



Friday March 24, 2023 Issue No. 2

PRINCIPAL'S REPORT

Dear Mount Rowan School Community,

We seem to be having 4 seasons in one day at the moment. In regard to the weather and your child being most comfortable at school in their uniform, please discuss with them about keeping warm, dry and being able to cool off. Each day I see a range of uniforms and sometimes student look too hot and/or too cold.

In regard to students remaining warm, please make sure they are dressing for the weather with school uniform items only – that can be seen. Hoodies are not allowed at school. If students are cold, they can wear a long sleeve top under their school jumper or jacket. This week there was a thunderstorm during recess time and many students got wet as they did not follow direction to stay under cover or inside – please talk with your child about staying dry so that when they return to the classroom for learning, they are well prepared and focused.

On Thursday March 30th we are running our Parent/Teacher/Student Conversations. PTSCs. PTSCs give students a chance to speak with their teacher and parent/guardian at the same time about how school is going for them this year. PTSCs also give parents and guardians an opportunity to meet their Child/rens teacher/s and hear about how they are progressing or how we can all work together to support each child's learning. Bookings for PTSCs can be made via Compass or via the front office. PTSCs are an important milestone throughout each student's education as we can share the positives, areas for growth together and make great connections for each student as their family has an opportunity to directly communicate with your child's teachers. **Please make the most of this opportunity.**

NAPLAN has been running at the moment and I THANK all of the year 7 and 9 students for their participation and patience. At times technology tested our skills, yet with perseverance we got there with administering all of the tests. Some catch up sessions are still running. Thank-you to our new Assistant Principal, Katrina Pace for running NAPLAN and thank-you to Chris Quick for Administration support and the many staff who supervised sessions and supported students to be ready and do their best for each test. I look forward to seeing our results.

You may be aware that every four years, schools undertake a School Review Process. We are half way through ours. It has been exciting to reflect on our last four years, share highlights and read over data to measure our success in the classroom and within our whole school community. Student conversations have been insightful. On Tuesday March 28th there is an opportunity for Parents and Guardians to contribute to the school review. If you wish to join a parent focus group – please call the office on 5336 7804 to book into the 9am session or the one at 2.30pm.

We have quite a few calendar dates coming up, please add this to your diary:

- Thursday March 30th PTSCs – no classes run on this day
- Friday March 31st School Aths Carnival at Llanberris
– parents and guardians are welcome to attend
- Thursday April 6th Last day of term 1 – students finish at 2.30pm
- Friday April 7th Good Friday – public holiday
- Monday April 24th First day back for term 2
- Tuesday April 25th ANZAC Day – public holiday

**Ms Seona Murnane
Principal**



Thanks and take care



THE MOUNT ROWAN MAIL

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ASSISTANT PRINCIPAL'S REPORT

What a busy start to the school Year! We are heading towards the finish line of Term 1 and it has been a very busy Term 1 with Year 7 and 12 Camps, Swimming Sports and upcoming Athletics Carnival and NAPLAN for Year 7 and 9 students!

School Uniform

At present we have a number of students out of uniform with either incorrect socks/shoes or wearing their Sport uniform when they don't even have sport. Over the next two weeks, the Heads of House will be making phone calls home to discuss these uniform items and may be issuing After School Detentions to students who are in the incorrect uniform without a note explaining it from a parent/guardian. With the weather starting to cool down, it is important to understand that students are not to wear non-uniform jumpers and jackets.

If students are wearing non-uniform jumpers and jackets, they will be asked to take them off and place in their lockers. Please speak with your child/ren about this and support them to be in the correct school uniform ready to attend school.

If you have any questions in regard to this, please feel free to contact me on 5336 7804.

Missed Learning

There are a small number of students who are skipping some classes and this is really impacting on their ability to achieve success in that subject. If students are caught out of class or skipping class, a staff member will organise an After School Detention to catch up on the missed learning.

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 travelers. This makes supervision difficult for the bus duty staff member.

Bus travelers 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.

