



Melrose High School Message Stick



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

Issue 4: 18 December 2020

FROM THE SENIOR EXECUTIVE

Gosh 2020 has been a year like no other! We would like to begin by thanking the whole school community; the students, the parent/carers and the staff for your dedication and commitment to making things work. This year has brought many challenges and you have continued to rise above expectations. A special mention to our School Board for their support and commitment throughout the year and a quick plug for 2021 nominations; we welcome you to find out more about this by contacting the current Board by email at: Melrose.Board@ed.act.edu.au.

Year 10 students have completed their journey with Melrose High School (Melrose) and celebrated this milestone through a Celebration Brunch held in the Malcom Barlow Hall. The formal committee, consisting of both teachers and students, did a fantastic job and the event was a huge success. Congratulations Year 10, we wish you luck and good fortune on your journey. A big thank you to Year 10 Coordinator, Garry Douglas for his leadership and support of the cohort.

On the other end of the spectrum, Year 6 students have started to come together with the assistance of Year 6/7 Coordinator, Danielle Driver and we have welcomed students and their families into the Melrose community. Year 6 had a fantastic time at their transition days, and we look forward to welcoming 220 new students and their families back for the first day on Monday 1 February 2021, 8.50am in the Malcolm Barlow Hall. We couldn't finish without expressing our gratitude to our primary school colleagues who have prepared and nurtured these students for the next chapter of schooling in the Melrose Cluster.

The increased demand for places at Melrose is based around the success of our teachers and, as is clear to us each year, there is demand across the ACT for our people. We would like to take the opportunity to acknowledge our outgoing teachers for all that they have given to the Melrose community. In 2020 we farewell the following staff:

- English Teacher, Tiffany Prieto to Gold Creek School
- LAP & English Teacher, Anthony Hilton to Canberra College.
- English & EAL/D Teacher, Rosanna Thompson
- Science Teacher, Andrei Elagin
- Art Teacher, James Voss to Narrabundah College
- Big Picture Advisor, Ali Inskeep to Evelyn Scott School
- Maths Executive Teacher, Lisa Green to Gungahlin College
- Metalwork Teacher, Hayley Van Davey to Canberra College
- Front Receptionist, Elise Canning to Canberra College
- WEX Coordinator, Sylvia Schuback – congratulations on your retirement
- LSA, Zoe Terry
- LSA, Jesse Dent
- Library Assistant, Clare Marley
- School Health Nurse, Jess Mathie who will be going on maternity leave
- School Psychologist, Anne Shaw to Erindale College

In 2021 we will welcome both new and returning staff to the Melrose community including:

- Executive Teacher Arts & Technology, Eddy Hoek – maternity leave placement for Rebecca Hanrahan
- Executive Teacher Maths & IT, Aine McAuley – returning from maternity leave
- Executive Teacher Virtual Learning Academy, Joseph Lloyd
- Big Picture Advisor, Emily Dunn – returning from maternity leave
- English Teacher, Jessica McPherson – permanent appointment
- English & HaSS Teacher, Ryan Hallet – permanent appointment
- HaSS & Science Teacher, Mia Hine – permanent appointment
- Mathematics & PE Teacher, Matthew Croker – permanent appointment
- English & Arts Teacher, Sarah Nathan-Truesdale – permanent appointment
- Outdoor Education & PE Teacher, Bryce Anderson – permanent appointment
- Robotics & IT Teacher, Daniel Deng - continuing contract
- English/HaSS Teacher, Laura Duffy - New Educator
- Science & PE Teacher, Adam Seary – New Educator
- LAP Teacher, Andrew Murphy – joining us from Campbell High School
- English Teacher, Graham Levi – joining us from UC Senior Secondary College Lake Ginninderra
- Chinese Teacher, Nan Yang – maternity leave placement for Yuan Ma
- Front Receptionist, Stacey Bennitt joining us from Canberra College
- WEX Coordinator, Smanatha Tarlinton joining us from Hawker College.
- LSA, Simon Mellor joining us from Flexible Learning
- LSA, Rachel Corsini – permanent appointment

We would like to wish our school community a happy, healthy, and safe break. We hope that you have lots of time to reconnect with family and friends ready for an action packed 2021. We will see the Year 7 and new Year 8-10 students and their families on Monday 1 February 2021 at 8.50am in the Malcolm Barlow Hall and returning Year 8 -10 students on Tuesday 2 February 2021 at 8.50am, starting in the Malcolm Barlow Hall.



Simon Vaughan
Principal

simon.vaughan@ed.act.edu.au



Shannon Carnovale
Acting Principal

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Ryan Kay
Deputy Principal

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KEY DATES

- **Monday 1 February 2021** - All Year 7 & new Year 8,9,10 students start - Please meet in the Malcolm Barlow Hall at 8:50 am for a welcome assembly. Year 10 Peer Support leaders must also attend.
- **Tuesday 2 February 2021** - All students return. Please line up outside the Malcolm Barlow Hall at 8:50 am for a welcome assembly.

