

# Hilltop News

DIMBOOLA MEMORIAL SECONDARY COLLEGE

23<sup>rd</sup> July 2021



“Deeds not Words”

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.

Phone: 53891460 [www.dmsc.vic.edu.au](http://www.dmsc.vic.edu.au) [dimboola.memorial.sc@education.vic.gov.au](mailto:dimboola.memorial.sc@education.vic.gov.au) Fax: 53891981

## Upcoming Events and Dates

<b>Aug 11</b>	Curriculum Day (Pupil Free)
<b>Aug 12</b>	GAT 10:00AM – 1:15PM
<b>Aug 16</b>	School Council
<b>Aug 23</b>	Bangarra Dance
<b>Aug 27</b>	Year 12 VCE English Lecture
<b>Sep 13</b>	School Council
<b>Sep 13-17</b>	Year 10 Works & Experience
<b>Sep 15</b>	Parent Teacher Meetings Year 7-12
<b>Sep 17</b>	Deb Ball

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

DMSC is a  
Child Safe School

**Respect**  
**Honesty**  
**Excellence**  
**Care**  
**Freedom**

## A message from our Principal

Well done to everyone on surviving a whole week of lockdown! I am very proud of how smoothly everyone has transitioned back to learning from home and thank our staff, students, parents and carers for their support. One good thing is that we have been able to spend these cold days indoors, which many people have commented on.

Classes have been running via Webex and using our online learning platform and it is pleasing hear reports from teachers that most students are engaging with the work. We have had students on site each day and I encourage anyone who is struggling with learning from home to contact the office and make arrangements to come into school. Should the current lockdown be extended, the same learning arrangements will continue.

### General Achievement Test (GAT) 2021

The GAT has been rescheduled to **Thursday 12 August 2021**. The information below is from VCAA:

The rescheduling of the GAT allows schools time to organise logistics and put COVIDSafe protocols in place, so that students and staff can return onsite to participate safely.

It is important that as many students as possible have the opportunity to sit the GAT. The new date will allow students who may be impacted by school closures, quarantine and the need to self-isolate to participate in the test.

This is applicable to all students who are currently studying a Unit 3 and 4 VCE subject.

### Year 9 Rubicon Camp

Sadly, the Year 9 camp to Rubicon, which was scheduled for next week, has been cancelled due to the current lockdown. This is the second year that this has happened, and we hope that there may be the possibility of having some sort of camp for the Year 9s later in the year. Thank you to the Year 9 coordinator Ms Naomi Kuhnell, who has spent a great deal of time and effort preparing for this camp on both occasions.

### Uniform update

School Council met via Webex on Monday night and approved the uniform changes that were voted on by the students last term. There were only a few changes, and these included allowing boys to wear navy long pants and the girls' summer shorts can have an elasticised waist, but must not be short sports shorts. The new DMSC beanies, designed and chosen by the students, arrived last week and will be available for purchase from the front office for \$15, when the current lockdown is over.

### Wellbeing

Mental health and wellbeing is something that we are all mindful of, but more so during times of lockdown. Please remember to look out for one another and take the time to contact friends and relatives – just to say hello. Our wellbeing staff in Ms Albrecht and Mr Corbett are available to assist students who may be wanting to chat to someone and there are a number of other support organisations that can be contacted. Details can be found later in the newsletter and on the DMSC website under the remote learning tab.

Take care

**Sally Klinge**

## Business and VCAL students hear first hand about finance

Last week Wayne and Amanda from the local Bendigo Bank branch visited the school to talk about their experiences working with small businesses and customers. The Year 11 Business Management class hosted them for a formal meeting where they discussed different sources of finance for establishing a business, as well as good financial control systems.



The Year 12 VCAL Literacy class hosted Wayne and Amanda for a general discussion about good habits for personal finances. Having these perspectives from people in the industry was useful for the classes to understand how what they are learning applies in the outside world- thank you to Wayne and Amanda for joining us!

\*N.B. students in these photos were subject to previous COVID restrictions where they did not have to wear masks in class.

**Mr John Lister**

## Try VET Day

Try VET Day this year will convert to a virtual event. This is disappointing for us all but given the Covid situation, this is the only venue available to us. I will meet with students who put in preference forms for TRY VET DAY next week to discuss how the virtual event will run.

**Mrs Simpson**  
VET Coordinator

## WELLBEING CONCERNS DURING REMOTE LEARNING?

Contact one of your friendly wellbeing staff members!

