



10th August , 2020

CALENDAR

www.mnsc.vic.edu.au

New Staff

MIRBOO NORTH SECONDARY COLLEGE has hit the ground running for a new semester of learning and has warmly welcomed several new staff into their community in the process.

Mr. Brad Hutchinson (Principal), Mr. Lynton Simkin (Teacher), Mrs. Sandy Mullen (Student Wellbeing) and Ms. Emily Pickering (Administration) have all recently joined the College from the beginning of Semester 2 and together they bring an exciting amount of experience from working in other schools (locally and afar) and from roles outside of education.

Their fresh new ideas and enthusiasm will add to supporting the growth of the College's teaching and learning culture, with Mr. Brad Hutchinson commenting to the College community in his first communication - "How we all work together here at MNSC and out in the wider community is critical to our individual and collective success, so I ask that we each always look to respect each other's differences and then lift each other up and support one another to be the best person that we can be each and every day".

Most recently Brad was working at Leongatha Secondary College in the Assistant Principal role and whilst sad to leave working there with a great staff and student body, he has been very impressed with many aspects of life at Mirboo North Secondary College during his first few weeks in the role. "The other newly commencing staff and myself have all felt very warmly welcomed and we have each commented upon how many students have taken the time to come up to us and introduce themselves. They have been very kind in asking whether we needed any help of any sort in finding a room or location within the College. It has been so great to see the strength and respect in the relationships between the students and the staff and the approachability of everyone. You certainly get a great sense of community that exists here".

Brad expressed his gratitude and excitement in taking on the role and in his first few weeks has been entering into as many classrooms as possible, getting to know students and sitting down with the many members of staff to learn from them and hear their views and opinions of the College's strengths and continued areas for improvement - "Taking the time to sit down and meet with every staff member and listen to their views on how we can continue to strive to improve our College and how I can support them best in their role is really important. When we each have a shared understanding of how we will work best together, we can make some great progress together and see improvements in our student's learning".

Mirboo North Secondary College have recently held their Online Senior School Information Sessions and Live Q&As that took place in light of the current COVID-19 restrictions. Any prospective or current students and parent/carers who may have missed these sessions are encouraged to contact the College and a friendly member of the Senior School or Principal Team will be happy to provide the information that was delivered or answer any questions that you may have.

**M
N
S
C

N
E
W
S
L
E
T
T
E
R**

VOS (Voice of Students) Interviewed our new staff and this is what they had to say:



Mr Hutchinson (Principal)

What do you hope to bring to Mirboo north secondary?

Fresh new ideas bring experience in improving schools positive out look to the school

Favourite thing to do outside of teaching?

Spend time with family and children

Favourite sports team?

Essendon (football) Melbourne united (basketball) Philadelphia 76

Favourite book or song?

Author Mathew riley

Most music but heavy meatal

Most embarrassing thing done in a class?

Year 7 transition, got food poisoning from home eco and threw up in the class room.

Mr Simkin: (English/HUMS Teacher)

What do you want to bring to Mirboo North Secondary College?

Good teacher bringing knowledge of philosophy and politics and humanities.

What is your favourite thing to do outside of school?

Play music guitar and piano

What is your favourite sport team?

Essendon

Favourite book/song?

Book hobbit when child/ song led zeppelin

What was the most embarrassing thing that happened when you were teaching?

New class first day, white board marker; thought that the lid was on the white board marker and accidentally drew on student's white shirt





Emily: (Administration)

What do you want to bring to Mirboo North Secondary College?

Happy personality friendly face fresh ideas.

What is your favourite thing to do outside of school?

Spend time with children and cook and play sport

What is your favourite sport team?

Basketball; Melbourne united, footy; Essendon

Favourite book/song?

Harry potter

What was the most embarrassing thing that happened when you were a student?

Getting caught talking to boys from the school next door.

Sandy: (Student Wellbeing)

What do you want to bring to Mirboo North Secondary College?

"Im going to be here and to help young people with in the school, so that you guys develop to best potential. So you guys can come to me and talk about whatever's happening and hopefully offer some suggestions or be a listening ear"

What is your favourite thing to do outside of school?

"Trekking and gardening"

What is your favourite sport team?

"Adelaide crows or Geelong"

Favourite book/song?

