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## FROM THE PRINCIPAL

We certainly have much to report at this midpoint of term two. We are in the middle of transitioning all our students back to face to face learning. Next week all year 8 and 9 students will be back in school, with the majority of our year 7-12 students returned. With this news we would like to acknowledge what has been a challenging period for our families and students, and I thank you for your continued support of our staff and school. Teachers have resumed teaching from their classrooms from Monday 18 May, with some adjustments for a small number of staff who, due to health or unique circumstances, require a continuation of working remotely. MCSS will endeavour to provide students with an effective learning experience whether the students are working with teachers in the classroom or at home. We understand that there will be some students from our school community whose vulnerability may require a continuation of learning remotely.

We are focused on maintaining the best possible hygiene standards for staff and students, consistent with the broad health advice. Even though the risk is less for students, we have been encouraging everyone to uphold community standards in the high school and college environment. We have been working to ensure that we have enough hand sanitiser and soap and we have increased our cleaning regime at the school. We have also established signage to strengthen the culture of shared responsibility for good hygiene. These reinforce the message that basic hygiene, including good hand and respiratory hygiene measures, remain an effective way to prevent the spread of COVID-19.

This week we celebrate **National Reconciliation Week** from 27 May, celebrating the anniversary of the 1967 Referendum. It ends on 3 June, which is Mabo Day, commemorating the 1992 High Court decision in debunking the concept of terra nullius and recognising Aboriginal and Torres Strait Islander peoples' connections and rights to the land. The theme for this year is '**In this together**' which has turned out to be a fitting theme for 2020. The theme reinforces that we have to collectively build relationships and celebrate our shared histories, cultures, achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. It is about building mutual respect, understanding and shaping a better future for all Australians.

Current restrictions on gatherings mean the **Open Nights at the College and the High School Campuses** will not proceed as normally scheduled in term two. Please visit our website <http://www.mcss.act.edu.au/> and click on **Enrolment** to learn all about the exciting opportunities being offered at Melba Copland Secondary School in 2021. Uncover what students are learning, achieving and developing as they continue their journey of discovery and academic excellence that is Melba Copland Secondary School.

We are providing an overview of enrolment for 2021 including important dates, documents, photos, videos celebrating the work we do at Melba Copland Secondary School on our website.

For NSW Families, Melba Copland Secondary School is the Priority Enrolment Secondary School for Northern area NSW students. The new policy requires that all prospective Year 7 to 12 students enrol at Melba Copland Secondary School, if they wish to attend an ACT public secondary school.

Success in Year 10 is essential as a foundation for future career and study opportunities. Supporting this, our experienced Transition and Career Officers will continue to work with every Year 10 as they progress to college. Current Year 10 students will soon be advised of the schedule for Year 11 2021 course selection interviews with parents and carers. Invitations and communication will be coordinated early in July.

I encourage you to take the time to read the articles within this newsletter.

**Jesse Sidhu**

**Principal**



**Book a small group tour of the campuses**

Melba Copland Secondary School are pleased to offer COVID19 compliant tours of the college and high school campuses for prospective students and their parents/guardians. Please complete the information in the attached weblink to book your slot.

<https://sobs.com.au/pt3/parent.php?schoolid=588>

## Enrolments for the 2021

Enrolments for the 2021 school year are open; for all applications received by COB 5 June 2020, families will receive an offer from 27 July 2020. Applications made after 5 June will receive their offers later in the year; More information and the online enrolment form are available at: [www.education.act.gov.au/public-school-life/enrolling-in-a-public-school](http://www.education.act.gov.au/public-school-life/enrolling-in-a-public-school)



*Jesse Sidhu*

Principal



*Lee Pietrukowski*

Associate Principal



*Ado Di Crescenzo*

Associate Principal



*Gai Britt*

Associate Principal

## IMPORTANT DATES

### Monday 1 June 2020

- Public Holiday - Reconciliation Day

### Wednesday 3 and Thursday 4 June

- Book a small group tour of the campuses for prospective students at <https://sobs.com.au/pt3/parent.php?schoolid=588>

### Monday 8 June

- Public Holiday - Queens Birthday

### Wednesday 10 and Thursday 11 June

- Book a small group tour of the campuses for prospective students at <https://sobs.com.au/pt3/parent.php?schoolid=588>

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## Cancelled Competitions and Excursions

A quick reminder to all families who received an email regarding a refund or credit for competitions or excursions that were cancelled due to the current COVID-19 situation (Competitions-CAT, AMC, Australian History, Excursions-French Film Festival, CSU Explore Day, Girls and Boys SSACT Basketball). If you haven't return the refund form or notified the school that you wish to use the funds as a credit can you please do so before the end of week 7. If you made a payment towards any of the cancelled competitions and excursions but have not received an email regarding a refund or credit can you please contact the school via email to [mcss.bursar@ed.act.edu.au](mailto:mcss.bursar@ed.act.edu.au)