Students are advised to check their Schoolsnet email on Friday 29 January 2021 for updates to this information.

SCHOOL BOARD ELECTIONS 2021

Nominations will open for the 2021-2023 School Board at 11am, Monday 1 February 2021 and close at 11am Monday 15 February 2021.

Recent changes have been made to the composition of the parents and citizens members on the School Board for those schools who do not have an active P & C Association.

SCHOOLS WITHOUT A P&C ASSOCIATION (PCA)

In 2021, the small number of schools without a PCA, will fill their vacancies with:

- **two parents (or carers or guardians) of students at the school; and**
- **one local community member.**

Priority will be given to fill the local community member positions. If no local community member can be selected, then up to three parents will be selected (depending on the number of vacancies in 2021). If a local community member is appointed, then they will be replaced at the end of their term with another local community member. If a local community member is unable to be found in 2021, then another attempt will be made at the next selection round.

In light of this change the following position nominations will be open:

- One (1) Staff representative
- One (1) Student representative
- One (1) Parent representative
- One (1) Community representative

Nomination forms will be available from the Front Office and emailed to families on Monday 1 February 2021.

If you require further information please contact the Assistant Returning Officer, Ruth Mahon (ruth.mahon@ed.act.edu.au)

STUDENT ENGAGEMENT REPORT

The Student Engagement team wishes to thank all staff, students, parents and carers for the year that was. 2020 threw us all many curveballs and it was great to see the community all get behind each other with agility and acceptance at the forefront of how we “did school.”

Over the stand down period / holiday break, we will be monitoring our emails and ensuring we remain supportive for our community. The Student Engagement Team is committed to safeguarding the youth of Melrose High School so they feel connected and supported over the break. If there is an urgent need to reach out for support, please email the URSafe@melrosehs.act.edu.au and we will respond promptly.

For parents and carers, we are excited for 2021 but please remember that 2020 is not quite over yet. If your child is struggling in the holiday period and needs some wellbeing assistance please access some of the amazing services Canberra has on offer. Below you will find some resources and services that are accessible over the holiday period.

In Canberra:

- The Junction Youth Health Service 6232 2423
- ACT Child & Adolescent Mental Health 6205 1971
- UC Psychology Clinic 6201 5843
- ANU Psychology Clinic 6125 8498
- Next Step 6287 8066

- Menslink (males) 6287 2226
- Relationships Australia 1300 364 277
- CatholicCare 6162 6100
- Oasis Youth Salvos 6288 6248
- New Horizons Marymead (u18) 1800 427 920
- Multicultural Youth Service 6100 4611

Online Services:

- eheadspace www.eheadspace.org.au 1800 650 890
- Kids Helpline www.kidshelpline.com.au 1800 55 800
- Beyond Blue www.beyondblue.org.au 1300 22 46 36
- Lifeline www.lifeline.org.au 13 11 14
- APS Find a Psychologist Service www.psychology.org.au/FindAPsychologist

Have a lovely break and look after each other.

Nathan Hitchcock, SLC Student Engagement

GOODBYE YEAR 10

Friday, 4 December marked the final day of high school for our Year 10 cohort. Despite having to make some significant changes to Year 10's formal and graduation celebrations, all who attended had a fun, enjoyable and memorable experience. I would like to acknowledge the students who volunteered to be a part of the formal/graduation committee. They pulled together as a group and their contributions were a big reason for the overall success of the Formal/Graduation Brunch. I would like to further



extend thanks to Lucy Sedlacek, Hayley Van Davey and the teaching staff who helped in the organisation and setting up of this event for our Year 10 students. Your efforts didn't go unnoticed.

There are so many people to thank, but on behalf of Year 10, I would like to thank everyone at Melrose High for the great support they have shown to my Year 10 group over the past 4 years. Thank you to the many Melrose staff who have supported me in my role as Year Coordinator, in particular the PE, HaSS faculties and Student Engagement team.

Before I officially sign off, I thought that I would share with you all my yearbook address to the magnificent Year 10s.

Year 10 – It's been four years coming and an adventure all the way. Much like life, it's not about the destination, but the journey along the way. We wonder what will be remembered when we reflect on the past four years at Melrose High. Perhaps for you it will be a particular teacher, a special friendship or one of the many events that you got to experience or participate in throughout your high school years. Through your teachers, Melrose High School has provided opportunities for you to challenge yourselves academically, and to understand your place within the local community. 2020 has been an extremely challenging year and despite bushfires and a global pandemic you have all demonstrated determination and perseverance whilst focusing on the college transition process and successfully completing your final year of high school. It's not a yearbook, but I hope that this will be something that becomes more sentimental as time passes by and that it reminds you of forgotten people and events.

