

MANSFIELD SECONDARY COLLEGE

NEWSLETTER



Issue 19 - 7 December 2022

From The Principal:



Dear Parents/Guardians

COVID-19:

I have had cause this week to reflect on the year past.

At this time last year, we had just enjoyed our most stable period of onsite learning for the year, with five continuous weeks during the end of Term 4. Last year the Year 12 Graduation was hosted outdoors at the Delatite Winery, with limited guest numbers allowed.

This year, we have been onsite for the entire year, and we are all grateful for that opportunity. There have certainly been challenges supporting staff and student absences due to illness, but we have worked together to make the most of these. Illness rates have been driven in part by non-COVID viruses, as we have re-engaged as a community with interpersonal contact.

I note that there are still significant amounts of COVID-19 in our community and I urge people to take care and isolate if infected.

Student learning outcomes for 2021 and 2022 seem to be quite solid, and we are looking forward to the release of VCE results next week. However, what has been interesting is the amount of resources we have used to re-orient students to onsite learning, particularly in terms of social-emotional capabilities. Our reflection is that our students aren't quite 'match-fit' for the full academic year. In conversation with parents, this is reflected in some adolescent behaviours at home as well.

That is: kids are achieving, but the year has been characterised by everyone re-learning how to be around people.

Staff Retirements/Transfers:

There are two significant retirements this year, with both Jane Herbert and Andy Kappes finishing up their teaching careers. Both have been stalwarts of the College for a number of years, and their input will be missed. We wish them all the best in the next phase of their lives.

We are also thankful to have had the following teachers at MSC and wish them well as they move onto new challenges:

- Iolande Diamantis (Melbourne)
- Jeremy Tabensky (Singapore)
- Tim Webb (Northern Territory)
- Alicia Scobie (Northern Territory)
- Simone Kapaun (Queensland)
- Alison Eslake (Melbourne)
- Mark O'Loughlan (on leave in 2023)
- Amanda Jones (end of contract)

Camps & Outdoor Learning:

- Surf Camp is currently being held at Anglesea, with 34 students in attendance. Mr Johnstone has had the lead role for this trip and we thank him for his leadership and passion.
- Next week the Adventure Challenge students attend climbing camp at Mt Arapiles. This is a world-renown climbing venue and we are privileged to be able to go there and climb. For this group, the climbing camp is the culmination of a range of outdoor activities conducted throughout the year. Thanks Mr Hough for organising it.

- Year 7's are also on camp next week, attending Camp Howqua for their end-of-year experience. For the Year 7's this is an opportunity to celebrate their time together and to challenge themselves to achieve things they haven't done before. Thanks to Mrs O'Loughlan for organising this opportunity.
- The School for Student Leadership is a Year 9 residential program for a small group of students, and only available to Government School students. We apply for positions each year and have been successful in obtaining places for over a decade. This term we have a team of six students involved: Astrid Singleton, Arthur Gerrans, Liam Walker, Connor McFadden, Estelle O'Neill, and Amanda Duhamel. We look forward to hearing about their adventures when they return to us.
- The students who will attend in 2023 have already been selected. If you are the parent of a year 7 student then start considering if it is an opportunity your child would like to engage with in 2024. For more information, please visit: <http://www.alpineschool.vic.edu.au/>.

(Principals report continued on next page)

Calendar



Week 10

Monday 5th to Friday 9th Dec - 2023 Year 10 Senior School Induction Week
Monday 5th to Thursday 8th Dec - Surf Camp
Thursday 8th December - Collect Artworks
Friday 9th December - Year 9s last day of classes (clear out lockers)

Week 11

Monday 12th to Friday 16th December - AVC Mt Arapiles Camp
Monday 12th to end of year - Canteen only selling snacks and drinks
Monday 12th December - Year 7s to clear out their lockers
Tuesday 13th December - Year 6 Transition Day (NO Year 7 classes running)
Wednesday 14th to Friday 16th December - Year 7 Howqua Camp
Thursday 15th December - Last day to collect artworks
Friday 16th December - Year 8 Mirimbah Day
Friday 16th December - Year 7s & Year 8s last day (have a great holiday everyone!)

