Start of the School Year
Term One has passed by very quickly! We welcomed nearly 500 new students into our College and the overwhelming majority have made a very smooth and successful transition. We see the process of transition as continuous as it links to the goals, aims and pathways of each individual student. Each student is allocated a Pathways class and teacher who have a primary responsibility for supporting their students in their transition into school, developing pathways plans and their successful transition beyond school. We hope that students make the most of these Pathways sessions and build a positive working relationship with their Pathways teachers.

Our School Values
At our very first assembly to students I spoke about the ‘values’ we are making a focus of in 2012 and beyond and how they relate to students successfully completing their schooling.

The values are; Independence, Responsibility, Resilience, Respect, Success. The following is a summary of the message given;

1. From the very start of the year be informed and get the right information from the right people. If you don’t know... ask! Develop independence.
2. We have an environment that is different to most schools. You are granted freedoms and privileges that come with added responsibility.
3. Things will go wrong and during the year there are sure to be setbacks – use the support services around you and bounce back from these setbacks – you will need resilience.
4. Develop a strong and respectful relationship with your peers and teachers in all of your classes. These are the people you will rely on to help you through.
5. Have a goal in mind. To be motivated you need to know why you are doing something in the first place – only then will you achieve your success.

Student Forums
Given the age of our students we have a fantastic opportunity to involve students in a number of school operations and events. We conduct regular student forums where we meet with representatives of each Pathways class and discuss issues related to student life at Mildura Senior College. Our School Captains play a leading role in these forums. The first forum for the year saw the students give us feedback on how the start of the year went and what changes they would make if they were in charge. The maturity and level of engagement was strong and we now have some fantastic ideas to continue to build upon our transition process.
Families as Partners in Learning
The evidence is overwhelming that students whose parents or carers are actively engaged in their schooling have a greater opportunity to be successful. With the second Progress Statements coming out with this newsletter I urge all those involved in their students’ schooling to discuss their students’ progress and make use of the opportunity to meet with teachers at the upcoming three way conference in Term 2.

Staffing Changes
We wish Mr Shane Crowhurst and Ms Denise Hicks all the best as they take some well-deserved Long Service Leave for Term 2. They will be replaced by Ms Rowena Brown and Ms Melissa Davies respectively. Mr Jim Blue will also be taking a couple of weeks Long Service Leave at the start of Term 2 and will be replaced in classes by Ms Wendy Kelly.

Andrew Ough
Principal

Assistant Principal’s Report
Student Engagement and Well Being:

Many students have made a very positive start to the year. However, as we are now at the end of Term 1, the following reminders are timely:

- A number of students have commenced driving to the college but have not returned their permission form. The form must be returned to Mr. Tracy. Students cannot transport other students in their car during the normal school day. Parent permission does not exclude students from this rule.

- As we are an Asthma Friendly School, students should not be bringing aerosol deodorants to school or using these in confined spaces such as corridors. Asthmatics can have a severe reaction to these deodorants.

- Return times from local shops are at 11.30am (Recess) and 1.30pm (Lunch). Year 12 students cannot access local shops during their “frees”.

- Students must ensure their locker is secure at all times using the lock provided. Students should not swap or share lockers. The college will not accept responsibility for damage to or theft of valuables such as mobile phones and calculators.

- DEECD guidelines do not allow students to leave school early to commence part-time work. Students undertaking an SBA are an exception to this.

- Any student who leaves the college grounds (e.g. for a medical appointment) and will miss a class or classes is required to sign out/sign in at the Student Service Centre. Any absence from class will remain as “unexplained” until a parent phone call or note verifies the reason for the absence. Parents collecting students for appointments must use the office as the “pick up” point rather than 14th St or Deakin Avenue which are high traffic areas.

Under no circumstances should students invite or encourage “friends” or “cousins” to visit them on school grounds during school hours. Such actions constitute trespass and Police will be called if the trespasser poses any threat to student/teacher safety, or if their actions are on-going.

