



**ACT**  
Government  
Education

# Melrose High School Message Stick



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

Issue 8: 25 June 2021

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## FROM THE SENIOR EXECUTIVE

As Term Two, 2021 comes to a close, we would like to thank the parents, carers and families of our students who have persistently worked with their young person to attend school, complete assignments, class work and homework and for ensuring that students continue to develop their social and academic skill set. We are grateful for the work our community does to ensure Melrose High School has a strong community and reputation for success. We continue to work with our community to improve student behaviours and have students reach the expectations.

As we move into Term Three, 2021, the Senior Executive would like to welcome the prospective Year 6 students and families to our school community. Next term will see the beginning of transitions for students, with the help of our Year 6/7 Co-ordinator, Mr Hunter Walters. Hunter can be contacted by email at: [Hunter.Walters@ed.act.edu.au](mailto:Hunter.Walters@ed.act.edu.au)

Simultaneously, Semester Two, 2021 is the beginning of preparations for Year 10 students to transition to college and we maintain that a consistent effort and a good finish to Year 10 is the strongest indicator of a successful year 11. Please keep in contact with classroom teachers to get the best outcome for your child(ren) and connect with the Year 10 Coordinator, Kerryn Leiper by email at: [Kerryn.Leiper@ed.act.edu.au](mailto:Kerryn.Leiper@ed.act.edu.au)

We have had a productive semester and acknowledge all of the staff and community members who have improved the educational outcomes for our students. Thank you to the families who shared the Semester Awards Ceremony with us. We congratulate all recipients and look forward to a successful Semester Two, 2021. We hope you have a restful break, and we look forward to seeing you back at school on Monday 12 July.



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# MELROSE COMMUNITY AND FRIENDS

The Community and Friends group has formed, and had an initial meeting over the proposed logo change. The group has been formed from the Year 6/7 introduction evening a few months ago, when several parents had some great questions with the principal and me. They showed an interest in where things are at, how things work and how things get done at the school. This is especially relevant to new Melrose families, but also suggest we could engage better with the parents of our students that have been here for several years as well.

We have a great set of energised, prepared parents for the group, and will start up next term in week 2, 6.45 pm on Tuesday 20th July with our second meeting in the school library. We will commence the second phase of the logo change.

In the meantime, as parents and Melrose community members, please communicate with the school board on strategies and student outcome initiative commentary using the school board email address

[Melrose.Board@ed.act.edu.au](mailto:Melrose.Board@ed.act.edu.au) at any time.

Stuart McKellar (School Board Parent Rep.)

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## MELROSE HIGH SCHOOL BOARD

The Skills of the Future presentation was held in the school library last week, where a selection of local employers came together to guide and advise our young men and women on local employment and higher education opportunities. Presenters were able to provide information for such questions as; 'what do our kids need right now? What are they educating themselves for? Where can we go to get information? These and many more questions were answered by:

- Kirsty Spence, Talent Sourcing, ActewAGL & Icon Water
- Dean, Academic Quality, Professor Royston Gustavson & Clara Hill, Future Student Coordinator, ANU
- Emily Hills Assistant Professor in Teacher Education & Ben Marks, Student Recruitment, University of Canberra
- Kris McCreath & Leon Fraser, Canberra Institute of Technology (CIT)
- Ian Mackay, Chief Executive Officer, Canberra Southern Cross Club
- Joanne Farrell, General Manger, Kane Constructions & Founder of Build Like a Girl & Julia Bedin, Third Year apprentice
- Geoff Wood, Master Builders Association

They eloquently described the plethora of pathways available to entice our kids on to the next stage of their lives. The development of your child to get them through high school is amazing, but what comes next can be just as exciting, for them and for you. It's now a much lighter touch needed from parents, but it's still important to encourage them, role modelling if needs be and whenever possible, to attend these events, and shine some light on these paths away from the family home, away from so much parental input, and on to their next exciting adventures in study and earning and supporting themselves more. As they move through the four years of this school, they have big challenges initially, making new friends, establishing patterns of school assignments and tests in weeks 5 and 8 (approx!). But after they've mastered all that, this awareness of further education paths, and the local businesses needing them and their skills, energy, people skills, enthusiasm is the next thing! They are finding their core values, establishing new cultures, learning new behaviours, and judging for themselves, and not wanting to be judged of course. They will find something they know will work for them, and this event, and more likely to follow no doubt, will help them do things they love to do, and of their own choosing.

Hope to see you all next time, and thanks so much to our school execs and support staff, especially Shannon, for engaging with these top education and employer representatives to come to our library and present.

Melrose High School Board Member  
Stuart McKellar

# 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 6142 0703 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 to 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. 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, at recess or the first half of lunch time.

## FINANCE

In an attempt to ensure security around payment of monies to the school for camps, excursions, programs and voluntary contributions, we would like to encourage payments to be made via Quickweb, the secure online payment portal.

Below is an explanation of the payment options available.

