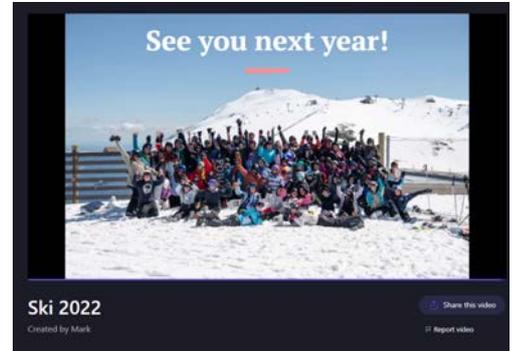
Year 8 Indonesian Videos

Alice Burton's Year 8 Indonesian students have recorded themselves reciting their learnings, click the image to view them on the schools youtube channel to view:



Snowsports Wrap Up

Mark O'Loughlan has put together a little video clip of some of the kids at Snowsports this year, check it out:



2023 Mt Buller Seasons Pass

Mt Buller are currently running their Early Bird Season Pass sale for 2023. This is the best price for Seasons Memberships.

Buller Ski Lifts have advised that they will again offer Local School Student Discounts for Season Passes next year, however they advise that the Early Bird pricing is always the best price.

Compass

We remind families that our main communication tool is **Compass**. If you are having any issues navigating your way through Compass (either the App or via a Web-browser), please contact the Front Office team for assistance.

We also encourage you to view these videos, which have been created by another school, but are still a great guide to show you the features of Compass and how to navigate your way through the program (note: some features may not be utilised by MSC yet).

New families for 2023 will be sent a welcome email early February 2023.

Click these links to view:
https://www.youtube.com/watch?v=bwZlYlqoBK0&feature=emb_imp_woyt

[Compass \(mobile app\) - Intro to the mobile app for Parents / Caregivers - YouTube](#)

https://www.youtube.com/watch?v=s4uiQxg_BOY

Canteen Roster

Thursday 13 October - Sue Dolling

Monday 17 October - Vickie van Der Hoeven

Tuesday 18 October - Sharon Bunce

Wednesday 19 October - Kate Stonnill

Thursday 20 October - Kylie Russell



15 View Street, Mansfield VIC 3722
 Phone: 03 5775 2022
 Email: mansfield.sc@education.vic.gov.au

<http://www.mansfieldsc.vic.edu.au>



<https://schools.compass.education/>



[Mansfield Secondary College](#)



2022 Year 12 Farewell & Celebration Day

We look forward to welcoming our Year 12's families to the College on Tuesday, 18th October, as we farewell them and celebrate the end of their schooling journey.

Assembly to commence 9am, followed by brick laying ceremony.

Details have been emailed to all.

Due Now

2023 Year 7 Enrolments

Submit your enrolment paperwork by Friday 28th October

Expressions of Interest Now Open

2023 Mt Buller Annex

Places are limited

AG CAREER START

LEARN. GROW. FARM.

THE GAP YEAR WITH A DIFFERENCE.

LEARN ALL ABOUT THE AgCAREERSTART 10-12 MONTH GAP YEAR PROGRAM AND HOW IT CAN SET YOU ON THE PATH TO A CAREER IN AGRICULTURE.

Scan the QR code to find out more.

APPLICATIONS CLOSE OCTOBER 18, 2022.



COMING TO VICTORIAN SCHOOLS IN 2022

1 in 5 Australian students assigned female at birth aged 16 to 18 miss school due to severe period pain.

The Periods, Pain and Endometriosis Program (PPEP Talk®) is an initiative of the Pelvic Pain Foundation of Australia (PPFA), funded by the Federal and State Governments.

A curriculum-linked health and wellbeing education program for all students in Year 10, PPEP Talk® is an Australian program presented in Secondary Schools across Government, Catholic and Independent sectors. The program offers the latest in modern knowledge and the new neuroscience of pain to Australian teens.

PPEP Talk® addresses the first priority of the National Action Plan for Endometriosis - education and awareness. It plays a critical role in informing and educating students to recognise and identify when symptoms are normal and abnormal, simple strategies for pain management and where to go for further help, allowing them to fulfil their potential.



The FREE program includes:

- A 1.5 hour positive, fun, educational and interactive program discussing period pain, pelvic pain and endometriosis.
- Tailored sessions for those assigned female at birth, special education and culturally diverse students. The program is inclusive of age, culture and gender and has been developed by medical and educational professionals.
- An opportunity for individual students to discuss their personal pain circumstances with a medically trained educator following the presentation.
- The provision of a book on Endometriosis and Pelvic Pain to each school for their library.
- Sustainable knowledge, including a guide to further resources, information and services for students and their families to use if pain is distressing.



To book your PPEP Talk®, contact us at:
ppeptalkvic@pelvicpain.org.au
 0451 372 807 (Sam) or 0432 167 691 (Marianne)



Radio Mansfield - we are your voice in the high country

Would you like to be on radio?

- Learn to be a presenter
- Get your own show!
- 22 October orientation day
- Register today!



More info!



Listener Survey

- Closes 31 October
- Great prizes
- We're listening!



Radio MANSFIELD 99.7 FM
 Tolmie 88.7FM Woods Point 90.1FM
radiomansfield.org.au

Mansfield Autism Statewide Services

KICK OFF THE HIGH COUNTRY FESTIVAL WITH:

Breakfast on the Lawn

FRIDAY 28 OCTOBER • 7-9AM
 OPPOSITE MANSFIELD POST OFFICE

Eggs | Bacon | Sausages | Toast | Orange Juice | Bubbles | Tea | Coffee
 Vegetarian Options

\$15 Adults
 \$8 Kids

Special guests!!!!

PROCEEDS TO:
Mansfield Autism Statewide Services

Do your kids love to run, jump and throw?

Open to all kids aged 5-17 years

Join Mansfield Little Athletics in 2022



SEASON 2022-23

OPEN NOW



Registration night - Friday 7th October
 4pm at the Lords Oval
 1st Comp night Friday 14th Oct - 4:30pm

TERM 4 DATES:
 14TH OCT - 9TH DEC
 FRIDAYS 4:30PM
 LORDS OVAL



New members can head to Little Athletics Victoria's membership section to learn more about our FREE TRIAL ATHLETE OFFER
 Register today: <https://lavic.com.au/membership>

For more Information contact Alison Howie 0438791124 or mansfield@lavic.com.au

Tuning in to Teens - Emotionally intelligent parenting



This free six-week program aims to help parents and carers of teenagers to understand their child's experience and connect with and support their child.

- If you are a parent or carer of a teenager this program will help you to:
- understand what your child is going through at this stage in their life
 - help your child manage their emotions
 - manage conflict with your child more effectively
 - communicate with your child more effectively
 - build a closer more connected relationship with your child
 - build on your skills as a parent.

Location

Gateway Health, 155 High Street, Wodonga - F11A & B

Date and time

Fridays from 4 November to 9 December - 10am to 12pm

Cost

This is a free program

Contact us

For enquires and to register your attendance contact Gateway Health Intake on 6022 8888

Bookings are essential