End of Term Dates to Note

Monday 19th December - Curriculum Day (Student Free Day)
Tuesday 20th December - Last Day of Term 4 (Student Free Day)

2023 Start of Term 1 - Dates to Note

Tuesday 24 January - Year 9 & 10 Subject Electives will be emailed to families
Wednesday 25 January - Office OPEN 9am to 3pm (Phone will not be operational on this day)
Thursday 26 January - Public Holiday (Australia Day)
Friday 27 January - No classes/Curriculum Day (Office CLOSED)
Friday 27 January - Lilydale Book Collection 1pm to 3pm in the Stadium

Week 1

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

Week 2

Monday 6th February - School Photos
Wednesday 8th February - Study & Work Skills Day for Year 11s in the PAC
Thursday 9th February - Senior School Induction Day for Year 10s in the PAC



From The Principal: (continued)

Kwong Lee Dow Young Scholars Program:

Congratulations to Charlie Hall and Quinn Russell, both successful in being accepted into the Kwong Lee Dow Young Scholars Program. This opportunity will enable them to engage with peers through a University of Melbourne access program throughout 2023. Applications are available each year to students in Year 10 and you might like to have a look at the program here: <https://study.unimelb.edu.au/connect-with-us/programs-for-high-achievers/kwong-lee-dow-young-scholars-program>

VCE Results:

- The Victorian Certificate of Education (VCE) is managed by the Victorian Curriculum and Assessment Authority (VCAA) for students throughout Victoria and across sectors.
- Most students studying VCE complete exams – our last external exam was conducted on the 16th November.
- The VCAA and the Victorian Tertiary Admissions Centre (VTAC) together use the exam results to create the Australian Tertiary Admissions Rank (ATAR).
- Because the ATAR is a rank, a score of 50 means that you have performed exactly in the middle rank of all the students across the state who are obtaining an ATAR. ATAR scores of 75 and above are very hard to achieve, and we need to recognise that all students gaining an ATAR will fall on the continuum somewhere. For some students, achieving an ATAR is a significant outcome and they might be the first in their family to do so. 'Success' looks different for each individual.
- Universities use the ATAR, together with other information, for example, portfolios of work, in order to offer students a place to study at their University.
- VCE results are available on 12th December, with the first round of university offers coming out on 21st December.

VCE results are the property of the student and reflect the achievements of the young person throughout their VCE course. Some students choose not to share their results with their parents or their peers. If you are the parent of a VCE student, you may well find this frustrating, however, as they transition to adulthood there is an important point here where they become clearly and legally responsible for their own outcomes. It is an interesting time for everyone.

For us, there is always a question of growth and pathway:

- Have they made as much progress as possible, given their efforts throughout the year, and their schooling time more broadly?
- Have they been able to achieve the next step on their journey, whether that be University, Tafe, or employment?

Generally we are very good at both these points. Certainly, our knowledge of our students means that pathways support is excellent, and growth is achieved for all students.

This year we have a very aspirant group. We look forward to hearing their results and celebrating with them.

And finally:

To students and parents, I draw your attention to the work of the Resilience Project that we are engaged with (<https://theresilienceproject.com.au/>)

- Gratitude – find things every day to be grateful for
- Empathy – have a think about how others might be thinking and feeling
- Mindfulness – take a moment to reset. Do it deliberately, and every day.

Have a safe and restful break over Christmas. We look forward to the return of students in 2023.

Regards
Timothy Hall



**ORDER
MSC
UNIFORM
FOR 2023
ONLINE
NOW!**

Has your child outgrown their uniform?
Will they need a new shirt for next year?

We highly recommend ordering NOW to ensure we can fill your order in the new year!

Order via our website:
<https://mansfieldsc.vic.edu.au/shop/>

Final "Rock on the Rocks" for 2023

Some music students took advantage of the sunny weather last week and performed a final "Rock on the Rocks" for 2023. This was a bitter-sweet performance as they farewelled music teachers, Tim Webb and Simone Kapaun.





The MSC "Lantern" Magazine has returned!

We are excited to announce that the MSC Magazine "The Lantern" is back for 2022.