1. Online payments are the preferred method of payment. Payments are made via the School Website to a secure Westpac Bank site, called "Quickweb" <http://www.melrosehs.act.edu.au/payment>
2. Instructions can be found on the Payments TAB simply complete the fields with as much detail as possible, including the Fee Code which will be advised on the notes requesting payments.
3. All payments can be made using Quickweb, using a debit or credit card. Westpac will provide you with a receipt which you can email to [melrose.finance@ed.act.edu.au](mailto:melrose.finance@ed.act.edu.au)
4. Payments can still be made in person at the Front Office with cash, cheque, EFTPOS, or a deposit direct into the Melrose High School Bank account BSB 032777, Account - 001658. If paying by direct deposit an email to the school financial section would be appreciated at [melrose.finance@ed.act.edu.au](mailto:melrose.finance@ed.act.edu.au)

For all payments, please ensure you include:

- Student Key ; Family Key ; Fee Code

For any enquiries regarding payments please contact the Finance Officer on 6142 0704.

# Travelling in the school holiday?



## SCHOOL HOLIDAY TRAVEL AND COVID-19

As we head into the school holidays, it is important to note the ACT Government has updated travel directions for people considering travelling to COVID-19 affected areas of New South Wales.

The ACT Government advises people should not be travelling between Greater Sydney and the ACT at this time.

If you must travel for essential reasons, you must abide by all public health directions in place in NSW and the ACT. This includes changing travel plans and adhering to public health instructions upon your return.

At 4.00pm Wednesday 23 June, the ACT Government introduced a new 'stay-at-home' requirement for anyone who leaves the following seven Local Government Areas of Greater Sydney and enters the ACT – City of Sydney, Waverley, Randwick, Canada Bay, Inner West, Bayside and Woollahra.

These requirements will remain in place for at least one week, until 11.59pm Wednesday 30 June 2021.

ACT Health will continue to monitor the situation very closely and put in place further directions if required in order to keep our community safe.

Further information on these requirements is available on the [COVID-19 website](#).

## EXCURSIONS AT MELROSE

The ACT Education Directorate has updated their Policies and Procedures for Excursions and we are working through what this means for parent/carers at Melrose High School (Melrose). One of the changes is that families need to complete a Medical Information and Consent Form (form) at the beginning of each school year and only need to complete subsequent forms if the situation changes for their child(ren). Attached to this email is the form for 2021, which needs to be completed and returned to the school by email at: [melrosehs.events@ed.act.edu.au](mailto:melrosehs.events@ed.act.edu.au) or in person through Check in teachers in the morning session. Students will not be able to participate in any excursions, including the Athletics Carnival in WK 5 of Term Three, 2021 without an updated form.

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## OFFICE FOR MENTAL HEALTH AND WELLBEING NAMING COMPETITION – YOUTH MENTAL HEALTH NAVIGATION PORTAL

The ACT Government's Office for Mental Health and Wellbeing is asking all ACT primary and secondary students to help them name a dedicated youth mental health online portal.

The portal is being developed for children and young people to help navigate Canberra's mental health system and supports. It's also available to help parents, carers and service providers link up with existing services and supports.

The ACT Government is running a naming competition and wants to hear from students – to enter they just need to send a suggested name and a few words about why they chose it.

Email entries to [OfficeForMHW@act.gov.au](mailto:OfficeForMHW@act.gov.au) by 30 June 2021.

The winning entry will be chosen by the ACT Youth Advisory Committee. You can also email the Office for more information about the portal.

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## HAVE YOU APPLIED FOR A RESPITE EFFECT AND RECOVERY GRANT YET?

Are you a person with disability, or a family carer? Have you experienced increased financial pressures, a loss of regular activities, and/or increased social isolation as a result of COVID-19?

The ACT COVID-19 Disability Strategy is offering Respite Effect and Recovery Grants that provide financial support as a one-off payment, of up to \$500, to adults and children with disability and their family carers. These Grants provide the opportunity for families of people with disability to reduce the impact of COVID-19 and to assist with community recovery.

Already under this program 195 applications have been approved to a total of \$96,625. This funding has supported people with disability and their families to reduce the impact of COVID-19 by providing help for things like paying bills, spending a weekend away, or purchasing technology that increases their connection to friends and family.

The Respite Effect and Recovery Grants are open right now and have just received an extra \$50,000 in ACT Government funding. Applications close **when funding is exhausted**, and will be processed on a first-in, first served-basis – so apply today!

For more information and to apply for assistance, visit a participating organisation, or see the [Respite Effect and Recovery Grant Program Guidelines](#).

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## SEMESTER 1 ACADEMIC REPORTS

The Semester 1 Academic reports were emailed out on Wednesday 23 June 2021. If you did not receive your copy, check your Spam/Junkmail folder. If you still can't find it, email [frontoffice@melrosehs.act.edu.au](mailto:frontoffice@melrosehs.act.edu.au) with the student details and we will forward you a copy.