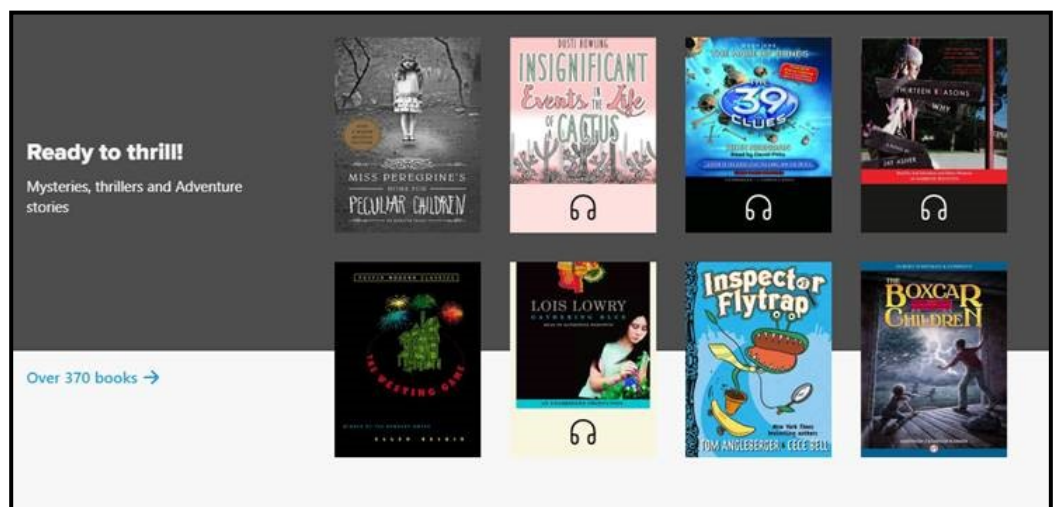
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## High School Library

The High School Library is offering a variety of ways to access books during the transition period of schooling. Students can access the large eBook and audiobook collection through Oliver on Backpack, but we highly recommend using the Sora app at [sorapp.com](http://sorapp.com) and selecting the ACT Education Directorate. Sora offers an enhanced digital book browsing experience, and new collections have been added to make it easier to find books on a particular topic or genre.

Students who are still working from home can request physical books through the reservation feature on Oliver. When the books are ready students will be emailed and the books will be available at the Front Office for collection. We have lots of wonderful new books and recent returns displayed on the front page of Oliver.

### HS Library Staff



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### MCSS Mission

**“MCSS fosters a supportive environment of respect, trust and intercultural understanding. Each student is encouraged and challenged to learn, grow and accomplish personal, academic, social and vocational excellence.”**

# College Library

Welcome back to school after the Covid – 19 lockdown, it is good to be back.

Some students tell me they have been enjoying reading more fiction while staying at home for two months. At the college library we have a long list of new fiction books for you. Come on over and browse through our collection or read your choice online.

## Sign in for Soraapp.com to borrow books online

Our readers can now borrow online using the **Sora app**. How? Go to **soraapp.com** on your computer or smart phone. In Sora, in **Find My School** enter the set-up code **ACT Education Directorate**, then sign in using our school name, your student id and password. Next, go to the explore- tab to start browsing. You have a huge choice of titles, both e-books as well as audiobooks! If you need help getting started with Sora, our library staff are here to help.

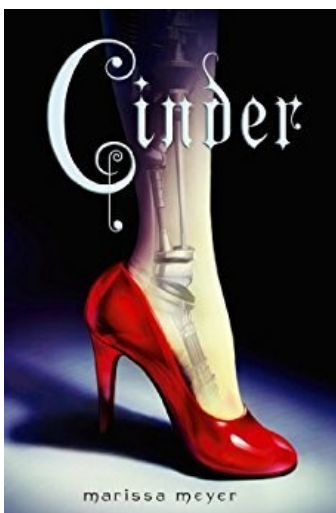
## Marissa Meyer's The Lunar Chronicles is a recommended read

We have some good Marissa Meyer books to lend you at our college library. A book written for these Covid -19 times is Marissa Meyer's *Cinder*, Book 1 of 4 in the Lunar Chronicles. In this series, each book is built around a sci-fi twist on an old fairy tale, and *Cinder* is the story of the Cinderella of the future. She is a cyborg who falls in love with a human prince. The story also involves a deadly plague that is killing the Earth people faster than Covid-19. Cinder must uncover some deep secret about her past in order to protect her world from the Lunar people. Your kind of book? See you soon at the college library.

**Gurdip Malhi, College Teacher Librarian**

## Our college library fiction section

Photo Credit: Peter Hazlewood



Meyer, M 2012, *Cinder*, Puffin Books, London – recommended for you  
Photo Credit: Goodreads.com



# ANZAC

## Commemorative Assembly

Due to the COVID-19 pandemic and social distancing requirements we had to cancel this year's annual ANZAC day commemorative assembly. However, as part of our commemorations we have had a Aleppo pine seedling planted in the garden bed of the carpark to honour the ANZACs and their sacrifice.

