



Mount Erin College

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Newsletter
Issue 9: 13th Sep. 2017

Principal's Report

Last week a group of Year 9 and 10 students presented their projects as part of the **Access Monash Champions Program**. They were among approx. 100 students from about 9 schools. They did a wonderful job, spoke confidently about their projects and were deemed to have been the best group by many attendees. Thank you to Melinda King who has worked with the students, encouraging them along the way. It was lovely to see them working with University students, including Emily C. a former school captain. Thank you also to Jenny Ballard who also attended. Well done to all the students involved. They will now present their projects at a year level assembly to share their passion for this project and encourage others to get involved next year.

Last week was also marked by the **Year 7 SEAL** students presenting their poetry to a very welcoming audience of family and friends. They had the opportunity to present their completed project work on Ancient civilizations and were able to verbalise their learning about this unit of work. Well done to Courtney Bray for all the work done with the students to ensure it was a polished performance.



City Week is always a highpoint of the Year 9 calendar and it has been fantastic to talk to students about their experiences as well as see their confidence grow in managing travel, people and negotiating their way around the City. Well done and congratulations particularly to Carolyn Scott for all the work and planning that goes in to make this such a success.

Congratulations to Jasmine D in 7D. Jasmine is one of the featured performers in this year's **State Schools Spectacular**. She will be performing on Saturday 16th September after a long

period of rehearsing. It's a great achievement to be chosen. Jasmine will be among 3000 student performers this year. It will be televised on Channel 7 later in the year. We wish her all the best.

There are many other things that occur at the College every week. We try to acknowledge them all. This is a great indicator of the passion staff have to work with our young people and provide them with lots of opportunities to broaden their experience and build their skills.

As of 1st August, changes have been made to the **Working With Children Act (2005)**. This will have implications for schools. The changes are designed to strengthen the protection of Victorian children. There are 2 key changes in the Act.

1. The definition of 'direct contact' with children has been expanded to include oral, written or electronic communication as well as face-to-face and physical contact.
2. A Working With Children's Check is now required for anyone engaging in child-related work regardless of whether contact with a child is supervised by another person or not. This means that a visitor or volunteer who is supervised by a teacher must have a Working With Children's Check if they engage in 'child related work'.

This will have an immediate impact on some areas in the school and we ask that all members of the College Community comply with these requirements.

The **Student-Parent-Teacher Interviews** provided the opportunity for conversations that congratulate, encourage and involve students in their learning. These are an important element in ensuring that students are continually setting goals for improvement with the support of their parents and teachers. This will ensure that they are to strive for excellence and achieve the results that we know they are capable of. It was very pleasing to see so many parents participate in the day. Please remember to contact your child's teacher if there are any concerns.

In the coming weeks there are **information nights** about the various tours on offer for 2018 for our Mount Erin students. There is an Indonesian Study Tour which is filling fast and further information can be obtained from Ms Love. The Arts Academy USA tour information night is on Tuesday 12th

September. If you are unable to attend, please contact Mrs Worrall. The Year 10 and 11 2018 Central Australia Camp Information night is on Wednesday 20th September. If you are unable to attend, please contact Mr Cove or Mr Kerr.

As the end of term draws near, the Senior School students are looking towards the **upcoming examination period**. This is particularly pertinent for our Year 12 students and Year 11 students completing Units 3 and 4 subjects.

How to Survive Year 12 as a Parent or Carer:

Looking after yourself

Year 12 isn't only stressful for students; it can also be overwhelming for parents or carers. While you're looking out for your teenagers, it's important you don't forget to take care of yourself. Stress and exhaustion can lead to strain on the whole family, just when your teenager needs you the most. Here are some tips on how to look after yourself:

- **Tap into your support networks.** If you have family or close friends who can step in from time to time to lend a hand, this will provide you with valuable time you can use to do what you need to do.
- **Find time to do the things you enjoy.** Put aside a few hours every week for you to relax and do something fun. Call on your support networks if you need help getting away.
- **Exercise for 30 minutes a day.** When there's a lot going on, exercise might not seem like it's at the top of your priority list. Physical activity, however, has a range of benefits on your physical and mental health, even if it's just walking around the block a few times, or doing yoga in your bedroom.
- **Put time into your relationship.** If you have a partner, find time for just the two of you. This could involve hanging out around the house, or going out for more exciting activities. If your relationship is in a good place, it will be easier to look after yourself and your child.
- **Get enough rest.** 7-9 hours per night should do the trick.

Building a solid relationship

Developing a healthy and positive relationship with your teenager will make it easier to look after yourself, and to look out for them. Build your relationship by:

- **Having honest chats.** Let them know that you're available to talk to them about whatever is on their mind.
- **Finding time for them.** Put aside some time for the family every week, for example having meals together, or watching a movie on TV.
- **Sharing the load.** Figure out together with your children how to divide household responsibilities fairly. This gives them an opportunity to negotiate, learn some important life skills, and you can enjoy the added bonus of having tasks shared around evenly.

How your teenager can manage distractions:

This can help if you:

- are worried that your teenager gets distracted easily
- want to help your teenager study more efficiently
- want to help minimise distractions in the home.

The following article from Reachout.com is aimed at assisting parents and carers to help their teenagers through the coming months. Parents and carers play a vital role in supporting their teenagers through exam time. However, it can be difficult to know how best to support a teenager to manage their stress. We hope that the information below will assist you in this pivotal role.

