

Montmorency Secondary College NEWSLETTER

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MONTMORENCY
SECONDARY COLLEGE

1 November, 2023 Newsletter No. 6

Melbourne Cup Day—Tuesday 7 November
Staff Professional Practice Day—Monday 27 November—Student Free Day

FROM THE PRINCIPAL

“R U Ok?” Week During the last week of Term 3, Violet Awad our Mental Health Practitioner co-ordinated a series of events for ‘R U Ok?’ Day that extended throughout the whole week. Activities were run in homegroup, lunchtime and themed throughout the week. It was a really nice way to end the term.

Student Progress Interviews

Our final Student Progress Interviews for 2023 were conducted on Wednesday 13th September and it was pleasing to see how many families and students took the opportunity to seek feedback, have open and honest discussion around student learning progress, and ensuring for a successful end to the year. We wish all students well, that they take on the feedback and work hard to achieve their goals. Thank you to families who were also in attendance.

Colour Run

On a superb weather day, Wednesday 11th October, the Student Leadership Team prepared and ran the Colour Run for students, fundraising for Beyond Blue. As always, it was a well attended event, and students had a ball!

Year 12 Practice Exams

During the first week of the holidays, the College ran practice exams for all Year 12 students and it was incredibly pleasing to see that the majority of students were in attendance and took the practice sessions seriously and the opportunity to sit in a formal exam environment mimicking the end of year external assessments.

Year 12 Exams commence

Year 12 external exams commenced on Tuesday 24th October, starting with English; and conclude on Wednesday 15th November. We wish all students well in their final exams.

Year 12 Celebrations

As the Year 12 students start to close the chapter on their secondary schooling career, and moving through this rite of passage. They have had a series of small celebrations including Letter/Name Day – 9th October, Pyjama Day – 16th October with a few other minor celebrations in between all leading to their final day of classes which was the 16th October. A whole school assembly was held on Tuesday 17th October to farewell the Year 12 cohort followed by a Celebration Day event held at Funfields.

Year 12 Graduation

FROM THE PRINCIPAL Cont...

Prior to the exam period, the Year 12 Graduation Ceremony was held in the Allan Robinson Stadium on Thursday 19th October 2023 where students receive their graduation certificates and book prizes and awards were presented. It was also an opportunity for students to participate in celebrations with their peers, family and friends.



2024 Orientation Program

We are well underway with planning for 2024, as we construct our staffing profile, subjects and timetable all as we finalise the 2023 program. The 2024 Year 8-12 Orientation program will start on Tuesday 28th November 2023, concluding for Year 11 and 12 students on Monday 4th December and on Tuesday 12th December for students in Years 8-10. The final day for students in Years 8-10 will be Wednesday 13th December.

2023 Awards Night

Our annual Awards Evening will be on Thursday 14th December starting at 7:00pm in the Allan Robinson Stadium. Students receiving awards will receive an invitation to the event, although the whole school community is invited to the event. Bookings will be able to be made via the College website closer to the date.

Frances Ibbott
Principal

The ongoing conflict in the Middle East continues to cause distress for staff, students, families and carers, especially those who have family and friends in the region.

Our school is a rich and diverse community and acknowledging that it is vital that our students, staff and families all feel safe and included in everything we do.

I want to assure you that the department is monitoring the situation from a school security perspective.

While we want to maintain an open and welcoming environment, we are also being vigilant in terms of safety, ensuring all our procedures, like visitors signing in and out, are being followed.

If your child is impacted and/or distressed by the current conflict, you may find some aspects of this resource helpful:

[Helping my children after trauma: A guide for parents.](#)

Support is also available through external services including:

[headspace](#): 1800 650 890

[Kids Helpline](#): 1800 551 800

[Lifeline](#): 13 11 14

[Beyond Blue](#): 1300 224 636.

Please feel free to get in contact me if you would like to discuss this further.

TERM 4, 2023 AT A GLANCE

Tuesday 24 October—Wednesday 15 November	Year 12 Exams
Tuesday 7 November	Melbourne Cup Day
Wednesday 22 November	School Council Meeting
Monday 27 November	Professional Practice Day—Student Free Day
Tuesday 12 December	Grade 6 Orientation Day
Wednesday 13 December	2024 Year 8—Year 10 Picnic Day. Early dismissal—1:30pm
Thursday 14 December	MSC Awards Evening—7pm

COLOUR RUN

The return of the Colour Run was held on Wednesday 11th October and couldn't have been a better weather day to have a run or walk and get coloured by our teachers. During period 4 some of my peers and teachers helped prepare the finish line by placing cones and organising the boxes of colour for everyone.

