Year 7 & 8 Interschool Volleyball

Skye & Emily at the Interschool Sports Day
The Cost of Leadership

You might have seen the article a couple of weeks ago in The Age telling the tragic story of Principal Mark Thompson who committed suicide after years of built up pressure and stress.

In this report, academic Phil Riley from the Australian Catholic University, has found in an annual study that the rates of stress, depression and burnout among Australian principals are twice those of the general population. Sobering stuff for a school Principal to read! http://www.theage.com.au/victoria/this-is-not-something-anyone-should-go-through-especially-over-a-job-the-sickness-plaguing-our-principals-20161018-gs540f.html

The purpose of this article is not to elicit sympathy or support, (however, all donations of chocolate will be gratefully received), but to reflect on the challenge of leadership in all walks of life, whether it be in our chosen profession, in a voluntary capacity at our church, school or community group or even stepping into student leadership.

At a recent leadership planning day, twenty of our staff leaders reflect on a series of articles by Dr Ken Dickens, recently retired leader of the National Institute of Christian Education. In these articles he explores what it means to be a reluctant, reflective, responsive and revitalised leader. Let me briefly unpack each one.

Reluctant Leaders

The survival of authentic Christian schooling depends largely on the emergence of leaders. It will depend on leaders who see leadership in Christian schools not in terms of career advancement but in terms of costly service for the kingdom. However, they will refuse to pay the gods of workaholism and unrealistic expectations. They will find joy in serving their communities and they will find ways to share the burden, instead of just delegating tasks.

Reflective Leaders

The reflective leader needs to understand and articulate a clear and compelling vision. They need to think about what we do; how we do it and why we do it. This takes disciplined time and courageous self-examination. In an age of high demand and the unquestioned premium on efficiency, leaders need to create time and space to be reflective. They need to understand cultural assumptions and expectations so they won’t be governed by them… they need to read the world and the Word.

Responsive Leaders

Responsive leaders are attuned to trends and expectations. They identify and evaluate pressures and challenges. They are deeply aware of the organisation’s mission and seek to respond in the light of that directing purpose. They are prepared to refine and clarify the mission and adopt new faithful ways in pursuing the mission. Responsive leaders quickly acknowledge problems and potential problems and decisively and communally seek effective and authentic solutions.

Revitalised Leaders

A sustainable model of leadership begins with the recognition that leadership is a complex task and needs to be shared. Leaders sometime forget their human frailty and imagine that it is more spiritual to ‘burn out’ for the Lord… a more godly and loving approach is to care for ourselves so that we can keep serving the communities that God has called us to lead. Sustainable leadership is achieved through nurturing relationships and through solitude… by developing an attitude of thankfulness and gratitude…through a constant and humble walk with God.

At MECS, we need to pray for future leaders and perhaps be prepared to become one, whether it be in your role as staff member, parent or student!

The Executive and broader leadership group hopefully model an example of sustainable leadership. We certainly work hard as ‘kingdom workers’ but we try and get the balance right. We want to be a place that nurtures and supports others to step into leadership. We want to be leaders that reflect on the right things and respond in wisdom to the challenges and opportunities that come our way. We want to be an authentic and relevant voice in the Christian community and in Christian education, firm in our vision, but confident in exploring and adopting new ways for the future.

But most importantly, we want to be leaders in a school that has its roots firmly established in God and his ways. People who live, work and fellowship in community; but also seek the solitude of God’s presence. People who are thankful and grateful for all that God provides, who have this perspective even when things are hard, relationships strained and times are tough. People who serve others and walk humbly with God… constantly.

Narelle
MECS Principal
Nb. Only joking about the chocolates!

Cycle A Practice Hike 2

On Monday October 24 the Cycle A students headed out on their second practice hike, as we prepare carefully for the upcoming Wilsons Prom Camp. The second hike was much easier than the first as we have all developed a little bit of fitness, and the weather was so much nicer, we actually saw the sun! We all had to set up our tents and cook our lunch on camping stoves. Some of us found this quite challenging as we had never cooked like this before. However, after a great day we are all now feeling a lot more prepared for this wonderful camp.

Tim
Cycle A Coordinator
Prep and Year 7 Orientation

It’s been great to see so many excited young people around the school lately! Our Foundation students for 2017 have already met to get a taste of what school is all about, and last Thursday night all our 2017 Year 7s had an energetic night of activity with their parents as they found out about the challenges and opportunities of high school! We hope these have been valuable experiences in making sure the transition into these important years go smoothly. We are looking forward to our official ‘Orientation Day’ on Tuesday December 6.

