



**ACT**  
Government  
Education

# Melrose High School Newsletter



*"A community of learners building on a tradition of excellence"*

Issue 16: 18 December 2017

## LEADERSHIP TEAM NEWS

We have reached the end of another busy school year and have been reminiscing about what we have achieved along our journey. Before revelling in the successes outlined below, we would like to say thank you to the students, parents/carers and staff for their patience as we have trudged our way through excursions, homework, assignments, class changes, building works and the list goes on. Whilst everyone is on break we will continue to upgrade facilities and replace resources. It is anticipated that students will return to school with two upgraded stair wells, sustainable cooling upgrades for the classrooms to better manage the heat through summer and new heaters ready for winter.

Term Four is so busy and always full of mixed emotions as we bid farewell to our incredible Year 10 students and some amazing staff. To these valued members of our community we say:

Congratulations Year 10 we are so very proud of what you have achieved and have been honoured to be part of the journey.

To our educators, those who impart knowledge and mould our young people, we say good bye and good luck to:

- Evelyn Karapanos – thank you from the Canberra community for 33 years of teaching. We hope you enjoy all the pleasures of retirement, especially your grandchildren and all your visits to New York
- Christine Johnston - thank you from the Canberra community for over 20 years of teaching. We hope you enjoy all the pleasures of retirement
- Jaswinder Kaur – thank you and all the best for 2018
- Helen Uren-Randall - thank you and congratulations on your new appointment at Lake Tuggeranong College
- Damien Wood – thank you and congratulations on your new appointment at Alfred Deakin High School.

To our contract and relief teachers and administrative staff we say goodbye, good luck and big thank you to:

- Heath Cooper – thank you and we hope you enjoy your new adventure at Alfred Deakin High School
- Matt Madsen – thank you and we hope you enjoy travelling the world
- Michelle McFadyen – thank you and we hope you enjoy your new adventure at Mount Stromlo High School
- Rohen Sewdarsden – thank you and we hope you enjoy your new adventure at Canberra Grammar School
- Linda Turner – thank you and we hope you enjoy your new adventure at Canberra College
- Rosemarie Edwards – thank you and we hope you enjoy your new adventure at the Wanniasa School.
- Maree Smith - thank you and enjoy all the pleasures of retirement.

### Student Census

Melrose HS currently has 732 students enrolled for 2017 including:

- 41 Aboriginal and Torres Strait Islander students
- 24 identified Special Needs students

- 15 International students
- Students at MHS speak 41 different languages.

In 2018 we welcome 237 new Year 7 students and 15 new students in Years 8-10.

### **Big Picture**

- 29 students participated in the Big Picture Program (BP)
- 15 students participated in the Learning Through Internship for their BP Project
- 21 students will be in the Year 9 Big Picture Advisory for 2017
- 19 students will be in the Year 10 Big Picture Advisory for 2017.

### **Academic Curriculum Extension (ACE) Program**

- 86 students participated in ACE Science
- 29 of these students also participated in ACE Science Mentors Program
- 15 students from other schools participated in the ACE Science Mentors Program
- 114 students participated in ACE Maths
- 121 students participated in ACE English
- 58 students participated in ACE HaSS
- 7 students participated in ACE Drama
- 17 students participated in the Elite Sports Program (ESP)
- 23 students participated in ACE Outdoor Education.

### **Student participated in the following competitions**

- Australian Geography Competition – 39 students
- ICAS Spelling Competition – 8 students
- ICAS Writing Competition – 27 students
- ICAS English Competition – 77 students
- ICAS Digital Technologies Competition – 17 students
- Big Science competition – 24 students
- ICAS Science Competition – 38 students
- RACI Chemistry Competition - 8 students
- AMT Australian Mathematics Competition – 19 students
- ACER Language Certificate 1 (Year 7 & 8) – 12 students
- ACER Language Certificate 2 (Year 9 & 10) – 3 students.

