Hospitals in Schools - an Educational Experience

Kip having a lot of fun during the HITS incursion
Welcome Back

It’s a big welcome back after what was hopefully a relaxing and refreshing time on holidays. This term promises to bring many exciting activities including the Primary concert, so it’s with anticipation that we begin a new term.

A couple of events you might miss if you blink are:

Firstly, on Tuesday 30 July, Independent Schools Victoria (ISV) has asked MECS to host a ‘roundtable’ designed to help Independent Schools build relationships with members of Parliament and the Opposition. Principals, Business Managers and Board Chairs have been invited from Independent Schools in the area to meet with our local member Tony Smith and other Casey candidates to discuss issues including school funding, education policies and other school related issues. This is a great time to show hospitality to other Independent Schools in the area and to attend to key issues that MECS sees as a priority in the future. Please pray for this event as we represent the values that MECS stands firmly on.

Secondly, in a few short weeks we will host our annual Board and Student Leaders dinner. At MECS, we have identified students that have shown the ability to exercise leadership in various areas of the school, and they will have the opportunity to have dinner with our school Board and ask questions about what it means to govern the school. Students will then be able to see a small proportion of a board meeting, to see how these meetings are run, and in a small way, understand the relationship between the management and governance of the school. This opportunity allows students to discuss what it means to be a leader in different contexts and continues to be an effective way to encourage students to use their gifts in whatever area of school they have been placed. Please pray for our student leaders as they seek to answer God’s calling to honour him with their gifts and to encourage them to think critically about what it means to be a Christian leader.

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Here are some of the significant events as I remember them:

For some reason Andrew decided to run the trip in the reverse direction to its normal one. So instead of travelling to Adelaide for our first night we spent the first night in Renmark but what we weren’t told was that Victorian fruit and vegetable cannot be taken across the border into SA because of fruit fly concerns. So we had to dump all of our produce, into the bins at the border. For a Sri Lankan who had regularly seen people eat out of rubbish bins this was awful. Our kids gorged themselves on bananas, apples and oranges and what could not be eaten was tossed. The cooks were shattered. The next morning was spent purchasing acceptable fruit and vegetables from SA supermarkets.

The bus (only one vehicle was taken in those days) was a green HINO rattler with its top speed a stately 85 kmh! Air conditioning was easy; we just had to open the windows. There was no electronic entertainment system, no on-board toilet and the seats did not recline! To enable us to travel the long distances, there were two 4.30am starts.

We had stopped for lunch at Oodnadatta (at the famous Pink Roadhouse). Natasha gave thanks for the food and I vividly remember her praying for safety on the next leg of the journey. We had gone about an hour along the Oodnadatta track when Heather went up to Geoff our driver at the time and requested a toilet stop. He had slowed the vehicle to about 20 kmh when all of a sudden the bus lurched to the left and came to a shuddering halt.

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Reflections

1989 - My First Centre Trip

It took me three attempts to get away on my first Centre Trip. I was all set to go in 1987 when my father-in-law was diagnosed with cancer and was dying. He died on the second day of the trip. The 1988 trip was also not possible because Janette had just given birth to our 'bonus' baby Tim. So it was that in 1989 I got to go on my first ever Centre Trip!

My parents (dad was 77 and mum was 66) decided to join us (in those days we often took paying passengers). There were 3 other adult passengers: a retired couple and a father of one of the Year 10 boys. This father’s dream was to climb Uluru before he died. What we didn’t know in full detail at the time was that he was suffering from an inherited form of heart disease and that he had already exceeded his doctor’s expectations of time left before his death!

I still vividly remember a tearful farewell with Janette and the four children early on that cold autumn morning. What a trip and what amazing memories. The staff team consisted of the Year 10 teacher - Andrew, Colin, PE. Teacher - Bob, our librarian, Heather and my good self. Our driver and mechanic was Geoff (MECS grandparent now) and the cooks were Nel and Susan. Among the students were Matthew (now Dr Liam C who has spent many years living and working in Yuendumu and is fluent in Warlpiri), Lisa (now Lisa V, parent of 3 MECS kids) and Natasha (now Natasha S, the principal’s PA and MECS parent).
Editorial Continued...