The pine is representative of the Gallipoli campaign where the 1st Australian Infantry Division launched a major offensive at Gallipoli on 6 August 1915. The ridges, once covered with the Aleppo pine, had been cleared to provide cover for the Turkish trenches, leaving just one, solitary pine. The area became known as Lone Pine Ridge. After three days of fighting, the Anzacs succeeded in capturing the enemy trenches, but this action cost 2000 Australian soldiers' lives and 7,000 Turkish lives.

Lance Corporal Benjamin Charles Smith collected some pine cones from the branches used to cover the Turkish trenches. He sent the cones home to his mother, in remembrance of his brother Mark, who had died in the fighting. From one of these cones Mrs McMullin sowed several seeds, and successfully raised two seedlings. One was planted in Inverell, and the other was presented to the Australian War Memorial to be planted in the grounds in honour of all the sons who fell at Lone Pine.



### Lest We Forget

At 6am on ANZAC morning out the front of her house in Evatt, Becky Batt, Year 7, played the Last Post on her trumpet, accompanied by the warbling magpie, who seemed only too pleased to join in.

Becky would have played the Last Post at the MCSS ANZAC Day assembly and was proud to represent the school on such an important day. Well done Becky!



# College Academic Update

**All college classes will resume on campus from Monday 18 May.** The decision to return to a face to face routine as soon as possible, was made to best support the learning needs of college students. It is expected that all college students will return on this date and normal absenteeism procedures will be adhered to. We understand that there may be a small number of students who are unable to return to college due to their vulnerability to Covid-19. For those students online learning platforms will still be available and it will be expected that they continue to meet the remote learning expectations around accessing subject content and assessment. Parents whose student is unable to return to college on this date are required to email students services [MCSS.StudentServices@ed.act.edu.au](mailto:MCSS.StudentServices@ed.act.edu.au) outlining the circumstances and provide supporting documentation around their students need for continued remote learning.

Teachers will be working with their classes to assist students to meet their learning and assessment requirements for the semester. College wellbeing teams are focused on ensuring a smooth transition back to college and will be working closely with pastoral care teachers, families and students to support the process with the least disruption as possible. The college is well placed to support students social and emotional needs as well as provide academic guidance through this time of change. Please don't hesitate to contact your students year coordinator to discuss any concerns you may have.

**Ms Noonan**

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## High School Academic Update

During the pupil free period staff attended professional learning sessions in order to adapt and implement online learning opportunities for our students. Our focus during this time has been to ensure students remain connected and engaged in their schooling with their wellbeing needs also being met.

From next term, Parents/Guardians will receive a weekly Learning Plan. The Plan will articulate the subject focus for each week and the tasks students will need to complete during this time.

The Learning Plan is designed for students to maintain a routine and focus through this period. Teachers will be posting new tasks regularly and making themselves available online to answer any questions or concerns your child may have. LSA support will also be available for students who regularly work with these staff members via online platforms.

The main platform for the delivery of learning content and assessment submissions will be via Google Classroom. Students need to review their Google classrooms each week to ensure they are up to date with their subject's requirements. We recommend students leave notifications enabled in order to receive important updates. Staff can be contacted via their school email ([firstname.surname@ed.act.edu.au](mailto:firstname.surname@ed.act.edu.au)) and will be providing times for students to join a video chat to ask any clarifying questions / raise concerns / collaborate with their peers.

It is imperative for students to complete assessment by the due date and participate in their online learning program. Any student who is experiencing difficulty or concerns with their online learning program are encouraged to contact their classroom teacher, or Year Coordinator as soon as anxieties are identified.

**Mr Di Crescenzo**

# MCSS Student Wellbeing team

The MCSS Student Wellbeing team are committed to providing resources and activities for young people during this time of social distancing and isolation. These resources will be shared via Google classrooms and Google hangouts for students and parents.

Here is a list of important Wellbeing contacts

**Year 7 coordinator:** [Ashley.Jones@ed.act.edu.au](mailto:Ashley.Jones@ed.act.edu.au)

**Year 8 coordinator:** [Luke.Parker@ed.act.edu.au](mailto:Luke.Parker@ed.act.edu.au)

**7/8 Student Wellbeing Executive:** [Matthew.Colbran@ed.act.edu.au](mailto:Matthew.Colbran@ed.act.edu.au)

**Year 9 coordinator:** [Belinda.Chapman-Smith@ed.act.edu.au](mailto:Belinda.Chapman-Smith@ed.act.edu.au)

**Year 10 coordinator:** [Kyle.Mitchell@ed.act.edu.au](mailto:Kyle.Mitchell@ed.act.edu.au)

**9/10 Student Wellbeing Executive:** [Drew.Southwell@ed.act.edu.au](mailto:Drew.Southwell@ed.act.edu.au)

**Year 11 Coordinator:** [Barbara.Drummond@ed.act.edu.au](mailto:Barbara.Drummond@ed.act.edu.au)

**Year 12 Coordinator:** [Laura.defalco@ed.act.edu.au](mailto:Laura.defalco@ed.act.edu.au)

**Year 11/12 Student Wellbeing Executive:** [Yasmin.Noonan@ed.act.edu.au](mailto:Yasmin.Noonan@ed.act.edu.au)

If you have any major concerns during this period please contact the relevant Student Wellbeing Executive who will then discuss your concern and provide Wellbeing support.