Local Residents
As our college is located in a residential area, students and parents are reminded that residents are entitled to their privacy. Our Code of Conduct states the out of bounds areas and the consequences for loitering near, trespassing on and littering properties owned by local residents. All students have been reminded about where the out of bounds areas are, and I have spoken to a number of local residents already to assure them that if these behaviours escalate, then the matter will be referred to the Police.

Students wishing to leave school:
Any student who wishes to leave school for any reason MUST undertake a formal interview and exit process. Recent changes to DEECD rules now mean that a student cannot simply “leave” school without completing the appropriate documentation. This particularly applies to students who are under 17 years of age. Parents are reminded that the college is regularly audited by Centrelink and if students are receiving payments but not attending, the likely outcome will be a “bill” from Centrelink.

Parents – Traffic Safety
Parents are reminded to take care when “dropping off” or “picking up” students. Both Deakin Avenue and 14th St are very busy during these times and there have already been a number of minor accidents and “near misses”.

Parents are reminded that classes start at 9am on Monday, Tuesday, Thursday and Friday – students arriving after this time will be recorded as being late.

School Environment:
During the January holidays and this term, a number of major projects have been completed, including:

- Completion of upgrade to H Wing and garden surrounds
- Varanda and air-conditioning for M2 and M3
- Garden beds and paving near M2 and M3
- The refurbishment of A6 to become our new Student Services Centre

Upcoming projects include:

- Repairs to Hall roof and ceiling
- Garden areas near H Wing facing 14th St

Parents are welcome to visit the college and undertake a tour of our facilities.

Parents – did you know that if your son/daughter logs on at home, you can view:

- Attendance Data
- The Pathways program which is delivered on-line to students
- Moodle – our on-line curriculum portal to see what is being done in classes

Parents – you can assist your son/daughter to achieve their best at MSC by:

- Attending 3 Way Conferences
Digital Citizenship:
A committee has been formed and is working on through the accreditation of the College as an eSmart school. Working in addition with Generation Safe, to ensure that all students, staff and the college community have positive digital experiences.

Study Skills:
A study skills session has been conducted for every Year 12 student during this term and one will be completed by all Year 11s in Term 2. Every student receives a booklet during this session and in addition every student has access to our Moodle Study Skills page.

College Website:
The Mildura Senior College Website is currently being developed with all of the information and links that the College community members may require. Please contact the College of your require any information that is not currently on the website. Design & Technology
Sandy Gunn
Acting Assistant Principal

Mildura Senior College
Centenary

CENTENARY CELEBRATION DATES
Friday 14th September to Sunday 16th September 2012

Mildura Senior College, previously known as Mildura High School and Mildura Secondary College, celebrating 100 years of state funded secondary education in Mildura.
Since the middle of last year a Centenary Committee has been working tirelessly to organise a wide range of exciting and interesting activities to celebrate this wonderful achievement. The activities have been organised to appeal to a wide cross-section of people – current and past students, teachers, parents and community members.
Throughout the three days of celebrations there will be something for everyone to participate in and to enjoy – whether it is touring the college in action to discover how education has changed since your schooldays, catching up with your ‘old’ school friends, seeing how our teachers have aged, looking over memorabilia or kicking up your heels at one of the centenary dinners.
Please spread the word about the centenary celebrations and ask interested people to register with the College so they can be added to the mailing list.
For further information contact Mildura Senior College
Phone: 03 50 212911
or visit www.milsen.vic.edu.au
E-mail: centenary@milsen.vic.edu.au

Top Arts
Clancy Shipsides from our 2011 VCE Studio Arts Photography class will be represented in Top Arts 2012 which will be held at the Ian Potter Centre: NGV Australia, Federation Square. Top Arts is part of the VCE Season of Excellence managed by the Victorian...
Curriculum and Assessment Authority. The Parliamentary Secretary to the premiers, Heidi Victoria will launch Top Arts, which runs until 15th July 2012.

