



ACT
Government
Education

Melrose High School Message Stick



Date: 4 February 2022

Important dates

http://www.melrosehs.act.edu.au/our_community/calendar

8-22 Feb: School Board Nominations
7 Feb: Year 8 Immunisation (Catch Up from 2021)
8 Feb: Year 7 Immunisations - Round 1
18 Feb: School Photos

21 Feb: School Photo catch up
21 Mar: White Card training
22 Mar: Asbestos Awareness training

MELROSE HIGH SCHOOL – SCHOOL BOARD 2022

The Board is responsible for overseeing the school's strategic direction. School Boards must observe Directorate directions and ACT Government priorities and all legislative obligations. If you would like to contribute to the governance of the school, then joining the Board would be the perfect opportunity.

Nominations will open on Monday, 7 February 2022, for the following positions on the School Board. Each term will be for a period of two years:

- 1 staff member;
- 1 local community member; and
- 1 student member (year 7-9).

Note: With changes this year to the Education Amendment Act 2020, as a school without a P&C association, we need to first advertise for a local community member. If we get no nominations for a local community member, then we re-advertise the vacancy as a parent member.

Nomination forms will be available from the Front Office from Monday 7 February 2022.

For more information visit the website

https://www.education.act.gov.au/public-school-life/get-involved-in-your-childs-school/school_boards

or contact the Assistant Returning Officer, Ruth Mahon via email, ruth.mahon@ed.act.edu.au

NAPLAN Online will occur in our school between 10 and 20 May 2022

NAPLAN Online is a more engaging assessment that adjusts questions to each student's achievement level. It also delivers more precise results to schools and parents more quickly.

NAPLAN provides valuable information to schools and parents about literacy and numeracy achievement. It supports school improvement processes by enabling teachers to monitor student progress over time and to identify areas of strength and development.



All eligible students are encouraged and supported to participate in NAPLAN testing.

Visit www.nap.edu.au to see interactive versions of the test and for more information.

Careers News

White Card and Asbestos Awareness Training

White Card and Asbestos Awareness Training is being held at Melrose High School on Monday 21 March and Tuesday 22 March. The total cost is \$150.

This training is required before students can commence workplace learning or an ASBA in all building trades, landscaping, surveying, maintenance work, installation of air-con, security systems, fire systems, glass etc. Students wishing to participate need to register their interest and obtain information and documentation.

Please see Sam in the Careers Office, located in S18, at recess or lunch.

This will be the only training held at the school for the year and a minimum number of students are required to go ahead. There is also a maximum number so be quick to respond to guarantee a place.

VLO's (Vocational Learning Options)

Unfortunately for Term 1 2022, VLO's have been suspended due to COVID19 cohorting restrictions. At this time, VLOs are being negotiated for delivery across our schools with a scheduled commencement date in Term 2. Offerings will cover a wide variety of 'job skills' industry demand areas and new, innovative and emerging industry areas. These may include: Mechanical Engineering (STEM), Forensic Science (laboratory skills), Building & Construction, Automotive, Allied Health, Electrotechnology (electrician), Conservation & Land Management, Connect to Country, Work Ready, Animal Health/Nursing (disability), VET Nursing.

For more information on VLO's <https://www.education.act.gov.au/public-school-life/transitions-careers/act-vocational-learning-options-vlos>

WEX Work Experience Placements

Given the uncertainty of the impact of the current health environment on schools and businesses, face-to-face work experience and workplace learning will not go ahead at the commencement of Term 1 2022. Advice on workplace learning activities for ACT public schools will continue to be updated during Term 1 2022, as health directions change. For more information on Workplace learning <https://www.education.act.gov.au/public-school-life/transitions-careers/workplace-learning>

News from PE

Ms Marmont was pleased to see that construction work on the new outdoor fitness activity at the rear of the gym has started. Ms Marmont has worked hard to gain funding for the development of the area. The area can be used for circuit & light weights training.

This week it was pleasing to see students face to face back at school with a positive attitude. The Year 7's seemed especially eager to get started with their high school education. Ms Kearney, Mr Cummings and Ms Tindall, have produced a fun fitness program for all PE students for O-week, encompassing fitness components of balance, agility, flexibility, strength, reaction time and aerobic endurance. This should get the cobwebs out of the students and fire them up for the term ahead.

The PE faculty are extremely mindful of the Covid-19 safety procedures. Although students are not required to wear masks in outdoor lessons, we all wear them for inside lessons unless they are physically exerting themselves. Working together we will make this a productive and enjoyable term for our students.

Due to current restrictions, the scheduled swimming carnival has had to be cancelled and we are looking for an in-school alternative. At present the Outdoor Education Surf Camp is still booked for Week 9, however, it may not run until early in Term 2, we will know more after Week 4, when the Education Directorate reviews the current restrictions. Additionally, the Outdoor Education Canyoning trip has had to be cancelled for Term 1.