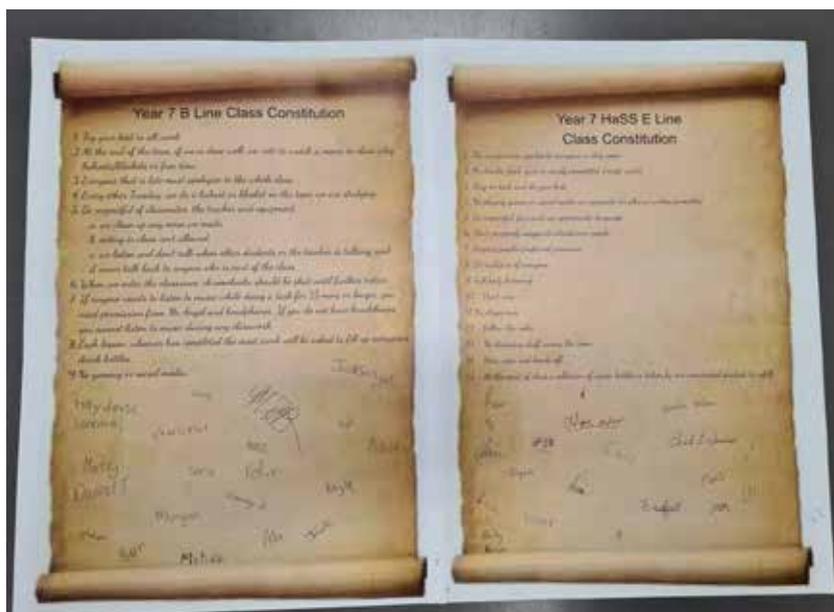
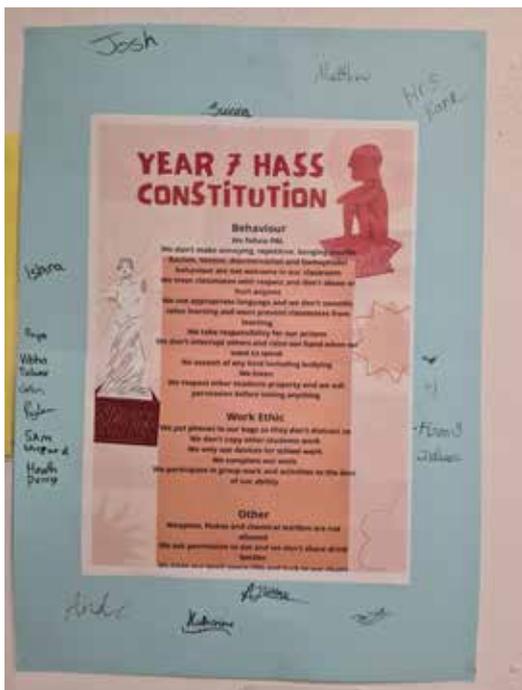
# YEAR 10 OPPORTUNITY

Are you planning to go to Lake Tuggeranong College or Erindale College in 2022? Are you planning to study Tertiary Maths (Maths Apps, Maths Methods or Specialist Maths)? If so then you need to check out a great opportunity LTC are running, for FREE, just for you! All the details, including the permission note, have been posted to all Year 10 Maths Google Classroom pages.

## HaSS NEWS

### Year 7

In HaSS, our fantastic Year 7 students have been completing a Civics and Citizenship unit exploring Australia's government and legal system. As part of this unit, the classes learnt about constitutions and the vital role they play in democratic societies. Some of our classes even had the opportunity to create their own classroom rules in the form of class constitutions. Great work Year 7!



### Year 8

Having studied some of the featured Renaissance paintings as part of their history unit, our Year 8 ACE HaSS students visited the National Art Gallery's Feature Exhibition, "Botticelli to Van Gogh", as part of an enrichment excursion. The students were lucky enough to see these masterpieces without the throngs of the public, as they were on an educational tour! T'was brilliant!



# ENGLISH NEWS

## Animal Farm Excursion

Year 9 and 10 ACE English students had the opportunity to see a performance of George Orwell's 'Animal Farm' at Canberra Theatre this term. This was a great experience for students to engage in live theatre and see an important and relevant text come to life.



## Bell Shakespeare

Year 8, 9 and 10 English students were lucky enough to see a Bell Shakespeare performance of 'Such Sweet Sorrow.' The show explored the story of Romeo and Juliet and asked us to reflect on who was ultimately to blame for their deaths. This was such a valuable and exciting way to see Shakespeare performed, with so many laughs along the way! Year 9 continued their study of Romeo and Juliet this term.



## Year 8 ACE Book Reviews

This term, students in Year 8 ACE English explored the 'Power of Words' and how we can persuade an audience with our words, as well as how images can affect our understanding and ability to communicate. Students chose their own novels to read and focus on, and produced some wonderfully persuasive and eye-catching reviews, which are currently being displayed in the library. Students have already convinced some of their peers to pick up their recommendations and the books are flying off the shelves!



# LANGUAGES NEWS

## French

Year 8 French students wrapped up their unit of work on clothing and fashion with a creative Défilé de Mode challenge. Students were tasked with creating outfits using recycled craft scraps, and then model them with an accompanying description. Here are a couple of examples of some of their creations, along with their accompanying text.

Layla porte une longue jupe en papier journal gris, rouge et noir. Elle porte aussi un petit haut assorti en papier journal gris, noir et bleu foncé. Comme accessoire elle porte un éventail en papier journal de marque rouge, jaune et noir.

Layni porte un pantalon serré en papier journal gris. Elle porte aussi un tee-shirt en papier journal gris et noir, et une cravate orange et beige.



Oliver porte une grande boîte en carton rayée rouge et jaune, style Noël.

Josh porte un chapeau fantastique vert, une jupe avec une cape assortie vertes et un grand manteau vert. Comme accessoire il porte un magnifique collier brillant.