We are available via Edmodo message so please shoot through any comments, queries or concerns, no matter how big or how small. [#hereifyouneed](#)



Ms Albrecht



Mr Corbett

## Greater Western Region Cross Country

Last Thursday, a group of students travelled to Deakin University in Warrnambool to represent the school in the regional cross country championships. There were students from schools across the western half of the state present on the day and our students performed well in cold and muddy conditions. Jas Porter finished in twelfth place to qualify for the state championships, which will be held in Melbourne hopefully later this term. Well done to all students, most of whom ran a personal best time, and thank you to the parents who came on the day and to Peter Hayes and Mrs Klinge for driving the bus.

### Participants were:

Declan Paech, Jas Porter, Sally Sellens, Tori Menzel, Marcel Badua, Seamus Clarke, Cameron Schulz, Ethan Jensen, Peter Wright, Will Thomson, Brook Ward, Maryam Yahiat and Paddy Clarke



# HOMWORK – REMOTE LEARNING



## WEEK 3 Term 3: 26th - 30th July

Year 7D	Work	Due date/s
<b>English</b>	<u>Monday</u> <u>Period 4</u> Webex 11.35am - Spelling Post-test - Spelling Pre-test - Spotto <u>Period 5</u> Webex 12.15pm - Writing Masterclass Tasks <u>Tuesday</u> Webex 11.35am - Narrative Piece 2	Monday 26th July Monday 26th July Monday 26th July  Tuesday 27th July  Plan due Tuesday 27th July Piece 1 due Friday 30th July
<b>Maths</b>	WebEx Monday 9:00am Olympics project Squizya 3.2	Wednesday 28th July
<b>Science</b>	education perfect: types of rock Webex Monday 10:30am	
<b>Humanities</b>	Webex Tuesday 8.50am Water hazard task will be handed out during Webex	Thursday 29th July
<b>Health and PE</b>	Webex Monday 2.00pm Physical Activity task to follow	
<b>Art</b>	Ipad/iphone photography scavenger hunt task	monday 26th July
<b>German</b>	Webex - Monday at 9.40 am Europa project	Monday 26th July Thursday 29th July
<b>Food</b>	cooking something and share the recipe Food booklet	
Year 8D	Work	Due date/s
<b>English</b>	Webex class 9.35am Spelling pre-test Creative Writing Final piece	Mon 26th July Mon 26th July Thursday 29th July
<b>Maths</b>	Webex Monday 11.30am Post your area worded problem in the comments below BEFORE class Monday so we can all have a go at them during class. You will then need to attempt these by the end of period 5 Monday by replying to people's question in the chat.	Monday 26th July
<b>Science</b>	Webex class 1.50pm Skateboard flick book and self designed flick book	Monday 26th July Friday 30th July
<b>Health and PE</b>	Webex Tuesday 9.00am Alcohol scenarios and questions	
<b>Vis Com</b>	Webex 9am	Monday 26th July

	Memo Bottle questions due Observational drawings of drink bottles Upcycling of water bottles task	Monday 26th July Friday 30th July
<b>German</b>	Finish 4 Education Perfect tasks (from last week)	Overdue if not done
<b>Food</b>	cooking something and share the recipe Make sure your safety stuff is up to date	
<b>Year 8M</b>	<b>Work</b>	<b>Due date/s</b>
<b>English</b>	Webex class 9.35am Spelling pre-test Creative Writing Final piece	Mon 26th July Mon 26th July Thursday 29th July
<b>Maths</b>	<b>Webex Monday 11:30 am</b> Squizya 3.2 3x Mathletics activities	Monday 26th July Monday 26th July Tuesday 27th July
<b>Science</b>	Skateboard flick book and self designed flick book Webex Monday 12:30pm	
<b>Humanities</b>	Webex Tuesday 2.40pm Week 3 Booklet Tasks	Tuesday 27th July
<b>Health and PE</b>	Webex Tuesday 9.00am Alcohol scenarios and questions	
<b>German</b>	Webex: Monday 9am (10 minutes) Complete 4 Education Perfect tasks	Tuesday 27th July
<b>Art</b>	QR Code design for black and white mosaic Photography Portraits	Monday 26th July Friday 30th July
<b>Wood</b>	Webex Class Tuesday 12:15 - 12:30 Timber Assignment	Due 7th August
<b>Year 9D</b>	<b>Work</b>	<b>Due date/s</b>
<b>English</b>	Webex Class: 9:00am (10 minutes) SPOTTO sheet Comparative Task (15 minutes)	Monday 26th July Monday 26th July Tuesday 27th July
<b>Maths</b>	WebEx Monday 11:40am Olympics project Squizya 3.2	Wednesday 28th July
<b>Health and PE</b>	Webex Tuesday 2.00pm Create your own circuit task	
<b>German</b>	Webex - Monday 12.20pm Meine Traumstadt task	Monday 26th July Thursday 29th July
<b>Year 10D</b>	<b>Work</b>	<b>Due date/s</b>
<b>English</b>	<u>Monday</u> Webex 10.25am Animal Farm Workbook Questions 2 <u>Tuesday</u> Webex 8.55am Animal Farm Workbook Questions 2	Wednesday 28th July  Wednesday 28th July
<b>Maths (JH)</b>	1. Mon - Watch Video Posted on Edmodo	Wednesday 28th

