

Hilltop News

DIMBOOLA MEMORIAL SECONDARY COLLEGE

| "DEEDS NOT WORDS" | 4th June 2021 |



"Facta non Verba"

Dimboola Memorial Secondary College would like to acknowledge the Traditional Owners of the Wimmera Mallee area: The Wotjobaluk, Jaadwa, Jadawadjali, Wergaia and Jupagalk peoples, and pay our respects to Elders past, present and emerging.

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Upcoming Events

June 9	GAT Rescheduled
June 9-11	Year 9-12 Exams
June 21	School Council
June 23	Year 11-12 Parent Teacher Meetings
July 2	DMSC Deb Ball

Principal	Sally Klinge
President	Neil Zippel
Vice President	Kylie Barry
Treasurer	Charlotte Pyers (DET)
Teacher Reps	John Lister (DET), Jess Fell (DET) Kellie Laverty, Kylie Barry, Alastair Griffiths, Lynley Robinson, Rhianna Paech
Community Reps	Tony Schneider, Charles Rees (RSL), Jack Kalms, Alex Zippel
Secretary	Charlotte Pyers (DET)

DMSC is a
Child Safe School

Respect
Honesty
Excellence
Care
Freedom

A message from our Principal

Back to the classroom

It was great to see everyone back on site today after our fourth stint at learning from home. Thank you to staff, students and parents for their understanding and support during this period of lockdown. The use of Webex for all junior classes has proven to be a popular choice this time around and we hope that we do not have to get any more practise at doing this! Below are the Department guidelines for the wearing of face masks at school and when travelling on public transport.

Face masks – schools in regional Victoria

- School staff and secondary school students aged 12 or older must wear a face mask indoors at school, including when attending an Outside School Hours Care (OSHC) program, unless an exception applies.
- Teachers and education support staff are not required to wear face masks while teaching, but those who wish to do so, can.
- Face masks are mandatory for all school staff and school students aged 12 or older when travelling to and from school.

More information about schools and coronavirus (COVID-19) can be found on the Department's website, which will continue to be updated: <https://www.education.vic.gov.au/about/department/Pages/coronavirus.aspx>

GAT re-scheduled

The General Achievement Test (GAT) for students who are studying a Unit 3 and 4 VCE subject was to be held next Wednesday 9th June. This has now been re-scheduled to a date yet to be determined. Mr Werner will keep students posted with the new date when it is announced.

Excursions postponed

At this point in time, no excursions are permitted. This means that all inter-school sporting events that had been planned for this term will be postponed until a later date. The permission forms for the Year 9 Rubicon camp should still be completed and returned to school by June 18.

Exams next week

Students in Years 9 to 12 will be completing their mid-year exams, as planned, next week. These will take place over three days – starting next Wednesday 9th June. These exams serve as excellent preparation for handling time constraints and applying knowledge and skills under pressure. I encourage all students to use the time they now have in class to refine these skills and consolidate their learning.

Student Reports

Teachers are now finalising their assessments and reports for Semester One. I encourage all students to ensure that they are up-to-date with their learning tasks. Reports will be available via the XUNO portal. If parents are unable to access this portal, please contact our IT technician Erich Vix at the school for assistance.

Some happy news

Congratulations to Marcy Britten and her partner on the early and safe arrival of a little daughter Birdie Isobel. We look forward to meeting the latest addition to our DMSC family next term.

Enjoy the freedom of movement that we are all fortunate to have this weekend.

Sally Klinge

Student-Led Activities at DMSC - Basketball

On Monday 17th May, the year 11/12 VCAL students started a Mixed Basketball Championship that happened in the stadium at lunch time. In game 1 Vikings and United were playing in the 1st elimination round. Zane T made some incredible shots for team Vikings. Meanwhile Jandamurra L made an amazing 3 pointer that made the crowd go crazy for team United. The final score was 7-5 going Vikings way. Congratulations Vikings!



Tuesday 18th May in game 2 at the Mixed Basketball Championship, the Warriors and Bulldogs played in the stadium during lunch. It was the 2nd elimination round and the crowd was wild during the game. Archer L made some insane 3s for team Bulldogs meanwhile Harper H did some amazing drilling for team Warriors. The final score was 22-18 going Bulldogs way. Congratulation Bulldogs!



