Staffing
Ms Kim Woolley will be leaving us at the end of Term 3 as she begins maternity leave. Kim has made an enormously valuable contribution to our College in such a short time. We wish Kim and her family all the best during this exciting time. It is also with pleasure I announce that Mrs Belinda Hudak will be returning from maternity leave on Monday 10th September.

Finally, I will be taking some Long Service Leave beginning on Monday 8th October (Start of Term 4) through till Friday 30th November. During this time Mr Mark Tracy will be acting Principal. Ms Sandy Gunn will continue through in her Acting Assistant Principal role until the end of the year.

Australian Business Week
Earlier this term a highly successful Australian Business Week program was run by the Business Management teachers. This involved all students undertaking Year 11 Business Management doing a week long, intensive program which culminates in an awards and recognition ceremony on the Friday night. It is not compulsory for schools to run activities such as this but is another example of our fantastically dedicated staff ensuring students are given rich and meaningful learning tasks.

The BEAT
Another fantastic event that occurred earlier in Term 3 was the annual BEAT performance which showcases local state school talent. This was a wonderful opportunity to show not only the talent of the students but the willingness of local state schools to collaborate and work together culminating in a wonderful show over two nights. A special mention has to be made of the Mildura Senior College students and staff who worked front of house and behind the scenes and particular Tracy Marr and her coordinating team.

Trade Training Centre
On Wednesday 29th of August we were involved in a Media event to celebrate the progress to date of this project. This includes: The completion of a $750,000 refurbishment of the Hospitality facilities at Coomealla High School as well as progress of a $2 million refurbishment of the Hospitality Kitchen and Restaurant and a new Salon for Hair and Beauty to become the Riverside Trade Training Centre. And significantly, for us here at Mildura Senior College, the signing of contracts for the construction of the $8 million Deakin Trade Training Centre for training in the areas of Building & Construction, Cabinet Making, Engineering, Avionics, Integrated Technologies, Automotive and Hospitality.

Timetable Review
A working party continues to look at alternatives to our current timetable and is at the point of beginning to construct some actual models to compare with our own. This will allow us to use these models to consult with various stakeholders to gather feedback. The major area of contention is how we continually support students who do full and half day activities such as School Based Apprentices and Vocational training. We need to ensure that we run a timetable that provides flexibility and reduces any disadvantage to these types of programs. A team of staff have been gathering information from a wide range of sources including samples of current parents and students. We would welcome any further feedback or suggestions.

Mildura High/Secondary College Centenary
This Friday the 14th September, we will be celebrating our Centenary year with our current students. Normal classes will run on the day but we will be running Monday’s timetable and have a special assembly for Year 11s and Year 12s. Whilst this is happening we will be running official school tours as well as there being a re-creation of Community Singing in the hall and a Memorial Service in honour of former students of this school who were lost in war.

On Saturday 15th of September there is a past and present staff luncheon in the School Gymnasium and many, many past students and staff will be gathering for reunions at various venues around town.

On Sunday the 16th of September we will again be opening the school for tours as well as a range of activities including live music and food. I invite all of our current student’s, families and friends to come along and join us to celebrate this occasion. Details of events can be found on our website: www.milsen.vic.edu.au

Andrea Ough
Principal

www.milsen.vic.edu.au
Assistant Principal’s Report

Term 4 – A crucial time:
After the holidays, Year 12 students will have 3 weeks of classes and Year 11 students will have 5 weeks of classes. The need for students to attend all classes and undertake structured revision must be a priority in these crucial last weeks. Our data clearly shows that students can “value add” (improve their results) with a sustained effort during the remaining time before exams. Year 12 students should have already commenced a structured revision program that entails up to 5 hours revision per subject per week. The Term 3 holidays are an ideal opportunity for sustained revision to occur. Students are encouraged to make the most of revision programs offered in the coming weeks, including those for some Year 12 subjects which will run in the Term 3 holidays.