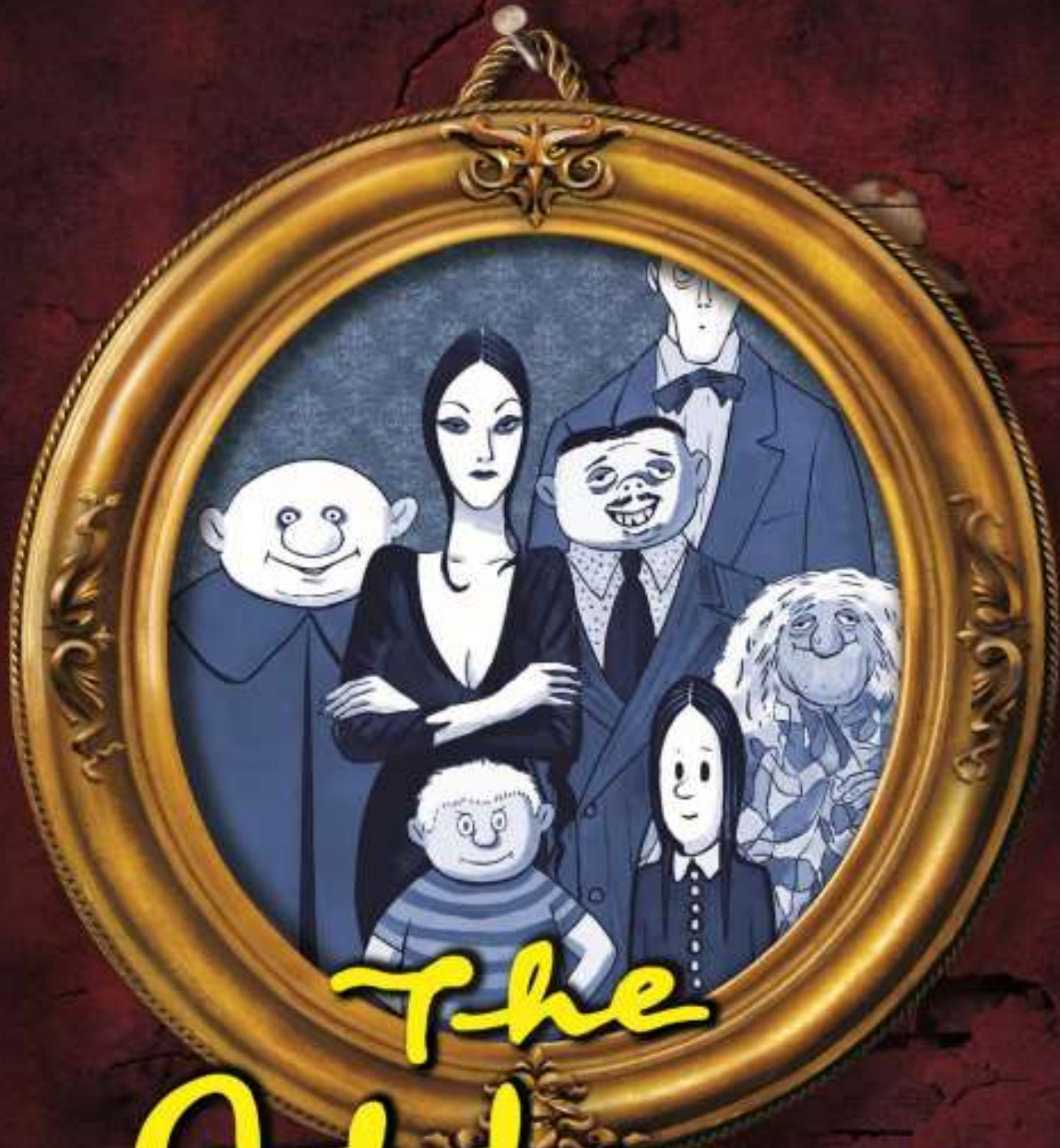
After lunch Gabby and I had the opportunity to run and walk outside the school and past the Monty footy ovals. I was quite early to finish with one of my friends as we ran the last little bit and were drenched in colour with big smiles and laughter. It was great watching everyone else go through with lots of laughter and colour all over them. Overall, the day was a great opportunity to have some fun and donate to a worthy cause chosen by the SRC which was 'Beyond Blue'. Overall we raised \$2254.90.

