



# Mount Erin College

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## Newsletter Term 3 – Issue 3: September 12<sup>th</sup> 2016

### Principal's Report

On Friday 26<sup>th</sup> August, our **pupil free day** for Term Three, staff worked intensively over the course of the day, reviewing and documenting curriculum to ensure it aligns with the Victorian Curriculum which is to be implemented from the start of 2017. A small group of staff had the privilege of working with Dan Haesler. Dan worked with the whole staff in May this year, but on this day he pushed the thinking and encouraged this group of staff to think beyond the current status quo and into the realm of 'what if . . . ?' What if you were to take your visions of an ideal school and make them a reality? What if you were to take an active role in shaping the future culture of our school and the learning environments? What if you are able to create a learning environment where each person is pushed to achieve their potential and to have a growth mindset rather than a fixed mindset? Staff were then challenged to create a project where they could make the ideal a reality and to set some concrete goals to ensure success. Projects ranged from global communication collaboration in the classroom, to supporting students improve their readiness to act on feedback and even to increasing parent involvement in the College. At the end of the day, staff were enthused and were planning next steps before Dan's check in with them in November. Overall, a very positive and productive day, with time for professional conversations and for teams to work closely together.

I'd like to **congratulate** all of the staff who have worked to ensure the Grade six students from Baxter Primary School had a fantastic science experience at Mount Erin. 40 students, all engrossed in working out a crime scene mystery – microscopes, finger print analysis, cat hair....they loved it. The teachers I spoke to thought it was a fabulous experience for their students. What a positive way for these young people to get a taste of secondary school. Can I particularly thank Celeste Lombardi for putting the idea to the primary schools and to Kylie Dwyer for developing and writing up an extraordinary unit of work that clearly hit the spot. Thanks to the team of staff who ran the sessions, drove the bus, set up the experiments, answered all the queries – what a great effort. Thank you all. And more groups to come! Pearcedale students are to follow. Your efforts are appreciated and they make a difference. You

will have sparked an interest in what science might mean – perhaps the next Einstein, Newton, Curie amongst them?

**Poetry alive** – Year 11 students have been delivering beautifully written poems to members of staff, including a lovely one to me, an Adam Lindsay Gordon poem. They are exploring the wonderful world of words, looking at the work of famous poets who have captured incredible emotions and sentiments. They are learning there are very different ways to express yourself. A lovely way to explore our rich language.

We are excited that **The State Schools Spectacular** is finally here. We have a large group of students who have been accepted into the mass choir. They have been practising for some months and will come together with students from around the State at Hisense Arena on the 10<sup>th</sup> of September. Darcy T-H Year 10, has a major vocal role and will have a fantastic opportunity to showcase her extraordinary talent. We know that she is such a great performer and wish her well. The Spectacular will be televised over the weekend and tickets are available at Hisense for those who'd like to experience this terrific event first hand.

**NAPLAN** results for students in Year 7 and 9 have now been sent home to parents with a picture of their learning growth from Year 7 to Year 9. The results indicate that there are real gains being made across most areas. We know that this data gives us an indication of where our students sit in relation to students in like schools across Australia. We know that these results make up part of the picture of learning and growth for each of our students. This data points to areas of Literacy and Numeracy that we need to continue to work on. It helps us focus the strategies we put in place and evaluate their effectiveness. We also know there are many other vital areas of personal growth that are not assessed through the NAPLAN tests. I encourage parents and guardians to have a conversation with their children when the NAPLAN information is sent home.

**Parent Teacher interviews** are scheduled for Tuesday in the last week of term. Parents are able to make bookings to speak to teachers and I encourage them to do so. I would

also like families to consider these interviews as an opportunity for a student lead conference. In preparation for the interviews, please ensure you have looked at the Data Snapshot and Learning Habits that will be available on Compass. It is vital that students attend the interviews. The feedback is for the student, outlining what they are doing well and what they need to do to continue to improve.

We have engaged a **road consultancy group** to look at how we can improve the traffic flow at the entry/exit and parking in the Army Reserve. There are significant safety issues for pedestrians (students) arriving and leaving at the end of the day as well as issues for parents as they head out into Robinsons Road. The report and design have been forwarded to the school for consideration and costing. We will be seeking support from the Department to implement the plans that have been drawn up, to ensure this area works more effectively and safely.

