

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,

I have said this so many times this week, "It is so good to have everyone back on the school site, in classes and learning". There is no greater silence than an empty school yard and no greater joy than to hear the voices of happy young people.

The transition back onto the school site will take some time for many of our students. I am sure that many students by the end of the week are feeling very tired. If you have a sense that your son/daughter is not coping with yet another change, please make contact with their Homeroom Teacher or House Leader.

This week we have listened to the speeches for the 2021 School Captain positions of leadership. Due to restrictions we were unable to gather together as a community to watch these speeches live; however, the students are to be commended on the excellent way that they recorded their speeches, which were then played in an assembly in homerooms. Interviews took place yesterday and the announcement of the 2021 School Captains will be made on Thursday 22nd October.

The process for House Captains and Committee Captain appointments will be conducted over the next few weeks. I look forward to working with the 2021 Student Leaders and hope that they contribute to the school in the same exemplary manner as our Student Leaders have this year, even in difficult circumstances.

Friday, 16 October 2020

- Faith Matters
- From the Deputy Principal
- Teaching & Learning
- Mental Health Week

ABSENCE NOTIFICATION
PH: 5032 9771
Press 2

FUTURE EVENTS

OCTOBER

Thurs 22 nd	MacKillop's Got Talent
Fri 23 rd	Public Holiday
Thurs 29 th	House Farewells for Year 12 students
Fri 30 th	End of Year Mass

NOVEMBER

Mon 2 nd	Student Free Day – Staff Professional Development
Tues 3 rd	Public Holiday



FROM THE PRINCIPAL

Our Year 12 students are nearing the end of their official school classes. The Year 12s last day of classes will be Friday 30th October. Traditionally on this day we would hold our End of Year Mass, lunch with parents and families and conclude the day with the Year 12 Assembly. As I have already indicated the End of Year Mass will be a recorded Mass, due to the restriction on large gatherings. We will celebrate this Mass together at 12:00pm in Homeroom groups. Unfortunately, at this stage, we are unable to invite parents to the assembly. I am hopeful that we may see some changes in the restrictions this weekend. I will write to Year 12 parents next week to confirm these details.

I hope that you have enjoyed the recent warmer weather.

Michelle Haeusler
Principal

FAITH MATTERS



Mary MacKillop is a woman whose life encourages us to “take fresh courage”. Her perseverance in the face of adversity came from her deep desire to live in and for God. Walking amidst life’s difficulties, she had the capacity to lift people’s spirit as she encouraged them to find meaning and purpose in their lives. Her heart was so grounded in God’s mission, loving tenderly the many people who shared their troubles with her.

Sr Monica Cavanagh rsj
Congregational leader

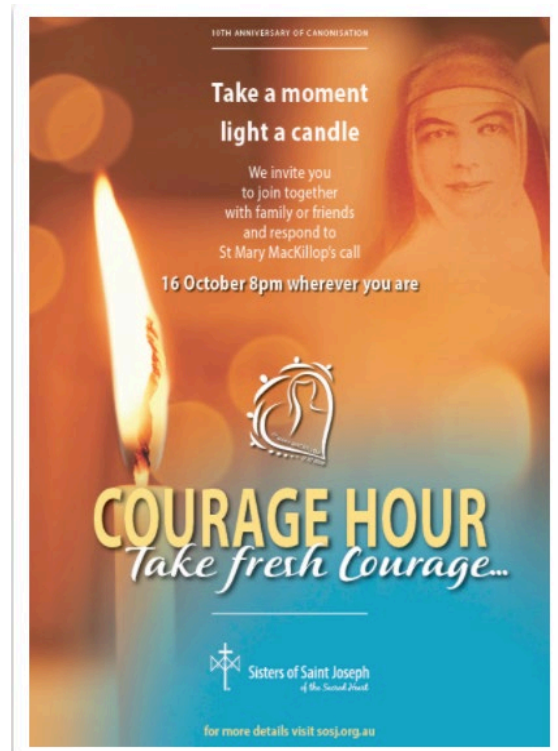
On Saturday 17th October, 2020, we celebrate the 10th Anniversary of Mary MacKillop’s canonisation. The theme of this celebration is “take fresh courage”. Through our prayers this week in the lead up to Saturday, we have remembered the many courageous moments in St. Mary MacKillop’s life.

We have reflected on taking fresh courage with joy, empowering love, trust, confidence, strength, leading, compassion, patience, faithfulness and hope - ten key values and moments in the life of St. Mary MacKillop. It has provided an opportunity for our community to pause and give thanks for her life and holiness.

There are many valuable resources available on the Sisters of St. Joseph’s website:

<https://www.sosj.org.au/10th-anniversary/>

They have extended an invitation to join them for a Courage Hour on Saturday 17th October at 8pm. This special event will be an hour of deep peace, prayer and reflection on Mary’s courage. You can host your own celebration or participate online via the Sisters of Saint Joseph website.