Completion of Work – Student responsibilities – Authentication Issues:
With so few weeks left before the end of classes, students need to undertake even greater responsibility for their own learning by ensuring that they are up to date with their class work and making sure they have documented the due dates for any upcoming assessments. At this time of the year, students often believe that they are “up to date” or that “I’ve done all my work.” In all VCE, VCAL and VET courses, teachers are required to authenticate student work, and the onus is on the student to prove that the work is theirs. If the student is not up to date, has significant absences or cannot produce the work when requested, it is likely that the student will fail that subject. The vast majority of work at this college is cumulative assessment and if students do not work consistently in class then they are at risk of being unsuccessful.

Visit by Michael Malthouse:
Through our partnership with La Trobe University, we were able to access Mr. Malthouse on August 15 to speak to Year 11 students, our SRC and our Indigenous students. The day was very successful and Mr. Malthouse encouraged students to “dream big” in all aspects of their lives.

Facilities and Maintenance:
There have been a number of projects undertaken in recent weeks to prepare the college for the centenary celebrations. These include:

- Plastering and painting in the Hall and foyer
- Repainting in Gym foyer and toilets
- Cleaning paved area under the COLA
- Purchase of a new stage for the Gym
- New PA systems in the Gym and Hall
- Replanting garden beds

Important Term 4 Dates:
All students will receive a copy of the important dates for Term 4 such as Exams, 2nd handbook sales, Graduation and enrolment processes for 2013 in the next mail (September 21). Please ensure that this document is displayed prominently. After September 21, parents can access an additional copy from our website – www.milsen.vic.gov.au

Security of Valuables:
Parents and students are reminded that under no circumstances should valuables (including large sums of money) be brought to the college. Any damage to of theft of property such as iPods, calculators or mobile phones is not the responsibility of the college. Students who are making payment for activities such as camps or excursions should do so by cheque or card as soon as they arrive at the college.

Respect for Neighbours:
Our college is located in a residential area and students do need to be respectful of people’s property and privacy. Littering on front lawns or in driveways of resident’s homes is prohibited, and at no time should students harass or intimidate residents. Such matters can be referred to the Police. It is disappointing when the actions of a few of our students tarnish the reputation that the majority establish by being considerate and respectful to others in the community.

Deb Balls
Over three weekends, four 2012 Centenary Chaplaincy Balls have been completed. The evenings were all a great success for the Debutantes and their partners. What a great opportunity that family and friends had to get together and celebrate. All of the Debutantes and Partners worked hard over the time from May to develop their dancing skills, enjoying the preparations for the evening and having the chance to shine in the presentations. Thank you to Colin and Maxine Cole who work extremely hard to ensure that each event is one that is remembered by all. Thank you, also to Nicole Hynes for her outstanding assistance with dance practices and organisation. To the additional MSC staff who assist with different evenings, thank you for your time and support. Thank you to all of the Debutantes and their partners for making the dance practices fun and enjoyable, and the nights a great success. Look forward to seeing all of the photos.

Transition
Year 9 students from our Partnership Schools have been visiting this month to get an idea of the working environment of the Senior College. Students have been taken on a tour by our current students, looking at the facilities that we have and seeing our students hard at work in the classroom. Students have also had a talk from our staff about the expectations at the Senior College, the course choices that they will have and some study skills information. The aim of our Year 9 visits is to begin the thinking and understanding of VCE/VCAL/VET and getting ready for senior schooling.

Student Forums
During this term, we have had a couple of fantastic Student Forums, where students have had the opportunity to give feedback and suggestions in a range of areas. I am very thankful to those students who volunteer their time and effort to attend these forums and their input is greatly appreciated. From our discussions, we are working on a new Student Manual – For Students by Students, to assist with the beginning of the school year and the transition to a new school, particularly for Year 11s.

3 Way Conference and SPS reporting
On Tuesday 21st of August we had our final 3 Way Conference for 2012. Students and Parents/Guardians had the opportunity to chat with teachers about working towards a successful end of the school year. Our final SPS report will be completed in the first week of Term 4 and will provide students with the strategies for seeing them through to the end of the year.

