Secondary Tribal Athletics

Anastasia & Therese racing over the hurdles at the Tribal Athletics. Story page 6.
Learning to Ride

I don’t know if you recall learning to ride a bike… those moments after the training wheels have come off, you’re pedalling along, and you’re doing it. Well, almost. Dad is still holding on with a firm grip to the seat, he’s just not willing to risk it yet. He can sense that you haven’t quite established your balance. He’s worried that when his hand comes off, you’ll realise and panic, perhaps even crash and injure yourself.

Eventually, after a little while of holding on, and perhaps with even a little begging of “Let me go Dad! Let me go!” he removes his hand and watches as you ride into the distance. A smile spreads across his face and yours. You’re doing it. You’re riding your bike!

Unfortunately however, you haven’t quite mastered the art of turning your head without turning the handlebars. You look across to see who’s watching. Crash. Down you go. Your palms hit the bitumen. Ouch. There are tears.

You’re not sure you like the idea of this ‘riding a bike’ thing. Best give up now. Quit while you’re ahead.

But Dad comes over; he helps you to your feet, brushes off the miniscule stones that have embedded a little into your knee. “You’re okay,” he says. “Hop back on, and try again.”

You see, your Dad knows what the journey looks like ahead. He knows that there was bound to be scrapes and bruises. But he also knows that you have the capacity to ride and that one day you’ll be riding on your own, going over jumps and up gutters. He knows that this day, this moment, will just be a memory; part of the journey of learning to ride.

As an Assistant Principal and Teacher, I have the privilege of seeing kids ‘learning to ride’ every day. They’re not learning to ride their bikes. Rather, they’re ‘learning to ride’ at life.

So how can we empower our children to ‘learn to ride’ with confidence and have the ability to be resilient enough to ‘get back up’ when things don’t go to plan?

How can we find the right balance of ‘support’ and ‘holding on’?
How do we move from being a ‘seat holder’ to a ‘keen observer’?
What happens if they ‘fall’?

It’s important to remember that progress comes through reaching for responsibility. Your child will never ‘learn to ride’ unless we allow them to take both feet off the ground and ‘go for it’.

Here are a few suggestions to consider:

- Set boundaries and allow consequences – make sure your child has clear boundaries to work within. If they step outside of these, or if they make mistakes, allow the consequences to happen. If we protect our child from the consequences of their decisions we will not allow them to develop their resilience to cope in the future.
- Hand over control and don’t take it back – find an area of your child’s life where they can make the decisions or pick up responsibilities. (What clothes to buy, what to wear to school, what sports club to join, whether to get a part-time job.) And if things don’t go to plan… Avoid “I told you so.” More often than not, their poor choice or lack of responsibility and subsequent experience will speak for itself, and help to guide their decision making in the future.
- Assist, but don’t take over – if your child is struggling to complete a homework task, don’t offer to do things for them, or tell them what to write. Rather guide them to read over the requirements, direct them to places to find information, and encourage them to persevere.
- Be willing to let go but remain on the sidelines - as much as handing over responsibility is important, so too is remaining present to encourage and cheer on. Remain interested in what is going on in your child’s life. Don’t stop asking about their day.

I still recall the greatest lesson that my Dad taught me when learning to ride my bike, and later when learning to drive a car. “Look well ahead. Focus on what’s coming. You’ll find it easier to move in a straight line.”

We have a Father in Heaven who has great love and compassion for His children. He has given us the freedom to negotiate this thing called life. He has taken His ‘hands off the seat’, but he is still right there. He has the whole picture in mind. He knows what lies ahead and His plans for us are good. But that doesn’t mean that we won’t ‘fall off’ or ‘crash’ from time to time. Being a Christian isn’t always a smooth ride. There will be times when the road is rocky and we lose control. In those moments our mindset might be to ‘give up’ or even think that God doesn’t care.

We need to remember God’s perspective. The ‘long-range view’. The hiccups of your life will develop your perseverance; they will build your resilience. (James 1:1- 12) And when you fall, God is waiting to pick you up, to brush you off, and to set you back on your way toward the amazing plans He has for your life.