Finally please continue to pray for the board in their search for MECS’ next Principal. They are humbly seeking God’s wisdom in this task and we look forward to the next few months as we find the candidate that God has prepared for us.

May you all have a wonderful Term 3.

Reflections Continued

and waited. At about 10 pm that night, God provided a jackaroo driving a ute from the Marla Bore direction. He was looking for a cattle station, which we later discovered was about 10 km from our site. He had driven straight past it. Geoff asked him to drive back to Marla bore to see if we could find a set of nuts and bolts to repair our wheel. This would not normally be a problem but the jackaroo’s ute was nearly out of fuel (it showed fuel empty on the guage). Geoff said he was willing to risk it and so the two of them left. This time both missed the cattle station and amazingly, there was enough fuel to get to Marla bore.

They awoke the proprietor of the local ‘car/truck/bus’ wrecker in Marla with the request for some bolts. He smiled and said “Sorry, but you are going to have to get those from Adelaide”. Geoff persisted and the man allowed him to have a look around. Again, amazingly, Geoff discovered an axel from an old Hino truck with exactly the correct number and type of bolts for our needs. They returned around 1pm and this time, both Geoff and the jackaroo saw the cattle station homestead!

The next morning after a short thanks giving service, we were on our way. What a wonderful way God provided for us then as He does today and as He will continue to do so in the future.

Dr Roger F  
VCE Coordinator

Year 7-9 Indoor Sports

On the last Thursday of Term 2 we had our annual Year 7-9 Indoor Tribal Sports day. What a great way to end the term! Here are a few teacher quotes regarding the day: “My favourite sports day”, “Great sense of teamwork”, “Subway cookies”, “This is almost as fun as geometry”, “Can we get a Spongebob DVD for every bus trip?”, “Lots of encouragement” “Great displays of skill, fitness, talent and energy”. As you can see it was a fun day!

Overall Wirri (Blue) came 1st with a consistency of wins across all four teams. Walya (Red) was 2nd which was amazing as they had a third less players. Warlu (Gold) were 3rd and Warlpa (White) 4th. For the individual teams we had Warlu Team 2 and Warlpa Team 1 finish on equal points - playing off in a soccer final. Warlu were victors 4-1 but most of the goals came late and it was an exciting finish. Thanks to all involved for such a great effort after a very, very long term. Particular thanks go to Josh (work experience) who umpired and helped all day, to Jordy and Georgia for running the Basketball and to Taylor for coming in at the last minute due to staff sickness. You did an awesome job.

Anne-Maree  
Secondary Sports Coordinator

Celebrating 40 Years
MECS Notes

Signing Students Out

Please Note: Parents need to sign their children out at the Main Office when they are leaving school early. All Students who are in Primary School or Middle School need to be signed out by a parent. Thank you.

Immunisation Reminder

Free vaccines recommended for Year 7 students - Human papillomavirus (Gardasil) & Chickenpox. Year 9 students - Human papillomavirus (Gardasil). Free only during 2013. Year 10 students - Tetanus, diphtheria, whooping cough.

If you did not receive the information earlier this year and your child has not been included in the school based program then please contact the Yarra Ranges Council Immunisation Services Unit for more information.

Understanding Adolescent Boys

Understanding Adolescent Boys… an evening with Dr Ian L (father of 3 sons, former Principal of a secondary school, international consultant on gender, boys’ education and middle schooling).

Dr L’s presentation covers boys at home and school. It gives parents and teachers strategies to help boys in their growth into adults and compares childhood and adolescence. The role of parents and the teacher, nature and other factors impacting on boys’ success are explained. This evening looks at ways to get boys to talk about their feelings and explores ways that teachers and parents can keep communication channels open with their boys. It looks at the rites of passage for boys, bullying and relationships with girls.