The **recent rains** have caused havoc across the school with our aging roof areas. I am pleased to report that the Department has agreed to major repair work which will be undertaken over the holiday break. We are hopeful that this will solve many of the water damage problems that have marked the past 18 months. The holiday break will also see works undertaken to remove asbestos, a commitment by the State Government, to remove asbestos from schools. We are looking forward to having several areas made safe and put back into use at the school.

**Year 10 Formal.** I want to thank the parents and students who ensured the Year 10 Formal went ahead and was a huge success. The reports from the organising committee were highly complimentary of the students. It was a great night, the students had great fun, were very polite and well behaved and were a great example of the school aspire values in action. Congratulations all round.

**Footy Day.** Thursday 1<sup>st</sup> September was our annual Footy Day, run by a group of four senior **VCAL students**. What an outstanding day. We were very pleased to have students from St Augustine's who came over to the school to be part of the day. The feedback from the Grade Six Teachers was very positive. The students had fun, worked with students to learn some football skills, watched a great game and finished off with a sausage sizzle. The VCAL students are to be commended for their planning and organisation. They raised a significant amount of money from the free dress day, which will go to support the Reach Foundation which works to support young people across the State. Well done.

**Uniform** – we have a very clear uniform policy which is spelled out in the school diaries. It is disappointing to see a number of students arriving at school in non-approved items. All pieces of our uniform have a school logo. Face-off pants and hoodies are not acceptable. Socks are to be navy or white only – with no logos. Shoes need to be school shoes – black, polishable and lace up. I urge all parents to

ensure students represent the school in a positive manner by wearing the uniform with pride.

Call for assistance. **Can you help?** We are in need of a bob cat (and driver) to assist with moving boulders into place around a number of garden projects currently underway. We are hopeful that the large rocks, kindly donated by Hillview Quarry, will be delivered in the coming week. If you are able to assist, please call the office. A big thank you to the Whitten family from Top Ten Trees at Baxter for their generosity. They have donated over 60 advanced trees and this has made a great start to improving some of the areas around the school that we are trying to develop and beautify. A big thank you.

On Wednesday 7<sup>th</sup> of September, the College welcomed James Merlino, **Minister for Education** and Paul Edbrooke, local Member of Parliament, to the College. The Ministerial visit looked at our new facilities – the PAPE and the DATS buildings. It was a fantastic opportunity to showcase the great things that go on in the College every day, and to show how we have maximized the use of these flexible spaces to provide great teaching and learning experiences for our students.



As Term Three draws to a close, I take this opportunity to encourage our **Year 12** students to continue to work together to finalise their studies, complete the last of their SACs and Folios, and begin the preparation for the final exams. Accessing the revision lectures available over the holiday break is a great way to begin that vital revision practice. Practice exams are being held at the school during the first week of the holidays and I urge every student to take up the support being offered by their teachers. With only three weeks to go when Term Four begins, it's important to continue their efforts to make the most of the break to practice for the exams. I congratulate these students who have been working so hard to ensure their final results reflect a year well spent. I know we all wish them well in their final weeks in the College.

Karen Lee  
Principal

## Ministerial Visit



## Year 9 City Week



August 15<sup>th</sup>–19<sup>th</sup> saw the Year 9s head off on the adventure that is City Week. Students learnt about the reality of homelessness in Melbourne during their visit to the Big Issue Classroom, faced their fears at Eureka Skydeck, experienced the amazing street art the city has to offer on the Urban Scrawl tour and toured the haunting Old Melbourne Gaol. Students also spent time each day in small groups researching topics of their choice, visiting a range of venues, interviewing business owners and surveying members off the public. Topics the year included tourist venues, art, café culture, safety, marketing, sporting venues, fitness and the use of the Yarra. Congratulations to the year 9 students who impressed the public with their outstanding manners, their consideration of others on public transport and their organisational skills. Students will be displaying their research findings at the beginning of Term 4 – more details to follow.



Photography – Maggie A. 9A

## Deaf Education Centre (DEC) News

We have come to the end of another term! Our students have worked so hard to achieve their learning goals with great success.

Thanks Bec! It has been great to have you working with us in the DEC for your final teaching practice, prior to completing your Masters of Learning Intervention. We hope that you enjoyed your time here.

One of our Year 8 students has been attending a 'Headstart' program on Wednesdays which involves introducing knowledge and skills useful post-school. We have received very positive feedback about the program and will hopefully enrol future students on it.

Our cultural cinema excursion was great. We were able to experience the use of the 'CaptiView' system (a portable screen attached to an arm that sat in the cup holder of the chair).