Being a Christian isn’t always a smooth ride. There will be times when the road is rocky and we lose control... And when you fall, God is waiting to pick you up, to brush you off, and to set you back on your way toward the amazing plans He has for your life.

Karissa
Assistant Principal - Secondary
SKETCHER’S SCOOP

Upcoming Holidays
This will be my last Scoop for the term, because I will be off on the Centre Trip next week, so I’d like to thank all families for the way you have partnered with us as we seek to teach and nurture young people in the ways of God this term. May the holiday period be one of rest and recuperation, particularly after a term where we have seen many of our staff and students unwell over the winter months. I look forward to seeing you all back on Monday October 12.

Primary Leadership in Term 3
We also look forward to Di, our Assistant Principal Primary, returning in Term 4 after a term’s long service leave. We hope she will come back relaxed and energised by her travels around Australia! I wish to publicly thank Mel, Ali and Ben for the fabulous job they have done in her absence. This dynamic threesome have not only kept the wheels of the Primary School turning, but have actively introduced new initiatives and ideas to our Primary School team and have faithfully supported staff and students throughout the term. It has been a joy to see them working so enthusiastically together in leadership.

Parent Teacher Meetings
Thanks for your participation in our Parent Teacher Meetings over the last two weeks and for the great feedback many of you have provided. We value this opportunity to chat about your child’s learning and celebrate with you the progress and developing maturity we see in our students each term.

Secondary Tribal Athletics
Last Thursday, the Secondary School had a fabulous day at their Athletics Carnival. It was great to see so many students participating and getting involved in the day by dressing up in their tribal colours. Thanks to all our secondary teachers, but particularly Anne-Maree and Luke, for all their hard work in making the day a great success. The carnival not only has a great community feel about it, but it also gives our talented athletes an opportunity to shine and show us their skills!

Centre Trip
As already mentioned, our Year 10 students and their fellow travellers head off to Central Australia this Saturday with an early 5.30am start. We pray that this will be a life-changing experience for our young people as they live in community with each other for 15 days and explore God’s amazing creation. The days at Yuendumu are always a highlight as they rub shoulders with our indigenous brothers and sisters, and experience what it is to be a ‘minority’ in our own country. This trip is of special significance as it will be Colin’s last trip after faithfully being part of this unique aspect of MECS for over 30 years! We are planning a special celebration in Yuendumu with members of the local community to honour Colin’s involvement over all these years. His wife, Heather, will also be joining us for these days in Yuendumu.

FOCUS On... Centre Trip
It was 2010 and we had just arrived in Yuendumu. Tired but excited and all wide-eyed, we were invited to join the local kids and participate in their weekly school assembly. So we squeezed our 50 or so Year 10 students into the school library where we were welcomed by an emotional principal who said to her students, “Boys and girls, this mob from Mount Evelyn Christian School has travelled over 2500 kilometres just to visit us!”.

This was greeted with spontaneous applause and at that point, I think, our students began to appreciate why we make this journey each year. So why exactly have we, for the past 33 years, taken all of our Year 10 students by bus, on an 18 day trip to Central Australia including a visit to Australia’s largest remote Aboriginal community? The answer lies in the MECS approach to learning. The early pioneers of the school believed that if you wanted to teach swimming, you didn’t show a video of swimming styles but rather, you took the kids to a pool. Getting our kids’ hands ‘dirty’ in the stuff of life was an early motto. Hands on learning was seen as the way to open up the wonders of God’s rich creation. So while we could teach an Aboriginal (Warlpiri) language and culture from books and video, the experience was far richer if we actually visited this culture.

Spending 18 days travelling, interacting with real Aboriginal people, camping bush, sleeping on tarpaulins under a star filled night sky, hiking remote ranges, doing art work in living breathing galleries, writing poetry, wrestling with issues of indigenous land rights, enjoying amazing meals cooked by volunteer parents and simply being a Christ led community provides ample opportunities for kids of all shades of gifting to shine. And shine they do. Many a parent has shared with me that their son or daughter left as a self-absorbed teenager and returned as a compassionate adult.