## Japanese

On Friday 4 June, Melrose High School students were entertained by an amazing performance called Mama Dojo. Unsure of what to expect, our Japanese students watched, listened, interacted, and learnt about Japanese culture, Japanese language, and some Japanese games during the 2-hour performance. It was wonderful to watch the students become absorbed into various forms of the Japanese culture and using their Japanese language in fun interactive ways. A huge Thanks to Ms De Poorter for organising the performance and enabling us to have some variance to our Japanese learning journey, during a time where we are limited.



# TECHNOLOGY NEWS

## Metal Design Year 9 & 10

Students have just finished working on their major projects and have been very creative, designing some interesting things.

Year 9's Max Simms has finished his beautiful roses and spent a lot of time cutting and bending the first one in mild steel and finished it off in gold paint. He then made a smaller one in copper and is now making a stand for them.



Year 9's Jordan Dalton made a nicely shaped jet aeroplane and Jordan Win made an interesting 'Nut and bolt' dog.



A number of 'Nut & Bolt' motorcycles were made.

Year 10's Riley Gault made the first cool chopper (white frame) and then Luke Smith made his (silver one) and Lara Geerdink recently finished hers (raw metal).



Finally Griff Stacey made a great 'Nut and bolt' person with a large axe and a dog.



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## DRAMA NEWS

All Drama classes are finishing the semester with improvised scenes based on peer suggestions. Search parties, haunted houses, assembling Ikea furniture, sentient mud on the bottom of a shoe – the students have played a variety of roles in a plethora of settings. It's been a fun and wild ride with all students demonstrating impressive confidence and creativity.

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## SCIENCE NEWS

Year 7 students have investigated friction through experimenting with static electricity and air resistance. Students utilised balloons to investigate static charge. You could say they really rose to the challenge with some students demonstrating two heads are better than one, by making a second head for themselves attaching the balloon with just the static charge.

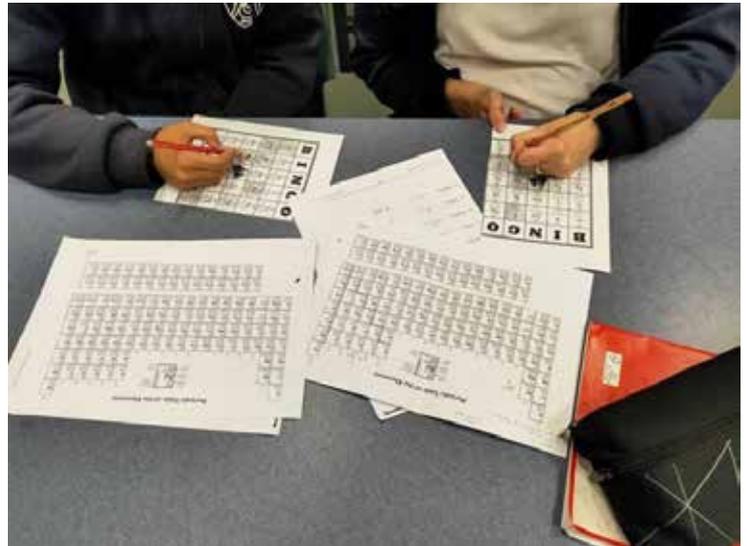
Have you ever wondered how a parachute works? Why not ask one of our Year 7 students? They have learnt all about it while investigating air resistance. Parachutes use air resistance to safely deliver their cargo to the ground. The cargo in question, an egg of course. We had some egg-cellent results while some cracked under the pressure leaving them shell shocked. All in all it was an eggs-quisite display of scientific investigation.



One of the important concepts Year 8's learnt about in biology this term was the importance of surface area in allowing biological processes to be efficient. Here the students are measuring the effect of increasing surface area on catalase reaction with potato.



The Year 9 science students are beginning to study the Chemistry Unit by consolidating their recollection of element symbols and names through the game of Periodic Table bingo.

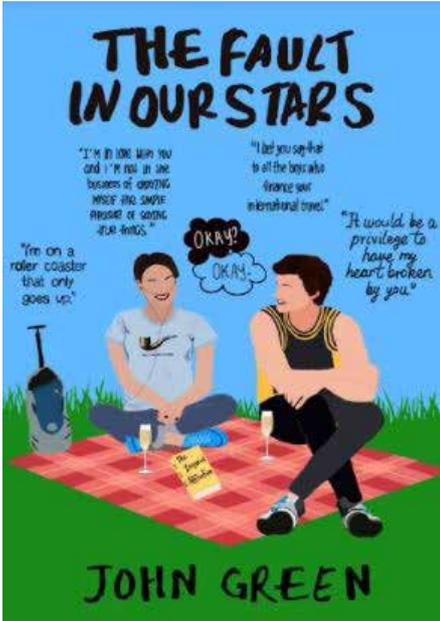


The Year 10 Students studied how some factors can change the chemical reaction. They discovered that increase in energy gained from heat makes the movement of atoms undergo collision with greater frequency resulting in the reaction taking less time to complete.



# DIGITAL MEDIA DESIGN

Digital Media Design students have worked on self-directed projects this semester. Their designs included tiny homes, architecture, animation, book design, fashion and product design, calendars, and photography. The quality of work produced was outstanding.



