

PRINCIPALS' REPORT

It is difficult to believe that first Term is already coming to an end. We have continued throughout the term to assist our new students to settle into the College, understand our College expectations, processes and assist them to build new relationships at their new school environment.

I would like to congratulate all of the students involved in our Commencement Ceremony. It was a celebration of our students' success from last year and a pleasure to induct our new College Captains, welcome our Exchange Students and to see the musical talents of some of our Performing Arts students.

Our first Term has seen the first two of four Parent/Student/Teacher (PST) nights we

hold throughout the year. These are a great opportunity to check in with teachers and we strongly encourage students to attend as well. At Mildura Senior College, we value Parents and Carers as partners in their student's learning journey. We thank all of our parents and carers who attend, and encourage contact with teachers and Sub-School Leaders whenever required.

In Term 2 we will welcome back Tracy Marr from Family leave. I would like to take this opportunity to thank Ineke Rogers for her commitment to College Leadership while in the Acting Assistant Principal position for the past 3 Terms in Tracy's absence.

Stars Foundation Program

The new Stars Program supporting our Koorie Girls has made great progress in settling in to the College over the Term and the mentors are gaining a good understanding of our Koorie Girls and the process and supports at the College. Sam Bice is the Leader based at the College. Sam has focused on getting to know the girls and their needs along with Program Area Coordinator, Sheree Keating who works across our College and Chaffey Secondary College.

Belinda Hudak
Principal

KEY DATES

- Apr 5** Term 1 ends – 2.30pm
- Apr 23** Term 2 commences
- Apr 25** ANZAC Day – Public Holiday
- May 6** SLP 3
- May 13** PST



Assistant Principals' Report

Parents as Partners at Mildura Senior College

At Mildura Senior College we recognise that family support and involvement plays a major part in a young person's ability to achieve success. We recognise that success looks different for each and every one of our students and we would like to be involved as partners with our parents in the journey of all of our students to their chosen pathway. If we can do anything in addition to support your young person throughout 2019, please contact the College at any time.

Welcome Parent Student Teacher - Conference - PST

A big thank you to all of our families who were able to come in and meet with their Son/Daughter's Pathways teacher recently at our Welcome PST evening in February. It was lovely to meet with you all and was a fantastic way for our Pathways teachers to gain valuable information on your Son/Daughter's Pathway and discuss possible support that we are able to offer to all of our students throughout their time at the College. Our next Parent Student Teacher Conference will be held at the College on Tuesday 14th May, from 5.00pm - 7:30pm. This will be an opportunity for all families to book appointment times with individual Subjects Teachers. Pathways Teachers and Sub School Leaders will also be available for appointment bookings if required.

Student Pathways, Transition and Well-Being

As a quick reference guide, parents and students are reminded that the following points will ensure a smooth start for students.

- The College has a minimum attendance requirement of 90% for all classes, including Pathways. Rolls are marked each lesson and parents will receive an SMS notifying them of an unexplained absence.
- Students must bring correct materials to all classes – this includes appropriate footwear for practical classes
- Students should not access their lockers between classes – this is disruptive and wastes time.
- The College has very high expectations of student behaviour – first impressions count!
- Mobile phones are permitted at the College, but as a courtesy, these must be turned off and be out of sight during class time
- Access to local shops during the school day is permitted at lunch and recess only, students are not permitted to stay at the shop after their purchase.
- Smoking is not permitted on College grounds or in the vicinity of the College. This rule is strictly enforced.

Parents - if you have not already done so, please supply the College with a current email address and mobile phone number so that we are able to contact you in regards to your Son/Daughter's progress at the College.

Student Support

The Student Services Centre is a great place for students to get help and assistance. Sub School Leaders (formerly Student Coordinators), administration and course support and the Attendance Officer can all be found there.