Make a distraction action plan

If you or your teenager are struggling to manage all the social media, gaming and other study distractions they have to deal with every day, here's some ideas of how you can help them help themselves:

- **Set time aside for fun.** They may already have a study plan, but encourage them to have a fun plan too. If they have time set aside for relaxing, social media, gaming etc... they can put thoughts of it aside while they work, knowing there's time for doing that built in.
- **Work in 20 minute chunks.** Suggest they work in chunks of time up to 20 minutes followed by a few minutes to get a drink, get up and stretch, walk around. This keeps their energy and ability to concentrate up, and makes study feel more manageable.
- **Block screen alerts.** If they're working on a tablet or computer that is linked to their messages or social media, encourage them to block the alerts. When they're concentrating, there's nothing like a message alert pinging up to distract you. Then they can go for it and catch up on social media in their non-study time.
- **Agree on 'no phone' zones.** Have a conversation about areas of the house that can become temporary phone-free-zones, such as where they study and where you all eat. Encourage everyone to play a role in making it happen.
- **Create a space they can concentrate in.** Try and create a quiet space for them to study in. Keep the TV down, maybe record their favourite shows to watch together in a break. Some people work best with silence, others with a hum of background noise, or music. See what works for them.
- **Don't interrupt.** While they're studying don't let anyone disturb them, leave it until they have a break. Did you know it takes most people around 20 minutes to get back on track with study after an interruption?
- **Ensure they get enough sleep.** Lack of sleep makes you lose focus, so it's easier to procrastinate or get distracted.
- **Eat healthy, regular meals & snacks.** Being hungry makes it hard to concentrate and energy levels drop, so encourage them to eat proper meals and healthy energy snacks like nuts.
- **Cut the caffeine.** Encourage them to drink lots of tap water; being hydrated will help them concentrate. Try to limit how much caffeine or sugary drinks they have; too much could make them feel irritable, anxious and unable to concentrate. Herbal teas are a good calming substitute.

Heather Worrall
Acting Principal

Deaf Education Centre (DEC)

What a fantastic Term 3 we have had, and it's not over just yet. We are very excited to be going to Aladdin and we can't wait to share it with you in the next Newsletter.

Please enjoy this write up of Deaf Sports Day from Kenny, Year 8.

Ah, Deaf Sports Day. We passed that date (24th August), but we still remember it. A day of fun, entertainment, skills, luck, physical activities, rivalry... (Ahh, we don't need to bore you with descriptions).

Let's recount what happened on that day, shall we?

My friends and I went to the school early, at around 8:10, so that we can leave at 8:30am without any delay. We travelled for an hour from Mount Erin College to Melbourne Sports and Aquatic Centre (MSAC) on a minibus. When we arrived at our certain destination, I saw my long-lost best friend called 'Ryan'. He was my deaf classmate from Year 5 to Year 6. Unfortunately, I didn't gather up the strength and confidence to actually meet him (although he had a short conversation with me once during our stay). Anyway, my companions went to basketball and I went with my best friend, Connor, to table tennis court as part of our chosen sports selection. Now, I want to say something. Some of my friends and I have been on the previous Deaf Sports Day. It was exciting. Just like 2017 Deaf Sports Day! So, like the previous Deaf Sports Day, I have chosen Table Tennis (and came into contact with the Australian table tennis champion). Last year, he offered me an invitation to the tennis club. I silently declined it. It's been a long time, and let's be honest, I wanted to get involved, but it seems I may have been slightly disinterested in it. Anyway, after that, we went to Golf, and I learned some techniques, even though I'm left handed. The 2nd part of the Golf sessions was putting. There is the mini competition at



the end. You get the drink if you get a hole in one with two tries. Or you can get the chocolate bar if your ball is the nearest to the hole. None of us got the drink, but I'm the only one to get the ball nearest to the hole. So, I got the Picnic Chocolate bar as a prize. At the end of the day, we went home in the mini-bus.

Rath, Year 9, spent August having a wonderful time visiting friends and family in the UK. Apparently it was even warm,

although we are a bit confused by this! An account of his trip will be included in the next newsletter.

See you all back at school on October 9th, for our final Term of 2017.

DEC Staff – Geoff, Sarah and Kathryn

Mount Erin College
INDONESIA TRIP
28th June – 7th July 2018
Deposits and forms are due by:
Wednesday 20th September.

Important College Dates

- Sep 20th (Wed) – Indonesia Trip Deposits Due
- Sep 22nd (Fri) – Last Day Term 3
- Oct 9th (Mon) – First Day Term 4
- Oct 9th (Mon) – Last date to pay VET Fees 2018
- Oct 13th (Fri) – Arts Academy USA Tour
Deposits Due
- Oct 16th (Mon) – College Music Concert 5:30pm

Mount Erin College *Music Concert*

Monday 16th October, 2017
5:30pm
College Auditorium

Featuring:

Solo Performance ♪ Duets ♪ Trios ♪ RockBand
MEC Choir "Take Note"



Parent Connect

VOLUNTEERS REQUIRED

If you don't mind getting your hands dirty, Ms Millership is calling for volunteers to help with the Year 8 CERAMICS classes. Please let Jenny Pudney 5971 6049 know if you would like to volunteer. A current Working With Children's Check may be required.

Parent Connect Meeting

The next Parent Connect meeting will be held on Wednesday 20th September in the PAPE building.

Agenda items include:

- Information and assistance to access the DATA SNAPSHOT on Compass
- End of Year program information
- Information on the Department of Education 'SchoolMate' App
- Volunteering opportunities at Mount Erin College
- Peer tutoring program

If you have any other topics to add to the agenda, please don't hesitate to let me know.

Postcard from the Belgian Coast

Mrs. Smalley

I have been away for just over a month but it feels so much longer. At the moment we are holidaying like the locals at a beach resort. Belgium has only 65 kilometers of coastline and the Belgians use and love every bit of it. We are doing a lot of bike riding which is just as well because the food is great! Belgium is very flat, beautiful and green but the area we are in suffered intense fighting and destruction in both World Wars - so many of the towns have been completely rebuilt. There are reminders of war everywhere, from bullet holes in walls to massive concrete gun emplacements that you just happen upon as you ride through the dunes. The landscape is dotted with military cemeteries which are all beautifully maintained no matter who is buried there. We have been to Commonwealth and German cemeteries, both of which were overwhelmingly sad. The Belgians themselves are very positive, happy people who want to use their experience to promote peace. Next week we are going to take part in their annual walk for peace through the area of the Battle of the Yser, but for now we are off to a seafood festival and concert! Until next time...

