The VCAA Year 12 exams have been running successfully and are now coming to a conclusion. Our Year 12 students have prepared thoroughly for their exams and we are confident that they will have prepared themselves very well. We look forward to farewelling them formally at the Valedictory Dinner on Thursday 19th November, at the Karralyka Centre.

Year 11 exams commenced on Monday 10th November and conclude on Tuesday 17th November. The timetable has been posted on Compass for both students and parents/guardians to see. Year 11 exams are an important part of the preparation for Year 12 studies and students should be actively preparing for their exams now. Following the exam period students in both VCE and VCAL will have course confirmation followed by an ‘Orientation Program’. Before starting their Christmas break many of our Year 11 students will embark on the annual Queensland tour.

At this time of year students and parents/guardians are becoming anxious about their subject choices for 2016. Over the next week all students will receive information regarding their subjects choices for 2016 and information regarding the course confirmation process to confirm 2016 courses of study.

STUDENT LEADERSHIP
I would like to congratulate the Middle School Captains at Mooroolbark College for 2016.

Red House: Kellie Stevens & Jade Schimelzle
Blue House: Shanae Hodgett & Jordan Daniels
Green House: Will Alsop & Jayan Hartwick
Yellow House: Caleb Schwab & Cassie Mullens

Also congratulations to the students who received a Principal’s Award at the General Assembly held on Tuesday 10th November 2016.

COLLEGE CAR PARK
The College Staff Car Park off Ross Pincott Drive
MUST NOT BE USED TO DROP OFF OR PICK UP STUDENTS AT THE START AND FINISH OF THE SCHOOL DAY.
THE RESULTING CONGESTION IS PRESENTLY A HAZARD TO THE STUDENTS AND ALSO MAKES PARKING DIFFICULT.
PLEASE DROP YOUR CHILD OFF IN THE NORTHERN CAR PARK OFF MANCHESTER ROAD OR ON THE ROADS BORDERING THE SCHOOL AND ARRANGE TO PICK UP IN THE SAME PLACE.
THE NO STANDING SIGN ON MANCHESTER ROAD MUST BE ADHERED TO.
A REMINDER TO PARENTS/GUARDIANS THAT THE SPEED ZONE AROUND SCHOOLS IS 40KPH.

PREPARING FOR 2016
We are currently planning budget, staffing and forms for the coming year. If your child is not returning for 2016 could you please notify us as soon as possible.

Simon Reid
Principal
ASSISTANT PRINCIPAL’S NEWS

VISITORS TO THE COLLEGE
It is essential that all visitors to the College must sign in at the General Office. If you require to see any member of staff please be aware that an appointment is necessary due to timetable commitments and meetings before and after school. It is inappropriate for visitors to go directly to individual staff offices or to stop staff in College grounds. The General Office will call staff to check their availability for an appropriate meeting time. If you would like to make an appointment please do not hesitate to contact the College on 9727 8100.

Thank you for your continued support of the College.

Lyn Godfrey
Assistant Principal

GENERAL ASSEMBLY
On Tuesday 10th November, we presented the following students with a Principal’s Award and we congratulate them for their achievement:

GREEN HOUSE
Teya Hehir, Jayan Hartwick Michael Kempton, Michael Fox, Lisa Linn & Neisha Nyenbrink

BLUE HOUSE
Courtney Brown, Georgia Gray Jaida Elliot, Jessica Gilbee, Johnathon Lee, Kimberley Barkwith, Sebastian Zych, Shanae Hodgett, Tom Hardstaff & Jordan Daniels

YELLOW HOUSE
Jasmine Leggo, Shae Libbis, Glen Todd, Brendan Wimalartna, Caleb Schwab, Cassie Mullens, Brooke Roberts, Connor Spencer, Emma Steele, Brandon Vanderlinde, Keeley Hocking, Brayden McManus, Sarah Schwab, Breanna Stock, Melanie Pauer & Paris Hindby

RED HOUSE
Jamie-Lee Burton, Charlotte Paps, Jade Schmelzle, River Stevens-Dobby & Ally McNabb

FUND RAISING—ENTERTAINMENT BOOKS
Thank you to the families who have returned their Entertainment Books. Just a reminder to families who have not returned their Entertainment Books need to return them as soon as possible so we can finalise the account.

BOOK LISTS FOR 2016
Mooroolbark College wishes to inform the College community that Lilydale books, 1/25-27 Hightech Place, Lilydale, will now be the supplier for the 2016 book lists. The College council were supportive of the change due to it being local for parents/guardians.

WANTED - SECONDHAND UNIFORMS
With over 250 new Year Sevens arriving in 2016 (as well as new students at other year levels) we are starting to get requests from families for help with uniforms.

If you have any good quality secondhand uniform items we would love to find a new home for them with a family who will deeply appreciate your generosity.

Donations can be dropped off to the General Office or directly to myself. (donations of current books will also be accepted).

John Nichol
Student Welfare Coordinator

STUDENT CROSSINGS
Students are reminded that when crossing any roads as they are walking/riding to and from school to please ensure it is done in a safe manner.