Thank you, Year 10, for providing me with so many precious memories and laughs along the way. I hope that this next chapter in your lives brings you all the success and joy that you deserve. To the Year 10 Class of 2020, I wish you all the best!

Mr Douglas

YEAR 9 REPORT

Thoughts from The Year 9 Coordinator. 2020 the Year that was.

As I come to the end of my first year in the space of Year 9 Year Co. I can reflect on all of the ups, downs and inbetweens that the year has provided.

I began the year very hesitant of what was in store for me, but I quickly fell into a routine of "What was expected and what I needed to do".

Smoke, Bushfires and Covid have provided numerous challenges for all of us this year. However, using a quote that I found in my Googling, this replicates how I feel about how the Year 9 cohort coped this year.

"Strength doesn't come from what you can do. It comes from overcoming the things you once thought your couldn't." Anonymous

As a cohort the Year 9's have shined through the adversities of the year and have displayed to me and their teachers what an amazing group of individuals they are. So onward and upward to 2021, hopefully we will all have a restful holiday and come back refreshed ready to face another year, but most importantly Year 10!

- Mrs Leiper

Thoughts of a Year 9 Student on 2020! Who knew that 2020, would be the way that it was?

We, as a Year Nine cohort, have gone through the most challenging and mind-boggling year, that anyone could have imagined. There was online schooling, fires, cancelled events, protests, Karens, internet cancelling, and most of all being stuck at home; but, despite all of these scary, new, and challenging events we, as a Year Cohort were able to rise above it. Sure, there were bumps and bruises along the way, as Walt Disney said "Everyone falls down. Getting back up is how you learn to walk." but I can without a doubt say that we are finishing this year positively.

We've had swimming carnivals, virtual cross countries, Year group meetings, Lovely weekly emails (Thanks Ms. Leiper!), Peer Support training, Various Camps, parents crashing Zoom meetings and the best thing out of it all, getting to come to school every day and see the school slowly go back to normal.

This year has 'fallen down,' time and time again, but slowly we're getting back up, we were crawling, then walking, and now, running into Year 10!

FROM THE YEAR 8 COORDINATORS

It was a year with a lot of ups and downs for our Year 8 cohort. They came back at the start of this year taller, with deeper voices and more confidence as they headed into their second year of high school. Lung capacity, not so much, as they returned in the midst of the bushfire season with their campus surrounded by smoke. Then as a whole school community we were impacted by the COVID-19 pandemic. Our Year 8s then had to grapple with the challenges of learning from home, not seeing friends for weeks at a time, and attending online classes while the PlayStation lurked temptingly in the corner of their vision.

They were welcomed back enthusiastically by their teachers at the end of Term 2, and they gained back some form of normality. Semester 2 saw the return of school sports, where we had lots of Year 8 students represent the school with good sportsmanship and enthusiasm. Our Year 8s competed with other schools in soccer, netball, touch football, Rugby League 9s and badminton.

They have finished the year excited at the fact they will be becoming senior members of the school, and being able to take more control over their learning as they pursue different opportunities. We look forward to seeing them again in the new year, well-rested and ready for another exciting year at Melrose High School.

- Ms McAlister & Mr Wells



YEAR 7 2020 IN SUMMARY

By Caitlin Watson and Angelique Corbitt

2020 was by far the craziest year we've encountered, despite Covid-19 and every other abnormality, we still had an amazing year, full of ups and downs. This is just a brief description of everything we did in a year 7's perspective.

We started this year as nervous kids trying to find our way around this giant maze of classes, dragging ourselves up the stairs. We needed to gain a lot of independence as we found our way around this new school. We realized we were no longer the big fish in the small pond but the little fish in a huge pond.

We then got sent off to camp, with a bunch of people we barely knew. In the end, we had a great time making new friends, and going on adventures. It sure was an experience to get up Mt Kosciusko!

Just as we started getting used to this new school, we were told that we would be sent home for who knows how long due to Coronavirus. In just a couple of hours, we said our goodbyes and home school lockdown began.

A few long months later we finally got to go back to school. The months of isolation and constant Wi-Fi problems had finally come to an end. It was weird because home-schooling was quite an experience and we were just beginning to get used to it. However, it was relieving that we would get to see our friends again and life would start to get back on track. Soon, everyone started to get used to the so-called 'new normal'.

Before we knew it we made it through the first semester, although it felt like we'd only just started. We started term three with a brilliant social dance unit in PE. We learned



countless dances and had a great time with our friends. It was a great opportunity to stay fit and have fun with our classmates.