End of Year Mass

We are currently in the process of recording our End of Year Mass. With restrictions still meaning we cannot gather as a full school faith community, we will celebrate using a recorded Mass. Thanks again to Mitchell Barkman for being available to record and edit this together for us. Thank you also to Fr. James to be willing to work with us in this way as well. Hopefully, soon, we can actually celebrate Mass with Fr. James, all together, in the Church!

Traditionally our End of Year Mass is also the final time our school can celebrate together as a whole faith community before our Year 12 students finish and prepare for their exams. Homeroom groups will gather to view the Mass together. Hopefully we are able to farewell our Year 12 students (as a group) in some way during this Mass.

Mary's canonisation shows us and the world how her life continues to influence all those who encounter her story. As we remember her life and death at this anniversary time, let's notice what arises in us.

Prayer

Mary MacKillop
join us in our gratitude
on this 10th anniversary of your canonisation.

Be with us in this time of crisis in our world as we gather fresh courage around us
for working in God's healing mission.

Keep us participating as a people of the Gospel engaging with our neighbours for
the good of all and serving with Christ in our common home.

Holy Spirit strengthen us.
Amen

Alison Wright
Director of Mission

BETTY CURRIE SCHOLARSHIPS

CLOSING SOON

Betty Currie Scholarships for the 2021 school year will close on **Friday 30 October.**
Families experiencing financial hardships are encouraged to apply.

Please note financial information must be supplied.

All applications are confidential.

Application forms are available from Front Office or on the school website
[https://smmc.vic.edu.au/our-community/scholarship/fee assistance](https://smmc.vic.edu.au/our-community/scholarship/fee%20assistance)
or at the end of this newsletter

FROM THE DEPUTY PRINCIPAL

Student Leadership in 2021

It is difficult to get our heads around the fact that we are now planning our Student Leadership structure for 2021. This week we were able to apply the much touted phrase 'unprecedented event' in relation to our School Captain Speeches. For the first time in history our nominees delivered their speeches in a virtual format. Despite the very different platform, eight Year 11 students spoke with confidence and passion about their desire to contribute to our school community through leadership. Those whose applications were successful then moved through to the next stage which is a panel interview. Mrs Haeusler will announce the 2021 School Captains to our community next Thursday.

Next week we will hear the Senior House Captain nomination speeches, again in a virtual format and they too will participate in an interview. Also open for applications at the moment are the roles of Student Leadership Committee Captain. The Student Leadership Committees play a vital role in not only forming the Student Forum but also in leading student initiatives within our school. Current Year 10 and Year 11 students are encouraged to apply for these roles and should submit their application to me as soon as possible. Something to keep in mind is that if students are considering School Captaincy in their future they must have been involved in Student Leadership Committees. Whilst this can simply be as an active member, a really great way is by leading the Committee. Applications can be submitted up until Monday 19th October.

Junior House Captain roles are also open for applications and our current Year 8 students who are interested in developing their leadership skills should consider this opportunity. Application forms are available in Pastoral Care and should be submitted to the House Leader by Monday 19th October.

Student Leadership is a great opportunity – you just need to take it!

Our environment deserves respect

Over the last two terms of remote learning our maintenance staff have done a considerable amount of work on the grounds. The school is looking well maintained and it is disappointing that students are carelessly leaving their rubbish behind at recess and lunchtime. There is certainly not a shortage of rubbish bins, we simply need students to be responsible for their own rubbish rather than leave it for someone else.

Masks

It has been wonderful to see our students taking masks so seriously. There have been very few students who have neglected to adhere to these guidelines. It is worth remembering that there are some students who are legitimately exempt from wearing masks and we need to be respectful of them rather than isolate them. We have a supply of masks in the Pastoral Care Centre that are reusable so if there is anyone who is in need of one then we can certainly help you out.

Congratulations to our students on the way they have returned this week. It has been so lovely to see everyone.

Thank you to all our staff who have done a wonderful job in the return to on-site learning this week. It is always reassuring to know we have such a supportive and generous community.

Catherine Howison
Deputy Principal



UNIT 3/4 PRACTICE EXAM TIMETABLE

All students studying a Unit 3/4 VCE OR VET subject (Year 12 subject) are required to attend Practice Exams in Week 3 of Term 4 as per the timetable below.