The Student Wellbeing team would like to thank parents for their understanding of the evolving nature of this global crisis and the ongoing impact on our school community.

Stay safe,

**MCSS Student Wellbeing team**

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## 2019 Workshop Teachers pick up New Skills



Twenty teachers from across Canberra have attended a Tennis for Secondary Schools workshop held at Melba Tennis Club on Tuesday 7 May. 2019. Teachers were able to engage in a range of practical activities that focuses on the delivery of tennis through a modified environment and scaled equipment to support the developmental readiness of all students.

The workshop also allowed teachers to unpack the Tennis for Secondary Schools resource which is aligned to the Australian Curriculum: Health and Physical Education (AC:HPE) and be introduced to key features of the resource including: learning intentions of each lessons, achievement standard(s), scaled challenge points and assessment tool activities.

Mr Hiscocks was quoted saying "Now we are seeing some of the kids actually going down and using the courts, or their families are using the courts because of what we are doing. Our end goal is being met, we want the kids being physically active and through Owen and Tennis Australia that is happening,"



# MCSS Wellbeing

## Bike area

With students returning to classes over the next few weeks the Student Wellbeing team would like to remind all that the MCSS Bike area on the High School Campus is open from 8:40am to 9:00am and opened after school from 3:00pm to 3:10pm. During these times a staff member will be present and support students when required. All students using this area are encouraged to bring a lock to school to secure their bike in the area provided. If you have any further questions please see the Student Wellbeing team.



## Energy Drinks



ACT public schools have had a positive shift in their food and drink culture since the introduction of the ACT Public School Food and Drink Policy in February 2015. Just a reminder to parents/carers and students that Slurpees, soft drinks and energy drinks such as Red Bull, Mother, Monster, V and Rockstar are banned at MCSS. These drinks have been proven to have a negative effect on student health and learning. Students with these drinks at school will have them confiscated.

**For more information please contact the Student Wellbeing team.**

## MCSS Breakfast Club and Snack time

For the remainder of this term Breakfast Club and Snack Time @ MCSS will be postponed till the beginning of term 3. The Wellbeing team are still here to support all students. So if you have forgotten your lunch or might have not packed enough food please come and see the Wellbeing team during break times.



## The Student Voice Forum

Were Back!! Starting in week 7 The Student Voice Team will be meeting weekly to discuss ideas for MCSS and plan events to foster student engagement in the MCSS community. We are interested in hearing from all students about their suggestions for MCSS. Our meetings are always open for anyone to attend. We will be meeting every Wednesday at lunch for the rest of the year. Meetings are held in D2 with Mr Colbran. Come along if you are interested!

## Get involved at Lunch time

MCSS is excited to welcome back Via. Via is the MCSS Youth Worker who promotes and runs wellbeing programs and activities for individuals and small groups. This term Via will be running and supporting programs at lunch time which includes, 3v3 basketball, touch football and art groups.

Monday – Touch on the outside basketball courts

Tuesday – Crafternoon in the Library

Thursday – Art Club in the MCSS Art area

Friday – 3 v 3 Basketball on the outside basketball courts

**For more information please contact the school on 6142 0333 or the Student Wellbeing team.**

## Student Wellbeing Programs

Our Student Wellbeing team have been busy preparing new and exciting programs for a wide range of students. These programs focus on practical and emotional support for students. They include individual and group mentoring to address issues young people face, including: building self-esteem, confidence, respect, life skills, and communication. The team will be holding modified programs this term which will run over three weeks (weeks 7 to 9).

**If you have any questions or are wondering how to get your student involved in our Student Wellbeing Programs please contact the Student Wellbeing team.**





# College Science

## LOCK-DOWN at the college...

### Things have been far from quiet, in the SCIENCES

Yes, in week 8 of term 1 2020, MCSS entered the period of LOCK-DOWN due to the COVID-19 threat and a period of remote learning began. This meant, for the college students, the assessment schedules had to be modified and moved around and it was all very different.

What did this look like in the Sciences? How does one **DO** science at home when health and safety requirements state **NOT** to take home materials and **NOT** to set up any "mad science experiments"?

Well, with a bit of thinking....



and creativity, we managed to...



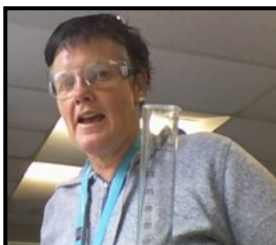
Here are some snaps and examples of what we have been doing in Chemistry and Biology during our 'business as usual' Semester 1 program, at the MCSS college campus.