Please encourage students to use the supervised crossing at Manchester Road/Bella Drive rather than crossing via the median strip. During our wet weather months, the tan bark used in the median strip becomes quite slippery and dangerous for pedestrians.

Lyn Godfrey
Assistant Principal

Remembrance Day
11 November

Ann Stratford
Assistant Principal
STUDENT NEWS

ABC of MENTAL HEALTH

ASK + BREATHE + CONNECT

 NOTICE HOW YOU FEEL. IF YOU OR SOMEONE YOU KNOW ARE FEELING LOW OR STRESSED TAKE ACTION. ASK FOR HELP. DON’T GO IT ALONE. TALKING THINGS OVER CAN HELP.

WHEN YOU’RE FEELING LOW OR STRESSED IT CAN ALSO HELP TO LOOK AFTER YOURSELF. FEELINGS COME IN WAVES, LEARNING TO NOTICE AND LET THEM PASS USING BREATHING TECHNIQUES CAN HELP.

TO IMPROVE WELLBEING STAY CONNECTED. STAY INVOLVED WITH THINGS THAT ARE MEANINGFUL FOR YOU, FAMILY, FRIENDS, SCHOOL, SPORT AND OTHER ACTIVITIES.

STRATEGIES for STUDENTS

Follow these strategies to support your mental health and wellbeing

EXERCISE YOUR MOOD
Physical exercise is good for our mental health and for our brains. When you're feeling down the last thing you might feel like doing is exercising, but studies have suggested that any activity, from walking around the block to yoga or cycling, could contribute to improving the symptoms of depression and anxiety and can help you feel less stressed.

POSITIVE SELF TALK
The way we talk to ourselves, that voice inside of our head, has a huge impact on our outlook, our motivations and our own view of ourselves. It might not feel less stress, but with practice you can change your self talk. Positive self talk can be anywhere you are or anywhere you are not. It can help to improve your overall mood and outlook on life.

RELAXATION TECHNIQUES to MANAGE STRESS
There are many different relaxation techniques you can use to overcome stress. When you feel like everything is getting too much, remember to breathe deeply. Breathe in for 4 seconds, hold for a few seconds and then breathe out slowly. This can be very helpful to take your mind of stress.

GET SOME SLEEP
A good night’s sleep is vital for your mental and emotional wellbeing. Sleep deprivation can increase negative thinking and heighten your stress levels. To maintain a regular sleep and wake schedule, use the bedroom for its purpose and avoid using electronic devices such as a television or a computer when you are in bed.

EATING
Some studies suggest that what you eat affects your mood. A good breakfast will make sure you have all the essential nutrients needed for your brain to function well, helping to keep you both physically and mentally healthy. You might have noticed that your mood can affect your appetite and food intake. Maintaining a healthy diet and regular food intake can be a way to look after yourself even if stress isn’t the main issue.

TAKE TIME TO STUDY
The exam period can be a particularly stressful time, but setting time aside to make sure you’re ready for your exams can help reduce your stress and anxiety. To reduce exam pressure, think about doing things that plan to have a good balance between social life and study. Take time to study, eat well, and make sure you’re getting enough sleep.

HELP SEEKING
A problem can sometimes be too hard to solve alone – or with friends and family – so it’s important to seek professional help. You can see your family doctor, psychologist, nurse, community or school for example, or talk to someone at work or school who can provide advice or referrals.

AVOID ALCOHOL & DRUGS
Some people make the mistake of thinking that taking drugs can help them cope in tough times. Drugs, including alcohol, can contribute to stress, anxiety, and mental health problems in people. Mental illness linked to drug use includes anxiety, depression, paranoia, panic attacks, and psychosis. And if you’re drinking alcohol or taking drugs when you’re trying to study, you’re more likely to experience a lack of concentration which could lead to an increase in stress when it comes to exams.

CONNECT WITH OTHERS
We are social animals, and our social relationships are really important to our overall wellbeing. It’s okay to take time out for yourself, but don’t stay in. Keep your social relationships strong when you are feeling stressed out, overwhelmed or depressed, so your friends and family may really be able to help you through these times.

If you are in need of help, visit headspace.org.au
Log on to eheadspace.org.au for online support and counselling

186 Manchester Rd, Mooroolbark, Vic 3138
Phone: (03) 9727 8100  Fax: (03) 9727 8188  Web: www.mooroolbarkcollege.vic.edu.au
This year Mooroolbark College will be partnering with Lilydale Books who will be supplying the booklist for 2016.

Lilydale Books has been operating in the local area for 29 years, specialising in educational supplies for primary and secondary schools. They offer a flexible solution to parents for collection and delivery of the booklist.

Lilydale Books has a second hand book service where they accept books on consignment from November 16th to January 11th every year.

The store is located in the newly developed business area of Lilydale which has ample car parking facilities. Lilydale Books is open throughout the year, employing students from local schools who are interested in working over the summer.

If parents have any questions they can contact Lilydale Books on the details below. Lilydale Books is looking forward to meeting the students and parents from Mooroolbark College.