Assessment Tasks

Many subjects have now got Assessment Task 1 due. If students have not submitted their AT1, they will have their name added to the Homework Lunch list for them to complete their task during either Tuesday or Thursday lunchtimes. Please speak with your child/ren and ask if they have any overdue tasks and ensure that they submit these tasks with their classroom teachers.

Parent Teacher Student Conversations are taking place next Thursday 30th March and this provides parents/guardians an opportunity to speak with teachers about your child's progress.



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ASSISTANT PRINCIPAL'S REPORT (Cont'd)

Lunchtime Activities / Clubs

Currently staff are creating and providing extra activities/clubs during lunch breaks. These activities have started over the last week and students can join these activities/clubs by speaking with the relevant teacher. It would be great to see as many students involved in these extra-curricular activities as we can!

Take care,

Nick Stephen
Assistant Principal



WORLD SLEEP DAY

World Sleep Day (was last week but it's always a good time to promote good sleep habits!)

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about 12% of primary school-aged children, a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for primary school-aged children is 9 to 11 hours. For teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- low mood and irritability during social interactions
- reluctance or arguing about getting off devices and going to bed
- falling asleep during the day
- difficulties waking up for school and sleeping in late on weekends to catch up
- changes to communicating or interacting at home.

You can help your child to improve their sleep by:

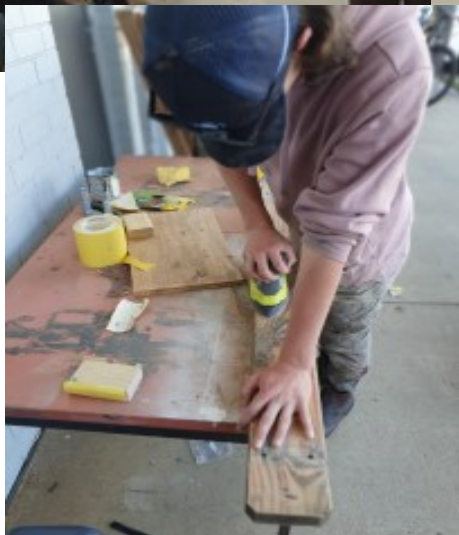
- establishing a regular sleep pattern and consistent bedtime routine
- supporting them to avoid using electronic devices such as smartphones before going to bed and in bed
- encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep
- encouraging them to wind down and relax before going to bed.

If your child is still having trouble sleeping, has persistent problems with low mood, excessive daytime sleepiness, restlessness in bed, severe snoring or wakening unrefreshed, despite getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to: Better Health Channel

HANDS ON LEARNING PROGRAM

We are currently working on a Herringbone table, painting murals on the wall, making home-made pizzas and pencil holders



CALENDAR

Thursday 30 March
 Monday 27—31 March
 Friday 31 March
 Thursday 6 April
 Friday 7 April
 Monday 24 April
 Tuesday 25 April

PTSC—no student classes
 Year 10 Work Experience
 School Athletics Carnival/Llanberris
 Last day of Term 1—students finish 2.30pm
 Easter (Good Friday)
 First day of Term 2
 Anzac Day—Public Holiday



WELLBEING TEAM

R- routine
 E – exercise/experience.
 S – sustainability (food and expectations)
 T – time management



Develop a Routine

A routine gives stability and predictability to everyday life. Teens need this – we all do! Here’s an example.

- **4pm** Arrive home from school
 - Unpack school bag
 - Wind down activity e.g. Sport, video games, reading, listening to music
- **5:30pm** Help with dinner prep
- **6pm** Dinner with family at the table
- **6:30pm** Help your family with the dishes
 - Complete outstanding homework/home duties
- **8:30pm** Pre-bed routine
 - Bath or shower to help relax your muscles ready for bed
 - Recharge electronics away from the bedroom
 - Get uniform ready for tomorrow
- **9pm** Bedtime. Actually get in to bed.
 - Set alarm for tomorrow
 - Read/listen to calming music/meditate
- **9.30pm** Settle in for sleep.



Develop Safe Exercises and Experiences

Scheduled movement and activities can put a positive touch on the day.

- Go for a nice walk before or after dinner
- Play a team sport
- Arrange a weekend hike or outdoor experience
- Join in local youth activities being run by Council.