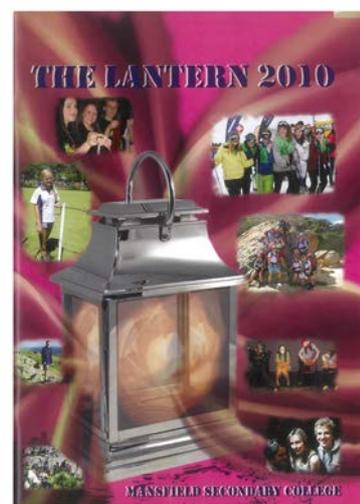
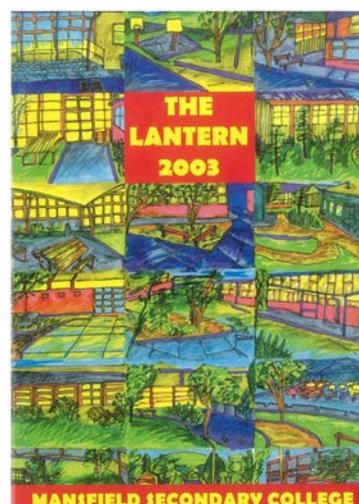
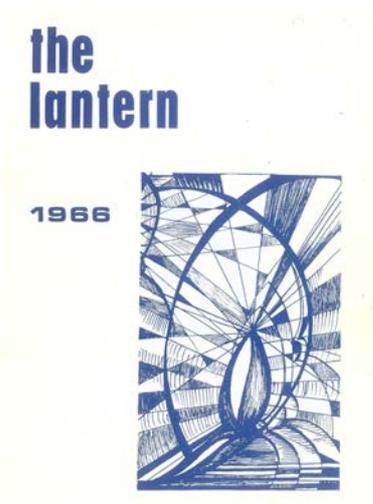
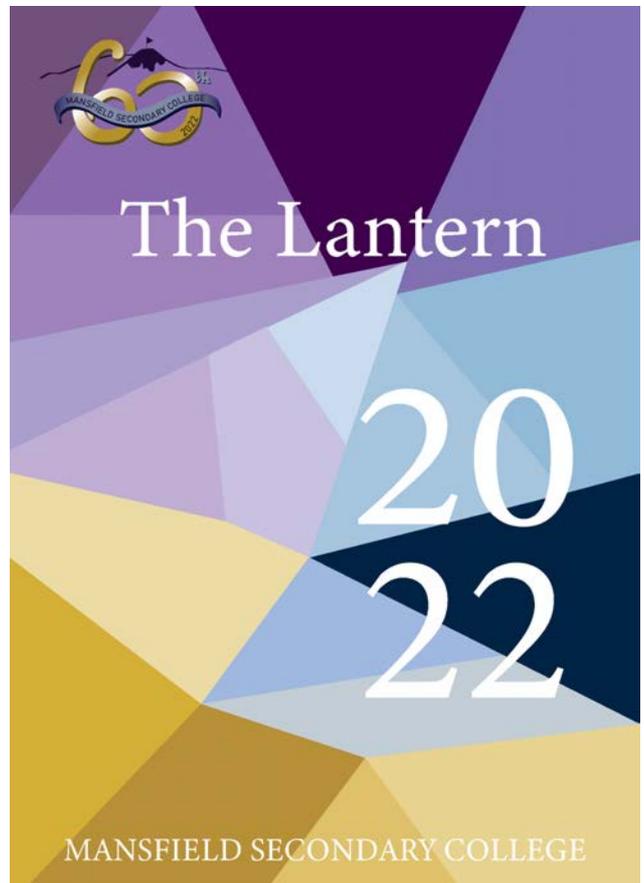
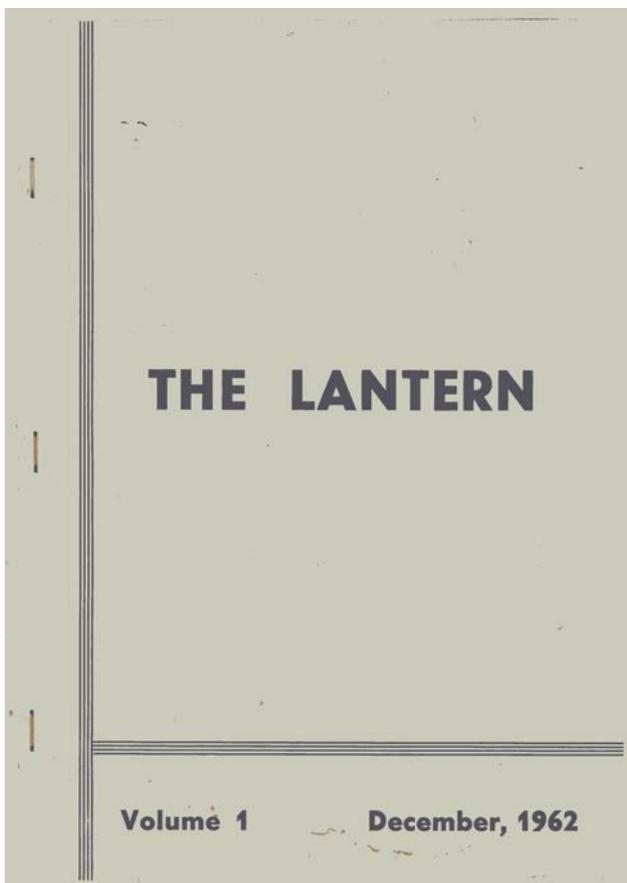
The Lantern was first introduced in 1962, with the name chosen to fit Mansfield High School's motto "Shine In Use". The creators of the first magazine wanted a name that no one else had and would lend itself to the cover for years to come. Glenys Close's suggestion of the "The Lantern" had all their desired qualities: it shone in use; it was original; it could be drawn so easily and in many ways. And with that, The Lantern was born!