### **School Leadership**

- 44 Year 10 students participated in the Peer Support Leadership Program
- 49 Year 9 students participated in the Peer Support Training program at Birrigai in term Four in preparation for selection as Peer support leaders for 2018
- 26 students were members of the School Representative Council (SRC)
- SRC participated in the following programs and fundraisers:
  - RSPCA Cupcake Day – to raise money for RSPCA and to sponsor five orangutans
  - Meme Day – to build community connections
  - Crazy Hair Day – support the House system and build community
  - South/Weston Network Leadership Day for Year 6
- We raised over \$14K by Shaving for a Cure.

### **Vocational Education and Training**

- 2 students participated in the C4 Construction Program through the Master Builders Association and 1 student gained a fulltime apprenticeship
- 1 student participated in an Australian School based apprenticeship in Plumbing
- 82 students have participated in Work Experience
- 5 students participated in a Flexible Learning Options
- 10 completed White Card and Asbestos Awareness Training

- 21 completed Responsible Services of Alcohol
- 9 students participated in Disability Awareness and Careers Workshop.

### Physical Education

- 25 students acted as Officials at the cluster primary school sporting carnivals
- 5 students represented MHS at the Zone and ACT Swimming Carnivals
- 55 students represented MHS at the Zone and ACT Cross Country
- 10 students represented MHS at the ACT Athletics
- Students participated in the following School Sports teams:
  - Volleyball
  - Basketball
  - Touch Football
  - Soccer – 3 teams made the finals
  - Rugby 9s
  - Oz tag
  - Netball

### Music Programs

- 45 students participated in the MHS Concert Band
- 41 students in the MHS Beginner Band
- 3 students are members of the MHS Saxophone Ensemble
- 4 students in the ACT Junior Concert band
- 1 student in the ACT Percussion Ensemble
- 3 students in the ACT Senior Concert Band
- 2 students in the ACT Senior Jazz Band
- 1 student in the ACT Flute Ensemble
- 10 students in the MHS Backstage Crew – assemblies, performance, awards.

### 21 Century Learning

- 27 teachers are using the 21 Century Fluencies to embed a project based learning assessment task(s) into one of their units
- Melrose High School featured in Lee Crockett's educational text, *Mindful Assessment*
- 15 teachers and 30 students showcased their work to MHS community at the Fluency Expo
- 180 primary school students, 6 visiting teachers and 50 MHS student mentors participated in a thinking carnival at the Fluency Challenge.

### Global Citizens

- We welcomed 17 students and their support staff from Min de High School in Taiwan for a 10 day visit
- We welcomed 18 students and their support staff from Makubetsu, Japan for a 7 day visit
- 13 MHS students and 2 staff members travelled to Japan for a 16 day tour.

### Student Wellbeing

The school is committed to the social and emotional wellbeing of students and as part of this commitment has:

- Extended the days that the school has an available School Psychologist
- Connected with external agencies to provide pastoral care programs such as:
  - 2 groups of 7 students participated in the Equine Therapy Program at Sherony Park
  - 8 students participated in the Choppers Program (Male mentoring through metal working)
  - 4 students participated in the Choppers Program that supported students at the Malkara School
  - 10 students participated in the Menslink Program
  - 2 students participated in the Messengers Art Program through the Tuggeranong Arts Centre

- 2 students participated in the Messengers Didgeridoo Program through the Tuggeranong Arts Centre
- 8 female students participated in Girls Program that focussed on socialising self-esteem building.
- 45 students Year 8 completed Swing into Life – team building and developing peer relationships
- 8 students participated in the Menslink Pride Program
- 18 students participated in the Woden Youth Centre IRespect Program.

