

Newsletter

Murrayville Community College



Inspiring P.R.I.D.E. • We Value • Persistence Respect Independence Determination Excellence

From the Principal

Outstanding Hospitality Achievement –

Today we were very happy to have three visitors to the school for a special assembly. Meredith from Market Maker PR, Carolyn from the Home Economics Institute of Australia and Michele from McCormick Foods. They had travelled all the way from Melbourne to announce that a team of students from our school – Mallee Girls: Maddison Mudie, Stephanie Ford, Emma Allan, Lara Mudie and Lillian Moyle had been judged first in the McCormick Flavour Forecast Recipe Challenge Competition 2016 for Victoria/ Tasmania. They were also very pleased to announce that the girls had not only won the state prize but they also came first from all of the state winners around Australia to take the national prize as well. A range of prizes including a \$2000 voucher, \$500 gift cards, \$400 membership to HEIA, \$500 of McCormick herbs and spices, over \$1000 of Tupperware products and gifts for the students were presented and gratefully received. Congratulations to Mrs Finn and all five girls for this outstanding achievement!! A full report of what the students did to enter is on page 3.

Year 10 Geography Excursion –

To complete the work the students have been doing on 'Hazards and Disasters' the Year 10s travelled to Adelaide on Monday and camped at the Brownhill Creek Caravan Park. They carried out Geography fieldwork in the Brownhill Creek conservation Park and in the local streets surrounding the park to assess this peri-urban area's risk of bushfire. This trip also fulfilled the requirements of completing a 'Practice' adventurous journey for those students completing the Duke of Edinburgh Award, as the students planned what they needed to take, what they were going to eat and purchased and cooked all of their own meals at the camp.

Year 9/10 Hospitality Trip –

On Tuesday the bus with the Year 10s met Mrs Finn and Emma Allan at Tailem Bend. Stephanie Ford and Maddison Mudie joined Mrs Finn and Emma and returned to Adelaide, where they dined out at 'Windy Point' restaurant that evening. This experience gave the girls a complete demonstration of 'a la carte' food service, that is closely linked to the Hospitality modules. They all had a very enjoyable evening and as well as enjoying excellent food, celebrated their success as a class.

Victorian Young Leaders to China Update –

Blake, Lillian and Lara have been in China now for almost three weeks.

They have been having some amazing experiences. Last week they travelled to a more remote part of Guangdong Province to small Yao (minority culture) village. Apparently, it is stunning any time of the year with its rice terraces and magnificent mountain views. There they really were immersed in this culture and way of life. They all stayed with Chinese



families and assisted on their farms, picking ginger and ploughing a field and planting carrots and peas. They also picked tea, saw how it was dried and chopped and participated in a tea-making lesson. They cooked with their host families and did service at a local Primary school, where our students were involved with relining the basket ball court.

Remembrance Day -

Mr Brown's Year 9 Humanities class led our ceremony at the flagpole last Friday in remembrance of those who have served in our armed forces and recognition of the end of the first World War.



*Natasha Mudie
Principal*



武士道

BUSHIDO
WAY OF THE SAMURAI

Students from Years 3-10 last week learnt about the world of the samurai through an illustrated talk featuring images of works in the National Gallery of Victoria Collection.

Included was samurai attire such as armour and helmets,



and objects relating to the cultural pursuits of the samurai. They then made a helmet with their own personal crest ('mon').



