Dear Families, Students and Community Members,

State Budget
In last week’s state budget, Mordialloc College has been allocated $4.5 million for facility development. Adding in the $1.33 million we received last year, we now have $5.83 million to complete the priority projects approved late last term by the Education Department as part of our master plan process. We are extremely grateful for this funding and the commitment by the state government for the improvement in teaching and learning facilities at the College and also the recognition that the College is a leading education provider in the area and is expected to grow significantly in the next few years.

Summary of works to be completed by the end of 2016:
- External maintenance work to the front building
- Build a Performing Arts Centre, includes new canteen
- Demolish C block (old performing arts) and part of S block (old science)
- Demolish hall and build a new Gym
- Build a new Year 8 Learning Centre
- External works to create a central court social hub

BASTOW Internship
I have been asked by the Department to mentor an aspirant principal and accept an intern here for four weeks during Term 2. High performing and aspirant Assistant Principals across the state are able to apply to complete the Principal Preparation program through the BASTOW Institute of Educational Leadership set up by the Department. Peter Jeans, Assistant Principal from Noble Park SC, will be completing his internship here from May 11 to June 5.

Youth Forum
On Friday 1 May, the College hosted (for the second year in a row) the National Youth Week Leaders Forum being run by the Hon. Mark Dreyfus QC, Federal Member for Isaacs. There were over 50 students participating in the forum from public, Catholic and independent schools. It was a wonderful opportunity to showcase our school and members of our student leadership team, Max Nichols, Natalie Prochazka, Shae MacBryde, Briony Bruce, Dilara Isikli and Bailey Bocksette, who were representing the College, found the event to be stimulating and most worthwhile. The forum consisted of a Q&A panel on the topic “What issues matter to young people today?” There were four main topics discussed: international development, environment, mental health and technology. The panel included four inspiring young leaders – Gaby Perdomo – Chief Operations Officer at the Oaktree Foundation, an organisation of young people leading a movement to end poverty; Arielle Rutman – Youth Empowerment Coordinator at Stand Up, a Jewish organisation dedicated to pursuing social justice; Daniel Poole – founder of Crepes for Change, a youth led social enterprise with 100% of the profits reinvested into eliminating youth homelessness and Hunter Johnson – Partnerships Coordinator and facilitator at the Foundation for Young Australians.

The leaders forum aims to showcase young leaders and to encourage high school students to become more active in their communities; to have a belief in the possibility of action, that every single person can make a difference to their community, be passionate or care about something
and do something about it, thus find the platform to be the best version of yourself.

**Sleep for Wellbeing and Performance**

On the afternoon of Thursday 7th May there was a special presentation from Toby McIlrath- “Breathing Space Health” funded by the College for all of our Year 11 & 12 students on ‘Sleep for Wellbeing and Performance’.

The session was of benefit to all students (and staff who attended too!) covering the sleep habits of adolescents and the impact sleep can have on academic performance, motor performance and mood; a practical guide and tools to improve sleep habits and strategies for preparing for exams. Please see an article on teenage sleep later in the newsletter.

**Rotary Breakfast**

On Tuesday of this week I hosted a breakfast for Aspendale Rotary here in the Hub at 7am. A number of staff, parents and students attended to showcase our school. It was an important opportunity for four of our Year 9 students to report back on their experience at Camp Awakenings, a two and half day youth development program. This is a major project for Rotary and each year they sponsor 55 students from the region to attend the camp, with Aspendale Rotary sponsoring our four students. Congratulations to Josh Cook, Sophie Spurgeon, Amber Iddles and Sophie Ross who were brave enough to attend the breakfast and speak to the club members about their many positive experiences on camp and how they have applied their key learnings since their return. Our School Captains - Max Nichols and Natalie Prochazka and Vice-Captain Shae MacBryde also spoke about what it means to them to be a student of Mordialloc College and their particular focus areas as leaders this year. Our local member, Mr Tim Richardson was also in attendance to support this event and speak about the recent budget announcement.

**Rotary Breakfast**


**Health/PE Week**

Thanks to Learning Area Leader, Sharonne Crossley and all of the PE/Health team for organising a very successful celebration week to include a variety of activities last week for staff and students to celebrate Health and PE week.

**Jewellery**

A reminder of the rules outlined in the College uniform policy regarding jewellery. Jewellery is not to be worn apart from a wristwatch and a plain stud or sleeper for students with pierced ears. Piercing of other body parts must not be visible.