Before we knew it was the first day of term 4, only 10 more weeks of school until we graduated year 7. It was weird to realise that the year was coming to an end. A few weeks into the term we had a science incursion this term learning about aboriginal plants and foods, despite many classes not going up Mount Taylor due to rain we still had lots of fun trying new foods.

Before we knew it was the end of the slowest yet quickest, unpredictable year. We've now only got a few days left of this term, we get to spend one of those days at Manuka pool and the rest of the days with our friends. In the end, we had a great time this year and learnt lots. Let's take a moment to thank all our amazing teachers who got us through this year, it certainly won't be one to forget!

WELCOME TO OUR 2021 YEAR 7 COHORT

I would like to welcome all the incoming year 6 students. This year has not looked like a 'normal' transition program for the year 6 students starting high school in 2021. We modified the program and it was terrific to be able to visit the feeder primary schools with Mr Vaughan to answer students' questions about high school.

Throughout the year, the Student Engagement team hosted several transitions for some students to help become familiar with a high school setting.

In Week 9, Term 4 the highlight was the year 6 transition days. Students were given a snapshot of what a typical day in high school would look like. Students made a name tag in metal work, they looked at the theory of continental drift in HaSS, excited electrons in Science, did some kinasentics spelling in English and two dice bingo in Maths. The highlight for me and for most of the students was the line dancing in the afternoon, it was great to see all the year 6 students learning the school happy dance.

We are looking forward to 2021, some key dates are-

- Monday 1 February 2021 – first day for year 7 students only. Please meet in the Malcolm Barlow Hall at 8:50 am. School finishes at 3:10 pm each day.
- 1-3 March 2021 - Year 7 camp – please return notes and finalise payments as soon as possible.

If you are unsure about any missing paperwork regarding your enrolment or camp please contact the Front Office.

If parents need anything, please reach out to Student Engagement team. Have a safe and restful break.

Danielle Driver (danielle.driver@ed.act.edu.au)

TRANSITIONING TO HIGH SCHOOL OR COLLEGE

The Education Directorate have two fantastic videos that discuss the transition from Primary to High School and High School to College. You can view them, as well as finding other useful links on our Support for Parents Page on our website:

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

ARTS/TECHNOLOGY WRAP UP

Design Technology Workshop

This semester in Design Technology, we have been focusing on sustainability. Our Year 7 Design Workshop classes have been designing and creating planter boxes that house repurposed soft drink containers for growing herbs to cook with. They have demonstrated their critical thinking abilities in their design process, and imagination in their designs. Year 7 Students moved between the metal and wood workshops to create their planter boxes and have achieved some fantastic results!



Our 9/10 classes have been exploring furniture design and construction in their Wood and Metal Design classes. The 9/10 Metal classes have been designing to a brief with Ms Van Davey, making a seat that can comfortably support their weight. Students have approached the brief with originality and created some fantastic results! The 9/10 Wood Design class have been investigating flat packed furniture with Mr Pike, focusing on sustainability and efficiency in their design.



Food Technology

Year 7 students explored healthy cooking and sustainable practices in food preparation during the semester. They used recipe maps to create their own recipes with different flavours and textures. Students developed their skills and techniques in food selection, preparation, presentation, and were able to demonstrate this through the numerous practical tasks including their Home Cooking assignment. They completed their last practical on celebration cookies with creativity and great confidence.



During the semester year 8 students explored Australian cooking and the use of pizza, pasta and pastry as the key component of recipes. Students showed interest in creating their own designs by substituting the ingredients and reflecting on the final product. They

substituted ingredients with confidence and were able to produce some great results. Their recipe design on festive pizza and the filled pasta were the highlights.

Year 9 and 10 students explored a wide range of topics including festive baking, cultural cuisines and catering. All classes focused on safety, production and management plans with sustainable practices. Students worked independently and collaboratively making numerous outstanding products. They created dishes from different cuisines, practised culinary techniques, safely catered for events and participated in Barista service.



The Performing Arts

2020 has been a tough year for the Arts in general throughout the world, but it has also served as a reminder for how important the Arts are to our lives. Despite the challenges thrown at us, and the initial disappointment of events being cancelled or postponed, the Arts faculty at MHS has managed to find ways to adapt and provide enriching performance opportunities for our students.

Music, Band and Backstage

Some of the highlights have been Band Camp (which became a series of day trips to Birrigai), performances by the band and year 9/10 music students at Entertainment Night, and the Backstage Production class still having the opportunity to produce 4 nights of quality live entertainment through Entertainment Night and the ACE Drama Production.

