

St Mary MacKillop

Compassion ~ "Be of good heart" (St Mary MacKillop 1876)

NEWS

INSIDE

Vision

As partners in Catholic education and open to God's presence, we pursue fullness of life for all.

Mission

At St Mary MacKillop College we are people who affirm the dignity of every person, who act with respect and compassion, who reverence relationships, who have hearts for generosity and forgiveness.

We celebrate our Catholic identity.

We respect the unique dignity, faith and gifts of each person.

We value learning, aspiration and connectedness and we work together to create a positive future.

FROM THE PRINCIPAL

Dear Parents, Guardians and Friends,

We have now been learning from home for as many weeks as we were on site this term. I have been impressed with the way that students and teachers have swung back into learning online. There are always challenges in learning, however as long as we are trying our best and continually working to improve, all learning is a benefit. The attendance of students in classes has been better this term, however we do have a small majority that are choosing which classes they will attend. Teachers will continue to follow up when students have been absent from class and House Leaders are making phone calls home to parents of students that are repeatedly not attending. These calls are important as it also helps us to check on the wellbeing of the student.

Unfortunately, our Grade 6 Transition Day was unable to go ahead. This was due to be held next week. We have been very creative and have put together a Transition video to help our Year 7 2021 students get to know our school more, even though they can't be here in person yet. If you have a student in Grade 6, look out for an invitation to attend a Transition Evening soon. Well done to our Transition Coordinator, Mr Damien Hirst and star in the making, Justine Laron (Year 8), for their wonderful efforts.

At times it can be difficult to find something to be grateful for. This week I have felt blessed by the smiling faces of the students that have been attending onsite, the rain and the gift of some Lemon Tart from a colleague. Stay positive and look for the wonderful things that we can be grateful for every day.

Stay safe and stay connected,

Michelle Haeusler
Principal

Friday, 21 August 2020

- Faith Matters
- From the Deputy Principal
- Teaching & Learning
- Science Week

ABSENCE NOTIFICATION
PH: 5032 9771
Press 2

FUTURE EVENTS

AUGUST

- | | |
|-----------------------|--|
| Tues 25 th | Student Free Day
School Wellbeing
Closure Day |
| Wed 26 th | Staff Professional
Learning Day
Student Free Day |

SEPTEMBER

- | | |
|-----------------------|---|
| Wed 2 nd | Pastoral Care Session –
Self Directed Time |
| Tues 15 th | Pastoral Care Session –
Self Directed Time |
| Fri 18 th | Last Day of Term 3
Student Free Day
School Wellbeing
Closure Day |



FAITH MATTERS

I offered a reflection this morning to our staff titled "God is near". During these times of uncertainty, when our lives seem distant and disjointed, we need to remember that God is always close - he is in the gentle whisper.

There are some wonderful resources to be found to use for us to pause, be still, silent and listen to the whisper of God.

The following website (Catholic Health Association of the United States) offers some fabulous short meditations to help us to pause and reset. <https://www.chausa.org/newsroom/coronavirus-resources/spiritual-resources-for-covid-19/meditation>

I joined with Fr James and some members of our faith community last Sunday for the Liturgy of the Word reading. It was a wonderful experience in a small group to participate in reading and listening to God's word. We are so fortunate to have the technology for us to still connect in this way. If you would like to be involved, please contact Fr James Kerr via email (James.kerr@ballarat.catholic.org.au) and he will send you a link to join via Zoom.

Happiness Happens Month

This is a whole month dedicated to celebrating what makes you happy. It is based on the premise that happiness is unlimited and contagious, and that sharing your happiness can bring joy to other people's lives.

Make someone smile today!

Prayer

God of silence and stillness, we trust you are with us in this time of noise and chaos. We pray for an end to this pandemic. Whisper your words of comfort, encouragement and hope to all who need them in these days of uncertainty. Draw close to those who are sick and all those who risk illness, caring for them, protecting and uplifting them.

In Your name we pray. Amen.

Jesus light of the world, guide us.

St. Joseph, journey with us.

St. Mary of the Cross MacKillop, pray for us.

Alison Wright

Director of Mission



REMOTE SLEEPOUT

On Friday 28th August, the Year 11 VCAL class will be organising a remote sleep out to try and raise awareness for homeless people in our local community.

If you would like to participate this event, you will need to send a picture of what you will be sleeping in and what you used i.e. a cardboard box or a sleeping bag. You are encouraged to have someone, like a family member, join you in sleeping in your backyard.

Photos can be emailed through to lucrow@mackillopsh.vic.edu.au

Thank you.

FROM THE DEPUTY PRINCIPAL

Connection issues

Wi-Fi driving you around the twist? You are not alone. Wi-Fi can be intermittent and when we are operating primarily in an online environment this can be a source of frustration. On top of this, families with Telstra services may encounter some interruptions over the next 11 days which may test our patience.

Here are some tips for coping with unreliable Wi-Fi:

- Remember to stay calm and don't take it out on your Mac!
- If your Wi-Fi is dropping in and out, download your working documents from your Google Classroom. That way you can keep working on the task and upload it when the Wi-Fi is better.
- Google docs will work offline and resync when you log back in.
- Let your teacher know that your Wi-Fi is not reliable - there might be something they can do in terms of providing hard copies.
- You can print out your tasks at home and go old school - pen to paper! Alternatively, if you want something printed you can email office@mackillopsh.vic.edu.au and request to have something printed. It will be available within 24 hours.

Other things to do while learning from home.

We know that parents, students and staff are all looking for ways to get away from screens and to incorporate fun and physical activities into their days.

Here is a fun list of things to do while you are in lockdown.... Not all activities will appeal to you but there might something there for you.

<https://www.futurelearn.com/info/blog/50-free-things-you-can-do-during-lockdown>

Whilst we do want to reduce screen time there are some great resources available that might be just what you need to kick start a bit of physical activity at home! Maybe even move outdoors when the weather is good.

The Body Coach has a range of workouts for all ages including PE with Joe:

<https://www.youtube.com/c/TheBodyCoachTV/playlists>

Relaxation and Meditation

This is an area that people are becoming more and more interested in as they realise the benefits of having dedicated time to meditate. Our staff and students have been very fortunate to work with Rachael Moloney who has lead us through numerous mindfulness exercises and meditations. You can follow Rachael on Facebook: Breathe with RM and Instagram: @rachjmoloney. There are many meditation apps available for free and one that St Mary MacKillop College staff would recommend is Insight Timer. Simply go to <https://insighttimer.com/meditation-app>



Parent Contact

We received some great feedback from parents about Term 2. As a learning community we are always happy to hear from parents and we appreciate your support. Please do not feel that you are alone in this new learning environment. Staff are here to help and support students and parents. The first port of call is always the Homeroom Teacher and the email contacts are included below. Additionally, you can contact your child's House Leader or me if you have concerns about your child.

My favourite quote from Mary MacKillop at the moment is 'Work on with constancy and courage'. At the moment things feel like they are shifting beneath us and so the work is really the work of getting on with life, finding a rhythm, doing what we can and doing our best, nourishing our relationships, and continually learning. Be brave, joy is still there to be had!