Top Arts will show works by 54 VCE Art and Studio Arts students including Photography, Drawing, Painting, Printmaking, Short Films, Textiles and Works on Paper. The exhibition and associated education programs are a valuable resource for current VCE students. Top Arts runs in tandem with Top Screen programs at ACMI. Top Designs at Melbourne Museum and the Top Class concert series at the Melbourne Recital Centre. For program times see: www.vcaa.vic.edu.au/seasonofexcellence.html

In Term 2 we have over 50 students travelling to Melbourne to view both the Top Arts and Top Designs exhibitions, which will give our students valuable insights into the standard of artworks produced by the top students in Victorian schools. We are very proud of Clancy Shipside and her achievements in 2011 and we look forward to seeing what the future holds for her and all of our other talented artists from Mildura Senior College.

Julie Couzens
VCE Studio Arts Photography/Drawing

SRC Report

The SRC has started the year off having elected the new Year 11 representatives, and running three events this term.

The SRC for 2012 is:

**College Captains:**
Kyle Gallichan
Alana Hale

**Vice Captains:**
Adrian Fox
Briony Lynch

**Other members:**
Jayden Milner
Kate Hutchison
Amy Browne
Monica Rose Weight
Courtney Muir
Cassandra Halacas

Alana Ashelford
Chase Williams
Carla Piscitelli
Genevieve Chaplin
Tayla Ladgrove
Vince Calvi
Holly Smith
Christine Edwards
Martin Rule
Garry Minter
Zack Windsor
Michael Hoare
Cassandra Lapthorne
Renae Phillips
Vivien Dichiera
Ryan Leeson
Joshua Vartuli
Aiden Gadsden
Maddie Barnes
Raquel Ban.

Congratulations to all of these students. The students have already raised over $1800 for different charity organisations through their three fundraising events. See further reports for more details.

Tania Edgar
SRC Co-ordinator

**SRC Valentine’s Day**

On Tuesday the 14th of February, the students of the SRC went around to all of the classrooms in the morning and delivered red roses, caramel moas and teddy bears to people’s loved ones. This was very popular with over 180 roses being delivered. Overall, the event was very successful and $650 was raised. All the money raised went to the Chances for Children Foundation. There was a barbeque at lunch time selling sausages, drinks and chocolates, cooked and run by the students. The barbeque was really popular and all the sausages were sold! It was excellent to see everyone getting involved in the event and putting money towards such a worthy cause. Thank you to all the students and teachers of Mildura Senior College for the support!

**SRC Shave for a Cure**

On Friday 16th March 2012, in support of The Leukaemia
Foundations World’s Greatest Shave the Student Representative Council ran a shave for a cure event at lunchtime. Jory Blass, Tyler Schultz, Tate Smith and Brianna Pettigrew all bravely participated in shaving their hair. They set a goal to raise $700 and with the generous donations and support of the teachers and students from Mildura Senior College as well as members from the Mildura community they were able to exceed this and managed to raise $810. Jory Blass raised just on $300, Brianna Pettigrew, Brayden Mehrten and Tyler Schultz also all each raised approximately $100. An additional $160 was raised through the sales of a sausage sizzle, soft drinks, donuts, and collections from donation tins, bringing the total amount raised $970 - which has been donated to the Leukaemia Foundation. This is a fantastic effort and we would like to thank everyone who supported the cause.

Kate Hutchison

Sports Report

Already this term we have had many successful teams and individual sports results. The year has begun successfully with the Boys Cricket team taking out the Sunraysia Schools Title – defeating St. Josephs, Red Cliffs and Coomealla. The Girls Cricket team went down in the final against St. Josephs, although qualified for Loddon Mallee Region in the process. Unfortunately the girls could not field a team for the LMR final due to other commitments. The boys travelled to Bendigo to defeat Bendigo Senior College by 2 balls, then Rochester Secondary by 40 runs. Next Tuesday 27th March the boys will travel to Shepparton to play Castlemaine, and if successful they will play Notre Dame College from Shepparton to qualify for the state finals. Attached is a photo of the successful cricket team.