*Emma 8E, says: 'The cinema experience was fun and easy to use but sometimes fell over during the movie which was pretty annoying but apart from that it would be awesome to go again'.*



This Thursday (15 September) is the Combined Secondary Schools Deaf Sports day at Melbourne Sports and Aquatic Centre. We are prepared for a very noisy trip up to the City in the minibus where there will be 11 students and staff. Our students are booked in and ready to go and play their chosen sport: netball, basketball, badminton, and soccer. It will be a great day to relax, have fun and make and refresh friendships.

Australian Hearing visits will continue next term with Laura. We look forward to our first session back where we can discuss new technology, services available that our students may want to access in the future and other updates that may be of value.

Have a happy and safe holiday and enjoy the beautiful spring weather that we have been having. See you next term.

DEC Staff.

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## 50<sup>th</sup> Year Anniversary of the Battle of Long Tan

Thursday 18<sup>th</sup> August was the 50<sup>th</sup> anniversary of the Battle of Long Tan. The Year 11 VCE history class along with one lucky Year 9 student, me, along with many other Victorian Schools were invited to commemorate and pay their respects at the Shrine of Remembrance. The Battle of Long Tan was the most deadly battle of the Vietnam War for Australia. It was fought in the Long Tan rubber plantation in South Vietnam on the afternoon of the 18<sup>th</sup> August 1966. The battle was fought for three and a half hours in the pouring rain. The 108 Australian, New Zealand and American soldiers faced the 2500 Viet Cong and North Vietnamese soldiers. The allies were surrounded, short of ammunition and heavily outnumbered. Despite this they emerged victorious though at the cost of 18 young Australians.



The commemoration was quite a remarkable event. It began at 11am with the police march up to the shrine. All the school children were seated on each side of the path facing each other. We were all equipped with flags and badges, eagerly waiting to see those who had fought to pay our respects. There was a proud, respectable mood in the air revealing our gratefulness and sorrow. To mark the commencement of the battle two artillery shells were fired and instantly there was a wave of excitement, many of whom were unaware as to how loud artillery was. The artillery caused smoke, blocking our view of the oncoming soldiers. As the day progressed we saw veterans march clad in suits with medals, walking proudly past all of the children who were applauding and waving their flags. Some were holding banners up high with their regiment written on it, even two boys from our school got to proudly hold the banner of the Frankston District Vietnam Veterans' Association.



There were marching bands, bag pipes, a choir and guest speakers. In the midst of the ceremony three R.A.A.F (Royal Australian Air force) fighter planes flew over in commemoration, immediately drawing everyone's attention. To mark the ending of the ceremony, there was a re-enactment of the erecting of the Long Tan Cross. Many people laid wreaths in remembrance. Being allowed the privilege to attend this event was truly amazing. The commemoration left us with a feeling of gratitude and remorse and it makes you wonder how you would have felt in this situation.

Louise H, Year 9



## Vocational Education and Training in Schools (VETiS)

This year we have 70 students across year 10, 11 and 12 attend VETiS. The majority attend on a Wednesday afternoon. We had diversity in courses from Horticulture to Equine. Next year we are excited to also be running a Certificate II in Stable Hand here at Mount Erin as well as Certificate II in Sport and Recreation.

## **Building and Construction**

This year we have 12 students take up the building challenge by enrolling in VETiS Building and Construction 1<sup>st</sup> year. Mount Erin auspices this course from Chisholm.



This program provides students with the knowledge and skills to enhance their employment prospects in the building and construction industry. On successful completion of the 2nd year VETiS program, students have achieved approximately two thirds of the pre-apprenticeship certificate, comprising the certificate core and some stream specific modules.

Mr Chris Lacey teachers these students throughout the year and with his guidance students have successfully built a sawhorse, toolbox and oil stone case. Students also successfully designed and set out a house frame.

(Photos) Mr Lacey and VETiS students working on the skirting boards in the new Senior Annex.





9C will be presenting their Showcase in the Auditorium at 7pm on Thursday 15th September. Tickets available at door.

Christina Adams  
Director, Arts Academy

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## ARTS ACADEMY NEWS

Year 10 Arts Academy students attended a performance of Jasper Jones on 31st August. We took part in a pre-show lecture and thoroughly enjoyed this MTC production based on the popular Australian novel.



