CYBER BULLYING

As we have all become aware, cyber bullying is an issue for our young people. Cyber bullying can be particularly hurtful and nasty. Students often feel less inhibited in front of a computer or mobile phone as a result they feel they can write things that they would not say to someone face to face. The computer provides them with a false sense of anonymity and protection where they think they can write whatever is in their head at the time, and then press send, thinking that will fix the problem. Only to realise it doesn’t, it only makes things far worse for the receiver and themselves.

Students often write things when they are angry or upset, usually as a result of a disagreement. In a face to face situation we would advise a range of strategies to resolve the situation, such as walk away and calm yourself, write down the issues and talk it out with the person or talk to someone about it and get advice. This doesn’t happen in the cyber world. Students generally respond without thought or reflection.

Mooroolbark College takes a very strong stand on cyber bullying. Any form of bullying is treated with zero tolerance. If we receive any report of cyber bullying between students in our College we will treat it the same way as if a bullying incident had happened at school. If your child is confronted with a cyber bullying situation, they need to save and print copies of these conversations and bring them to school. The situation will be followed through with all concerned. Sometimes all it will require is mediation, on other occasions, where comments are personal and degrading, normal discipline actions will be followed.

Social networking online is a new phenomenon, and in many cases people are unaware of who is reading or following what they are doing online. It is important as parents/guardians you are aware of what your children are doing online, how long they are online, when they are online and the dangerous aspects to being online. It is also important that they and you are aware of how to make their settings private so their information is not accessible to everyone.

As a school we will be informing our students of the dangers of online networking, cyber bullying and safe practices. We will also be providing you as parents/guardians with information through newsletters and information on the website. We also plan to run some workshops in the evenings.

This is an important issue facing our youth and we all need to be taking it seriously. If you have any concerns or issues regarding this matter feel free to contact the College and we are only too happy to talk to you.

NAPLAN

NAPLAN is the National Assessment Program for Literacy and Numeracy. These tests are given each year to students in Years 3, 5, 7 and 9 and measure their knowledge and skills in literacy and numeracy. NAPLAN also provides valuable information for parents/guardians, students and teachers about student achievement which can be used to support teaching and learning programs. It is essential that all Year 7 and 9 students attend school on Tuesday 15th May to Thursday 17th May. Any student who is absent on the test days may have the opportunity to do some of their tests on Friday 18th May.
LACK OF SLEEP
Another area that all parents/guardians need to be aware of is the amount of sleep their teenage children are getting. Experts Amy Wolfson and Mary Carskadon have shown in their studies on teen sleep deprivation, that teens need about 9 hours sleep each night, many teens need up to 10 hours. The truth is most teens aren't getting anywhere near this. The importance of sleep in the teenage years cannot be underestimated.

Teens have a lot going on in their lives and as a result experience 'increased stress'. For most it is positive stress giving them an exciting eventful life. The problem comes when they lose balance between homework, after school jobs, keeping up with gossip with their peer group, and after school activities. The more they take on, they risk not having enough sleep. The more sleep they cut out, the sleepier they get. This has profound consequences on physical health, especially with the immune system. Our children risk getting sick, something we want to prevent especially at this time of year with the onset of the flu season.

SCHOOL UNIFORMS
With the change in seasons comes the need to wear winter uniform. It is important that all students are wearing the uniform correctly. If you are unsure of what the winter uniform consists of please check our website or contact the General Office. We thank you for your support in maintaining our high standards.

MASTER CHEF COOK OFF
Our Mooroolbark College Cook Off held Wednesday 9th May between Bimbadeen Heights Primary School and Manchester Primary School was an outstanding success with smiles all round by both teams. I wish to thank Betty Metaxas, Rob Forbes, Rachael Williams, Ann Stratford. I would also like to thank Ian Gilbert (Herald sun/sub-Editor/Journalist), Janine Archer (RACV Healesville) judging.

Mooroolbark College Cooking Challenge
Wednesday 9th May saw students from Years 10, 11 and 12 compete in the inaugural ‘Gastronomes - Cook Off’ with Special guest judges Janine Archer from RACV Healesville Country Club and Ian Gilbert sub-editor from the Herald Sun, Simon Reid Principal and Rachael Williams Assistant Principal of Mooroolbark College. The aim of this challenge is to provide the students with the opportunity to challenge and test their skills and knowledge against others and against industry standards, achieving their best and continuing to aspire for excellence. The day also involved showcasing the "Taste for all Seasons" Primary School Program. Manchester Primary School and Bimbadeen Heights Primary School students were responsible for preparing pizzas for the judging panel.