2019 Daily Start and Finish Times Day Classes Start Classes Finish

Monday	9.00am - 2.50pm
Tuesday	9.00am - 2.50pm
Wednesday	11.20am - 3.10pm
Thursday	9.00am 3.15pm
Friday	9.00am 3.15pm

Term 1 end/Term 2 start

Term 1 ends	Friday 5th April at 2.30pm
Term 2 commences	Tuesday 23rd April
ANZAC Day Public Holiday	Thursday 25th April

Tips for Success

Students can ensure success by following these tips:

- Enter all due dates/important dates on a calendar
- Familiarise yourself with the rules as quickly as possible
- Arrive punctually to class with the correct materials
- Settle into a routine of homework, revision and study as soon as possible
- Keep up to date with all classwork
- Hand work in on time
- Ask for help
- Attend Parent Student Teacher Conferences (PST) (This is an opportunity for parents to meet teachers and gain assistance to access the Parent Portal.)

Students Driving Cars To School

As a number of our student body are at the stage of life that enables them to be licenced drivers, it is important to point out the Mildura Senior College Student Code of Conduct stipulates the following in accordance with DET guidelines:

- Students are not permitted to transport other students while in daily attendance at the College, or to and from any College function or event. This means that students cannot transport other students to and from school or during the school day. Parent permission does NOT exclude students from this rule. This rule is DET policy which the College is mandated to follow. There are no exceptions to this rule.
- Drivers can only park in the Gymnasium carpark or on 14th Street. There are designated areas where students can and cannot park their car. Students who drive to school, must on the permission form, indicate where they will usually park their car. Students are not permitted to park in Havilah Crescent or on the private land between Havilah Crescent and Deakin Avenue.
- Any licenced student wishing to drive a vehicle to school must register their details with an Assistant Principal. The College is required to have a list of drivers and their vehicle details in case of emergency or accident.

There are strict consequences for students who drive dangerously and erratically. The area in and around the College is particularly busy between 8.30am - 9.00am, 1pm - 2pm, and 3.15pm - 4.15pm and all drivers should proceed with care. At all times, students must observe the speed restriction zones (40km/h) in Deakin Avenue and 14th Street.

We thank you for supporting us to ensure the safety of all of our young people.

Reports

Included with this Newsletter is Student Learning Profile SLP 2. Parents will receive regular updates (every 4 weeks) on Student progress via the mail and through our Parent Portal. Our next SLP will be available on the parent portal in week 3 of Term 2, the 9th May.

Andrew Banks and Ineke Rogers (Acting)
Assistant Principals Team

Study Scores

During Pathways, Year 12 VCE students have been learning about Study Scores. Some information is provided here so parents can discuss with their student. Each subject will achieve a study score between 0-50. An average study score is 30.

Getting a Study Score above 40 is very difficult. Only 9% of students state wide get a score of 40 or above.

Students are awarded grades from A+ to UG for Assessment Tasks and the Examination.

Tips to Improve Performance

1. Develop excellent study skills
2. Stay committed and know what you want and WHY
3. Persist, even when times get tough
4. Aim to understand topics, not recite, this will assist you in remember
5. Work hard and effectively
6. Keep motivation levels high and consistent, throughout the year no matter how tough.
7. Do not overindulge in VCE Tutoring – learn how to apply the theory to the question.

Assistance at Mildura Senior College

- Attend class regularly and concentrate
- Keep up to date
- Complete booklets
- Read text books
- Make summary notes
- Do Edrolo
- Complete homework
- Attend SAC Revision classes
- Practice Exam style questions
- Complete 5,10,20,30,40 Examination papers
- Get teacher assistance Wednesday mornings
- Form a study group at Homework Club

Pathways Program in Term 2

Next term during Pathways, students will have the opportunity to complete an e-learning module on either Self-Management or Leadership, depending on their year level. We have been working with Leaders of Evolution, a Melbourne based organisation who are driven to empower all students to evolve in the leadership skills.



Leaders of Evolution work with some of the primary schools in our region and have written a program specifically for our students. Input has been sourced from local industry and also Deakin University who are interested in crediting those students that complete the online module with one of their newly launched 'Micro-Credentials'.

These modules are self-reflective and students should use them for resumes, job interviews and tertiary studies. We are excited to be in partnership with Leaders of Evolution and be able to provide our students with this great opportunity.

Each student in pathways will receive a log in and support from their Pathway teacher to complete their module.