As this is the first time in some years that we have produced this magazine, we welcome feedback from families such as: what did you like reading? What did you hope would be included but wasn't? etc. As this year's edition was a learning curve for our new magazine team, the 2022 magazine will be **free** to families (please note future editions will incur a charge).

This year's magazine was produced by Cally Grogan, Visual Communications Teacher and cover designed by Jamie Davis, Year 10 student.

We will advise families when the magazines are ready for collection. We anticipate this will be late next week, but students can also collect on return to school in 2023.

Please send your feedback to mansfield.sc@education.vic.gov.au and we look forward to continuing to produce this piece of MSC memories.





Parent Payments for 2023

Mansfield Secondary College is looking forward to another great year of teaching and learning and would like to advise you of Mansfield Secondary College's parent payments for 2023.

We have sent letters to all families this week, but if you would like to view these online, please click here:

<https://mansfieldsc.vic.edu.au/policies-documents/>

Parent payments are a valuable contribution to enhancing and enriching the educational experience for all our students. Ongoing support will make a significant difference to our school and the programs we can offer.

Previous years' parent payment support has allowed us to:

- offer a wide selection of subjects and curriculum experiences
- purchase air-conditioners for the new STEAM building
- purchase equipment, materials and resources for classrooms including but limited to: robotics, food technology, science pracs, wood technology, art materials, 3D printing
- purchase other equipment, materials and resources including library books, sports equipment, music instruments
- provide access to ICT resources
- maintain School buildings & grounds
- make grounds improvements, including the entrance rock wall built in 2021.

In addition to contributions, Mansfield Secondary College offers a range of items and activities that enhance or broaden the education experience of students and are above and beyond what the school provides in order to deliver the Curriculum.

We encourage you to contact the school's Business Manager, Anna Francis, on 5775 2022 or via email at anna.francis@education.vic.gov.au, to discuss payment options or if you have any questions.

Thank you for your support



Student Representative Council for 2023

We are pleased to be re-introducing the Student Representative Council next year and after a great campaign and voting by all year levels, the successful candidates for the SRC are as follows –

Year 10: Charlotte Atherton & Julian Bruno

Year 9: Ella-Rose Dowd & Ella Crathern

Year 8: Amy Les & Jai Callaway

Year 7: Tahlia Hinton & Hunter Watson

Within the SRC the "Students Activity" portfolio will be led by Sunny Xaysouvanh and Zac Appleby and the "Social Action" portfolio will be led by Scarlett Hanratty and Parneet Sandhu.

Congratulations to all, and we look forward to your contribution to the College in 2023.



Trish Sweeney Youth Encouragement Award

Two MSC students received awards at the MMuDS AGM last month. Samuel Arrowsmith and Ayshia Beekman were both recipients of the Trish Sweeney Youth Encouragement Award. Samuel for his work in The Elephant Man and Ayshia for her work in ReActor Factory.

Well done to you both!!



Alpine School Visit

Late last week, Tim Hall and I visited the five students who are participating in the School for Student Leadership program at the Alpine School (Dinner Plain) to join the celebrations of their Community Learning Project Presentation Day. Mansfield Secondary College is one of ten schools at the Alpine School this term; a mix of regional and metropolitan schools from around the state.

It was lovely to see Arthur, Amanda, Estelle, Connor and Astrid looking so well and happy. We enjoyed catching up with the news of their activities and being shown around the campus. Tim and I also chatted to the Alpine School staff who gave us encouraging reports about the personal progress of each student.

After a delicious lunch served by the students of the school, the dining room was rearranged to accommodate the ten Community Learning Project Presentations and a couple of musical interludes.

Our students presented first and acquitted themselves very well. In their deliberations about what they could contribute to our community, the students identified the lack of seating areas around the campus. Their project, an inclusive picnic area, is to be located near the Hospitality Centre which houses the canteen. The students' plan is to build an outdoor gazebo. They propose indigenous designs will be cut into the gazebo's roof to project silhouettes onto the ground when the sun shines.

According to their Masterplan, the students, 'feel it is a clever idea to have this as the roof not only displays Indigenous art but shows that the ground we stand on is Taungurung land. This would also show unity and understanding between the diverse cultures and attempt to bring everyone in the community together.'