Monday 24th May in game 3 at the Mixed Basketball Championship, the Cowboys and Wild cats played in the stadium during lunch. It was the 3rd and final elimination round. This was the best game out of all the elimination rounds so far. Alex J made an amazing 3 pointer for the Cowboys. Meanwhile Lachlan D also made an extraordinary 3 pointer for team Wild cats and was Man of the Match for the game. The final score was 11-16 Wild Cats way. Congratulation Wild Cats!

Tuesday 25th May in game 4 of the Mixed Basketball Championship. It was the semi-final the Cowboys vs the Warrior that was played in the stadium at lunch time. It was a close game for both quarters. However, both teams were equal the whole game until the Cowboys took some amazing 3 pointers and won the game. The final score was 14-18 going Cowboys way. Congratulations Cowboys!

by Evan Barber 11M

Student Voice and Leadership at DMSC



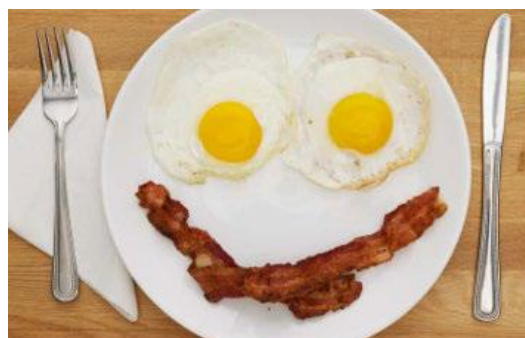
This year the Student Representative Council has been redesigned to help our student leaders focus on *action* in the school, with the formation of four Action Teams based on school improvement, fundraising, activities and media.

In each issue of the newsletter one of our Action Teams will take over this section and write about what they are doing around the school- starting with our SRC News team next week. Watch this space!

Mr Lister & Ms Fell



Action Teams Meeting



Start your day off right with the
DMSC Breakfast Club
Tuesdays & Thursdays from 8.30am

HOMEWORK | Week 8 Term 2 7th - 11th June |



Year 8D	Work	Due date/s
Science	Seed background	Tuesday 8th June
	Seed dispersal Plant test (in class)	Thursday 10th June
Year 8M	Work	Due date/s
Maths	sQuizya 2.7	Mon 7th June
Year 9D	Work	Due date/s
English	Add book summaries to Padlet	Tuesday 15th June
	Revise for English Exam	Wednesday 9th June
Science	Electricity revision booklet	Tuesday 8th June
	Ecosystems revision booklet	Tuesday 8th June
	Education Perfect tasks	Tuesday 8th June
Humanities	Revision Rubric	Tuesday 8th June
Year 10M	Work	Due date/s
Maths	Exam Revision Booklet 1x Page	Mon 7th June
Science	Chemistry movie Education Perfect revision tasks	Tuesday 8th June
Year 11 VCE	Work	Due date/s
English	Revision Rubric	Tuesday 8th June
Biology	Edrolo: <ul style="list-style-type: none"> Chapter 2 exam practice Chapter 3 exam practice Chapter 4 exam practice Chapter 5 exam practice (Do not do Q4, 5 and 6) U1AOS1 Topic Exams (1 & 2) U1AOS2 Topic Exams (1 & 2) 	Tuesday 8th June
Physical Education	Exam Revision	
Psychology	Exam revision	
Year 11 VCAL	Work	Due date/s
Employability Skills	Project 2 worksheets F: Outcome 1, 2&3 and 4 I: Outcome 1, 2, 3 and 5	Friday June 11
Year 12 VCE	Work	Due date/s
English	Revise for English Exam - study AOS1 & AOS2	9th June Wednesday
Biology	Edrolo exam revision: <ul style="list-style-type: none"> Chapter 2-10 review questions Unit 3 AOS 1&2 - Topic Exams 1&2 	Tuesday 8th June
Psychology	Exam revision	
Year 12 VCAL	Work	Due date/s
Employability Skills	Project 2 worksheets F: Outcome 1, 2&3 and 4 I: Outcome 1, 2, 3 and 5 S: Project 2 draft report	Friday June 11

