



ACT
Government
Education

Melrose High School Message Stick



Date: 16 July 2021

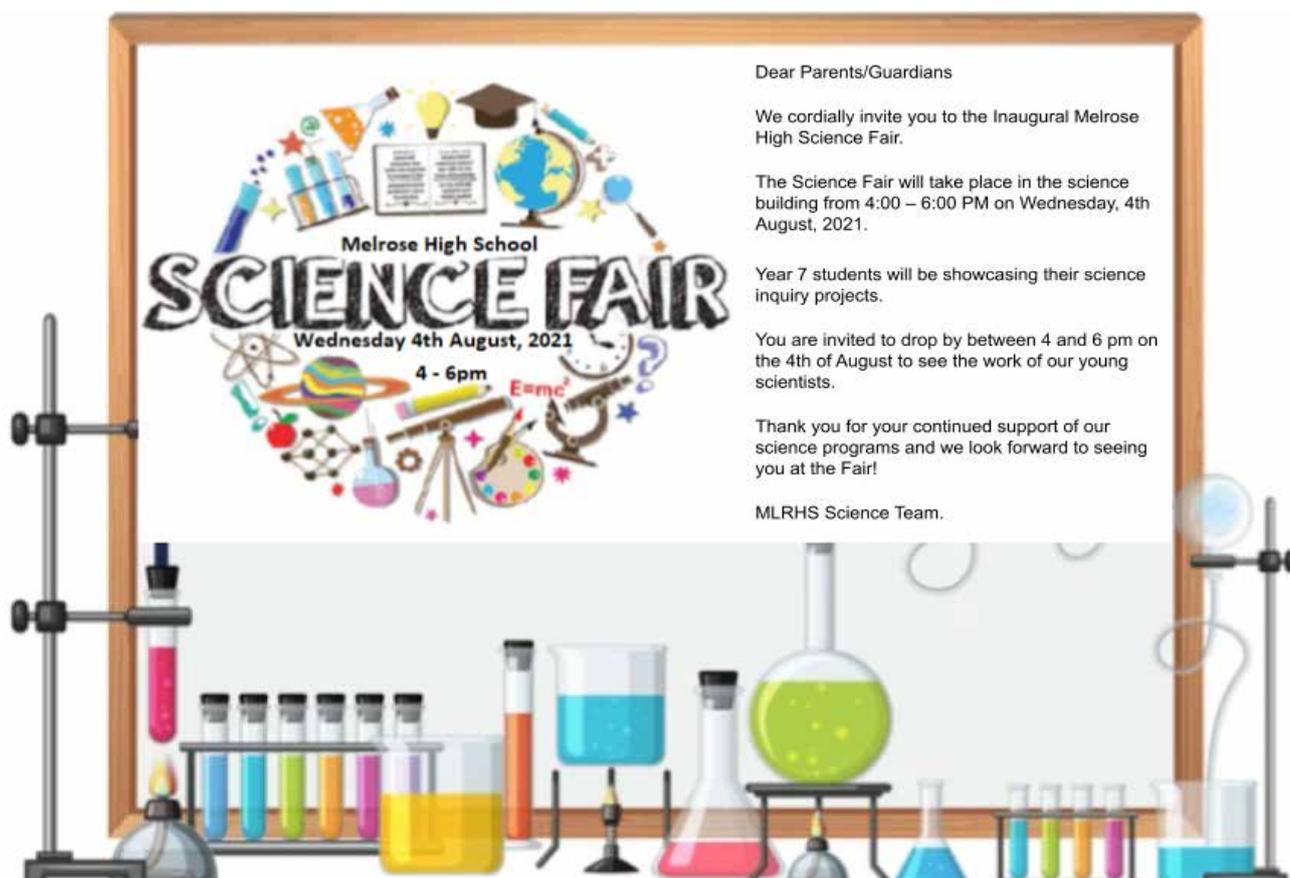
http://www.melrosehs.act.edu.au/our_community/calendar

Important dates

26 - 28 July: Dance Camp Birrigai
29 July: Australian National Chemistry Quiz
3 August: Year 7/8 Boys and Girls Soccer

3 August: Big Picture Information Night
4 August: AMT Australian Mathematics Competition
4 August: Science Fair 4pm - 6pm
5 - 6 August: Mock Trials

Science Fair - Change of Date - Now on 4 August



Dear Parents/Guardians

We cordially invite you to the Inaugural Melrose High Science Fair.