*Thinking of you all,
Helen Smalley*



Year 7 Poetry and Display Evening

On Thursday the 31st August Year 7 SEAL celebrated their hard work at the Poetry and Display Evening. Engaging and thoughtful poetry was presented along with some excellent Ancient Civilisations work. Well done 7A!



RED

Red is the blazing fire dancing 'round,
 The blood of the fallen, on the ground.
 Red can be failure, a simple mistake,
 Or the first colour in a rainbow cake
 Red is love, Red is revenge
 Red is rage, a real challenge
 Red is dangerous, a warning for all
 Just like a bushfire, towering tall
 Red is bold, It leaves imprints
 With several shades and different tints
 Red feels painful, hurtful and sore
 Sounds like glass, shattering on the floor
 Red is a missile, whistling past
 Craving attention and shooting so fast
 Red are the bloodshot eyes of an old man crying,
 It's his rightful punishment for deceiving and lying
 Red is madness, crazy and hectic
 Filled with pride, but still so pathetic

A.R.A



Tiger

My mind finds a teenage tiger,
 Listening intently for its prey,
 This is its first big day,
 His maiden kill for the pack,
 Munching on his own first tasty snack,
 An innocent baby deer is what he sees,
 The grass swaying gently in the breeze,
 His fur smells of slick, fresh water,
 The sun helps dry him by getting brighter,
 The deer is eating the luscious green grass,
 And the tiger is about to go past,
 Lingering in the tall grass, less than a metre away,
 The deer hears a twig snap,
 And finds out about the trap,
 The tiger leaps into the air,
 And gives the baby a huge scare,
 And before I can see the fight,
 I wake up in the middle of the night.

B.B





Recently we completed the English unit titled, "Night of the Notables" which culminated in a formal presentation on the 22nd of August. This unit focussed on Year 8 students selecting, researching and analysing a person of significance, or 'notable' and then present their research in a prepared speech as a 'duo' whilst also presenting display items which connected to the notable. This was then presented to an audience of parents, friends and teachers on Tuesday from 5.30-7.00pm.



Our class was given roughly five weeks to complete all aspects of the unit, from our initial selection of a person that we were interested in or felt a connection with, to the final presentations and displays. During the first week of the unit, we were instructed to identify the notable we were interested in researching which proved to be quite difficult as there were so many amazing people who had achieved so much with their lives in sport, politics, exploration and technology, amongst others. After we chose our notable, and we created the 'duo' with a



partner that our notable could connect with, we were tasked to research everything about them from their favourite colour to what they were famous for – basically, we had to 'step into their shoes' and know everything about them. For the next 4 weeks, we researched more about our notables, planned and organised our displays which were showcased also on the night, as well as writing the script which would demonstrate interaction with our partner. After all the research was completed, all scripts finished and memorised, displays planned and finished, the day finally arrived.



The night was exciting yet daunting for everyone. We were all really nervous because we were going to be acting in front of a large audience, including parents. However, we were also quietly confident as we were well prepared and keen to demonstrate what we had learnt about our notables. The entire class performed really well during their presentations, really getting into character, speaking with confidence whilst also using techniques such as humour to engage the audience. Visitors to our displays also tested our knowledge of our notable and competed in the interactive tasks such as kicking a football through a target and a variety of quizzes. Generally, the night was a great success and we felt really satisfied and proud of ourselves – our hard work really paid

off. We'd also like to thank all of the amazing teachers who mentored us, Mr Bowers for our spectacular art work and Miss Bray and Ms Thomson for the Immersion Days and their general help and support throughout the entire unit.

Jye and Adri



Adri – Nelson Mandela

The notable that I had chosen was Nelson Mandela and my experience would be much more different compared to the other students due to the fact I did not have a partner while the other students did. I chose Mandela because of his amazing leadership skills and the impact he has had on not only South Africa, but the world. I enjoyed the actual presentation itself because it showcased the amount of research I had put in and also the time and effort that I spent in preparation. I really found that his accent was very difficult to copy, yet I felt like I did a decent job in the end.



Jye – Adam Goodes

The Night of the Notable's was amazing and I enjoyed the entire experience. I elected to imitate Adam Goodes, the Indigenous AFL footballer and former Australian of the Year. My partner, Jackson imitated David Unaipon, the inventor from South Australia, who features on our 50 dollar note. Our duo represented indigenous pride, overcoming adversities and leadership skills. The most enjoyable part of the night was the actual speech performance and it was great that we were encouraged to present in duos as this made it less stressful. Overall, the night was fantastic and I am very thankful for Mr Hollier and all of my other teachers for their help.



Year 9s Experience the Wonders of Melbourne CBD

Photo by: Kereama

140 Year 9s spent a week in August experiencing the wonders that the CBD has to offer. Students visited Eureka Sky Deck, with many deciding to take on 'The Edge'. They travelled to the Old Melbourne Gaol and were given the tour by entertaining guides. And they spent time in the Big Issue Classroom, learning about the issue of homelessness and listening to the stories of people who have experienced homelessness.