Instrumental Night and Tuition in 2017

Our final Instrumental Recital for 2016 is coming up in a few weeks’ time on Wednesday November 30. This is a great evening to see some of our students showcase their instrumental talents. It’s also that time of year when you might want to consider whether your child would like to take up instrumental lessons next year. We have a wide range of instrumental offerings including keyboard, guitar, drums, violin and vocal. All lessons are conducted by professional music tutors. If you would like more information about this program, please email Annora, our Instrumental Coordinator. Thinking about this now, and registering your interest, will mean that we can get the right tutors in place for next year.

Buddies

Hopefully you saw the pictures last week of our graduating Year 12 students being presented with a card from their Foundation buddy! This is one aspect of the school that I love. As a K-12 learning community we are always looking for ways for our students across the year levels to interact and be friend one another. It’s great to see our older students always so willing to support and show an interest in our very youngest students. We often talk about the relationship between parents and the school as being one of partnership. I think partnership is also beautifully represented in our buddy programs across the school.

Community Carols

Now is the time to let you know about our planned Community Carols on Monday December 12 from 6-7pm. Traditionally, the primary school has ended its year with an assembly during the day, however, we know many parents, particularly dads miss out on this event. So this year, we thought we would bring this into the early evening. The Foundation students will be performing their nativity play, and each class will perform a Christmas item. Entry to the carols will be a non-perishable grocery item that will be donated to the Salvation Army Christmas Hamper Appeal. These items will be placed under our very own Christmas giving tree. Whilst the entertainment will be provided by our primary school, all families are welcome to this event. We look forward to your support.

Performing Arts Double Bill

Year 10 Dance & Drama’s Production of ‘Alice’

&

Years 7/8 Performing Arts’ Production of ‘The Ratz’

on Tuesday 8 November

7:30-9:30pm (Supper served at interval)

In the Theatrette in Senior School

Free Entry (Optional gold coin donation)

It’s double the fun this Tuesday evening in the Theatre!!

Come and see a showcase of performing arts from the Middle School & Senior School at MECS.
Drama Excursion

Last Friday Unit 2 Drama students got a rare glimpse into the work that literally goes on behind the scenes of a professional theatre production. We were taken on a fascinating tour of the Melbourne Theatre Company headquarters where we learnt about the design and construction process involved in creating sets, props and costumes. The tour started off with a look at the set design model for a play we saw last term (Jasper Jones) and a visit to wardrobe, which holds thousands of costumes including an undergarment that inflates into a pregnant belly in a few seconds! This was followed by the props storeroom, which is about a hundred times bigger than ours in the theatrette, and a milliners’ studio where a wig was being made by sewing human hair onto a skull cap one strand at a time! We also got up close with some fake boils and wounds! Next we were off to the workshop where sets for two productions were being constructed in sections, like Lego, for transportation to the theatre. The tour ended with a peek at a rehearsal of the play ‘The Odd Couple’ starring Shaun Micallef, which opens this week.

Special thanks to our lovely tour guide, Nick. It was a great experience that the students (and Ms Magee!) thoroughly enjoyed!

Marlene
VCE & Middle, School Drama & English Teacher
SnapChat is a popular social networking app that is designed to send instant message ‘snaps’, but our teens are mainly using it to send videos and photos of themselves. Its main attraction seems to be the self-destructing snap feature: the sender can choose how long (from 1-10 seconds) the receiver can view the ‘snap’ before it self-destructs. Once it self-destructs, the image is removed from the receivers screen – seemingly gone forever. But is it really?

Age appropriateness
SnapChat is rated 13+ under US child protection laws. They do check your age by asking for your birth date when you sign up for an account but many are savvy enough to work around this by entering a different date of birth.

The website, Common Sense Media1, which is a very helpful resource for parents, rates SnapChat at 16+ years of age for appropriate use. This could be useful information if you are having trouble with the ‘everyone else is using it’ claim and that it is legally not an option under 13 years of age.

Concerns
There are many concerns for parents when it comes to their children using social media and the Internet. With these apps, some of the biggest ones seem to be sexting, or sending ‘nude selfies’, and cyber bullying. The self-destruct feature of the app may give kids the courage to send an inappropriate photo/video or message, thinking that it will be ok, because it will delete immediately.

However, there is really no such thing as a self-destructing message. Many smart phones have a feature where you can save any image which appears on your phone by taking a ‘screen shot’. This screen shot can then be sent from one person to another; and what was meant as a private message has the potential to become public very quickly.

In addition to this, nothing ever really deletes from the Internet. Everything we access and send becomes part of our digital footprint, whether we can see it immediately or not.

