



Myrtleford P12 College

Prince Street Myrtleford Victoria 3737

Inspirat<mark>i</mark>onal.

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ssue 17: 22nd October 2021

### Calendar

### October

27 Year 12 exams start

### **November**

- 1 Student Free Day
- 17 Student Free Day
- **22** 5/6 Canberra Trip-TBC

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### A few words from the Principal.....Zlatko Pear

### School is back for all students

It is fantastic to finally have all students back learning onsite. Friday 20th August was the last time all our students were at school together. This means that we have made it through 42 school days of mostly remote learning. Whilst we all tried our very best over this time, we all know that interacting and learning with their peers and teachers at school is the best situation for our students. I am confident that all parents would agree. As a part of the return to school, the Chief Health Officer has stated that all students in Year 3 to Year 6 need to wear mask when indoors. Students in Years 7 to 12 are required to wear a mask at all times other than when exercising or eating/drinking. The only exceptions are students with medical reasons not to wear a mask. Please contact the school if you have any questions or concerns.

### Goodbye to our Year 12s

Our Year 12 students completed formal classes this week. Students attended a virtual online assembly yesterday to say goodbye to the Year 12 students and to congratulate them on completing 13 years of school. This was followed by a catered lunch shared with the staff. The first VCE exam is English which will be held on Wednesday 27th October. Most of the exams will be held at the Ablett Pavilion. The class of 2021 has endured a disrupted two years of VCE. We recognised their resilience and the whole College community wishes them well. The Year 12 graduation evening will be held when all exams are completed.

### 2021 No School Days

We have two remaining student free days for this year. They will be on; Monday 1st November – First Aid Training

Wednesday 17th November – Report Writing Day. Please note the change of date. This was originally planned for the following week. However, due to a number of factors including the 'Headstart' timetable, we needed to bring it forward one week.

This means that there will be no classes running on these days. Please let me know if you have any concerns or questions.

...Zlatko Pear

Myrtleford P12 College is a Child Safe School.

All our Child Safe policies can be accessed on the College website. <a href="http://www.myrtlefordp12.vic.edu.au">http://www.myrtlefordp12.vic.edu.au</a>



# Farewell Year 12



Back:Thomas Cooper, James Whitford, Jobe Brock, Shai Kwan Clarke, Curtis Tanner, Ashley O'Brien, Lydia Rendek

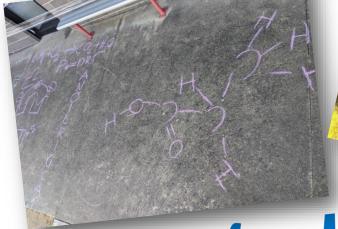
Front: Indee Williams, Bernice Minnar, Coby Bisinella, Soraya Richardson, Jemmima Wales, Nicholle Nolan Absent: Morgana Oakley, Maddy Dylan, Mitch Clark, Madison Barbisan



Year 12 students had their last official class on Tuesday, returning on Wednesday to say their goodbyes, and share a breakfast together. We also held a short virtual assembly via Webex, that was joined by all classes Prep-11. Year 12 students then shared a lovely catered lunch with staff on the front lawn area. Many of the students will sit exams in the coming weeks. We wish them the best of luck for those.

To all our Year 12 students, best wishes for your future endeavours!





A Study Tip...from Mr Harbison

### Study skills - switching off

To the parents and students of MP12 College,

You might have heard of the idea of 'deep work', that is, the ability to focus on a task with deliberate concentration. We know this is a key to success in school, but how do you improve your ability to in such a connected world with your phone pinging every few minutes or seconds?

While forcing yourself to concentrate can be hard, this is a practical tip you can use to stay focused at home.

**Go black and white.** The apps on your smartphone are visually designed to get you coming back for more, by increasing your addiction to dopamine. In fact, billions of dollars go into this very aspect of app design.

By switching your phone onto black and white mode, you automatically reduce its addictive quality. To enable this on iPhone, head to: Settings -> Accessibility -> Display and Text Size -> Colour Filters (turn on) -> Grayscale. For other smartphones, you will need to do a quick google search for specific instructions.

**How could you use this?** While having your phone in this mode all the time might not work, you could have certain times when you want your phone on black and white, such as on weeknights and during study periods. You can even set up an accessibility shortcut to easily turn this mode on and off with three clicks of the lock button.

Experiment with this mode to find what works for you, but if you want to reduce your screen time when you are trying to focus, this might just be the cue for you!