'Art Gallery' Photo by: Sam

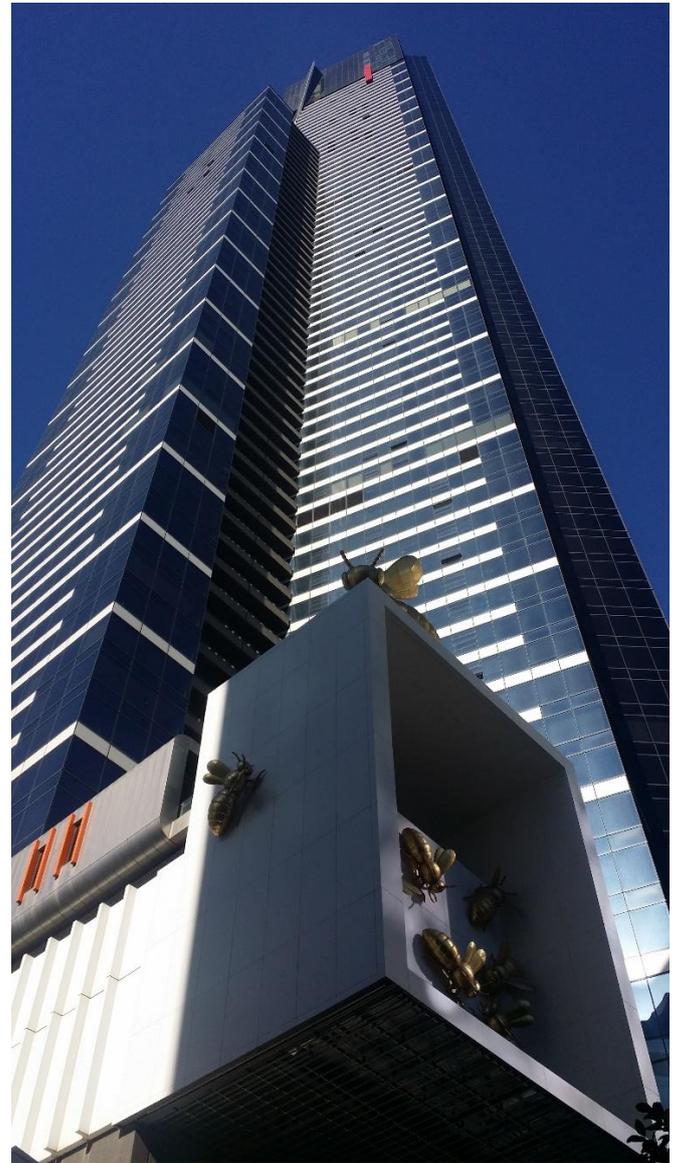


Photo by: Tijana

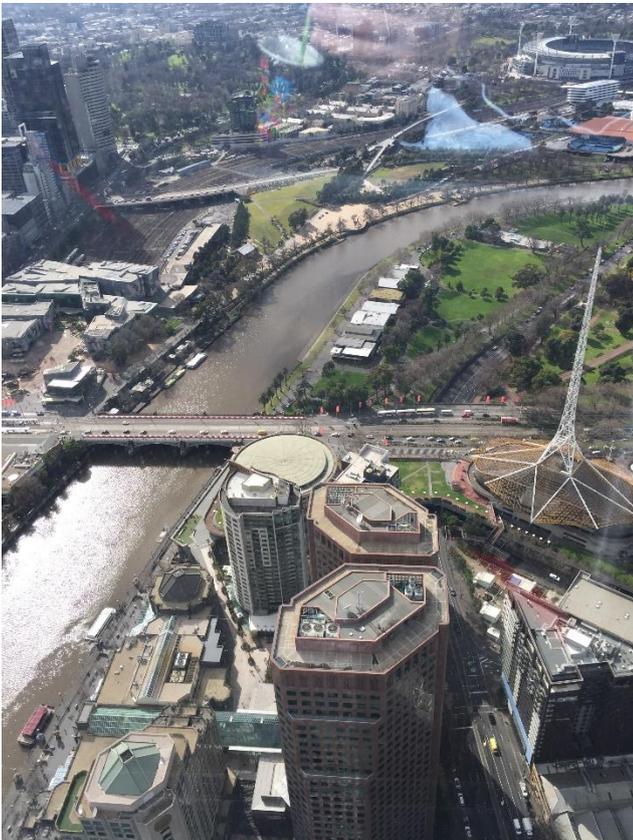
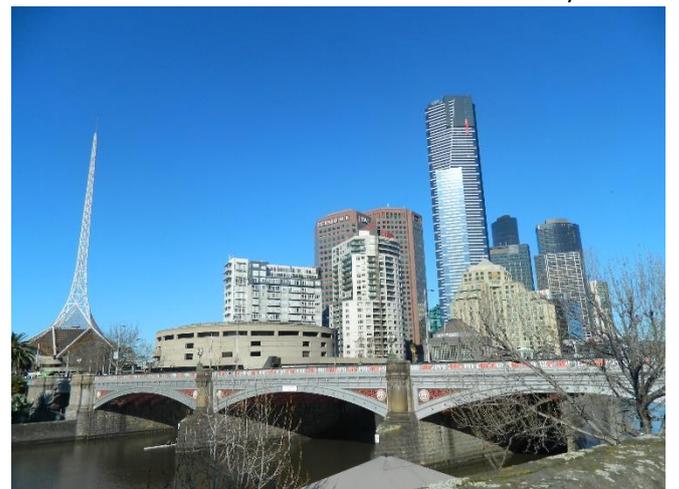


Photo by: Willow



Students spent the rest of their time conducting research. In two weeks students will be presenting a small business idea, and city week allowed them to conduct the research they needed.

Students who were nervous about heading into the city before City Week, confidently navigated their way around the city.

Congratulations Year 9s on your organisation, your manners and your sense of adventure.

Photo by: Willow



'Alexandra Gardens' Photo by: Sam



"City Week was incredible because I got to see places I never seen before" Zac

"City week was amazing because I spent time with my friends" Chloe

"Used the trams, better than walking" Kxiah

"Amazing" Sam



Brain Buster

It's not long until there will be new light rail in Canberra. Imagine it takes 23 minutes to travel from Civic to Gungahlin. Light rail vehicles depart from Civic and Gungahlin at the same time, once every six minutes. If Cathy were to ride from Civic to Gungahlin, how many light rail vehicles would pass going the other way? Answer page: 13

Staff Profile

Stuart Kerr

Leading Teacher Data Management/Daily Organiser



Describe your current role at Mount Erin College:

I help teachers use data to improve their practices and improve student outcomes. I also make sure that when teachers are absent from school, their classes are covered so students can keep learning!

What is your background in education? I completed a Bachelor of Education in 2009 after spending the previous six years working at Monash University. I got my first teaching job at Alkira Secondary College in 2010 and spent seven years there before coming over to Mt Erin College at the start of 2017.

Which things do you enjoy most about working at Mount Erin College? The friendly and supportive staff!