7pm to 9pm. Monday 19 August 2013. Parade College, 1436 Plenty Rd Bundoora. Everyone welcome! $10 per ticket, pay on the night. Email or phone to book your place.

Meals needed

We try to keep a supply of frozen meals in the office freezer to offer families who need support and that freezer is nearly empty! If you are able to make a meal, please place it in a disposable container and list the quantity and ingredients. We would really appreciate your contribution. You can drop meals in at the Main Office anytime. Thank you.

Natalie, Isaac, Zac, Sophie & Savannah

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Year 9 Drama Elective

As part of their course on the development of theatre, Year 9 Drama students worked on selected scenes from Shakespeare’s A Midsummer Night’s Dream for their main assessment task last semester. Although we only managed to rehearse each scene twice, the class enthusiastically embraced the challenge of performing Shakespeare, presenting four abridged scenes for a small audience in the last week of Term 2.

The cast did an excellent job of bringing the text to life and making the characters believable. Some students even learnt their lines even though they were allowed to use their scripts! They were encouraged to wear a simple costume that suggested their character, rather than a particular time period, and were given basic direction in voice and movement.

Congratulations to all performers! You were brilliant!

Marlene
Drama Teacher

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Drama Teacher
Money Matters

Education Maintenance Allowance

Parents and guardians may be eligible for the EMA if they have a valid Centrelink Health Care Card or Pensioner Concession Card.

Parents and guardians who lodged an EMA application at the beginning of the year do not need to lodge another EMA application to receive the second instalment EMA payment.

Parents/guardians whose children have transferred to this school since 28 February 2013 will need to submit a new EMA application form.

Applications close on 2 August 2013.

Contact: School Office for an application form and further information.

Dollarmite Banking

Banking day is every Wednesday. Just place your bank book in the grey bag in the classroom.

Father’s Day Stall

We are looking for volunteers and a coordinator to help with the stall on Friday 30 August. Please contact Nicole if you would like to be involved. Thanks.

New Climbing Wall

A big thank you to Parents & Friends who raised money for some play equipment in Middle School. There is now a new outside climbing wall installed against the gym store room wall. It’s 2.1m high and 4.8m wide. It has a soft-fall rubber surface around it. The intention is that this will be an activity for younger Middle School students.

Thankyou P&F. It will be much used and appreciated.

Heather
Newsletter Editor

Dance Classes

We are running Dance Classes again for your enjoyment and well-being. I say this because there is always a lot of laughing during a session, and it is really good exercise.

You don’t need any previous experience. Casey is a qualified instructor from the Dancesport studio in Lilydale and will start from square one with all of us. Those who did classes last year, if they are anything like me, have forgotten most of it anyway.

Parents of Year 11 students could enjoy dancing at the formal right alongside them.

The cost will be $10 per couple, per lesson. Payment for single nights will not be an option. We need to make this a 5 week package so that we can maintain consistency of numbers - $50 per couple or $25 per single. Come along even if you don’t have a partner because we can swap and change to fit everyone in.

Lessons will take place from the week of 8 August and will run for 5 weeks. Thursday nights, 7.30pm – 9pm.

If you are interested in attending these dance classes please email Deb.

Deb
Trainee Counsellor

MECS Notes

Notices Home

Please note that Notices Home are now sent electronically. They are also available on the website. Let the Office know if you have any problems.

Asthma tips for Parents and Carers this Winter

Winter can be a hard time for people with asthma as cold weather, coughs, colds and the flu can bring on more symptoms and attacks.

• The common cold is caused by a virus and it is important to try not to cough and sneeze near other people, and to wash hands properly to prevent passing on the infection.

The flu is different to the common cold and can be a much more serious viral infection.

• People with asthma are recommended to have an annual influenza vaccination (the flu shot). Preventing the flu protects people with asthma, as those with asthma are often unwell for longer and have a much harder time recovering from the flu.

• Make sure your child’s asthma is well-controlled; this will help them to bounce back quicker from a cough or cold and will help prevent asthma attacks when they are unwell.