Mark Tracy & Sandy Gunn
Assistant Principals
SRC Report
From onesies and flannelette PJ’s, to trackies and that one favourite comfortable tee shirt. Daffodil Day, held at Mildura Senior College on the 24th of August represents that one day of the year when you can wear whatever you want without shame. This year the SRC again produced various yellow slices: Vanillas, Jelly and Lemon Slices were all for sale in the student centre, provoking students and staff to give into their sweet tooth. This event raised a total of $310 for the Cancer Council, so that we can come closer to a cancer free future.

Adrian Fox

News From The Careers Centre

Year 12 Tertiary Applications
Year 12 students intending to pursue a course at university or TAFE for 2013 should have completed their applications by now. All Year 12 students who wanted to apply have applied using their netbooks and have had assistance with this process. The final date for timely applications is September 28. After that date, students will have to pay a late fee to submit their applications. This date applies to course applications all over Australia.

TAFE APPLICANTS: Please note that the local Sunraysia TAFE has courses in the Victorian Tertiary Admissions Guide 2012 which require a VTAC application and a VTAC personal information history form. Once you have done your VTAC course preferences for a Tafe course, you have to go to your Personal account and click on Personal History form. You then have to fill in the personal details required.

Linda Snodell (School to Work Co-ordinator and Lavina Hamilton (Careers & Tertiary Advice) are here to assist Tafe applicants/apprenticeship/traineeship students with career information for 2013. As well, students who are intending to apply for an apprenticeship or traineeship for next year should be making applications NOW. They should check job vacancies and register with local agencies (like Sunraysia Mallee Group Training) as soon as possible. There certainly will be a rush on jobs and apprenticeships before Christmas and early in the New Year.

VTAC SEAS – Special Entry Access Scheme applications – due in 9th October.

All students applying for courses in Victoria through VTAC should also submit a ‘Special Entry Access Scheme’ application. Special entry includes equity areas such as rurality, low income, non-English speaking background, disability and impairment as well as severe emotional issues that may have prevented a student from adequately preparing for tertiary study. This may mean that a student who does not make the ‘clearly in’ cut off point with their ATAR score may still be considered for a course based on equity issues. All of our students are eligible for the rurality category (one), as well as special consideration. The VTAC guide 2013 has information about the Special Entry Access Scheme and Special Consideration category information on pp 29-43.

It is the students’ responsibility to lodge their application, and send any documentary evidence to VTAC. No late documents will be considered.

VTAC Scholarship Applications – due in 19 October
If a student’s family is on a low income, or the student is already receiving Youth Allowance OR Family Benefits (under their parents’ Centrelink Access Number), they should also have filled in the Scholarship application form on the VTAC User Account section of the VTAC website. Any student whose family is receiving a low income, yet does not qualify for youth allowance, should do a scholarship application. If you are ineligible for Centrelink benefits, you must provide your Australian Tax Office Notice of Financial Assessment for the 2011/2012 financial year for each contributing parent or partner. OR you can get your parents to supply three consecutive pays slips no older than three months old. A VTAC representative in Mildura this year stated, ‘students should make an application and let VTAC decide whether they are eligible.’ The VTAC Guide 2013 has VTAC scholarship information on pp44-50.

It is the students’ responsibility to lodge their application, and send any documentary evidence to VTAC. No late documents will be considered.

Subject selection for 2013
Year 11 students should have begun to think about their subjects for Year 12, particularly if they are thinking about changing direction, or have a more defined goal following Year 12.

If a student would like to have a consultation with me they can make an appointment by emailing me for a suitable time, or dropping in to make an appointment. Parents are most welcome to come as well and appointments can be made outside of school time. Please ring the College on 5021 2911 or email hamilton@milbsen.vic.edu.au.

Private Colleges Australia
Private Colleges Australia www.privatecollegesaustralia.com is a new website aiming to keep an up-to-date and comprehensive listing of all private colleges of tertiary education in Australia. This website is totally free to access. Colleges are listed by State in both A-Z and type of course format making it easy to compare all colleges with similar courses.