All exams have 15 minutes reading time

DATE	TIME	SUBJECT
Monday October 19th	9.00am – 11.45am	CHEMISTRY 2.5 hrs VISUAL COMMUNICATION & DESIGN 1.5 hrs VET COMMUNITY SERVICES 1.5 hrs
	12.25pm – 3.10pm	PSYCHOLOGY 2.5 hrs LEGAL STUDIES 2 hrs VET SPORT & RECREATION 1.5 hrs

Tuesday October 20th	9.00am – 11.15am	MATHS METHODS 2 hrs FURTHER MATHS 1.5 hrs
	12.55pm – 3.10pm	PHYSICAL EDUCATION 2 hrs RELIGION AND SOCIETY 2 hrs HISTORY (REVOLUTIONS) 2 hrs JAPANESE 2 hrs DRAMA 1.5 hrs VET HOSPITALITY 1.5 hrs

Wednesday October 21st	9.00am – 11:45am	BIOLOGY 2.5 hrs BUSINESS MANAGEMENT 2 hrs MEDIA 2 hrs
	12.25pm – 3.10pm	PHYSICS 2.5 hrs HEALTH & HUMAN DEVELOPMENT 2 hrs ACCOUNTING 2 hrs



2020 YEAR 11 VCE SEMESTER 2 EXAMS

Please be advised that Year 11 exams will run from Monday 16th November to Thursday 19th November. All Year 11 VCE exams are conducted in the Jubilee Centre. Students must wear their correct school uniform to each exam.

Students are not required to be at school during the exam period unless they have an exam. If they need to remain on the college grounds students must be in the LRC. Students in Year 11 VCAL classes should ensure all required outcomes have been completed by the due dates set by their teacher.

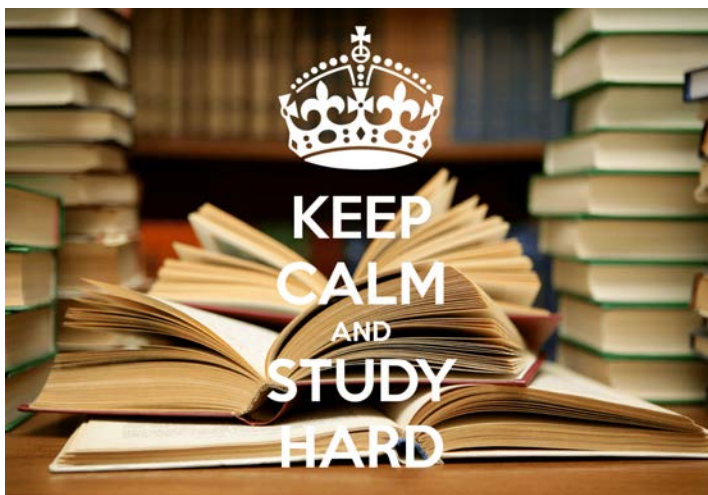
Any students with an exam clash must email Mrs Rogers to make alternative arrangements. Year 11 students completing a Unit 4 Exam must attend the VCE Unit 4 examinations as a priority.

Please advise Mr Lane should you have any questions or concerns.

Subject Selection Counselling Interviews for all students entering Year 12 in 2021

Interviews involving parents, students and staff from the St Mary MacKillop College Pathways Team will be held throughout the Year 11 Examination week. Please book your interview time through the Parent Access Module (PAM).

	Monday 16th November	Tuesday 17th November	Wednesday 18th November	Thursday 19th November
9.00am to 10.45am (English and Literature finish at 11.10am)	English Literature	Health & Human Development Legal Studies	General Maths Maths Methods	Accounting Psychology
BREAK				
1.30pm to 3.15pm	Business Management Chemistry Physics	Biology Visual Communication & Design	Physical Education Studio Art	



2021 BOOKLIST – EARLY ORDERS FOR NOVELS

Dear Parents and Guardians,

We are asking for assistance from parents in encouraging students in Years 9 to 12 to make the most of the Summer break and read the required novels for their English and Literature classes next year.

As you can appreciate, class time is dedicated to exploring the characters, themes and ideas in the text. Therefore, students must have read the novel prior to beginning their study in order to fully participate in class and to maximise their learning.

The book-listed novels are available for early order so students will have them in time to read over the Christmas vacation.

Listed below **is the order of novels studied** at Years 9-12 in 2021:

Year 9 – *The Happiest Refugee* by Ahn Do, *Macbeth* by William Shakespeare (in-class reading), *The Love That I Have* by James Moloney.

Year 10 – *Lost Property* by James Moloney, *A Lesson Before Dying* by Ernest Gaines, *Hamlet* by William Shakespeare (in-class reading).

Year 11 – *Things We Didn't See Coming* by Steven Amsterdam, *The Reluctant Fundamentalist* by Moshin Hamid, *Night* by Elie Weisel.

Year 12 English – *The Golden Age* by Joan London, *Nine Days* by Toni Jordan, *Ransom* by David Malouf.

Year 11/12 Literature - *Foreign Soil* by Maxine Beneba Clarke, *The Taste of Honey* by Shelagh Delaney, *Picnic at Hanging Rock* by Joan Lindsay, *Northanger Abbey* by Jane Austen.