## Semester 1 Chemistry (Year 11 and Magellan 10 students)

I thought you may like to listen to a snippet of the eight google MEETS which were running simultaneously, with small groups of students arranged in the practical groups which they would have been in had they been in the normal laboratory environment. They were given the difficult, but not impossible, task of preparing a video of the practical, which they would have done at home had they all been together, and they had to calculate the uncertainty in their measurements using the equipment which was obviously not going to have had the higher precision of that which we would use in the lab. This needed to be recorded on video, each student contributing. Conditions changed at the beginning of term 2 where restrictions were such that they could no longer set up their own google MEETS but still overcame all difficulties. It is amazing how 21<sup>st</sup> century skills like resourcefulness in the face of seemingly insurmountable obstacles, resilience in the face of change and uncertainty and perseverance when one just wants to stay in bed, have developed in a time when students may be feeling least supported. It has been a priority for the teachers at MCSS to follow up and support the students during this time but we are very proud of what a lot of students have managed to achieve themselves.

I encourage all of us to pause and reflect on the successes that we have had and the changes which we have noticed in ourselves which have equipped us to survive and to thrive in these different learning settings. I invite you to check out the clip, but I warn you that it is loud at first with lots of students talking all at once in their own google MEETS.

<https://drive.google.com/file/d/1fua4CDEjdU7ZLXuDmaxKL13uCbB8TKmv/view>



### Semester 1 Chemistry

What's happening in...  
in week 11&12

**BIG ideas...**

- $PV = nRT$
- Dalton's law of partial pressure
- Assessment item 2
- Graham's law of effusion

**Other links...**

Richard Thornley explains Effusion, Diffusion and Graham's Law (16:48, 18 min 41s)  
<https://www.youtube.com/watch?v=UQY6bduA7pI&list=PLpym4m7r4u>

**Coming up...**

Assessment Item 2  
In class time in Week 11&12  
Due week Monday Week 14 at 12.30pm

**Key take-aways!**

It's all about the fluid in the lighter!  
Pressure due to the fluid in the lighter  
Volume due to the fluid in the lighter  
Universal gas constant 8.314 J/Kmol

Science is EVERYWHERE! And specifically... see what is here

Waves of fluid in the lighter present  
Temperatures, in Kelvin, of the water and the gas in the measuring cylinder  
Dalton's Law of partial pressures  
 $P_{\text{total}} = P_{\text{fluid in the lighter}} + P_{\text{water vapor}}$

**Syllabus**

**ASSESS** Obtaining and using experimental values to calculate the molar mass of a gas from the ideal gas equation.

Explanation of requirements for the Assessment Item 2 practical  
<https://www.youtube.com/watch?v=UQY6bduA7pI&list=PLpym4m7r4u>  
Calculating the Uncertainty  
<https://drive.google.com/file/d/1fua4CDEjdU7ZLXuDmaxKL13uCbB8TKmv/view>

**What do I need to do to demonstrate my engagement this week?**

Tune in to your group meet see the sheet for the code

VIDEO the practical in my group, using meet and/or screencastify!

Do the practical report for assessment task

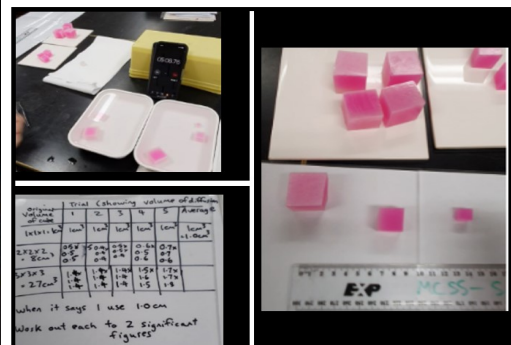
At the beginning of Week 13, submit the warmups from Wednesday Week 11 and the Graham's law questions from Friday Week 12. Answers will be provided so MINIMAL stress is necessary!

*both due in w14*

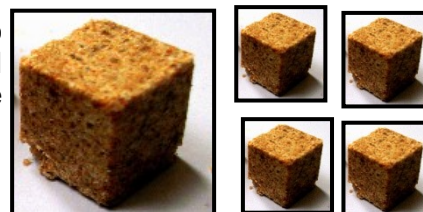
**Semester 1 Biology** (with Year 11 and Magellan 10 students) has gone from being out in the field, together, to processing results at home, alone, which were done by the teacher in the laboratory. Even though concentrated HCl is available at Bunnings for anyone to purchase, we cannot be sending home take away samples!



Surface area to volume ratio practical with agar cubes, soaked in sodium hydroxide and phenolphthalein indicator. Note as they spend time in hydrochloric acid, their pH drops and the pink colour disappears.