**NAPLAN: National Assessment Program Literacy and Numeracy**

This week students in Year 7 and 9 have sat the national tests in Reading, Writing, Spelling, Grammar, Punctuation and Numeracy. I would like to congratulate all students for their exemplary behaviour and positive attitude during the three days of testing and for treating these tests seriously in striving to achieve their Personal Best.

The results once available will be used to:
- help teachers identify students who require greater challenges or additional support
- help the College identify strengths and, if any, gaps in teaching programs and to set goals in Literacy and Numeracy
- provide additional feedback to students and parents about individual achievements and progress

All parents of students in Year 7 & 9 will receive a NAPLAN report on their child’s progress later this year. The report is only one aspect of the school’s assessment and reporting process, and does not replace the more extensive and informed judgements made about your child by teachers.

**Year 8 Camp**

On May 4-6 our Year 8 students attended camp at Phillip Island over three days. Students had the opportunity to participate in a range of adventure and team building activities. Thanks to Year 8 team leader and Year Level Coordinator Lauren McIvor for organising and leading this camp for our students, and the Year 8 team of teachers who joined Lauren over the three days and made it such a success: Tim Wischusen, Bryony Lowe, Alice Leppin,
Life in Politics

Last Friday the Year 9 Law and Politics class had the pleasure of meeting our state member of parliament for Mordialloc, Mr Tim Richardson. During this session we were given an insight to the experiences and expectations of a politician. We were then given the opportunity to ask our own questions about current events in our media and were given news on upcoming plans. We would like to thank Mr Richardson for coming to Mordialloc College and giving us engaging information about the Australian and Victorian government systems and his role as a Politician.

Dilara Isikli, Year 9

Mordialloc College staff and students share and proudly demonstrate our agreed values of:

- Personal Best
- Integrity
- Respect
- Responsibility
From 27 April until 1 May, the Health and Physical Education teachers ran a variety of different events during lunchtimes to keep students active and to alert them to a variety of health issues. Events included were the tug-of-war competitions, basketball shoot-outs and a mini futsal competition for physical activity. An enormous amount of people attended and had a ball being active at lunchtime. Make Your Own Lunch (rolls and heaps of yummy fillings) were extremely popular for both staff and students and a really healthy way to eat lunch.

On Wednesday we had a staff versus student volleyball match, which was very close, but the teachers came out the champions at the end of the three sets! Congratulations to the staff volleyball team.

On Thursday the school participated in the Equal Opportunity Sports Day. This was a fantastic experience for students to experience playing a sport that they don’t usually participate in. We had great student participation including a junior, intermediate and senior netball teams (boys) and a junior and senior AFL team (girls). All students participated well on the day, ensuring they were active and representing the school in a competitive but positive way.

Mrs Sharonne Crossley, Health & PE

Coming soon to Mordialloc will be our own “At the Movies” club, where students can meet each Thursday and Friday lunch time. This will offer them the opportunity to watch, laugh, cry and discuss a variety of movies, anime and short films.

To register your interest, please see Mrs Bevan for a permission form.
VCAL Careers Expo

Last Thursday the VCAL classes attended The Age Career Expo at Caulfield racecourse. To start the day off, myself and a small group of others attended a seminar run by the Defence Force. I found this seminar very insightful and was slightly taken aback by the amount of opportunities that actually exist within the Australian Defence Force. The most exciting thing I learnt was that as of 2016, there will be no limitations on the jobs that females are able to apply for within the force.

After the seminar ended, I spent the rest of my time walking around the two levels of exhibitions, exploring the endless opportunities and pathways I could see myself following in the future. All up, I feel that my day at the Careers Expo was very successful, insightful and educational. It opened my eyes up to a range of pathways I could take and I was amazed at the amount of pathways I never knew existed that are significantly relevant to my interests.

Emma Prendergast, Intermediate VCAL

VCAL Hospitality

As part of the Eat and Greet project (focusing on hospitality and events) the Year 11 and 12 VCAL students attended a barista course in the city last Monday and Tuesday. This allowed us to achieve a Level 1 Barista certificate, which is great for our resumes. We learnt how to make numerous types of coffee, temper milk and how to maintain a barista station. This excursion was an enjoyable and useful learning experience.

Harry Bradshaw, Intermediate VCAL

We are excited to announce the 2015/2016 Entertainment™ Books and Digital Memberships are available now!

Discover hundreds of valuable up to 50% off and 2-for-1 offers for many of the best restaurants, cafés, arts, attractions, hotels, travel, shopping and much more – choose your way with the following:

The traditional Entertainment™ Book Membership that comes with the Gold Card and vouchers.