Campion Education will be the official booklist suppliers to St Mary MacKillop College in 2021. Early orders for 2021 Years 9 to 12 English and Literature are now available through the Champion website, until **Sunday 25th October**.

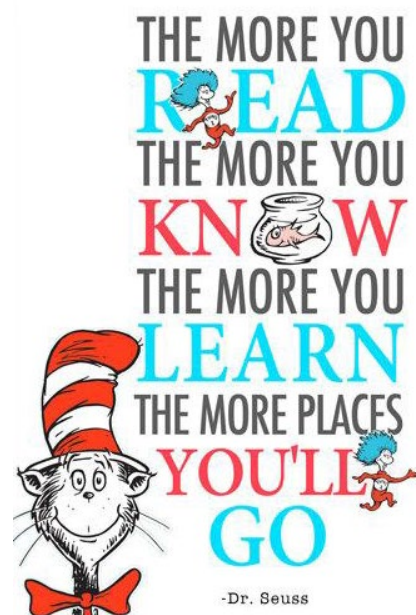
To place an order, go to the School Website: <https://smmc.vic.edu.au/> and click on the **2021 Booklist** tab in the top right corner. Parents will need to create a new account. Please refer to the instructions sent to parents via Operoo.

You can also follow this link directly:

<https://order.campion.com.au/index.html#resourceListListView?code=98E599E6>

Jane Alderuccio

English Curriculum Leader



TEACHING AND LEARNING

It was so wonderful to welcome back our amazing students to face-to-face learning this week. Our school has returned to the vibrant Catholic learning community it was before our second round of remote learning.

It is hard to believe for the majority of this year our students have been learning in an online environment. For some students they thrived learning online, and for others they yearned for face-to-face learning and the connections with their teachers and peers at school. Just as our students had to adjust to learning in an online environment, they need to readjust to face-to-face learning onsite. I have put together an infographic outlining some tips for our return to onsite learning.



Many students enjoyed the way online classes were structured, with a blend of synchronous and asynchronous learning, where they could work at their own pace with direction from their teachers. Students also created spaces in their home conducive for learning, and had all their resources at their fingertips and didn't have to move to different classrooms during the day. Some students would have found online learning to be a lot quieter than working in a classroom. Class discussions online usually involved one person talking at a time or students contributing through the chat function on Google Meet. For some students they will need to readjust to asking questions and contributing to discussions in face-to-face classes.

For our teachers, our priorities will be student wellbeing and settling our students so they can focus on learning and collaborating with their peers. Over the next few weeks our teachers will be focusing on re-establishing classroom routines and student engagement. The optimal learning environment is one where students feel safe, engaged and connected, so re-establishing relationships and outlining expectations will contribute to creating a positive learning environment for everyone.

TEACHING AND LEARNING

Many thanks to the families in our school community for your support of the College and your child's home learning during Term 3. I cannot imagine how challenging it has been for families, and I congratulate our students for the successes they achieved in their learning as we worked offsite. We will ensure our students have a smooth transition back to onsite learning and wish everyone all the best for Term 4.

Student MacBooks

A reminder for our students to ensure their MacBook is brought to school each day fully charged.

Unit 3 and 4 Exams

Congratulations to our Year 12 students for completing their trial English/Literature exam during the second week of the holidays. These students, along with Year 11 students doing a Unit 3/4 VCE subject, also completed a trial GAT exam. We hope these exams, along with the trial exams to be held in Week 3, provide excellent practice and preparation for the official exams. I wish our VCE students all the best as they complete their final weeks of Year 12 and head into preparations for their exams. Our students have shown great resilience this year under these difficult circumstances. Preparation for exams is an anxious time, and I hope you stay strong and work to the best of your ability. We are very proud of you all.

Years 7 to 11 Exams

Shortly students from Years 7 to 11 will receive their end-of-year exam schedule. These exams provide students with the opportunity to establish exam study routines, organise themselves, synthesise, consolidate and apply the learning they have undertaken across the semester.

We encourage parents to regularly log-in to the Parent Access Module (PAM) and view feedback for their child's assessment tasks. Parents are invited to contact teachers at any time, either by phone or email, to discuss their child's progress.

During the Senior School Transition Interviews for current Year 10 students, to be held in November, parents and students will have an opportunity to discuss progress during semester 2 with the interview panel.

