



# 20th September , 2019

## CALENDAR

www.mnsc.vic.edu.au

### October

Mon 7th **Start of Term 4**  
Yr 12 October Tests begin  
Mon 7th-Fri 11th Junior Leadership Camp  
Mon 21st Gippsland Basketball Finals  
Tues 22nd SGMP Intermediate Band Day  
Wed 23rd Last Day for Year 12's  
Wed 30th **Yr 12 Exams Begin**

### November

Tue 5th Cup Day (public holiday)  
Fri 8th Yr 7 Immunizations  
Thur 14th Yr 8 OEd Hike  
Fri 15th Yr 8 OEd Hike  
Tues 19th Yr 12 Graduation Dinner  
Yr 8 OEd Lilo Trip  
Wed 20th **Yr 12 Exams End**

From the Principal



Join us on  
**Facebook**

What a term! Nic Ryan and I have currently been sharing the role of acting Principals while Scott Moorhouse has been away in China and we have had the support and assistance of Brian MacKenzie for the last two weeks. Brian is a former Assistant Principal who has come out of retirement to help us out. He has been a wonderful addition to the team.

As we approach the end of term 3 and are enjoying the beautiful spring weather, it is a good time to reflect on some of the wonderful achievements and undertakings of our students. We currently have six students from years 8 to 10 travelling in China with Mr Moorhouse. They have walked the Great Wall of China, visited Tiananmen Square and visiting our sister school, Chiangsu No 1, Jiangshu Province. We also have our year 10 German exchange students exploring Europe with their host families and attending classes at our sister school, Alfred-Amann-Gymnasium. This exchange strengthens their proficiency in the German language and supports their future VCE studies. We must thank Mrs Petra Hopkins for all her work in organising the exchange. You can check all these adventures on the college Facebook account <https://www.facebook.com/MNSCofficial/>

Mr Henry Mueller, the college science co-ordinator, was very proud when one of our students, Alex Proctor, was accepted in to the Curious Minds STEM program. Well done and we look forward to hearing about all her experiences.

As term 4 looms and we approach exams, both VCE and college exams, it is a good time to reflect on some of the practices that we know that help our students, your children, achieve their best. I have added a factsheet to this newsletter by Andrew Fuller, author and clinical psychologist, on how to prepare for tests and exams. One of the most important messages he shares is that everyone gets stressed, it is how we prepare and how we respond that helps us cope.

Nic and I would like to wish everyone a safe and happy holiday. We look forward to seeing everyone back in term 4. I get a lot of opportunities to take new families around our college and I am always so impressed with our students and staff. All members of the Mirboo North Secondary College community should be proud of the school and its achievements.

# **Preparing for tests & exams**

**Andrew Fuller**

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If you have ever looked at a test or exam paper and thought, "I know that I know this but I can't remember anything", if you have stayed awake in the middle of the night worrying about a test the next day, if you have ever felt butterflies in your stomach or a headache whenever you think of an coming test, here are a few ideas for you.

## **Everybody gets stressed.**

Everyone gets stressed during tests and exams, even the people who say that they don't. Look around in a room where people are doing a test or exam. Even those people who are yawning, looking bored or stretching and looking as cool as cucumbers, are stressed.

That means everyone has to learn how to cope with these feelings. It is not just you!

Stress can block your memory, give you a queasy tummy, make you lie awake at night, give you a dry throat or a headache- these aren't nice feelings to have.

## **Get Stressed**

The first strategy to dealing with stress is to get stressed. Huh? Makes no sense? Let me explain.

Stress feels yucky but it is actually your body's way to getting ready to take on a challenge. Stress prepares you to perform at your best. Blood gets pumped to your arms and legs, your heart speeds up, and non-essential services like your digestion slow down- you are ready to take on the world. So stress might feel unpleasant but realising that it is your body's way of revving you up and

helping you to perform at your best, will help you to keep these feelings in perspective.

## **Write Out Your Worries**

The second strategy to deal with the stress of an upcoming test or exam is to grab a piece of paper one or two days before the test and write down all your concerns about it. Write out an answer to the question, "What would happen if I fail this test?" Then write out an answer to the next question, "If I did fail what would happen then?" Read your written answers aloud to yourself.

Even if doing well on this test or exam is really, really important to you, knowing your fears will calm you. Knowing the answer to the question, "If I did fail, what would happen then?" helps you to make a back up plan.

## **Chew Something.**

Ok you've done all of that and you still feel nervy. The third strategy is to eat or chew on something either before or during the test or exam. Check with your teacher that chewing something is allowed in test and exam rooms. If chewing is not allowed, at least chew something just before entering the test. Some jellybeans or fruit would be ideal. Chewing gum is not a good idea.