### Aboriginal and Torres Strait Islander Education

We have 41 Aboriginal and Torres Strait Islander students whose personalised pathways have included:

- Access to the Indigenous Education Centre
- 23 students participated in the Australian Indigenous Mentoring Experience (AIME) – MHS is one of the only schools that have taken on the Gold Package which provides them with access to tutoring from the Australian Defence Force, ANU and UCAN, a guest speaker for NAIDOC week and AIME uniforms.
  - Year 10 student, Tarneaka Malone was awarded AIME Mentee of the year
- Welcomed 5 new Year 7 students on half day transition program
- The Pia Wadjarri Elders returned to bring language program to MHS
- Farewelled 9 Year 10 students onto College
- Melrose hosted the 20th Anniversary of the Bringing Them Home Report on the stolen generation in partnership with Relationships Australia
- Wayne Sloane conducting weekly cultural classes with Year 9 and 10 students throughout second semester.

### Special Needs Program

We have 24 identified Special Needs students whose personalised pathways included:

- 4 students participating in core classes in the Learning Support Unit
- 11 students participating in core classes in the Learning Support Centre
- All students are participating in mainstream Physical Education and electives program.

The great thing is we get to do it all again next year as well as introducing new activities and programs to our school. We hope that you enjoy your break, travel safely if you are going on an adventure and come back to us in 2018 refreshed and keen to embrace the new year.

### 2018 Start Dates:

Monday 5 February: Year 7 and all new to Melrose Year 8-10 students. Please meet in the Malcolm Barlow Hall at 8:50 am.

Tuesday 6 February 2018: All students return. Please line up outside the Malcolm Barlow Hall at 8:50 am.



Simon Vaughan  
Principal  
simon.vaughan@ed.act.edu.au



Shannon Carnovale  
Deputy Principal  
shannon.carnovale@ed.act.edu.au

#### New Phone numbers

The telephone system at Melrose High School has been updated and as such so have the phone numbers.

Our new numbers are:

Front Office - (02) 6142 0700  
Rolls Office - (02) 6142 0703

# FOR YOUR INFORMATION

## Calendar Updates

The most recent version of the Melrose Calendar can be found on the Website  
[http://www.melrosehs.act.edu.au/our\\_community/calendar](http://www.melrosehs.act.edu.au/our_community/calendar)

## Contact details

The school relies on having the most up to date contact details for families to ensure we are able to communicate efficiently with you regarding the wellbeing of your child. If you have made any changes to your address, phone numbers and email address in recent months please contact the Front Office on 6142 0700 or email [frontoffice@melrosehs.act.edu.au](mailto:frontoffice@melrosehs.act.edu.au)

## Sick Bay

If students are unwell they must go to Sick Bay, with a note from their teacher. The Front Office staff will contact parents/carers if needed. The students are NOT to contact parents themselves and then go home. If your child contacts you asking if they can go home sick, ask them to get a note from their teacher to go to Sick Bay and the Front Office staff will then contact you. Thank you in advance for your support.

## Student absences

If your student is absent, due to illness or leave, or needs to attend an appointment during the day, please either phone the Rolls Office on 61420703 and leave a message or email the Rolls Office at [rollsoffice@melrosehs.act.edu.au](mailto:rollsoffice@melrosehs.act.edu.au). Please remember to include the student's full name, roll group and reason for absence (ie. sick, late or on leave) as well as your contact details.

## Online Canteen ordering

Register now. Go to <http://www.flexischools.com.au>  
Lunches can be ordered online up at 9:30 am on the day they are required.

## Lockers

Lockers are available to students at a cost of \$30 per year. Students wanting to hire a locker will need to provide a lock with a shaft between 6-8mm. A key or combination locks are acceptable. Students need to bring their lock, payment and the spare key or the combination to the Finance Office before a locker will be allocated. Students can come to the Finance Office before school or at recess or the first half of lunch time.

## FINANCE - Direct deposits

Direct Deposit payments can be made to the following account:

Bank: Westpac

BSB: 032-777

Account Number: 001658

Account name: Melrose High School Management Account

## Online Payments facility

Families now have the option of using the Online Payments facility, provided to the school by Westpac Bank, to make secure credit card payments for voluntary contributions, school excursions and events and other activities. Each family will have received information and a card via the post, with student and family key details on it. Please keep this information handy as you will need it each time you access the payments facility. The link to access the payments facility is <http://www.melrosehs.act.edu.au/payment>  
Payments may still be paid by direct deposit (see information above), or in person at the Finance Office.