Uni Guide Online – guide to costs and scholarships
A complete guide to university and TAFE study costs, support services and entitlements has been put together as free online resource for students, parents and teachers. The publications: Get Smart Guide and Get Smart Scholarship Guide.

From the Australian Scholarships Group (ASG) can be downloaded for free from the website: www.asg.com.au The booklets explain the costs of study, how to access student support and entitlements, scholarship opportunities, plus tips and traps involved when dealing with new government regulations and criteria.

MYUNIVERSITY.GOV.AU - a new site to start comparing university options now! My university is a website centred around you, the student.

Lavina Hamilton
Careers & Tertiary Advice Coordinator
College News

**Australian Business Week 2012**

Australian Business Week was conducted from 6th – 10th August at the new location of the Grand Hotel. All year 11 Business Management students were split into teams where they had to make decisions on the operation of a multi-million dollar hotel simulation, participate in team building activities, develop a product or service, produce a 30 second TV commercial and trade display, write a company report and make an oral presentation to their shareholders. Each group also worked with mentors from the local business community who donated their time to the program. A huge thank you also goes to the local businesses who gave their support through donations of money, goods or vouchers.

It was an extremely busy, but enjoyable week for all who were involved and the new location has produced some positive feedback from students, mentors and teachers. Congratulations to all involved and a job well done.

**Individual Award winners**

Most Outstanding Female Business Personality – Ruby Bant  
Most Outstanding Male Business Personality – Riley Payne  
Best Oral Presenter Female – Alexandra Caldecott  
Best Oral Speaker Male – Ben Massey  
Best Trade Display Personality Female – Ruby Bant  
Best Trade Display Personality Male - Kaine Mazza

**Team Awards**

Best Company Written Report – Riviera Resorts  
Best TV Advertisement – Utopian Resorts  
Most successful in the team building activities – Gadsden Hotels  
Best Trade Display – Utopian Resorts  
Best Oral Presentation – Utopian Resorts  
Winner of the Hotel Simulation game – Riviera Resorts  
Grand Champions – Utopian Resorts

**Unit 3/4 Mathematics Revision Lectures**

Each year the Mathematical Association of Victoria (MAV) presents VCE Unit 3/4 Mathematics Revision Lectures here in Mildura. Students will receive comprehensive notes and the lectures are delivered by highly qualified and experienced, practising teachers. It is an excellent opportunity to gain access to reasonably priced revision lectures locally. All students studying Unit 3/4 Mathematics subjects are strongly encouraged to attend.

This year the revision lectures will be held over the first weekend of the Term Three holidays.

**Saturday 22nd September at La Trobe University (Mildura Campus)**

- 1 pm – 4 pm: Specialist Mathematics

**Sunday 23rd September at La Trobe University (Mildura Campus)**

- 9 am – 12 pm: Mathematics Methods (CAS)  
- 1 pm – 4.30 pm: Further Mathematics

As MSC is a host school you will be given a discount price:  
1 lecture - $34 or 2 lectures - $57.

To register for this event, please visit the website:  
http://registration.mav.vic.edu.au/MAVREVLECTURES/

Lucinda Gadsden  
Mathematics Coordinator

**YEAR 12 2013 SUBJECT SELECTIONS**

Preliminary subject selections for 2013 will be completed in Year 11 Pathways on Monday 8th October and these selections will be due the following Monday 15th October. Please start thinking about these selections over the holidays.
OES Alpine Camp

On Sunday 19th August at 10:30pm, 29 Outdoor and Environmental Studies students and 4 staff departed MLC for the Victorian snow fields. This was a compulsory camp as part of Unit 4 OES, with students studying the environmental impacts of alpine ski resorts, and evaluating the value of skiing/snowboarding as a recreational, tourism and commercial outdoor experience.

After sleeping for most of the night on the coach, we had breakfast at Mansfield bakery before heading up to Mount Stirling for a day of cross country skiing.