## PHOTOGRAPHY AND BACKSTAGE PRODUCTION

Photography and backstage production students had the opportunity to collaborate and combine their skills. Using the theme of levitation, they worked in small groups to plan an idea and choose the appropriate props and lighting. With only 15 minutes each to capture their ideas, they then worked together to edit the final images. The final results reflected their great team work.



# VISUAL ART

## Year 7 and 8 Visual Art

Students in Year 7 and 8 have been experimenting with found and recycled materials to create endangered animal sculptures inspired by the Erub Island Artist's Ghost Net Art.



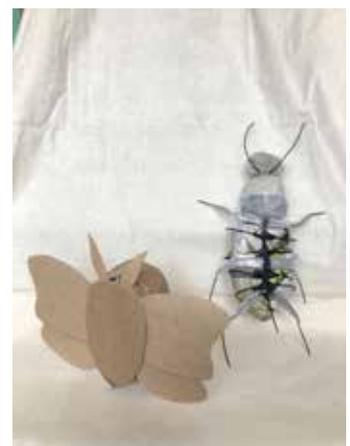
## Year 9/10 Painting

9/10 Painters have recently completed a painting in the style of a chosen art movement or artist. Students identified and researched techniques, colour palettes and subject matter to make a new artwork inspired by their chosen artist.



## Year 9/10 Sculpture

9/10 Sculpture artists put the final touches on their Challenging Perception sculptures. Students were inspired by hyper-real artworks and used unexpected materials or scale to make their final sculptures.



## ACE Art

ACE Artists have completed the final major work for the semester responding the question What is Beauty?

# CULTURAL INTEGRITY UPDATE



Yuma\* and welcome to the second Message Stick Cultural Integrity update for 2021.

Our Cultural integrity as a school community continues to grow, with Aboriginal and Torres Strait Islander perspectives being consistently weaved throughout what we learn and how we learn it here at MHS. This term has been filled with powerful and meaningful learning opportunities and valuable experiences for us to immerse in First Nations cultures.

## **Sorry Day**

We commemorate National Sorry Day on 26 May each year. It is a time to remember and acknowledge the mistreatment of Aboriginal and Torres Strait Islander people who were forcibly removed from their families and communities, which we now know as The Stolen Generations. It is also a day to acknowledge the strength of Stolen Generations Survivors and reflect on how we can all play a part in the healing process for our people and nation.

We marked this day by holding Town Hall yarning circles with our Big Picture students where our IEO Mon Harland shared photos and personal stories from her family experiences as part of the Stolen Generations. An assembly presentation was also given by our IEO Mon Harland and student Samantha Read where they spoke about the Assimilation policies of the past and Stolen Generations. The National Apology to Stolen Generations by screened as well as an animation about Intergenerational Trauma. This was a powerful presentation that was well received by our MHS community.

## **'More Than A Word - Reconciliation Takes Action' - Reconciliation Week 2021**

27 May - 3 June each year marks Reconciliation Week - a time to collectively reflect on and acknowledge our history as a nation. It is also a time to look toward the future and find ways that we can all contribute to reconciliation as individuals, groups and communities.

This year's theme is all about taking action on what we say we will do. This year's Reconciliation Week was a quiet but meaningful one for us here at MHS, kicking off with the beautiful sounds of the iconic song 'From Little Things Big Things Grow' as the bell for the whole week. We also challenged all classes with a check in activity to set out some actions they could take towards reconciliation. Our Year 7 Drama students performed a powerful movement piece to the song From Little Things Big Things Grow.

Our IEO Mon launched our First Nations Book Library in our main library space (pictured). This is a bookshelf that was upcycled and covered in a meaningful artwork that Mon has created entitled 'Learning Journeys'. A description of the artwork can be found at the end of this Cultural Integrity Update. Our Big Picture students participated in yarning circles and story sharing Day/Stolen Generation and personal story sharing with

our IEO. We ended both of these valuable sessions with discussions around what we can do towards reconciliation. Some of our students were also involved in creating an amazing Reconciliation Week morning tea, which used some native ingredients and paid homage to our First Nations people.



*First Nations Library*



*MHS*

**Artwork by Monica (Mon) Harland, Indigenous Education Officer, Melrose High. © 2021**

### **Broaden Your Horizons - Careers Expo**

A group of our Aboriginal and Torres Strait Islander students had the opportunity to attend a construction pathways event at CIT. They had some hands on experiences with some of the equipment used in the construction industry and got the opportunity to speak with a number of training and work providers in the industry. It was a great day out for our students who were able to explore possible future career options.

### **NAIDOC 2021 - 'Heal country, heal our nation' 4-11 July**

NAIDOC Week celebrations are held across Australia each July to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC is celebrated not only in Indigenous communities, but by Australians from all walks of life. The week is a great opportunity to participate in a range of activities and to support your local Aboriginal and Torres Strait Islander community.

This year's theme calls for stronger measures to recognised, protect and maintain all aspects of Aboriginal and Torres Strait Islander culture and heritage.