What has been your highlight so far this year?

Getting to know so many great students and staff.

Tell us about your hobbies or passion outside of school.

Gardening – particularly food gardening. My entire garden is devoted to fruit and vegetable growing.

Cooking – particularly cooking things from the garden!

Camping – with the family whenever I can.

Jogging and fitness.

Do you have a message you would like to share with the school community? Yes. For a school to succeed it takes the whole community working hard together to achieve a common goal. The triumvirate of teacher, student and parent is a particularly important relationship.

Newsletter

Issue Number 10:

Scheduled for Term 4, Week 3.

Budding Scientists

For more information please see Ms. Dwyer, Mr. Agg or visit www.littlebigidea.com.au





VCAL

(Victorian Certificate of Applied Learning)

This piece is written by Jenna W. Year 11 VCAL student, who is currently studying Certificate 2 of Community Services at Chisholm in Frankston.

ASPIRE

Respect for ourselves and others by being Socially Aware

RSL Park Visit



RSPCA Visit

College Captain Cait G. at a MESEM excursion to the RSPCA.



We all have our own personal beliefs, values, social and cultural perspectives that grow over the timeline of our lives, within a society there are multiple groups of people that hold many different opinions about many things, but within the first nation peoples group, there are much more things to it than that, since they are judged by their culture for one, the way they speak if they have a strong accent, and the way that they act in our society, but it's all down to their culture and they have to follow the rules of their culture, especially if they're young growing up into a society with a lot of Indigenous people, but there's all these issues with them, Caucasian's judge them so hard for no apparent reason, but a lot of it is due to the household that they grew up into, but people need to realise that Indigenous people were here first and then came along the ancestors and killed majority of them. Indigenous people need to be protected more than they are now, because a lot of them aren't getting anywhere with the way that people keep treating them in the recent years. All that the first nation peoples want is to fit into this society, even though they already should, just a lot of people are very judgemental of colour so they don't want to associate with "those kinds of people". They were the first people to call Australia "home", so we should just be accepting of them, that's all that they want.

Jenna W - 11D

THERE'S STILL TIME!



Collect the Woolworths 'Earn and Learn' stickers until September 19th.



Don't forget to also join the MESEM Facebook page: "MESEM – Mount Erin College."

Arts Academy Visual Arts – Year 9

The overarching theme for year 9 Visual Arts Focus for the year has been Metamorphosis.

Jazelle M.



Jessica G.



Lacey M.



After studying the work of M. C. Escher, a [Dutch graphic artist](#) whose [mathematically inspired woodcuts](#) often focused on METAMORPHOSIS, the students embarked on a work of their own. They completed a series of drawings in which one object or animal changed or morphed into another object or animal.

Marisa B.



Olivia P.



AEP Basketball

Dromana College played host to our boys' basketball program earlier this term. Two teams from each school took the court in a series of exhibition matches. The teamwork, skill and effort displayed by our players was excellent. Both Mount Erin teams won their 2 matches which means that our school retains the perpetual shield for another year.

Unfortunately, Dromana didn't have a girls team but we are hopeful of them displaying their talents against another school in Term 4.

Kokoda 1000 Steps Challenge

This Term the Year 8 AEP class had their challenge day. This was a class team event at the Kokoda Memorial Walk (1000 steps) in the Dandenong Ranges National Park focusing on fitness and teamwork.



Students marched their way up the steep, 1000 step-climb of the Kokoda Walk and experienced a tiny sense of the exhaustion felt by the Australian soldiers following the Kokoda Trail in Papua New Guinea in World War II.



They then competed in a range of 'boot camp' style relays accumulating points along the way. The eventual winners received Mount Erin "Top 20" nominations and hold the current trophy.



A great day was had by all. Well done to all the Year 8 sports academy students.

Senior Girls Basketball

The senior girls basketball team participated in the Southern Metropolitan Regional Finals on the 30th of August. We came up against Berwick and Albert Park in our pool. Berwick were a well drilled outfit. Despite several of our key players deciding not to play and them rarely missing a shot, we only narrowly lost the first game which was a credit to the team. We comprehensively beat Albert Park in the second game but unfortunately did not progress through to the final. The girls did themselves and the school proud with their achievement.



A 5km fun run to make a difference!

October 29th, 2017

Information for this important event is at the end of this newsletter. Please support this cause and raise awareness against family violence.

Homework Club

Term 4 Homework Club forms are now available at the general office. It is a great place for students to complete homework and keep up to date.

MOUNT ERIN COLLEGE

Homework Club

I Parent/Guardian _____ give permission for
STUDENT NAME: _____ FORM: _____

To attend Homework Club in the Resource Centre on the following dates (please tick boxes below)
Term Four 2017

Monday after school 3pm - 4pm: 09/10 16/10 23/10 30/10 06/11 13/11
20/11 27/11 04/12 11/12

Thursday after school 3pm - 4pm: 12/10 19/10 26/10 02/11 09/11 16/11
23/11 30/11 07/12 14/12

Signed Parent/Guardian _____
Contact number _____

Dear Parents and Guardians,
This year Mount Erin College will run a Homework Club in order to support student learning. Sessions will run on Monday and Thursday afternoons from 3pm to 4pm. All sessions will be supervised by teachers. If you would like your child to attend an after school session you must sign the attached permission slip to indicate selected dates and acknowledge that you may be required to make alternative arrangements for transport home. If you would like any further information, please contact Jackie Melling or Aodie van Ganseren at the college.
Jackie Melling and Aodie van Ganseren

Food Technology Recipe

This delicious recipe (shared between 2) is from our Year 9 Food Around The World class. YUM!