# 2018 STATIONERY REQUIREMENTS

The 2018 stationery requirements have been uploaded to the website for your reference. [Access it here](#) [Link]

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## CHROMEBOOK REQUEST - 2018

If you haven't notified us as to whether you would like your child to receive a free Chromebook in 2018 then you need to do this as soon as possible. Students will not be given a Chromebook unless the permission form has been completed. 2017 Year 10's will need to complete the online form for Melrose High School if they would like to receive a Chromebook at College.

Emails have been sent to parents with login information to complete the registration form. If you haven't received your login information please contact the Front Office on 61420700

More information about the Better Schools for our Kids – Technology Enabled Learning Initiative can be found on our website: <http://www.melrosehs.act.edu.au/ict/chromebooks>

If you chose not to take up the Chromebook offer you will still need to provide your child with a device. Details on our BYOD policy and devices can be found on our website: <http://www.melrosehs.act.edu.au/ict/byod>

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## 9TH MINISTER'S STUDENT CONGRESS EXECUTIVE REPORT

The purpose of the Minister's Student Congress is for Canberra public school student leaders to keep the Minister for Education informed on issues that are important to them and to discuss and give advice on matters raised by the Minister. The Congress supports student leaders by providing a direct link to the Minister for Education.

Congress usually meets once each semester. Following each Congress the Student Executive present an Executive Report to the Minister for Education. The Executive Report provides a summary of the debate held at the previous Congress, including key findings and recommendations based on the questions put to members.

- [9th Minister's Student Congress Executive Report](#) (541kb)
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## SCHOOL BOARD

Nominations for the 2018/2019 School Board will open on Monday 5 February 2018. The School Board plays an important part in the governance of the school and as such it is important that all positions are filled. A number of current Board members are moving away from Melrose creating casual positions which will be shorter than the standard 2 year term.

The following positions are required:

Parent representative (casual position until March 2019)

Parent representative (2 year term)

Student representative (casual position until March 2019)

Student representative (2 year term)

Staff representative ( 2 year term)

For more details on what is involved in being on a School Board, visit the website:

[http://www.education.act.gov.au/school\\_education/school\\_boards](http://www.education.act.gov.au/school_education/school_boards)

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# MANDARIN NEWS

Congratulations to Melrose High School students who won awards at the 2017 ACT Panda Competition and the 2017 ACT Mandarin Presentation Contest.

## 2017 ACT Panda Competition and Awards Ceremony

On Tuesday 7th November, Principal Mr Simon Vaughan, Ms Yuan Ma and 12 students represented Melrose High at the 2017 ACT Panda Competition Awards Ceremony. 10 students received their awards at the Chinese Embassy.



From the Year 7/8 Chinese classes, Saige won the 2nd prize in the 12 year age group. Jack won 1st prize in the 13 year age group, Cara won 2nd prize, Gemma and Bryce came 3rd, and Amber won the special encouragement award. In the 14 year age group, Caitlin won the 1st prize.

From the Year 9/10 Chinese class, Hanieh won 3rd in the 14 year age group, and Fatemeh and Aleena won the special encouragement awards.

The biggest award, the "Lee Hiscox Prize" was won by our Year 8 student Caitlin. This award was for the best artwork in the whole ACT 2017.

Students received their certificates and presents, had a delicious Chinese meal and enjoyed the beautiful garden of the Chinese Embassy. We had a lot of fun on that day and hope to come next year again!



