



THE MOUNT ROWAN MAIL

PRIDE • RESPECT • EXCELLENCE

Friday August 5, 2022 Issue No. 5

PRINCIPAL'S REPORT

Dear Parents, Guardians, Students and the MRSC Community,

Welcome back to term 3. The term has got off to a busy start. We are well underway with our planning for 2023. Our future year 7s have been contacted and offered places for our school. We will be starting transition programs in September in the lead up to the major transition day in December.

Year 8, 9, 10 and 11 students have received information regarding subject choices for 2023. It is quite an exciting time when students get to choose their subjects for the following year. Current Year 8s get to choose 4 electives for Year 9 next year and Year 10 students get to choose 8 subjects for 2023. My advice for choosing subjects is to work out interest areas, consider future career pathways and which subjects suit certain careers and if you are not sure about a career, then keep your options wide open by choosing a broad range of subjects. This will expose you to many ideas and subjects for you to consider. If students are needing support, they can see Dave Allen for year 10 course information and above and Rick Andrews for year 9 course selection.

And current year 10 students are making choices about their pathway in year 11. They can choose between VCE subjects and Vocational Major subjects. VM/Vocational Major is in place of VCAL (Victorian Certificate of Applied Learning) and is part of the change in how senior students can choose options for their future. VCAA, Victorian Curriculum and Assessment Authority have been working on a Senior School Reform and it becomes live in 2023. Our current VCAL students and year 10 students who are interested in this pathway stream have been informed and are being supported to make choices. If you are a current year 10 student and wish to find out more about the changes, please contact Dave Allen.

We have had some staff changes this semester with some staff leaving. With pressure on recruitment at the moment, we have needed to take out some classes from the timetable. One year 10 elective has been removed along with one year 9 elective and one year 9 Core class. All students have been informed and moved into another class. Thank you to those students who have accepted this change, which they were not expecting. It is always a last resort option to do this.

We are farewelling Balwinder Kaur. Balwinder and her family are moving interstate to continue her teaching career. Balwinder joined us in 2007 and has seen the school grow and change quite a lot in this time. I thank Balwinder for her commitment to our school over the past 15 years and I hope her next chapter is joyous and rewarding.

I am excited to be working with B2 Architects on the new building project. Brent from B2 has worked with us before on the first 2 stages of our new build. It is great to work with him and his team again. They know our school and I look forward to seeing their ideas for our next Wing. Once I get designs coming through, I will share with the community and ask for consultation.

Dates for your diary:

Subject choices due: Friday August 12th
VET applications close: Tuesday August 16th
Friday August 19th 2022: student free day
GAT: Wednesday September 7th

Ms Seona Murnane
Principal



Take care and enjoy the sunshine



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ASSISTANT PRINCIPAL'S REPORT

Term three is well under way, with the majority of students settling back into school. Our Year 9 & 10 students will have started new electives for Semester Two, so hopefully they are enjoying their learning. Our current Year 8–10 students will be learning more about the 2023 electives and senior school subject choices over the next week. This will include the students having to complete subject selections for 2023. Please keep an eye out and have conversations with your child at home about the process.

School Uniform

With the colder weather upon us, please make sure your child has a jumper or school jacket. Other items can be worn under their school uniform to keep them warm - these items must not be visible. **If students are wearing non school jackets/jumpers, they will be asked to either take them off or borrow a jacket from the office from now on.** Tracksuit pants are also **not** part of the school uniform. Please ensure that your child is **not** wearing them and they are either wearing school pants or their school shorts. We know it is cold, however families have had ample time to be prepared for the Ballarat colder weather. Please speak with your child/ren about this and support them to be in the correct school uniform.

If you have any questions in regard to this or you need support getting a school jacket, please feel free to contact the General Office on 5336 7804. There are still a few students who are choosing to wear their sports uniform for the whole school day. Students are only to wear their sports uniform if they are doing either Sport or Physical Education. Over the last three weeks of term, Heads of House may issue After School Detention for students who are regularly out of uniform without permission.