Gabby Charman & Lara Mcleod - Year 10



Tickets on sale now via the Montmorency SC website

COMING THIS NOVEMBER!



The Addams Family

A NEW MUSICAL
COMEDY

November 23rd at 7pm

November 24th at 7pm

November 25th at 2pm and 7pm



Sunscreen

The sun's ultraviolet radiation (UV) can cause skin and eye damage and skin cancer. You can't see or feel UV. It can be scattered and reflected so can reach you even in the shade. Whatever the weather, when the UV is 3 and above, use all five forms of sun protection.

SLIP **SLOP** **SLAP** **SEEK** **SLIDE**

SPF
Sun Protection Factor. Choose SPF30, 50 or 50+.

Application
Apply a generous amount of sunscreen to any skin not protected by clothing.
Apply sunscreen about 20 minutes before going outdoors and reapply every TWO hours or more frequently if sweating or in water.

AUST L
In Australia, sunscreens are regulated by the Australian Therapeutic Goods Administration (TGA). Always check for the AUST L (Australia Licence) number.

Water Resistant
Four hours water resistance does not equal four hours UV protection. Always reapply after swimming.

Storage
To help keep sunscreen stable, store it below 30 degrees.

Expiry
Always check the date to make sure the sunscreen hasn't expired.

Broad Spectrum
Protects against UVA and UVB radiation.

Even when wearing a hat, apply sunscreen to help protect from scattered and reflected UV reaching the face, neck and ears.

DNA damage that causes skin cancer accumulates with repeated UV exposure. Apply sunscreen daily.

sunsmart.com.au
schools@cancervic.org.au

SunSmart

UV radiation is at its highest intensity from mid-August to the end of April in Victoria.

The Five Forms of sun protection are:

Clothing, Sunscreen, Hats, Shade and Sunglasses

Fun Fact: Most adults need 7 teaspoons of sunscreen for one application

Hay Fever & Asthma

Hay fever season in Melbourne runs from the start of October, peaks towards the end of November ending around 31 December.

Navigating both the hay fever season and Thunderstorm asthma events are helped by two essential apps.

The Melbourne Pollen App <https://www.melbournepollen.com.au/mobile-app/>

The Vic Emergency App <https://emergency.vic.gov.au/prepare/#thunderstorm-asthma-forecast>

During this season review your hay fever and asthma supplies, checking they are current and near at hand and any asthma plans are reviewed.

ADMINISTRATION OF MEDICATION TO STUDENTS AT COLLEGE

Medication is required by some students on a regular basis during the school day. When your child requires this support contact the College Nurse, Jo McNamara, at the General Office for advice or email Joanna.Mcnamara@education.vic.gov.au. Further information can be found in the [Administration of Medication Policy](#), on the College website.

Pain killers and antihistamines cannot be administered to your child as standard first aid. Every effort will be made to liaise with you to support your child at school with their health needs.

A [Medication Authority Form](#) must be completed for any medication administered at school and medication contained in the original package, within its expiry date is to be provided to the general office. Children with an asthma or anaphylaxis action plan are exempt.

Also, please ensure you advise the General Office of any updated details for emergency contacts.

YEAR 9 ENDEAVOUR RIJI PROGRAM

Real Industry Job Interviews

The Banyule Nillumbik LLEN, in partnership with Banyule City Council and Nillumbik Shire Council, were pleased to offer this fantastic program to schools within the Banyule and Nillumbik region.

On the 12 October the Year 9 Endeavour students went to the Eltham Community and Convention Centre to undertake their Real Industry Job Interviews. Prior to the event, students have been preparing for an interview for a particular job vacancy that is relevant and realistic to their age and experience in class. A number of industry representatives had volunteered their time to undertake the interviews for our students and other students in our local community. Our students enjoyed the program and gained a lot of insight into preparing for a job interview, writing resumes and cover letters.

Michael Weeding
Careers & Pathways



of

The VTAC Application Process – An Overview



TERM 4 SRC EVENTS

PRODUCTION HELPERS



- 20th-25th of November

SRC CONFERENCE

- 23rd of November
- 7th-8th December