Adrian Harbison





We would like to congratulate Dominic Cooper in Year 10, who has been our first student to master every single module in the Maths Pathways program. This is an amazing achievement, with only 0.7% of students who work on Maths Pathways across Australia achieving this before they finish Year 10.

Dominic has worked incredibly hard on each test cycle this year, achieving growth rates of up to 500% in some tests.

Upon finishing his final module, Maths Pathways invited Dominic to meet with Richard Matthys, the CEO of Maths Pathways, via Zoom.

We are looking forward to seeing other Year 10 students complete all modules on Maths Pathways in times to come! Dominic has written a short article about his tips for success, and what he hopes to do with Maths in his future below.

### **Dominic Cooper** Finished the **Maths Pathways Program!**



One day in Year 8, Maths just 'clicked' for me out of the blue. I fell in love with it because I didn't see maths as schoolwork, I saw it as a game to figure out different, complex puzzles. Some might say I became too eager firstly, and on reflection I did way too many modules per cycle. Ironically, at one point even my maths teacher was

saying stop doing maths and go outside. If I was to do it again, I would write notes -LÓTŠ of notes. I didn't use that to my advantage, maybe I was a bit naïve thinking that I could store everything in my head. Let me tell you that is difficult to do! I also think that you should utilize a study schedule so that everything is balanced, not doing to much of this when you should be doing that.

I am going to utilise maths in the future for my billion-dollar game plan calculating how long I will be on the road for, to looking at how index funds work, to calculating compound interest. In the future, I will be telling people about my rags-to-riches story, and the key point I will be making is outside-of-the-box thinking is crucial, if you want to be successful in life. Take the path untaken always.

On Friday 8th of October, I got to meet with the founder of math pathways Richard Matthys on the subject of Maths. I got to totally geek out talking to Richard about my favorite times of the day being 9:41, 9:14,4:19,1:49 (each number in these times is a square number (1x1 2x2 3x3)). In the call I got an insight into what they do at Math Pathways - they do Maths warm-up activities at the start of their meetings(!) and then they work on trying to make math pathways easier to use for students. I got to make a suggestion to Richard that he should make a spinoff of Maths pathway for coding ("Codeways") to teach students about robotics and coding. When I mastered my last module, I felt really happy. I had been anticipating it for weeks, which was really exciting.

Dominic Cooper - Year 10



### **COLLEGE ANNOUNCEMENTS**

The staff carpark is **not** a safe place to drop off your children. Please use the drop off points in Mummery Road (outside the SLC building) or Prince Street (bottom corner of the basketball courts).

PLEASE DO NOT DROP OFF STUDENTS IN THE STAFF CAR PARK

### Canteen News

Please note that the canteen will reopen on Monday 25th October and then operate on usual days

### OPEN MONDAY, THURSDAY AND FRIDAY CLOSED TUESDAY AND WEDNESDAY

Students will need to bring food from home on the days the canteen is closed.



### **BREAKFAST CLUB**

**Tuesday** in the SLA for cheese toasties **Friday** in the canteen for toast and cereal



Breakfast is FREE and available for everyone to enjoy

### **COVID** requirements

To support our efforts to keep all students and staff safe at our school, there are a number of requirements in reference to COVID 19.

### **QR CODES**

QR codes are located at the main entrance to the school, and at the entry to school buildings. For contact tracing purposes, parents should use the QR code at the school entrances when going on-site.

If however the parent/family member is entering a school building, they **MUST** QR code on entry to the building.

If the visit is to take longer than 15 minutes, they must also sign in and out at the front office.

### **FACE MASKS**

Whilst on site, parents, family members and visitors must abide by the current Chief Health Officer's orders, including social distancing and the wearing of face masks. Students in Years 3 and above and staff are also currently required to wear face masks.

At this time, visits to the school site should be for essential reasons only.

Changes to the Department directives will be communicated via Compass.









Supporting regional students & worthy causes











What do Nick Molnar(an Australian entrepreneur, net worth 200 million) and our year 6s have in common? Well, they both started out

The Year 6 class have started social enterprises to learn about economics, design, prototyping and entrepreneurship and are donating their profits to help a cause they care for.

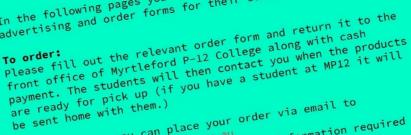
Buying their products will support our local kids in this journey, giving them the skills and 'know how' to create future employment opportunities for themselves, most importantly, in the Myrtleford community. So get out your cash and spend away!







In the following pages you will find the students' created advertising and order forms for their social enterprises.