Dr Roger F
VCE Coordinator

Middle School Showcase Evening
On Thursday 27 August we attended the Middle School Showcase evening. I want to commend the teachers and students for the fantastic job showcasing what they have learnt in Cultural Studies.

My husband and I learnt all sorts of interesting information about different causes from the Cycle B students. We quizzed them all and were quite impressed by their knowledge.

The Cycle A students showed us a traditional Medieval dance complete with some fantastic costumes and decorations. It was great to be able to see them all working so well together.

We then had an opportunity to buy some great handmade products from the Year 9 Open Village which were very professionally done.

The barbequed chicken was also a nice treat to end the night.

Thanks to all the staff for all their work to put together a fun night for all the family.

Sandra
MECS Parent
MECS Notes

Less Speed Please

We all want our kids to be safe as they travel to and from school. We’ve been getting some feedback from parents who walk with their children to school that drivers connected with MECS have not been observing the 40 km/h limit that is in place at all times along Hawkins Rd. Please take the time to consider your driving, the 10 seconds you save by exceeding the limit is not worth it. If your son or daughter is a P plate driver at MECS please have a chat to them about driving safely as they come and go from school (or if you are one of those P plate drivers reading this – please take note.)

Thanks for thinking of your community.

Gerry
Administration Manager

Costume help needed

Term 4’s Primary School Celebration Evening is fast approaching, and in preparation for this event I would love the help of a few hands to cut some fabric for costumes. No sewing experience required! Please email me to let me know you’re available, and we’ll organise a time in the first few weeks of Term 4. Many thanks and kind regards.

Rachel
Indonesian Teacher

Congratulations to Steph

We would like to congratulate Steph (class of ‘12) who has received three awards for academic excellence from La Trobe University. Steph who spent 2013 enjoying a ‘gap’ year began a degree in Wildlife and Conservation Biology in 2014 and has performed extremely well. Her first award was for achieving the highest mark in Chemistry by a first year student, the second was for achieving the highest mark in Biology by a first year student and the third was for achieving the highest weighted mark across all 8 first year subjects in the Wildlife and Conservation Biology degree. This is a wonderful effort and makes this Year 12 Chemistry and Biology teacher extremely proud. Well done Steph.

Dr Roger F
VCE Coordinator

Friends of MECS

Woolies Earn and Learn

This promotion is now finished. Please return all stickers and sheets to the office or the collection box in the Kindergarten so we can send them in and order some wonderful new equipment for the Kinder.

Thank you for your support.

Canteen Day

On Tuesday the Ranges TEC team ran a Canteen Day raising money for their Trade Mission trip to Darwin in October. They raised $620.

Thank you to all the families who supported this event and the previous sausage sizzles. The team leave for Darwin in the third week of the school holidays - please keep them in your prayers as they use the trades they have learnt as a service to others.

Father’s Day Stall

On Friday we had our Fair Trade and locally made Father’s Day stall. It is always a pleasure to watch and help students choose gifts for their Dads.

Thank you to our wonderful volunteers who helped run the stall - we couldn’t do these events without you! The total takings for the stall was $1396.85. Wow!

We hope all our Dads enjoyed their gifts and had a special day.

Nicole
Community Relations Officer

MECS Wrestling

Winter 2015 will long be remembered for its super cold July and the super cold which left some classrooms with as few as 7 students. On Friday, 13 survivors of the Great Cold of 2015 wrestled off in the 13th Annual Freestyle Grand Championships. This style of wrestling is the most common for Australians to wrestle in the Olympics. Our young wrestlers put on a great show for half a dozen parents and a heap of students. Results are as follows…

Adam
Wrestling Coach

Freestyle Grand Championships

35 kg Girls
1 Hadassah
2 Ella Jane
3 Sophie
48 kg Girls
1 Hadassah
2 Eliza
69 kg Girls
1 Victoria
2 Erin