CANTEEN

AVAILABLE MONDAY-FRIDAY

Cold foods are: Wraps / Sandwiches / Rolls

Hot foods are:

Ham & Cheese / Chicken & Cheese Hot Rolls \$3.50

ALL ORDERS ARE TO BE PLACED BEFORE SCHOOL

Please - no more than \$5 in your envelope



Certificates for Inspiring Pride were awarded to:

Years P-2

Tyson NUSKE - for showing DETERMINATION

in developing his reading skills

Samantha JACKSON - for showing INDEPENDENCE

in working towards her goals

Seth WALKER - for showing PERSISTENCE

in improving his literacy skills

Alyssa JACKSON - for EXCELLENCE

in reading and spelling

Years 3/4

Shania HEINTZE - for the RESPECT

she demonstrates for herself as a learner

and for those in her learning community

Brooklyn MORZER-BRUYN\$ - for his

PERSISTENCE and DETERMINATION

to enhance his reading comprehension skills and his

fabulous use of expression when reading aloud

Years 5/6

Micaela MEYER - for showing RESPECT

to herself, classmates, teachers and others

on the 5/6 Adelaide Camp

Daniel McDONALD - for showing INDEPENDENCE

and being a great helper on the 5/6 Adelaide camp

Jasper STANDLEY - for showing EXCELLENCE

in his Mathematics work. Well done!

P.R.I.D.E. ... Persistence Respect

Independence Determination Excellence



Mrs Finn suggested the students enter the competition earlier this year. She said she was keen for them to participate in the competition because of the higher order thinking tasks it provided. It gave students the opportunity to design, create, analyse and evaluate. All of these require higher order thinking.

The students had to work from a design brief based on the flavour trends expected to drive global innovation in food. The trends the students had to work with were Alternative Pulse Proteins, Culinary Infused Sips, Blends with Benefits and Ancestral flavours.

Three original, contemporary recipes had to be developed that could be prepared in a home kitchen. The recipes had to promote a variety of fresh foods and incorporate some set ingredients as well as reflect the Australian Dietary Guidelines. The students had to also ensure that the three recipes could be prepared within a 100 minute timeframe and not exceed \$26 in total, excluding the key ingredients.

Once the recipes were developed they had to be documented accurately, photographed, justified and evaluated in a reflection. The students also kept a close eye on the judging criteria that required adherence to the design brief, recipe appeal, point of difference, justification and presentation.

Initially the students were explicitly taught some of the basics. They learnt about contemporary foods, herbs and spices, pulse protein foods and discretionary food choices based on the Australian Dietary Guidelines. They investigated the health benefits of matcha green tea, flaxseed, linseed and chia seed. The students learnt new cooking processes such as how to brulee. They had to also know how to write a recipe correctly and cost it, how to style and plate food attractively and how to write a justification and an evaluation.

Only after this preparatory learning could they begin to brainstorm their ideas. Many ideas were proposed. Many recipes were trailed, some were disasters and others were absolute delights.

Once the students had made their final recipe choices they persevered to ensure they created quality products that would have the 'point of difference' wow factor.

The winning recipes are as follows.



**Ancestral Flavours -
Recipe: Kangaroo
Pouches**

Description: A tender pan seared kangaroo steak, seasoned with bush spices and pink lakes salt, enhanced with the sweetness of a quandong and mango sauce. Contrasted by a crisp apple and a sharp red onion slaw and all tucked neatly into a beautifully light mini spelt pita bread served on a bed of peppery rocket. Partnered perfectly with a side dip of sumac dusted yogurt.



Culinary Infused Sips – Recipe: Red Romance

Description: A spiced warm drink based on cranberry and pomegranate juice with the flavours of apple, rhubarb and beetroot. Perfect for a cold winter night.

**Blends with benefits –
Recipe: Herb and Chia
Chicken Fillets with Hassle
-back Sweet Potato and
Roast Beetroot**

Description: Enjoy the subtle flavours of fresh herbs and the benefits of chia seeds in a delicate crumb coating on a lightly pan-fried tender chicken fillet. Served with roast

sweet potato, beetroot and onion on a bed of salad greens and quinoa. A lemon and mint dressing is served on the side.



eSmart

Smart. Safe. Responsible.