Alternatively, you can place your order via email to Accernactivety, you can prace your order via email to donna.bigger@education.vic.gov.au the information required please ensure that you include all the products. for the students to give you the correct products.

Thank you for supporting our local kids!

























Our profit is going to Wildlife Australia, where they help the animals in need.

The ingredients we used to make our products are all natural and good for your skin. The Body Scrubs and Fizzy Dusts essential oils consist of Peppermint, Lavender and Lemon. The Wrapping Paper is hand stamped and has many different colours and designs.











<- FIZZY DUST

WRAPPING Please place your PAPER order and return to

the office. Please enclose payment.



Wrapping Paper

BODY SCRUB

\$1.00

Total Peppermint

Payment \$\_\_ Name:\_\_

	dor Le	emon	Name:		-
Product Cost	Lavender Le		Phone:		
\$7.00	0 \		Email:		
Body Scrub				Lemon	Total

Fizzy Dust	\$3.00		1 awander	-I-MOTS	Christmas	Flowers Petals only	Wedges	
Product		Flowers a Stars	and Lavender	Center Filled				



POLLY BEADS CRAFTED WITH HEARTS

Ronald McDonald is our cause. They help kids who are sick and in need. They help pay for the parents stay with their sick kids, so they get to spend as much time with their kids as possible.

Bracelets & necklaces what a treat. Make your own kit, how fun!! Would you like a necklace or a bracelet?

Necklaces:\$5-\$6

Bracelets:\$7.00

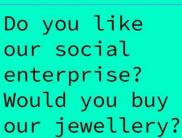
Make your own kit:\$5.00











## To support us, Please Order Below

Necklaces- small beads- \$5 Necklaces- large beads- \$6 All Bracelets- \$7 Make your own kit (all clay, elastic and instructions included) \$5

						Cost
Size XS, S, M,L	Bracelet	Necklace	Prefered colours (choose 1-3)	Size of beads. small big	Make your own kit	

We will try our best to give you your prefered colours but they may not always be available

	2 0	a order	and	return
please	MP12	a order office W	ith	payment

Name:\_\_\_\_ Contact Number:\_\_

Email:





### GROOVY TIE DYE

We have a wide range of different tie dye designs, such as rainbow spirals on T-shirts and blue and green sock designs.









# TO SUPPORT US, PLEASE ORDER BELOW

# Shirts \$10 each Adult- S, M, L Kids sizes 14,12,10,8,6 Shirts Size Quantity Colourmulti Colour two tone Total

/alue	pack \$13 socks and 1	shirt			
Shirt	Sock	Quantity	Colour- multi	Colour two tone	Total
size					



	s- \$ 5 a pai	Cost \$
size	quantity	
L		
S		

please place your order and return to the school office. please enclose cash payment.

Payment	enclosed	\$
Name:		

Contact Number:\_\_\_\_\_

Email address:\_\_\_\_\_







# BIG BOY BOARDS

Handmade cheese boards.

All profit will be going to The Surfrider Foundation to support Sea Turtles.











Cheese boards starting @ \$25



# TO SUPPORT US, PLEASE ORDER BELOW



Please place your order and return to the Myrtleford P-12 office. Please enclose payment.

Product	Cost	Quantity	Total	
Cheese board with leather straps (30cmx18cmx3cm)	\$30			
Cheese board Long (35cmx12cmx3cm)	\$15			
Cheese board Small (27cmx18cmx3cm)	\$20			

Name:

Contact Number:

Email:

Payment: \$



### **HEALTH CORNER...with Adolescent Health Nurse Rosemary Bunge**

I wish all Year 12 students the very best for the end of the school year and their future. Below are some tips for those sitting final exams, but also helpful for other students who have tests and exams ahead.

### Plan

- Prepare a study plan and goals for each day. Make sure it's balanced.
- Create a study space that is comfortable, quiet, well lit, organised, and has no distractions nearby, such as a TV, phone, people talking, etc.
- Make sure you have everything you need for each study session as this helps to feel more confident and organised.



### Look after yourself

- Selfcare is especially important when you have a big demand in your life that way you
  have the energy to commit to what you need to accomplish.
- Build activities you enjoy and that bring your stress levels down, into your study plan.
- Don't get hungry before or while studying. Grab nutritional snacks that keep you going, such as fruit/nuts/dairy, etc.
- Remember to get some exercise every day as this helps you to keep focused and energetic.