We are excited about their project and look forward to working with the group once they return to school in Term 1, 2023.

Jane Herbert

Liaison Teacher

School for Student Leadership





Quiz

Mark Howlett ran a "Stranger Things" Kahoot (quiz) last Friday lunchtime in the library.

There was some good competition, but the winners were Nathan Tremmel, Lewis Rice, and Ethan Visser.

Erin Freind
Library Assistant



Canteen Update for end of year

We would like to take this opportunity to thank all our parents and family members who took time out of their busy lives to help out for a couple of hours in our canteen this year.

Jane cannot run the canteen without this help and we ask that if you can help for even one day in 2023 to please contact the Front Office.

A 'shift' in the canteen is usually 11:30am to 1:30pm and we even shout you lunch :)

Please also note that due to depleting supplies, from Monday 12th December there will be NO 'lunch' food available in the canteen ONLY snacks and drinks.

Australian Maths Challenge

MSC students again competed in the Australian Maths Challenge in Term 2 this year. We have received the results and some great outcomes for students including:

Amelia Stevenson: Distinction – Junior division
Amy Les: Credit – Junior division
Tristan Fox: Credit – Junior division

Well done to all that competed!

Mark O'Loughlan
Maths Coordinator



Emergency Services Precinct Writing Competition

Local emergency volunteers Tony Tehan and Sharon Jones reached out to Year 7 students at Mansfield Secondary College to help the students to understand why Mansfield needs an emergency services precinct.

Sharon Jones visited Mansfield Secondary College to present a variety of information to educate the students about the current situation of how the CFA, SES and Ambulance are outgrowing their dated facilities and what the benefits would be to have an Emergency Services Precinct in Mansfield which would be located at the current site of the Mansfield SES.

Students were asked to demonstrate their understanding of why Mansfield should have an emergency services precinct in a persuasive piece of writing. They used materials provided by Sharon and extra research to support their opinions. All Year 7 students worked on their pieces, focusing on persuasive language in essay or letter to the editor structure to voice their opinions, all working towards an enticing first prize of \$100 on offer for the best writing.

Tony and Sharon returned to MSC on Tuesday 6th December to present Emma Gove with a \$100 first prize and Annie Cotterill with a \$30 second prize for outstanding persuasive writing pieces.

Michelle Comerford
English Teacher



Summer Sports and Surf Camp

The students of MSC are loving the (slightly!) warmer weather and have been keeping very active this term, with the Stadium getting a lot of use and a group of Year 8s are thrilled to be learning to surf down at Anglesea!





House Round Robin

Last Wednesday the Year 7-9 year levels took part in the school House Round Robin event. It was the inaugural event with new house names for the school and in brilliant sunlight all rolled up in their traditional house colours.

Students took part in three rotations during the morning session in their allocated house teams, playing softball, netball and Bombardment. Teams were allocated 10 points for a win and 5 for a loss, and the battles from the beginning were fierce!

Delatite (ex Hillary) made the early running and were ahead marginally from the other teams, which made the afternoon whole house activities crucial to winning of the event.

After lunch the whole house competed in a 10 min continuous relay, tunnel ball and the favourite of the day, Tug of War!

Marrang (ex Bader) won the relay catapulting them into contention, Delatite hit back with a win in the tunnel ball, but it was Wimba (ex Landy) who were most consistent, winning the Tug Of War and finishing second in other events that got them the Cup for the day. Biyal (ex Churchill) and Delatite drew for second and Marrang were 20 points behind in third.

There were some great efforts over the day around participation and ability and the following picked up the award for their age group:

Year 7: Zac Mahon and Amy Cash

Year 8: Andy Cotterill, Jacoba Tanner and Selina Green

Year 9: Trent Berry, Adam Storer and Stella Brakels



Great many thanks to Erin Brond, Chloe Cash, Charlotte Atherton and Adele Leon who did a wonderful job umpiring the Netball games and also the Year 12 Sports & Recreation students who helped the day run smoothly.

It's always wonderful seeing many age groups working together and supporting one another over the day, especially students who don't always enjoy that kind of event. I witnessed many powerful moments where more confident students got in and assisted or encouraged the less confident students and those students had a go because of this.

Well done to everyone on a really enjoyable day.

Christian Thomson
Sports Coordinator





2023 House Captains

As announced last newsletter, please see photos of our House Captains for 2023 below!