DMSC mid semester exams

Wednesday 9th – Friday 11th June

All exams will be in the HALL

Students will have private study when no exam is scheduled

Year 9 exam timetable

Period	Wednesday 9 th June	Thursday 10 th June	Friday 11 th June
1	English 8:50am – 10:35am	Science 8:50am – 9:50am	Maths 8:50am – 9:50am
2			
3	Private study 10:35am – 11:05am	Private study 9:50am – 11:05am	Private study 9:50am – 11:05am
<i>Recess</i>			
4	Private study 11.30am – 12.15pm	Elective: Life, Media or Art 11:30am – 12:30pm	German 11:30am – 12:30pm
5			
	Private study 12.15pm – 1.00pm	Private study 12:30pm – 1:00pm	Private study 12:30pm – 1:00pm
<i>Lunch</i>			
6	Private study 1:50pm – 2:20pm	Humanities 1:40pm – 2:40pm	HAPE 1:50pm – 2:50pm
7			
	Elective: Food, History or Sport Sci 2:20pm – 3:20pm	Private study 2:40pm – 3:20pm	Games 2:50pm – 3:20pm

DMSC mid semester exams

Wednesday 9th – Friday 11th June

All exams will be in the HALL

Students will have private study when no exam is scheduled

Year 10 exam timetable

Period	Wednesday 9 th June	Thursday 10 th June	Friday 11 th June
1	English 8:50am – 11:05am	Science 8:50am – 10.30am	Maths 8:50am – 10.30am
2			
3			
		Private study 10:30am – 11:05am	Private study 10:30am – 11:05am
<i>Recess</i>			
4	Private study 11.30am – 12.15pm	Elective: Life, Media or Art 11:30am – 12:30pm	Pathways 11:30am – 12:30pm
5			
	Private study 12.15pm – 1.00pm	Private study 12:30pm – 1:00pm	Private study 12:30pm – 1:00pm
<i>Lunch</i>			
6	Private study 1:50pm – 2:20pm	Humanities 1:40pm – 3:20am	HAPE 1:40pm – 3:20am
7			
	Elective: Food, History or Sport Sci 2:20pm – 3:20pm		

DMSC mid semester exams

Wednesday 9th – Friday 11th June

All exams will be in the HALL

Students will have private study in the library when no exam is scheduled

Year 11 VCE exam timetable

Period	Wednesday 9 th June	Thursday 10 th June	Friday 11 th June
1	English 8.50am – 12.05pm	Maths Methods 1 8:50am – 10:30am	Biology or Bus Man 8:50am – 10:30am ** Tehya (Further)
2			
3		Maths Methods 2 10.30am – 11.05am	Private study 10:30am – 11:05am
Recess			
4	Private study 12.15pm – 1.00pm	General Maths 11:30am – 1:10pm	Psychology or Physics 11:30am – 1:10pm ** Paige (Further)
5			
Lunch			
6	Private study 11.30am – 12.00pm	History or PE 1:40pm – 3:20pm	HHD or Media 1:40pm – 3:20pm
7			

Year 11 VCAL exam timetable

Period	Wednesday 9 th June	Thursday 10 th June	Friday 11 th June
1	VET / Work placement	Work placement	Literacy 8:50am – 11:05am
2			
3			
Recess			
4			Numeracy 11:30am – 1:10pm
5			
Lunch			
6			Media or Product 1:40pm – 3:20pm
7			

DMSC mid semester exams

Wednesday 8th – Friday 11th June

All exams will be in the HALL

Students will have private study in the library when no exam is scheduled

Year 12 VCE exam timetable

Period	Wednesday 9 th June	Thursday 10 th June	Friday 11 th June
1	English 8.50am – 12.05pm	Further 8:50am – 10:30am Maths Method 1 8:50am – 10:50am Private study Exam end – 11:05am	Biology or Bus Man 8:50am – 10:30am
2			Private study 10:30am – 11:05am
3			
Recess			
4	Private study 12.15pm – 1.00pm	Maths Method 2 11:30am – 12:30pm Private study 12:30pm – 1:00pm	Psychology 11:30am – 1:10pm
5			
Lunch			
6	Private study 11.30am – 12.00pm	HHD 1:40pm – 3:20pm	PE 1:40pm – 3:20pm
7			