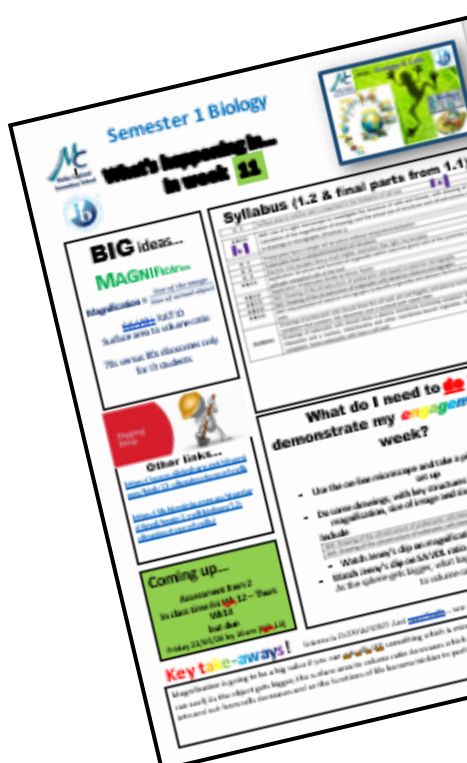
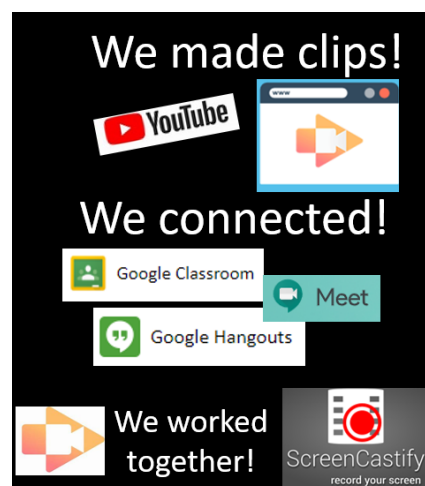


There were lots of videos to support the students and they also needed to design their own surface area to volume ratio practical using stock cubes cut into different sizes. It is amazing what can be done at home and the thinking which can happen!



Research Question... how does changing the size of the cube affect the rate of dissolution? Does this support the idea, that as the surface area to volume ratio increases the rate of diffusion into a cell also increases?

In addition to this...



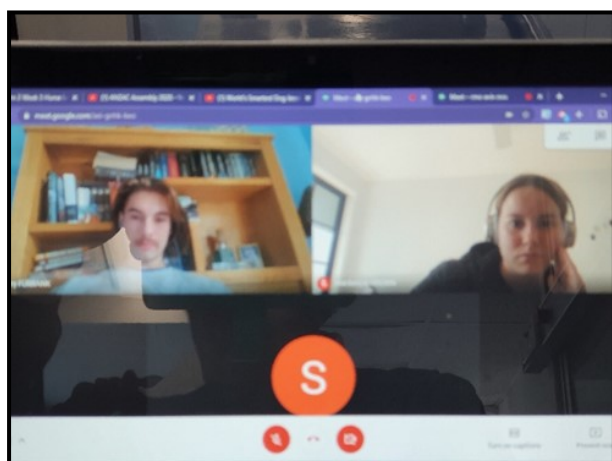


## Semester 1 Chemistry with Year 12 students

We went from studying Chemistry in the lab...

to studying it on-line in our remote settings which is not easy in a practical subject...

Particularly when we could be investigating cobalt chloride equilibrium, but we managed!



## Semester 1 Biology (Year 12 Accredited and Tertiary students)

### Task Context

As a research student at the Academy of Biological & Ethological Studies in Melba, you have been invited to present a short inspirational lecture collating your ideas to a forum of engaged, vibrant and intelligent teenagers studying biology at college level. You are unable to attend in person, due to Covid-19 lockdown restrictions, so you have been asked to:

### Task Presentation

- (1) **ONE** short video lecture, using screencastify. This is aimed to **process data** and **collate information** which has been processed to be understood by the intended audience. **Maximum length should be 10 minutes**. **Present slides** which are processed for your intended audience, with you in the corner talking through them.
- (2) **Two A4 sheets** which **summarise** and **present** your key points. These are **designed** and **organised** to **evaluate** the statement and **persuade** your audience using scientific facts accessed from **valid cited sources**.

These students have been busy too. Studying neurobiology certainly challenges those neurons to fire!

The assigned task was certainly current to our times! Here is a portion of what they were required to do for Assessment Item 2.

Ms Jenny Batt (Biology & Chemistry Teacher at MCSS – College Campus)

# MCSS Wellbeing Year Groups

## Year 7/8

The Year 7/8 Wellbeing team would like to thank all students, parents and carers for your support during remote learning. On 18 May 2020 it was exciting to have a buzz around the High School campus with our Year 7 cohort back at MCSS engaging with their classroom teachers and socialising with their peers. We also can't wait to welcome back our amazing Year 8 students.

MCSS is looking at new ways to engage our students both academically and with wellbeing support programs. Please feel free to contact the school and make a meeting with Ashley Jones (Year 7 Coordinator), Luke Parker (Year 8 Coordinator) or Matthew Colbran (Year 7/8 Wellbeing Executive) to discuss your student's progress or for any additional wellbeing support if required.

