

THE



TERM THREE ISSUE TWELVE

10TH AUGUST 2017

NEWSLETTER



DATES TO REMEMBER

14th August, 2017

Whole College Assembly
Year Seven ACARA Assessment
Middle School Smiling Minds 8:30am

15th August, 2017

VTAC Information Session – Year Twelve students (6:30pm-8:00pm) Minaret College
Year Nine ACARA Assessment
Collingwood FC Program
St Kilda Lunch Clinic
Avo-Cardio / 8:15-8:40am

16th August, 2017

Year Eight Boys Futsal 2018
London Literature London Camp Information Session 4pm
St Kilda Lunch Clinic

17th August, 2017

Year Ten Building Bridges– 4:15-7:30pm
Choir – 2:35-3:30pm
Bachar Houli Cup Year Nine and Ten
Avo-Cardio / 8:15-8:40am

18th August, 2017

STUDENT FREE DAY— Curriculum Day

21st August, 2017

Middle School Smiling Minds 8:30am

22nd August, 2017

Anne E. Stewart Incursion – Year Six-Nine
Avo-Cardio / 8:15-8:40am

23rd August, 2017

Choir – 11:45-12:40pm
Chinese Visitors
MS Bahasa Melayu 3:45pm to 4:30pm

24th August, 2017

Avo-Cardio / 8:15-8:40am

25th August, 2017

10D – Creating Change Programme

MESSAGE FROM THE PRINCIPAL

Dear Parents/Guardians,

‘Arriving late is a way of saying that your time is more valuable than the time of the person who waited for you.’ Karen Joy Fowler.

Lateness to School

When students arrive late to school, it is disturbing to all concerned. It is also disrespectful to the teacher who is waiting to start the class or has already started the class. It causes a distraction, and prevents a smooth flow to the lesson on hand. We request that you make a concerted effort to bring your children to school on time.

We must congratulate the Year Five/Six girls soccer teams on their winning to zone finals and becoming runners ups in the District finals. Well done to the Coach and all the players.

Recently, the Foundation students celebrated one hundred (100) days of schooling; I was delighted to be invited to their celebrations.

The official **Sod Turning** ceremony for the VCE and Science Centre will be held on Monday 14th August, 2017. The special guest is the Hon. Martin Pakula, the member for Keysborough.

Ian Mckenzie
Principal

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Congratulations to Alara Corut (5K) for displaying excellent etiquette and always praying sensibly in the mosque.



Julie Parker:

ASSISTANT PRINCIPAL

ACADEMIC AND INNOVATION

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Motivation into Habits

Motivation gets you started with a task but it is the habit that keeps you going. This chapter will look at how to help your child form good habits which will be great for them and their future plus will also help you by not needing to remind them often! In fact you will be able to fade into the background and just be there in the background.

A habit is a behaviour that occurs automatically because it has been performed frequently in the past. The act of repetition creates a link between the situation and the action – almost like we can't help ourselves from doing things that way. A key to knowing if a habit is truly embedded into our way of life is that we do it almost without thought. Therefore our aim is for your child to do their homework immediately after dinner [if that is your preferred time] without thinking!

If we spend time forming good habits then the habits will help to form us into better people.

The basic way of creating a habit is repetition, repeating the same action in the same situation. The more aspects of homework that can be repeated the greater the influence in the forming of the habit. So make the experience the same in as many ways as possible.

Let's say your preferred time to do homework is straight after dinner, in the study at the desk where the computer is. Set the target of repeating that behaviour for 3 or 4 weeks. Every day carry out the same routine, don't question it, and don't vary it – just do it! Make sure the desk is clear and ready, all the necessary information and materials are to hand and over time you will find that you don't need to remind them – it just happens on automatic pilot. Motivate them to create the habit then they will motivate themselves without even thinking about it.

Written by Nigel Lane. www.nigellane.com.au Used by permission.

Unit 2 Business Management Student Businesses

What was a smash hit with Primary and Secondary school students alike during lunchtime on Tuesday 8th August 2017? Why it was the Bittersweet Candy Skewers and Da Boyz Milkshake stalls of course! Queues for both stalls stretched out for quite some distance, proving the popularity of these treats. Students saw their planning and hard work come to fruition on the day. Well done to all of them for their teamwork



Tim Campbell:

ASSISTANT PRINCIPAL

ADMINISTRATION

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Student Uniform and Personal Presentation

Middle and Senior school students within the College have generally been quite well presented in regards to uniform throughout Week One-Three of this term.

The majority of students from Year Seven-Year Twelve consistently wear their College blazers to and from school as expected. It is important to note that only students who adhere to uniform expectations will be permitted to attend excursions and interschool sports over the course of Term Three.

There are a few other areas where students would benefit from displaying a greater level of attention to the school uniform policy. Please note the following and remember that if a student continually breaches the College uniform policy then action will be taken to correct this as they are not abiding by the College values of respect and responsibility;

- *Students are required to be wearing their Blazer upon arriving at school and also as they leave the College
- *Students are not permitted to wear ankle socks
- *Socks must be plain and navy blue for male students
- *Socks for females should be plain white, black or navy blue. Navy or black plain opaque tights
- *Males must be clean shaven
- *Females are permitted to wear one plain pair of earrings
- *Students' hair should be kept 'neat and tidy'.
- *Winter scarves must be navy blue, black or burgundy
- *Headbands must be plain and either navy blue, black or burgundy.