## 2017 ACT Mandarin Presentation Contest and Awards Ceremony

On Thursday 9th November, Ms Jenni Holder, Ms Yuan Ma and 25 MHS students attended the 2017 ACT Mandarin Presentation Contest and Awards Ceremony at the ACT Hedley Beare Centre for Teaching and Learning in Stirling. There were 10 winners (Vince, Poppy, Kyla, Nafis, Cara, Danica, Caitlin, Rochelle, Joshua and Hanieh) from Melrose High who all won 1st Prize and received their awards on the stage.



		Melrose High School <a href="https://www.facebook.com/MelroseHSCanberra">https://www.facebook.com/MelroseHSCanberra</a>
		Melrose School Library <a href="https://www.facebook.com/MelroseHSLibrary">https://www.facebook.com/MelroseHSLibrary</a>
Connect with us and keep up to date with what is happening around the school		Melrose Magazine <a href="https://www.facebook.com/Melrosemagazine">https://www.facebook.com/Melrosemagazine</a>

# ARTS & TECHNOLOGY FACULTY NEWS

2017 has been a big year for the Arts and Technology Faculty, with numerous excursions and events being run successfully. In Semester One, our School Band went on a three day intensive camp to Birrigai,



followed by performing at the Australian National Eisteddfod. This was closely followed by the annual Arts Tour to Sydney for year

9 and 10 students. The Arts Tour was a huge success, with our students enjoying dance, drama, music and art workshops as well as seeing a performance of 'Kinky Boots', watching a play at the Seymour Theatre, and listening to the Sydney Symphony Orchestra. To finish off the semester, we celebrated our amazing students' talents with our annual 'Entertainment Night' showcase event. This night was a huge success, with performances from music, dance, media and drama students, as well as an art exhibition and food and drinks from the Entertaining and Hospitality class.



Semester Two was no quieter. We have had ACE Visual Art students enjoying regular excursions to the Australian National Gallery, while the band performed at the ACT Band Festival and Floriade, and also hosted a band workshop with Farrer Primary School students. Our dance students took part in the Ausdance Dance Festival, held at the Canberra Theatre Centre, and our backstage crew also took part in a behind the scenes excursion at the Playhouse. Our year was topped off with another



round of fantastic performances during the annual Arts Fest week. This year, Arts Fest included a music and dance performance night in the Malcolm Barlow Hall, complete with



an art exhibition and a student-run coffee shop. On this night we enjoyed the biggest audience numbers we have seen for some time, and we thank all the parents and students who came along to support our performers. The ACE Drama class were also busy during Arts Fest, putting on the comic stage play 'The Real Inspector Hound'.



We would like to thank everyone who supported our numerous events this year, and we congratulate our amazing arts students on their achievements over 2017. We wish everyone a safe and happy holiday, and look forward to an even bigger 2018.





# PRACTICAL SCIENCE



Our science students did an investigation to determine how much sugar a glass of soft drink contains. They compared this to the diet version. Most were amazed at how much sugar a can of soft drink contains, and hopefully they will think twice about consuming too much.



Our students are talented too. "Twinkle Twinkle Little Star" is being played using just a beaker filled with water and a pen. Students learned about sound in an entertaining way. Well done Kristie



Making Slime is both fun and messy. Pink is still popular with the girls.



Most students have difficulty understanding Newtons 3rd law of motion, but these students demonstrated it practically by making rockets out of balloons.



Making a mess requires focus. Just the right amounts of chemicals are required, and students learn the importance of being accurate. Angus is super focussed.



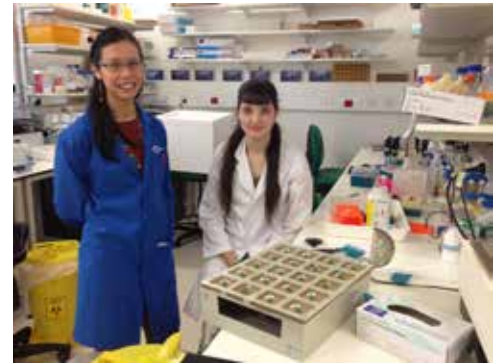
Building bridges is easy, but making a strong bridge requires skill and planning. Liam stands proud in the background of his masterpiece.