Our national week of celebration falls over the term break this year, but MHS will be weaving a very special series of celebrations throughout Term 3 that our whole school community will be a part of. This year's poster is absolutely stunning and you can download yours here -

<https://www.naidoc.org.au/get-involved/2021-poster>. There will be lots of local community events over the



break and you are encouraged to get involved and celebrate! You can search what's coming up here - <https://www.naidoc.org.au/get-involved/naidoc-week-events>

## IEO Update

We know that our community of students and families hold valuable knowledge and skills and this is your invitation to share those with us. Our Indigenous Education Officer (IEO), Monica Harland, would like to hear from you if you have any ideas for how you would like to get involved or support the sharing of First Nations culture across our MHS community. It could be a creative/art session, yarning circles or if you have a skill, some knowledge or would like to share elements of your mob/history/family, please email Mon on [monica.harland@ed.act.edu.au](mailto:monica.harland@ed.act.edu.au) or call on 02 6142 0708.

### *'Learning Journeys'*

*Learning is not linear. It has no beginning or end.*

*We learn from our past and our present,*

*through journeys and conversations*

*within experiences and emotions*

*through listening and seeing and*

*from seeking out knowledge.*

*We learn by questioning why*

*and imagining how it could be.*

*From our history we can visualise the future we want to create.*

*Our learning journeys reveal information to us, give us insights and present opportunities.*

*Each of our own learning journeys are connected and intersect with others.*

*These are learning pathways that will lead you to discover all that you could ever want to know... and more.*

Have a safe and enjoyable holiday, treading lightly on this sacred land of ours.

*\*Yuma is the Ngunnawal word for hello*

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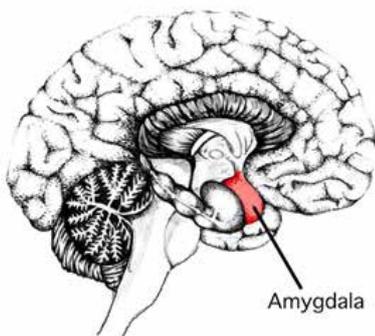
## STUDENT ENGAGEMENT

In Student Engagement two of our students Liam Gorey and Cameron Sargeant put together the following presentation. Pretty awesome work and something worth sharing to help us all understand the teenage brain!

### **How can understanding the amygdala assist adolescents?**

By Liam Gorey and Cameron Sargeant

The amygdala is the part of our brain responsible for our decision making in threatening or fear inducing situations among other functions. Understanding of this part of the brain can allow adolescents to control their emotions and therefore let their logical thinking take over rather than being influenced by emotions. Understanding the amygdala allows students to better interpret anxiety, PTSD, and improve social interaction.



The amygdala is a part of the brain that controls the processing of fearful and threatening stimuli and is largely responsible for decision making and emotional output. The amygdala is integral to emotional learning and how emotional memories are recalled. People with larger and more complex social circles generally have larger amygdala's and amygdala size has shown to be directly related with emotional intelligence. As well as processing threatening and fear inducing stimuli, the amygdala assists in choosing the response. The amygdala is able to induce a state of anger which can cause increases in adrenaline as well as causing the 'fight or flight' response. But how can students' understanding of this influence their behaviour?

Knowing about the amygdala can help assist adolescents with behavioural management in many ways. The main way is that if you understand how and why a particular function happens it makes adolescents more aware of how they are potentially going to react. Expecting and/or assuming that a particular reaction is going to take place makes adolescents more likely to not be affected by it, for example if someone (Person A) is playing hide and seek, they then know somebody else (Person B) is searching for them. Making it harder for person A to be found because person A is aware that person B is trying to find them. The same principle can be applied here, if person A knows how the amygdala is going to affect them, they'll be prepared for it and, hence be less likely to be impacted by its effect on the human body. Knowledge about the amygdala is highly valuable to adolescents, so what are some potential ways to spread this information across the school?

There are many ways to help adolescents become educated about the amygdala. Some of the most powerful ways are to; have people tested on it, have information displayed where adolescents can see it and have a way for it to stay in their subconscious minds. All these things can be put into one simple idea for the school to potentially adopt. The strategy is that we incorporate learning about the amygdala into school lessons, either as part of the learning about the brain in science (and have it be a part of the end of term/semester test) or to have it as one of the topics covered in the classroom sessions of P.E. This way people will remember information about it because of the test and it will be repeatedly told about the amygdala and how it works. Even if the conscious minds of adolescents forget about the amygdala, it will remain in the subconscious memory of the person likely forever.

To conclude, the amygdala has a massive effect on how students respond to tense situations and how their emotions are influenced. The adolescents' actions can be influenced by these emotions and the 'fight or flight' response that the amygdala can cause. Undoubtedly, helping adolescents understand the effects of the amygdala can help revert them back to logical thinking and help find a more logical outcome to a situation.

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## LEARNING ACHIEVEMENT PROGRAM

Thank you to the families who have donated LEGO to the Learning Achievement Program (LAP). The LEGO will be used to develop social skills with our students. When students play with Lego®, they're more likely to interact with each other through collaborative play. The shared focus on building uses student's strengths and helps them practise communication and social skills while having fun.

Also many thanks to the families who donated board games to the Board Game club. We are enjoying them.

Thank you for your support.

Eleanor

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## COMPETITIONS

Did you forget to sign up for the Maths, Science or English ICAS competitions? This is your last chance to register.

Please complete the attached form and return it to the front office no later than Monday 12 July. If you are unsure whether you have signed up already, please check with Ms McAuley in 308 or the front office.