• Some medications and herbal remedies that we use for colds and flu can make asthma worse. Speak to your doctor or pharmacist about any concerns you may have.

• Antibiotics are not normally prescribed for the common cold, or influenza, as these medications will not help a cold get better. Effective medications may include paracetamol and decongestants; however seek advice from your doctor or pharmacist before purchasing them for your child.

• Suggested remedies for the flu and the common cold are: rest, staying hydrated by drinking plenty of water, staying away from cigarette smoke, using steam inhalation, gargling with salty water for a sore throat and seeking medical advice if concerned at any time.

For more information on the common cold, medications and references used in this article please see the Better Health Channel (State Government of Victoria) - www.betterhealth.vic.gov.au and the NPS website - www.nps.org.au.

Contact The Asthma Foundation of Victoria - www.asthma.org.au.
Work Experience

Last week, while many were still enjoying their holidays, most Year 10 and some Year 11 students were immersing themselves in the work place. They were participating in formal Work Experience.

Our students arranged and attended a great variety of Work Experience placements. These included positions at Swinburne University, Lonsdale Chambers, a prominent local winery, a radio station, vet practices, pet shops, child care centres, schools, hairdressers, retail outlets, sports centres, a real estate agent, aged care facilities, cafes, and a textile design organisation to name a few.

This was a valuable opportunity for students to get a taste for what full time work is like and to begin to develop ideas about the type of work environment they would like to work in in the future.

The reports received from employers during the week were overwhelmingly positive. Many commented on how impressed they were with the students’ initiative and willingness to help. One said that this experience with our student restored their faith in taking on work experience students. We really appreciate the effort and time that many employers put into accommodating work experience students as it often involves extra work and responsibility on their behalf. It was also exciting to hear that one student was offered ongoing employment!

Year 10 students have two more opportunities to participate in Work Experience - 25-29 November this year and the third week of the July holidays next year.

It is advisable that students begin arranging placements for November as soon as possible.

Amelia
Career Coordinator

From 15 to 19 July, Year 10 students got the opportunity to go out into the work force. Basically, we all did work experience for five days. Some of us worked in restaurants, some at magistrate's courts and some at child care centres. I got the awesome opportunity to work in the most tiny of offices that holds the 3MDR 97.1 FM Radio station!! During my week, one of the awesome things I got to do was work in a production room recording and editing little sections of voice overs and community announcements. I also got the awesome privilege to actually go on air and co-host two shows and on Wednesday, I was even asked to be a live music guest on one show! So I got the amazing opportunity to do a showcase of a few songs I have written and composed on live radio for the Mountain District to enjoy.

The week I spent at 3MDR was one I really enjoyed. It was really interesting learning all the various things that a radio station requires to actually run and meeting all the people involved in shows and of course work was really good as well. To all you Year 9 students, in all seriousness, start searching for Work Experience now before all the good spots are taken!!

Claire

For the third week of school holidays, the Year 10 students had the opportunity to experience work in a work place of their choice. This opportunity gave us a chance to see what it is like to be working in certain jobs and careers, and to see if it may be a career path we might want to follow. We were able to gain new skills and knowledge, as well new insights into different jobs. It also gave us experience of starting at a new place by ourselves, meeting new people and having independence. I think work experience gave me a really good idea of what career path I want to follow, and I loved being able to see what it is like working in a work place and meeting the people who worked there.

Jordan

Matthew

Kaitlyn

Daniel
God Gives us People Who Help Us

Preps have been learning about people who help us in the community. We learn that community can be home, church, school, the neighbourhood or town and especially our families. Community is where people work together to help one another.

Hospitals in the Schools

“The stomach goes gurgle gurgle glug glug and the heart goes thumpity thump” sang the Preps as they learned about hospitals and the jobs that doctors and nurses do.

Mrs T was a teacher in a hospital whose job was to make children feel happier if they were sad or scared. She explained that there is a play room in the hospital with toys and sometimes the hospital teacher takes toys to the children in their beds.