The ‘Taste for all Seasons’ primary school program created by Betty Metaxas Head of Food Technology strengthens the College’s links with local primary schools and develop the skills and knowledge for healthy cooking and food awareness of the younger students. Year 3 and 5 students attend an individually designed curriculum that ran at the College in the modern kitchen facilities for 4 to 8 weeks. In this time student experienced an introduction to the kitchens, were introduced to curriculum that addressed healthy cooking and food awareness, safety and hygiene practices, healthy alternatives without being boring and how to make quick tasty food for their families.

ACADEMIC AWARDS
As we are now in our second term I thought it timely to remind students and parents of how our Academic awards are calculated. We present Academic awards at the end of each Semester. The end-of-year awards are an accumulation of both Semester 1 and Semester 2 results.

Students are assessed by each classroom teacher against the following criteria: Time management, attitude, quality of work and achievement. Each criterion is given a score between 0 and 4 which has very specific descriptors and guidelines. These scores are entered onto our reporting template and a mean score is calculated for each student.

<table>
<thead>
<tr>
<th>Academic Award</th>
<th>Academic criteria mean score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dux</td>
<td>Highest score in the year level</td>
</tr>
<tr>
<td>Honours</td>
<td>15+</td>
</tr>
<tr>
<td>High Distinction</td>
<td>14—14.9</td>
</tr>
<tr>
<td>Distinction</td>
<td>13—13.9</td>
</tr>
<tr>
<td>Credit</td>
<td>12—12.9</td>
</tr>
</tbody>
</table>

The end-of-year awards are presented at an awards ceremony where certificates and vouchers are attached to awards above the level of Credit. It is College policy that vouchers/cheques will only be awarded to students present at the awards ceremony.

Lyn Godfrey
Assistant Principal

186 Manchester Rd, Mooroolbark, Vic 3138
Phone: (03) 9727 8100 Fax: (03) 9727 8188 Web: www.mooroolbarkcollege.vic.edu.au
CONTACTING STUDENTS DURING SCHOOL HOURS
Mobile phones are a great way to keep in touch with each other, however, we ask that you do not use them to contact student during school hours as they can be detrimental to the good order of the school. I ask parents and guardians to make contact with their child only through the general office and not directly to their mobile phones during the school day. It is a requirement that the school know of any contact made with students during the school day and it is inappropriate for a student to receive a text message or a phone call during the school day, and more importantly during class time.

Students who receive messages to get an early leavers pass during the day will not be issued with one unless a phone call or note has been received at the general office.

We ask for your support in this matter as there have been cases of student distress and miscommunication after students have received calls from home without our knowledge.

USING MOBILE PHONES IN AN EMERGENCY SITUATION
During an emergency, the school will – as soon as it is safe to do so – contact parents to advise them of the status of the emergency.

Parents are asked not to contact the school if there has been an evacuation as no one will be available to answer the calls. Staff will be endeavouring to deal with the emergency, so please do not distract them from seeing to the safety of your child first. Please do not call students. Making contact with students may distract children from listening to instructions from staff and endanger their safety. Students will be advised by their teachers when they can safely use their mobiles to make contact. If parents are on the phone with their child during an emergency, they should provide them with comfort and assurance. Children may become agitated and panicked if they hear fear in the parent’s voice and this may hamper staff in ensuring disciplined and calm behaviour.

MOOROOULBARK COLLEGE MERIT SYSTEM/PRINCIPAL AWARDS
The College recognises the importance of providing feedback to students regarding their achievements. In 2005 the merit system was introduced into the College. The goal of the merit system is to improve students school work, behaviour, quality and quantity of work, initiative, responsibility and connectedness to school. Teachers are encouraged to hand out merit certificates for subject achievements and or civics and citizenship.

Merit System Structure
Merit Certificates – handed out by classroom teachers
Achievement Certificates – handed out by House Leaders when a student has gained 5 merit certificates in any one subject Principal's Award. In order to receive a Principal's Award in Years 7 to 10, 5 Achievement Certificates in different subjects.

In order to receive a Principal's Award in Years 11 to 12, 4 Achievement Certificates in different subjects.

Students receive 50 House Points when they receive a Principal's Award.

The Merit System is an ongoing process; therefore, students may roll over their merit and achievement certificates between Years 7 & 8 and 9 & 10, and 11 & 12.

FINANCE
Statements will be sent home to parents next week.

For those that are on payment plans, it’s for your information only.