CHOCOLATE SOUFFLE'

Ingredients:

- 1 tblsp castor sugar
- 50 grams butter
- 1 tblsp plain flour
- 200 grams dark chocolate
- 2 egg yolks
- 4 egg whites
- ¼ cup castor sugar, extra

Method:

1. Preheat oven to moderately hot. Grease 4 (180 ml) soufflé dishes. Sprinkle insides of dishes evenly with sugar, shake away excess. Place dishes on oven tray.
2. Melt butter in small saucepan, add flour; cook, stirring, about 2 minutes or until mixture thickens & bubbles. Remove from heat; stir in chocolate and egg yolks. Transfer to large bowl.
3. Beat egg whites in small bowl with electric mixer until soft peaks form. Gradually add extra sugar, one tblsp at a time, beating until sugar dissolves between additions. Fold egg white mixture into chocolate mixture, in two batches.
4. Divide soufflé' mixture among prepared dishes; bake, uncovered, in oven about 15 minutes or until soufflé's are puffed.
5. Serve with cream or ice cream if desired.

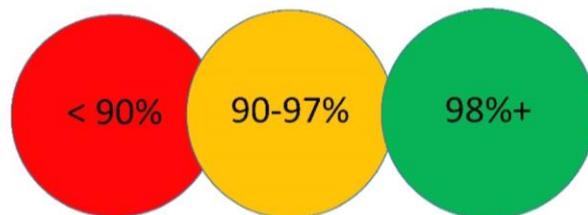
Note: Raspberry Coulis is often served with soufflé's.



A P S
AUSTRALIAN POETRY SLAM
write a revolution

A Mount Erin College student performed a slam poem at the Australian Poetry Slam Competition at Frankston Library. This mystery poet delivered his powerful words to an audience of over 70 people and he was also chosen to judge the competition. Congratulations to this student for sharing his poetry within a public forum.

ATTENDANCE MATTERS!



What zone do you **ASPIRE** to be in?

Brain Buster Answer

As Cathy departs from Civic, there are already three light rail vehicles travelling the opposite way – towards Civic. She will pass all those vehicles on her journey. Another light rail vehicle sets off towards Civic just as hers departs – she will pass this one too. During the journey, three more, light rail vehicles set off towards Civic at six minutes, 12 minutes and 18 minutes. She will pass them as well. In total, Cathy will pass seven light rail vehicles going the other way.



COME AND TRY WHEELCHAIR BASKETBALL

Mornington Basketball together with Basketball Victoria, invite you to join our weekly wheelchair basketball clinic.

WHO CAN PLAY?

People who use wheelchairs all the time: Paraplegia, Spina Bifida, spinal Cord Injury – anyone who uses a chair
People who use wheelchairs some of the time: Lower limb amputees, Cerebral Palsy, incomplete spinal cord injury, muscle weakness
People who don't use chairs at all: Unrepairable ligament damage, knee or hip replacement, fractures to the knee or ankle joint, multiple joint fusions, knee or ankle reconstructions, anyone with a disability or injury.
Anyone: All individuals of any age, any ability can play. No limits!

For more information or to register your interest please email: communications@morningtonbasketball.com.au or visit:

www.morningtonbasketball.com.au/wheelchair-basketball



WHAT ARE YOU DOING THESE SCHOOL HOLIDAYS?



FOREST EDGE TEEN
RETRO*
SEP 24 - SEP 28
AT FOREST EDGE CYC

FOREST EDGE PRIMARY
MIDDLE AGES
OCT 1 - OCT 6
AT FOREST EDGE CYC

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Team Tribute

Frankston 2017

30 days to go!

We've raised **\$370.35**

Our relay goal **\$5,000.00**

Donate

Join our team

This year Mount Erin College, Baxter Village and Peninsula Health will be joining forces again under the banner **TEAM TRIBUTE** to raise money for the Cancer Council. **Relay For Life** is a community fundraiser where teams take turns to walk around a track at relay-style overnight event. You can do a shift on the track or just visit and enjoy the entertainment, prizes and ceremonies that make **Relay For Life** so inspirational.

You'll never forget your Relay experience, and you can make a big difference in the fight against cancer. If you'd like to join in on the fun and help make a difference too, why not join our team!

Head to our **Relay For Life TEAM TRIBUTE** page to register

When Saturday 23 - Sunday 24 September 2017

Where Ballam Park Athletics Track, Benanee Drive Frankston Victoria

For more information contact:
Jenny Pudney Mount Erin College 5971 6049

Arts Academy USA Tour 2018
 More information available from Mrs Worrall

Mount Erin College

Say Hello to Broadway Lights and Hollywood Sights

Arts Academy Tour

New York, Los Angeles

2018



ARTHURS SEAT CHALLENGE

REDUCING THE TOLL ON YOUNG DRIVERS
AND THEIR PASSENGERS

Sunday 12th November 2017.

The 6.7km walk/run from Rosebud Pier car park to
Seawinds Gardens at the top of Arthurs Seat.

Online Registrations / Entry on the Day
\$30 for students - \$50 for adults

Mount Erin College has entered a team into the event.
Make sure you sign up to either walk or run the 6.7km.
The link below is to register with '**Mount Erin College**'.

<https://www.registernow.com.au/secure/Register.aspx?E=26601&G=54289>

**The College mini-bus is available for the first 10 registered students who come
and see Mr Baker. This event is open to everyone.**

JUNIOR CRICKET AT THE TYABB CRICKET CLUB



Great junior development programs!

- Experienced & qualified coaches
- Junior development squad
- Strong senior engagement with juniors from players and coach
- Opportunities to 'play up' and gain experience
- Milo In2Cricket for kids aged 5-8

Enjoy the best training facilities on the Mornington Peninsula!

- 3 full width regulation nets
- 1 full width public net
- Fully enclosed with removal curtain walls
- Full lighting for extended training times
- Latest BOLA bowling machine
- Video recording and playback in the nets for instant player analysis

Join us for training!