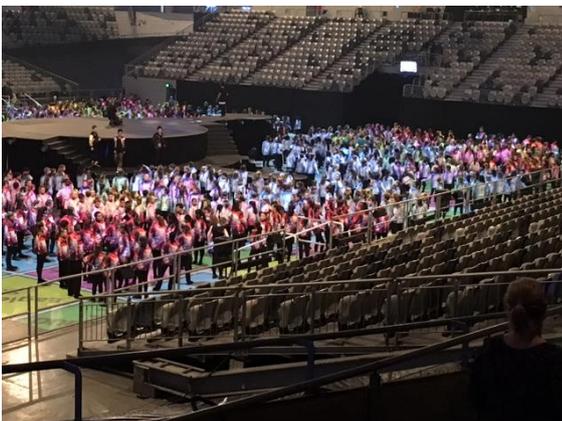
Eighteen students in Years 7 and 8 Arts Academy spent months rehearsing eight dance numbers as part of the State Schools Spectacular. This culminated in two huge shows at Hisense Arena. Darcy T-H of Year 10 was a featured vocalist at the event and we are immensely proud of everyone's efforts.



(Mount Erin Student Events Management)

### 'Towel Tower'

MESEM is proud to be holding a the 'Towel Tower' event. This event requires the donations of old towels and linens (such as blankets, sheets, tea towels) which will be piled on top of each other to create an amazing tower, in the Resource Centre. These towels aren't going to be sitting and collecting dust, the best of our donations will be going to Vinnies, and the rest will be going to BARC (the Bali Dog Adoption Rehabilitation Centre) as well as a local wildlife sanctuary. Until the end of term, that being the 16<sup>th</sup> September, we will all have the chance to unclutter our homes as well as being able to aid animals and people who need help the most. Whilst our Towel Tower is great, we



have also held other amazing events during week 9 in the hopes of raising awareness and school involvement in this project. We have had: *towel costumes, towel origami, toga and a towel toss competition.*

Please get involved, speak to a MESEM representative or simply add your towel (or other linens) to the Towel Tower in the Resource Centre.  
MESEM students



Looking great! Please continue to help our tower grow!

**Finishes Friday 16<sup>th</sup> September, 2016.**

### **Congratulations Arabelle**

Congratulations to Arabelle B-G of Year 7 who cut 50cm off her hair!! Arabelle did this so a wig could be made for a child with cancer. Before, during and after the fund raising continued, with well over \$300 being raised for this worthwhile cause. Well done Arabelle.



### **Food Technology Recipe**

Here is a delicious recipe to try for the holidays. Our Year 7 classes enjoyed this during the term.

### **SOUVLAKI**

(serves 2)

#### **INGREDIENTS**

120gm lamb cubed  
2 tsp butter  
1 tab natural yoghurt

#### **MARINADE**

½ clove garlic - crushed  
Pinch oregano  
Juice ½ lemon  
1 tab oil



#### **SALAD**

1 lettuce leaf - shredded  
1/3 tomato - sliced  
2 pieces medium pita bread  
1/3 onion - finely chopped

#### **METHOD**

1. Combine all ingredients for marinade.
2. Trim meat and place in marinade.
3. Allow to stand approximately 20 mins.
4. Prepare ingredients for salad and place inside Lebanese bread.
5. Onion may be placed inside with salad or fried with meat.
6. Remove meat from marinade mixture. Fry in butter until tender and cooked.
7. Remove from heat, add yoghurt. Mix in.

DO NOT HEAT AFTER ADDING YOGHURT  
ENJOY!

### **Parent Teacher Interviews**

Parent-Teacher-Interviews for Term 3 will be held in D-Block and Design Art Technology and Science (DATS) building on **Tuesday 13<sup>th</sup> September from 1.00pm until 7.30pm**. Even though it is a student free day they are encouraged to be present for the interviews. Booking for the interviews are open on Monday 5<sup>th</sup> September and closes at 10am on Tuesday 12<sup>th</sup> September.

Data Snapshot (Term 3 report on work habits) will also be available from Monday 5<sup>th</sup> September.

For more information, please see news feed on Compass.

## Staff Profile

### **Erin Gray**

#### **Administration/Finance**

I have currently been at Mount Erin College for 4 years. Prior to that I have worked in retail, managed a hairdressing salon and worked as a makeup artist doing weddings, formals and Debs for Napoleon Perdis. When I was growing up all I wanted to be was a mortician but had a change of heart and decided to work on the living instead.