Catherine Howison
Deputy Principal

STAY INFORMED



www.facebook.com/SMMCSwanhill

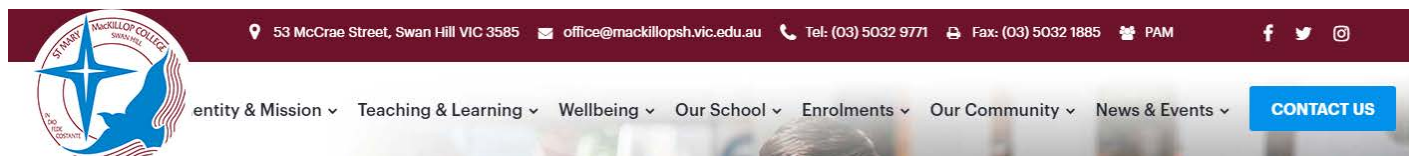


<https://twitter.com/SMMCSwanHill>



Parent Access Module

<https://pam.mackillopsh.vic.edu.au/Login/Default.aspx>



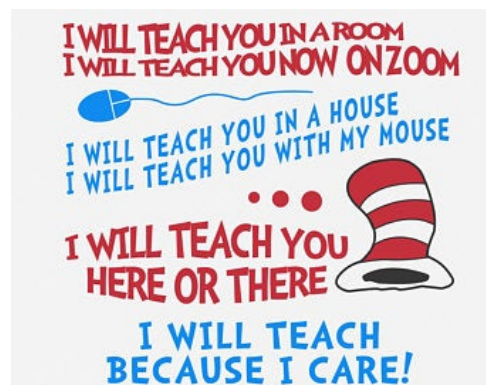
<https://smmc.vic.edu.au/>

	Solomon House Leader: Mr Chris Joyce cjoyce@mackillopsh.vic.edu.au		Woods House Leader: Mr Joel Murphy jmurphy@mackillopsh.vic.edu.au
Solomon 1	Ms Rianne Quaife / Mr Nathan Lane rquaife@mackillopsh.vic.edu.au nlane@mackillopsh.vic.edu.au	Woods 1	Mr Rob Waterson / Ms Lyndal Robinson rwaterson@mackillopsh.vic.edu.au lrobinson@mackillopsh.vic.edu.au
Solomon 2	Ms Sheelagh Leary / Ms Mandy McCallum sleary@mackillopsh.vic.edu.au mmccallum@mackillopsh.vic.edu.au	Woods 2	Ms Jessica Curtis jcurtis@mackillopsh.vic.edu.au
Solomon 3	Ms Sally Op't Hoog sopthoog@mackillopsh.vic.edu.au	Woods 3	Ms Emma Doherty edoherty@mackillopsh.vic.edu.au
Solomon 4	Mr Mark Leary mleary@mackillopsh.vic.edu.au	Woods 4	Mr Jeremy Wood jwood@mackillopsh.vic.edu.au
Solomon 5	Dr Gibson Jim / Ms Sally Looney gjim@mackillopsh.vic.edu.au slooney@mackillopsh.vic.edu.au	Woods 5	Mr Damian Howison dhowison@mackillopsh.vic.edu.au
	Tenison House Leader: Ms Jen Salvo jsalvo@mackillopsh.vic.edu.au		Xavier House Leader: Ms Ebonee Gurnett egurnett@mackillopsh.vic.edu.au
Tenison 1	Mr Luke Crow lucrow@mackillopsh.vic.edu.au	Xavier 1	Mr Damien Hirst dhirst@mackillopsh.vic.edu.au
Tenison 2	Mr Geoff Hickmott ghickmott@mackillopsh.vic.edu.au	Xavier 2	Ms Francesca Gomez fgomez@mackillopsh.vic.edu.au
Tenison 3	Ms Catherine Smith csmith@mackillopsh.vic.edu.au	Xavier 3	Mr Tony Haley thaley@mackillopsh.vic.edu.au
Tenison 4	Ms Laura Crow lcrow@mackillopsh.vic.edu.au	Xavier 4	Ms Jane Alderuccio jalderuccio@mackillopsh.vic.edu.au
Tenison 5	Mr Eddie Scholtens escholtens@mackillopsh.vic.edu.au	Xavier 5	Ms Suzy Haley shaley@mackillopsh.vic.edu.au

TEACHING AND LEARNING

As I write this newsletter, I am very much aware of the quiet that is currently around our wonderful school. Without the presence of our student body, the College is certainly a different place. We have completed our first full cycle of our remote learning 2.0. I commend our students for the positive way they have responded to our return to this learning environment. Out of curiosity I looked at our College newsletter from this time last year to see what was happening at the College. The musical production of Wicked had just concluded and Tenison had won the athletics carnival. I hope the time comes when our students are able to involve themselves in the many activities and events we organise.

Throughout the pandemic, there have been numerous memes, infographics and photos. I came across this cute take on digital learning by Dr Seuss. The last line 'I will teach because I care!' resonates with me. We are truly blessed to have a committed and dedicated staff who 'teach because they care'. They want to see our students flourish and achieve success in their learning. I sincerely thank them for all the work they continue to do in preparing classes to deliver online, and ensuring our students experience the highest levels of learning. It would be remiss of me not to also mention our wonderful support staff, who support our young learners 'because they care'. The work they do to support our students is very much appreciated.



Recently I came across a wonderful video from a teacher at a school in Melbourne who talked about approaching this experience of remote learning through the lens of mathematics. She said, 'we can all use this time to **multiply** our kindness to each other, **add** some opportunities, **subtract** our worries by **dividing** and sharing our concerns with each other, which all **equals** making the best of this time, simplifying and solving together'. I think this is a positive way to view our current situation.

This week has been National Science Week. When I was scrolling through Twitter I found a link to an interesting infographic on the 'Compound Chem' website on the 'chemistry of ice cream'. Certainly some 'food for thought' in this infographic!!

THE CHEMISTRY OF ICE CREAM

Ice cream is a combination of air, ice crystals, fat globules, and a liquid syrup. These are combined to make a colloid, a solution with very small insoluble particles suspended in it. This graphic looks in detail at the components of this colloid, and some molecules that produce ice cream flavours.

FATS, PROTEINS, & EMULSIFIERS



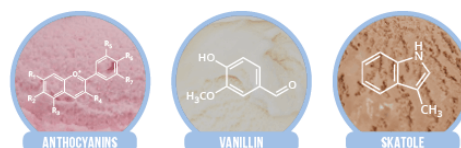
Fats are important for the creaminess of ice cream. Fats from milk form a membrane around the fat droplets, making it harder for them to come in contact with each other. Emulsifiers replace some milk protein on the surface of the fat droplet. As ice cream is made, some of the fat in the droplet solidifies, and the fat 'needles' that form help droplets to partially cluster. These clusters, along with milk proteins, help stabilise air bubbles in the ice cream.

THE STRUCTURE OF ICE CREAM



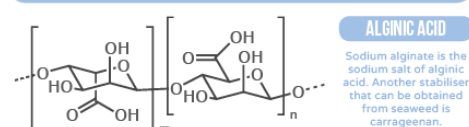
During freezing, most water is frozen into ice. Small ice crystals are needed for smooth ice cream. Beating and aeration occur at the same time as freezing to form small air bubbles, stabilised by de-emulsified fat. Air makes up 30-50% of ice cream's final volume. Sugar sweetens the ice cream, and lowers the freezing point of water, reducing the amount of ice. Soft ice cream contains less ice.

FLAVOURS AND COLOURS



Natural ice cream flavours contain a number of flavour-contributing compounds. Flavouring can also be achieved artificially. Artificial vanilla flavouring is often simply vanillin; other artificial flavours are more complex. Other compounds can be used as flavour enhancers – an unusual example is skatole, also found in faeces, but which has a floral odour at lower concentrations. Colours can be added artificially; anthocyanins from plants are amongst the colouring agents used.

STABILISERS



Stabilisers are added in small amounts (~0.2%) to ice cream. Often extracted from plants, a common example is sodium alginate, the sodium salt of alginic acid, extracted from brown seaweeds. Stabilisers reduce the rate at which ice cream melts, add smoothness, and increase the viscosity of the liquid phase of ice cream. Use of multiple stabilisers can produce synergistic effects.



TEACHING AND LEARNING

Student Voice – Learning Recognition Program

The Catholic Education Office Melbourne 'Student Voice Statement for Catholic Schools' highlights the commitment 'to the active participation and voice of students in all aspects of school life'.

As a College we are committed to student voice and listening to the ideas from our students. We have active student committees who work together to implement various initiatives across the College.

The Academic Committee has come up with a 'Learning Recognition Program' initiative. Each week the committee focusses on a different year level and they ask teachers to nominate two students from each of their classes that they believe deserve recognition for their learning. One nomination is for a student who is applying themselves to the best of their ability, and the other nomination is for a student who is achieving academic excellence in their studies. Each student nominated will receive five house points. Thank you to the Academic Committee for implementing this initiative.