- Milo in2Cricket starts 13th Oct
- Girls 12-18 Thursday 4:30pm 12th Oct
- U10's Wednesday 4.30pm 11th Oct
- U12's Tuesday 4.30pm 5th Sept
- U14's Wednesday 4.15pm 6th Sept
- U16's Tuesday 4.30pm 5th Sept

TYABB

Cricket Club

All juniors welcome to come to pre-season training sessions
Join a successful family and community focused club
Season Launch 6pm Friday 6th of October at clubrooms,
Bunguan Reserve Tyabb
Contact Steve 0408 878 228 or Glen 0409 955 936 for more info
Find us on Facebook www.facebook.com/TyabbCricketClub/
Search 'play cricket at Tyabb' to sign up

'SchoolMate' Fact Sheet

What is SchoolMate? SchoolMate is an app for Victorian parents to help them understand what their kids are learning and to get more involved in their education.

Who is SchoolMate for? Parents of Prep to Year 10 students in Victorian government schools.

Can parents with children in Catholic and independent schools use SchoolMate? Parents with children at Catholic schools can use SchoolMate as these schools follow the AusVELS Victorian school curriculum.

Parents with children at independent schools should check with their principal or teacher about how closely their school follows the AusVELS curriculum.

How can I get SchoolMate? You can download it now for free from the App Store and Google Play. Just search for 'SchoolMate'.

Does SchoolMate work on all phones and tablets? SchoolMate works on all iPhone 4s, 5s and 6s and iPads. It also works on Android phones and tablets.

What does SchoolMate provide?

SchoolMate:

- shows parents a snapshot of what their children are learning in each subject, at each year level according to the Victorian curriculum (AusVELS)
- provides tips for parents about what they can do at home to help their child's learning
- suggests related apps, books, events and activities relevant to each subject area.

Who created SchoolMate? The Department of Education and Training's Communications Division, with lots of help from the Victorian Curriculum and Assessment Authority, educators from Victoria's professional teaching associations and parents associations.

Will SchoolMate be updated? The Department would love to hear from anyone who has ideas for future updates to SchoolMate. As this is our first release, we want to know what you like and what we can improve. The Department welcomes feedback from Victorian parents, teachers and those in the education community. Please get in touch: online.comms.unit@edumail.vic.gov.



Work Ready Session

Are you finishing school this year? Thinking about getting a full time job? If so, come along to our "Work Ready Session" where Kathy Van Den Eynden, Youth Engagement Officer from Sarina Russo Employment will be presenting on;



- Employer expectations
- Resumes and Cover letters
- Industry trends
- Interview skills

Where: START Trade Training Centre,
Building D, Frankston Chisholm
Fletcher Road, Frankston VIC 3199

When: Tuesday 19th September 2017

Time: 5:30pm – 6:30pm

Cost: Nothing



Parents and students are welcome to attend this event. Light refreshments will be provided.

Please RSVP by Friday September 15th to Alison Wall the number of people attending for catering purposes – via email at wall.alison.f@edumail.vic.gov.au or on mobile 0403 835 221.

We look forward to seeing you there.



Top 10 Skills Middle School Students Need To Thrive, And How Parents Can Help



In elementary school, I was too shy to address my teachers by name. I would hover nearby, hoping they would realize I had a question. I also was the new girl, and the existing cliques seemed impenetrable. To make matters worse, I was a late reader and had difficulty articulating half the alphabet. Family members would euphemistically say I was just “slow out of the gate.” I had my work cut out for me.

By middle school, I was ready to throw myself into the mix. It wasn't always pretty. I got tossed out of classes for giggling uncontrollably. I navigated earning my first “D” and getting demoted in math. I had a knack for choosing overly dramatic and bossy friends, and I accidentally dyed my hair brassy orange. I agreed to go to a school dance with a boy, only to panic when I realized this involved actually going to a dance with a boy. I got busted for passing notes in class and for finishing overdue homework in the girls' bathroom.

On the plus side, I figured out how to connect with teachers, and I learned I could solve math problems when I made an effort. I discovered that books kindled my imagination and provided a mental escape. Sports played a useful role too, allowing me to burn off excess energy and improve my focus. I shifted social groups more than a few times. Overall, it was the typical junior high experience, one I relive frequently as a middle school counselor and as the parent of kids in seventh and eighth grade. Long before social emotional learning became a buzzword in education circles, I was stumbling along, acquiring self-awareness and problem-solving skills.

There is no manual to develop “soft” skills like perseverance and resilience. Just as I did, most kids learn through trial and error. As parents, our quest to protect our children can be at odds with their personal growth. It can feel counter-intuitive, but we mainly need to take a step back. I have come to believe that certain social emotional skills are particularly useful as kids navigate middle school and beyond. Here are my top 10 skills, and ways parents can help without getting in the way.

Top 10 Social Emotional Skills For Middle School Students

1. Make good friend choices. This typically comes on the heels of making some questionable choices. Kids figure out quickly which friends instill a sense of belonging and which ones make them feel uncomfortable. It can be helpful to ask your children these questions: Do you have fun and laugh with this person? Can you be yourself? Is there trust and empathy? Common interests are a bonus.

2. Work in teams and negotiate conflict. I don't think many students get through middle school without feeling like they had to carry the load on at least one group project. Maybe they didn't delegate and divide the work effectively at the onset. Perhaps they chose to take ownership to avoid a poor grade. Help them understand what happened and consider what they might have done differently.

3. Manage a student-teacher mismatch. Unless there is abuse or discrimination, don't bail them out by asking for a teacher change. Tell them they still can learn from a teacher they don't like. Let them know it's a chance to practice working with someone they find difficult. Remind them that if they can manage the

situation, they won't feel powerless or helpless the next time. Focus on concrete barriers to success in the class, not the interpersonal conflict. Is it miscommunication? Study skills?

4. Create organization and homework systems. Make sure they are the architects of this process. Encourage them to come up with solution-oriented plans and tweak them as needed. Do they need to use their planner? Create a checklist? Their motivation will come from ownership. If they say they don't care, remind them that they don't have to be invested in a particular outcome in order to change their behavior. People who hate exercise can still choose to lift weights.

5. Monitor and take responsibility for grades. If you care more than they do about their grades, why should they worry? Let them monitor their own grades, and if they don't do well, don't step in to advocate for assignment extensions or grade changes. Let them carry the burden and experience the connection between preparation, organization and grades. Conversely, if they are perfectionists, they will learn they can survive and manage the disappointment of a low grade.