Stress happens when we feel we are in a dangerous situation. It is an automatic process that we can't completely control. Eating or chewing on something sends a signal to your body that says, "Well, if I'm chewing something I can't be in total danger, so relax a bit."

**Focus on now.**

Stress can spin your head. It can have you thinking all sorts of weird ideas. Stress can have you remembering that time you failed all those years ago or that time you were so embarrassed by something. Stress can also blow things out of all proportion and have you predicting bad things in your future.

The past is no longer with you and the future hasn't happened yet. Worrying has never changed anything in the past and predictions about the future are usually wrong.

Doing well on a test or exam means you need to focus on the question in front of you now. Keep reminding yourself, "What do I need to do right now?"

**Breathe Out - S L O W L Y**

When you feel stressed one of the fastest ways to calm down is to breathe out slowly. We all have a calm down system that is controlled by our breathing. If you breathe out and count silently to yourself, "one thousand, two thousand, three thousand", you will start to feel calmer.

**Stand tall walk proud**

Your brain is incredibly intelligent. In fact, you possess at the top your neck, humanity's latest upgrade- the most intelligent brain in all of history. But! Your brain is also incredibly stupid. It believes what you tell it. This means if you stand-up and maintain a powerful posture your body sends a signal to your brain that tells it you are feeling in charge of things and it can reduce the stress hormones.

**Remember the 5 Ps**

There is an old saying, "Perfect preparation predicts powerful performance". The best way to prepare for a test or exam is to: study the whole area you have learned;

test yourself;

sort the areas into those that you answered correctly and those you did not;

re-study the areas you answered incorrectly;

re-test yourself;

re-study until you are getting close to 100% right;

test yourself on the entire topic.

**Look after yourself**

Breakfast- eat "brain food" the morning before a test or exam. Have a higher protein, lower carbohydrate mix at breakfast. That means less toast and more eggs.

Drink water- water lowers your levels of cortisol that causes stressful feelings. Avoid energy drinks as they rev you up and may interfere with your levels of concentration.

Sleep well- try to get a good night's sleep the night before a test or exam. If you are feeling really worried, set an alarm so you can wake up early and do some revision.

**Make yourself smarter**

The biggest obstacle you face in doing well at a test or exam is not your brain. You have plenty of intelligence. The big issue is your level of anxiety.

If you take the time to prepare for the test or exam and use the strategies suggested in this sheet, you will perform at your best.

**Keep Calm and Carry On**

You have many, many skills that will NOT be assessed by this test. Tests and exams are important, but they are not the big predictors of life success.

Do your best and prepare as well as you can but don't make the mistake of thinking that your score on a test is a measure of your intelligence or predicts your future.

*Andrew's most recent book is "Tricky Teens" (Finch Publishing, 2014)*



# 2019 Year 7 Excursion to Melbourne

Thursday, September 5<sup>th</sup> was a day out in Melbourne for the year 7 students.

This excursion gave the students the opportunity to extend their knowledge in both history and science. This excursion incorporated a visit to the Chinese Museum as part of their studies of Ancient Civilisations in Year 7 History and a visit to the Melbourne Aquarium as part of their studies of classification in Year 7 Science.

At the Chinese Museum, students learnt the art of self-defence through a Kung Fu workshop and then learnt about the Han dynasty. The ceremonial Chinese Dragon, the Jade burial suit, the feet binding and the many inventions of the Chinese during this time were highlights of the tour.

We then had lunch at Chinese restaurant in Chinatown and then walked across town to the Aquarium. The wonders of the world under the sea captivated the students as they explored the Aquarium. The 4D Ice Age animation was also a huge hit!!!!



## The Han Dynasty

### 汉朝

有汉一朝，日新月异。在有识之士的带领下，汉朝开疆拓土，思想不断进步，产生了大量突破性创新。

秦始皇虽然征服了一统帝国，建立起了中国第一个大一统王朝，但对王朝的统治却并不长久；仅过了14年，秦朝就瓦解灭亡。两大起义军之间开始征战。刘邦所率起义军获胜后，于公元前206年建立了西汉王朝。200年后，即公元前9年至公元24年，汉朝统治陷入内战，最终在公元24年，汉朝统治者刘秀称帝，并延续了200年。

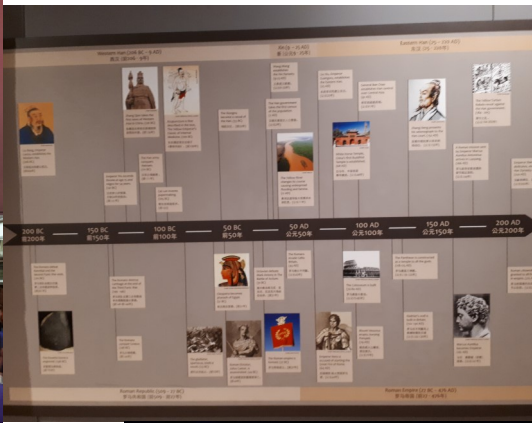
The Han Dynasty was a dynamic era. It was a period of territorial expansion, progressive ideas and groundbreaking innovations, driven by inspiring individuals.

