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No. 4

27th February 2009

Dates to remember

March

2nd – 4th – Yr 12 Outdoor Ed Camp

3rd - Parents Club AGM Tuesday 7.30pm

5th – Yr 12 Physics exc

9th – Labour Day holiday

April

Thursday April 2nd and Friday April 3rd,

Parent Teacher Interviews

Friday 3rd April - DEB BALL.

PRINCIPAL'S REPORT

COLLEGE COUNCIL ELECTIONS

The following nominations have been received for College Council.

DEECD Nominations: Julia Healy, Susanne Wilson

Parent Nominations: Ginni Ross, Jenny Riboli and Lesley McLean.

College Council accepted these nominations and these people are duly elected to the College Council for 2009 and 2010. With the resignation of Peter Riboli there is room for two more parent nominations. Please contact me if you are interested in joining College Council and having input into the running of your child's College.

VISITORS TO THE COLLEGE

All visitors will be required to report to the main office prior to undertaking any activity within the College, where they will be required to sign a "Visitors" book and will be assigned a "Visitors" badge which they must wear at all times within the school. Visitors will be required to return their badge and "sign out" in the visitor's book.

PARENTAL OCCUPATION

The College is funded in a variety of ways, with a vital piece of information used to calculate our funding level being the occupation of parents.

This information is collected so that Maffra Secondary College receives appropriate resource allocations for their students. All of this information is kept strictly confidential and the Department will not otherwise disclose the information to others without your consent or as required by law. *If your occupation has changed please fill in the slip below and return to the main office as soon as possible.*

Parental Occupation Group Codes

The codes outlined below are to be used when providing family occupation details for enrolled students. This information is used for determining funding allocations to schools.

The following is a shortened summary of occupation Codes. If you require more information contact the main Office.

Group A Senior management in large business organisation, government administration and defence, and qualified professionals

Senior Executive / Manager / Department Head in industry, commerce, or media

Public Service Manager, Regional Director, health / education / police / fire services administrator

Other administrator

Defence Forces Commissioned Officer

- Professionals - generally have degree or higher qualifications

Group B Other Business Managers, arts/media/sportspersons and associate professionals

Owner / Manager of farm, construction, import/export, wholesale, manufacturing, transport, real estate business

Specialist Manager (finance / engineering / production / personnel / industrial relations / sales /) Financial Services

Manager (bank branch manager, finance / investment / insurance broker, credit / loans officer)

Retail sales / Services manager

Arts / Media / Sports (musician, actor, dancer, painter, potter, sculptor, journalist, author, media presenter,

photographer, designer, illustrator, Associate Professionals - generally have diploma / technical qualifications and support managers and professionals:

Group C Tradesmen/women, clerks and skilled office, sales and service staff

Tradesmen/women generally have completed a 4 year Trade Certificate, usually by apprenticeship. All tradesmen/women are included in this group

Clerks (bookkeeper, bank / PO clerk, statistical / actuarial clerk, accounting / claims / audit clerk, payroll clerk,

recording / registry / filing clerk, betting clerk, stores / inventory clerk, purchasing / order clerk, freight / transport

/ shipping clerk, bond clerk, customs agent, customer services clerk, admissions clerk)

Skilled office, sales and service staff:

Group D Machine operators, hospitality staff, assistants, labourers and related workers

Drivers, mobile plant, production / processing machinery and other machinery operators

Hospitality staff (hotel service supervisor, receptionist, waiter, bar attendant, kitchen hand, porter, housekeeper)

Office assistants, sales assistants and other assistants:

Labourers and related workers

- *Defence Forces* - ranks below senior NCO not included above
- *Agriculture, horticulture, forestry, fishing, mining worker* (farm overseer, shearer, wool / hide classer, farm hand, horse trainer, nurseryman, greenkeeper, gardener, tree surgeon, forestry/ logging worker, miner, seafarer / fishing hand)

- *Other worker* (labourer, factory hand, storeman, guard, cleaner, caretaker, laundry worker, trolley collector, car park attendant, crossing supervisor

Group N – Not Employed

.....

<p>Parental Occupation Group</p> <p>Surname.....</p> <p>First Name.....</p> <p>Students Name.....</p> <p>Occupation.....</p> <p>Code.....</p> <p>Please return to the main office.</p>

Andrew McIntosh
Principal

**MAFFRA SECONDARY COLLEGE
HOMEWORK POLICY**

Last year, School Council ratified our Homework Policy. Here is an excerpt from the policy. For more details, contact Acting Assistant Principal Karen Milner.

Rationale:

Homework benefits students by reinforcing what is being learned in the classroom, fostering good study habits and providing an opportunity for students to be responsible for their own learning.

Aims:

- To support and extend classroom learning.
- To develop positive study habits.
- To develop a responsibility for self-learning.
- **Middle Years** - All homework tasks must be assessed with feedback and support provided by teachers. (N.B. Some tasks may need to be completed as part of a major piece of work to be assessed).
- **Later Years** - All homework tasks must be related to Learning Outcomes

STUDENT RESPONSIBILITIES

- Students are to record all homework tasks including due dates in their planners.
- Students who miss classes because of extra-curricular activities are expected to catch up on missed work, after negotiation with their teacher, and in their own time.
- Students who fail to submit homework by the due date will be expected to negotiate alternative arrangements with their class teacher.