Contact Details:
Lilydale Books
Phone: 03 9739 6186
Unit 1, 25-27 Hightech Place, Lilydale VIC 3140
Website: www.lilydalebooks.com.au

Opening Hours
Monday – Friday 9am – 5.00pm
Extended trading hours apply during December to February:
Monday – Friday 9am – 5.30pm
Saturday 9am – 12pm

As you maybe aware earlier this year the Federal Coalition Government established the office of the Children’s eSafety Commissioner and passed legislation which assists in removing harmful online material. In supporting the local community Tony Smith MP, Federal Member for Casey is hosting a forum with the new eSafety Commissioner Mr Alastair MacGibbon who will provide a presentation with actionable strategies to help keep safe online. The presentation and Q & A session will be relevant to parents/guardians, teachers and school aged children.

Tony Smith MP invites you to participate in an Online Safety Forum with special guest Alastair MacGibbon, E-safety Commissioner. This forum will provide the opportunity to discuss issues that are important to you.

Wednesday 18 November 2015 | 5.30pm - 7.00pm
Life Ministry Church, 15-49 Old Melbourne Rd
Chirnside Park VIC 3116
RSVP by email jill.hutchison@aph.gov.au or call 9727 0799
The Jacaranda Digital Bundle is a high-value premium learning package of resources designed to enrich the way that your child learns.

**DIGITAL BUNDLE BENEFITS**

**Connections**
Learning resources are accessible anywhere, any time and on any device. With one login at one location.

**Engagement**
Quality, media-rich content help bring concepts to life, enhancing interaction and improving learning outcomes.

**Success**
Fully-supported interactive learning, assessment and reporting capabilities help improve student success.

**A HIGH VALUE PACKAGE**
The Jacaranda Digital Bundle provides your child with access to 16 premium digital resources that would normally cost over $400 individually at a price of only $103.95 per student. The Jacaranda Digital Bundle includes access to eBookPLUS for nine subjects as well as Jacaranda’s unique digital-first resources: myWorld Atlas, myWorld History Atlas, assessON Maths Quest, assessON Science Quest, SpyClass and Knowledge Quest.

**EASY SET UP**
Jacaranda sets up your child’s JacPLUS account and uploads all their digital resources, ready for the start of the school year. All login details are then sent to the school. Once set up, your child can access their eBookPLUS resources anytime, anywhere, on any digital device. Each account is password protected and should only be accessed by your child. The following information will be provided to the school before the start of the school year:

- login details for your child
- what to do if they have forgotten their password
- a list of all resources in each student’s JacPLUS bookshelf
- instructions on how to launch JacPLUS for the first time
- links to ‘help’, user guides and how to contact the customer support team.

**PAYMENT**
Jacaranda has created a Parent Payment Portal website so parents can pay for the Jacaranda Digital Bundle easily and securely online. Detailed information on how to use and when to access the website will be provided through your school later in the year.
**COMMUNITY INFORMATION**

**MS Run For Their Life**

Date: 21st of Nov

What: A 5km fun run/walk for all ages and abilities to raise money and awareness for MS Australia

Time: 9am-12pm

Where: Lillydale Lake, 435 Swansea Road
Lilydale, VIC 3140

Show bags, gold coin donation BBQ, face painting and much more...

For any further information:
https://www.facebook.com/musrunfortheirlife
http://www.m-s.mx/jamieastbury/musrunfortheirlife/

To purchase tickets:
https://www.eventbrite.com.au

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Julee-hanna@hotmail.com

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LPP

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0497 817 537
9726 4885

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**CONSIDER FOSTER CARE**

Register Now

INFO SESSION:
Monday 23 Nov, 7.30pm
Anglicare Victoria
47-51 Castella St, LILYDALE

1300 889 335
anglicarevic.org.au/events
*UNIFORM SALE!

5% OFF UNIFORMS
25% OFF ALL SCHOOL SHOES
FROM MON 9 NOV TO FRI 18 DEC 2015
Plus Extended Lay-by until 27th January 2016

Mooroolbark College

UNIFORM PRICE LIST 2016

Your school uniform is available online and at the PSW store in CROYDON.

Unit 8A, 51 Lusher Road, Croydon VIC 3136
Phone: (03) 9768 0336

SUMMER TRADING HOURS* (5th Oct - April)
Mon to Fri: 8:30am - 5:00pm  Sat: 9:00am - 5:00pm

www.psw.com.au Save Time, Shop Online!

*5% off all school uniforms & 25% off all school shoes promotion runs from Mon 9 Nov to Fri 18 Dec 2015. Lay-bys require a 20% deposit. New Lay-bys are not available in Jan 2016. Lay-bys must be picked up before Wed 27th Jan 2016. Store trading hours are subject to change, check the website for latest information. www.psw.com.au. PSW Retail stores will be closed Tues 26th Jan for the Australia Day Holiday.
Scholastic

HUGE
CHILDREN’S
BOOK SALE
One Day Only!

50% to 90% OFF!

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CIVIC SQUARE
CROYDON

FRIDAY
20 NOVEMBER
9am–5pm

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and chapter books,
nonfiction and
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school accounts. No trade resellers.
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