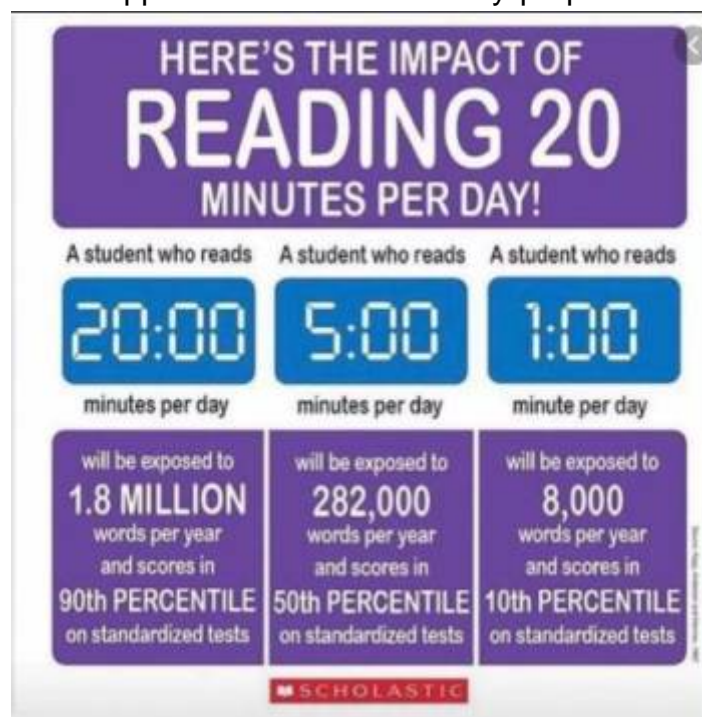
Study Skills Session

On Wednesday 14 October we ran a study skills session to support our students as they prepare for their end of year exams. The PowerPoint presentation will be made available to families shortly.

There are lots of articles online with tips and strategies to support students as they prepare for their exams. An interesting article recently published by Education HQ on '5 tips for Year 12 students preparing for exams' can be found [here](#).

Year 7 and 8 Reading

Now our students have returned to school, 15 minutes of reading at the start of lesson 4 will commence again for students in Years 7 and 8. Students are reminded to bring a book to read during this time. Our book bingo will continue this term and we hope students in Years 7 and 8 will support this initiative. Recently I came across an interesting infographic on the impact of reading 20 minutes per day.



TEACHING AND LEARNING

Learning Recognition Program

Year 10

Academic Excellence:

Isabella Gilchrist, Darcy Farrell, Verity Oliver, Madison Davies, Alivia Andrews

Effort and Endeavour:

James Williamson, Aydan Symons, Darcy Farrell, Harrison Sawyer, Tully Sheldrick, Dustin Burns, Ben Derbas, Jem Sibley.

From the voices of our students

We have completed our second round of learning and teaching in an online environment. Here are some reflections from our students...

What I enjoyed most about remote learning was...

- the ability to work independently in subject areas and also using different resources to learn. Completing classes online has also given me a sense of what it would be like to complete classes at university, as not all subjects will be having regular physical classes.
- being in a relaxed working environment.
- spending more time with my family.
- I didn't have to wake up as early to catch the bus.
- working in the comfort of my home as well as not waking up as early.

What I found challenging about remote learning was...

- staying motivated to complete some work and separate school from my personal life. Finding a sense of balance between school and personal time is key to being able to focus and work efficiently in this type of situation.
- staying motivated and the distractions you are surrounded by at home.
- distinguishing school time from my own time and taking time out of the day for myself.
- staying motivated when there were things I could do on the farm instead.

What I miss the most about school is...

- the dynamic of the classroom. Physical classes are more personal and allow you to build relationships with your teachers and peers which is not as easy to do while in an online class where it is more difficult to interact with one another.
- being able to see friends and family face to face.
- seeing my friends and working through my classes with their help too.
- having face to face conversations with my teachers and peers.

Positive affirmations for your teachers

- You are admired, you are wise, you make a difference in all of your students' lives.
- You did amazing, thank you for supporting us through all of it.
- Thank you for all of your hard work in these times.
- You guys are the best!!

Nathan Lane

Deputy Principal Teaching and Learning

TEACHING AND LEARNING



Our students on their final day of learning online at school.



Mrs Doherty's Year 7 maths class are learning about conversion and measuring the distance of paper planes. A great day to be outside learning!



Ms Gurnett's Year 11 PE class playing games outside



Our senior Art students coming up with some amazing creations.

TEACHING AND LEARNING

Spotlight on Learning: Humanities

Recently I came across some interesting information on the role of Humanities in schools on the Humanities 21 website.

According to this website:

- Humanities study, including history, literature, philosophy and more, has been an integral part of education since the ancient Greeks.
- Humanities study is not just relegated to ancient times, two thirds of ASX listed companies have CEO's with a humanities background.
- A Humanities education is well-rounded, producing job-ready graduates with a number of transferable soft skills which will be critical in our changing economy.

Reading this information made me want to revisit the Career Bullseye posters on the myfuture website ([here](#)) and look at the different occupations and pathways for Humanities. There is some really interesting information across a whole range of careers on this website.