What role do parents have?

- Homework is an opportunity for parents to participate in their child's education and gain an understanding of the expectations of different subjects.
- Parents should be regularly checking their child's planner to encourage them to keep to deadlines.

- Draw up a simple Homework timetable with your child, using a calendar to plan activities, study requirements and deadlines for assignments.
- Provide a dedicated place for homework and encourage a regular session or time for homework to be completed.
- Help your child balance the amount of time spent on homework, watching TV and playing sport.
Parents should take an active interest in their child's homework, possibly assisting with research, helping their child to proofread or reading the paper with them. If children see that their parents value the work they are doing, then it also helps the child to value their work.

What constitutes homework in the Middle Years (7 - 9)?

1. Skill building

- **English:** Students are expected and should be encouraged to read for a minimum of 15 minutes every night. This includes novels, newspapers and other suitable reading material. Spelling skills sheets may be given to assist students expand their vocabulary and improve their understanding. **Yr 9:** Students are also expected to complete grammar skills homework sheets.

- **LOTE:** Students will be expected to practise and build on their vocabulary

- **Maths:** Maths skills sheets will be given out to students on a regular basis, weekly or fortnightly

- **Music:** For students who learn an instrument - practising and playing their musical instrument

- **Science:** Students can be expected to complete Homework sheets whilst studying particular units of work

- **Sport & PE:** Practising physical education skills

2. Assignment completion

- **ALL SUBJECTS:** Students will be expected to work on completing assignments and projects in their own time if class time does not allow. This could include the reading of a text for English or chapters of a textbook for other subjects.

3. Extension and research

- **ALL SUBJECTS:** Students will be expected to do research and background reading when working on a set topic or unit of work - e.g. collecting newspaper or magazine articles, watching current affairs programs on TV, listening to music or using the Internet.

How much should they be doing?

- **Year 7 and 8 -** Homework may be up to approximately 60 minutes per night.

- **Year 9 -** Homework may be up to approximately 90 minutes per night.

What constitutes homework in the Later Years (10 - 12)?

Homework time is spent reading, revising, completing questions and assignments, summarising or researching.

Students should keep a balance between:

- homework requirements
- contributing to family life
- hours of employment - studies have shown that more than about 10 - 14 hours paid work per week is detrimental to their studies
- extra-curricular activities

- *leisure time and*
- *have plenty of sleep*
- *Students should not spend more than the above homework time on any particular subject each week, or the other subjects will suffer, and/or students may become overloaded. All subjects have been allocated enough class time to satisfy VCAA requirements, even after excursions and sports days have been taken into account.*
- *Making a set timetable with all the homework times marked in for the week, and actually doing it at that time, means that relaxation can occur at other times without feeling guilty.*
- *All year 12 students submit a study timetable, and basic career plan to the Managed Individual Pathways (MIPs) Co-ordinator in Term 1.*

How much should they be doing?

- **Year 10** - *an average of about 9 hours per week. (approximately 1 ½ hours per subject per week)*
- **Year 11** - *an average of 12 hours per week. (approximately two hours per subject per week).*
- **Year 12** - *an average of 15 hours per week. (approximately three hours per subject per week).*

PARENT/STUDENT/ TEACHER INTERVIEWS

On Thursday April 2nd and Friday April 3rd, we will be conducting Parent/Student/Teacher Interviews. These interviews play a vital role in your child's education and the evaluation of their progress this term; therefore all students are required to attend with their parents.

Interviews will run on:

Thursday April 2nd - times to be advised

Friday April 3rd - times to be advised

2008 STUDENT REPORTS

If you have not received your child's 2008 report, please contact the General Office to make arrangements to collect it from school. Any reports not collected by the end of next week, will be given directly to students to take home.

DIARIES

School diaries are available from the office for \$12. All students are expected to have a school diary and to take it to every class.

HOW TO MAKE THE BEST USE OF OUR SCHOOL DIARIES

"DAILY PLANNER USAGE"

Effective Planner usage is a skill that is an essential ingredient to a successful study program. As such, time and effort must be devoted to cultivating it as a habit.

Many of the beneficial features built into our planners have little effect unless the students are very clear on the correct day-to-day usage of their planners.

Following are some tried and proven "**musts**" for efficient planner usage:

- The students and their planners must be inseparable partners at school and be brought home each night.
- In every class, all work set and the date that it is due should be recorded ; this must be done immediately

their teacher tells them; don't wait until afterwards, it's too easy to forget.

- They should write it in the "**Priorities/Due In**" column and also record it on their **Forward Year Planner** (Middle Years - pgs - 168-171, Later Years - pgs 182-185).
- After school, before they leave for home each night, they should look at the homework that has been recorded in their planner during the day for each subject and then take the required books and folders home. It is important to look extra closely on Friday nights before the weekend.
- If they haven't a great deal of homework to do on a particular night, they should look ahead in their planner for what is coming up, and make an early start, especially on assignments. They may start revising for an upcoming test next week or do extra study to add depth to their understanding and knowledge.
- That night or before they leave for school the next morning, a good idea is to check what is coming up for the day ahead. Any preparations or pre-reading required? Any work due in? Any sport or music practice? When they know this, they can plan their day more effectively.
- Every Sunday night after tea, they should spend 15 minutes planning their upcoming week in the "**Priorities/Due In**" and "**Things to do**" sections. Also, on individual days highlight work that is due in. This puts them in control.
- When they have assignments, essays or tests coming up, they should look in the **Index** on pages 2 & 3 and the "**Breakup of Focuses**" on page 4 for the focus that will help their efforts. The focuses will cover most of their needs and positively develop their study cultures.