The thrill of making a telephone that works. I can hear you.

# ACE SCIENCE 2017

Melrose High School's ACE Science has just completed its biggest year so far, with record numbers of students, reports and enrolments. The popularity of the program is matched by the quality and sophistication of the work being carried out by the students. Here's a summary of what was achieved in 2017, and a sneak preview of what 2018 holds.



## SCIENCE SEMINARS

Every two weeks, each of the ACE Science classes were introduced to a speaker from a different field of science and engineering. A total of 47 scientists and engineers from fields as diverse as nuclear physics and pathology presented to the students on life in the lab and in the field. New fields are continually opening up, with one of the latest being epidemiology presented by Dr Katrina Roper who spent months in Sierra Leone working with victims of the Ebola virus. Nothing beats authenticity, and so connecting students with contemporary science in this way has always been at the heart of the program.

## SCIENCE TOURS

From the classroom to the field: students were taken on Science Tours to 16 sites including nuclear physics laboratories, water and sewerage treatment plants and various research schools at the major universities around Canberra. We were thrilled to add UNSW Canberra to the list of venues now opening their doors for us. There students were exposed to studies in fluid dynamics, materials testing and aeronautical engineering.

## SCIENCE MENTORS

By far the greatest growth has been in the number and sophistication of the reports being produced by students in the Science Mentors program. By being partnered with academic and industry scientists, students have personalised tuition in a branch of science or engineering of their choice. New fields are being added each year as students nominate their own scientific passions: this year we introduced electronic engineering, pathology, mycology and astrophysics to the range of fields on offer. In all, 32 reports were produced by 28 students (four students completed two projects).

This continues the ~30% annual increase observed for the last two years. The average report length – and remember these are fully referenced and refereed reports – was 5000 words, with the longest over 13 000 words. Students from six high schools and colleges are now engaged with Science Mentors.

## 2018 ENROLMENTS

Normally a new ACE Science class is created each year to accommodate those students wanting to explore science in more detail than can be afforded in the classroom. This year there has been an unexpected increase in the number of applications by Year 7 students, with 62 applications for an initial 30 positions. Due to the increase in the number of students wanting to undertake the program, it was decided to create a second Year 8 ACE Science class for 2018. This recognition of the value of the program has been welcomed by parents, students and most importantly, by the science and engineering community which stands ready to support these eager young minds.



Geoff McNamara (AKA Mr Mac)  
geoffrey.mcnamara@ed.act.edu.au  
Phone: 0 44 99 66 200

Looking for ACE Science and MSATT information?  
Download from our Website:  
[http://www.melrosehs.act.edu.au/our\\_school/publication](http://www.melrosehs.act.edu.au/our_school/publication)

# MSATT

The smallest observatory on Mount Stromlo, MSATT continues to one of the most active. We are coming to the end of the first year of operations on the mountain and there is now no doubt that the teaching telescope has been a major success in terms of student outcomes. MSATT catered for nearly a dozen students from eight schools, each with their own fascination for astronomy.

MSATT as a concept grew out of the highly successful ACE Science Mentors program. I realised a number of years ago that in order for students to truly understand science, they had to experience it. We'd been able to accomplish that goal in all branches of science from genetics to psychology, physics to pharmaceuticals. But there was one pursuit that remained out of reach: astronomy. The solution was simple: build a teaching observatory. That dream materialised earlier this year with the launch of MSATT.



Even before the launch, students were accepted to undertake a trial program called MSATT Pathfinder. This built on the success of two earlier projects completed using the telescope that was to become the heart of MSATT.

Over the last twelve months, students have undertaken projects looking at the mass of Jupiter, planetary imaging, the speed of light, the lifetime of the Sun, the size and distances to the stars and the depths of lunar craters. As with Science Mentors, all these projects were based on the students' own observations made at MSATT. Week after week – and occasionally cursing the clouds – students returned to operate MSATT and gather their data. Then the work begins: analysing the data and making sense of it all. Finally, report writing time, just as the other Science Mentors projects.