I was born in Newcastle in England and moved with my family to Australia when I was 11. I had a very strong Geordie accent and no one understood a word I was saying, which has since disappeared (almost)!

I live with my partner and 3 step children. We have 2 dogs and 4 cats and life is very busy, but if I do get free time I like to play Xbox (much to my step son's horror).

I love working at Mount Erin and I find all the staff and parents very friendly. The students are always very polite when they come to the office.

This year I tried to have this photo as my Staff Compass photo as I wasn't happy with mine. This guy has the best smile and makes me laugh, which is something we should all do more often!



#### **Athletics**

On Wednesday 31<sup>st</sup> August many talented students headed to Ballam Park to represent Mount Erin at the district athletics carnival. While the weather was predicated to be thunderstorms the rain stayed away and the sun even made an appearance.

There were some very impressive results with 20 individual students making it through to metro and two students setting new district records; Dean A. in shot put and Cade T. in discus. Mount Erin placed 3<sup>rd</sup> overall. This was a team effort with many year 7 students filling in under 16's, 17's and open events to make sure we got lots of points. The

college was represented in every relay and these were worth double points. It was a fantastic day.

Congratulations to each and every student who competed and gave their absolute best.



#### **Pi for a Pie Competition**

The Pi for a Pie Competition has been run and won for this year. The final competition details are below:

##### **Junior Team Competition**

- 1<sup>st</sup> Pioneers with 105 places at 99% accuracy (Sena F and Adrien B)
- 2<sup>nd</sup> Password with 80 places at 98% accuracy (Jack M, Chiara S, Georgia P & Skye M)
- 3<sup>rd</sup> Nerd Herd with 63 places at 84% accuracy (Reuban M, Spencer M, Adriel DF, Ryan L)
- 4<sup>th</sup> Super Goods with 41 place at 98% accuracy (Anthony, Flynn, Marly)
- 5<sup>th</sup> Pi Head with 39 places at 97% accuracy (Justin, Jackson and Marcel)

##### **Senior Team Competition**

- 1<sup>st</sup> Team Name with 81 places at 100% accuracy (Bianca W and Blayke A)
- 2<sup>nd</sup> Pi n apple teacher team with 80 places at 98% accuracy (Ms Yang, Mr Webster, Ms Studen and Brentyn (PST))
- 3<sup>rd</sup> Trish's Team with 70 places at 10% accuracy (Trish S, Caitlyn T and Georgia H)

Congratulations to all teams.

#### **Can You Solve It?**

##### **The Topsy-Turvy Twins**

Tina and Tom were twins. Tina saves and Tom spends. Tom found a \$20 note on Sunday evening and spent \$2 a day starting on Monday. Coincidentally, Tina started work that Monday and gets \$2.50 a day. How long would it be before Tina has more money than Tom?



##### **Last issues answer:**

Mr Daley bought 10 pigs, 24 goats and 66 sheep.

### **Past Student - Jessika Weire**

My name is Jessika and I graduated from Mount Erin in 2010 after a difficult year of illness and with an ATAR score that definitely was not what I wanted. Disheartened but far from willing to give up, one of my teachers reached out to me, suggesting that I seek an alternate entry to university through the Monash DoTS (Diploma of Tertiary Studies) program. I was accepted into this program at the then Monash Churchill campus and after a year of hard work as well as having to move two hours away from home I received a VTAC letter offering me a place at Monash University in the Bachelor of Arts and Social Sciences course the following year.

The next couple of years were really hard as I took on a substantial amount of hours working at Coles as a service supervisor working up to five nights a week, the equivalent of twenty-five hours a week, simultaneously taking on a full-time study load at university. During this time I met my soon to be husband and we decided to buy a block of land on the Mornington Peninsula. Shortly after we decided to begin the process of building our own home. I completed my Bachelor degree at the end of 2014.



All along my goal had been to become a school teacher, so upon completion of my bachelor degree I decided that I would return to university the following year and complete a Masters degree in Primary and Secondary Teaching at Monash beginning in 2015. Further adding to the chaos I chose to complete this two year course as an accelerated student, meaning it would only take one-and-half years. During this time I continued to work long hours at Coles, began to build a house with my partner and plan our wedding. I recently graduated from this course and became a registered teacher and I'm really proud I've achieved my goal. I've also moved into my new home with my partner and I am set to get married in September this year.

I guess if I had to give one message to the students at Mount Erin it would be to not give up on what you want to achieve post-secondary school. If you want it badly enough and are willing to work for your goals then there is no doubt that you can achieve it, you might just have to think outside of the square and allow time and patience.