Learning to use a planner is a lifelong skill.

Should you have any queries or concerns regarding your son/daughter's progress please do not hesitate to contact his/her Year Level Co-ordinator.

"After effort comes success" Anon.

GOLD PASSES, BIKE LICENSES

Students who have applied for a Gold Pass or Bike Licence, can now collect their tag from the General Office.

STREET PASSES

Students are expected to stay within the school boundaries unless they have a note from home signed by an Assistant Principal and signed out at the main office. **Getting lunch is not a valid reason to leave the school.** Students out of the school grounds without a signed note will receive a lunchtime detention.

LATENESS TO SCHOOL AND LATENESS TO CLASS

Students should make every effort to be on time for classes. If you know you will be late to class - go directly to class as soon as you can and your class teacher will deal with your lateness accordingly.

Students who arrive very late to school during the day, will be expected to go to the Time Out Room to let the Attendance Officer know of their arrival at school. A note

will be required from home with a reason explaining your lateness.

Students who are consistently late to class will have their name referred to the Attendance Officer and parents will be contacted.

ABSENCES

All absences will need to be explained in a note from your parent or guardian as soon as you return to school. **Shopping trips or birthdays are not valid reasons to be absent from school.**

Notes are to be taken directly to the Attendance Officer.

ATTENDANCE: IT'S NOT OK TO BE AWAY!

A considerable number of students across Australia and at our school are having their opportunities to perform to their potential adversely affected by parent - condoned absences.

Once it was the case, that students only missed school when they were genuinely ill, but now that has changed. Students are being allowed to stay away from school for an ever-increasing number of excuses including:

- A day off for their birthday
- A day because relatives are visiting
- A day off to be with parents at home
- A day off to look after younger brothers and sisters
- A day off to go shopping

The thought of an argument with children to get them to school often is too great to bear for some parents. Every day a student is away, they are losing a learning experience. Over time, their knowledge base will be full of holes like Swiss cheese. Learning is sequential and attending three out of four lessons leaves gaping holes.

A sobering fact is that in Australia today, the average student will lose one year of education (200 days) through parent-condoned absences over their school career from Prep to Year 12.

After love and care, the most important thing that we as parents can give our kids is an education. Let's do it.

Should you require support in saying **NO** to your son/daughter on their attendance or any other issue please contact us immediately.

We all can work together to make a difference to your student's future.

Be on time, Be at school, that's the rule!

OUT OF UNIFORM

Students who are out of uniform are expected to bring a note to school and **MUST** collect a UNIFORM PASS from their Coordinator or Links teacher. For students in Years 8-12 note the changes to the Uniform Policy.

LOCKERS AND LOCKS

All students are reminded that it is a requirement of the College that all locks be locked securely. All students have signed a Locker Agreement, stating that they agree to keep their belongings secure by locking their locker with a combination lock or padlock.

The school will not take responsibility for items stolen from unsecured lockers.

WHEN YOUR CHILD IS SICK AT SCHOOL.

If your child is feeling unwell at school, they must report to the General Office. The procedure is then for the office to assess the health of the child - often with a First Aid trained staff member to assist and then have the child wait in Sick Bay. The parents are then contacted and are able to come and pick up their child if possible. When a parent comes to collect their child they are required to sign their child out of the school.

If a parent cannot collect their child from school, the child will wait in Sick Bay until the end of the day.

Children who are in Sick Bay are monitored on a regular basis.

Under no circumstances are students to text their parents for them to come and pick them up. It is our duty of care to be responsible for students while they are at school and our administration is responsible for contacting parents.

HEAD LICE ALERT

Cases of headlice have been reported in the school. Could you please check your children and if eggs or lice are present, please make the necessary treatment.

It is vital if headlice or eggs are found, that thorough hair treatment is carried out. Students must not return to school until such treatment has been rendered. Contact Wellington Shire Health Department (telephone 51423333) for information regarding headlice treatment and lotion.

Students must not return to school until such treatment has been effective.

Karen Milner-Acting Assistant Principal

LATER YEARS (Years 10, 11 and 12)

Thank you to the parents and coordinators, who attended the Year 11 and 12 Parent Information Session on Tuesday and Thursday evenings last week and also thank you to the year 10's and their parents who attended the Darwin information night on Tuesday this week. It was extremely encouraging to see so many parents at each of these events. The commitment you are showing to your children's education is very positive. In our experience parent involvement and connectedness to the school has a direct link to the success of their students and their achievement of their pathways goals.

• Age Article: 10 steps to VCE Success

There is an article attached that has guidelines for students attempting VCE studies. We hope you can display the article at home and help your student implement the steps as we will also be doing here at school.

It is vital to keep open the lines of information and communication as this will enable better monitoring of individual student progress. Our aim is to assist your student in achieving their best during this year. We encourage our families to ring or make an appointment to visit us whenever issues arise. With parents, teachers and students working together as a team, outcomes for students can be optimised.