58 kg Boys
1 Jack
2 Josh

63 kg Boys
1 Isaac
2 Joshua
3 Benjamin
4 Jacob

Ella-Jane & Hadassah
Central Australia Trip Year 10

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Location</th>
<th>Distance (kms)</th>
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<tr>
<td>Day 1</td>
<td>Saturday 12 September</td>
<td>Melbourne to Adelaide</td>
<td>790</td>
</tr>
<tr>
<td>Day 2</td>
<td>Sunday 13 September</td>
<td>Adelaide to Glendambo</td>
<td>588</td>
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<tr>
<td>Day 3</td>
<td>Monday 14 September</td>
<td>Glendambo to Mulga Park Road</td>
<td>644</td>
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<tr>
<td>Day 4</td>
<td>Tuesday 15 September</td>
<td>Mulga Park Road to Alice Springs</td>
<td>482</td>
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<tr>
<td>Day 5</td>
<td>Wednesday 16 September</td>
<td>Timloop Well to Yuendumu</td>
<td>111</td>
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<td>Thursday 17 September</td>
<td>Yuendumu</td>
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<td>Day 7</td>
<td>Friday 18 September</td>
<td>Yuendumu</td>
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<td>Day 8</td>
<td>Saturday 19 September</td>
<td>Yuendumu</td>
<td></td>
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<tr>
<td>Day 9</td>
<td>Sunday 20 September</td>
<td>Yuendumu to Alice Springs</td>
<td>298</td>
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<tr>
<td>Day 10</td>
<td>Monday 21 September</td>
<td>Alice Springs to Yulara (Uluru)</td>
<td>446</td>
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<td>Day 11</td>
<td>Tuesday 22 September</td>
<td>Uluru</td>
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<tr>
<td>Day 12</td>
<td>Wednesday 23 September</td>
<td>Uluru to Bush Camp</td>
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<td>Day 13</td>
<td>Thursday 24 September</td>
<td>Bush Camp to Coober Pedy</td>
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<td>Day 14</td>
<td>Friday 25 September</td>
<td>Coober Pedy to Bush Camp past</td>
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<td>Saturday 26 September</td>
<td>Bush Camp to Murray Bridge</td>
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<td>Day 16</td>
<td>Sunday 27 September</td>
<td>Murray Bridge to Melbourne</td>
<td>700</td>
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Postman Pat awaits...

Make sure you write to your loved one in Central Australia. We strongly recommend that all parents write (early in the trip) to their son or daughter, as this will really help to stave off any homesickness they might be experiencing. It is also very hard to be one of the few not to receive any mail. The last days that we will be collecting mail are Monday 21 September in Alice Springs and Wednesday 23 September at Yulara (Uluru).

Letters may be sent to the addresses as shown on this page, with MECS TOURS written very prominently (write it in a box), to ensure that mail is not misdirected. Allow a week for delivery to be sure your child receives their mail.

Year 11 Aquarium Excursion

Last Tuesday Year 11 students had the opportunity to attend the Aquarium as part of the Biology course. Students were taken on a guided tour exploring habitats, food webs and adaptations of different species. They also had the privilege of heading out the back where they got a behind the scenes look at how the aquarium was run including the big shark tank. A fantastic day was had by all.

Luke
Senior School Teacher

MECS Notes

Student Absences

During this term we have had a lot of parents calling the Main Office directly to inform us that their child is away. Please remember that parents are required to notify us of absences by calling the Absent Student Line 03 9513 1561 and leaving a message, not by calling the office. Please store this number in your phone for future reference. This will ensure that all information relating to absences can be reported efficiently and accurately to the correct teachers and staff. Thank you for your cooperation with this.

Laura
Student Services Officer

MECS Christmas Gift to GAWA Christian School

This year MECS Primary will be blessing the students of GAWA Christian school (a small Christian school of about 60 Indigenous students) with Christmas gifts and wishes. MECS is keen to establish a close relationship with this school and this is one of our ways of making that happen.

The program will run on two levels:

‘Gift’ Level: where MECS families donate purchased gifts to be sent to the children

‘Basics’ Level: where items of toothpaste, toothbrushes, underwear, new t-shirts/singlet tops and thongs can be donated. These will be sent to the community as a gift from MECS.