# SUSTAINABILITY NEWS

## REVAMPED

*Sustainably Stylish!*



### Op-Shop 'REVAMPED' at Melrose

The op-shop has been very busy this term with over 30 students making a purchase. In total, the Sustainability Crew have raised over \$150 for Koomarri. They are the not-for-profit organisation who supply clothes for the op-shop. This partnership with Koomarri helps to support people with disabilities in the Canberra community. It also allows students to make conscious clothing choices and understand the negative impacts of fast fashion on the environment and wider society. Formal dresses and suits are priced \$5 to \$10, casual wear, shoes and accessories range from \$1 to \$5.

### Recycling

In Term 2 the Sustainability Crew sorted through the school grounds yellow bins and sent 2,500 litres off to be recycled. Contamination is still a huge concern (10% is acceptable at the recycling facility) we are currently at 35%. It is an improvement on Term 1 (45%), but still needs to be sorted and this is a huge task for the students! The contamination culprits are food scraps, containers with liquid, soft plastics and single-use plastic cutlery (the latter is banned from selling in the ACT from July 1). We all need to be mindful (not mindless) about what we put in the recycling bin and remember "Check it! Before you chuck it" and "When in doubt, throw it out!". A great resource to explain how we can #RecycleRight, can be found on the ACT Government website

<https://www.cityservices.act.gov.au/recyclopaedia>

**#RecycleRight**  
Keep it simple. Keep it clean. Keep it coming 'round.

**Don't box or bag your recyclables**

**PAPER & CARDBOARD**  
**ALUMINIUM & STEEL CANS**  
**HARD PLASTIC BOTTLES & CONTAINERS**  
**GLASS BOTTLES & JARS**

**KEEP OUT PLASTIC BAGS**  
**LIDS & CAPS OFF**  
**NO FOOD OR DIRTY CONTAINERS**

**NO** nappies, food, fabric, cords, rope, dirty paper & cardboard, takeaway coffee cup lids, polystyrene & plastic bags.

Visit [www.act.gov.au/recyclopaedia](https://www.act.gov.au/recyclopaedia) to find out more...

**ACT** Government

## Plastic Free July – Be Part of the Solution

Students will have the opportunity in Term 3 to take part in the Plastic Free July® campaign. It is an award-winning global movement of the Plastic Free Foundation, working towards their vision of seeing a world free of plastic waste. This campaign helps millions of people worldwide be part of the solution and reduce plastic pollution. Allowing everyone to enjoy cleaner oceans and community spaces. Will you be part of Plastic Free July and choose to refuse single-use plastics? Take a pledge today, the environment and future generations will thank you for it!

<https://www.plasticfreejuly.org/take-the-challenge/>



Communities around the globe are concerned about plastic ending up in landfill and polluting the oceans ... that's why hundreds of millions of people worldwide are choosing to be part of Plastic Free July

**CHOOSE TO REFUSE SINGLE-USE PLASTIC**  
[PLASTICFREEJULY.ORG](https://www.plasticfreejuly.org)

Will you join the challenge?

Please join our effort to help the environment. Choose to refuse single-use plastic during July.

Yes, I will join the challenge!

1. Visit our website  
[plasticfreejuly.org](https://www.plasticfreejuly.org)
2. Choose what you will do
  - Avoid single-use plastic packaging
  - Target the takeaway items that could end up in the ocean
  - Go completely plastic free
3. Choose the length
  - 1 day ● 1 week ● 1 month ● Always

AVOID WASTE, PROTECT THE OCEAN, SIGN UP AND BE PART OF THE SOLUTION. [PLASTICFREEJULY.ORG](https://www.plasticfreejuly.org)

## Melrose is making a sustainable change – green plastic bags for playground bins

From Term 3 2021, Melrose will stop using virgin (new and never used) plastic bags for the large playground garbage and recycling bins. Instead, the new bags are made with 99% recycled plastic, and they break down rapidly in landfill. The organic additive allows microorganisms to break down the bags completely, producing a natural fertilizer and no microplastics. The company is a multi-award winning Australian small business with a range of sustainable and environmentally responsible household option available.

<https://www.biogone.com.au/>



WILL BIODEGRADE 90+% FASTER IN LANDFILL THAN CONVENTIONAL PLASTICS

Biogone products shown include: Dog Bags, Sandwich Bags, Cling Wrap, and various sizes of bags (e.g., 50 LITRE, 100 BAGS).



## Could \$500 help you with high-school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- |  |   |
|--|---|
|  laptops & tablets  |  specialist subjects |
|  uniforms & shoes   |  books & supplies    |
|  sports fees & gear |  camps & excursions  |

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, attend vocational education yourself, have regular income from paid employment (you or your partner)\*, have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*



**Contact**  
your local Saver Plus Coordinator

**Phone**  
1300 610 355

**Email**  
CanberraSP@thesmithfamily.com.au

**Online**  
saverplus.org.au  
Find us on Facebook 



\*Many types of income and Centrelink payments are eligible. Please contact your local Coordinator for more information.  
Saver Plus is an initiative of the Brotherhood of St Laurence and AHC, delivered in partnership with The Smith Family, Barry Street and other local community agencies.  
The program is funded by AHC and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

## FROM ROADS ACT: KEEP CHILDREN SAFE

Children are more at risk than adults around schools because they are smaller and less visible to motorists. They are also less predictable and less experienced, which makes them more likely to make errors of judgement. Failing to follow [simple road rules](#) increases the risk to children around schools. While schools can become congested during the peak times, illegal driving and parking behaviours are not acceptable as it increases the risk of injury for children. Driving behaviours that should always be avoided include:

- driving and parking on verges
- parking on street corners
- parking in no stopping zones or bus zones
- parking on or near children's crossings
- driving or parking on footpaths or across driveways

Please do the right thing to create a safe environment for our school community.