Create Sustainable Meals and Expectations

Eating a variety of different foods has a positive impact on your brain’s ability to problem-solve, sleep well and learn. And setting realistic expectations of ourselves helps us feel a sense of accomplishment when we achieve.

- Eating three meals a day at a minimum will help with healthy brain development. Feeding your belly feeds your brain. A happy brain creates a happy you!
- For increased energy aim for fresh produce like fruits and vegetables. Great for sleep and positive mental health.
- Remember if it has grown from the ground or been alive at some point it’s a sustainable food resource.

Manage Your Time Effectively

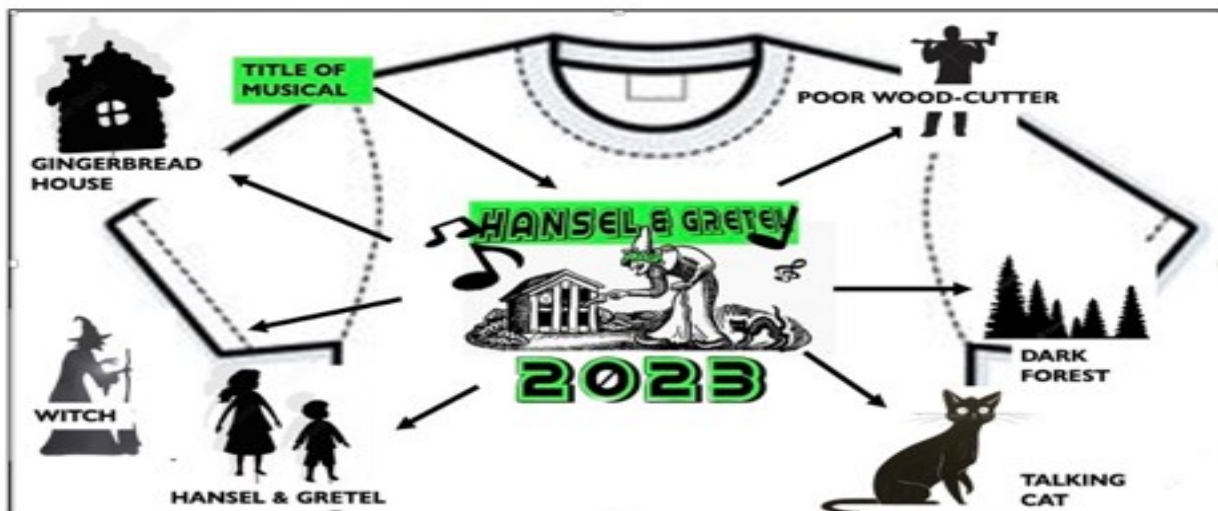
Developing time management skills takes time to master but it’s worth it.

- Write and prioritise a daily ‘To Do’ list to reduce stress
- Allocate certain times and deadlines to increase your motivation.

SCHOOL MUSICAL

Rehearsals for our school musical Hansel and Gretel have begun and we are running a school musical logo competition for the design to go on our t-shirts and posters! Enter your design by end of Term 1!

2023 MOUNT ROWAN SCHOOL MUSICAL LOGO COMPETITION !



HELLO MOUNT ROWAN STUDENTS - WILL **YOU** TAKE ON THIS YEAR'S MUSICAL **LOGO** DESIGN CHALLENGE?

THE 2023 MUSICAL IS **HANSEL & GRETEL** – BASED ON THE FAMOUS GERMAN FOLKTALE.

THE SCHOOL NEED YOU TO DESIGN A COOL LOGO TO GO ON THE T-SHIRT FOR CAST, CREW & FANS. THE WINNING FILE WILL BE DECIDED BY MR ALLEN THE END OF TERM 1 .