Marrang (ex Bader) - Green

Captains: Hamish Ueno & Parneet Sandhu
Vice Captains: Sam Guppy & Ruby Dobson (absent)



Biyal (ex Churchill) - Red

Captains: Patrick Kelleher & Scarlett Hanratty
Vice Captains: Judah Kelleher, Freya Lee & Chloe Judge



Wimba (ex Landy) - Yellow

Captains: Zac Appleby & Grace Revell
Vice Captains: James Hood & Tara Murray



Delatite (ex Hillary) - Blue

Captains: Dylan Lowry & Brooke Kipping
Vice Captains: Seth Dean (absent), Harry Purcell & Penny Casey





2023 Mt Buller Annex - Expression of Interest

We have once again had a large number of families expressing interest in our Alpine school for winter 2023, the "MSC Mt Buller Annex".

There are **very limited spots available** at the Annex and therefore it is very important that if you are at all interested in your student being offered a place next winter you **register your interest now**.

Please review the details here <https://mansfieldsc.vic.edu.au/policies-documents/>

To register your interest, if you haven't already, you must email:
anna.francis@education.vic.gov.au

Have you registered your interest???

Expressions of Interest Now Open

2023 Mt Buller Annex

Places are **limited** and there are **NO guarantees** of a spot at the school.
Register your interest NOW.
<https://mansfieldsc.vic.edu.au/policies-documents/>

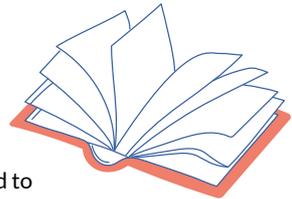
2023 Booklists

The booklists for 2023 are now out - see our website to view <https://mansfieldsc.vic.edu.au/policies-documents/>

2023 Year 7 & 8s can order/purchase their items now.

Please note 2023 Year 9 & Year 10s do not know their Elective Subjects as yet (see letter sent 6.12.22), we are working hard to finalise these, but in the meantime you can order/purchase the core subject items if you wish.

The deadline for delivery to the College is 11th December 2022 if ordering through Lilydale Books, with delivery date being the 27th January (Lilydale will most likely be set up in the Stadium foyer for parents to collect their orders, as this is a Curriculum Day and the MSC Front Office will be closed).



2023 Uniform - Order Now!

We highly recommend ordering school uniform now if your child is outgrowing their current uniform!

Please place orders online via our website so we can try to fill the order ready to collect end of January 2023. If you order the wrong size, don't worry we can always exchange items so long as tags and packaging remain in tact and items haven't been washed or worn.

<https://mansfieldsc.vic.edu.au/shop/>



RATs

The school still has a large supply of Rapid Antigen Tests. Students are encouraged to come and collect free boxes of RATs to take home for testing.



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.

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





Alert from Australian Federal Police

The Australian Federal Police have recently sent out an alert to schools asking that parents and students be made aware of a very concerning online scam that our community could be exposed to.

The Australian Federal Police through the Australian Centre to Counter Child Exploitation is seeing a concerning global trend of teenage males being targeted to send explicit images of themselves and then blackmailed. This is called sexual extortion, or sextortion.

The AFP is urging families to have important safety conversations ahead of the school holidays to prevent young people from becoming victim. This crime can have serious wellbeing and psychological impacts.

How does sextortion start?

- Unsolicited friend and follow requests on social media
- Direct messages on one app and then being asked to keep chatting on a secondary app
- Conversations suddenly and quickly becoming sexualised
- Requests for sexualised images or content.

What can families do?

- Have open and regular conversations about your child's online activities and interactions
- Know what platforms, apps and games they are using and who they are interacting with
- Remain open and approachable, victims will be reluctant to come forward if they feel they will be punished or blamed
- Ensure your child knows that it is okay to leave conversations if they feel uncomfortable or unsafe
- Support your child and know how to respond. The Online blackmail and sexual extortion response kit has been created to recognise sextortion and get help.

The Australian Centre to Counter Child Exploitation is here to keep young people safe from online sexual exploitation and abuse.

You can make a report via accce.gov.au/report

For further information, resources and advice visit thinkuknow.org.au

Published November 2022



This is sextortion.

It's a scam.
And it's trending.
You can make it stop.

- ✓ Do stop the chat
- ✓ Do take screenshots of the text and profile
- ✓ Do block the account and report it to the platform
- ✓ Do report to the ACCCE
- ✓ Do get support

- ✗ Don't send more images
- ✗ Don't pay
- ✗ Don't respond to demands
- ✗ Don't enter into further communication
- ✗ Don't think you're alone

If you're under 18, we can help.

The Australian Centre to Counter Child Exploitation is here to keep children and young people safe from online sexual exploitation and abuse.