Year 12

Academic Excellence:

Bridgette King, Josh Sutton, Clarissa Hughes, Mahli Cross, Meg Pumpa, Hannah Allen, Amy Jobling, Deandra South, Alannah Burns, Charlotte Rush, Jack Holloway

Effort and Endeavour:

Sarah Gillbee, Peggy-Sue Hommelhoff, Bridgette King, Meg Pumpa, Sophie Triplett, Cody Schulz, Laura Gardiner, Tianna Molloy, Caitlyn Edwards, Millie Reed, Alannah Burns, Manu Nimo, Amy Jobling

Year 11

Academic Excellence:

Hayden Everett, Lily Stacey, Caitlyn Tidyman, Jordyn Elford, Grace Scott, Jasmine Wright, William Balkin, Lily Seymour, Toni Mia Scalora, Mia Hawkins, Lachie Burns, Erica Glowery

Effort and Endeavour:

Tegan Bruton, Hannah Storer, Hannah McCann, Daniel Boggust, Matthew Gillbee, Caitlyn Tidyman, Jethro Edullantes, Seta Sovatabua, Olivia Closter

Year 10

Academic Excellence:

Jem Sibley, Ruby Scott, Isabella Gilchrist, Darcy Farrell, Brahe Lorimer, Darby Meney, Zoe Bacon, Georgia Craig-Neal, Harrison Sawyer

Effort and Endeavour:

Hope Fitzpatrick, Alivia Andrews, Tully Sheldrick, Jack Jones, James Williamson, Alex Carroll, Meredith Kuchel, Ian Baker, Georgia Craig-Neal, Harrison Sawyer

VCE Update

Our thoughts and prayers continue to be with our Year 12 students as they navigate their way through this challenging year. Since our last newsletter, the Hon James Merlino MP, Deputy Premier and Minister for Education wrote a letter to all Year 12 students informing them that no VCE student will be disadvantaged by the effects of COVID-19. The full letter can be found [here](#).

As our students continue to work towards the end of year exams, the 'Reach out.com' website has a downloadable 'exam slaying checklist' and other tips for exam preparation. The website can be found [here](#).

2021 Booklist Provider

Warrnambool Books who we use for our booklist has been fully integrated into Campion Education, so our booklists will look different next year. We have started organising our booklists for 2021 and will keep families informed when they are complete and how orders can be made.

TEACHING AND LEARNING

Spotlight on Learning: Music

In the last newsletter I wrote about drama and its place in the performing arts. Music is also a valuable part of the performing arts. I like this quote from UNESCO:

Music is perhaps the most universal of the performing arts and is found in every society, most often as an integral part of other performing art forms and other domains of intangible cultural heritage including rituals, festive events or oral traditions. It can be found in the most diverse contexts: sacred or profane, classical or popular, closely connected to work or entertainment. There may also be a political or economic dimension to music: it can recount a community's history, sing the praises of a powerful person and play a key role in economic transactions. The occasions on which music is performed are just as varied: marriages, funerals, rituals and initiations, festivities, all kinds of entertainment as well as many other social functions.



Henry Wadsworth Longfellow wrote, 'Music is the universal language of mankind'. If we think about it, music is a universal language. Think of an orchestra made up of musicians from all around the world and the sheet music they play will be their common language. I am in awe of anyone that can read sheet music. I have watched pianists play piano concertos with seemingly effortless fluency, opera singers deliver arias with ease, and rock bands trying to break the sound barrier. We know there are various music genres that appeal across ages, and we all have different tastes in music. I came across an interesting article that quoted 'research shows that musical tastes shift as we age'. This article can be found [here](#).



We have wonderful spaces for our students to engage in learning music. Advances in technology have made it easier and accessible to learn music. I have seen our students using programs on their laptops to support them learning how to play the keyboards in the music classroom. We also have studio rooms where students engage in private music lessons. I congratulate our students for taking these lessons. A child's brain is like a sponge. This plasticity means that they soak up their environmental cues and experiences. Therefore, the younger students learn music, the easier it is for them to develop and master their skills. The article [here](#) on the SBS Insight website highlights why children should learn music at a young age.

Recently I read an article on the Edutopia website with the heading 'music is often overlooked-but uniquely powerful-strategy for connecting kids to classroom learning'. The Edutopia article (available [here](#)) outlines six strategies for building music into learning and teaching. From my experience I agree that music is a very powerful way to engage students in their learning and aid in memorisation and long-term comprehension. If we think about it, when we listen to our favourite music over and over we eventually remember the song. The same can be applied to learning. I am an advocate for using songs to teach languages. Over my many years of teaching Japanese, I have taught different sets of vocabulary and grammatical structures through songs. Students have found these songs not only fun and engaging, but a great way to assist in remembering the language. They will say they have sung a particular song in their head to recall information during texts and exams.

I would like to acknowledge our talented music staff who share their love of music with our students and work with them to develop their skills.

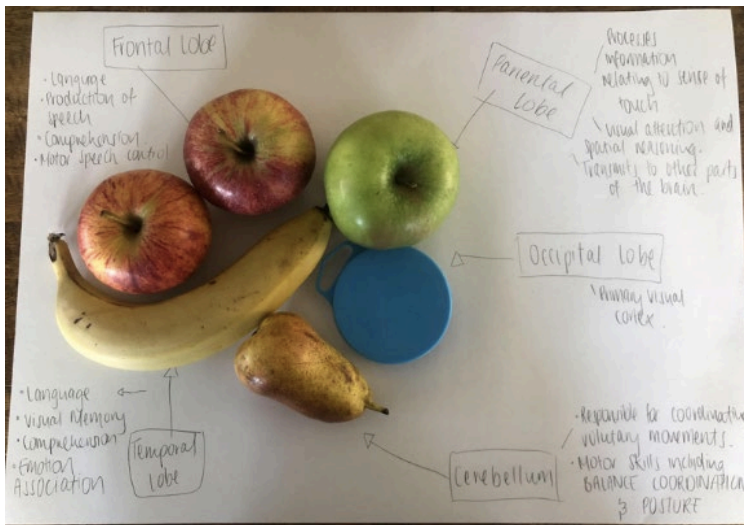
Nathan Lane

Deputy Principal Teaching and Learning

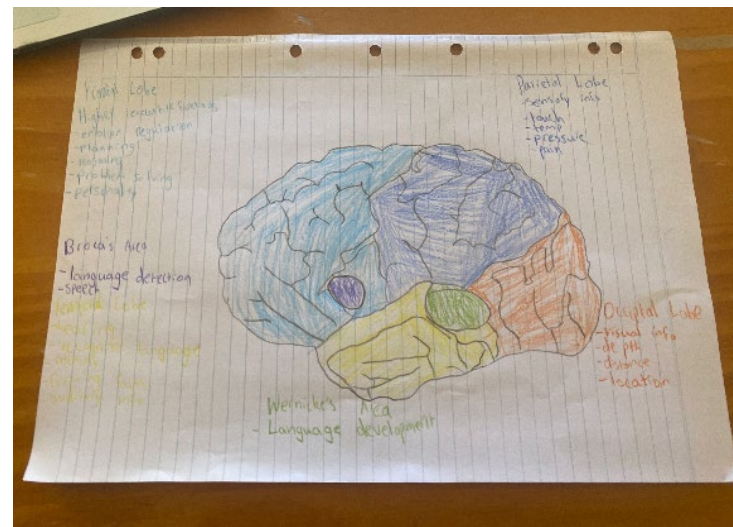
TEACHING AND LEARNING

What I learnt today at SMMC...

Ms Dalton's Year 10 Psychology class was asked to create a model/diagram of the brain using anything they had at home. Well done to the class for being so creative!