Junior School students will be receiving increased reminders from the Head of Sub-School and classroom teachers about appropriate accessories to the school uniform and what colours these are permitted to be. All accessories (e.g. winter scarves, rain jackets, gloves) must be plain maroon, navy blue or black. Students are permitted to wear these outdoors but as all the rooms are heated they are expected to remove them in the classroom.

Well done to all of those Mt Hira College students who consistently endeavor to abide by the College uniform policy and expectations.

Year Five Camp

At first, camp was very big and scary, but the further we got into it the more fun it seemed. It was really fun seeing all my friends outside their comfort zones and enjoying themselves. [Muhtasim Khalil](#)

My favourite part of camp was seeing how they melt gold and the colour it becomes when hot. The colours on the candles looked really cool and were fun to make. It was awesome to find a piece of gold at Sovereign



Hill. [El-Tigani Adam](#)

It was really fun. I faced my fears. I got out of my comfort zone and tried all the activities. I found three tiny pieces of gold at Sovereign Hill. I also dripped my lumpy candle and it turned out really good. [Gurnaaz Bajaj](#)

Alana Stone and Kara Hewitt



"Among the most beloved of people to Allah is the one who is most helpful."

"We had an incredible time, it was interesting hearing what the Salvation Army does for others."

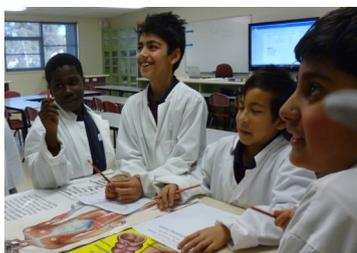
"We made over 1500 quiches for the needy, the kitchen was really big and clean."

"I didn't know that there were organisations that helped people like this, there are so many volunteers."

Year Nine



It was a great pleasure to take part in the annual celebration of the National **Science Week 2017 (THEME - FUTURE EARTH)** at Mount Hira. Varieties of activities were arranged for our Grades Five and Six students in SL2. The students enjoyed the activities and developed more interest in Science. **Ms Waed Haddad.**



STAAR CLUB



This term, the STAAR Club have decided to knit blankets for newborn and premature babies which we will donate to the maternity ward of a hospital.

STAAR Club is a **lunchtime** club running in the **Library POD every Wednesday**. If you are free, come along and support these eager students and their efforts to positively contribute to their community.

Donations of wool and knitting needles are welcome.

Yasemin Savran



Avo-Cardio will be on Tuesdays and Thursdays. It starts at 8.15am and goes until the bell goes. If you do not see us outside, come to Miss. Stone's Year Five classroom as we will be dancing instead. Make sure you come to avo-cardio, it is good egg-cerise. Well done to Aldin Porcic for being the first person to achieve twenty laps.

Hafiy Tiu

Lamont Book Fair!

August 28th-
September 1st



How can parents help during stressful assessment times?

The second semester often heralds blocks of examinations or assessments for students. Some children cope well with the pressure and stress while others find it overwhelming. Encourage children to start their preparation for examinations and assessments early, in particular their study notes. If your child has examination blocks this semester, these tips will help you provide the support they need.

1. Lifestyle makes a big difference to results: healthy eating, lots of water, lots of sleep, exercise and time for relaxation are essential. Make sure children are eating as healthily as possible. Provide healthy snacks and drinks and healthy meals. It is important that children look after their health during this period as stress can take a huge toll on the body. A nutritious diet and a bit of exercise not only help students think more effectively, but will help them deal with stress as well. Some children will try and sacrifice sleep during this time, remind them that the last stage of memory takes place while children are sleeping.
2. Ask children what they need from you and what you can do. Offer to help with revision, to go and buy any books or stationery needed. Be their personal assistant and help with exam timetables, preparation, lunches etc. Many children find it helpful if their parent tests them on the material they need to memorise.
3. Focus on a positive outlook and personal best: encourage children to be proud of their successes and what they achieve and constantly assure them that all you want is for them to do the best they can and walk away feeling proud of their efforts this year. Praise the effort they put into their study. Avoid criticism and negativity. Remember there are always multiple paths in life for your child to get to where they want to go.
4. Keep communication lines open. Listen. See if you can have a weekly meeting to give children a chance to talk through where they are with each subject and what is going on and if they are having any difficulties. Remember that you are the convenient target for anger (that isn't really directed at you) but you also might be a good shoulder to cry on. Seek professional help if you feel your child is not coping and needs it.
5. If children are stressed or worried, first let them vent, then talk together ways they could approach their issues. Who could they talk to at school on ways to improve or ways to manage their stress? What outside resources do they have? What is it they feel most anxious about? Is there specific help they need? What can parents do to help?

Studyskills.com

Mr Andrew Stock

Head of Middle School (Year Six to Year Nine)

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The Year One students are celebrating their love for our planet by designing a poster and displaying pictures and messages to promote a healthy future Earth. Please take the time to walk through out Junior corridor and view all the Science week posters created by the Junior School students.



Ms Ashley Beardsley

Head of Junior School (Foundation to Year Five)

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On Thursday 3rd August was the Foundation student's 100th day of school. They celebrated in style and spent the day doing '100' themed activities. Our students have achieved so much in the last 100 days and Mt Hira College is so proud of them. Congratulations to all of our Foundation students.