- Mr Sciberras

Drama

Despite the difficult year, the Drama classes have still had performance opportunities. The 9/10 Drama classes devised skits and performed at Entertainment Night while the ACE Drama class collaborated with Backstage Production to produce and perform 'The Dream'. The Year 8 Drama class collaborated with Year 8 Art to create animal monologues and the Year 7 Drama class shared their performances with their peers.

- Miss Green

ACE Dance

On Saturday the 12th of December the ACE Dance class were invited to perform at the Subdance End of Year Show at Hawker College. The Subdance studio owner, Charlie, had visited the ACE class over semester two this year and worked with students to create their piece "Gender is a Construct", which was originally performed at our Entertainment Night Showcase earlier in the semester. It explored the idea of perceptions within our society





and the students did an amazing job of bringing this message across to the audience. Their performance at the Subdance show was such a great experience and as their teacher I am so proud of everything that they accomplished this year.

- Ms Sedlacek



Photography

Photography students have had many opportunities to learn and develop new skills and constantly amaze me with their enthusiasm and creativity. Our Photo 3 and 4 students worked towards their end of semester body of work and mini exhibition and were proud to see it all come together. I'm very excited about what next year will bring as this subject grows and develops.

CULTURAL INTEGRITY UPDATE



Yuma* and welcome to the last cultural integrity update for 2020.

Cultural integrity describes the environment a school creates to support Aboriginal and Torres Strait Islander students and to welcome and engage their families and communities. Here at MHS we proudly embrace our First Nations cultures, ensuring that everyone learns about our true shared history and has opportunities to engage and immerse in meaningful and authentic cultural experiences and conversations. This will continue to grow and develop as we move forward along our cultural integrity journey. Respecting and holding our Aboriginal and Torres Strait Islander cultures, histories, knowledge systems and languages in high regard is critical to our future as a nation and as part of our commitment to reconciliation.

Boy's Mentoring Group

The program has gone from strength to strength this year and is still being successfully run by Tim Cornforth (Torres Strait Islander) and Mark Baldwin (MHS Youth Worker). The class is full each week with the boys engaging in sport, culture and positive yarns.

Gawar Centre

As mentioned in previous message sticks, Gawar is the Ngunnawal word for 'heart'. The Gawar Centre is a cultural space that sits within the heart of MHS. We run workshops, meetings and our Aboriginal and Torres Strait Islander Studies elective in this space. The Gawar Centre has undergone a bit of a refresh and is now reflecting our First Nations cultures. Updated photos of this space will feature on the MHS website early 2021.

NAIDOC Week

MHS celebrated NAIDOC week from 8-13 Nov this year with a week full of events which were put together by our fantastic Cultural Integrity Team.

The school bell played the Yothu Yindi song Treaty for the entire week, which was an energetic and powerful song which we felt supported this year's theme of Always Was, Always Will Be.

The year 7 quad was decorated with beautiful fabric bunting representing the colours of the Aboriginal and Torres Strait Islander flags.

On Monday our Aboriginal and Torres Strait Islander Studies class enjoyed a drumming workshop with talented local percussionist Jonathan Jones. A few different rhythms were learnt and a lot of fun was had. This was followed by mural and music making at lunchtime, where students and teachers added names of different nations/clans/mobs to a large canvas map. Yidaki and percussion playing provided the backdrop for this lunchtime mural session. Students then added handprints and colour to make it a special way to commemorate this year's theme. The



completed mural is now on display in our library.



On Tuesday our PE teachers ran a 'come and try' Buroinjin game which went really well with a lot of students keen to be involved. Another Buroinjin match between students and teachers was a success on Thursday, with students wanting more future opportunities to play. Wednesday and Thursday we ran a NAIDOC Film Fest in the Library, where we screened the documentary 'Freeman' and also a series of animated Dreamtime stories called Dust Echoes. You can view them all free here via ABC Education at <https://abcspla.sh/c/2570774>

Friday was our NAIDOC Casual Friday, where students and teachers were all encouraged to come dressed in colours from the Aboriginal and/or Torres Strait Islander flag. All students completed a NAIDOC lesson during the week, which involved interpretation, analysis and discussion of this year's NAIDOC poster and the themes represented within it. If you haven't seen this year's poster or would like to download or print a copy, you can grab one here at <https://www.naidoc.org.au/resources/get-your-poster>. Our Indigenous Education Officer, Mon Harland, was very proud to share the news that this year's poster was created by her nephew, Tyrown Waigana!

The current COVID restrictions changed how we celebrated significant events this year, but it was a meaningful, authentic and enjoyable experience for all of us here at MHS and we look forward to a bigger and brighter 2021.