Year 12 VCAL exam timetable

Period	Wednesday 9 th June	Thursday 10 th June	Friday 11 th June
1	I&E 8.50am – 10.35pm	Work placement	Literacy 8:50am – 11:05am
2			
3			
Recess			
4			Numeracy 11:30am – 1:10pm
5			
Lunch			
6			Media or Product 1:40pm – 3:20pm
7			

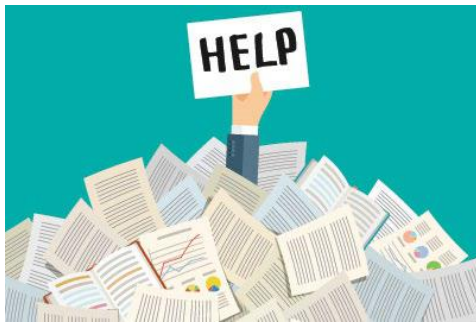
EXAM RULES AND CONDITIONS 2021

Students are reminded that there are rules that need to be obeyed for the duration of the exams. The rules are to ensure that exam conditions are fair to all students.

Uniform – MUST be worn during the exam period.

- **Attendance:** Students are expected to arrive at school before 8.40 am and be at school for the full day. At times when there are no exams scheduled, students are to work in the designated area under normal private study conditions.
- **If you are absent during an exam, you must provide certification to prove that you were unable to attend.** If you do not have certification then you will receive a zero and your exam will **not** be rescheduled.*
- **Calculators and other permissible items** - check with your classroom teachers the items you are required to bring to each exam.
- **Watches** - must be removed from the wrist and placed on the table in front of you. No watches with internet access are allowed in the exam.
- **iPods and Mobile phones** - absolutely **no** mobile phones, iPods or other electronic devices are to be brought into the room.
- **Do not arrive late** as it causes a disturbance to others. If you arrive after 30 minutes there is a process that needs to be completed, and your exam may not be marked.
- Students are to remain in the examination room for the **duration of each exam**.
- **During reading time**, a student may study the directions for the exam and the questions but not begin to write or in any way mark the exam paper or answer booklet or paper until the signal to write is given.
- No food or drinks, other than water in a **clear bottle**, may be taken into the exam room except under special circumstances.
- No student may communicate with another student in the exam room while the exam is being conducted. This includes absolutely no kind of verbal nor non-verbal communication of any kind.
- No student shall by any act or omission cause any nuisance, annoyance or interference to any other students. If the student does not comply with an instruction given by the supervisor to cease any nuisance, annoyance or interference to any other students then that student shall not be entitled to complete the exam and shall be sent to the office. **A student's exam will not be marked and they will receive a zero for this assessment task.**
- No sharing of equipment, such as erasers, pens, sharpeners, etc. This constitutes nuisance or annoyance and shall be dealt with as above.
- At the **end of the exam**, each student must remain silent in their place until all material for assessment has been collected. Only then will the supervisor give the direction for students to leave the room.

* Read the DMSC exam policy for more information



HOW TO DEAL WITH EXAM STRESS

To help reduce stress and ensure that you are as organised as you can be, learn more about planning and looking after yourself and about staying focused in order to be as ready for the exam as you can be.

Take the time to plan

- Prepare a study plan and goals for each day / week. Make sure it is balanced with other important things in your life - that way it will be easier to stick to.
- Talk to your employers early to let them know you need to limit your hours while studying.
- Create a study space that is comfortable, quiet, well lit, organised, and has no distractions nearby.
- Make sure you have everything you need for each study session as this helps to feel more confident and organised.

Look after yourself

- Self-care is especially important when you have a big demand in your life - that way you have the energy to commit to what you need to accomplish.
- Build activities you enjoy and that bring your stress levels down into your study plan.
- Do not get hungry before or while studying. Grab nutritional snacks that keep you going, such as fruit/nuts/dairy.
- Remember to get some exercise every day as this helps you to keep focused and energetic.

Rest when you need to

- Work out what times of day you have the most energy and plan to study then.
- Do not study more than 40-60 mins without a short break - even a 5-minute break will help.
- When you have a break do something physical or fun, such as go for a short run or play with a pet.
- Try to keep your focus on school and exams rather than other stuff happening in your life; you do not need this extra worry around relationships, friendships etc. right now.
- Relaxation is important, especially before bed, to slow the brain activity down. Try some slow, deep breathing, a shower or a bath, herbal tea.