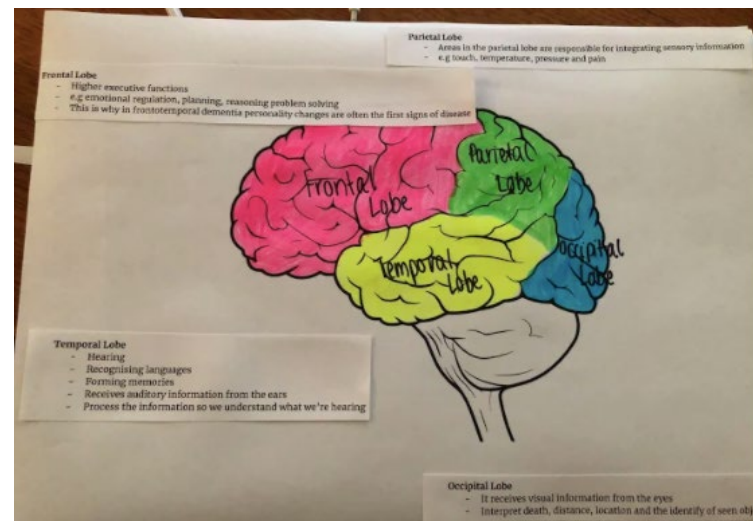
Luca Devlin



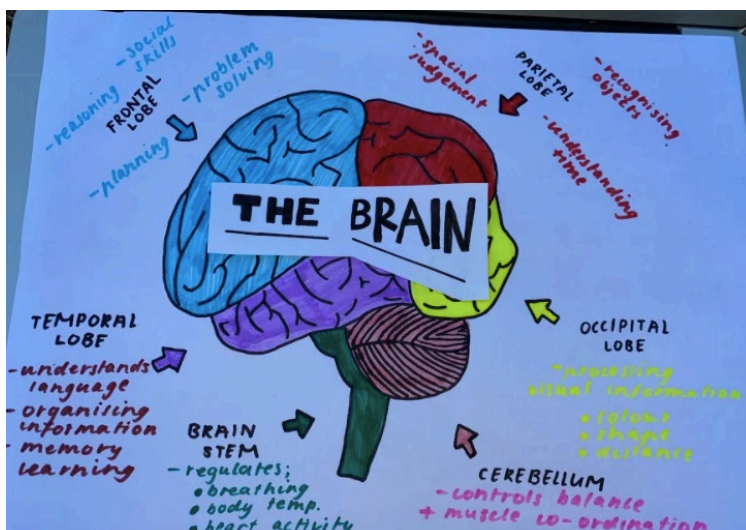
Harrison Stanyer



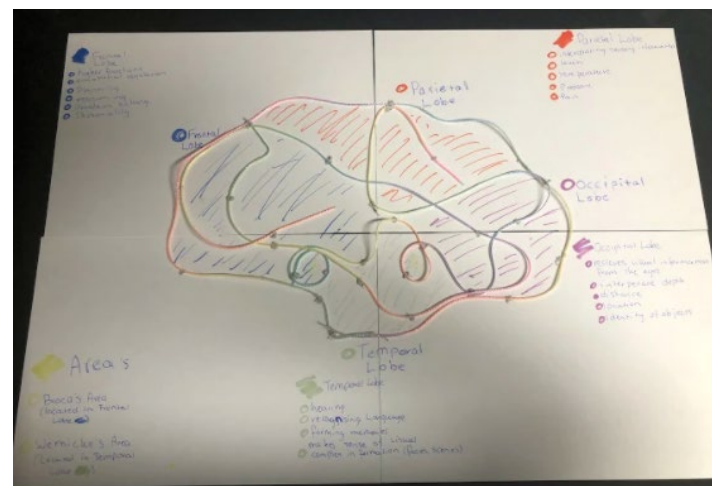
Talahiva Nimo



Hope Fitzpatrick

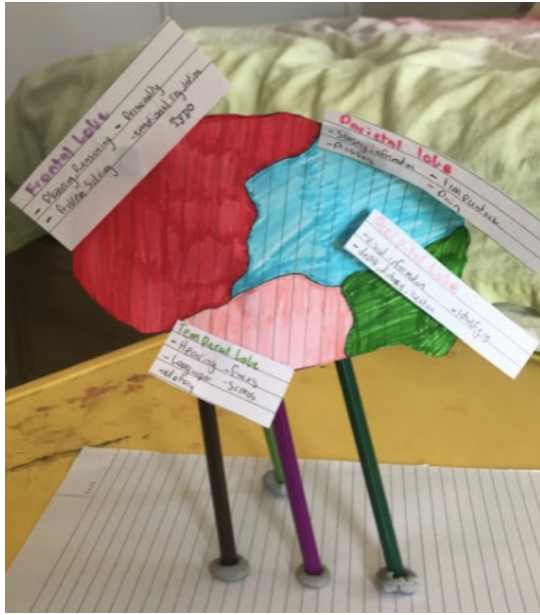


Charlotte Oliver



Bridgette Zucco

TEACHING AND LEARNING



Dakota Jager



Adam Lauer made a fishing rod holder for his Metal Magic class.

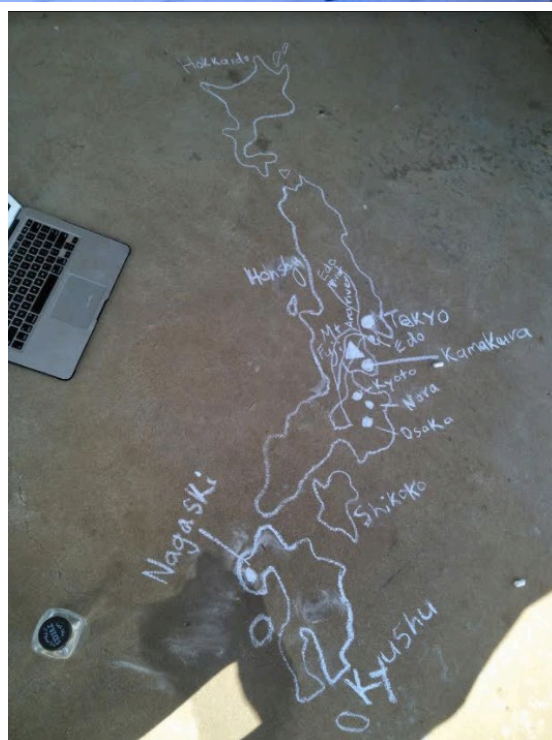
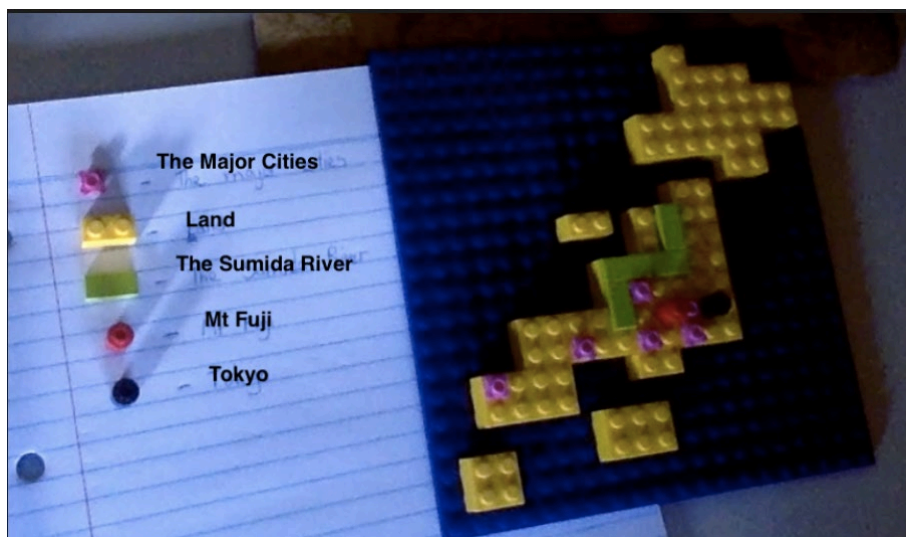


Some little treats Quinn Grey cooked this afternoon for Food for Entertaining.