Despite conquering and unifying numerous warring states to establish China's first imperial dynasty, Emperor Qin Shihuang's reign was short-lived. The Qin Empire collapsed after just fourteen years. A war between two rebel groups broke out and the winning leader, Liu Bang, established the Western Han in 206 BC. After 200 years, Han rule was interrupted by a civil war from 9 BC to 24 AD. The Han Dynasty was eventually restored by Liu Xiu, who established the Eastern Han. This era endured for almost another 200 years.

Subsequent dynasties looked back on the Han as a golden age worth emulating, and a definitive period in Chinese history. The Han Dynasty continues to influence Chinese lives today. Many ethnic Chinese identify themselves as han ren, meaning 'Han people'. Chinese characters are called han zi and the Chinese language is han yu, the 'Han language'.

汉朝是中国历史上，作用巨大，汉之盛世即受后世历代王朝敬仰；汉朝至今仍影响着中国人的生活有着深远影响。许多华人称自己为“汉人”，中文称为“汉语”，中文称为“汉字”。







## **Yr 7A Published in New Scientist**

New Scientist is an international science magazine full of exciting features and articles. It also publishes selected questions posed to readers contributed from all over the world. 7A collaboratively generated a question and sent it off to the editor. This week, it's been published as a feature question. It's a wonderful question – "Why do some people become interested in science and some don't?" Well done 7A for thinking and asking!



### **JACK CUMMING A VERY QUIET ACHIEVER**

Congratulations to Jack Cumming who recently competed in a Club Judo Tournament and won a Gold Medal.

Here is a photo of his Sensei Mike Keane of the Ju You Kai Judo Club at the Dojo Factory Drouin



**WELL DONE JACK**

## Op - Shop volunteer's morning tea

A morning tea was held during the week to celebrate the contribution of the many wonderful volunteers who helped the school to run the Community op-shop recently. The two week rotation in the op-shop raised over \$1600. Funds raised are used for programs and services that support the majority of students at the college. Earlier in the year funds were used to provide a motivational speaker across all year levels and after its success, a follow up session has been planned for next year. Funds from this year's fundraising effort will go towards new books in the library. A huge thank you to Nicky Cavallaro and Deb Hales who together co-ordinate the operations of the op-shop on behalf of the college. This year Deb organised the roster whilst Nicky devoted many hours to the smooth running of the shop. It is a tremendous effort and very much appreciated. A big thank you must also go out to the many volunteers who work in the shop during the colleges turn. Many of these volunteers no longer have students at our school and their time, commitment and continued support is very much appreciated.

Some of the volunteers are pictured below.

Back left: Rose, Denise and Jo  
Front: Anne, Nicky and Deb



## Change of booklist provider in 2020

In recent years, **Heather Le Mescam** and her team from the Mirboo North Newsagency have provided the booklists requirement to families and students in our school community. The college would like to thank **Heather** for her ongoing support and we value highly our association with the Mirboo North Newsagency.

In 2020, the colleges booklist requirements will be sourced though Valley Educational Supplies in Morwell. Booklist items will be able to be ordered online or by hard copy and a book pick up day will be held at the school prior to the start of term 1. Further information will be made available in term 4.





## **James Harvey Scholarship Trust**

### **2019 applications open**

In 2010 Mirboo North Secondary College was most fortunate in receiving a large bequest of funds from the estate of the late James Harvey, a local farmer. The sole purpose of this bequest was to provide scholarships for the benefit of Mirboo North Secondary College students.

It should be noted that under the terms of the will the moneys can only be used for scholarships or specialist program funding and that the monies were to be invested and distributed ensuring that the original corpus funds remained in perpetuity.

Mirboo North Secondary College is pleased to be able to advise that it will again be offering James Harvey Scholarships in 2019 and that applications are currently open.

Application forms can be found on the College website (<https://www.mnsc.vic.edu.au/>), alternatively printed copies are available through the office. Applications must be submitted before close of business Thursday 31<sup>st</sup> of October 2019.