The Science Fair will take place in the science building from 4:00 – 6:00 PM on Wednesday, 4th August, 2021.

Year 7 students will be showcasing their science inquiry projects.

You are invited to drop by between 4 and 6 pm on the 4th of August to see the work of our young scientists.

Thank you for your continued support of our science programs and we look forward to seeing you at the Fair!

MLRHS Science Team.



SWITCH TO THESE

#GOPLASTICFREE

marine conservation society

Australian of the Year, 2022 – Nominations

Courage. Sacrifice. Kindness. Bravery. Generosity. Resilience. Inspiration. Determination. Humility. We all know a Canberran who demonstrates these qualities.

Now is the time to nominate them for a 2022 Australian of the Year Award.

The Australian of the Year Awards celebrate people who are great at what they do, contribute to our society and inspire those around them. They could be a quiet achiever, community member, leader in their field, an unsung hero or a household name.

It only takes one nomination for someone to be in the running for an award, and any Australian can nominate any other Australian in one of the following four categories:

- Australian of the Year
- Senior Australian of the Year
- Young Australian of the Year
- Australia's Local Hero

Nominate now at www.australianoftheyear.org.au. Nominations are open until 31 July 2021.

Lost Property

We have a lot of lost student clothes at the Front Office

We regularly find items of clothing left lying around the school on the playground, after assemblies etc. These are all taken to the Front Office and stored in a box where the runners sit, outside the student finance window.

Could parents please take the time to write their child's surname in sloppy joes, hoodies, jackets etc as these are the most common items found.

If your child has lost any clothes, please have them check the box at the Front Office.



Plastic Free July – ‘choose to refuse’

For the remainder of July, students (and staff) can take a pledge and ‘choose to refuse’ single use plastic and packaging for Plastic Free July, this can be for a day, a week, the rest of July or forever.

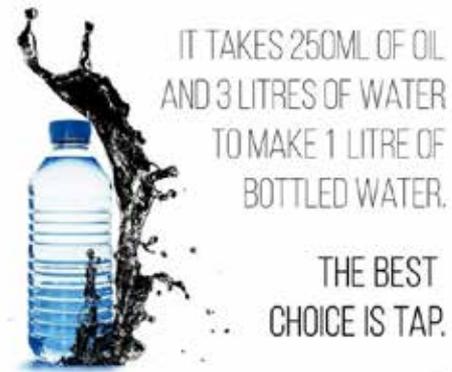


What is it?

A global movement inspiring over 300 million people in 177 countries who are working towards a world free of plastic waste. The focus is to encourage behaviour changes that reduce unnecessary plastic use and waste generated, allowing everyone to enjoy cleaner air, waterways and community spaces. Each individual small change will collectively make a huge difference to our Melrose community and beyond. Being involved helps everyone to find reusable alternatives that can become new long lasting sustainable habits.

Why is Melrose participating?

Single use plastic items and packaging are choking our planet! Plastic production creates toxic gases (including greenhouse gases) and is extremely resource intensive (huge waste of energy, oil and water). Plastic takes hundreds of years to break down for less than 5 minutes of use. It pollutes our waterways and oceans, this is extremely harmful and sometimes deadly for wild and marine life, where microplastics are already in the seafood chain.



Ways we can ‘choose to refuse’

The top 3 easiest ways to refuse single use plastics are to invest in a reusable water bottle, reusable shopping bags and reusable hot drink cup. If you have already made the sustainable switch, there are some plastic free lunch ideas over the page, along with ways to reduce your environmental impact if you are unable to refuse single-use plastic and packaging.



Lunch Ideas to Reduce Plastic Use

Invest in a reusable lunchbox with separate compartments for sandwiches, fruit and snacks or put lunch in plant based or compostable plastic wrap and snap lock bags. Buy chips/crackers in bulk and put some in a reusable container for school. This is a cheaper and more sustainable option, also the chips won't get crushed in the school bag! This can also be done for flavoured drinks and yoghurt, buy in the larger bottles/containers and fill a reusable container for taking to school.