A FEW LATER YEARS REMINDERS

HOMEWORK – The Later Years homework expectations are as follows:

- Year 10 – average of approx. 8 hours per week. (approximately 1 hour per subject, weekly)

- Year 11 – average of 9–12 hours per week. (approximately 2 hrs per subject, weekly)

- Year 12 – average of 15 hours per week. (5 private study lessons used productively could make up part of this time)

Generally students will not be expected to study more than this time allocation per subject per week. It is better to have a reasonable amount of homework frequently, so that a regular weekly routine can be established. Students should also be revising their work on a regular basis, reviewing the work that has been covered for each key learning area and making sure they have a thorough grasp of each concept covered. If a student does not feel completely confident with their current topics they should follow up by seeking assistance from their teacher as soon as possible.

AFTER-SCHOOL STUDY SESSIONS There will be an after-school study session every Thursday night where students can access teacher assistance. At this stage six staff from five Key Learning Domains attend these sessions. These sessions provide an opportunity for students to maximise their potential.

NOTE: Students should keep a balance between homework requirements, hours of employment, extra-curricular activities and leisure time. When studying students should build in break times to re-energize and maintain motivation and concentration.

Year 12 students will be asked to submit a study timetable in the next two weeks.

HOME STUDY PERMISSION – Year 12 students are permitted to study at home for any private study lessons in periods 3, 4, 5 and 6, provided that they have the “Home Study Permission” sheet signed, and sign the “Home Study Permission” book when leaving and when returning.

UNIFORM – All students should now be in full school uniform, including a school jumper, plain black shoes and no visible jewellery except earring studs. Students who have some difficulty with their uniform are required to see their Links teacher prior to the first class of the day and get a uniform pass.

UNIFORM NOTE Jumpers; Students have abused the system with jumpers and hoodies instead of the school jumper. As a result students will not be permitted to wear alternative jumpers. They will be provided with a School Loan Jumper for the day.

Attendance – All students in Years 10, 11 and 12 should be aiming for 100% attendance. VCE students must attend at least 80% of classes to pass their subject units. Absences in VCE must be covered by a medical certificate and all

students should bring notes from home to explain any absence. Illness and personal family circumstances are acceptable reasons. Days missed for shopping with parents and going for a learners permit or licence are not valid reasons for absence.

Please try to make appointments after school. It is much harder for students to catch up on a missed lesson than it is to actually attend the class. If there are any absences which you are aware of in advance please let staff the school know via the appropriate coordinator so arrangements for work may be made.

Katie Hodge, Later Years Coordinator

MIDDLE YEARS

LINKS

I would like to explain our ‘Links’ program in a little greater detail. Essentially it is pastoral care session with the prime aim of building sound relationships. Ideally we endeavour to place each ‘Links’ teacher in a class which they tutor for more than one subject. They meet your child every morning for 9 minutes and we believe that having that constant daily contact is valuable. Every fortnight, there is an extended ‘Links’ session where students establish goals for the semester, discuss ‘keys to success’ and other issues which are relevant to the class. Your child’s ‘Links’ teacher can be contacted with regards to issues, absences or any queries as well as the Year level Coordinator.

Year 7 Co-ordinator – Ms Kirsty Dowling.

Year 8 Co-ordinator – Ms Gayle Biddenbach

Year 7 Links teachers are:

7A – Trevor Raine

7B – Brett Hudson

7C – Val Greenway

7D – Vick McClelland

7E – Jo O’Doherty

Year 8 Links teachers are:

8A – Kylie Dover

8B – Mick McDonough

8C – Kerri Smith

8D – Colin Little

8E – Chenoa Pearson

8F – Carol Caffrey

8G – Doug McLeod

Year 9 Co-ordinator – Claire Couling

9A – Anne Entwisle

9B – Stefan Jegorow

9C – Carl Johnson

9D – Daniel Scholes

9E – Katie Halford

9F – Ainsley Telling

9G – Loueen Smith

It has been pleasing to see that the majority of Year 7, 8 & 9 students have settled into school routine very well. Students should now be bringing their diary home to be signed once a week. All students have been given a copy of their 10 day timetable to be placed in a prominent position at home to remind them about gear and books they need each day.

The swimming program for Years 7 & 8 will continue for several weeks so parents are reminded that ALL students should also be bringing their swimming gear to school.

STUDENT MANAGEMENT ISSUES

There have been a number of students out of school without permission – either down the street at lunch time, at other student’s houses or wagging class. The expectation at Maffra Secondary College is that all students remain on school premises once they have arrived at school and that they also attend the appropriate

class. It is the expectation that students come to school unless they are ill or have an important appointment. If students choose to break school rules then they can expect a phone call home. We would appreciate the support of parents in this matter.

MIDDLE YEARS ASSEMBLY

All parents are reminded that there will be a Middle Years Assembly on Friday 13th March at 9am. This will be a celebration of student achievements throughout the term. Students and staff warmly welcome parents to this assembly.

Please contact Sue Clancy on 51471790 for further information.