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### **Important Dates:**

Sep 16<sup>th</sup> (Fri) – Last day of Term 3  
Oct 3<sup>rd</sup> (Mon) – First day of Term 4  
Oct 7<sup>th</sup> (Fri) – Last day for End of Year Activities payment  
Oct 17<sup>th</sup> (Mon) – Whole School Assembly (Last for Yr.12)  
Oct 20<sup>th</sup> (Thu) – Yr. 12 Breakfast / Valedictory Dinner  
Oct 26<sup>th</sup> (Wed) – Yr. 12 Exams begin

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# Year 12 News



Mount Erin College www.mounterin.vic.edu.au  
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September 2<sup>nd</sup>, 2016

Dear Parents / Guardians,

As we approach the end of formal classes for our Year 12 students, it is timely for us to provide you with a summary of the End of Year arrangements.

### Term 3

**Monday 12<sup>th</sup> September** – a presentation from Frankston Police on the topic of maintaining personal safety during the celebration period. Students will also be addressed at this time about the College expectations for this period.

**Tuesday 13<sup>th</sup> September** – Parent Teacher Interviews.

**Thursday 15<sup>th</sup> September** – Last day of classes for Senior VCAL students who have completed all outcomes and returned all IT and Resource Centre books and equipment.

**Friday 16<sup>th</sup> September** – Last day of classes for Unscored VCE students who have finalised all outcomes for each of their subjects, returned all IT and Resource Centre books and equipment and who have completed the relevant paperwork acknowledging that they understand the consequences of opting for an unscored VCE.

Both VCAL students and those completing an Unscored VCE are asked to be available for the Whole School Assembly farewell on Monday 17<sup>th</sup> October. It is requested that students are available from 1.00 pm. As this is the formal farewell from the whole College all students must be in full school uniform.

### September Holidays

Practice examinations, held under full exam conditions, have been scheduled in DATS building for the first week of the holidays. The timetable for these exams is shown below.

	Mon 19 Sept	Tues 20	Wed 21	Thurs 22	Fri 23
<b>AM</b>	Infomatics	Chemistry Bus Man / Legal	History Systems Engineering	HHD Psychology	English
<b>PM</b>		Biology Bus Man / Legal	Physics PE Indonesian	Math Methods	Further Maths (multiple choice)

### Term 4

**Monday 3<sup>rd</sup> to Wednesday 19<sup>th</sup> October** – Normal classes for all Year 12 VCE students.

**Monday 10<sup>th</sup> October** – Valedictory Dinner payments and dietary requirements due to the office.

**Monday 17<sup>th</sup> October** – Whole College Farewell Assembly. The Mount Erin College staff and students formally farewell the Year 12 students and wish them success during the exam period. All students to be in full school uniform.

**Wednesday 19<sup>th</sup> October** – Last day of revision classes for VCE students.

**Thursday 20<sup>th</sup> October** – Celebration Breakfast Year 12 students and teachers – 7.30am until 9.15am in the Senior School Annexe.

**Thursday 20<sup>th</sup> October** – Valedictory Dinner and Formal Presentations 2016 (6.15pm arrival for a 6.45pm welcome)

**Wednesday 26<sup>th</sup> October** – VCE Examinations begin with the English exam 9.00 am. All examinations will be held in the Neville Rohan Centre. Students should arrive for each examination at least 20 minutes prior to the scheduled start. Students are reminded to check their Exam Navigator for a full schedule and a list of allowed equipment for each examination. The Exam Navigator is also online at: [www.vcaa.vic.edu.au/documents/vcaanavigator\\_web.pdf](http://www.vcaa.vic.edu.au/documents/vcaanavigator_web.pdf) Students are expected to be in full school uniform for all exams.

We look forward to a very positive end to the year.

Yours sincerely,

Michael Caspar  
Year 12 Wellbeing Leader

Karen Lee  
College Principal



Mount Erin College www.mounterin.vic.edu.au

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5<sup>th</sup> September 2016

Dear Parent / Guardian,

This is an amended letter, outlining changes to the previously advertised prices for parents / guests for Valedictory Dinner tickets due to the legal requirements to include GST.

As the final period of your child's Year 12 draws near, I would like to bring you up to date with the timeline for our end of year arrangements.

The year 12 students are very busy at school, completing SACs, revising and enhancing their understanding of the concepts and principles introduced across the range of subjects being undertaken this year.