For those on the Education Maintenance Allowance, it is also for your information only, unless otherwise indicated.

ASSISTANT PRINCIPAL
Ann Stratford
Assistant Principal
MEDIA EXCURSION TO SCREEN WORLDS

On Tuesday 1st May, 22 Year 10 Media students boarded the train to visit the stunning permanent exhibition, Screen Worlds: The Story of Film, Television & Digital Culture at the Australia Centre for the Moving Image (ACMI) at Federation Square.

The exhibition brings together rarely-seen footage, fascinating objects and interactive displays. Students were given a detailed guided tour of the exhibition and were also given the chance to visit the Best of the Independent Games Festival 2012 exhibition, which was being housed next door. ‘The Matrix bullet time interactive display’ and the ‘Ty the Tasmanian Tiger (TM) zoetrope’, in particular captured the students’ interest and imagination.

Many students commented on how much they loved the exhibition and said that they couldn’t wait to return in the near future.

Matthew Neill
Media Teacher

VCAL

Celebrity Apprentice

As part of VCAL we are competing in a ‘Celebrity Apprentice’ challenge in two groups to see who can raise the most awareness of a charitable organisation with a good cause message. Our group has chosen Oscar’s Law, which is an organisation that is trying to abolish puppy farms and the mistreating of animals. The aim of our group is to make the whole school community aware of this organisation and get everyone we can to raise awareness for this.

Matthew Neill
Media Teacher

You can share your awareness of this cause by going onto the school website and following the link, reading up on Oscar’s Law and how we can help. Oscar’s Law have a shop on the website where you can buy stickers, t-shirts, ribbons, etc.

Thanks for you support and awareness,

Courtney Pitts, Maddi Bravery, Brett McArthur, Adam Miles, Hayden Kujus, Josh Hunter, Jake McGill, Lachy Gaff, Brad Payne & Matt Bellchambers – 11B.

www.oscarslaw.org
www.oscarslaw.org/act-now.php
Love2read

The National Year of Reading 2012 is about children learning to read and keen readers finding further sources of inspiration. This initiative is about helping people discover and rediscover the magic of reading.

For more information visit www.love2read.org.au or snap the QR code.

QR CODES
Quick Reference codes are 2D bar codes readable by QR scanners and smart phones. Libraries are utilising this technology to link to book trailers and author websites. Load the appropriate app onto your devise and snap away.

PREMIER’S READING CHALLENGE UPDATE

The Premier’s Reading Challenge for 2012 is now reaching the half way mark. To complete the challenge, students only need to read 15 books before 31st August, 2012. Prizes, house points and a free lunch will be awarded to individuals that complete the challenge.

Already we have had a number of students successful in completing the challenge.

Melanie Pauer
Brayden McManus
Erica Gilbert
Benjamin Donald-Wilson
Stacey Cooper
Ian McNabb
Isla Macleod

Matthew Neil
Library Coordinator

The Messenger

The Messenger is a book by Markus Zusak, author of ‘The Book Thief’. The Messenger is about Ed Kennedy, a suburban Australian who doesn’t have any prospects and has one ‘great’ achievement, having a job as a cab driver. Ed is a bit of a no-hoper, and so are his friends Marv, Ritchie and Audrey. Everything changes for Ed when he receives an ace of diamonds in the mail with addresses and times on it. Ed must help the people at these addresses and become the messenger.

Can Ed really help these people if he can’t even help himself? If one playing card is hard, how can he go through all of the suits without losing himself along the way? And who is sending Ed on these “errands”?

The Messenger is a best-seller and is very well written. A novel for mature audience, the novel is touching, funny, and sad. I would recommend this book to anyone who enjoys the work of Markus Zusak, or anyone who enjoys drama, sadness and fun.

I rate this book an eight out of ten! A very enjoyable book!

By Melanie Pauer Y8

Dragonlinks

Dragonlinks is a fantasy book, written by Paul Collins. Dragonlinks follows Countess Jelindel and her two companions. After her house and family are burned, she flees to the D’loom marketplace, where she must learn to fend for herself.

It is there in the marketplace she meets her two allies Daretor and Zimak. They realize that the famous alien mail shirt has 6 missing links and when put together, the person who controls it will have ultimate power.

Chased by the evil and ambitious Preceptor, the trio scour the continent for the links. But what happens at the end will surprise everyone.

As soon as I began reading this book I couldn’t put it down! This is a very good book and a must read for anyone going to the Paul Collins visit on 25th May.