Sue Clancy, Middle Years Coordinator

YEAR 8 REPORT

Generally Year 8 students are to be congratulated for a positive start to their 2009 year. We adopted the slogan "Start Smart" for February and three classes have been awarded the first three certificates for successfully following the theme. These classes were 8C, then 8B and recently 8B.

The Year 8 camp is on Phillip Island again this year, May 11th to May 13th. This is a wonderful camp. Staff are excitedly raising their hands to be on board and it is definitely something for students to look forward to. Interschool cricket was played Wednesday Feb.25th and the Summer Sports Day will be March 31st. It was pleasing to see the Year 8 students enthusiastically participating and enjoying the Swimming Sports. Other activities involving the students showing leadership and working together co-operating are under way within the Links program.

Please don't hesitate to contact me should you have any concerns. As I keep reminding the students, my role is to help.

Gayle Biddenback, Year 8 Coordinator

YEAR 9 ENERGY BREAKTHROUGH UPDATE.

This year we have two classes of Year 9 students undertaking 'Energy Breakthrough' as one of their pursuit elective subjects.

Our focus for these two groups in first semester is to enter two teams into the Wonthaggi Human Powered Vehicle event on the weekend of the 20th of March.

The event the students are aiming at is a 24 hour race ran over a three day period beginning Friday the 20th and finishing Sunday the 22nd of March.

At present the college has one complete HPV trike to which the students are undertaking refurbishing and upgrading, plus also constructing a new race canopy. We have also purchased a new vehicle, in kit form, that the students are constructing from scratch. This new vehicle also requires a race canopy to be made, as well as being built, painted, tested and race readied before the event. To add to this, the students are also undertaking the construction of a number of additional items that will be required at the race. These include a mobile tool box/spares container, a transport trolley for carrying equipment to and from the camp and the pits area and other items to improve or augment our two vehicles.

The students have also been undertaking the gathering of sponsorship, both monetary, equipment and tools, throughout the community and the Latrobe Valley in general, with some good success.

So far myself and my fellow Energy Breakthrough teacher, Miss Katie Halford, are very pleased with the enthusiasm and general positive attitude of the two groups. They are

really having a go at getting themselves and their trike's ready for the event. But we have a very tight time line to finish everything needed to compete.

Therefore we would like to ask any interested parents/guardians if they would be interested in helping out with either working with ourselves and the students during class time, or travelling with us to help out at the Wonthaggi event.

If you are interested, please contact either myself, Carl Johnson or Katie Halford at the college on 51471790, or Email us: johnson.carl.cr@edumail.vic.gov.au, halford.katie.a@edumail.vic.gov.au.

Carl Johnson.

YEAR 9 PERSONAL BEST

Students in Year 9 Personal Best class have been completing a community service project in the Maffra area this term. Some students have been raising funds for the Bush Fire Appeal or helping at local Primary schools and Hospitals and by doing this they gain valuable life skills. Due to the cancellation of Year 9 Wilson's Prom camp these students will be permitted to extend their number of visits to their designated community service in week 4.

Miss Telling & Mr. Jegerow Personal Best teachers

DUKE OF EDINBURGH AWARD SCHEME

The Duke of Edinburgh Award Scheme is again being run at Maffra Secondary College this year. It encourages self development, participation and personal growth and is internationally recognised. The Bronze Award involves participants completing a 3 or 6 month commitment in a physical activity, skill and community service, as well as 2 overnight journeys. Any student who has turned 14 is eligible to commence their Bronze Award. Further information can be collected from Mrs O'Doherty or Ms McClelland or they can be contacted on 51471790.

FUTURE LEADERS PROGRAM

Maffra Secondary students are providing opportunities for local primary school children to be physically active through organised sport. The Future Leaders Program involves 19 of our Year 11 students. They deliver after school sporting programs to primary age students at participating local schools; Maffra, St Mary's, Bundalaguah and Stratford Primary. At the end of last year Maffra Secondary College students underwent an overnight training course to equip them with the skills and knowledge to engage these children to be physically active in fun, safe, inclusive and quality environments. Our students are committed to providing these programs throughout semester 1. We wish them well in their endeavours and have every confidence they will inspire younger students to stay active.

Kerri Smith, Future Leaders Coordinator

Participating students:

Rebekah Anderson, Megan Raine, Rebecca Tilburg, Jasmyn Flett, Caitlyn Gellie, Kirsty Robinson, Matt Coridas, Brittney Neille, Chris Stevens, Ben Zmijewski, Courtney Alexander, Jeordie Bedggood, Chloe Middap, Emma Russell, Laura Henderson, Jasmine Lina, Meghann Graham, Lewis Bolton

CAREER NEWS

Thanks to all the parents and students who attended our information sessions for Year 11 and 12s last week. It was terrific to touch base with so many people and share our ideas on how we can achieve our best this year. To those parents who were unable to attend the sessions, a copy of the Careers Presentation is available on the school intranet. Students can log on from home and go through Student Links/Careers/Student & Parent Information. If you have any questions, please do not hesitate to contact us at the school to discuss or arrange a meeting.

Well done to those Senior Students who have enrolled to attend the lecture days currently being run at Melbourne University on weekends. This was a great opportunity to get a 'leg up' in starting subjects and reviewing study skills – for a very reasonable price of \$5.00!! I have assisted a number of students in enrolling and the feedback from the Further Maths and Study Skills sessions last Sunday was that they were worthwhile and interesting.