#KeepKidsSafe

## CANBERRA YOUTH THEATRE

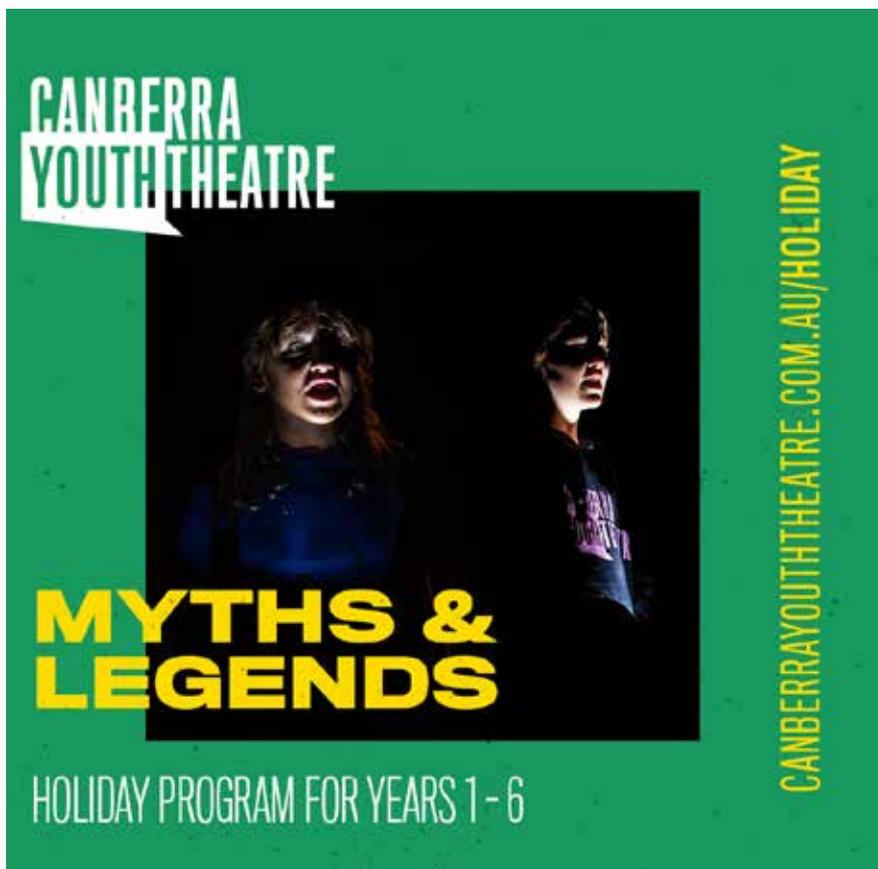
Join Canberra Youth Theatre this winter holiday for an exciting theatre workshop for young artists in Years 7 - 10.

The workshop, New Dawn 2.0, is calling all gamers, inventors, and creators of brave new worlds to explore interactive theatre techniques to devise a new virtual reality game.

Limited spaces are available, enrol now at [canberrayouththeatre.com.au/holiday](http://canberrayouththeatre.com.au/holiday)

When: 5 July - 7 July

Where: Gorman Arts Centre



## Pearce Community Centre MARKETS

### Christmas in July

Collett Place PEARCE

Saturday, 10 July

10.00 AM to 2.00 PM

Stalls include:  
Quality Crafts, Food,  
Coffee, Plants, Clothing,  
Gifts and LOTS  
MORE!



Held in conjunction with the  
2 day Pearce Crafters Market

Rotary  
Club of Woden Daybreak

A social media graphic for Melrose. It features the text 'Melrose Social Media' in a large, dark blue font. Below it, the phrase 'follow us' is written in a cursive font. There are three social media icons: Facebook, Instagram, and Twitter. A QR code is positioned to the right of the icons. Below the QR code is a black button with a white scanner icon and the text 'SCAN ME'. The background is light beige with several colorful circles in shades of pink, blue, and yellow.

# STEP 2 DISABILITY EMPLOYMENT EXPO

OFFICIAL OPENING  
10-11AM

GUEST SPEAKERS  
11AM-2PM

**CONNECT WITH  
INFORMATION,  
SUPPORTS, EMPLOYERS,  
APPRENTICESHIPS  
& VOLUNTEERING  
OPPORTUNITIES**

**Come along and;**

- **prepare for life after school**
- **discover skill-building ideas;  
community programs**
- **learn about volunteering**
- **hear about micro enterprises**
- **connect with Disability and School  
Leaver Employment Services**

Connect with your community  
and job opportunities in Canberra.

**WHEN**  
**30 JUNE 2021,**  
**10AM-3PM**

**PHONE**  
**1300 986 970**

**WHERE**  
**HELLENIC CLUB OF CANBERRA**  
**- APOLLO ROOM**

**EMAIL**  
**feroslac@ndis.gov.au**



FEROSI 09/21



Delivering the NDIS in your community