We learned that if we didn’t have skin we might have a heart full of sand or a tummy full of autumn leaves! I’m glad our God thought of skin to keep our insides clean and bones to help us stand up and protect our organs.

We learned about our body’s favourite drink... Water!

If we don’t get enough water our kidneys get sick and our head might ache, because our brains and kidneys need water. We learned some of the names for organs and bones.

We learned a very important lesson about what to do if you saw a needle somewhere. “If you ever see a needle...

1. Stop!
2. Don’t ever, ever touch it (or even kick it)
3. Call a grown up.

Because needles can make you very, very sick. Grown ups can call a person from the council to come and collect it safely.

After hearing what the equipment is for, the children wore a hospital wrist band and masks, hair nets and gloves as they treated ‘patients’ with stethoscopes, blood pressure pumps and bandages while the junior doctors and nurses examined patients with their clipboards and torch lights. They played with toy ambulances and helicopters and did puzzles, Duplo and stamping to investigate about our bodies and hospitals.

Mums and Dads are People Who Help Us

Grown ups do jobs which help in our community. The children asked questions to find out what their Mums and Dads did to help in their jobs as well as at home.

We had Mrs W speak to the children about being an artist, showing photos of paintings and sculptures from her website, and Mr L talk to the children about being a train driver. Bailey’s dad came to talk to the Preps about what a policeman does to help people. And... he brought his police car!

Needless to say it was a very exciting way to end the term to hear about all these jobs, do some role play and do some dreaming about what the children might be when they grow up.

A huge thank you to the parents, Mrs T from HITS, Yolanda the wildlife worker, Paul, our local shop keepers and the Montrose fire fighters who all played a part in making this unit such a rich learning experience.

Jan
Prep 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.

**Plumbing Apprenticeship Needed**

My name is Daniel. I'm a past student of MECS currently doing a pre-apprenticeship in Plumbing at Swinburne Croydon. I am looking for a 1st year plumbing apprenticeship. I am ready to work and to learn. I have a driver's licence and a car. In the past I have also completed a Certificate II in Building and Construction, and have a couple of years of labouring experience. I can be contacted.

**First Aid Training**

Have you wondered what you would do to help a friend if they had a heart attack? Can you do CPR or use a Defibrillator Machine? If not, why don't you come along to MECS and do a Level 2 First Aid Course and learn all about these things and lots more.

Course Dates - 4 Nights - Aug 13, 20 and 27 and Sept 3, 6-10 pm. Cost $160 contact Peter Beams 0409 552 144.

**Eastland Future Options Careers Expo**

6 August 2013, 6-8.30pm, Eastland Shopping Centre, Maroondah Highway, Ringwood.

Over 80 university, TAFE and industry organisations provide information about employment, apprenticeships, traineeships, diploma or degree studies. Ideal for Year 10, 11 and 12 students and adults seeking career pathways.

**Apple Man Next Visit**

Friday 2 August at 11.45, then fortnightly for a time. If you can't be there to buy them yourself you can leave an order with the Main Office and they will collect them for you to pick up later.

**Remember the Working Bee!**

This Saturday 3 August
8.00am-1pm
Morning Tea Provided

**NOTICES SENT HOME THIS WEEK**

- Wilson's Prom Camp Info Night
- Year 9 Elective
- Kindergarten Connections
- JPR Teacher Change

- Wilson's Prom Camp Info Night
- (Mentioned last newsletter by accident - sorry)
- JP Term Letter
- AASC Term 3 Letter

**Canteen**

Desperately needs 5 volunteer helpers for Fridays. If you can help please contact the Main Office on 9738 6000.

**LOST**

Jackson has lost his guitar - a 4/4 Yamaha Classical Nylon Guitar in Black fender bag case, Sheets of music in the front pocket. Lost from outside the music room last term. If you find it please hand in to the Main Office.

**Celebrating 40 Years**

**Primary School Production Term 3 Week 9**

Tues 17 Sept Dress - Rehearsal
Wed 18 Sept - Matinee
Thur 19 Sept - Evening Performance