WHAT IS 'CAREER NEWS'? It is about keeping you informed, about encouraging you to think about what you will do after you leave school, about helping you make informed decisions. IT IS ABOUT YOU! What courses are out there? What careers suit? How do I get information? CareerNews lets you know about Open Days, courses, careers, seminars, information evenings and so on. Sure, school will keep you busy, but you need to spend time thinking about your future too.

HOW DO I CHOOSE A CAREER? Think about what you **enjoy** doing; what you are **good at**; what school **subjects** you enjoy most; what you **value** most; what **interests** you. Considering these things will give you valuable clues as to careers that will suit you. For example, do you enjoy science? art? English? business subjects? technology? Is helping others important? Do you like being indoors/outdoors? Are you good with your hands? What sort of activities did you enjoy as a younger child? Spend time using the **Job Guide** researching jobs that fit with your interests/abilities. **Remember**, you are not choosing a **job for life**. Think in terms of the next few years only. Technology is rapidly changing various aspects of the job world, and we can't anticipate what we might be doing in 10 or 15 years' time.

WHERE WILL I STUDY AFTER YEAR 12? If you are in Year 12, no doubt you have begun to think about where you will study in 2010. Your choices include universities, Technical And Further Education (TAFE) Institutes and independent colleges.

- There are several **universities** in Victoria: **Australian Catholic University, Ballarat, Charles Sturt (a NSW uni with a campus at Albury-Wodonga), Deakin, La Trobe, Melbourne, Monash, Swinburne, RMIT and Victoria**. They offer degrees.
- **TAFE's** are located throughout Victoria, with most areas well served. Some TAFE's are linked with a university

(eg **RMIT, Swinburne and Victoria**) while others stand alone (eg **Box Hill, Chisholm, and Kangan Batman**). They offer pre-apprenticeships, certificates, diplomas and sometimes degrees.

- There are many specialist independent colleges such as **Australian College of Natural Medicine, Australian College of Sports Therapy and Photographic Imaging College**, offering certificates, diplomas and degrees.

Undergraduate University degree courses are subsidised by the government with **Commonwealth Supported Places (CSP)**, except for international students who pay full fees; most TAFE places are also subsidised (fees are under review), while independent colleges require the payment of full course fees. There are government loan arrangements available for many fee-paying courses; to find out about payment for courses, and a lot of other information, see www.goingtouni.gov.au. NOTE: If you have a CSP you will be required to pay a portion of the fees; this payment, however, can be deferred until you are earning about \$40,000pa (currently) and re-paid through the tax system.

You need to **find the most suitable alternative**; you can get assistance in this process by attending **Open Days** (mainly Sundays in August), going to **seminars**, reading course **information**, talking to **friends/relatives** and by meeting with us in the **careers room!**

SOME ADVICE IN CHOOSING A COURSE –

- Make sure that you have the **pre-requisite subjects** for the course
- Don't choose a course just because it has a **high ENTER**; you need to **enjoy** and be **suit**ed to the course. If your ENTER is higher than necessary to get into your chosen course it will probably mean that you will achieve very well.
- Don't choose a course because **someone else** thinks it's what you should do – it's **your** life!
- Take **time** in making your decisions. Talk to lots of people and gather lots of information about your future choices.
- Consider applying for a course and then **taking a year off** from study to work/volunteer/travel, particularly if you are very unsure (ie **defer** your offer of a place). If you are planning to defer, consider the current economic climate, the availability of employment and your suitability to commit to returning to study after a year off.
- Go to **Open Days** (August) to check out the institutions you are considering
- Don't assume that you will be **able to transfer** to a preferred course after first year – check what is required for this to happen.

WANT TO STUDY FORENSIC MEDICINE? A career information session is being held for Years 10-12's by the Victorian Institute of Forensic Medicine. It will provide insights into various **career options in forensic sciences**. **When:** 12.30-4.00pm, Mon 6 April; **Where:** VIFM Lecture Theatre, Coronial Services Centre, 57-63 Kavanagh St, Southbank; **Registration (do it soon):** complete the form

available at: www.vifm.org (for the form see: Job Opportunities, then Careers Information). **Info:** 9684 4313. A second session will be held later.

WANT TO BE A VET? If so, you may wish to attend VET-DAY, the Veterinary Science Open Day. This is a chance for future students to go behind the scenes at the Uni of Melbourne Veterinary Clinic and Hospital. Talk to staff, meet current students and tour facilities. **When:** 10am-4pm, Sun 22 March (lectures for Year 10 and above students will be held at 10.30am, 11.30am, 12.30pm, 1.30pm); **Where:** 250 Princes Hwy, Werribee (Mel 206, G5); **Enquiries:** 8344 7357, email via <http://vet-unimelb.custhelp.com>, www.vet.unimelb.edu.au.

Remember that the careers office is a resource that all students can use – pop in and visit sometime!

Karen Burgess

burgess.karen@edumail.vic.gov.au

CHEMISTRY WORKSHOP AT MONASH UNIVERSITY.