### Rest when you need to

- Work out the time of day when you have most energy and plan to study then
- Don't study more than 40-60 mins without a short break
- When you have a break do something physical or fun
- Relaxation is important especially before bed, reduce screen time, have a bath, deep breath etc.
- Get a good night's sleep

### Stay focused

- Say no to parties during exam time
- When studying switch off your phone, email and media to reduce distractions
- Focus on your wellbeing, avoid drugs and alcohol, they make it much harder to study.

### And finally...

If the stress is getting to you it will prevent you from studying effectively and confidently - so ask for help from your teacher, school nurse, headspace, a counsellor, professional, or help line.

### Always believe in yourself.

### QUOTE OF THE WEEK:

A bird sitting on a tree is never afraid of the branch breaking, because it's trust is not on the branch but on it's own wings — Anon



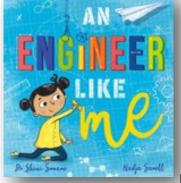
### LIBRARY NEWS

Check out these new books for primary students...

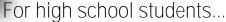


Extreme weather events, from bushfires to floods, and sudden geological changes, from earthquakes to tsunamis, have an enormous impact on our planet. In this book, students investigate different examples of extreme weather, focusing on examples from around Australia, and learn how these events affect living and non-living aspects of the environment. Students will investigate the past, learning how Indigenous Australians have recorded and documented geological events, and also look to the future, focusing on how science is giving us better understanding of weather patterns and events, and new tools for managing natural disasters.

In *Great White Shark* we follow a female shark on her way to warmer waters to give her pups the best chance of survival. Set in a stunning underwater world, Claire Saxby's signature poetic prose and Cindy Lane's sublime illustrations showcase the grace, majesty and power of one of the ocean's top predators.



Zara is curious about everything! Travelling around the city with her gran, she sees all kinds of fascinating things. How do roller coasters do loop-the-loops? How do planes stay up? As she marvels about how they work, Zara learns about some of the brilliant engineers who have shaped the world around her. Soon she can't wait to start creating her own amazing inventions and become an engineer too!





Fifteen year old Amanda's mother has always been strange. She won't tell anyone about her past. Amandia knows her father is long gone. He's a mystery from her mother's past. Lately her mother has been acting even more strangely, so when Amandia finds an address and a large amount of money in her mother's purse, she decides it's time to get answers about her mother's past....



Five teens, one week, half a continent. Eva ia far from home when everything goes wrong. And it gets worse after her evacuation bus leaves her behind, stranded with classmates she barely knows. Their only hope is to catch up to that bus, but South America is big, and the old rules are changing quickly. This is the rouad trip Eva never knew she needed,. This is the race for the last flight home..



So far, the inevitable hasn't worked out so well for Aaron Stein. While his friends have gone to College and moved on with their lives, Aaron's left behind, running a failing bookshop with his Dad. What he needs is a lucky break. The good kind of inevitable. And then he meets Hannah– magical, musical, brave and clever,. Could she be the answer?



DO YOU LIVE IN THE ALPINE SHIRE?
FANCY YOURSELF AS A WIZZ ON IMOVIE?
THINK YOU'VE GOT WHAT IT TAKES TO MAKE A FUN,
ENGAGING PIECE OF FILM?

CREATE A 90 SECOND FILM SHOWCASING THE THEME

WHY I LOVE WHERE I LIVE'

THE WINNER WILL HAVE THEIR PIECE SHOWN AT THE CHRISTMAS SERIES OF TWILIGHT CINEMA EVENTS ACROSS THE ALPINE SHIRE, AND WIN SOME GREAT PRIZES.

SUBMIT YOUR ENTRY TO COMMUNITIES@ALDINESHIRE.VIC.GOV.AU BY NOVEMBER 15 2021

FOR ANY QUERIES & FULL COMPETITION RULES, EMAIL COMMUNITIES@ALPINESHIRE.VIC.GOV.AU OR CALL 03 5755 0555

FULL COMPETITION DETAILS  $\delta$  RULES CAN BE FOUND ON THE ALDINE SHIRE COUNCIL WEBSITE  $\delta$  FACEBOOK PAGE

ALPINE SHIRE COUNCIL IN CONJUNCTION WITH SUN CINEMA BRIGHT BRING YOU THE

### **RULES:**

- FILM MUST BE WITHIN THE THEME WHY I LOVE WHERE I LIVE'.

  YOU MUST BE ABLE TO PROVE YOU LIVE IN THE ALPINE

- SHIRE:

  CAN BE A SOLO OR TEAM PROJECT.

  FILM MUST BE APPROX 90 SECONDS. ENTRIES THAT ARE TOO SHORT OR TOO LONG WILL NOT BE CONSIDERED.