A special acknowledgement is due to the parents and adult siblings who accompanied the students to MSATT for their nocturnal pursuits. (Parent/Carer attendance at all student observing sessions is mandatory.)

Night after night, throughout the depths of the Canberra winter, these kind and dedicated people sat in the dark patiently waiting for the students to make their observations. And remember, there's no heating in MSATT: the instruments have to be at ambient temperature...no matter how cold it gets. But without a word of complaint, the adults supported the children.

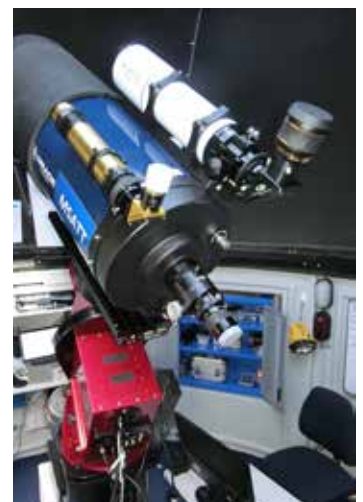


Each of the students who completed a project at MSATT this year have requested more telescope time in 2018, which means the instrument is already fully booked. It should be an amazing year: not only are we recruiting new Mentors from the Research School of Astronomy and

Astrophysics, and new sophisticated instruments are being commissioned for more in-depth investigations, the planet Mars will be closest to Earth than it has been for decades. This combination will provide students with even more exciting opportunities to investigate the universe from the Moon to the stars.

Even though MSATT is already heavily booked for 2018, more sessions will be opened up to accommodate new students. Interested students should contact me immediately to secure a place in the 2018 observing season.

Geoff McNamara  
(AKA Mr Mac)  
geoffrey.mcnamara@ed.act.edu.au  
Phone: 0 44 99 66 200



# ARE YOU INTERESTED IN HAVING A JAPANESE STUDENT STAY IN YOUR HOME?

Melrose High School has established a strong relationship with Makubetsu, which is located in Japan's northern island of Hokkaido. Students from the Makubetsu region will be visiting our school from the Sunday 25 March through to Thursday 29 March 2018 to immerse themselves in the Australian culture and practice their English speaking skills. In return, Melrose High School students will be visiting Japan and Makubetsu in 2019.



All students benefit from the exchange program. They are able to share new a cultural experience and develop social networks and friendships. Our students have the unique opportunity to enhance their learning of Japanese. There is also a one of payment for families that host which can either be paid to families or used as a deposit for those interested in the 2019 Japan trip.

Due to new government regulations all families providing homestay must obtain a Working With Vulnerable People card for every Adult in the household. On the application form, families nominate as volunteers, which means there are no costs involved to process the application. To access the application documentation or to gain more information, please visit the Office of Regulatory Services website at: [https://www.accesscanberra.act.gov.au/app/answers/detail/a\\_id/1804](https://www.accesscanberra.act.gov.au/app/answers/detail/a_id/1804)

Before families can be connected with a Makubetsu student, Mrs Kerryn Leiper must receive a copy of the card/s to finalise the homestay requirements.

We would really appreciate your support in hosting a Japanese student in March. If you would like to support the exchange program, could you please email me on [Kerryn.leiper@ed.act.edu.au](mailto:Kerryn.leiper@ed.act.edu.au) or expression of interest forms will be handed out in Japanese classes and on request.

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## MEDALS FOR MELROSE STUDENTS AT PACIFIC SCHOOL GAMES



Congratulations to three Melrose students who all won bronze medals at the recent Pacific Schools Games in Adelaide. Year 9 student Lachlan Ives represented the ACT in Softball, Year 7 Lara Cosgrove in Athletics, and Year 7 Matej Busek in Soccer.

Well done!