SnapChat Tips
• Before saying yes or no to an app, check it out yourself first.
• Do some research on the Internet and learn how it works.
• Talk to other parents you respect for their opinion.
• Talk to your children about the potential dangers and using this app wisely.
• Don’t be ignorant or think that because your kids tell you ‘everyone’ is doing it, it will be ok.

Conclusion
We have a God-given responsibility to teach, nurture and protect our kids. There are no easy answers but it is important to continue to grapple with these challenges and keep talking about them. I still have a few years to go before I will need to confront this with my kids but I am thankful we can be supporting each other in parenting Christianly.

For the full version of this article check out your September 2015 issue of Nurture magazine.

Some resources
SnapChat Review: Common Sense Media. https://www.commonsensemedia.org/app-reviews/snapchat

Snapchat Stats:
• Launch date: September 2011
• 8,796 photos posted every second
• 400 million Snapchats posted daily
• 32% of Snapchat users are aged between 13-17
• 70% of Snapchat users are female
• 100 million daily active users
• 18% of social media users use Snapchat
• 18% of social media users use Snapchat
• 400 million Snapchats posted daily
• 8,796 photos posted every second

IT Education

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**Year 10 Skill Teaching**

As part of a VCAL Literacy Oral Communication outcome, five Year 10 students taught their peers a skill:

Connor commenced the day by demonstrating how to make berry smoothies. These were well received with the boys commenting on how nice they were.

Jayden taught the art of stick spinning. This was done outside! He showed the students all different ways to spin the large sticks and wove them with some of his more advanced moves.

Tom taught how to handball a footy and was great at making sure that those who didn’t get a back spin, had a practice.

Jay taught students the basics of skateboarding riding. He did a great job informing everyone about the parts of the board, got each person to work out which foot would need to be at the front, (this involved everyone trying to fall forward and observing which foot went out in front to balance them first), and teaching how to balance. I even had a go! Jay then gave some advice to another skateboarding student about a technique he is trying to master and demonstrated his advanced skateboarding skills.

Tiaan taught knot tying and had students learning both basic and complicated knots. He explained what the knots were best used for and often went around demonstrating things multiple times until his peers mastered the knots.

Every time we embark on these ‘skill teaching’ tasks I am amazed at the wealth of knowledge and skill that students have here at Ranges TEC. We will be learning more new skills next week, when more students are scheduled to present.

**Julie**

*Literacy Teacher*
Responsible Pet Education in the Kinder

Last Friday, Lidia from the Responsible Pet Education Program visited the children with her dog, Ted. She talked with the children about when it is safe to approach an unknown dog. You should only approach when the dog has a lead and an owner! We sang songs to help us remember pet safety. We should always ask, put your hand out for the dog to sniff and if they do then its ok to pat them on their back, never the head or the tail! The children loved meeting Ted, and had lots to tell us about their own pets.

Wendy
Kindergarten Director

MP & SP Hooptime Regionals

This year we had 3 teams from MECS represent our school at the Hooptime Regional Finals.

All 3 teams did a great job reaching this level of competition and all had the pleasure of winning at least one game in their regional finals day.

I was once again very proud of the way our students conducted themselves and it was great to see them improve as a team throughout the day.

It was a real treat to have some NBL and WNBL players come to present the show-bags to the schools and sign autographs for the students.

Thanks again to our Middle School coaches who did an excellent job coaching and encouraging the kids.

Looking forward to Hooptime next year!

Jason
Primary Sport Coordinator
MS Interschool Sport

Years 7 - 10 Tennis and Volleyball

Years 7 and 8 Tennis

With tennis recently being included in the interschool sports program, MECS students have undergone the task of learning tennis over the past six weeks. We entered the competition on Wednesday with some of us more confident than others, but everyone excited to have the opportunity to compete in a new sport. Our students performed well across the day with several making the finals including Jade and Sophie who were runners up in the Year 7 girls doubles; and Jacob and Jack runners up in the Year 8 boys doubles. Ben and Joel took out the Year 8 boys doubles, whilst Matt won a nail biting tiebreaker in the Year 8 boys singles.

All MECS students, many of whom where competing in tennis for the very first time, should be congratulated on their wonderful sportsmanship, great attitudes and outstanding efforts. They also looked great in their new sports uniforms!

Luke
Secondary Sports Coordinator

Years 7 and 8 Volleyball

We had a fantastic day of competition on Thursday at Casey sports centre. Three of our four teams made it through to the grand final with the Year 7 girls taking out Bayside Christian College, 30:14. The Year 8 boys were in a nail biter against Mountain District and narrowly lost 32:34. The Year 7 boys fought well but lost to Bayside 26:12. Over the course of the day we saw great improvement in skills and camaraderie. We are very proud of the teams’ efforts!