  THE MAJORITY OF YOUR PROJECT MUST BE FILMED ON PHONE CAMERAS ONLY SHORT ACTION SEQUENCES CAN BE FILMED ON GOPRO ETC.

  LATE ENTRIES WILL NOT BE ACCEPTED.

  WINNER DECIDED BY ALDINE SHIRE COUNCIL COMMUNITIES TEAM & LOCAL FILM LEGENDS RIC & STAN.

  SUBMIT IN MOV OR MP4 FORMATS ONLY PLEASE

SUBMIT YOUR ENTRY TO COMMUNITIES@ALPINESHIRE.VIC.GOV.AU BY NOVEMBER 15 2021

IF YOU NEED MORE INFO EMAIL COMMUNITIES@ALPINESHIRE.VIC.GOV.AU OR CALL 03 5755 0555

FULL COMPETITION DETAILS  $\delta$  RULES CAN BE FOUND ON THE ALDINE SHIRE COUNCIL WEBSITE  $\delta$  FACEBOOK PAGE

### Term 4 2 Hour Information Sessions Via Zoom

### Raising confident, **Competent Children**

For parents and carers of children aged between 2-12 years

This sessions looks at

- How we teach our children to be respectful and consid-
- Supporting good communication and social skills.
- Having a healthy self esteem,
- Encourage independence

Support problem solving

Friday 22nd October 10am-12pm

### Emotion Coaching — Connecting with our kids

For parents and carers of children aged between 2-10 years

This sessions looks at

- Emotional intelligence and why it's important
- Children's brain devolvement
- How to tune into your children's emotions
- Help manage behaviours,
- Support children to regulate
- Their emotions different styles of parenting

Wednesday 27th October 7pm—9pm

### Adolescent Parenting

For parents and carers of children aged between 12—18 years

This sessions looks at

- Development of teenager's and it's impacts and challenges
- How we can support your teenager's emotions and build resilience.
- Connecting with your teen-
- Helping to problem solve
- Family values.

**Tuesday 16th** November 7pm—9pm

### The Power of Positive **Parenting**

For parent and carers of children aged between 2-12 years

This sessions looks at

- Building strong relationships with children,
- Good communication
- Teaching new skills
- Predictable routines
- Expectations of children
- Focusing on the positives
- Balancing family life

**Thursday 18th** November 10am -12pm

**Bookings are essential** Contact Andrea on 0457 279 796 to enrol or for more information







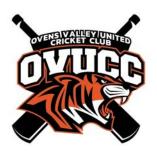
Spring/Summer Sport
In the Community....



SATURDAY SENIOR PENNANT
JUNIOR SATURDAY PENNANT
THURSDAY LADIES
COMPETITION
TUESDAY TWILIGHT TENNIS
FRIDAY FAMILY NIGHTS
HOT SHOTS PROGRAM
COACHING

For membership forms and club information, please visit our website

www.myrtlefordtennis.com.au



### Junior Cricketers Wanted - Ovens Valley United Junior Cricket Club

Calling all Under 14 players!

We are looking for existing and new junior cricketers, particularly aged Under 14 to join our cricket teams.

No previous cricket experience is necessary, just an interest in learning to play and having fun.

Training is 1-2 nights per week, and games on Saturday mornings.

Also still welcoming players for our U12 and U16 teams.

For further information please contact Josh Hoare, Junior Cricket Coordinator on 0409 501 465

Register online via our Facebook Page <a href="https://www.facebook.com/groups/661237861049721">https://www.facebook.com/groups/661237861049721</a>

### **Wellbeing Support during COVID 19 pandemic**

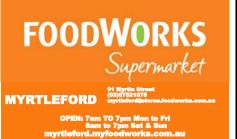
### **FOR STUDENTS**

Beyond Blue Surviving School before, during and after COVID 19. A guide to dealing with constant change due to COVID 19 5 steps to study success at home 7 tips to help with stress and anxiety Tips to keep good mental health

### **FOR PARENTS**

How to have a great conversation Tips for supporting a teenager who is stressed Surviving Year 12 (for parents)

Our Sponsors.... Thank you for your ongoing support.







59 CLYDE STREET MYRTLEFORD (03) 5752 1511 / 0407 967 309 billyandme@outlook.com





· Kitchens

· Wardrobes · Wall Units

Web: terrycartrightkitchens.websyte.com.au Email: cartwrightkitchens@bigpond.com

03 5752 2301

03 5751 1882 Mobile: 0407 681 014