6. Learn to self-advocate. By middle school, they should be learning how to ask teachers for help or clarification. This may be in person or through email. When students bond with teachers, they connect more intimately with the material too. Unless there is no other option, try not to reach out on their behalf.

7. Self-regulate emotions. Children often need assistance labeling strong emotions before they can regulate them. Help your kids identify any physical symptoms that accompany their stressors. This may help them know when to take a breath or hit the “pause” button before reacting. In real time, point out when they handle an emotional situation well. Discuss the strategy they implemented—maybe they took a break or listened to music. Also, help them make connections between their thoughts, feelings and behaviors. Are they stuck in all-or-nothing thinking? Are they consistently self-critical?

8. Cultivate passions and recognize limitations. When your children are fired up about something, run with it and encourage exploration. Seize the opportunity to help them go deep. Get books, go to museums and be supportive even if the subject does not excite you. In the process, you will help them figure out what drives them. On the other hand, it is okay if they struggle in a specific area. That too is useful information. No one needs to be good at everything.

9. Make responsible, safe and ethical choices. Teach them to respect their bodies, and to make safe and healthy decisions. It is equally important to talk about how to avoid putting others at risk. Have open conversations and discuss plans for different scenarios they may encounter. Try not to be overly reactive if they ask shocking or distressing questions. Keep the lines of communication open.

10. Create and innovate. Our changing world needs imaginative creators and divergent thinkers. It also can build confidence to think independently and outside the box. As your kids do their homework, read required texts and take standardized tests, remind them that these benchmarks are not the only ways to measure success. Encourage them to make connections across material from different classes, and to build, write, invent and experiment.

Phyllis L. Fagell is a licensed clinical professional counselor and school counselor in Bethesda. She tweets [@pfagell](https://twitter.com/pfagell).



Moonlit Sanctuary Keeper Club

Kids enjoy environmental activities, animal encounters and native animal care. Day includes: interactions with dingo, python, off-limits animals, feeding animals & food prep, animal enrichment activities. Learn about our animals, their conservation and the environment. For ages 7-14 years.

Spring 2017 school holiday dates:

- Week 1: Mon 25th Tues 26th Wed 27th Thurs 28th September
- Week 2: Mon 2nd Tues 3rd Wed 4th Thurs 5th Fri 6th October
- 10am –4pm

Cost: \$70.00 per day, or \$189 for 3 days (pro rata for additional days). Maximum 16 children per day.

Bookings essential as spaces are limited

Dress for the weather and wear closed-toe shoes, long pants and remember your hat or raincoat. BYO lunch or purchase at the café.

Moonlit Sanctuary

550 Tyabb-Tooradin Rd, Pearcedale
 Phone 5978 7935
 Web: www.moonlitsanctuary.com.au
 _Open daily between 10am and 5pm



Print one copy only

**Daytime pass for one family
(2 adults, 2 children)**

Available any day until
31st March 2018
(closed Christmas Day)
Open 10am to 5pm daily

550 Tyabb-Tooradin Rd Pearcedale Vic 3912 | Ph 5978 7935
 Web: www.moonlitsanctuary.com.au | Email: info@moonlit-sanctuary.com
Not available with any other offer – not redeemable for cash.

Authorised by: _____
 Signed: _____

Not valid without school stamp
Place school stamp here:

Multicultural Food, Wine & Music Festival



**Saturday 16 September 2017 10am - 4pm
 Monash Uni -Clyde Rd, Berwick**

What's Happening...

- | | |
|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| A \$2000 getaway from Grand Ridge Brewery and many more prizes to be won! | A wide variety of food trucks and stalls featuring multicultural tastes and flavours |
| Tasting & sales of locally produced gourmet foods, wines & craft beers | Cooking demos and demonstrations/displays from local and cultural groups |
| Stage performances featuring cultural, dance, singing and musical groups | Petting zoo, face painting and amusement rides for children* |
- ... and much, much more!

**Easy access from Berwick railway station,
 or the Monash Freeway with parking onsite**

Tickets available at the gate - \$5 Entry (children 12 years and under free & family passes available)
 or pre-purchase your tickets online at <https://www.trybooking.com/RPVH>
 *Children's amusements not included in entry *Rides only if weather permitting





Rosie Batty teams up with Moorabbin Holmesglen Students for: **Run For Change**

Holmesglen Institute teacher Linda Dennison and campaigner Rosie Batty are hosting a 10km funrun/walk or 5km walk to raise awareness about family violence. Picture by Wayne Taylor.

ON AVERAGE, one woman a week is killed by a partner or former partner in Australia.

Family violence campaigner Rosie Batty, whose son Luke, 11, was killed in 2014 by his father, has joined with Moorabbin's Holmesglen Institute to urge schools, businesses and community-minded people to "say no to family violence" and take part in a Run For Change this October.

"So many people have been affected (by family violence) and continue to be in danger and permanently traumatised," Ms Batty said.

"By raising the awareness, it creates opportunities for the conversations that we struggle to have and as confronting as it is and continues to be for me, it is for so many other people as well.

"It gives us all the opportunity to have courage, because if you feel supported, it goes a long way towards your healing."

Holmesglen students organised the first Run For Change back in 2015, with all proceeds going towards the Luke Batty Foundation and Impact for Women, a charity that packs "bags of love" for women and children fleeing violence. **Schools and public will be taken on board to get involved in such an event to get the word out and help support.**

Teacher Linda Dennison said the event was brought about so young people could feel they belonged in their community and drive real change locally.

"Through this they can lead change, not just talk about it in a classroom, and actually work together as a team and see something come from an idea into a reality," Ms Dennison said.

She hoped schools would also get behind the cause, with a 5km school run organised in this year's event.

Ms Batty was named 2015 Australian of the Year due to her relentless campaigning to bring domestic violence to the forefront.

To register or donate for the October 29 event, visit holmesglen.edu.au/funrun