	2. Mon - Complete Multiplying Worksheet 3. Tues - Complete	
Science	Webex Monday 11:30am 3D DNA model	
Humanities	Webex Tuesday 9.40am Ecotourism Task	Progress Document Tuesday 27th July
Pathways	Webex Monday 9:30am Work Experience script	Monday 26th July Tuesday 27th July
<b>Year 10M</b>	<b>Work</b>	<b>Due date/s</b>
English	Webex (Monday) - 11.30 Animal Farm themes Oral Presentation notes & planner	Monday 26th July Tuesday 27th July Tuesday 27th July
Maths (MM)	Webex Monday 8:50am Determining Linear Equations Worksheet	Monday 26th Tuesday 27th
Science	Webex class 9.35am (10 minutes) 3D DNA model	Monday 26th July Friday 30th July
Humanities	Ecotourism map	Tuesday 27th July
Pathways	Work experience script	Wednesday 28th July
<b>Year 9 and 10 Electives</b>	<b>Work</b>	<b>Due date/s</b>
Outdoor Ed (JO)	Student Voice-Where should we camp task	Tuesday 27th July
Outdoor Ed (LW)	Student Voice-Where should we camp task	Monday 26th July
Life Skills (LS)	Webex Monday 26th July 2pm Video- Teaching a skill	Monday 26th July
Manufacture	Webex Monday 26th July - 2:00-2:15	Monday 26th July
Life Skills (NK)	Webex - Tuesday 11.30 am How to teach a skill task	Tuesday 27th July Thursday 29th July
<b>Year 11 VCE</b>	<b>Work</b>	<b>Due date/s</b>
General Maths	<b>Monday:</b> Watch Edrolo video 7j. Copy examples to rules book from Miss Smiths posted video. <b>Tuesday:</b> Complete questions from 7j. Update Rules book. Finish any other questions. <b>Wednesday:</b> Webex (if needed) 9.40am. Chapter 7 Review.	Tuesday 27th July  Wednesday 28th July
Math Methods	No scheduled classes Monday/Tuesday Complete CH13 questions before returning to school	Wednesday 28th July
Biology	Webex class 11.30am Binary fission and mitosis flowchart Web activities X3 (cell cycle, bioman, battleships)	Tuesday 27th July
Physical Education	Webex Tuesday 9am	Tuesday 27th
Physics	Webex Thursday 11.30am (if needed) Complete any questions from 8a-9b. Watch Edrolo 9c-inclined planes Update A3 Cheat sheet	Tuesday 27th