To report or get help:
accce.gov.au



If you're in a life-threatening situation, call Triple Zero (000).

The eSafety Commissioner can help to remove naked or sexual images shared online without your consent: [eSafety.gov.au](https://esafety.gov.au)





Sun Protection Advice For Families With Teens

A message from Sunsmart ...

The warm weather is finally here! Most people are happy about this, but we need to be aware of the increased risk of sun damage to our skin and eyes. There is a misconception that having a tan is healthy, so we need to be aware of the associated health risks.

Here is an article from the Anti-Cancer Council about ways to protect our skin from UV radiation

Childhood and adolescence are critical periods in which exposure to UV radiation is more likely to lead to skin cancer later in life. When the UV is 3 or higher, sun protection remains important including throughout the teenage years.

UV radiation can't be seen or felt which is why it is easy to be caught out. It's not like the sun's light or heat which we can see or feel. This makes the sun protection message challenging for teens as it's not always obvious when sun protection is required.

Teens face a number of other hurdles when it comes to being sun safe:

- Natural risk takers
- Adolescence is a turbulent time for most young people with many physical, social, emotional and cognitive changes occurring. Typically, adolescents don't anticipate all possible consequences of their actions and are prone to risk-taking behaviours. Despite 91% of adolescents acknowledging they can avoid skin cancer by using sun protection, they're still more likely to spend extended periods of time in the sun compared to other age groups.
- Influence of friends and fashion
- Teenagers' attitudes and behaviours are strongly impacted by their friends' opinions, as well as social norms. Their choices are often influenced by what they perceive to be accepted and trendy. This may mean that they prefer to choose less protective clothing styles.
- Focus on the here and now
- While teenagers may understand that sun exposure can cause skin cancer, this may seem like a problem that doesn't relate to them now. Adolescents continually underestimate their lifetime risk of skin cancer with the majority agreeing they have a low risk of skin cancer based on their lifestyle.
- Preference for a tan
- Research suggests that teenagers have a high preference for a sun tan. Almost a third of adolescents believe a person looks healthier with a tan and the majority agree their friends think a suntan is a good thing. A tan is a sign of skin damage, and there is no such thing as a 'safe' tan.

Tips to encourage SunSmart behaviour:

1. Make skin cancer relevant – There is a myth that skin cancer only affects the older generation. Educate your teen about the high rates of melanoma amongst young people. In fact, melanoma is the most common cancer diagnosed in Australians aged 15–24 years.
2. Build on their foundations – Build on the positive sun protection habits learnt in childhood, and keep encouraging teens to protect their skin and eyes from sun damage when outdoors. Remind them that the sun hasn't changed from when they were younger and that all the same risks with UV apply.
3. Learn about UV together – Take the opportunity to learn about UV and why it's so dangerous as a family. Ask your teen to teach a younger sibling to help embed the message.
4. Own their tone – Encourage young people to embrace their natural skin tone and to protect it from damage. If they insist on tanning, suggest they use a fake tan, but remember that fake tans do not provide sun protection so they still need to use clothing, sunscreen, hats, shade and sunglasses when outdoors.
5. Be a SunSmart role model – Role modelling is an important way to encourage teenagers to be SunSmart. When you use sun protection such as hats, shade, sunscreen, and clothing, not only are you protecting yourself but it also means the children and teenagers in your life are more likely to use them too. Encourage your teen to role model for younger siblings.
6. Allocate a SunSmart budget – If you're in a position to do so, consider giving your teen a budget to buy clothing and a hat that meets the SunSmart criteria. This will empower them to make their own clothing decisions while ensuring they are also sun protective.
7. Use the free SunSmart app – If your teen has a phone, encourage them to download the free SunSmart app and set up UV alerts. That will help remind them of when sun protection is required each day.
8. 'Dear 16 Year Old Me' – Show your teen this powerful video which demonstrates what people wish they'd known as a teen in relation to skin cancer.

I hope you have a very Merry Christmas, and a safe, happy and Sunsmart start to 2023!

Chris Nicholls
Adolescent Health Nurse

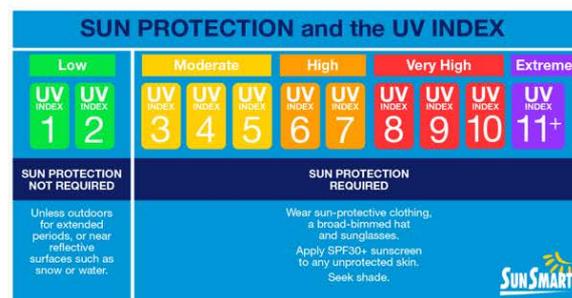
** Ultraviolet (UV) radiation is a type of energy produced by the sun and some artificial sources, such as arc welders and solariums.