Student Engagement - An Attitude of Gratitude

Attitude is EVERYTHING

As much as some of us would like to be able to control every aspect of our lives, we can't! But what we can control is our attitude towards what happens to us. We all experience and continue to experience "trying" times in our lives.

How we react and move through these particular situations will determine their effect on our physical, mental, and emotional wellbeing. In 2021, the Student Engagement Team attended the Resilience Project Presentation at the Canberra Theatre and learnt a great deal about our personal attitude towards living a happy and fulfilling life. We are literally all now living by the acronym, GEM (Gratitude, Empathy and Mindfulness).

"Up to 40% of our happiness comes from how we choose to approach our lives." (<http://www.forastateofhappiness.com/happiness-its-not-just-your-genes-stupid/>)

Especially during “trying” times, we focus on all of our problems. We then get in the habit of focusing our attention on all the negative things happening in our lives.

What would happen instead if we switched that focus to all of the good things that happen to us each and every day?

What if we took time daily or weekly to reflect on things we are grateful for in our lives?

At Student Engagement in 2022, we will be flipping the narrative and asking students to be as positive as possible, we want them to be GEM and show GEM each time they are at school.

Our newsletter article today will focus on the “G” in the GEM acronym - Gratitude.

Increasing Happiness

Gratitude is the forgotten factor in happiness research.

Grateful individuals

- Report higher levels of positive emotions
- Have greater life satisfaction
- Experience greater vitality
- Are more optimistic
- Are healthier
- Build strong relationships
- Handle adversity better
- Experience lower levels of depression and stress

People who have a strong disposition toward gratitude have the capacity to be empathetic and to take the perspective of others. They are also rated as more generous and more helpful. Grateful individuals place less importance on material goods, are less likely to judge their own and others success in terms of possessions accumulated and are less envious of others.

Gratitude is Good for your Health - The Data / Research

A study done by Dr. Robert A. Emmons of the University of California and Dr. Michael E. McCullough of the University of Miami showed that those individuals who practiced weekly gratitude were more optimistic and felt better about their lives.

During the study, one group wrote about things they were grateful for that had occurred during the week, a second group wrote about daily irritations or things that had upset them, and a third group wrote about events that had affected them in neither a positive or negative way.

The first group who wrote about what they were grateful for also exercised more and had fewer visits to the doctor than those who focused on daily irritations, hinting at the power of gratitude.

Ideas for Promoting Gratitude

- Write a thank-you note and post it to someone
- Thank someone mentally
- Keep a gratitude journal
- Meditate and practice some breathwork
- Tell someone you are grateful for them

After starting a gratitude journal, people begin to look at people and things differently, seeking out the positive

in each situation or interaction. They appreciate the “little things” and don’t take them for granted.

A shift in mindset happens, and they notice when they are not as consistent with journaling; they can easily fall back into a mindset focused on all that is lacking.

Examples entries from a gratitude journal:

- I am so grateful for my knowledge of how to live a healthy lifestyle and help others do the same.
- I am so grateful that I devoted time to my yoga practice today.
- I am so grateful for the AMAZING weather we have been having!

Our Intention: We are going to be grateful this year in Student Engagement. We appreciate our school community, the staff and amazing students and families we work with. We are grateful for you and look forward to 2022 being a year of gratitude, empathy and mindfulness.

We encourage you to also practice some gratitude yourself at home. Please start with the question around the dinner table, what was the best part of your day today? This will evoke a response that is very different to the answer provided when asked, how was your day? Let us know how this goes!

Take care

Nathan Hitchcock and the Student Engagement Team
Melrose High School

Melrose High School welcomes our new Year 7 cohort

I’m so grateful for this wonderful group of students who have come to join us at Melrose High School. Starting a new chapter in school can be tricky at the best of times, but this week I have seen a great group of kids, full of courage and positivity, who have taken on a new chapter in their schooling, despite the difficult circumstances of their time. It’s great to see the resilience of youth who refuse to have a pandemic define them.

On Monday morning, students gathered in the Malcolm Barlow Hall without the usual family entourage. I tried to reassure them that their time at school is one small blip in the context of human existence but I’m not quite sure if it sunk in. Soon enough they joined their Check-in teachers and became familiar with their “home room”.

Due to the cohorting requirements, our Year 7’s this year will attend the same Check-in group each morning. They can rely on their Check-in teacher and house group as a starting point everyday. We encourage students to be on time and ready for any daily announcements that affect them.