Mobile phones, Air pods and Technology at school

Just a reminder to all families about the Mount Rowan Secondary College electronic device policy. If students are seen with phones, air pods or any other electrical devices between 8:55am and 3:15pm, they will be asked to take them to the office. They are locked away in the office and can be collected by the student at the end of the school day. If a student refuses to take them to the office, they will be suspended for the following school day. Please speak to and remind your child of our school's expectations around technology.

Before and After School

We are noticing that there are a number of students arriving at school very early and also hanging around school well after 3.15pm. Just a reminder that staff are not on supervision until 8.30am each morning, so if your child is getting to school prior to this time, they are unsupervised. If your child walks home from school each day, please encourage them to promptly walk home as we are noticing a large number of students waiting with Bus travellers. This makes supervision difficult for the bus duty staff member.

Bus travellers need to also ensure that they are waiting for their buses on the grass area or seating near Gym/Music. Friday is the only day bus travelling students can go to the shop, but they must speak with staff member on duty prior to leaving. During cold weather, the staff member on Bus duty will open the music room.

Thank You for your support

Nick Stephen
Assistant Principal



LINK UP PROGRAM

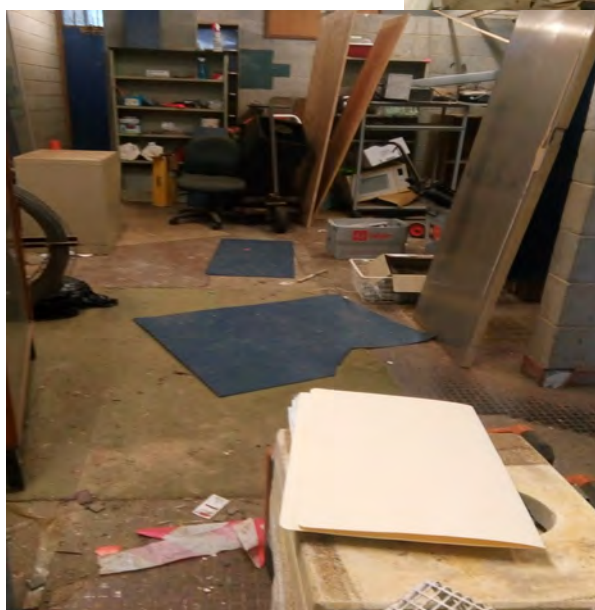
Hands on Learning has begun!

The attending students were highly motivated and have made an amazing start cleaning up the space we have been allocated - one of the college's original P.E. change-rooms. This space will be re-fitted by the students to become a new classroom and workshop. Once completed, projects will expand to other areas of the school and within the wider community.



Hands on Learning intends to increase student engagement and enjoyment of school through giving each individual a place to belong, people to belong to, real things to do and a chance to give back.

Representatives from Bunnings - Louise (Activities Organiser) and Jeremy (Trade Specialist) visited with donations of safety equipment, cleaning gear and hi-vis clothing. We're very grateful for Bunnings support.



SCHOOL NURSE

Head Lice Notification

Dear families

We have a confirmed case of live headlice at the school, can you please assist us by checking your children's hair and treating if you identify lice. Here is a link for further information about how to treat headlice: <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/head-lice-nits>

- Primary responsibility for the control of head lice lies with individuals, families, and public health experts. However, schools can assist with controlling and preventing head lice.
- When a student is identified with live head lice, schools must provide the student with a note to take home to inform their parent/carer that their child has head lice and exclude the student from school until after treatment has commenced.

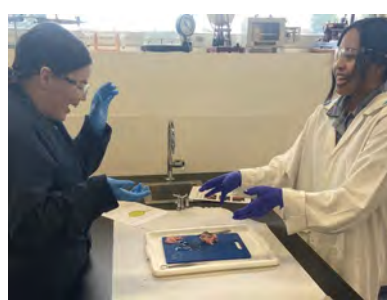
Ange Dean
School Nurse



SCIENCE

At the end of Term 2, students in Mrs. Braebairn's Year 8 Science class dissected cow's eyes to investigate how the human eye works. This task was not for the faint hearted: although 8B were eager and willing to "hack" into it.