Although this is a Primary undertaking, other community members are more than welcome to join us.

Please send all gifts to Primary classrooms or to the office. Gifts need to be in by the end of Week 1 next term in order for them to arrive at GAWA on time.

For more information, or for gift suggestions, please contact Mel

Mel
Assistant Primary Coordinator & Senior Primary Coordinator

GAWA Gift Packing Day

Can you help us pack the gifts? Wednesday October 21 at 9am in the PUMP Room. Please email Nicole if you can help.

Nicole
Community Relations Officer

Save the Date

The next Friends of MECS Cook Off Day will be on Friday October 23. Volunteers will be needed! More information soon.
Secondary Tribal Athletics

With another terrible weather forecast, we wondered if we should postpone. Instead we decided we would just pray our way through whatever happened. As it turned out we had no wind, no rain and even a little bit of sunshine through the clouds. And once again we had outstanding competition and camaraderie. Students dressing up provided an array of colour and festivity for all to enjoy. We did wonder, however, if the balloons should be removed for hurdles and high jump events as they may provide some assistance and we would need to add ‘balloon assisted’ records. Thanks to those students who went to the effort to make this a great community event in whatever way they could. This year we had the Year 11 Text and Traditions class run a sausage sizzle fundraiser, which was a roaring success.

Hurdles and Javelin were added to the program and had excellent participation. Special mention to Mrs Esselbrugge who came second in the open girls Javelin.

The final scores for the Tribal competition were:

**Warlu** - Gold 1st
**Warlpa** - White 2nd
**Wirri** - Blue 3rd
**Walya** - Red 4th

Well done to the following students who set new records in the following events

**Asha:** 17+ girls 800m - 2.56min

**Bayley:** 17+ boys High Jump Equal - 1.70m and 17+ Boys Triple Jump - 11.27m

**Shaylah:** 15 girls Discus - 22.76m

**Saoirse:** 15 girls 400m - 1.14min

**Patience:** 14 girls 100m - 13.75sec and 14 girls 200m - 29.06sec

- Any student who won their event (except Hurdles and tribal relays) will be representing MECS at the Inter school Athletics next term, Thursday November 5 in week 4.
- 1st - 4th will make up the age group relay.
- Students who came 1st and 2nd in the 800m and 1500m will also attend.
- Anyone who came 2nd in an event will be an emergency but will not be required to go unless notified.

**Anne-Maree**
**Sports Coordinator**
Father’s Night is always such a great time. It was lovely to see Dads embracing their inner child, engaging in various kinder activities including hand painting and dancing. Seeing a room full of grown men and their children dancing around ‘Australia’ was heart warming.

We give thanks for our Dads, and we hope you all enjoyed your night at Kinder!

Cherie
Kinder Teacher

Year 10 Basketball Day

While our success on the scoreboard was not much of a highlight, the MECS Year 10s enjoyed a fun day on the court at the interschool basketball day. The one win that we achieved was a fun, fast and enjoyable game. The rest were challenging as we came up against whole teams of players taller than 6 ft, and rock solid defences. Overall, it was a fun day, and we all enjoyed playing together.