The MSC swim team consisted of only 10 students who managed to successfully defend the Senior Schools Shield at Mildura Waves with Anthony Gowers taking out the Open Boys Age Champion. We had 5 students then travel to Swan Hill for the LMR swimming carnival. Anthony won 3 of his events, and the 17 girls relay team came a close second. On Monday 19th March there were 3 students from MSC that participated in the LMR Golf Championships. Shay Toma came 3rd overall in the stroke event, a fantastic round of 74 (2 over) to qualify for the state event in May.

Events coming up are Volleyball (22nd March), Clay Target Shooting (28th March) and Softball & Baseball have been postponed until early next term due to wet weather. Football trials for both boys and girls are being held on the last week on term – please contact the college if you can assist in any way. Just a final reminder to pay your $50 sports levy if your child is involved in any sporting event. It is a once only payment for the whole year, designed to cover all materials such as travel, strapping tape, uniforms, umpires and replacement teachers covering the coach for the day.

Glen Stephen
Sports Coordinator

NEWS FROM THE CAREERS CENTRE

Hi everyone, there are lots of things happening in the area of careers at the moment. It is very important that students take the time to read notices published on the school intranet, on the school noticeboards – especially the noticeboard in the foyer of the library, in newsletters, bulletins and emails in order to receive information that may be relevant to them. Don’t miss out on events/information because you didn’t know they were happening!

The following events may be of interest to you. See Lavina Hamilton in the Careers Centre for more information:

RMIT FOLIO PREPARATION CLASSES AND CAREER DISCOVERY COURSES

Holiday folio preparation classes are being held throughout the year in graphic design, graphic art, advertising, interior decoration, visual merchandising, architectural drawing techniques, 3D product design, autocad-quickstart, drawing techniques for design, fashion drawing and design, studio textiles and design, visual/fine art and career discovery in building design and drawing.

The costs range from $320 to $660 depending on the number of sessions. Contact RMIT Training for enrolment. Tel: 03 9925 8111 or check out website at www.shortcourses.rmit.edu.au. Students can read more information on the posters in the foyer of the library and in the student centre.

WANT TO STUDY A MEDICAL-RELATED COURSE IN 2012? If so, you may need to sit the Undergraduate Medicine & Health Sciences Admission Test (UMAT).

What is it? A series of three tests designed to assess general
attributes and abilities gained through prior experience and learning - specifically the acquisition of skills in critical thinking and problem solving, understanding people and abstract non-verbal reasoning. These abilities are considered important to the study and later practice of professions in the health sciences.

The UMAT is an aptitude test. It is not a personality or IQ test. This is used in the selection of students for certain Australian degrees eg selection of students to study medicine at Monash Uni., involves a combination of ENTER, UMAT and interview; pharmacy and physiotherapy at Monash use the ENTER and UMAT. The UMAT test date for 2012 is 25 July; registrations open in April. The UMAT Information Booklet will be available ONLY on line in late March. In the meantime, the UMAT 2012 Information Booklet and other information are at http://umatweb.acere.edu.au.

Practice Sessions in Mildura
When are the practice sessions being held in Mildura by a company called MedEntry?
Saturday 14th and Sunday 15th July - at St Joseph's College. Course cost around $250.00. This course will help students prepare to sit the actual UMAT test which is on the Wednesday 25th of July on the Mildura Senior College campus.

Students wishing to attend an earlier training weekend, can access the MedEntry website www.medentry.edu.au and access dates of earlier training sessions or purchase training packages.
Note: (The cost of such sessions held in Melbourne are much more than that offered in Mildura.)

Note: If you are experiencing difficult financial circumstances Med Entry are offering a scholarship which cuts 55% off the cost of a training package. See Lavina Hamilton in the Careers Centre to find out more.