We are proud to be a part of the Mildura Region School Breakfast Partnership this year.

Our Breakfast program runs daily from 8.15am – 8.50am, in the Canteen (vinyl side).

Students can make toasted sandwiches, toast, fresh fruit, muesli bars and milo.

It is a great way to start the day and studies have shown that students who start the day with breakfast have improved focus, concentration and get their work done.



From the CAREERS CENTRE

Career Interviews

Career interviews with students are conducted throughout Terms 1, 2 and 3. Any student can come in to discuss tertiary education possibilities. If your son or daughter would like a career interview, they can come to the Careers Centre and make an appointment, or email me at: hamiltonl@milsen.vic.edu.au

Compass Events

It is really important that students **REGULARLY** access **and read the Compass home page announcements on the school intranet**, to ensure that they don't miss out on information sessions that may help them decide on their future pathways.

Career Newsletters

A fortnightly Career Newsletter is loaded to the MSC Careers Website: www.milduraseniorcollegecareers.com Go to **IMPORTANT INFO** next to the Mildura Senior College logo and select CAREERS NEWSLETTER. Three newsletters with career information and events in Victoria, have been uploaded for you to read.

Events

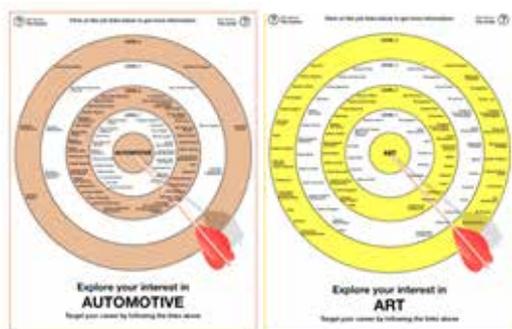
Year 12 students have just attended an information sessions offered by the University of South Australia – UNISA on Monday 6th and Wednesday 8th March. 23 parents and 12 students attended the sessions. UNISA have 30% study hands-on experience built into each of their courses. UNISA aim to make their students work ready. Students can come and collect booklets from the careers centre if you missed attending the session.

Career Research Tasks in Pathway Groups

Students will be completing a Career Personality & Career Interests Quiz this term. The results are linked to possible careers. Students are invited to do some research about courses they could study. They will also be working out their "Work Skills and Abilities" and "Work Values". By the end of the Semester, students will be required to complete a Career Action Plan or update the one they completed in Year 10.

There are Career Target posters on the home page of the MSC Careers website.

Students can select their favourite subject. Each career on the poster has a lot of jobs which are linked to 'The Good Universities Guide' and possible courses of study at various universities or TAFE Colleges. For students who are not sure what they might do after year 12, this is a good starting point. Each of the 34 subjects have jobs that you might be interested in doing. You can click on the job links to get more information.



UCAT (University Clinical Aptitude Test) for Year 12 students

Registrations for UCAT -Undergraduate Medicine, Dentistry and Clinical Sciences Admission Test at: www.ucatofficial.com www.ucat.edu.au/ucat-anz/

Registrations open on the 1st March and close on 17th May 2019 at 11.59am

Register at: www.ucat.edu.au/ucat-anz/registration-booking/
Test Centre: Mildura

The test is conducted online. It is usually held in late July.



Students wishing to attend a local UCAT PRACTICE WORKSHOP being held at Trinity Lutheran College Saturday, 18th and Sunday 19th May, 2019 need to email Lavina Hamilton hamilton@milsen.vic.edu.au for an application form. The course is run by a company called Med Entry. The cost of the 2 day course is: \$250.00. Morning Tea and Lunch are provided.

Any interested Year 11 student can also attend this course to work out if they are suited to this style of test.

Career Appointments

Don't forget that students and/or parents can make appointments to see me for careers and tertiary advice at any stage between the hours of 8.30am and 4.30pm. They can email me at - hamiltonl@milsen.vic.edu.au and make an appointment, or by phoning the school on 5021 2911 extension 4.

If you want to contact the **Transitions from School to Work Co-ordinator** – Mr Nick Goodieson, he can be contacted by emailing: goodiesonn@milsen.vic.edu.au He is located in the Careers Centre from 8.00am to 4.00pm daily. Nick can be emailed or contacted by phoning 5002 0209.