### Some quick reminders:

**Preparation for school:** Please help your student to ensure they are prepared for school. This means having a fully-charged Chromebook every day, having books and writing equipment, being on time for school and class, and wearing the MCSS school uniform.

**Absent or late to school:** If your student is absent from school, or running late, please provide them with a note explaining the absence or contact the front office.

**Drink bottle:** All students are encouraged to bring a drink bottle to school which they can refill during the day.

A reminder that as winter approaches, students will need to be adequately prepared for the weather with a school jumper.

We look forward to having all students back soon and are excited for all the fantastic achievements still to come in 2020.



## The Year 7/8 Wellbeing Team

### Year 7 Coordinator:

Ms Ashley Jones - [Ashley.Jones@ed.act.edu.au](mailto:Ashley.Jones@ed.act.edu.au)

### Year 8 Coordinator:

Mr Luke Parker - [Luke.Parker@ed.act.edu.au](mailto:Luke.Parker@ed.act.edu.au)

### Year 7/8 Wellbeing Executive:

Mr Matthew Colbran - [Matthew.Colbran@ed.act.edu.au](mailto:Matthew.Colbran@ed.act.edu.au)

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## Year 9 and 10

The Year 9/10 Wellbeing team would like to thank all families for your support during remote learning. This has been a challenging time for parents in navigating and guiding their child's learning. Teachers have been pleased to see the engagement and participation from their students in the online learning activities. We are looking forward to the return of Year 10s on 25 May and Year 9s on 2 June.

**Return to school:** Students are reminded to continue practicing good personal hygiene and bring their own drink bottle to school which they can refill during the day. The canteen is currently not operating during break time, but lunch orders can be made through online Flexi-schools.

**Year 10 Tops:** The second order of hoodies and polos has arrived! Please collect from Mr Southwell in student services.

Please feel free to contact the school and make a meeting with Belinda Chapman-Smith (Year 9 Coordinator), Kyle Mitchell (Year 10 Coordinator) or Drew Southwell (Year 9/10 Wellbeing Executive) to discuss your student's progress or for any additional wellbeing support if required.

### **The Year 9/10 Wellbeing Team**

**Year 9 Coordinator:**

**Ms Chapman-Smith - [Belinda.Chapman-Smith@ed.act.edu.au](mailto:Belinda.Chapman-Smith@ed.act.edu.au)**

**Year 10 Coordinator:**

**Mr Kyle Mitchell - [Kyle.Mitchell@ed.act.edu.au](mailto:Kyle.Mitchell@ed.act.edu.au)**

**Year 9/10 Wellbeing Executive:**

**Mr Drew Southwell - [Drew.Southwell@ed.act.edu.au](mailto:Drew.Southwell@ed.act.edu.au)**

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### **Year 11/12**

Our students have impressed all of us with the way they have readjusted to "normal" school. While there might be a sense of excitement or even some anxiety about the return to the "new normal", we should never underestimate the resilience and adaptability of our young people. Our college students have been working very hard and are now completing assessments for the end of semester. Term 2 is condensed with lessons ending on Tuesday of Week 9, this means that students need to be organised and on top of when their assessments are due. Physical planners are handy as an organisation tool so that students can plan out their workload and not become overwhelmed.

The college leadership group has been very active this semester and while we needed to push the pause bottom for a few weeks due to the COVID-19 student-free period, we received our 2020 school jumpers and we successfully ran a car wash fundraiser for the year 12 formal. We thank everyone for their support and contributions. We look forward to more fundraising events next semester.

It has been a difficult few weeks in which we, as a community, needed to teach and learn in new and sometimes challenging ways. However the teachers and staff at MCSS wish to forward our respect and admiration for the "team spirit" that our parents and students have offered our school community during this time.

If there are any concerns, please don't hesitate to make contact.

**Year 11 Coordinator:**

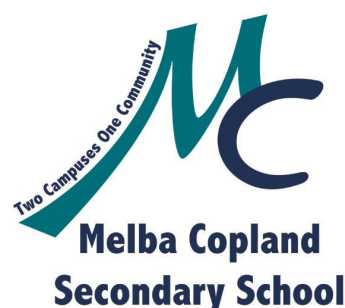
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# MCSS PE and Sport

As I write this, I am finishing the amazing autobiography of one of the modern world's most inspirational women, Michelle Obama – *"Becoming"*. Where once I was a consummate reader, now I am an avid 'listener' of books. This medium allows me to squeeze more into each day and often means I have the book read to me by the authors themselves.

I am recounting this as I wish to begin and end my article with quotes from Michelle Obama. I hope they may provide inspiration as each of you continue making the most of every learning and life situation:

"You should never view your challenges as a disadvantage. Instead, it's important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages." Michelle Obama, during her 2016 City College of New York commencement speech.

Terms 2 & 3 Health and Physical Education (HPE) curriculum focuses attention on the extremely complex health component of our annual learning and assessment program. Students begin to unpack health, wellbeing and personal development subject matter and to investigate the 'science' behind what it means to 'be fit'.