What did the right eye say to the left eye? "Between you and me, there's something that smells."



CALENDAR

Monday 8 August

Monday 8 August—12 August

Wednesday 17 August

Friday 19 August

Wednesday 31 August—2 September

Wednesday 7 September—9 September

World Indigenous People Day

Outdoor Ed Rubicon Camp

School Council meeting

Pupil Free Day

Year 9 Melbourne Experience Camp

Year 10 Melbourne Experience Camp





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CAREERS AND PATHWAYS

UNIVERSITY & TAFE OPEN DAYS 2022 - CAMPUS TOURS AND 'VIRTUAL' OPEN DAYS

Open Days are an important part of the pathway and career planning for Year 10, 11 and 12 students and families.

University and TAFE campuses are putting together their Open Days for 2022 which are starting in the next few weeks. Please access the link below, published on the VTAC Website, for Campus based and 'Virtual' Open Days and Campus Tours announced so far for Victoria. Using University and TAFE's websites directly is also an important tool here:

<https://www.vtac.edu.au/opensdays.html>

For students considering interstate options, please refer directly to University and TAFE websites and talk to Ms Hope.

Please ask if you have any questions about Open Days and Tours for 2022.

Sharon.hope@education.vic.gov.au



Sharon Hope
Careers Practitioner

sharon.hope@education.vic.gov.au

5336 7804



Harrison Murphy
Careers

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TELL US HOW YOU FIND AND USE HEALTH INFORMATION



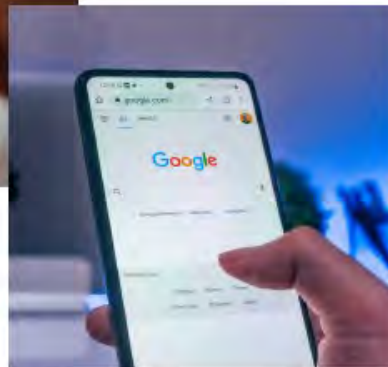
phn
WESTERN VICTORIA
An Australian Government Initiative



**We want to make digital
health better for you**

Are you:

- Living in Western Victoria
- Over 18?



Scan the QR code to
share your views

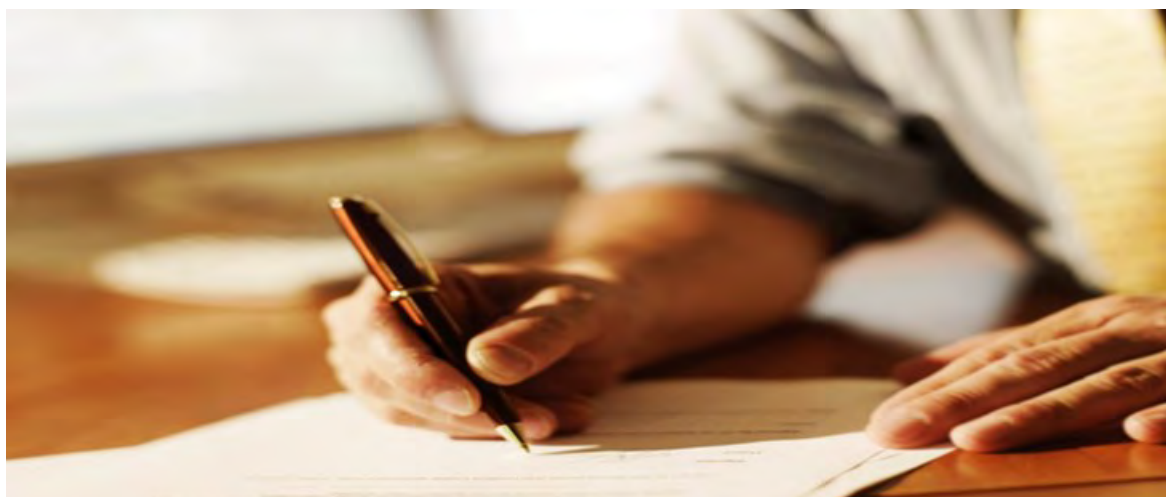


Contact the project team at digital.literacy@deakin.edu.au
for more information

This study has received Deakin University ethics approval (ID 114-2022). V2_07.7.22

NEED A DOCUMENT SIGNED BY A JP?