With a good covering of snow, we hit the trails and spent most of the day snow touring the cross country ski trails, amongst the snow gums, towering mountain ash gums and crystal clear mountain streams.

By mid-afternoon we had all enjoyed 5 hours on the snow and were ready to travel the hour to Mount Buller. After checking in at Coonamar Lodge at the Mount Buller village, we enjoyed a low key evening before an early night to bed and well-earned sleep. After hiring our gear and clothing, students and staff ventured out to the slopes to ski and snow board. Beginner and intermediate lessons helped us get our skills up, and by the afternoon most people were venturing beyond the Bourke Street ski run, and taking the Holden Express lift up to the summit to access both sides of the mountain ski trails.

After a full day on Buller, a tasty home cooked meal at Coonamar was just what we needed. Rounding out the night with a team trivia challenge, and comparing stories and bruises from the day, it was clear everyone was having some fun and valuable experiences.

With Wednesday being our final day at the snow, everyone made the most of our time left, but with the rain setting in and some warmer northerly winds, conditions were not as good, however most of us got another 3 hours out on the slopes. With some experience and confidence, harder ski runs like Shakey Knees, Summit, Little Buller Spur, Family Run, Wombat Run and The Standard were tackled.

Boarding the coach at 4pm was a bitter sweet moment, we’d had so much fun, and the trip home was filled with discussions about fun, adventure and future trips back to the snow.

Thanks to everyone for making it an enjoyable trip, and especially to staff for attending and shaping such a valuable learning experience.

Sam Barker
Outdoor & Environmental Studies Teacher
ARE YOU EX NAVY, ARMY, OR AIR FORCE?

Then Carry On (Victoria) may be able to help you with education costs if you meet our eligibility criteria.

If you have served in the Australian Defence Forces or Allied Forces and you wish to apply for a Secondary Education Grant for 2013, please telephone Carry On on (03) 9629 2648 to establish eligibility and request an application form.

Carry On (Victoria) assists Secondary School students in Years 7-12 with grants for expenses such as fees, books, uniforms, excursions etc. For those students going on to Tertiary Education a grant may also be available.

Children whose Parent/s or Legal Guardian/s have a need for financial assistance and comply with our eligibility criteria may apply. All grants are income tested and the closing date for applications is 23 October 2012.

Brain Food — Good For teeth too.
Sunraysia Community Health Services, Community Dental Program welcomes:

✓ All Children 0 - 17 covered by a current Healthcare Card or Pensioner Concession Card.
   - No Charge for services
✓ Children 0-12 not covered by Concession Cards.
   - $30.00 fee for a course of care
   - $25 for an emergency appointment
✓ No waiting list for under 18 year olds
For an appointment, please phone 50210944.

Location: Corner 13th Street and Deakin Avenue, Mildura

Living Well with Asthma: Advice for Parents and Carers

1 in 10 people in Australia have asthma, and people with asthma often rate their health a lot worse and report a poorer quality of life than the general population. Children and adolescents with current asthma are more likely to miss days of school/preschool due to asthma and a key aspect of improving quality of life is ensuring that your child or teenager is able to engage fully in physical activity and social aspects of life and learning.

Good asthma control is:

- Symptom free during the day and during physical exercise, reducing the need for reliever medication
- Symptom free at night, allowing for a good night’s rest
- Rarely experiencing asthma attacks or exacerbations
- Preventer medication and devices are being used correctly and as prescribed (eg. on a daily basis)
- Having an asthma action plan to follow, both for the school/preschool and at home, and promptly acting on the plan when asthma symptoms occur.

Asthma symptoms are not a normal aspect of life and should be taken seriously. Children and teenagers with poor asthma control should be encouraged to seek assistance, and should visit their GP or respiratory physician for an asthma review as soon as possible.

Spacer Use in Schools/Preschools: Advice for Parents & Carers

As of the 1st July 2012, schools and preschools in Victoria will be implementing a new policy in regards to single person spacer use.