On February 19th a group of Year 12 students travelled to Monash University, Churchill to participate in a chemical instruments workshop. The students were shown by University graduates how to operate complex instruments such as a UV-Vis spectrometer, infrared spectrometer and gas chromatography – mass spectrometer. These are commonly used to detect substances in forensic testing such as seen in the shows CSI and NCIS. They are also used in chemical analysis in the mining, dairy and petrochemical industries. The excursion also gave the students an opportunity to talk to University graduates about Uni life and their experiences in Year 12. The chemistry students participated eagerly in the workshop and demonstrated a very good understanding of the instrumental techniques. The students were excellent ambassadors for Maffra Secondary College and impressed the Monash University Staff with their enthusiasm and conduct.



Justine Alen, Kirsty Hewlitt and Mad Goodman preparing samples for analysis.

Congratulations to past student Daniel Howe. Daniel recently received a Certificate of Merit in the 2009 Apprentice of the Year Awards for Best 1st Year Apprentice Certificate III in Joinery. Daniel worked very hard to complete his VCAL certificate with us last year and we are delighted to hear of his success in the first year of his

apprenticeship with employer, Cabinet Connections in Wurruk.

MUSIC NOTES

Hello everyone! I hope you have all had an enjoyable week. Just a reminder that fees need to be paid by Friday the 20th March. The office will have a list of students that are currently enrolled in the program but if you are unsure of whether your child (children) is in the music program please contact me during school hours. Please contact the office or myself at the school if you have any enquiries or concerns regarding fees. If paying the fees by the due date is likely to be an issue please contact me to make arrangements. Fees are currently \$180.00. If you have more than one child in the program the fee is reduced to \$100 for the second (third) child.

I'm in the process of organising a combined music camp with Sale College Music Department. A notice with the details so far of the camp and permission form will go home to students involved. The camp is being organised for the 29th April till the first of May and is being held at Lakewood Park Camp which is in between Paynesville and Wattle Point. This will be a very positive team building and skills building experience to students that choose to attend. If you have any enquiries regarding the camp please contact me.

Enjoy your weekend!!!

Caroline Monck, Music Coordinator

PARENTS' CLUB

Parents Club are running a Bulb Drive again this year. Enclosed with this week's newsletter is a Garden Express Catalogue. Could you please show family and friends this catalogue and send orders and money (cheques payable to Maffra Secondary College) by Friday 27th March.



The next meeting for Parents Club will be the AGM, held on Tuesday 3rd of March at 7.30pm at the Maffra Community Sports Club, in the lounge. Everyone is welcome and we look forward to catching up with past members and hopefully meeting a lot of new faces. It is a great way to meet people in a relaxed and friendly way, while finding out what is happening at the school.

EASTER RAFFLE

Parents Club have been lucky to receive some lovely Easter chocolates from Mars Confectionary. There are 4 prizes to be won and the tickets are \$1 each. Please use both sides of tickets and return all tickets and money to the main office by 30th March. The raffle will be drawn at Parent Teacher interviews on Friday 3rd of April.



DEB BALL

Reminder that all monies for the Deb Ball should be paid by now.

Wanted: a five sided gazebo for decorations of the hall for the Deb Ball.

HEALTH & WELLBEING



Ten Tips (+1) on Coping with Stress and Anxiety

Below are some tips about what many have found to be at least temporarily useful coping skills for living with stress and anxiety. They are not foolproof. If you are feeling very distressed and your life is suffering, there is no substitute to talking with a professional.

1. Be flexible. Know what you can change and what you can't, go with the flow, be open to changes.
2. Laugh more. Watch a funny movie, tell a joke, read the comics.
3. Breathe slowly, deeply, and well. Relaxation begins with slow, deep breathing from your diaphragm.
4. Learn to say "no". It's hard to say no sometimes, but recognize you can't do everything, pace yourself.
5. Go ahead and make mistakes. No one's perfect. The only way we really learn is from our mistakes. Accept them as the natural process of growing in wisdom.
6. Play... with a lover, a friend, a child, a pet. Having fun is the natural way of lowering the body's stress hormones. Stress tenses. . . . play loosens.
7. Get active. Exercise brings out the body's endorphins, natural pain-killers and pleasure-producing substances produced inside every one of us.
8. Eat well and avoid stimulants. A healthy diet makes the body strong and increases a sense of well-being. Watch those double-lattes. Caffeine and nicotine put more stress on our musculature and nervous system.

Drink more water.

9. Talk to others. Sharing life's difficulties and problems with another person, whether a co-worker, friend, spouse, lover, or counsellor, allows one to shed the weight of burdens shouldered alone.
10. Face your difficulties. Problems have a tendency to mount quickly, until there can seem so many as to be overwhelming. Tackle them one at a time. Set achievable goals. Your day will seem appreciably lighter after even one dreaded task is tackled.

Plus. . .

11. Allow yourself to mourn. Changes, even good changes, can bring a sense of loss for how things used to be. You have the right to grieve this loss. In fact, everyone needs that time. . . to adjust, to reminisce, to care, to process.

If you suffer from excessive stress, anxiety, or panic attacks, you may wish to consult with a psychologist or other mental health professional.

Be Happy! Be Safe!