Kathy & Anne-Maree

Year 9 and 10 Tennis

Each school could send one singles player and a doubles team for each age group and each gender. MECS was represented by Mermaid (Year 9 girls singles), Brandon (Year 10 boys singles) and Luke and Jake (Year 10 boys doubles). The competition was a mix of students who play competitively outside of school and those who were wanting to give it a go for the first time. Each of our students were strong contenders throughout the day. Mermaid was outstanding in her consistency and Brandon revealed his awesome forehand. Luke and Jake were a formidable team and made it to the grand final. Unfortunately they missed out on the title by one point (games were played point by point, instead of normal tennis scoring). The boys were very gracious in their narrow defeat and should be very proud of their achievement.

Amelia

Year 9 and 10 Boys Volleyball

While our Year 9-10 Boys’ Volleyball team didn’t win every game, they both looked and played the snazziest. Donning brand new MECS blue and green uniforms, the boys looked great. Impressively, they were the only teams to use specialised positions (3 back row passers/bumpers, 2 front row hitters/spikers and a setter). Even more impressive is that they learned to do in-play switching to get to their specialised positions every rally. The 2016 volleyballers are the first MECSicans that I can remember capable of learning and using these advanced methods. Clever boys.

The Year 9 boys team won 1 game by a large margin and lost 3 close games.

The Year 10 boys team got crushed in their first game but went undefeated in their next 3. Their grand final was a rematch of their round 1 game defeat. Amazingly, MECS was tied with 2 minutes left but ended up losing by only 5 points. What an impressive near comeback!

All the boys were excellent sports, never complaining about, or to, the referee and genuinely congratulating their opponents. Well done, boys.

Adam Radke

Year 9 and 10 Girls Volleyball

Last Monday we had a very enjoyable day playing tennis and volleyball against Heritage, Edinburgh, Mountain District and Bayside schools. It was a long trip down to Cranbourne, but for the Year 10 girls it was well worth it, as they won the grand final. Our Year 9 girls played well but just missed out on the final. All players improved throughout the day, and I must say, looked fantastic in their new uniforms. Well done girls.

Anne-Maree
Health/PE teacher
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.

Mount Evelyn Tennis Club
Annual Membership Day, Sat Nov 12, 10am-2pm. Come along and be part of a club that caters for players of all ages and abilities. Free Sausage Sizzle. Membership starts at $90 per year. For more information regarding membership call Lauren O'Toole on 0411 416 590.

Montrose Football Club
Community and family focused for boys and girls age 8-17.
Registrations open November 1. Open day 10am-12noon Sunday Nov 20. Call 0407 619 900 or email montrose.juniors@gmail.com

Gospel Concert
Whittlesea Combined Churches present ‘Carter and Carter’ Golden Guitar winners. Kinglake locals, multiple award winners for their great country music! Supported by local artists.
Sunday November 20 from 2 – 5pm at Saint Mary’s School, Fir Street Whittlesea.
Adults $10, Children $5, Family $25.
All proceeds - Khumi Children’s Village - School & Home, Zambia.

Managing Food Allergies
Does your loved one have severe or multiple food allergies? Do you feel overwhelmed by the challenges ahead? Find practical tips to effectively manage food allergies.
Upwey South Primary School, 91 Morris Road, Upwey Thursday 10 Nov, 10am-12 noon. Free entry.
Grace O’Neill is a qualified counsellor, author and mother of two boys who have food allergies, including anaphylaxis to multiple foods and asthma.
If you would like to attend this event, contact the school office on 9757 0200 or Grace O’Neill via mobile or email (0490 513 914/allergyfun@outlook.com).

Apple Man
The Apple Man is coming on Friday Nov 11 and the following varieties will be available: Granny Smiths, Fujis, Royal Galas, Pink Ladies and Green Pears. Apples $10 a bag, Pears $8. Please put the correct money in an envelope with your order written on the front, and hand it into the office before 10.30am on Friday Nov 11.

Part 1
I didn’t get a say:
I came home from school that night
And we were going to leave the country that weekend.
I asked why we were leaving,
But they said it was too long of a story.
I didn’t get it.
It felt like we were leaving the country for nothing.
Questions were going round and round in my head.
I thought of asking them,
But I knew that they would say no.
My parents didn’t talk to me for the next few days.

Part 2
Now my life in Australia is good,
Full of happiness and peace.
At first I was very confused about why we were leaving our country,
But my parents had made a good decision.
My friends are kind and loving.
Australia is good.

Part 3
I came home from school last night...
And got told that we are going back.
The Australian Government is making us go.
I didn’t get a say.

By Zoe Duke