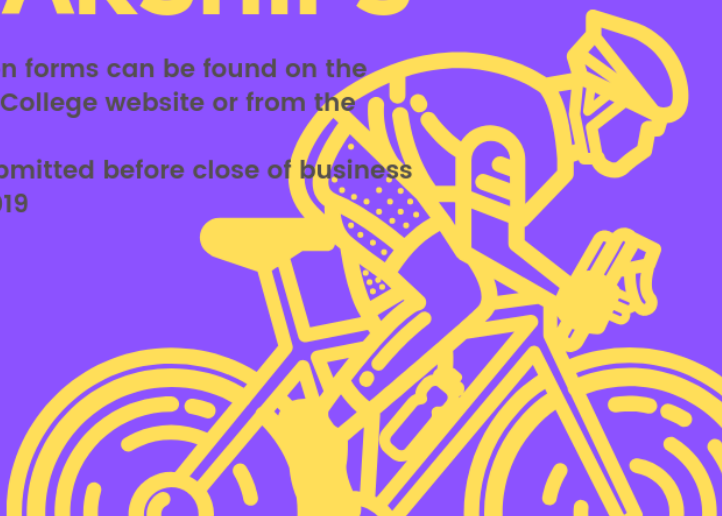
Anyone with questions regarding the James Harvey Scholarships is encouraged to call the College office and leave a message for the volunteer Trustees.

DO YOU NEED SOME HELP TO RIDE TO  
THE TOP

## **JAMES HARVEY TRUST SCHOLARSHIPS**

are now open. Application forms can be found on the  
Mirboo North Secondary College website or from the  
school office.

Applications must be submitted before close of business  
Thursday 31st October 2019







## RISKY BUSINESS

### Tough Conversations with Teens



Do you want to:

- Communicate better with your teen?
- Develop strategies to listen without judgment?
- Help your teen problem solve and make safe choices?
- Stay connected?

Come along to this FREE session to learn strategies, share stories and take some time out for you!

**WHEN:** Tuesday 17th September

**TIME:** 6pm – 8pm

**WHERE:** Milpara House  
21 Shellcot Rd  
KORUMBURRA

**COST:** FREE. Bookings essential.

**Bookings and further information:**  
Parentzone Gippsland on 5135 9555 or  
parentzone.gippsland@anglicarevic.org.au



5135 9555 | [anglicarevic.org.au](http://anglicarevic.org.au)

BETTER  
TOMORROWS

KORUMBURRA TERM 4 ENROLMENTS OPEN NOW!

## KINDNESS & EMPATHY PROGRAM



TINIES  
4-6 YEARS



IN-BETWEENS  
7-9 YEARS



TWEENS  
10-12 YEARS



TEENS  
12- 18 YEARS

ENROL TODAY!

[WWW.TRINITYKIDS.COM.AU](http://WWW.TRINITYKIDS.COM.AU) | [INFO@TRINITYKIDS.COM.AU](mailto:INFO@TRINITYKIDS.COM.AU) | 0437 331 308



# Film Making and Stop Motion Animation Made Simple

**Want to make student films and stop motion animations but not sure where to start or how to do it?**

**Would you like your students to take charge and drive the creative process?**

**Want to create powerful demonstrated learning in your school?**

This is a practical workshop that leads teachers through the strategies and processes required to get your students conceiving, writing, recording, editing and publishing finished products that they can be proud of.

We'll use tools that aren't expensive and are readily available and share our experiences with a range of equipment, software and apps.

Suitable for primary and secondary schools.

**Workshop content includes:**

- Developing project concepts and outcomes
- Creating opportunities for cross curricula integration that extends well beyond media arts including – English, languages, visual and performing arts, intercultural studies and citizenship
- Technical skills like mastering basic camera, sound, lighting and post-production software
- Scriptwriting and storyboarding
- Copyright and creative commons
- Creating audiences for your student projects
- Making the most of the resources and equipment you have
- Resources and materials for you to take away
- Lunch and morning tea and;
- 6.5 hours of certified professional learning

These workshops are led by multi ATOM and KidzFlicks award winner Gene Geoffrey\* are timed to help you create films and animations your school and students can be proud of!

**Friday November 1, 2019**  
**Melbourne Graduate School**  
**of Education**  
**Parkville**

**Friday December 6, 2019**  
**Doveton P-9 College**  
**Doveton**

Both workshops start at 9.30am and run through to 3.00pm  
Cost \$255 per teacher including takeaway resources, lunch and refreshments

**Register here:**

<https://bit.ly/2IH4s6q>

**Or for more information visit:**

<https://bit.ly/2VqwzZd>

\*Gene is a professional film maker with 8 ATOM and 7 KidzFlicks awards to his name and recognised globally as a leader in student film making.



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