For the rest of July, an Australian award-winning sustainable business BioGone®, has given Melrose staff and students a 15% discount (code is PlasticFreeJuly) on their biodegradable and compostable products, ranging from snap-lock bags and plastic film, to bags for your rubbish and dog waste. This is a 'thank you' discount from the company for switching to biodegradable bin bags for the playground at Melrose.



What's in your waste-free lunchbox?

It's easy to pack a nutritious lunch with no throw-away packaging!

- Choose a compartment lunch box or small reusable containers
- Choose fruit 'wrapped' in natural skin. Food scraps can be composted
- Steel or aluminium cans, juice boxes and yogurt containers can be recycled
- Wrap your sandwich in washable beeswax wrap, fabric or a paper bag
- Bring a reusable drink bottle, flask or ice pack
- Bring a fork or spoon from home

Avoid plastic packaging...virtually every piece of plastic ever made still exists in some shape or form!

Unable to refuse or reduce your plastic use? You can still help!

The next best option is to buy 100% recycled plastic and correctly recycle the plastic you consume (recycle hard and rigid plastic in yellow kerbside bin, recycle soft and flimsy plastic through REDcycle at Coles and Woolworths). This reduces the amount of unnecessary plastic in landfill and grows Canberra's economy through recycling. You can also pick up plastic you see in the the environment, preventing it from entering our waterways and oceans.

#RecycleRight

Keep it simple. Keep it clean. Keep it coming 'round.

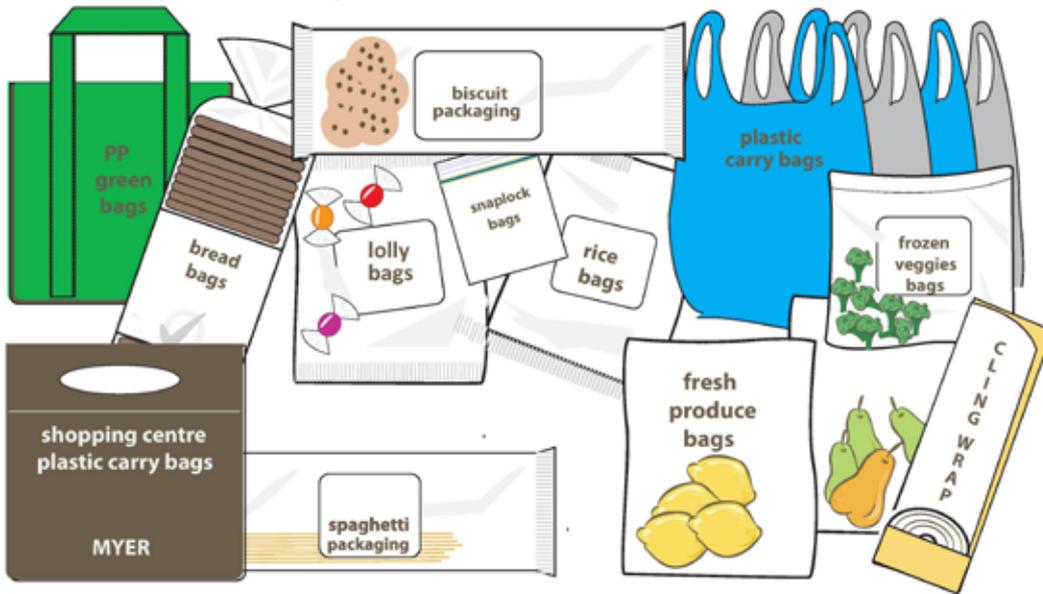
Don't box or bag your recyclables

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 to find out more...



RED Group is dedicated to recovering and recycling plastic films, bags, and packaging that would otherwise be disposed of in landfills across Australia.

**RECYCLING A SINGLE
PLASTIC BOTTLE CAN
CONSERVE ENOUGH ENERGY
TO LIGHT A 60W BULB
FOR UP TO 6 HOURS.**