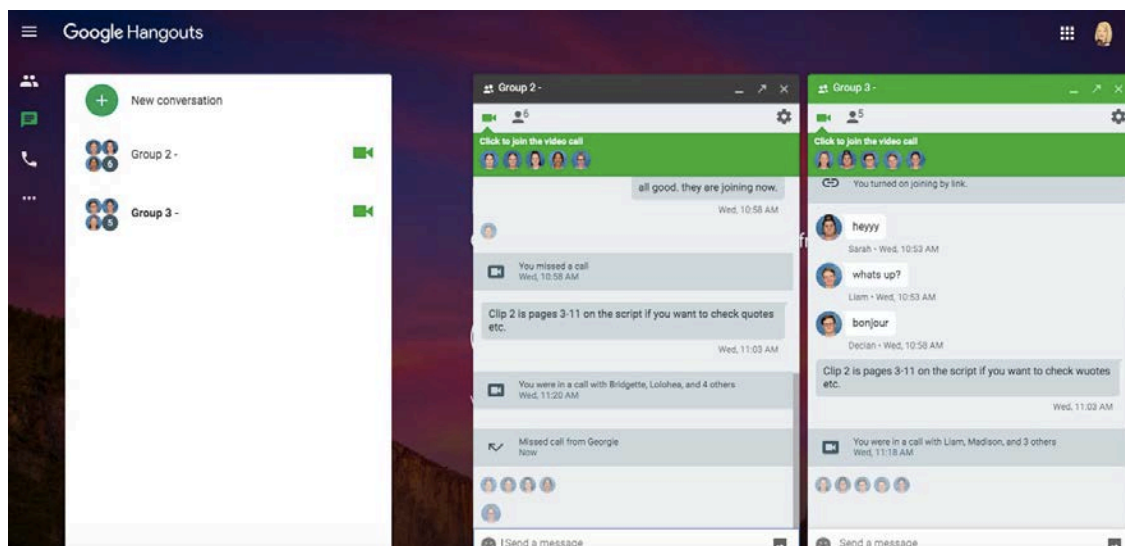


Ms Gurnett's Year 11 English class – Theme Day 'Yellow'
Well done Mia Hawkins, who went all out with a costume

TEACHING AND LEARNING



These are some samples from Mr Crow's Year 8 Humanities class. Students could use any materials they liked to show the map of Japan and some geographical features. These pictures show Japan baked as a cake using icing and lollies, chalk on the concrete outside, Lego and playdough.



Mrs Alderuccio's Year 12 English class working in small groups

TEACHING AND LEARNING

Spotlight on our Amazing Staff



Name: Katrina Croskery

How long have you been at SMMC? I started working at SMMC in 2016.

What is your role at SMMC? Learning Support Officer and MacqLit Instructor. MacqLit is an effective evidence-based literacy program we recently introduced at school.

What makes SMMC special? Our sense of community. This is embodied through our Home Rooms, Houses and Core groups. Every person is valued at our school and has an opportunity to share their unique qualities. Each day I feel so lucky to work alongside such fantastic students, parents and supportive staff.

Which is your House? Xavier

What do you enjoy doing outside of school? I love travelling and spending time outdoors in my garden or venturing out for walks.



Name: Luke Crow

How long have you been at SMMC? This is my 7th year

What is your role at SMMC? Health and Humanities Teacher

What makes SMMC special? The students

Which is your House? Tenison

What do you enjoy doing outside of school? Spending time with family, playing golf and watching sport.



Name: Laura Crow

How long have you been at SMMC? Since 2004... I was lucky enough to begin my journey at Mackillop with Mrs Alderuccio and Mr Murphy.

What is your role at SMMC? My role is to inspire, support, motivate and educate students as their teacher.

What makes SMMC special? The students; they make coming to school each day worthwhile and they continue to give me purpose and enjoyment in my role as a teacher. They make me smile A LOT.

Which is your House? TENISON!!!

What do you enjoy doing outside of school? Spending time with my family; crafting and playing board games, coffee time with my nearest and dearest and my zen place (where I feel peaceful and relaxed) is in the kitchen.

TEACHING AND LEARNING

In previous newsletters I have outlined our commitment to literacy. At the start of the semester we launched a 'Book Bingo' initiative with our Year 7 and 8 students to encourage reading a wide variety of books across the semester. During this period of remote learning we encourage our students to take time away from their computer screens and read a book. Parents may also like to join their child in the fun of our 'Book Bingo' initiative.

St Mary MacKillop College **2020 Semester 2 Year 7 and 8 Book Bingo**

Book with a number in the title Title: Date:	Mystery or thriller Title: Date:	You've seen the movie now read the book Title: Date:	Book suggested to you by someone else Title: Date:	Book you chose because of the cover Title: Date:
Collection of short stories Title: Date:	Book set overseas Title: Date:	Prize winning book Title: Date:	Book with more than 100 pages Title: Date:	Book by a female author Title: Date:
An author you've never read before Title: Date:	Book by an indigenous author Title: Date:	Free choice! Read any type of book! Title: Date:	Book by a young author Title: Date:	A non-fiction book Title: Date:
A biography or memoir Title: Date:	Second time reading the same book Title: Date:	A book published in 2019 Title: Date:	Book with less than 100 pages Title: Date:	Book in a series Title: Date:
Book by a debut author Title: Date:	Science fiction novel Title: Date:	Book by an Australian author Title: Date:	A classic Title: Date:	Book by a male author Title: Date:

How it works:

- Record the title of the book and the date you finished reading it.
- Read books from any bingo card category until you have finished a row, column or diagonal. You've got bingo!
- Bring your completed bingo card to the LRC to receive a prize. Before you claim your prize you will need to have a 'book conversation' with your English teacher or a member of the LRC staff.
- Levels of prizes: bronze (one line), silver (two lines), gold (three lines)
- Happy reading!

For English teacher/LRC staff member to complete:

Book conversation about (book title): _____ Date: _____

English teacher/LRC staff member name: _____

Nathan Lane

Deputy Principal Teaching and Learning

SCIENCE WEEK

Welcome to SCIENCE WEEK!!! As we could not offer the fun practical opportunities at lunchtime in the labs at school this year, we brought the experiments to your home! Each day in Science Week a fun new science experiment was posted for students to try at home.

MONDAY'S EXPERIMENT: FLUFFY SLIME!!!

Here is the link to one of the most fun slime recipes we have used! Hours of entertainment for all!

<https://www.thebestideasforkids.com/fluffy-slime-recipe/>

TUESDAY'S EXPERIMENT: FAKE SNOW

Here is a video link to make your own fake snow!

<https://www.youtube.com/watch?v=AZbjrYcNpPs>

WEDNESDAY'S EXPERIMENT: MAKE YOUR OWN ICECREAM

Make your own ice cream in minutes using an endothermic reaction.

<https://sciencebob.com/easy-to-make-ice-cream-in-a-plastic-bag/>

THURSDAY'S EXPERIMENT: MAKE YOUR OWN ROCK CANDY and YES YOU CAN EAT IT!

Who doesn't love candy!!! You can make your own but beware this involves boiling liquids so please be safe! Trust me when I say the taste is worth the wait!

<https://sciencebob.com/make-your-own-rock-candy/>

FRIDAY'S EXPERIMENT: THE EXPLODING LUNCH BAG

Finish Science Week with a bang!!! Yep, you heard right... let's blow something up!

***WARNING - read the full method carefully first and wear protective clothing! ***

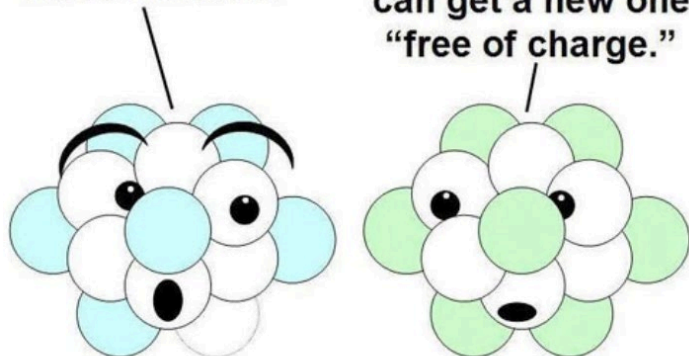
<https://sciencebob.com/the-exploding-lunch-bag/>

SCIENCE JOKES

We also ran a competition for the best and most original science joke! There are house points up for grabs and a prize upon return to school! Congratulations to our winner Thanh Pham for sending in the joke: What kind of fish is made of only two sodium atoms? 2 Na

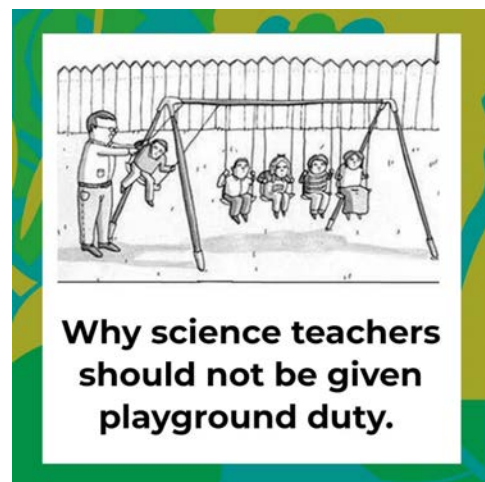
Oh my gosh, I've lost a neutron!