Fitness for one person is quite different and equally as unique for another. The search for the perfect 'personal fitness program' should be as long as life itself because we are always changing and with that so too are our physical abilities and personal needs.

"Good health influences positive lifestyle choices."

To supplement the MCSS HPE year long Fitness units, our remote/online learning programming provided students with a wide variety of fitness options and personal fitness tests in preparation for the perfect unicorn, that fitness program that makes you feel like you could face any challenge and come out on top.

The 'new normal' at MCSS will see HPE classes continue to build on theory and fitness knowledge and understanding as we include a return to class sporting activities. Before we get lost in this, our faculty would like to share some of the outstanding responses and reflections from students who remained engaged with our term 2 online learning and assessment tasks and assignments.

Year 7 learning and assessment unit focus for term 2 has been on *Body and Mind* (Module 1), combined with ongoing exploration into the *Components of Fitness* and personal fitness testing. The work of the following students is to be commended: Angelo Fuzinato, Joshua Logue, Thanbun Nelson, Xavier Taylor, Shelby Akesson, Jirence Rontas, Zach Zhao, Marcus Howard, Anton Steinhauer Brielle Thorley, Nadya Prasad, Richie Hem, Aali Abideen, Matthew Huckstadt, Amelia Condon-Cernovs, Tash Wojcik and Jade Parry.

Year 8 students have shown incredible learning resilience and self-discipline as we demystify areas of adolescent health in our *Personal Health* unit. Students have worked through the topics of puberty, sexual health and respectful relationships (part 1). The high quality of mature, respectful responses to our research and video presentation task are to be commended, in particular the work of Darcy Hudson, Brooke Lillopen, Doug Hull, Julia Goncharova-Kolev, Kailani Oakman, Alex D'Alessandro.

Year 9 students have conscientiously applied themselves to the self-directed learning techniques required for online/remote learning. Year 9 health learning and assessment in term 2/3 focuses on *Personal Health and Development* unpacking mental health - anxiety and depression (part 1). Participation has been strong with high quality, mature respectful responses to the assessment tasks coming in. Commendable work was presented by: Zakaria Thaumaki, Jonathan Drakalski, Heli Laajoki, Bailey Riches, Hamish Wise, Gabrielle Pavez, Zachary Pascoe and Aimee Hedgecoe.

The year 10 cohort have seamlessly adapted to online learning, currently working their way through the *Healthy Lifestyles* unit. To date, students have covered the topics of: safe use of medicines, taking responsibility for your own health, Sun Safety and Guidelines to Healthy Eating. Special mention goes to Emily Briggs, Hayley Davis, Carmina Manaog, Jaida Sutton and Bianca Taylor for their ongoing consistent efforts.

Year 10 Outdoor Education students during term 2 have been working through a program completing the new online *Community e-Lifesaving* course with great progress. This unique program allows

students to investigate the dangers and safety precautions that need to be observed when participating in recreation activities in or around water. The following students are to be commended: Will Brown, Caitlin McCreedy, Jack Siharath, Cameron Hall and Jorja Munday.

Breaking News....

### College Fitness Lab

Over the recent months construction has taken place in the College Fitness Lab to renovate and make the space more user friendly. A new rubber surface along with the removal of some walls has made the area look fantastic. College PE teachers are currently sourcing aerobic equipment to supplement the activities that we can offer. It is hoped that this will all be finalised by the end of term 3 for students to access.

The MCSS Athletics carnival has moved to Friday August 21 in term 3. MCSS Year 11 Sport and Recreation students will 'step up' in support of MCSS HPE staff to coordinate this much anticipated 2020 Athletic event at Charnwood Athletics Ovals.



Watch out for week 6 HPE SOBS & Google Classroom announcements.

As we eagerly await information around 'when and how' schools will return to full 'inter-school representative sport programming' MCSS would like to announce a return to MCSS school sport training sessions starting in week 6. MCSS Netball Boys and Girls Soccer training (Zone competitions week 4/5 term 3). Training sessions will run before and after school during term 2 & 3 with lunchtime training used as a 'supplementary' training opportunity. Commitment = dedication.

\*\*Sign-up sheets outside the PE Staffroom or send your names to [Andrew.Hiscocks@ed.act.edu.au](mailto:Andrew.Hiscocks@ed.act.edu.au).

Term 3 will also see the introduction of a new sporting partnership with "Norths" Gungahlin Basketball Club supporting mixed BB training starting Friday mornings at 8:00-8:45am and lunchtime personal trainer PT sessions for student groups of 8. As national Sporting Schools Sporting organisations are allowed to resume program delivery, MCSS will also re-introduce Touch, Badminton and Tennis training and Enrichment sessions.

*As always... where an activity is supported by external coaches and organisations, to participate students must return a parent/guardian signed permission note.*

**Ms Terry and Mr Mongan**

**Health, Physical Education & Sport**