Just a reminder to students and parents that Senior VCAL students will be participating in Structured Workplace Learning arrangements the week beginning **Monday 20th May**, I encourage all students to start seeking out potential employers. Please do not hesitate to contact me for further information regarding Structured Workplace Learning arrangements, School Based Apprenticeships and Traineeships or any general employment questions.

Nick Goodieson
Workplace Transition Coordinator

Lavina Hamilton
Careers & Tertiary Advice Coordinator

Apprenticeships Term 1

Congratulations to the following students for obtaining apprenticeships this Term in their chosen field and starting their work life journey, we are grateful to employers in our region for providing opportunities for our young people to work in areas that they are interested in and gain a qualification at the same time.

Student	Place of Employment	Apprenticeship Qualification
Seth James Reed	Irymple Butchers	Certificate III in Meat Processing (Retail Butcher)
Millar Payne	Kings Construction Group	Certificate III in Carpentry
Adam Gowty	APK Engineering	Certificate III in Engineering - Fabrication
Shaela Corponi	McDonalds Family Restaurant Mildura	Certificate III in Retail
Trey Henschke	Bruce Lee Building	Certificate III in Carpentry
John Cooper	Unique Kitchens & Joinery	Certificate III in Cabinet Making
Chloe Larrett	Retro Hair	Certificate III in Hairdressing

Around the College

Water Colour Workshop

On the 28th February, Chris Fraser and Emma Astill took 11 Students to a Water Colour Workshop with Kerang based ex-local artist Paul Oswin. Paul mainly works in water colours and for the last few years has used a subject matter based mainly around native Australian animals with a focus on birds.

The students were able to see Paul's exhibition currently showing at Gallery F on Deakin Ave. It was a great experience for the students, each completing 2 finished art works and gaining some new skills working with water colour in ways they previously have done before. The student's returned to school and shared these skills with their fellow class mates, all gaining some valuable experience to use in their folio's.

Emma Astill
Arts

Homework Club

It's been fantastic to have so many students make the most of the opportunity offered by the College, to have a space to complete work at school, after school hours. Students are able to work alone in the quiet area or in groups at the round tables. We have been very impressed with the support students give each other. The average attendance each night, Monday to Wednesday, has been 65.

We wish everyone a safe and happy holiday and look forward to working with you again next term.

Nina Pascoe
Homework Club Coordinator and Library Staff.

Lions Youth of the Year 2019

On Saturday 2nd March, two Mildura Senior College students took part in the Regional Final Of Lions Youth of the Year.

Hannah Jackson (year 12) represented Mildura Lions Club and James Pictor (Year 11) represented Irymple Lions Club. After being interviewed by 3 judges on Saturday morning, they made a 5 minute speech and answered two impromptu questions, in front of members of Red Cliffs, Irymple and Mildura Lions Club

members. Both students were excellent representatives of our College.

Hannah was the public speaking winner as well as the overall winner. She will go on to compete in the District Final in Murray Bridge on March 30th.

We wish her well and thank the Red Cliffs Lions Club for hosting the event. We look forward to James representing the College again as a Year 12 student.

Stars Foundation

This was our Star's Foundation Induction Dinner, all the girls met for dinner at Café 1909 where they got to know each other and learnt about what the Stars Foundation can help them with during their time at Mildura Senior College.

In 2019 and for the first Star's Foundation Program in Victoria we have 30 girls involved, which is a great start.

The girls have made a great start at Mildura Senior College and we can't wait to get stuck into Term 2 with some Health Checks and Boot camps with MDAS and workplace visits.

Samantha Bice
Stars Foundation



Free legal advice

Jeri, our Youth Solicitor, will be visiting the Mildura Senior College to help with your legal issues.

Need help with:

- Cyberbullying and sexting issues
- Applying for an intervention order
- Age of consent
- Understanding your rights at work
- Centrelink disputes
- Infringements/fines
- Debt e.g. mobile phone debt
- Tenancy rights and responsibilities
- Other legal issues

Times and Dates:

Appointments will be available on Thursdays at recess and lunchtime.