Judith Murray, School Nurse

SPORT

GIRLS COME AND TRY CLAY TARGET SHOOTING

On February 25 Ms Fraser and Mr Riggs took thirteen girls to Longford to try Clay Target Shooting. The girls had a fabulous time trying a new sport and meeting Girls from the other Secondary Schools in Wellington Shire. Overall seventy-six girls from Maffra Secondary College; Yarram Secondary College; Sale College; Gippsland Grammar and Sale Catholic College enjoyed the day. The girls were instructed on the safe use of firearms and were given to opportunity to shoot at many different targets. Many of the girls are now very keen to form teams to represent the school at upcoming competitions.

A Special Thank-you to the Sale Field and Game Club and Howard and Schuback MegaSports for sponsoring the ammunition and targets so that the girls did not have to pay. Members of the Sale Field and Game gave up their time to coach the Girls. Many Sale businesses donated prizes for a lucky draw. These businesses were Hair New York; Carolyn's Professional Beauty Touch; Findlay and Weymouth Chemist and Leading Edge Music. Without these sponsors the event would not be possible.



VCE BOYS CRICKET

After a surprise victory in the G.C.L. finals on Sunday, some of the VCE boy's cricket team lined up for their third full day of cricket in a row on Monday. Bouyed by their success, players gave their all to defeat a competitive opposition.

Daniel Bedggood and Daniel Saunders were the standout performers in this week's match versus Bairnsdale Secondary College. Bedggood shone with the bat finishing on an unbeaten 65, and Saunders took an outstanding five wicket haul for twelve runs from his six overs.

Played in hot conditions at Bundalaguah, Maffra were sent into bat by a confident opposition. Opener, Daniel Stevens (19) and Shaun Humphreys (36) got the side off to a good start finding the boundary with some hard hitting. Solid batting by Lewis Bolton (18) and Daniel Burnett (22) took Maffra's score to a competitive 8-184 from their thirty-five overs.

An outstanding catch by Chris Francis early in Bairnsdale's innings saw their opener return to the pavilion without

scoring. Bairnsdale batted on but were all out for 109 in the 26th over. Some tidy work by Tom Tudor behind the wickets (three catches), spin bowlers Jim Beaumont and Sam Bedggood and middle order paceman Tom Anderson (two wickets) ensured a convincing victory.

The boys go on to play in the Gippsland finals on March 5th. Thanks to Bundalaguah Cricket Club for the use of their facilities, Rowan Lace (umpiring) and Daniel Cameron (coach).

Ms M. Robson – Team Manager



MAFFRA JUNIOR FIRE BRIGADE

On February the 20th the Maffra Junior Fire Brigade team travelled to Hamilton, staying at the Wannan River Holiday Park, to attend the CFA Volunteer Fire Brigades Victoria 36th Annual State Urban Junior Championships held over the weekend.

Eighty teams competed from across Victoria, including Hobart from Tasmania and Esperance from Western Australia.

The competition consists of 9 Events in each age group with 5 being Dry Events and 4 Wet Events. Points are given to the first five place getters with an Aggregate Shield for each age group and a Grand Aggregate Cup presented.

Maffra have attended five competitions across Gippsland leading up to these championships, with two others being cancelled and postponed due to the Fires. Maffra won all Aggregates.

At the end of Saturday's competition Maffra were leading by 3 points from Swan Hill with seven events to run on Sunday.

Kangaroo Flat came home very strong with Maffra and Swan Hill gaining their share of points for an exciting finish.

The Juniors have support from the Maffra Brigade who supply training equipment, pay entry fees and accommodation.

Also members assist by Judging, time keeping and maintain the training facility in Boisdale Street Maffra.

Thank you to Barry Bennett, Rodney Bates, Ron Hewlitt and Graeme Clark for your assistance.

The CFA were once again invited to participate in the Australian National Fire Cadet Championships in Penrith

NSW. All Victorian registered Junior members aged 14 & 15 were invited to apply for a chance to attend. Congratulations to Maffra's Lily Bailey who was selected to participate in the week long event in the school holidays.

Robert Clark Coach. Peter Hargreaves Assistant Coach.

COMMUNITY NOTICES

2009 Community Play

Ever fancied yourself as a bit of an actor? How would you like to be involved in a fun community play with other like-minded people? Then the Stratford Shakespeare Festival community play is just what you need.



This year's play is *The Merry Wives of Windsor*, a hilarious comedy about a rogue trying to seduce two wealthy women for their fortunes. But these women are no *Desperate Housewives*. Aware of his plans, they a series of traps for him, unwittingly assisted by jealous husbands and scheming servants. This production will be a more modern take on the original play. For more information call the director on 0428 280 265.

Cast meeting and read-through

When: Wednesday March 4th at 7:30pm

Where: Senior Citizen's, Dixon St, Stratford

SALE UNITED FC

Invite parents and students of all ages and ability interested in playing football (soccer) to register during any training session before the season begins March 14th & 15th

at Baldwin Reserve, Raglan St Sale

TRAINING NIGHTS

JUNIORS U/10's to U/16's, Tue & Thur 5:30 to 6:30

SENIOR MEN Tue & Thur 6:00 to 7:30

WOMENS OPEN AGE over 16 yrs, Tue & Thur 6:00 to 7:30

SMALL SIDED GAMES

For boys and girls aged 5 to 8 a smaller pitch, less rules more fun.

Any enquiries please phone Vicki on 51446461 or 0409131978