I am very pleased to announce that our Valedictory Dinner will be held on Thursday October 20<sup>th</sup>, arriving at 6.15 with a welcome at 6.45. This is a formal event where students are presented with certificates that recognise their efforts and completion of the VCE/VCAL.

The venue has a gallery area available if there are friends or family members who may wish to enjoy the presentations, but not participate in the meal/entertainment activities afterwards.

Following the presentations parents/guardians and guests may stay on for student speeches, dinner and dancing.

Planning for the event is well underway. The cost of the dinner is \$74.00 per student and \$79.00 for parents / guests which covers drinks, two course dinner, venue hire and music for the night.

Payment for the evening needs to be finalised by **Friday 7<sup>th</sup> October 2016**, to the College Administration Office, for final numbers by this date.

A Photographer will be at the event and parents and students will have the opportunity to have formal photographs taken in the foyer area.

To enable planning for those with special dietary requirements, can we please have the form overleaf filled in and returned by **Friday 7<sup>th</sup> October 2016**.

The night is to be held at **The New Peninsula Centre, 370 Craigie Road, Mt Martha, 6.15 – 11.00pm.**

*Please Note: Participation in non-curriculum related activities, ... including activities such as ...Valedictory Dinner ... may be restricted if a participating student's fee have not been paid in full or a payment plan arrangement is place, as per College Parents Payment Policy 2016.*

*If any parents are experiencing economic hardship, please talk with our Business Manager (Barbara Douglass) or a member of the Office staff.*

We look forward to seeing you on the night and celebrating

Regards,

Michael Caspar  
Year 12 Well Being Leader

Karen Lee  
Principal

**STUDENT NAME:** \_\_\_\_\_

**FAMILY NAME:** \_\_\_\_\_

**Number of Guests Attending (including student)** \_\_\_\_\_

**Special dietary requirements**      **YES/NO (circle as applicable)**

**Number of guests with special dietary requirements** \_\_\_\_\_

**Please circle as applicable:**      **diabetic**      **coeliac**

**vegetarian**      **nut allergy**      **lactose intolerant**

**other (please give details)** \_\_\_\_\_

**If you are only participating in the Formal Presentation, please advise how many guests including yourself will be attending** \_\_\_\_\_

# Community News

There is a collection box at the front office for donations.

## ESSENTIAL SACKS FOR HOMELESSNESS

### Please Give



Material/Drawstring - Drawstring Bags



Shampoo/Conditioner



Pads/Tampons - Brown Paper Lunch Bags/Glad Snap Lock Sandwich Bags - Face Washers - Wipes



Toothbrushes - Toothpaste - Toothbrush Container - Floss Sticks



Underwear - Socks - Jocks



PLEASE GIVE



Deodorants - Male/Female - Comb - Brush - Hair Ties



Soap - Body Wash - Hand Sanitiser - Moisturiser

Nicole Charles CEO - Serendipity Moments 73

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## Easy veggieful recipe

An easy and quirky way to have some fun and increase vegetable intake for the family! (Serves 6)

### Ingredients:

- 1-2 Packets Rice Paper
- 150g vermicelli rice noodle
- ¼ head lettuce, sliced
- 1 cucumber, sliced
- 1 carrot, grated
- 1 capsicum, sliced
- 1 can bean sprouts
- ½ cup fresh mint leaves
- 1 shredded cooked chicken breast (or ½ BBQ chicken)
- 1 large bowl hot water
- (Any additional vegetables as desired)

### Method:

1. Cook vermicelli noodles as per packet directions.
2. Grab one piece of rice paper and gently dip into the bowl of hot water. Remove rice paper and lay flat on a clean surface.
3. Top the rice paper with a small amount of each filling. Do not overfill and ensure to leave a 5cm inch border along each edge.
4. Roll up the rice paper tightly around the filling to the middle. Then fold in the sides and continue rolling. Transfer the completed roll to a plate.
5. Continue rolling until all ingredients are finished.
6. Serve immediately and dip with sweet chilli sauce, soy sauce or homemade peanut sauce (see below)

### Optional homemade peanut sauce

- 3 tbl smooth peanut butter
- ½ cup light coconut milk
- 1½ tbl Hoisin Sauce
- ½ tbl Cayenne Pepper (optional)

Mix all ingredients in a food processor. Serve Immediately.