AIME Artist in Residency



Year 9 student, Madelyne Williams, was accepted into the first AIME Artists in Residency 100 Day Challenge In Term 3. This was a 3 month mentoring experience working with the AIME team and other 12-18 year old creatives from across Australia and overseas. Each participant developed a concept for a statement artwork that explored issues or topics of their choice. Maddie's finished piece is absolutely stunning, with many hours of thought and work being put into it. It is a powerful piece depicting the far-reaching effects of the devastating bushfire season this year as well as the compounding effects of the COVID-19 pandemic. All of the artworks produced are to be purchased by AIME and be included as part of an online gallery. Once this is live we will share it with you. Congratulations Maddie!

Cultural Incursion 2020

On 27 November was our Cultural Incursion Day. This was an opportunity for all of our Aboriginal and Torres Strait Islander students to bring a friend and immerse in a day of learning about our First Nations people. The day started with a cultural talk and presentation from Yuin elder, Aunty Julie Freeman. She shared stories from the Wreck Bay area, her family and her dreaming. Aunty Julie also showed the group a selection of special artefacts from her ancestors. The students engaged in discussion and asked some great questions. There was a great respect and reverence for our special guest and both students and teachers in the

room were mesmerised by Aunty Julie's storytelling. Students then participated in a couple of creative activities - mural painting and also an examining the work of the Tjanpi (meaning grass in Pitjantjatjara language) weavers and creating their own artwork.



Morning tea was an opportunity to engage in a bush food tasting. Each student enjoyed a pack of delicious samples from the Koori Kulcha Experience which included a lemon myrtle muffin,

a kangaroo kofta and a Davidson plum chocolate tart. This was then followed by boomerang throwing led by one of our male Aboriginal and Torres Strait Islander educators. After lunch, our participants joined the rest of the school for a very special live music concert starring talented Aboriginal singer/songwriter/actor/personality, Casey Donovan! Casey performed a one hour concert for our students and had everyone singing and dancing. She was so generous with her time, meeting with queues of students for photos and autographs afterwards! It was a very special ending to our Cultural Incursion day and something that really lifted everyone's spirits in what has been a most challenging year.



All who participated in this year's incursion learnt so much about each other, our First Nations cultures and also had a lot of fun! These events also serve to instil a strong sense of pride for our mob here at MHS.

Indigenous Book Club

The Aboriginal and Torres Strait Islander Education Team at the Directorate have been running Indigenous Book Clubs at schools across the ACT this year. This is an opportunity for representatives from all schools to attend and find out about all of the latest books that have been purchased and reviewed by the team. These book clubs continue to grow in size, with representatives from primary school, high school and college attending. MHS recently attended one of these, and was gifted a number of fantastic books which have now been put into our library system. Next year will see a dedicated First Nations book shelf launched in the library which will allow for easy access to all of these new titles.

IEO Update

Our Indigenous Education Officer, Monica (Mon) Harland, will be remaining with us here at MHS in 2021. She is looking forward to being able to continue supporting our teachers and students on our collective cultural integrity journey by ensuring we are authentically and meaningfully embedding Aboriginal and Torres Strait Islander culture and perspectives into what we learn and how we learn.

Holiday reading ideas

As the classic song goes, 'from little things big things grow'.

Our cultural learning is a lifelong process, with little pieces of information at a time.

Your cultural journeys can continue over holidays by reading a book, an article – listening to a song, having a yarn, getting out into nature.

If you are after some absolutely fantastic reading suggestions, check out Magabala Books <https://www.magabala.com/pages/books> for a range of titles from junior to adult, biographies, fiction, memoirs, poetry – you'll find descriptions listed with each title.

Stay safe and well and tread gently on this sacred and ancient land you walk on during your holidays.

*Yuma is the Ngunnawal word for hello

PE FACULTY NEWS

2020 has been a crazy year. We have learnt many things and have all been required to learn new skills and step out of our comfort zone.

We started the year as normal with a Swimming Carnival, that set us up in house groups for a year long challenge. It was not long after this that all things changed. Smoke prevented PE classes running as normal, and we had to limit activity, including our weekly walk up Mt Taylor, to ensure that we complied with regulations. If this wasn't challenging enough..... COVID-19 arrived.



We learnt to teach PE in a different way. With weekly challenges, a virtual cross country, online lessons, and many silly clips from your teachers encouraging you to stay active. We got into the swing of things and it became the new normal. Staffing: We farewelled Mr Proctor- renaming the Melrose Mile the Proctor perimeter. This was a farewell like we had never seen before. Mrs McAlister returned from maternity leave and we welcomed Mr Anderson to our team to take over Outdoor Education.



We have had many challenges this year, however we have also had many successes. Many teams represented the school in sporting events, and restrictions lifted. We have had a wonderful year and have enjoyed trying new things. As a faculty we are looking forward to 2021.