In the Victorian Curriculum, the Humanities learning area includes Civics and Citizenship, Economics and Business, Geography and History. At the VCE level, we are pleased to offer a wide range of subject offerings in the Humanities Learning Area including: Accounting, Business Management, Legal Studies, 20th Century History and Revolutions. The learning area has both a historical and contemporary focus, and students learn about a variety of topics from ancient civilisations through to the Australian system of government. Throughout the year we have celebrated student learning in Humanities through photographs in the College newsletter.

Through the study of subjects in the Humanities learning area, students develop a wide range of skills including critical thinking, questioning, researching, analysing, evaluating, communicating and debating, and they can transfer these skills across subject areas. Humanities is the perfect vehicle for inquiry learning, and having students develop their skills and knowledge through an inquiry question.

According to the Australian Curriculum website, through the study of Humanities, students explore the following key ideas:

Who we are, who came before us, and traditions and values that have shaped societies

Students explore their own identity, Australia's heritage and cultural diversity, and Australia's identity as a nation in the world. They examine the significance of traditions and shared values within society.

How societies and economies operate and how they are changing over time

Students learn about Australian society and other societies in the world, both past and present; and how they function socially, culturally, economically and politically. Students examine developments that have resulted in or are bringing about change.

The ways people, places, ideas and events are perceived and connected

Students are provided with opportunities to explore different perceptions of people, places, ideas and events. They develop an understanding of the interdependent nature of the world and the interrelationships within and between the natural environment, human communities and economies. They explore how people, ideas and events are connected over time and increasingly interconnected across local, national, regional and global contexts.

How people exercise their responsibilities, participate in society and make informed decisions

Students examine how individuals and groups have participated in and contributed to society past and present. They examine the rights and responsibilities of individuals and groups over time and in different contexts. They develop an understanding of the need to make decisions, the importance of ethical considerations and being informed when making decisions, the processes for decision-making and the implications of decisions that are made for individuals, society, the economy and the environment.

TEACHING AND LEARNING

The Humanities Learning Area also offers a variety of value added experiences and the opportunity to connect with our local community. For example, we are so fortunate to have the wonderful Pioneer Settlement so close to school where our students can learn about life on the Murray River.

We are blessed to have a large team of committed teachers in the Humanities Learning Area. Many thanks to this team who create engaging and exciting learning experiences, and instil their passion for Humanities within our students.

Nathan Lane

Deputy Principal Teaching and Learning

Spotlight on our Amazing Staff



Name: Leonie Gleeson

How long have you been at SMMC? I have been working at SMMC for 18 years, commencing as an Integration Aide.

What is your role at SMMC? I currently work as part of the Wellbeing Team as a Student Counsellor which I love.

What makes SMMC special? I enjoy my work at SMMC because there is a relationship between students and staff that is one of respect and gratitude. We have an inclusive community who engage with and assist our students to confidently reach their goals. The energy and efforts of some staff are inspiring to me!

What do you enjoy doing outside of school? Outside of school, I enjoy catching up with my children, friends and family, listening to music and reading. I am also partial to a glass of wine, a good laugh and watching the footy. (Go Bombers!)



Name: Francesca Gomez

How long have you been at SMMC? 8 months

What is your role at SMMC? Maths Teacher

What makes SMMC special? It's warm and welcoming community. I love how the students reach out and say hi or ask about your day even if you don't know them. Though I've only just joined the school, the staff and students have made me feel like I belong and I feel blessed to be a part of this community.

Which is your House? Xavier House - my favourite colour! It was meant to be :)

What do you enjoy doing outside of school? I really need to find something outside of school... Besides cuddling my 2 year old when she's in a good mood, I might want to pick up baking and start training again.



Name: Ebonee Gurnett

How long have you been at SMMC? Nearly 6 years

What is your role at SMMC? Xavier House Leader. I also teach PE and English.

What makes SMMC special? All the wonderful students and staff I get to work with every day.

Which is your House? Xavier

What do you enjoy doing outside of school? Exercising - walking my dog Margot, spending time with my family friends and painting.

Online Learning Statistics

Wednesday 5 August to Friday 9 October



Per student:

26 morning homerooms
208 minutes of homeroom
136 lessons



8,160 minutes of learning
34 self-directed learning lessons

1,700 minutes of self-directed learning time

8,216 Google Meet sessions created across the school!

SCHOOL LEAVERS GUIDE



Earlier this year the Murray Mallee LLEN worked with senior students to update their School Leavers Guide for 2020. Mikayla Zanker facilitated a work shop in July with some of our Year 12 students, to get their ideas and feedback for the new guide.

The 2020 School Leavers Guide is now completed and Mikayla and Dallas from the Murray Mallee LLEN delivered copies to the school this week for all our Year 12 students.