During school, over the next few weeks, Year 7 students will be developing relationships with a range of different students and teachers. This will be a significant shift from their school life in the past and it will open a new world of opportunities. We encourage our students to familiarise themselves with the Melrose High School values of being a SAFE | RESPECTFUL | LEARNER

https://www.melrosehs.act.edu.au/our_school/the_melrose_spirit

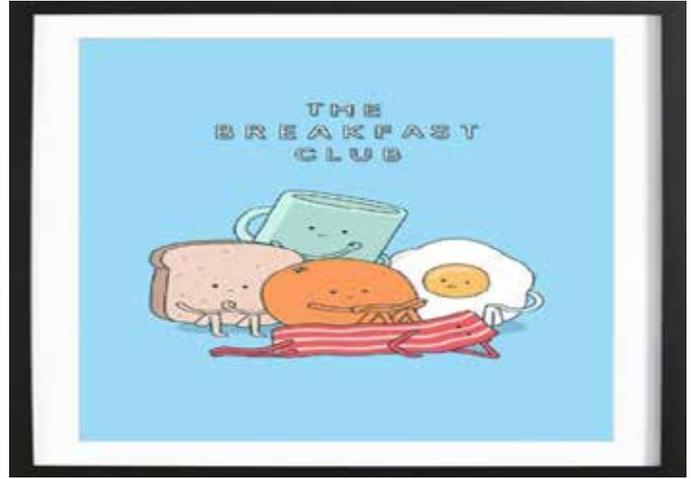
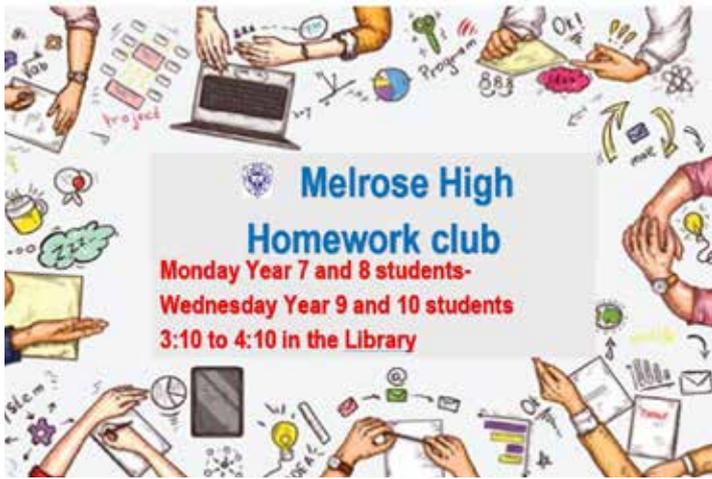
The admin staff have been brilliant in getting the school ready for our Year 7’s and I thank them for their tireless work. This week I’ve also had the chance to see the depth and breadth of talent in our teaching staff. They are loving the new group. All week staff have been remarking about how much they enjoy the energy and enthusiasm within our new cohort.

I began my own Year 7 HaSS class with a discussion around “work” in terms of our Business and Economics unit. It is great to hear that there are already some savvy entrepreneurs amongst the group. Amongst the discussion I have reminded them that, while it may not lead to cash in the hand straight away, the work they put in at school will pay dividends in the end.

I look forward to supporting the growth and development of Melrose High School’s class of 2025.

Hunter Walters - Year 7 Coordinator





Homework Club 2022

We will be starting homework club again in 2022, but to ensure we adhere to COVID safety guidelines we will be running two sessions Monday from 3:10pm to 4:10pm for Years 7 and 8 and Wednesday from 3:10 pm to 4:10pm for Years 9 and 10.

We will still do our best to ensure we have representatives from each faculty, but this might not always be possible, that said we do have some staff that are regularly on deck that can cover a number of subject areas. You are required to complete a permission note for you child to be able to attend, these can be picked up from the Front Office or on the school website. https://www.melrosehs.act.edu.au/our_community/notes

Canteen

The Melrose Canteen will open for business as of Wednesday 9 February 2022 and it will operate Monday to Wednesday, lunch orders only, no service at recess. Information regarding ordering using Flexischools was sent out in an email last week. Melrose High School Canteen - 6142 0728

 A promotional poster for Canberra Region Rugby League. At the top left is the league's logo, a green and blue stylized head with horns, and the text "CANBERRA REGION RUGBY LEAGUE". The main headline reads "COME & PLAY RUGBY LEAGUE" in large, bold, white and blue letters. Below this is a central image of a smiling young girl wearing a black and white rugby helmet. Surrounding her are several green callout boxes with white text: "AUNTIES", "SISTERS", "FRIENDS", "COUSINS", "COLLEAGUES", and "MUMS". At the bottom, there are two columns of text: "TACKLE UNDER 9'S, 11'S, 13'S, 15'S, 17'S & OPEN WOMENS" and "LEAGUE TAG UNDER 12'S, 14'S, 16'S & OPEN WOMENS". The footer contains contact information: "CONTACT YOUR LOCAL CLUB TO GET INVOLVED VISIT PLAYRUGBYLEAGUE.COM.AU/PLAY OR EMAIL DEB_DFORD@RAIDERS.COM.AU".

 A promotional poster for Canberra Region Rugby League. At the top, it features three small action photos from a rugby match. Below these is the league's logo and the text "CANBERRA REGION RUGBY LEAGUE". The main headline reads "Registrations are now open!" in large, bold, white letters. Below this is the text "Join your local club today, visit playrugbyleague.com/play". At the bottom, there are three more small action photos from a rugby match.