South Australian Universities Information Sessions
Once again representatives from Flinders, Uni SA and Adelaide University will visit our school to provide students with information about courses at their university.
This year the dates are:
Parent information session: Wednesday 16 May, 7.30pm - 9.00pm in the School Gym
Year 12 information session: Thursday 17th May, 9.00am - 10.30am School Gym
Don't miss that valuable opportunity to hear from, and ask questions of university representatives at this presentation

La Trobe University
EXPERIENCE LA TROBE - MELBOURNE, BENDIGO, ALBURY-WODONGA
Booklets are available in the careers centre for:

Melbourne: Friday 13th April (School Holidays) or Tuesday 3rd July
Albury/Wodonga: Friday 15th June (School Holidays)
Bendigo: Thursday 5th July (School Holidays)

This is a good opportunity for you to spend a day participating in a wide range of workshops in the career areas of your choice, find out about student life and check out the campus including student accommodation. Free Lunch
Register at: www.latrobe.edu.au/experience
Booklets can be collected from the Careers Centre (ask Lavina), or from a box in the foyer of the library (as you enter below the pin-board on the right-hand side).

TELL ME ABOUT THE TAFE OPTION - TAFE is Technical and Further Education, offering certificates, diplomas, advanced diplomas, a number of degrees and apprenticeships/pre-apprenticeships. Courses are vocationally based, leading to employment or further education. Requirements for entry are generally less demanding than university. Some advantages of studying at TAFE are: small classes, usually low-cost, courses are generally quite short, a broad range of programs, and TAFE Institutes are geographically accessible in most areas. Courses cover a huge range of options from animal care, building, business, childcare, conservation, design, engineering, event management, fashion, horticulture, hospitality, IT, music, nursing, tourism, trades, visual merchandising to youth work to name a few. For more information about courses call the TAFE Course Line on 13 1823 or see www.tafe.vic.gov.au.

Lavina Hamilton
Careers & Tertiary Advice Co-ordinator

Teenagers and Sleep

Most of the students we see at MSC who are stressed and not coping at school are not getting enough sleep. Sleep research suggests that a teenager needs between nine and 10 hours of sleep every night.
This is more than the amount a child or an adult needs. Yet most adolescents only get about seven or eight hours. Some get less. Regularly not getting enough sleep leads to chronic sleep deprivation. This can have dramatic effects on a teenager's life, including reduced academic performance at school. One recent US study found that lack of sleep was a common factor in teenagers who receive poor to average school marks.

Causes of sleep deprivation
Some of the reasons why many teenagers regularly do not get enough sleep include:
- Hormonal time shift - puberty hormones shift the teenager's body clock forward by about one or two hours, making them sleepier one to two hours later. Yet, while the teenager falls asleep later, early school starts don't allow them to sleep in. This nightly sleep debt leads to chronic sleep deprivation.
- Hectic after-school schedule - homework, sport, part-time work and social commitments can cut into a teenager's sleeping time.
- Leisure activities - the lure of stimulating entertainment such as television, the internet and computer gaming can keep a teenager out of bed.
- Light exposure - light cues the brain to stay awake. In the evening, lights from televisions, mobile phones and computers can prevent adequate production of melatonin, the brain chemical (neurotransmitter) responsible for sleep.
• Vicious circle – insufficient sleep causes a teenager’s brain to become more active. An over-aroused brain is less able to fall asleep.
• Social attitudes – in Western culture, keeping active is valued more than sleep.
• Sleep disorder – sleep disorders, such as restless legs syndrome or sleep apnoea, can affect how much sleep a teenager gets.

Effects of sleep deprivation
The developing brain of a teenager needs between nine and 10 hours of sleep every night. The effects of chronic (ongoing) sleep deprivation may include:
• Concentration difficulties
• Mentally ‘drifting off’ in class
• Shortened attention span
• Memory impairment
• Poor decision making
• Lack of enthusiasm
• Moodiness and aggression
• Depression
• Risk-taking behaviour
• Slower physical reflexes
• Clumsiness, which may result in physical injuries
• Reduced sporting performance
• Reduced academic performance
• Increased number of ‘sick days’ from school because of tiredness
• Truancy.