Please see Roz via the front office or email devileer@milsen.vic.edu.au to arrange the appointment* with Jeri.

**Before an appointment can be made, a conflict of interest check will need to be conducted.*

Sports Report

Swimming Carnival

I had the pleasure to take four students to the Swimming Carnival. Results were as follows

Mitchell Langdon

1st in all 4 strokes

Hayley Crowhurst

1st in Butterfly and 2nd in the other 3 strokes

Shania Crombie-Handy

1st in backstroke, 3rd in freestyle and breaststroke

Darcey Chilton

1st in freestyle.



Unfortunately, there were only a few competitors in the senior competition, but you've got to be in it to win it and Mitch and Shania were awarded Age Group Champions! We won the senior shield, a great outcome by all competitors

1	Mildura Senior	65.0
2	St Josephs College	47.0
3	Red Cliffs Secondary	23.0
4	Henderson College	5.0
5	Mild Christian Coll	5.0
6	Coomealla High	0.0
7	Chaffey Secondary	0.0
8	Irymple Secondary	0.0
9	Merbein Secondary	0.0
10	No Team	0.0
11	Trinity Lutheran	0.0

Martine Hendy

Coach

Boys Cricket

On 12th March, the Mildura Senior College Boys Cricket Team travelled to Strathfieldsaye, on the outskirts of Bendigo, to play in the Loddon Mallee Sports Region finals.

The Boys were most impressive against Bendigo Senior Secondary College, who batted first and were only able to notch



Noah Takes the Lead

On Monday 11 February, Mildura Clontarf Academy Member Noah Hills boarded a plane to Melbourne to participate in the 2019 'NRL All Stars Indigenous Youth Leadership Summit'.

Other activities Noah enjoyed included the 'Amazing Race' around Melbourne, the resume workshop, the jumper presentation at Federation Square and of course attending the much anticipated clash between NZ Maoris and Indigenous All Stars.

Well done Noah and special thanks to the NRL and partners for what was a great experience for our Indigenous youth.



Words and photos by Maeli Felise

6/81 off 13 overs against an accurate and determined bowling attack. We managed to make this total with just under two overs to spare, thanks to fine performances by Darby McLean (34 not out and 2/9) and Kevin McDonald (19).

Naturally, we felt confident going in against Cobram, but pride comes before a fall. Despite a slow start, we were in the hunt well and truly with 4 overs to go, but a quick flurry of falling wickets put our best laid plans astray. Final results were Cobram Secondary College: 3/109 (13 overs) defeated Mildura Senior College: 7/97 (13 overs). Darby McLean's 51 runs in this game made him the Player of the Day.

Both games were played in a true country sportsman-like fashion and our Boys were noble in defeat. Billy Phelan and Regan Kerslake did an excellent job of leading this team of young men and they were a pleasure to take away. We look forward to our 2020 campaign.

Kevin Maunder
Coach



THE FACTS ABOUT SLEEP



THE IMPORTANCE OF SLEEP

- Sleep is important for physical and mental health. All body systems involved in either physical or mental health do not function well without sleep.
- Sleep is important for the body to rest and repair its systems.
- Sleep happens in two stages, non Rapid Eye Movement (non-REM) sleep and REM sleep.
- Non-REM sleep occurs in four stages and is vital to get the body systems rested, this process is called homeostasis. A growth hormone is also produced during non-REM sleep, which causes children to grow and develop.
- REM sleep allows us to dream and studies have shown that dreaming allows us to learn. People who don't dream or get REM sleep will not learn as efficiently.



EFFECTS OF SLEEP DEPRIVATION

Sleep deprivation may affect the following areas:

- Physiological/Physical health (cardiovascular and endocrine systems).
- Psychological (emotional and mental health).
- Psychosocial (behaviour, peer relations, family relationships).
- Cognitive (learning, attention, problem solving).



HOW MUCH SLEEP DO YOUNG PEOPLE NEED FOR OPTIMUM PHYSICAL AND MENTAL HEALTH?

The current thoughts are that teenagers need about nine hours per night. Most teenagers get between 7-8 so they are in 'sleep debt'.