Outdoor Education – Term 4 News

On the 25-27 November the Outdoor Education students went on a canoeing excursion to Burrinjuck Dam NSW. Usually the dam is too low for safe canoe activities, however during November it was at near full capacity. We entered the dam at Careys Reserve, just outside of Wee Jasper. The weather was hot, however gentle breezes combined with cool off swimming ensured students were not too stressed. We paddled for 10 km having lunch along the way and enjoying the interesting rock strata of the Wee Jasper area and wildlife. Our first overnight camp was on a peninsular on the edge of Lake Burrinjuck. Students immediately set-up campsites and started fishing and swimming. I believe Mitchell Watson-



Kehde caught the first fish, be it a very small Red-Fin. In the evening students, prepared and cooked their meals and collected wood for a campfire. Mrs Lewis provided interested students with information on the rotation of the Milky Way star formations. Some students continued with night fishing, while others cooked marshmallows and talked by the fire. The next day after breakfast, we paddled in a narrow channel around a large island, toward the Murrumbidgee River, awesome high rock formations and still quite deep waters, and then returned to Careys Reserve.

We loaded the bus and trailer and went to our second night campsite at Fitzpatrick Reserve. This campsite allowed students to use an enclosed toilet and clean-up. After camp set-up, we spent the mid afternoon cooling off and exploring Micalong Creek. On return students had some rest time before preparing meals; after dinner we walked to Devils Punch Bowl gorge and watched the sunset; students were amazed by the depth and colours of the gorge walls and discussed how it could be climbed. We returned to camp with head torches and settled in for an early night. The next day we were supposed to trek 6 km to Mt Wee Jasper, however high fizzle growth and expected high temperatures caused us to rethink and cancel. The trek was replaced with a guided tour of Careys Cave. Students learnt about how caves are formed in the area, specific cave formations and how to protect cave environments. We had lunch at the site and returned to Melrose High.

I am sure that I speak for Mrs Lewis as well when I say what a fine group of young people. Students encouraged each other and all contributed their best attitudes and efforts, to make this a rewarding experience for both staff and students. Campsites were left cleaner than when we arrived, all students helped in the loading and unloading of equipment.

Bryce Anderson (Outdoor Education, Melrose High School)

LANGUAGE FACULTY NEWS

I have had the honour and privilege of leading the Language Faculty for a year. And what a year it's been!

I won't focus on the challenges, instead here are a few of my highlights:

- Introducing French as a new language to the school. It's been great fun creating new units and looking at ways to engage Year 7 in the magic of language learning.
- Getting to know a fantastic new team of colleagues. Leading English and Language in a busy school like Melrose has been a learning curve, but the sharp edges were most definitely softened by my brilliant faculty colleagues.
- Bell Shakespeare (finally) coming to the school and performing a hilarious 3-person version of Romeo and Juliet
- A belated Book Week, with reading activities and challenges all week, culminating in a parade for young and old(er). We even found Green Sheep!
- ACE English classes writing and sharing their amazing lockdown sonnets and creating beautiful children's books.
- Celebrating individual student successes with language competitions and being constantly impressed by student creativity and drive.

Photographed are examples of Year 7 student work created during the media unit, and Year 9 reading their stories.

To conclude, I look forward to continuing to grow as an educator, learn from my colleagues and be inspired (and sometimes challenged!) by the students of Melrose High School.

Bring on 2021!

Mary De Poorter

Executive Teacher Language



Local Grocer Saves the Day!

Bystanders View of the Action



LAP NEWS

The LAP students are to be congratulated for recently winning numerous awards and prizes in two Science competitions.



SEACT, the Science Educators' Association of the Australian Capital Territory, is an annual competition designed to encourage active involvement and interest by students in science and to pursue their interests in science beyond the boundaries of the classroom. The students were asked to undertake planned and controlled investigations in science and report their results in an appropriate manner in topics that interest them.



The winners investigated Heart Rate and Exercise, Paper Planes, Conduction of Heat, and Bouncing Balls.

Elizabeth Steinback – First Prize in Physics

Maebh Banks – Encouragement Award in Physics

George Stacey – Highly Commended in Biology

Kobe Corpus – Highly Commended in Biology





RACI's ACT Crystal Growing Competition as part of the National Science Week is an annual competition designed to encourage students to learn all about growing beautiful crystals. The aim is to grow the best possible crystal of potash alum or another substance over a period of 6 weeks. Crystals were judged on shape and clarity firstly, rather than size. The winning crystals in each division received a certificate and trophy. The students who were successful are George Stacey, Maebh Banks, Jack Galley, and Elizabeth Steinback.