In 2016, the Office of the Children's eSafety Commissioner undertook a national survey of kids, teens and parents who use the internet. Parents were asked about their approach to online safety, and what information they need to support their children to be safe online. Kids aged 8 to 13 and teens aged 14 to 17 were asked detailed questions about their internet use and online practices, including how they manage their negative experiences online. The national survey was undertaken in June 2016. It had two parts: a parent survey and a child survey. The total sample comprised 1,367 kids, 912 teens and 2,360 parents. Only one child and one parent were interviewed per household. The survey was conducted online.

Research insights included:

Teens, kids and digital dangers

In the 12 months to June 2016 young people were...

- Cyberbullied - 8% of kids and 19% of teens.
- Exposed to inappropriate content - 9% of kids and 17% of teens.
- Contacted by strangers - 5% of kids and 9% of teens.

Cyber bullying takes many forms.

Teens (14-17 years old) who were cyberbullied:

- 43% were socially excluded,
- 39% were called names,
- 38% received repeated unwanted online messages,
- 36% had lies or rumours spread about them,
- 19% received threats to their safety,
- 15% had their accounts accessed by someone without their consent,
- 10% had personal information posted without their consent,
- 9% had inappropriate private photos of them posted without their consent,
- 9% had someone impersonate them.

Kids (8 to 13 years old) who were cyberbullied:

- 50% were socially excluded,
- 39% were called names,
- 28% had lies or rumours spread about them,
- 17% received threats to their safety,
- 12% had someone impersonate them,
- 9% had their accounts accessed by someone without their consent,
- 6% had personal information posted without their consent.

42% of kids and teens were adversely affected after experiencing a negative incident online. 58% felt angry, sad, scared or disempowered, 49% struggled with their self-esteem, 28% lost friendships or felt socially isolated.



41% of kids and teens took action after experiencing an incident online. 66% told their parents, 39% told their friends, 23% blocked the person.

29% of teens and 12% of kids witnessed cyberbullying. Bystanders saw:

- Someone being teased or called names - 54% of kids and 60% of teens,
- Lies or rumours about others - 40% of kids and 60% of teens,
- Someone being socially excluded - 37% of kids and 46% of teens,
- Threats being made to others - 25% of kids and 37% of teens,
- Someone impersonating someone - 22% of kids,
- Someone being sent repeated unwanted communications - 24% of teens.

Need help with cyberbullying or having material removed? Go to: [esafety.gov.au/reportcyberbullying](https://www.esafety.gov.au/reportcyberbullying)



REMEMBRANCE DAY :

Acrostic Poems by Prep, 1 and 2

Sarah Allan

Retreat
Endure
Matilda
End of war
Medals
Bullets
Each other
Return

Harvey Crane & Liam Wisneske

Remember the soldiers
End of wars
Medals
Each other person
Mask
Battlefield
Empire
Revive

Ivy Beckmann

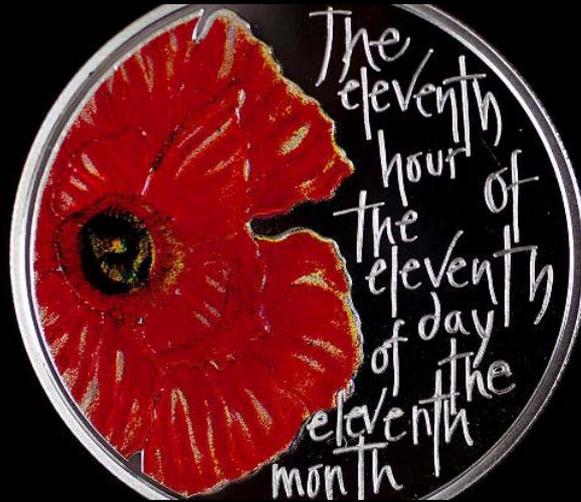
Remember, don't worry
End of the war is the best
Mothers missing men.
Each other person might come back
Men singing Waltzing Matilda
Battlefield be brave.
Entering war, be brave
Rescue friends in war if they are hurt.