Preventing sleep deprivation – tips for parents
Try not to argue with your teenager about bedtime. Instead, discuss the issue with them. Together, brainstorm ways to increase their nightly quota of sleep. Suggestions include:
• Allow your child to sleep in on the weekends.
• Encourage an early night every Sunday. A late night on Sunday followed by an early Monday morning will make your child drowsy for the start of the school week.
• Decide together on appropriate time limits for any stimulating activity such as homework, television or computer games. Encourage restful activities during the evening, such as reading.
• Avoid early morning appointments, classes or training sessions for your child if possible.
• Help your child to better schedule their after-school commitments to free up time for rest and sleep.
• Assess your child’s weekly schedule together and see if they are overcommitted. Help them to trim activities.
• Encourage your child to take an afternoon nap after school to help recharge their battery, if they have time.
• Work together to adjust your teenager’s body clock. You may like to consult with your doctor first.

Preventing sleep deprivation – tips for teenagers
The typical teenage brain wants to go to bed late and sleep late the following morning, which is usually hard to manage. You may be able to adjust your body clock but it takes time. Suggestions include:
• Choose a relaxing bedtime routine; for example, have a bath and a hot milky drink before bed.
• Avoid loud music, homework, computer games or any other activity that gets your mind racing for about an hour before bedtime.
• Keep your room dark at night. The brain’s sleep-wake cycle is largely set by light received through the eyes. Try to avoid watching television right before bed. In the morning, expose your eyes to lots of light to help wake up your brain.
• Do the same bedtime routine every night for at least four weeks to make your brain associate this routine with going to sleep.
• Start your bedtime routine a little earlier than usual (for example, 10 minutes) after four weeks. Do this for one week.
• Add an extra 10 minutes every week until you have reached your desired bedtime.
• Avoid staying up late on the weekends. Late nights will undo your hard work.
• Remember that even 30 minutes of extra sleep each night on a regular basis makes a big difference. However, it may take about six weeks of getting extra sleep before you feel the benefits.

Other issues to consider
If lack of sleep is still a problem despite your best efforts, suggestions include:
• Assess your sleep hygiene. For example, factors that may be interfering with your quality of sleep include a noisy bedroom, a lumpy mattress or the habit of lying awake and worrying.
• Consider learning a relaxation technique to help you wind down in readiness for sleep.
• Avoid having any food or drink that contains caffeine after dinnertime. This includes coffee, tea, cola drinks and chocolate.
• Avoid recreational drugs (including alcohol, tobacco and cannabis) as they can cause you to have broken and poor quality sleep.
• See your doctor if self-help techniques don’t increase your nightly sleep quota.

Where to get help
• Your doctor

Things to remember
• Sleep research suggests that a teenager needs between nine and 10 hours of sleep every night.
• Chronic sleep deprivation can have dramatic effects on a teenager’s life, including reduced academic performance at school.
• The next 30 minutes of extra sleep each night makes a difference.
• All recreational drugs (including alcohol, caffeinated drinks and cannabis) and chocolate can cause broken sleep.

Source www.betterhealth.vic.gov.au

Contact our Wellbeing team: Mary Wilson, Colin Cole and Roz Devilee to discuss any concerns you have for your teenager.

ON A HEALTHY NOTE
PLEASE HELP US TO CARE FOR YOUR YOUNGER.
If your teenager suffers from Diabetes, Epilepsy or severe Allergy, the college urges you to provide a management plan outlining how to care for your teenager if an emergency occurs at school. Please be aware that as a duty of care, the college will call an ambulance at anytime we are concerned for a students’ health. This will be at the parent/guardians cost. For this reason, it is a very good idea to subscribe to Ambulance Victoria. The ambulance service is free if a student has a current Health Care Card.

The college requires management plans for camps and excursions. If you would like a management plan form for any of the above conditions for you and your teenager to complete, please contact the college office.

Roz Devilee
College Nurse