SCIENCE UPDATE

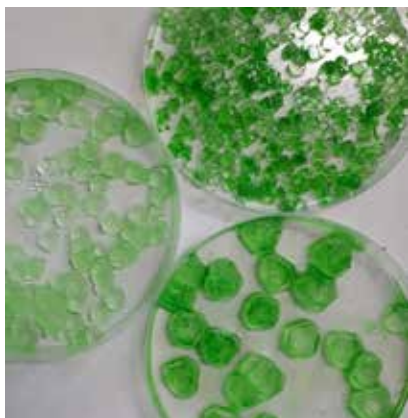
With everyone running on 'nearly empty', the science teachers maintained their enthusiasm and passion for science, helping to engage the students in subject content and related experiments.



Year 7 focused on renewable and non-renewable resources, emphasising the importance of water as a precious resource, how it is maintained and indicators of healthy waterways in Canberra. Their knowledge from last term on classification and ecosystems allowed them to become water quality bug detectives for a day; they concluded the water sample from Weston Creek was a little polluted, if you ask them, they may tell you why!



Year 8 explored Geology, learning about how different types of rocks and minerals are formed, why they degrade over time and their associated characteristics. Students saw rock crystal formation in action, where they compared the crystal size and shape of a solution cooled rapidly or slowly over time. They were all impressed with what they had grown...if the method was followed correctly!



Year 9 were energised by the properties of light and sound, and how it is transferred through different mediums. Students were amazed at how sound travels through water and its good vibrations. Mirrors, colours and prisms demonstrated how light passes through them and what we are able to see with the human eye. The classroom could have been mistaken for a night disco!



Year 10 focused on global systems, increasing their awareness of greenhouse gases and its effect on climate change and weather patterns. The four cycles of earth were explored in the context of how they are affected by climate change with ways to reduce their global impact. A simple yet effective experiment demonstrated how melting glaciers (formed on land) cause a substantial rise in water volume, compared to melting sea ice (free floating).



The Year 7 Indigenous plant use tours were a massive success! Local Wiradjuri man Adam Shipp shared his passion, knowledge and understanding of Indigenous plants located on Mt Taylor with the students. The most important message Adam gave to the students was "take what you need, not for greed".



The tour was brought to the school library for classes when the weather wasn't so nice! All students enjoyed this amazing opportunity and loved trying bush foods such as bush onions, bush broccoli, lemon gum tea, mountain pepper and kurrajong. The most excitement came from making bush soap, it was foamtastic fun for all!

Sustainability News

The Op-Shop 'REVAMPED' run by the Melrose High Sustainability Crew re-opened for business this term. It is a community partnership with Koomarri, where all proceeds are given back to help support people with disabilities. It also allows students to be more conscious of their clothing choices and understand the negative impacts of fast fashion on the environment and wider society. This term we made \$160 in sales which has been given back to Koomarri, well done to everyone involved!

A massive thank you to those students and teachers supporting this sustainable initiative that gives back to the community!



CONGRATULATIONS SAM

We would like to recognise and congratulate Sam Burn who won the 2020 ACT Early Career and Emerging Environmental Educator of the Year award. Sam is a committed member of the Science faculty whose passion for environmental education and sustainability has enriched the school community. Sam provides engaging opportunities for student to get involved in and learn about our environment through projects such as the sustainability club, the Op-Shop and whole school awareness programs. The environment and Melrose High is very lucky to have Sam. Congratulations Sam!

HASS FACULTY WRAP UP

The HaSS faculty have done some amazing projects this term!

Year 7s designed their own cities while learning about what makes places liveable. Their cities were creative, sustainable, accessible, and welcoming. Some even built their city in Minecraft!

Year 8s created pamphlets on a famous landscape, such as Uluru or the Grand Canyon, as part of their unit on Landforms and Landscapes. Then they moved onto Changing Nations, looking at human migration, refugees, and the rise of megacities.

Year 9s were drawn into World War 1 in all its aspects. They examined how it came about, what led to its end, and how it changed the world. Students looked at life in the trenches and wrote diary entries for frontline soldiers.

Lastly, our year 10s studied Global Issues. This included topics such as organised crime, world hunger, and terrorism. Their assignment was a creative response to an issue of their choice. Websites, posters, and debates, were only some of the amazing products we saw.

All years dedicated a week within their topics to learn about Indigenous perspectives as part of NAIDOC week, such as Aboriginal soldiers, the displacement of indigenous peoples, and sacred landforms.



Attention Year 9 Parents



Canberra Health
Services

With everything on their mind, make sure this is on yours.
Your child's vaccinations are due next year.



The following vaccines are offered
FREE as part of the ACT High School
Immunisation Program

✓ Meningococcal ACWY

Keep an eye out for consent cards which are sent home with students
during the first couple of weeks in Term 1

- 🔍 find
- 📄 sign
- ↻ return

Where can I get more information?

www.health.act.gov.au/services-and-programs/immunisation/adolescents

health.act.gov.au