Don't worry; you can get a new one "free of charge."

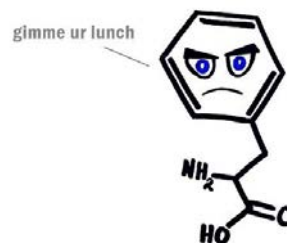


WHAT SHOULD YOU DO WHEN NO ONE LAUGHS AT YOUR SCIENCE JOKES?

KEEP TRYING UNTIL YOU GET A REACTION



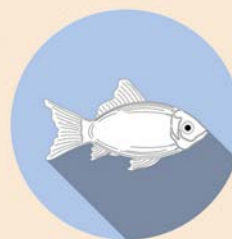
WHAT DO YOU CALL AN ACID WITH AN ATTITUDE?



A-mean-oh acid.

ASGP SCIENCE

What kind of fish is made of only two sodium atoms?



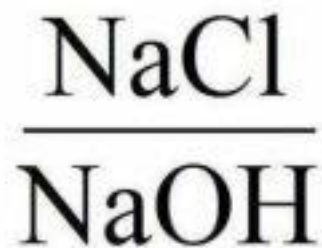
2 Na

TECHNOLOGY NETWORKS

IF YOU BROKE
THE LAW OF GRAVITY...

WOULD YOU GET A
SUSPENDED SENTENCE?

Red alert! Red alert!

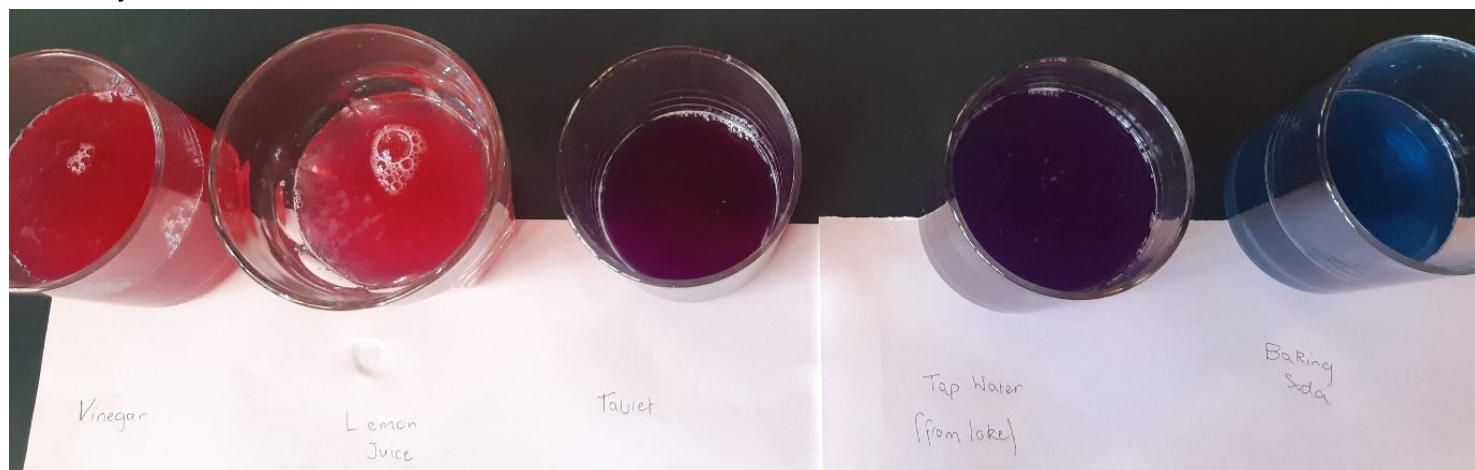


The base is under a salt!

Mr Waterson's Year 9 Science class experiment:
Testing the pH of household substances using red cabbage juice as the indicator.



Ned Ryan



Ava Sarre



Farirai Muyambo

YEAR 8 ART & DESIGN

As we wind on down the road towards the end of another third term I am again thrilled to share another cross section of artworks created by these inspiring young artists. During this remote learning period, the focus has been towards using digital methods in the application of art elements and principles. Students were inspired by various cultural styles, context, forms, and media.

Jeremy Wood
Art & Design Teacher



Amalie Bell



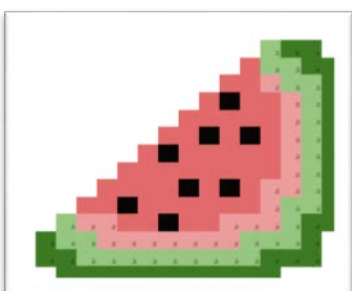
Christian



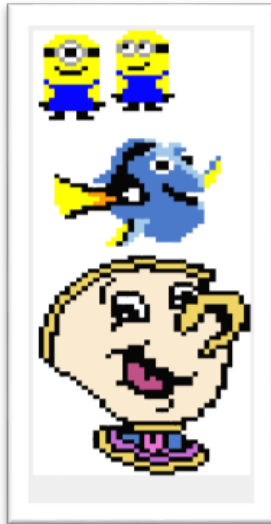
Emma Derbas



Emmanuel Lewamba



Lauren Cordingly



Brooke Thompson



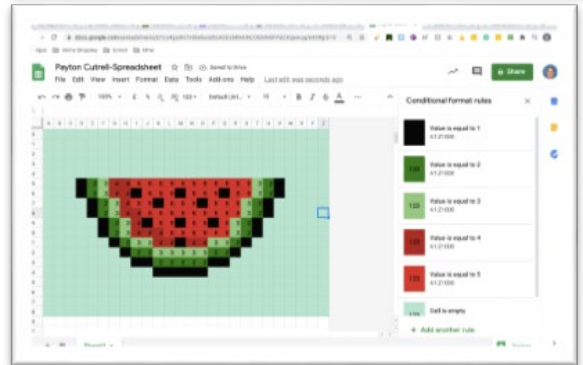
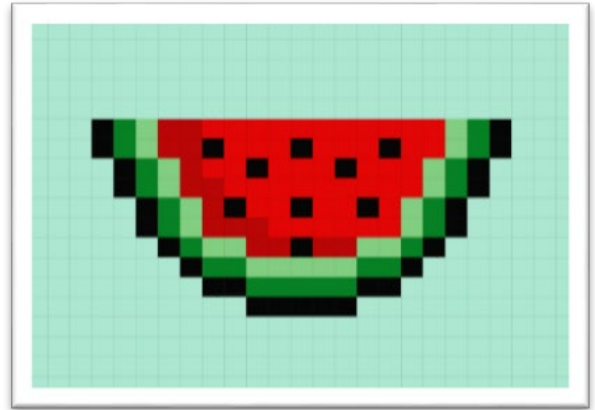
Lachlan Bull