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THE NEED FOR SLEEP

Sleep is food for the brain. It is especially important for teenagers as it directly impacts mental and physical development.

Teenagers need 8-10 hours of sleep. This coincides with an increasing demand on their time from school (including homework), sports and other extracurricular and social activities. In addition, teenagers become more interested in TV, computers, the media and internet activities as well as stimulating foods - all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep quantity and quality.

The challenge facing parents of teenagers is putting in place routines that ensure they get their required amount of sleep.

Poor sleep can make teenagers feel moody and perform poorly. Sleepiness can also make it difficult for them to get along with family and friends and can hurt scores on school exams, on the court or on the field.
SOCIAL JET LAG

Keeping irregular sleep and wake times due to a busy social life has been shown to take a hefty toll on health. Staying out late and sleeping in at the weekend desynchronises the internal clock, resulting in tiredness at the start of the school week. Many teenagers remain groggy over a number of days. ‘Social Jet-Lag’ is one of the terms used to quantify the discrepancy that often arises between circadian and social clocks, which results in chronic sleep loss.

The immediate effects of social jetlag include poor memory and reaction times, which would explain that familiar Monday morning feeling of sluggishness.

WHAT CAN BE DONE?

It’s important for teenagers to make sleep a priority. Teenagers can:

- Develop a sleep plan
- Keep a regular sleep and wake schedule (including weekends)
- Learn to ‘wind down’ at least an hour before bed
- Finish schoolwork early
- Exercise
- Limit screen time to at least an hour before bed (the light can activate your mind)
- Avoiding heavy meals and caffeinated beverages before bed
- Turn bedrooms in to a sleep haven

CONSEQUENCES FOR TEENS

Not getting enough sleep or having sleep difficulties can:

- Limit their ability to learn, listen, concentrate and solve problems
- Lead to aggressive or inappropriate behavior
- Cause them to eat too much or eat unhealthy foods
- Make them more prone to pimples
- Contribute to illness
- Mimic intoxication - Impacting the safe use of equipment, for example driving, and increased engagement in risk taking behaviour (dis-inhibition)

SIGNS OF SLEEP DEPRIVATION AT SCHOOL

- Being late for class
- Feeling sleepy during the day
- Moodiness/grumpiness
- Difficulty concentrating
- Decreased learning of new facts and tasks
- Poor academic grades/performance at school

IT’S TOUGH TO BE A TEENAGER

Many people believe teenagers who require frequent ‘sleep-ins’ to be lazy. However, biological sleep patterns amongst adolescents can shift toward later times for both sleeping and waking. This means it is natural for teens to not be able to fall asleep before 11:00pm, impacting their desire for later waking times.

Further Information:
http://breathingspaceshealth.com.au
http://sprints.vu.edu.au/467/ (This is a comprehensive e-book on teenage sleep)
http://www.sleepfoundation.org/article/sleep-topics/teens-and-sleep
MORDIALLOC COLLEGE

ALL BLAZERS REDUCED BY $50!

FOR THE MONTH OF MAY
WHILE STOCKS LAST

Visit Melanie at the On Campus School Shop for fittings and quality service. Phone 9587 0738

Dobson’s Uniform Shop at Mordialloc College
Trading Hours
Monday 8.30 - 11.30
Wednesday 12.30 - 4.00
Situated off the foyer of the School Hall
Telephone: 9587 0738

Please note the Uniform Shop is not open during the school holidays.

Low UV occurs in Victoria between May and August each year. At this time, most people need between two and three hours of midday winter sun exposure spread over a week to help with their vitamin D levels and sun protection is not required. Further information available at www.sunsmart.com.au
Volunteer Board Members Wanted!

Are you a member of the community wanting to give back, maintain your skills whilst at home with children, or gain new skills and experience?

The Aspendale Gardens Community Service Inc ("AGCS") is seeking a number of volunteer board members for our committee. Being a board member provides the opportunity to be part of a leadership team that works towards improving services for our community. It is also a great way to meet new people and develop new skills and experience.

We are looking for volunteers from across our community, and would especially like to see members become involved in development, marketing, information technology and/or general duties.

Sub-committee members or general volunteers are also welcomed. We have a range of exciting new programs underway and would love new ideas regarding the new Youth Cove, redevelopment of our preschool gardens and community kitchen.

If you are interested in becoming a board member or would like further information, please contact our office or email enquiries@agcsinc.org.au.

We look forward to hearing from you!!!