SEE MR CONQUEST IN THE ART / TECH WING IF YOU ARE INTERESTED !! **GOOD LUCK** 😊

EASTER RAFFLE

MRSC EASTER



RAFFLE

Raffle drawn on April 6
at end of term
assembly

Raising money for the Kids
Helpline



1st Prize: 10kg block of chocolate
2nd Prize – Easter Hamper
3rd Prize – Easter Hamper
Plus many more hampers to win!
50c per ticket or 3 for \$1

kidshelpline
Anytime | Any Reason



CAREERS

HEADSTART APPRENTICESHIPS AND TRAINEESHIPS

Roadmap To Success

February 2023 Edition

**Sign
ups**



Lachlan Gaynor
Cert III in Cabinet Making
Started 23/11/2022
Cutting Edge Joinery



Wesley Kerr
Cert III in Light Mechanic
Started 29/11/2022
MyCar



Vaughan Van Berkel
Cert III in Engineering -
Fabrication
Started 28/02/23
Ballarat Isuzu

Head Start would like to congratulate these students on successfully getting a School Based Apprenticeship/Traineeship

Group chat

Danielle met with Year 10 Students for a pre work experience talk with Nick Steven

Upcoming Events

Trades Fit - Young Women
in Trades & Tech Expo
May 10 & 11
Melbourne Convention
Centre

2 students completed
Work
Experience/Trails



2 were successful in
getting an
Apprenticeship or
Traineeship



If you or your child would like to learn more about HeadStart, please contact Danielle Freckleton Coordinator
0427 316 423 or E: danielle.freckleton@education.vic.gov.au

MRSC
Sign ups
30



Want \$500 to help you with school costs?



Saver Plus pairs you with a savings coach so you can learn tips, tricks and information to grow your budgeting and saving skills. You save for 10 months, then ANZ matches your savings dollar-for-dollar up to \$500.

We'll talk about how it all works, plus who is eligible and how to join.

MEETING DETAILS

- **Thu March 23rd 2023:**
10am - 10:30am (AEDT)
10:30am - 11am (AEDT)
- **Wed April 5th 2023:**
10am - 10:30am (AEDT)
10:30am - 11am (AEDT)

Zoom Meeting Link:

[https://bsl.zoom.us/j/68016074995?](https://bsl.zoom.us/j/68016074995?pwd=K2d4dWI4WjRmbGRlRng0NGhoVWVWZz09)

[pwd=K2d4dWI4WjRmbGRlRng0NGhoVWVWZz09](https://bsl.zoom.us/j/68016074995?pwd=K2d4dWI4WjRmbGRlRng0NGhoVWVWZz09)

P a s s c o d e : 027166

KEY ELIGIBILITY CRITERIA TO JOIN SAVER PLUS

- ✓ Have a current health care card OR pensioner concession card
- ✓ Have a child in school OR be studying yourself
- ✓ Have regular income from work (yourself OR your partner)



RSVP

[Scan the QR code or click the link below to register](https://forms.office.com/r/N8isUYmGfC)

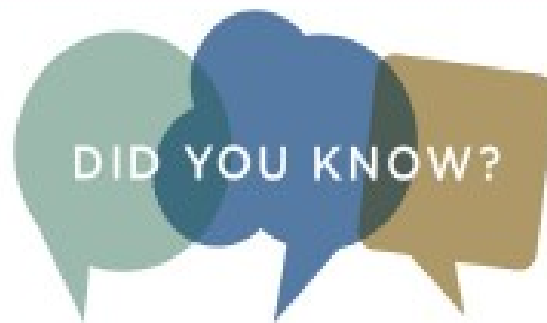
<https://forms.office.com/r/N8isUYmGfC>

[SAVERPLUS.ORG.AU](https://saverplus.org.au)

1300 610 355

EnquiriesSP@bsl.org.au

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ.



- Some elective classes incur fees
- Laptops purchased in 2021 and 2022 should have been paid by now
- Payment plans are easy to set up
- Bpay details are at the bottom of statements
- Credit card and cash are accepted at the office

At the start of the year your child would have received a pack full of information about compass logins, financial statements and student details. It also had the fees for each year level on a coloured sheet. If you need any of this information please contact the office.

For those who are paying off their accounts **THANK YOU** very much.

If you paid \$10 per week for the school year (40 weeks) you would have paid off a pair of apple air pods, or a Katmandu puffer jacket! So if there is anything outstanding on your statement please talk to the office to organise a payment plan. It is easy and you will not believe that \$10 per week can make a difference.