School Leavers Guide

<https://online.flipbuilder.com/tzvi/shiu/mobile/index.html>



MENTAL HEALTH WEEK



This week we have celebrated Mental Health Week. The Social Justice and Wellbeing Committee has been busy organizing and running different activities each day. Students have had the opportunity to play games, enjoy mindful colouring, origami, and a sausage sizzle for lunch as well as a movie and popcorn. It has been a busy week but a great way for us to celebrate being back together as a whole school community.

Mandy McCallum
Director of Wellbeing

Mental Health Week

The theme of Mental Health Week this year is 'Mental Health Matters'.

National Mental Health Month is an initiative of the Mental Health Foundation Australia (MHFA) to advocate for and raise awareness of Australian mental health. It is an important time where the Australian community comes together to raise awareness that \MentalHealthMatters.

Visit <https://www.mhfa.org.au/> for more information.



Half of all the mental health conditions we experience at some point in our lives will have started by age 14, over 75% of mental health problems occur before the age of 25 and one in seven young people aged 4 to 17 experience a mental health condition in any given year. So please remember you are not alone!

Speaking out is not a weakness!
If you feel you need to talk about anything, don't hesitate to visit our wellbeing team here at school.



MENTAL HEALTH WEEK

Headspace's Mental Health Tip - Feed your mind:
<https://www.youtube.com/watch?v=zQSHiD3XPa8>

Headspace Mental Health Tip - Find your passion:
<https://www.youtube.com/watch?v=Sv4rQXiIEGY>

Headspace Mental Health Tip - Swap snaps for a chat:
<https://www.youtube.com/watch?v=5vcmxCRYFpE>

Mindfulness can be achieved in many ways, such as through meditation, walking, or painting. Find what works for you.

"The simple act of living mindfully, tuning into the present moment and to our breath at every possible opportunity, centres, and grounds us. Any task or activity can be a form of meditation if we live in tune with the moment."

(The Art of Wellbeing - Joyous living inspired by nature - Meredith Gaston).

Eating healthy and nourishing your body's needs can lead to greater amounts of energy to get you through the day. Keeping hydrated is really important, and in the increasing temperatures drinking a lot of water will help to keep you alert and focused. Here is a recipe for some healthy oat bars:

<https://www.taste.com.au/recipes/super-healthy-banana-apricot-date-oat-bars/fab43bad-ef5b-4eb0-b555-9b9c8fc8d3a0>

We hope that you are all enjoying face to face learning again! Remember to prioritize your mental health. By taking care of yourself you have much more to offer the world than when you are running on empty.



Headspace Mental Health Tip - Make your play, stay active:
https://www.youtube.com/watch?v=m_sdcnLdfQ8

NATIONAL NUTRITION WEEK

Each October awareness is raised around the foods we eat. This year the focus is on [Try for 5!](#) Try for 5 is an annual campaign powered by [Nutrition Australia](#) encouraging Australians to increase their vegetable consumption to the recommended five serves per day.

What is a serve of vegetables*?

A standard serve is about 75g (100–350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked dried or canned beans, peas or lentils
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato



**With canned varieties, choose those with no added salt*

How can we get involved and help make veggie consumption a national priority?

- Host a cooking competition for staff, family and/or friends using Try for 5's [veggie-packed recipes](#)
- Have a go at the 'Cook it, Shoot it, Share it' competition for a chance to win
- Share Try for 5 on your socials.
- Use the [promo kit](#) to celebrate this year's campaign

How can we get more veggies into our day?

[Swap in more veg](#): try swapping sweet muffins for savoury veggie muffins, or dips and crackers for dips and veggie sticks!

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



Swan Hill
District Health
Connected Care. Best Experience.

- TRY FOR 5 -

GET MORE VEG IN YOUR DAY



VEG AND EGG

ADD DICED VEG TO SCRAMBLED EGGS OR AN OMELETTE. SERVE WITH ROCKET OR SPINACH AND EXTRA VIRGIN OLIVE OIL.



SAUCES

GRATE CARROT, ZUCCHINI OR ADD LEGUMES INTO ANY MINCE DISHES SUCH AS PASTA SAUCES, BURRITOS AND TACOS.



SNACKS

SNACK ON VEGGIE STICKS SERVED WITH HUMMUS, TZATZIKI OR OTHER VEGETABLE-BASED DIPS.



MUFFINS

MAKE SAVOURY MUFFINS, AND INCLUDE ANY VEGGIES YOU HAVE ON HAND. THEY CAN ALSO BE FROZEN AND EATEN LATER.



SMOOTHIES

MAKE A GREEN SMOOTHIE WITH SPINACH, BROCCOLI, CUCUMBER, CARROT AND GINGER.



FLAVOUR

EXPERIMENT WITH DIFFERENT HERBS & SPICES ON YOUR VEG, OR DRIZZLE WITH EXTRA VIRGIN OLIVE OIL.