Sam
Year 10 Student
Calendar

2015 Term 3 Week 8: 7 Sept - 13 Sept

Thur 10 September
Parent Teacher Meetings

Sat 12 September
Centre Trip Departure

2015 Term 3 Week 9: 14 Sept - 20 Sept

Thur 17 September
SP Positive Boys Blokes Night 6.30pm

Fri 18 September
SP Positive Boys Billy Cart Races 2pm

2015 Term 3 Holidays: 21 Sept - 11 Oct

Sun 27 September
Centre Trip Returns

Fri 2 October
Public Holiday - School Closed

Sun 4 October
Daylight Saving Time Begins

Mon 5 - Tues 6 October
Year 12 Practice Exams

Wed 7 October
VCE Drama Solo Performance
All Staff Review Day - School Closed

Thur 8 - Fri 9 October
Year 12 Intensives

Fri 9 October
Working Bee including Morning Tea 9am-1pm

2015 Term 4 Week 1: 12 Oct - 18 Oct

Mon 12 October
Term 4 Begins
Welcome Back Morning Tea 9am Staffroom

Thur 15 October
Association EGM 6.30pm Dinner,
7.30pm Meeting start, Staffroom

Fri 16 October
Immunisations Year 7 & 8
Year 11 Formal

Sat 17 October
Working Bee including Morning Tea 8am-1pm

2015 Term 4 Week 2: 19 Oct - 25 Oct

Mon 19 October
Year 6 Rock Climbing Excursion

Wed 21 October
MP Conect Morning Tea 9am Staffroom
Gawa Gift Packing Day 9am PUMP Room
Year 9 Basketball
Year 10 Sport Excursion
VCE Drama Solo Performance

MECS COMMUNITY NOTICES
MECS does not endorse the products or services of any private advertiser. No responsibility is accepted by Mount Evelyn Christian School for the accuracy of information contained in advertisements or claims made by them.

Things for Sale
Striped coffee coloured sofa couch in excellent condition - $80.
Dropside Hall table, circa 1840 in good condition - $250.
Bedroom chair, immaculate with floral upholstery - $50
Docubind P100, excellent condition - $60.

Contact Helen 0400 442 039 or email helenmdbest@hotmail.com.

Free to good home
2 x single bed mattresses – not new but clean and sturdy.
Children’s golf club half set in small golf bag. Suit 8 – 12 year old right handed.
Free for pickup. Please phone Glenn on 0419 318 218.

Holiday Movie Days
‘Rio 2’ Wednesday 23 Sept at 10.30am. ‘Home’ Wednesday 30 Sept at 10.30am. Gold coin donation.
Sausage sizzle and lollies for sale.
For more info call 9736 2323. Discovery Church, 89 Monbulk Road, Mount Evelyn.

High Tea For A Cause!
Around the world girls and women without access to supplies miss days of school and days of work every month.
Days for Girls provides sustainable feminine hygiene products and education for girls who would otherwise go without.
Days For Girls - High Tea, tickets $55 per person.
Guests will enjoy a glass of sparkling wine or homemade lemonade, delicious savoury canapés and decadent desserts. Sunday September 20, 2 - 4pm, Bursaria Catering & Events, Rosina Function Space, Abbotsford Convent, 1 St Heliers St, Abbotsford.

Sept Holiday Program
Ferntree Gully Community Arts Centre and Library, 1010 Burwood Highway
Ferntree Gully, have a creative holiday program running most days of the school holidays. Some activities are free and some cost a small amount and need to be booked. Activities include pottery, watercolour painting, craft and stories.
For bookings 9758 9180, 9800 6455 or book online at www.yourlibrary.com.au.

Apples & Pears
The next delivery will be tomorrow, Friday 11 September. Please hand your order in to the office in an envelope by 10.30am that morning and ensure you have your name and order written on the front of the envelope, with the correct money enclosed. Varieties available include Fuji, Granny Smith, Pink Ladies, Golden Delicious and Green Pears. Bags are 5-6kg and the cost is $10 for apples and $8 for pears.

Cassie
Receptionist

House Cleaning Services
Currently seeking an additional one or two clients for house cleaning services. Tasks include vacuuming, mopping, dusting, kitchen/bathroom/toilet cleaning, etc., but job can be tailored to suit your requirements. $30/hour. Call Heidi Geluk on 0403 573 792 if you’d like a little help.

Bubs and Kids Community Market
In support of the Royal Children’s Hospital, this community market is seeking stalls holders for their annual market to be held on October 24, 9am-1pm at the Jean Eales Pavilion at the Lilydale Show Grounds.
Great way to turn your second hand kids clothing/toys/bulk items into dollars.
Stalls are $30 for one or $50 for two.
BYO table or hire one for $10.
For enquiries, please call Kerry 0409 809 889 or Simone 0422 111 476.
Or visit us on Facebook.

Notices sent home this week and on Website

- Final Centre Trip Letter (last week)
- October Working Bee Notice
- Final Music Recital
- SS Bring Your Own Device Update