Riley Musgrove

Respect
Each other person
Masks
End of war
Mustard Gas
Battlefield
Empire
Remember

Lachlan Nuske

Remember
Ever more
Mustard Gas
Each person
Missing men
Bombed
End of war
Relief



Farren Finn

Remember and Respect
Endure
Mustard Gas
Explosions
Mothers crying
Bullets, bombs
End of war
Return back.



Seth Walker

Remember soldiers
Every day
Must stop
Everyone stop
Must not fight
Be safe
Everyone
Remember

Samantha Jackson

Respect
Environment
Minefield
Endure
Missing men
Brave
End of war
Remember missing men

Alyssa Jackson

Respect
End of the war. Waltzing
Matilda
Each other
Mothers crying
Bombs
Empire
Return

Ethan Mc Kee

Remember
End of War
Missing men
Ever more
Mine fields
Bombs
Explosives
Relief

Laila Wilson (with Ivy Beckmann)

Remember the people that died in the war
End of war is a good thing
Men win medals after war
Each other – men miss the women
Mothers hope the men don't die
Bombs crash into the ground
Explosive bombs are buried underground
Return people that are hurt.



COLLEGE CALENDAR

18/11	Student Free Day
21-22/11	Year 11 Exam Week
23-25/11	2017 Year 12 Retreat Year 10 Exams
24/11	P-2 Loxton visit
28/11-2/12	VCAL Work Experience Outdoor Ed Camp : 9/10 VCE Year 11 Transition
29/11	Garden Awards : Melbourne
1/12	Enviro Ed : K-6
2/12	Last day for Year 11 Casual Day
5-7/12	3/4 Camp
8/12	Whole School Transition
12-16/12	Anglesea Camp : 7/8
12/12	College Council
16/12	P-6 Pool Party
19/12	Presentation Night
20/12	End of Term 4

2017 Dates

Term 1	: 30/1 (Teachers) - 31/3
Term 2	: 18/4 - 30/6
Term 3	: 17/7 - 22/9
Term 4	: 9/10 - 22/12

Knowledge can be
communicated,
but not wisdom

Community Notices



MURRAYVILLE PUBLIC HALL
Annual Christmas Shopping Day
 Sunday 20 November : 10am to 2pm (Vic time)
 Light lunch : Drinks available : Sausage sizzle
 \$2 Tea and Coffee for all day

**CHECK OUT THE
SECONDHAND BOOKS
ON BEC'S LIBRARY
STALL**



SOUTHERN CROSS CULTURAL EXCHANGE

Southern Cross Cultural Exchange is welcoming more exchange students into Australia in February 2017 and is currently seeking community-minded, volunteer host families for some of these students from a variety of countries. If you are interested in hosting one of these young people, more information can be found at www.scce.com.au or by phoning 1800 500 501.

AFL 9s is Here

AFL Sunraysia and Mallee Sports Assembly plan to introduce AFL 9s to Sunraysia. The competition, for mixed teams, will run over 11 weeks from 14 November to 12 December, re-commencing 23 January to 27 February.

The cost will be \$20 per team, \$9 per player per week.

The aim is to provide all Australia Football enthusiasts, as well as those new to the game, with a match play experience that has strong parallels with the traditional game.

It is easy to play, non-contact and provides an environment whereby participation enjoyment and safety are a priority - a game for everyone who enjoys their football.

Nine players per team, on the field at one time, but teams are encouraged to have more registered to ensure they can field a team each week.

Matches on reduced size fields and will consist of 2 x 20minute halves with no time on. Games at oval number 7 at Aerodrome Oval complex, entrance off Flora Ave, Mildura.

For further information or to register a team visit the <http://afl9s.com.au>

COMMUNICATIONS SENT HOME

1. P-2 : information re Loxton excursion and school sleepover
2. 3-6: swimming requirements

Please contact the school if .you have not received this
 information and we will send
 a copy home