BEANS

ADD CHICKPEAS, KIDNEY OR BLACK BEANS ARE PERFECT FOR TACOS, BURRITOS OR CHILLI CON CARNE AND LENTILS IDEAL FOR BOLOGNESE.



FILL THE FRIDGE

KEEPING YOUR FRIDGE OR FREEZER STOCKED WITH VEG MAKES IT EASIER TO LOAD UP ON THE GOOD STUFF AND NOT ALWAYS REACH FOR THE TREATS!



EXPERIMENT

TRY DIFFERENT WAYS TO PREP AND EAT YOUR VEG TO SEE WHAT YOU LIKE BEST!



DRESSINGS

USE A VEGGIE THAT'S EASY TO BLEND LIKE PUMPKIN, TOMATO OR ZUCCHINI TO MAKE DELICIOUS DRESSING BASES.



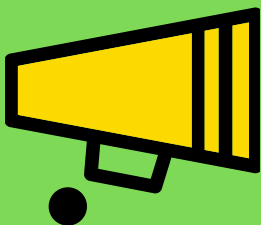
Nutrition Australia

WWW.TRYFOR5.ORG.AU

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



Swan Hill District Health
Connected Care. Best Experience.



JUNIOR TENNIS 2020/21 SEASON

EXCITING NEW FORMAT!

Formats include

2 SETS INSTEAD OF 3 SETS

**NORMAL 8 GAME SET WITH A TIE
BREAK AT 7 ALL**

**TIMED MATCHES E.G. THE SCORE @ THE
END OF 30 MIN IS
THE RESULT.**

**2 X 4 GAME SETS, INSTEAD OF 1ST TO
8 GAMES.**

**2 X 10-POINT TIE BREAKS, INSTEAD OF
1ST TO 8 GAMES**



**HOT SHOT PROGRAMS FOR
BEGINNERS 4-7 YEAR OLD
STARTING NOVEMBER**

**GUEST SPEAKERS AND
MENTOR SESSIONS**

FREE USE OF RACQUETS IF NEEDED

**PENNANT STARTING
24TH OCTOBER**

**COME AND TRY DAY SATURDAY 17TH
OCTOBER @ 10 AM WITH FUN MINI PARENT
CHILD TOURNAMENT**

To register contact Mick Mullen 0409 651 556 or email m.mullen@bigpoond.net.au



St Mary MacKillop College

APPLICATION FOR BETTY CURRIE SCHOLARSHIP – 2021

**FINANCIAL INFORMATION MUST BE SUPPLIED. APPLICATIONS WITHOUT PROOF OF INCOME
WILL NOT BE ACCEPTED.**

Students Details:

Surname: Student One First Name: Year Level 2020:

Student Two First Name: Year Level 2020:

Present School:

Home Address:

Family Details:

Do you have a current Health Care Card? Yes/No. If yes, please attach a copy.

Father:

Name: Home Phone:

Employer: Business Phone:

Occupation:

Mother:

Name: Home Phone:

Employer: Business Phone:

Occupation:

Number of children in Family: Ages:

We have read the General Conditions overleaf and Financial Data is supplied. Yes/ No

**STATEMENT BY PARENTS INDICATING REASONS WHY THEY FEEL THEIR CHILD IS ELIGIBLE FOR
A SCHOLARSHIP:**

I/We hereby apply for a 2021 Scholarship on behalf of my/our sons/daughters (name)
and agree to be bound by the decision of the Finance-Committee of the St Mary MacKillop College Board of
Management. I/We declare that all financial information is true and correct. **The General Conditions overleaf must be
read. Applications close 3pm, 30th October 2020.**

Parents' Signature:

General Conditions of Scholarship:

1. Scholarship will remit up to 75% of Base School Fees excluding levies for the recipient.
2. Scholarship is based on the financial need of the student's family as well as the student's attitude towards school and his/her classroom application
3. Financial need will be determined by a Finance-Committee including the Parish Priest, Principal and Assistant Business Manager.
4. Application and the names of the recipients will remain confidential and information supplied will be available only to the Finance-Committee.
5. Interviews will be conducted in October/November, where necessary, to determine eligibility.
6. All scholarships are for one year only. Recipients can reapply in the following years.
7. The Finance-Committee has the right to ask for financial information from applicants, on a case by case basis.
8. Decisions are made on scholarships in October/November each year. Letters posted end of Term 4.
9. Funds do not change hands, but a book entry is made on the family accounts.
10. Families receiving a scholarship are advised that expenditure on extra school curricula activities such as interstate/ international tours may be considered inappropriate.

Information to accompany application:

Copies of current taxation returns or other documentation which will indicate the net income of both parents or parent in a single parent situation.

This application should be placed in a sealed envelope, together with supporting documentation, and addressed as follows:

Confidential
Scholarship Application
The Principal
St Mary MacKillop College
P.O. Box 971
Swan Hill, 3585