Stay focused

- Say "no" to parties during the weeks close to the exams. This will help to keep you refreshed and energised.
- When studying, switch your phone off to stop the distractions.

Ask for help:

- Stay at school until your last day so you do not miss any important info about exams, or fun events with your friends.
- Ask teachers the best way to study for each subject; they have many years' experience they can share with you.
- If you have trouble approaching your own teacher for advice, talk to one of the other ones who teach the same subject.
- Group study sessions with classmates can be a helpful and entertaining way of studying but keep your focus on what you want to achieve with these sessions.
- Talk about what you are studying with family members and friends as this helps to retain the info more, especially names and dates.

Be prepared

- Read/ write everything three times as this also helps to commit the info to memory.
- Use your trial exam results to focus in on what you need study.
- Use previous exam papers to get a feel for what to expect.
- Ask friends what they are doing that is helping with their study or friends who did it last year.
- You need to study within 24 hours of the exam on that subject to retain more info.
- Write things in coloured texta that you have trouble remembering (such as names and dates) and blu-tak to your toilet door.

Day of the exam

- Do your usual routine, for example, have what you normally eat for breakfast.
- Take some water and a healthy snack (if allowed) to the exam.

And finally...

If the stress is getting to you, it will prevent you from studying effectively and confidently - so ask for help from a family member, a teacher, a friend, or an external service, such as Headspace.

Raising resilient kids summary

Raising resilient kids is a collection of insights from some of Australia's most celebrated experts in education and psychology on how we can build young people who bounce. It is packed with both key research and practical, common-sense tips that have been proven to work.

Below are some key points I took away from the chapter but if you would like more information, you are able to borrow the book from the school library, purchase the book online or in some bookstores.

Helping kids manage anxiety

Michael Grose

Michael shares why children are anxious:

- adults pass their anxiety and stressors onto their kids
- children and teens are overloaded
- children and teenagers don't play enough
- children and teens can focus too much on their future

Now that we know why children are anxious, we need to think about how to respond to a child or teenager's anxiety, Michael suggests:

- Always use empathy when talking with the individual
- Use Ahhh! statements – 'ahh, you're feeling anxious right now'
- Breathe!
- Bring the individual back to the present – only focus on the now
- Try exercise
- Tune the individual into their thoughts
- Guide them to take action towards what matters
- Independence helps to lesson anxiety
- Making anxiety normal



JOVIAL JUNE

On the 5th of June it is World Environment Day!
The theme this year is 'ecosystem restoration'
and focus on resetting our relation with
nature. How will you protect our environment?



Controversial corner

This is where the hard questions will be asked and answered.
A poll will be posted on the 'Happy, Healthy, Active DMSC' Edmodo page for you to vote each week - parents and carers are also encouraged to vote!
Edmodo code: q2rkfc

Last week, 65% of you said tomato sauce belongs in the cupboard!

This week the question is:
PlayStation or Xbox?



wellbeing

don't feel guilty
for putting your
mental health first.
you matter.

mental illness isn't always visible

Seems to be doing well
creative
put together
happy & extroverted
bit of an oddball
scatterbrain
down to hang out
eager to help others
laugh lots

anxious thoughts
crying alone
negative thinking
struggling with daily life
rumination
no energy
can't keep a job
dissociation
hypervigilance
learned helplessness



TIPS TO STOP OVERTHINKING



WEEKEND RITUALS FOR MINDFULNESS



No matter
how hard
today was.
You made it
through.

@the_positiveway8

Overtinkers.

Get out of your head and breathe.

All your thoughts are not facts.

Tune into what's happening right now.

Pay attention to your senses and practice being present.

@chanceischange

@PEACEFULMINDPEACEFULLIFE
DON'T EVER FEEL **BAD** FOR
MAKING A **DECISION** ABOUT
YOUR **OWN** LIFE THAT UPSETS
OTHER PEOPLE. YOU ARE NOT
RESPONSIBLE FOR THEIR
HAPPINESS. YOU'RE **RESPONSIBLE**
FOR **YOUR** OWN HAPPINESS.
- ISAIAH HENKEL