Gabby Atkinson



Lauren Cordingly



Payton Cutrell



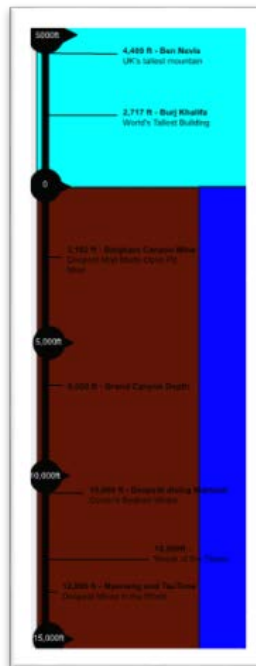
Jasmine Barr



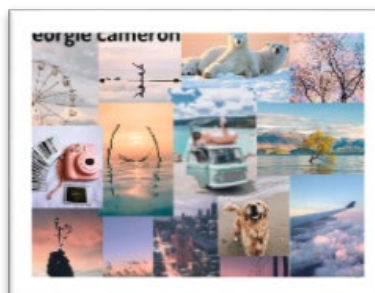
William Gilchrist



Parker Condely



Christian



Georgie Cameron



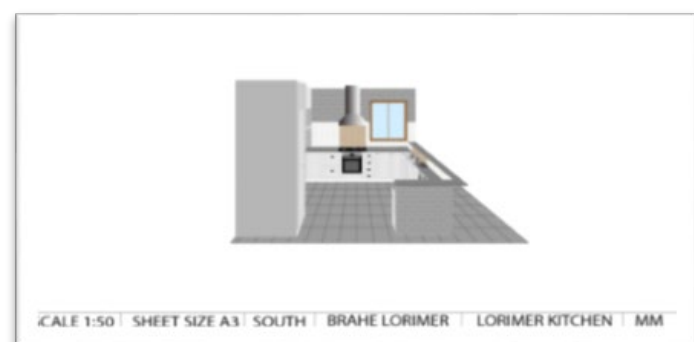
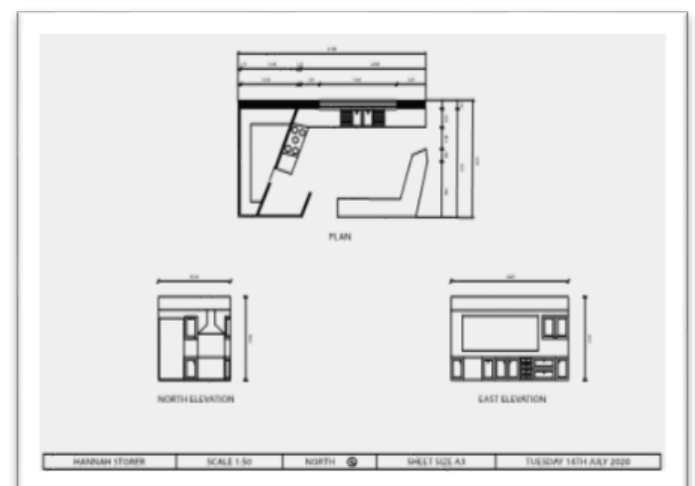
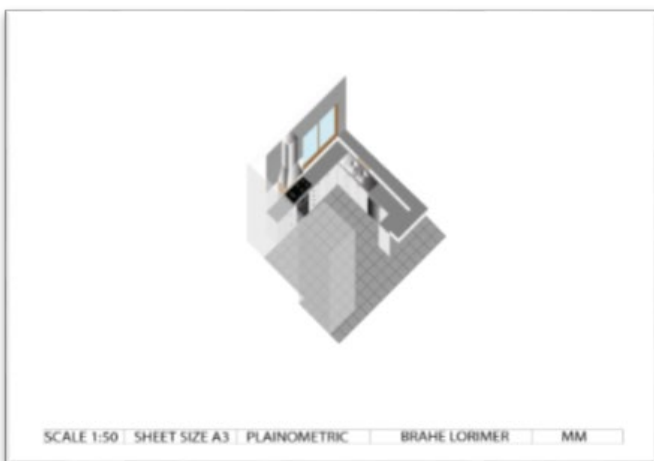
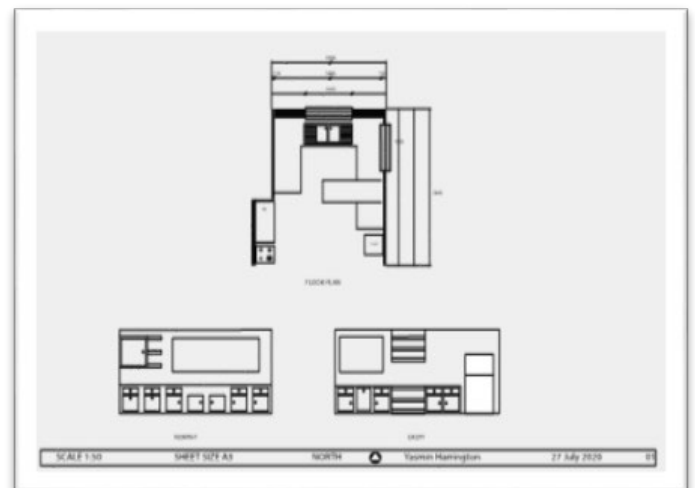
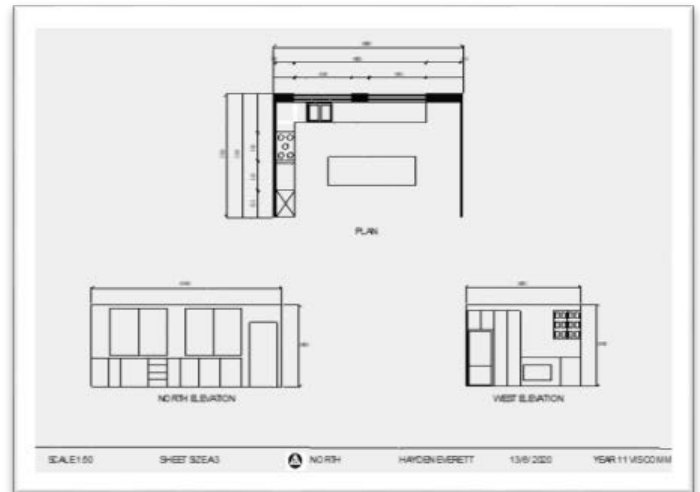
Remi Alderuccio

YEAR 11 VISUAL COMMUNICATION

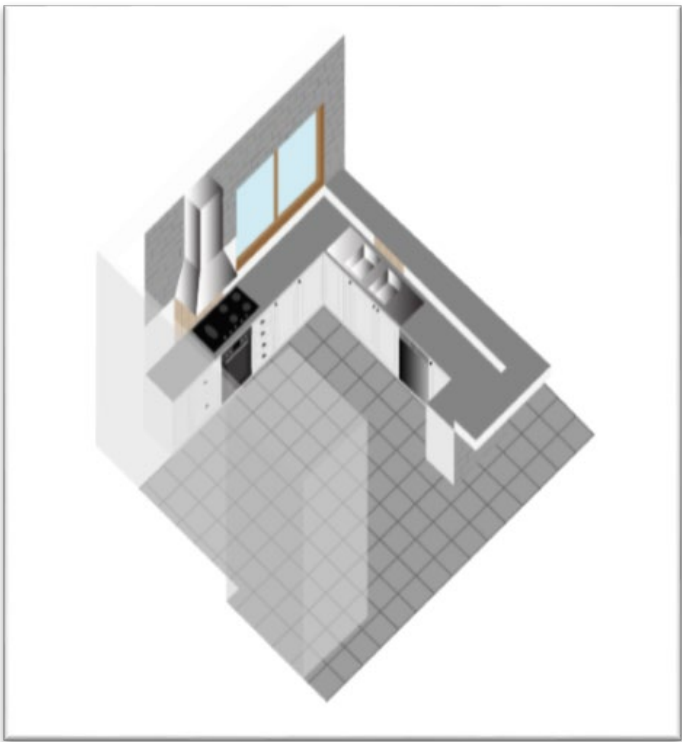
I couldn't be more pleased with the outcome from this group of Year 11 students. They have all worked exceptionally hard on their technical drawings and I am sure they would be feeling proud of what they have achieved. The brief required students to depict a kitchen and breakfast space, targeted towards young adult males and females living in urban areas with sufficient funds to make them prospective apartment purchasers. Students were required to present both schematic and colour rendered drawings to advertise the apartment space.

Jeremy Wood

Visual Communication Teacher



YEAR 11 VISUAL COMMUNICATION



Swan Hill District Health are recruiting Young Health Champions

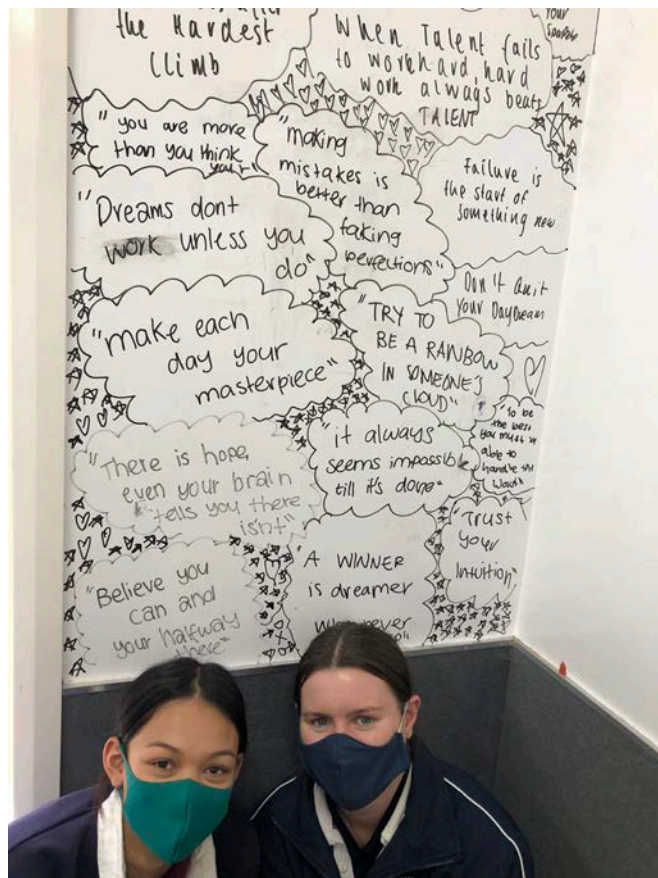
- Are you aged 16-25?
- Are you passionate about your local community and health?
- Do you want to work on key issues that impact young people?
- Do you want to develop skills in leadership, community engagement, advocacy, marketing and health promotion?