Other books in the series are: Dragonfang, Dragonsight and Wardragon.

By Melanie Pauer Y8
March 18, 2012

Dear Parents/Guardians,

Paul Collins to visit Mooroolbark College

On Friday, 25th May, 2012, critically acclaimed Australian author, Paul Collins will visit the College. Paul is a fantasy and science-fiction author that is best known for his series, The Jelindel Chronicles and The Quentaris Chronicles.

Paul will conduct workshops with students in Years 7-9 that will have them in groups working to create a fantasy world. He will them step through the 12 point structure of fantasy, allowing students to create a world and a plot that they can continue to develop afterwards.

For the senior students, Paul will give a presentation that touches on how he became a successful author, how the industry works and how they too can become an inspired author.

The cost of the incursion is $5.00. To avoid missing out, please return your form as soon as possible and no later than 1st May, as places are limit to 50 for the workshops and 100 for the presentation.

Students will also have the opportunity to purchase some of Paul’s books in the lead up to the event. If they wish to do so, they will need to return the attached book list before 1st May.

Date: Friday, 25th May 2012
Cost: $5.00
Time: Workshop 1 – 8:45am to 10:45am – Years 7-9.
Workshop 2 – 11am to 1pm – Years 7-9.
Presentation – 1:30pm to 2:30pm – Years 10-12.
Location: T Block Mooroolbark College

Please return the permission form below and place $5.00 in an envelope with your child’s name and marked Paul Collins Visit to the General Office. If you require any further information please do not hesitate to contact Mr Neil at the College on 9727 8100.

Yours faithfully,

MATTHEW NEIL
Library Coordinator

RACHAEL WILLIAMS
Assistant Principal

MOOROOLBARK COLLEGE

PAUL COLLINS VISIT – FRIDAY 25TH MAY 2012 - $5.00

Student’s Name: ____________________________ Year ___ Home Group: _____

I give permission for my child to attend the Paul Collins Visit to be held on Friday 25th May, 2012.

PARENT SIGNATURE: ____________________________. Date: ______________
**CYBERBULLYING FACT SHEET 1**

**Cyberbullying** can be described as any harassment, insults and humiliation that occurs through the electronic mediums such as email, mobile phones, social networking sites, instant messaging programs, chat rooms, web-sites and through the playing of online games.

**Forms of Cyberbullying can include:-**

- Harassing and threatening messages
- Sending nasty SMS, IM’s pictures or prank phone calls
- Using person’s screen name or password to pretend to be them
- Forwarding others’ private emails, messages, pictures or videos
- Posting mean or nasty comments or pictures
- Sending sexually explicit images – ‘sexting’
- Intentionally excluding others from an online group

**What can I do if my child is being cyber bullied?**

- Do not be angry with your child – remember that they are the victim and it is someone else doing the wrong thing
- Praise them for coming to you – this is a big step as most children are frightened to tell a parent about cyberbullying
- Help your child to block and delete the bully from all contact lists
- Do not respond to nasty emails, chats, SMS or comments – this is what the bully wants so ignore them. (They will need your help to do this)
- Use the ‘report abuse’ button which all websites/applications have. Tell them the problems you are having and they are obligated to investigate.
- Have some ‘down time’ without computer or mobile (do not do this as punishment, rather as some peaceful time where they are not being bothered)
- If unwanted contact continues, consider deleting email, msn, hotmail etc and start a new account. Only give your new details to a small list of trusted friends.
- Get a new phone number if being harassed on your phone. Report the problem to your phone company and insist on a new number for free.
- Inform your child’s school. It is important that they know what is going on so that they can monitor any issues at school.
- If ongoing report to Police. Each state has laws that prohibit online bullying and stalking. You don’t have to put up with it.

**Copyright © Cyber Safety Solutions 2011**


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**NATIONAL ASSESSMENT PROGRAM-LITERACY AND NUMERACY NAPLAN**

The National Assessment Program-Literacy and Numeracy (NAPLAN) test for Years 7 and 9 students will be holding the NAPLAN testing on Tuesday May 15 2012 (Language and Writing), Wednesday May 16 2012 (Reading) and Thursday May 17 2012 (Numeracy). **It is essential that your child brings a calculator for the numeracy tests on Thursday.**

The NAPLAN tests are conducted by the Victorian Curriculum and Assessment Authority (VCAA) on behalf of the Ministerial Council on Education, Employment, Training and Youth Affairs (MCEETYA).