This means that schools and preschools will no longer be able to wash, sterilise and re-use spacers and face masks from their asthma emergency kits when assisting students and children with asthma symptoms.

Spacers should always be used when administering reliever ‘puffer’ medication because:

- Using a spacer with a ‘puffer’ ensures that more medication reaches the airways
- Spacers are much easier for children to use than a ‘puffer’ alone, and allows school and preschool staff to help students/children during an asthma attack, often in an emergency situation
- Spacers are an essential part of the Asthma First Aid procedure that Victorian schools/preschools are instructed to follow

Asthma first aid kits should only ever be used as a back-up for when a child with asthma does not have their own spacer available, or if it is a first asthma attack or the cause of breathing difficulty is unknown. Your child’s school/preschool may implement a policy where parents/carers are responsible for the cost of the spacer if one must be used from the asthma emergency kit.

Even if your child has mild asthma, it is essential that their medication and spacer (and a compatible face mask if under 5 years old) is always available to school/preschool staff. To ensure that a spacer is not left at home, we would recommend that parents/carers purchase a second spacer for their child to have with them at school/preschool at all times if possible.

For further information, please contact the Asthma Foundation of Victoria on 1800 645 130 or email school@asthma.org.au
**HEALTH INFORMATION:**
*Energy Drinks: What impact do they have on Children and Adolescents?*

*Energy drinks* contain stimulants including caffeine, guarana (a natural source of caffeine), and/or taurine together with varying amounts of sugar, sweeteners, herbal supplements and other ingredients.

Guarana and taurine are marketed as increasing energy, but evidence for this has not been clearly established. Energy drinks have no therapeutic benefit, and many ingredients are understudied and not regulated.

**Some of the affects of having too much caffeine are:**

**Behavioural effects:** Behaviour may be affected, particularly in children and adolescents, as caffeine is a stimulant. Some teachers have noted that children/adolescents who consume energy drinks are impulsive and disruptive in the classroom. Caffeine intake may also result in temporary side effects including irritability, restlessness, difficulty concentrating and sleepiness, particularly in the afternoon. This may in turn affect school performance, peer relationships and family connections.

**Sleep disturbances:** School children who consume >50mg of caffeine per day experience more *wakefulness* than those who consume ≤10mg per day. The amount of caffeine in energy drinks varies with each brand but most contain between 100mg—300mg.

**Bed wetting:** Children who consume too much caffeine may also suffer from bed wetting!

**Appetite suppression:** Caffeine is an appetite suppressant and individuals who consume excessive amounts of caffeine may eat less. Caffeine containing beverages may also replace more healthy alternatives including milk, water and juice. This is a particular concern for children and adolescents whose nutrition may be affected even from consuming caffeine in moderation.

**Dental Health:** Consumption of caffeine in the form of energy drinks may also lead to dehydration during sports and dental problems if the drinks also contain large quantities of sugar which can cause tooth decay.

**Risks of Caffeine Overdose!**

Children and adolescents are more sensitive to the effects of caffeine than adults and *caffeine overdose* may occur in children and adolescents following consumption of relatively small amounts.

Symptoms of caffeine overdose include:
- Tremors:
- Nausea:
- Vomiting:
- Irregular or rapid heart rate:
- Confusion: and/or
- Panic attacks:

In severe cases caffeine overdose may lead to:
- Delirium;
- Seizures; and/or
- Death resulting from seizure related asphyxia.
MSC Calendar 2012

September
7    Newsletter # 6 posted
12   Hattah Eco Challenge Year 11 Camp
14-16 Centenary Celebrations
17   Athletics

October
8     Start of Term 4
25    Classes finish for Year 12s
26    Celebration Day

November
1     Public Holiday – no exams
3     Yr 12 Exams
1-22  Year 12 Exams
6     Melbourne Cup Day
9     Classes finish for Year 11s
11    Last Day Yr 11
14    College Council Yr 11 Exams
14    Change of subjects – Yr 12
23-24 Coursestart Day
25    Year 12 Dinner
29    Enrolment 29-1st December

December
19    Graduation