The sun's UV is the main cause of skin cancer. Too much UV exposure also causes sunburn, tanning, premature ageing and eye damage.

The World Health Organization's [Global Solar UV Index](#) measures UV levels on a scale from 0 (Low) to 11+ (Extreme). Sun protection is recommended when UV levels are 3 (Moderate) or higher.

You can find the sun protection times for your location:

- on our free [SunSmart app](#)
- on the [SunSmart widget](#)
- at the [Bureau of Meteorology website](#).





VCE Art Showcase

'YOUTH MINDS'

The VCE Studio Art class of 2022 invite you to celebrate their creative successes this year at their exhibition, *Youth Minds*.

Join us at 5 - 7pm, Friday, December 9th
at the Mansfield Arts Collective Studios
Shed 2f 10 Crosby's Lane

Non-alcoholic drinks and nibbles will be provided.

OPEN TO THE PUBLIC

The studio is open to the public Fri, Sat & Sun 12noon to 4pm
The show will remain at the studios until 18th December, if you wish to view it
at another time.

2023 IMPORTANT DATES

Wednesday 25th January

- Front Office OPEN 9am to 3pm
- Uniform Order collection - NO fittings or new orders at the office (orders must be made online & you will receive an email when order is ready for collection, keep tags & packaging in tact in case exchange required)

Thursday 26th January

- Australia Day Public Holiday

Friday 27th January

- Curriculum Day (Front Office CLOSED)
- Lilydale Book Order collection 1pm-3pm @ Stadium (via View St Stadium carpark)

Monday 30th January

- Year 7s First Day of School, students to meet staff at the flag poles (Bagungga Gardens) with their bags, including laptops
- Year 12s Retreat Day at The Sebel
- Students in Years 8-12 can drop off any new laptops for set up

Tuesday 31st January

- Year 8, 9, 10 & 11s First Day of School





Mansfield Junior Football Club

For all existing and New Under 17's please join us for a light training run at the main oval in preparation for season 2023

**TUESDAY 13TH
DECEMBER 4-5PM**



MEET THE COACHES

We are still in the process of our decision for two teams for next year. So make sure you grab your mate and come along.



If you cant make training please call and let Nick Berry Know 0409571047



M-Ocean Psychology



Rachel Meadows offers a private psychology consultation at MSC every Tuesday during the school hours. Currently, there are no costs to the students; however, due to the change of circumstances, the bulk billing service will no longer be available after the end of this year /December 2022.

Standard fee \$185 will be applied for the booking from January 2023. *Medicare rebate, \$89.65 will be available with the Mental Healthcare Plan.

If you have more queries about the services, please contact M-Ocean Psychology on 0400-546-755 or send an email to admin@meadows.net.au

Benalla Netball Clinics

NETBALL VICTORIA

| THURSDAY 19TH JANUARY | TUESDAY 24TH JANUARY |
|--|--|
| 9AM-11AM 7-11 YEAR OLDS | 9AM-11AM 7-11 YEAR OLDS |
| 11:30AM-1:30PM 12-16 YEAR OLDS | 11:30AM-1:30PM 12-16 YEAR OLDS |
| BENALLA ALL BLACKS FNC <i>Ackerly Ave, Benalla</i> | BENALLA NETBALL ASSOCIATION <i>Churchill Reserve</i> |

REGISTER NOW

Mansfield Shire

Australian Government
National Recovery and Resilience Agency

MMUDS

Two delectably creative plays
Perfect for young first timers to theatre
Designed to delight people of all ages

Young actors from Mansfield and beyond present

If Only The Lonely Were Home & Love

Mansfield P.A.C
View Street

Saturday 14th & Sunday 15th January

Sat 11am & Sun 3pm
Love

Sat 3pm & Sun 11am
If Only the Lonely Were Home

By award winning Australian writer
Finegan Kruckemeyer

4 single shows and a special double bill performance

Book tickets: www.mmuds.org.au

VISIT US IN THE MOBILE CAMPUS

MANSFIELD
Highett Street
6 – 8 December
10am – 4pm

FREE WORKSHOPS EVERY DAY AT 11AM

Tuesday: Getting to interview
Wednesday: Resume writing
Thursday: Key selection criteria

BOOK A SESSION
use the QR code below or drop in to access our FREE services

Free TAFE sessions every day at 2pm

Victorian Skills Authority

SKILLS AND JOBS CENTRE

TAFE VICTORIA

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