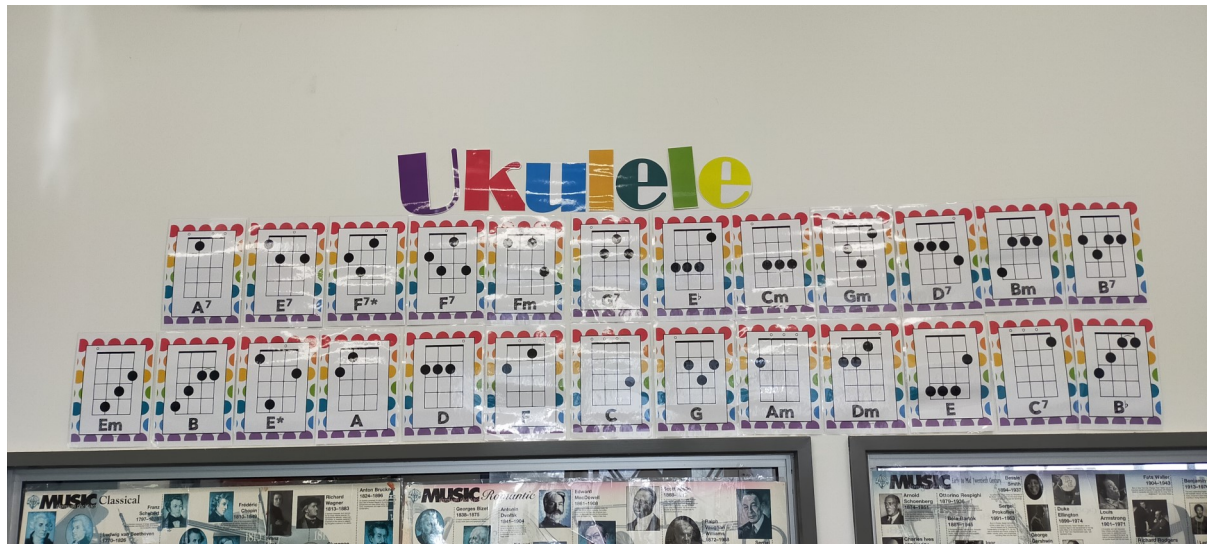
"A book called mindfulness"

What was the most embarrassing thing that happened when you were teaching?

(Getting back to us on answer)

MUSIC - Year 7

The year 7 Music classes have begun a unit on the Ukulele. The Ukuleles are new and are going to give the students an opportunity to practice the theory they have been learning so far this year. Term 3 week 1 saw the students practicing chords C and A with some progressing to a simplified rendition of Baby Shark.



Thriving with Science

By Alexandra Proctor, Year 10

Curious Minds is a national program, where the top female performers from multiple different competitions, e.g. the Big Science Competition, Australian Mathematics Competition, get flown in from all across Australia to Canberra. I scored high enough in the Big Science Competition over multiple years that I was selected to fly to Canberra and attend the Curious Minds program at the Australian National University. The first camp, in December 2019 was in Canberra at the Australian National University, however the program was changed slightly due to the bushfires and the second camp in July was online due to Covid-19. Despite this, it was a great experience.

Some of the activities we focused on were - physics, biology, maths, IT, engineering, chemistry, as well as Earth and Environmental Sciences. Across both of the camps we took 2 to 3 hour long sessions in each of the above subjects. The group sizes were small, as there were only 60 of us in the 2019/2020 cohort. I really enjoyed maths, physics and earth and environmental sciences. We also did a small research project in teams of four or five on water filters and received many talks from leading scientists, including Dr Cathy Foley, the Chief Scientist at CSIRO. We also had a Q & A with the Minister of Regional Education, Minister Andrew Gee, where my question was one of two preselected to be answered.

I had a six month mentoring project with a PhD student from Queensland University, where she assisted me with a project on CRISPR-Cas9, a genetic editing tool. This project was a lot of fun and helped me develop and strengthen skills. My mentor, Enakshi Sinniah was amazing, she showed me part of her lab where she helps to grow parts of hearts, which is amazing and potentially lifesaving for people in the future.

This camp showed me that there are many more fields of science and different careers in STEM than I ever would've thought. I met some amazing people and would go on this camp again in a heartbeat.





Below are a few tips to help you practice self-care to prevent burn out, physical illness and stress.

1. Sleep. ...
2. Eat healthy and balanced meals. ...
3. Exercise. ...
4. Take breaks to refuel. ...
5. Journal. ...
6. Meditate and practice relaxation techniques. ...
7. Set realistic goals for yourself. ...
8. Get support from relationships.

From Your Wellbeing Team