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*Be a part of SJFC First*



# **GIRLS FOOTBALL TEAMS**

**Inviting Girls aged 10-17 Somerville wants you!  
to be part of our first ever girls teams  
for season 2017.**

**Register via email at; [somervillejfc@hotmail.com](mailto:somervillejfc@hotmail.com)**



**Saturday 1 October 7:30pm**  
Peninsula Community Theatre, Wilsons Rd., Mornington

# TINALLEY STRING QUARTET

One of the finest string quartets of its generation



**Adam Chalabi** – 1<sup>st</sup> violin  
**Lerida Delbridge** – 2<sup>nd</sup> violin  
**Justin Williams** – viola  
**Michelle Wood** – cello

## Program

WEBERN Langsamer Satz  
MENDELSSOHN String Quartet No. 2 in A minor, Opus 13  
BEETHOVEN String Quartet Opus 59, No. 3 in C major 'Razumovsky'

## Bookings

- Online [www.pmsmusic.asn.au](http://www.pmsmusic.asn.au)
- Farrells Bookshop, Mornington; Robinsons Bookshop, Frankston
- The door one hour before the concert or phone 9789 8392.

Tickets: Adult \$45; Conc. (incl. Sen.) \$40; Student <25 \$18; school students FREE.  
Group bookings for 8 or more available. Phone 9789 8392 for more information.

[www.pmsmusic.asn.au](http://www.pmsmusic.asn.au)



## Mindfulness apps

In a world full of busy, fast-paced environments with little time for a break, Mindfulness provides an opportunity to slow down, rest and recuperate, even when you are on the move.

Mindfulness meditation has been used in the treatment of stress, resilience, anxiety, depression and other physical and mental illnesses.

Mindfulness Apps can help both beginners and advanced practitioners alike.

Apps like "Smiling Mind" (free and available for both iPhone & Android), "Calm" (free, available for iPhone & Android) and "Mindfulness Training App" (free, only on Android) are readily available across a number of devices.

These apps aim to be a quick and efficient way to introduce wellbeing, de-stress and breathing strategies and exercises into your life.

They can also be used for children of all ages.

Smiling Mind is a great app to get you started. It was developed by a team of psychologists with expertise in youth, adolescent and adult therapy, and is recommended by Beyond Blue, Inspire Foundation and The Resilience Project.

Check out mindfulness apps in your app store. You've got nothing to lose but stress!



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## Active travel to school



Students who walk, ride, scoot and skate to and from school are often happier, healthier, and learn better than those who are driven to school. This is because physical activity helps to reduce the risk of obesity, chronic diseases and mental health issues like depression and anxiety, and improves overall alertness and concentration levels.

Active travel also helps to develop essential road safety skills. The only way for children to build important road safety skills is to practice under supervision when they are younger.

Did you know it is legal for children under 12 (and adults riding with them), to ride on the footpath? There is no need to feel that you or your children have to practice on the road.

There are lots of ways you can get involved. You might like to:

- Talk with other parents in your street/ neighbourhood and find out if other kids are walking/riding to school
- Develop buddy groups of older children who can walk/ride together without adults
- Drive just part of the way to school and drop your children 500m to 1km away so they can walk the remainder. This is a particularly good option if you live a long way from school, or have limited time
- Pack bags and make lunches the night before, to maximise walking/riding time in the morning
- Teach your children road safety and navigation skills by walking with them around the neighbourhood – practice on weekends when roads are quieter and you have more time

More information and family friendly active travel activities can be found at [www.victoriawalks.org.au](http://www.victoriawalks.org.au).

## Tips for Staying Quit

Did you know that over the last 30 years there has been a 50% reduction in the number of people who smoke in Victoria (Quit Victoria, 2015)?

If you're one of the many people who have recently given up smoking, there are a number of things you can do to make your quit successful.

As we know, staying a non-smoker can be challenging at first but it gets much easier over time. The Quit Victoria website now has fantastic resources for people who have quit smoking and want to stay that way.

Check out Quits 'Tips for Staying Quit' resources at [www.quit.org.au/staying-quit](http://www.quit.org.au/staying-quit)

This website also offers excellent information about:

-  Managing the first few days
-  Managing nicotine withdrawal
-  Managing routines
-  Managing stress
-  Risky situations
-  Rewarding yourself
-  Managing weight gain
-  Seeing yourself as a non-smoker
-  Triggers



Local quit smoking support services are available at Peninsula Health. Simply call 1300 665 781 to make an appointment or contact Quitline on 137848 if you prefer to chat to someone on the phone.