The results of the tests provide diagnostic information for parents/guardians and teachers about your child’s performance in Literacy and Numeracy. It is imperative that your child is at school for all testing sessions. This information can be used to support teaching and learning programs and improve students’ achievement.

Later in the year, you will receive your child’s personal report. The report will give a snapshot of your child’s particular skills in reading, writing, language conventions and numeracy. The report will also show how your child performed in relation to national minimum standards. These describe minimum acceptable standards for students across Australia.

For more information about the tests, please visit the VCCA website at [www.vcaa.vic.edu.au](http://www.vcaa.vic.edu.au) or the NAPLAN website at [www.naplan.edu.au](http://www.naplan.edu.au).
RUNNING GROUP

Tuesday & Thursday
7:30am
Meet at the ECA
Breakfast provided
GET FIT IN 2012!!!
SunSmart Secondary Schools e-newsletter – Term 2, 2012

From May puts sun hats away. That’s the SunSmart winter message, but what does this mean for your staff and students?

The sun's ultraviolet (UV) radiation is the major cause of skin cancer and the best natural source of vitamin D. Vitamin D is essential for bone and muscle development and the prevention of osteoporosis. From May until August in Victoria, the UV drops below three, meaning most of us need to make an extra effort to get outside for some vitamin D exposure. During these low UV months, sun protection is not required unless near highly reflective surfaces such as snow or outdoors for extended periods.

But just how much sun is enough for vitamin D?
From May - August, SunSmart recommends that Victorians with fair to olive skin get two to three hours of \textit{midday} winter sun exposure to the face, hands and arms (or equivalent area of skin) spread over the week to help with vitamin D levels.

Staff and students with naturally darker skin (Fitzpatrick skin types 5 and 6 – see image) or those that cover up for religious or cultural reasons, may require up to three to six times more sun exposure to help with their vitamin D levels.

Tips for staff and student vitamin D exposure

Physical activity assists the body’s synthesis of vitamin D, so schedule activity which gets students outside and active in the middle of the day. Walk briskly on yard duty or consider a walking meeting.

The more skin exposed, the better, so after you’ve warmed up, take off the scarf and roll up the sleeves.

Download SunSmart’s free UV Alert widget to your school website so that staff and parents know when the UV drops below 3.

Check out SunSmart’s Vitamin D tracker - smartphone app and online versions. Get your students to work through the tracker to see if they are meeting their vitamin D requirements. The vitamin D tracker and more information on vitamin D is available at www.sunsmart.com.au

Remember that snow + alpine conditions can affect UV levels and therefore sun protection is still required for ski camps and excursions.

Those concerned about vitamin D levels should visit their GP. Levels can be checked via a simple blood test and treated with supplements where required.
The Department of Education and Mooroolbark College do not endorse the products or services of any private advertiser. No responsibility is accepted by the Department of Education and Mooroolbark College for the accuracy of information contained in advertisements, or claims made by them.

**BECOME A VOLUNTEER HOST FAMILY**

World Education Program (WEP) is inviting you to experience another culture in your own home by becoming a volunteer host family to an international student arriving in July 2012. Students from Italy, Belgium and The Netherlands are looking forward to experiencing life in Australia, making new friends and becoming a member of an Australian family.

Find out more! Don’t miss out on this wonderful opportunity and contact WEP today to receive a full information pack for your family.

Chantel Woods  
Inbound Exchange Administrator  
Phone: 1300 884 733  
Email: wep@wep.org.au  
Online: www.wep.org.au

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**Single Parents Active Kids**

Brings to you a  
FREE Single Parent Family Fun Day  
Sunday 10th of June 2012.  
12 noon – 5 pm

The wonderful Temple Society premises, indoor/outdoor options  
54 Elizabeth st Bayswater melways  
reference is 64 F7!!

Free BBQ and Drinks  
Free kids activities and games  
Free face painting, Membership Specials + So Much More!!

ENTERTAINMENT FOR ALL!!  
Please RSVP to Moush on 0430 504 119  
or info@singleparentsactivekids.org

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186 Manchester Rd, Mooroolbark, Vic 3138  
Phone: (03) 9727 8100  Fax: (03) 9727 8188  Web: www.mooroolbarkcollege.vic.edu.au
Kyokushin Karate

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Classes Tuesday & Thursday
Juniors 5.30pm-6.30pm
Seniors 6.30pm-8.00pm

Contact James Paterson 0403 567 529

FIRST TWO LESSONS FREE

Kyokushin Karate Mooroolbark
1st Floor 34-38 Manchester Road Mooroolbark