# SUPPORT FOR FAMILIES DURING THE HOLIDAY PERIOD

As the Christmas period and school holidays can be very stressful for some students and their families, please be aware of the following agencies and organisations that can assist.

## Information for parents

If you have serious concerns for the mental health of your child, you may like to:

- make an appointment for the young person to see a GP;
- contact Headspace 6201 5343;
- contact the Child & Adolescent Mental Health Service 6505 1469 (business hours);
- contact the Crisis Assessment Team 1800 629 354 (outside business hours);
- attend Accident & Emergency at the hospital with the child/young person.
- call Child & Youth Protection Services 1300 556 729 if you have concerns for a child or young person's safety.

Within the local community there are agencies that may also be able to provide support whilst school is on holidays:

- Onelink (Ph. 1800 176 468)
- the Tuggeranong or Gungahlin Child & Family Centre (Ph. 6207 8228)
- Lifeline (Ph. 13 11 14)
- Family Tree House (Ph. 6180 1888)
- Parent Line ACT (Ph. 6287 3822)

## Supports for young people:

- Kids' Helpline for teens (Ph. 1800 551 800 or <http://www.kidshelp.com.au/> )
- Reach Out (<http://au.reachout.com/> )
- Headspace (Ph. 6201 5343 or <https://www.eheadspace.org.au/> )
- Use the Moodgym website ( <https://moodgym.anu.edu.au/welcome> )
- Use the Smiling website to download their app ( <http://smilingmind.com.au/> )

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## PARENTING PORTAL PAGE UPDATE

The Support for Parents webpage had been updated to include an article on Video game.

Read it here:

[http://www.melrosehs.act.edu.au/\\_data/assets/pdf\\_file/0020/411446/insight-video-games-the-good-the-bad-and-getting-the-balance-right.pdf](http://www.melrosehs.act.edu.au/_data/assets/pdf_file/0020/411446/insight-video-games-the-good-the-bad-and-getting-the-balance-right.pdf)

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## CANBERRA SOUTHERN CROSS CLUB – COMMUNITY REWARDS PROGRAM.



Are you a member of the Canberra Southern Cross Club? If so, you can now support Melrose High School every time you visit the club through their Community Rewards Program. Simply visit the Southern Cross Club website (link below), fill in your name and membership number, and then 10% of everything you spend on food and drinks at any of their clubs will be donated to the school. Please share this link with your family and friends.

<https://cscmarketing.wufoo.com/forms/zjfux530c342by/>



# TENNIS HOLIDAY CAMPS

**SUMMER 2017-18**

Wk 1 Mon 18th - 22nd Dec (Xmas Camp)

Wk 2 Mon 22nd - 25th Jan 2018 (4 Days)

Wk 3 Mon 29th Jan - Fri 2nd Feb (5 Days)

**All Day** 9am-5pm

**Hot Shots Coaching** 9am-1pm

**Hot Shots Play** 1-5pm

**Fee Wee** 9-11am

ALL CAMPS INCLUDE PROFESSIONAL, CERTIFIED AND ACCREDITED COACHING FOR ALL AGES • FRUIT AND DRINKS DURING BREAKS • ALL EQUIPMENT PROVIDED

TENNIS AUSTRALIA ENDORSED HOTSHOTS DELIVERERS

TENNIS COACHING RAIN, HAIL OR SHINE!

PLUS! BALL MACHINE • SPEED SERVE RADAR • LOTS OF PRIZES

**8.30AM DROP OFF FOR A 9AM START**

3 GREAT VENUES

**Gold Creek Country Club**, Curran Dr, Nicholls  
**Weston Creek Tennis Club**, Dillon Ct, (Behind McDonald's)  
**Pines Tennis Club**, Cnr Norriss St and Goldstein Cres, Chisholm

ENQUIRIES

Email [robert@csot.com.au](mailto:robert@csot.com.au) or Call 0432 118 204  
Head coach Robert Jamieson, Tennis Australia accredited

**BOOK NOW!**

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