Express your Interest here
<https://forms.gle/NLxNcUivPdAsVhnQ8>

If you're not sure if this is for you or you would like to speak to a Health Promotion Officer, please contact Rachel Brooks at rbrooks@shdh.org.au



EXPRESSIONS OF INTEREST ARE NOW OPEN



Positive affirmations
Eva Maria Wong Chon Lew and
Milla Wilcox

Dear Parents/Guardians,

We would like to invite you and your child to participate in the CORAL: COVID-19 Risks Across the Lifespan study. The study is **investigating how the changes brought about by the COVID-19 pandemic are affecting people's wellbeing, their social connections and even their mental abilities.**

This online survey is an international collaboration between the University of New South Wales (Australia), Universities of Cambridge and Oxford (UK), and the Universities of Pittsburgh and Oregon (USA). The project has received ethical approval from the Human Research Ethics Committee at the University of New South Wales, Sydney [HC200287].

You can find out more about the study in the detailed study information attached and on the study website: www.thecoralstudy.com. To participate in the study and/or to consent to your child's participation please click [here](#).

If you have any questions about the study please do not hesitate to contact the research team at DASLab@unsw.edu.au.

With best wishes,

The research team

Developmental Affective Science Lab

School of Psychology, Faculty of Science University of New South Wales (UNSW)

Wellbeing during Covid-19

Parenting can be challenging at the best of times, but Covid-19 is making things even more difficult. While you're trying to support your children, it's easy to forget about your own wellbeing. Remember to take time for yourself, and don't put too much pressure on yourself.

Below are some tips from the Murdoch Children's Research Institute to help with the stressors of Covid-19, home schooling and working from home.

- [Parental wellbeing during Covid-19](#)
- [How to maintain wellbeing in pre-schoolers during Covid-19](#)
- [How to maintain wellbeing in primary aged children during Covid-19](#)
- [How to maintain wellbeing in secondary schoolers during Covid-19](#)

The Murdoch Children's Research Institute also have a podcast titled '[Parenting in the age of coronavirus](#)'. On the podcast child health experts discuss the challenges parents are facing, and they explore how you can best support yourself and your children so they can continue to learn, thrive and develop during this challenging time.

Dr Justin Coulson, a parenting and wellbeing expert, also has a podcast titled [Navigating Covid-19 with Justin Coulson](#).

Sleep Awareness Week

The Sleep Health Foundation have a range of resources that can help you get a better night's sleep amid the stress, worry, frustration and confusion people are feeling due to the increased restrictions in Victoria.

Resources to get a good night sleep during the Coronavirus pandemic

- [Getting Good Sleep and Coronavirus](#)
- [Coronavirus and using CPAP treatment for Sleep Apnea](#)
- [Sleep and Emergency Services](#)
- [Preventing Chronic Insomnia](#)
- [Good Sleep Habits](#)
- [Sleep to boost your immune system](#)
- [Sleeping tips when staying indoors during isolation period](#)
- [Podcast: Coronavirus is influencing how we sleep](#)
- [Australasian Sleep Association updated guidelines on minimising infection risk for COVID-19](#)

Things you should know about GOOD SLEEP HABITS

- Many things can help you have a better night's sleep
- Keep regular times for going to bed and getting up
- Relax an hour before going to bed
- Avoid going to bed on a full or empty stomach
- If you are not asleep after 20 minutes in bed, go to another room until you feel tired again
- Many poor sleepers spend too long in bed
- Keep distracting things out of the bedroom
- Get some sunlight during the day
- Most adults of all ages need 7-9 hours of sleep
- An evening nap can make it hard to sleep at night

Sourced from: Sleep Health Foundation

eat. move. smile.
fruit & veg more often together



**Swan Hill
District Health**
Connected Care. Best Experience.

LEGO CHALLENGE

coming soon!

24TH OF AUGUST
HEAPS OF PRIZES
TO BE WON!

MURRAY MALLEE LLEN WILL BE POSTING THE FIRST CHALLENGE
ON MONDAY 24TH ON OUR SOCIALS SO STAY TUNED!



Murray Mallee LLEN
@mmlen



Murray Mallee LLEN
@murraymallee_llen



LEGO STEM CHALLENGE

RULES AND GUIDELINES

IT'S NEVER TOO EARLY TO ENCOURAGE KIDS AND TEENS TO PURSUE EDUCATION AND ACTIVITIES IN SCIENCE, TECHNOLOGY, ENGINEERING AND MATHEMATICS (STEM).

IT'S IMPORTANT TO SET FUTURE GENERATIONS UP FOR SUCCESS AS CAREERS IN THESE FIELDS CONTINUE TO GROW; CAREERS FOR EXAMPLE INCLUDE ENGINEERING, ARCHITECTURE, DESIGN AND BUILDING JUST TO NAME A FEW.

rules

- ONCE CHALLENGES ARE ANNOUNCED YOU WILL HAVE 2 WEEKS TO BUILD YOUR CREATION BEFORE ENTRIES CLOSE
- 1X ENTRY PER CHALLENGE WHICH WILL INCLUDE A CAREER QUESTION TO ANSWER ALONG WITH YOUR ENTRY
- PRIMARY SCHOOL STUDENTS AND SECONDARY STUDENTS WILL BE JUDGED SEPARATELY WITH PRIZES FOR EACH GROUP
- HOW TO ENTER: YOU WILL SEND A PHOTO OR VIDEO OF YOUR CREATION ALONG WITH YOUR NAME, AGE AND SCHOOL TO ANY OF OUR SOCIALS OR EMAIL ENTRY TO projects@mmlen.com
- LOCAL JUDGES INCLUDE: ARCHITECT - JIMMY GLEESON AND CIVIL ENGINEER - ESTHER THOMPSON

Prizes

- THERE WILL BE A PRIZE FOR MOST CREATIVE, MOST COLOURFUL AND BEST DESIGN FOR EACH CHALLENGE
- EACH WINNER WILL RECEIVE A \$100 SWAN HILL GIFT CARD TO SPEND AT PARTICIPATING STORES (PARTICIPATING STORES ATTACHED)
- THERE WILL BE A BONUS CHALLENGE ANNOUNCED WHERE THE WINNER WILL RECEIVE A \$50 SWAN HILL GIFT CARD

FOR MORE INFORMATION FEEL FREE TO CONTACT US ON OUR SOCIALS OR EMAIL US AT projects@mmlen.com



Murray Mallee LLEN
@mmlen



Murray Mallee LLEN
@murraymallee_llen



Lockdown is hard.

We are all experiencing up and downs with our mental health, but if you are struggling, **don't wait to get help.**

headspace centres in Victoria are still open and able to offer appointments to young people via phone and online services.



Find your closest centre

headspace centres are still here for you. In response to COVID-19, headspace centres across the country are operating a combination of in-person, online and phone services – depending on the situation in their local communities.

You can find your closest centre at headspace.org.au/centres



Create a headspace account

Just by visiting the headspace website at headspace.org.au and creating an account, you can access lots of great mental health resources including group chats, online communities, interactive resources and 1:1 direct support with professionals.



Free headspace counselling in regional schools

If your school is more than 60km from a headspace centre, you may be eligible to access the headspace regional phone counselling service.

Secondary students living in regional Victoria who cannot easily access face-to-face counselling can step away from their class and speak to a professional counsellor.

To find out more, speak to your school's wellbeing support team.

headspace.org.au

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health