POSSIBLE REASONS FOR DISRUPTED SLEEP PATTERNS IN YOUNG PEOPLE

1. Circadian (sleep/wake) rhythm factors

During adolescence there is a delay in the time when melatonin (one of the hormones which makes us sleepy) is released from our brains to our bodies. This may mean that adolescents are not tired until later in the evening and may then find it hard to get up in the morning.

2. Social changes and pressures

Adolescents have a lot going on in their lives (phone, TV, jobs, social activities, school, sports, more homework, worry). Sleep is sometimes low on the priority list and is often given up for these other things.

Sleep

+ YOUNG PEOPLE



Having enough quality sleep is vital to your emotional and physical wellbeing. We sleep so we can be active, focused and feel good during the day.

Not being able to get to sleep can be really distressing. If you haven't been able to rest properly, your body and mind can start doing strange things. Poor sleep can be a vicious cycle – not enough sleep may cause the brain to become more active and an over-stimulated brain is less able to fall asleep.

Sleep and mental health

While sleep is essential for everyone, sleep problems can occur if you or someone you know is experiencing mental health difficulties. Some symptoms and treatments of mental ill-health can affect your sleep in a number of ways.

Everyone is different, and our need for sleep changes over time. What's important is finding a balance that allows you to get the sleep you need as well as achieve your goals and have fun during the day. Having a regular sleeping routine has massive benefits to your physical and emotional health.

Sleep – what's normal?

The sleep of 15–25-year-olds

Sleep is really important. As you enter your mid teenage years, natural hormone changes shift your body clock. Your body clock regulates many of your body's patterns, including when you sleep and when you wake up. The shift alters this and causes changes to your sleep patterns.

It's normal to want to go to bed later than you used to, but because of all the changes happening in your body, you actually need more sleep at this time. Sleep research suggests that young people need between 9 and 10 hours of sleep every night. Yet most young people only get about 7 or 8 hours, with the average being around 8 hours of sleep a night.

Making sure you get enough sleep can be tricky. Finding the right balance of sleep is important because it helps you be alert and energetic during the day, and to feel good about yourself.

Not sleeping well can cause you more stress or moodiness. It can tip your balance and make you feel worse about yourself and others. If you're having trouble sleeping, this can have a dramatic effect on your life, such as:

- drowsiness, falling asleep during the day
- not being able to focus, short attention, trouble concentrating or staying mentally alert
- feeling irritable or angry, anxious and stressed, or depressed or down
- memory impairment, poor decision-making, risk-taking behaviour
- lack of enthusiasm, not going to school, TAFE or uni
- reduced physical performance, slower physical reflexes, clumsiness
- reduced academic or sporting performance.

What helps and what doesn't?

You have more control over your quality of sleep than you may think. Below is a list of tips a lot of people find helpful in getting good sleep. Some may not work for everyone, but you can give them a go to figure out which ones work best for you.

- Stick to a routine of waking at the same time every day, and going to bed at the same time each night.
- Cut back, or stop, using alcohol, cigarettes and caffeine before bed, as they can make it harder to get to sleep, or cause your sleep to be disrupted.
- Try to reduce your TV or computer time in the evenings – artificial light can trick your body into staying awake.
- Try not to nap during the day, as this'll make it harder to sleep in the evening.
- Exercise, but do it at least three hours before bed. Exercising outdoors first thing in the morning can be useful because it helps reset your body clock.
- Do relaxing activities in order to wind down, like reading or listening to music softly. A warm bath or shower can also help to make you feel sleepy.
- Learn relaxation and meditation techniques to help you switch your mind off in the evenings.
- Create a sleep space that works for you – quiet, dark, uncluttered.

Don't stress if you find yourself waking up in the night

It's actually pretty normal, and worrying about getting back to sleep will probably keep you up longer. Try to relax and wait for the next wave of sleepiness to arrive, and if you find yourself staring at the clock, try turning the clock face away from you.

Sleeping in

Long sleep-ins can cause poor sleep. Getting up at a similar time every day can help avoid this, and will make it easier to fall asleep at the right time in the evening.