A visiting Justice of the Peace (JP) will be available at Wendouree Neighbourhood Centre (12-14 Violet Grove, Wendouree) to sign documents every Wednesday between 12:00PM and 1:30PM. This is a FREE service. No appointment needed, just walk in! For enquiries, please call us on 5303 0507.



Treating and controlling headlice

health

While children are at school many families will have contact with head lice. The information contained here will help you treat and control head lice.

Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

Finding head lice

Many lice do not cause an itch, so you have to **look carefully to find them**.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

- Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2** Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4** Look on the tissue and on the comb for lice and eggs.
- Step 5** Repeat the combing for every part of the head at least four or five times.

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.

Testing resistance

Head lice products belong in one of the following categories depending on the active compound they contain:

- pyrethrins
- synthetic pyrethroids (permethrin, bioallethrin)
- organophosphates (maldison or malathion)
- herbal with or without natural (non-chemical) pyrethrins.

Insecticide resistance is common, so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice may be resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

Head lice combs

Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, however, any head lice comb can be used.

Head lice eggs

Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails.



Dead eggs have crumpled sides and hatched eggs look like tiny boiled eggs with their tops cut off.

Regulations

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school or children's service centres after treatment has commenced.

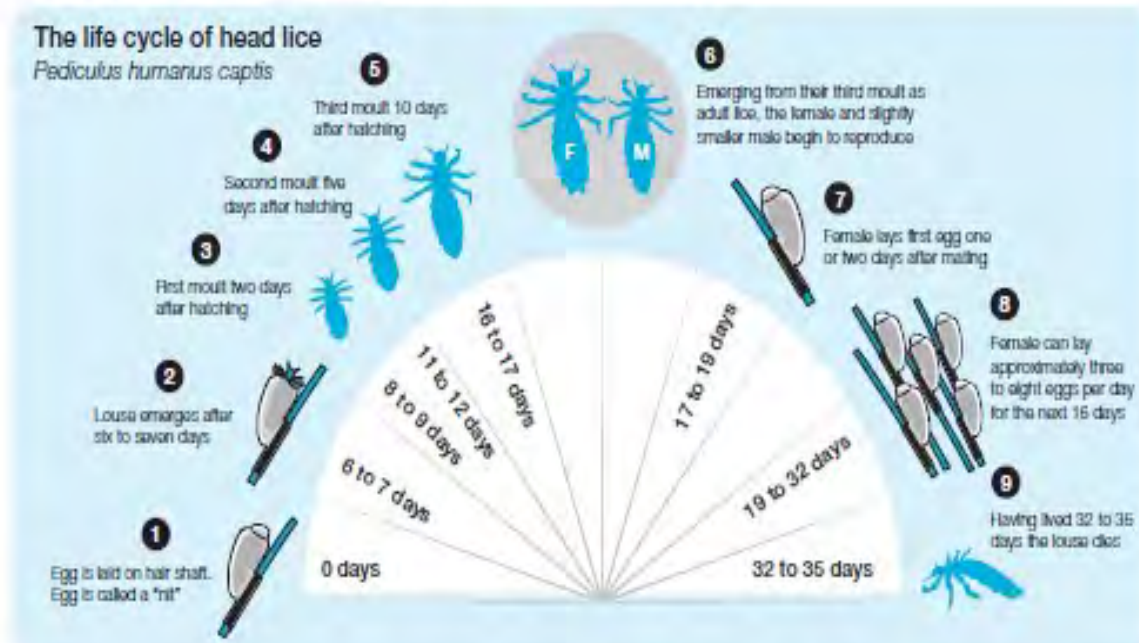
The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

Preventing head lice

Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

Further information

The following website offers further information:
www.health.vic.gov.au/headlice



The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Speare and the team of researchers at, School of Public Health and Tropical Medicine, James Cook University.

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Qld.
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