<b>Business Management</b>	Marketing interview questions	Thursday 29th July
<b>History</b>	Webex (Tuesday) - 9am Key event task Cold War Hungary task	Tuesday 27th July Wednesday 28th July Wednesday 28th July
<b>Year 11 VCAL</b>	<b>Work</b>	<b>Due date/s</b>
<b>Literacy</b>	<u>Monday</u> Webex 8.55am - Literacy Lesson Tasks <u>Tuesday</u> Webex 10.25am Webex 1.55pm - W4 Current Affairs Issue Task	Monday 26th July  Thursday 29th July
<b>Numeracy</b>	Continue New Zealand Trip Plan	Friday 30th
<b>Employability Skills</b>	Completed Outcome 1 Worksheet - Student Choice Projects Webex Class: Monday 1.50pm / Tuesday 11.30am	Monday 26th July
<b>PD&amp;T</b>	Webex Class Monday 9:45 Webex Class Tuesday 9:45	Monday 26th July Tuesday 27th July
<b>Year 12 VCE</b>	<b>Work</b>	<b>Due date/s</b>
<b>English</b>	Webex CLASS: 11.30 Comparison Chart <i>The Crucible</i> Workbook Questions 1B DUE Comparison Chart DUE	Tuesday 27th July Tuesday 27th July Thursday 29th July
<b>Further Maths</b>	Watch Videos posted on Edmodo 9C and 9D Start Textbook questions 9C and 9D	Friday 30th
<b>Biology</b>	Webex class 11.30am - correction Week 2 worksheets Edrolo Chapter 11 A-E (videos and questions) A3 summary - Changes in the genetic make-up of a population Webex class 8.50am	Monday 26th July  Tuesday 27th July
<b>Physical Education</b>	Watch Edrolo Assessment of Fitness and Fitness Testing Videos. Complete Edrolo Progress Check 3 Peak Performance Chapter 11 Questions	Wednesday 28th  Monday 2nd August
<b>Business Management</b>	Watch Edrolo video 4G Complete Chapter 4 review questions Practice SAC- handed out in Monday's class	Monday 26th July Thursday 29th July
<b>Math Methods</b>	WebEx Monday 2:00pm WebEx Tuesday: 10:20am 2017 TSSM Exams Complete assigned CH 11 and CH13 questions	Tuesday 27th July Wednesday 28th July
<b>Year 12 VCAL</b>	<b>Work</b>	<b>Due date/s</b>
<b>Literacy</b>	Update resume with feedback from Mr Lister	Monday 26th July
<b>Numeracy</b>	Webex Class Monday 11:30	Monday 26th July
<b>Employability Skills</b>	Completed Outcome 1 Worksheet - Student Choice Projects Webex Class: Monday 1.50pm / Tuesday 11.30am	Monday 26th July
<b>PD&amp;T</b>	Webex Class Monday 9:45 Webex Class Tuesday 9:45	Monday 26th July Tuesday 27th July

# WINTER LOCKDOWN

## A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN WINTER

- 1 LIGHTING**  
 On dark mornings wake up gradually with increasing light. Try out a SAD light!
 
- 2 LIMIT NEWS**  
 Limit the amount of time you spend on social media and checking news
 
- 3 TAKE TIME FOR YOURSELF**  
 Plan into your week where you can engage in activities that are relaxing. It is important to have time to yourself where you engage in some self care
 
- 4 STAY CONNECTED**  
 Even though it might be difficult to see friends and family, it is important that you stay connected on a regular basis
 
- 5 COPING STRATEGIES**  
 Identify some positive strategies you can engage in that help you deal with stress, worry or anxiety
 
- 6 PLAN YOUR WEEK**  
 The human body has been designed to resist an infinite number of changes brought about by its environment. The secret of good health lies in successful adjustment to changing stresses on the body.
 
- 7 POSITIVE HABITS**  
 Write down a list of 5-10 positive habits you can engage with on a regular basis to maintain your mental fitness
 
- 8 HELP OTHERS**  
 "I promise you nothing is as chaotic as it seems. Nothing is worth diminishing your health. Nothing is worth poisoning yourself into stress, anxiety, and fear", said Steve Maraboli.
 
- 9 CONNECT TO YOUR VALUES**  
 Reconnect with things that are important to you and try to engage with them on a regular basis
 
- 10 STAY ACTIVE**  
 Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood
 
- 11 ASK FOR HELP**  
 If you notice yourself struggling, reach out to family, friends, your doctor or a local mental health charity for help
 

It is important to look after ourselves and those around us during these uncertain times.

Here are some tips to help you to maintain a good level of mental health during this snap lockdown.

If you need help you can contact the Wellbeing Staff (Ms Albrecht and Mr Corbett) or another trusted staff member at school via phone or Edmodo.

There are also 24hr services listed below:

Kids Helpline - 1800 55 1800



Lifeline - 13 11 14



You can contact your local hospital or GP

In an emergency always call 000

Use these services if you are worried about yourself or someone you care about. They are available to help 24 hours a day. Even if you think the problem is small or irrelevant, contact them.

### JUMP INTO JULY

Perhaps try a jumping activity this week? Hopscotch, skipping, agility course... there are so many activities, what will you try?

Feel free to submit your photos to Ms Albrecht to have them featured in next weeks newsletter!



shutterstock.com - 457512379

### 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, 77% of you said you would prefer to drink sour milk than eat rotten eggs!

This week the question is:  
**Would you rather live on the Moon or live on Mars?**

There have already been some great comments on this question, check it out!





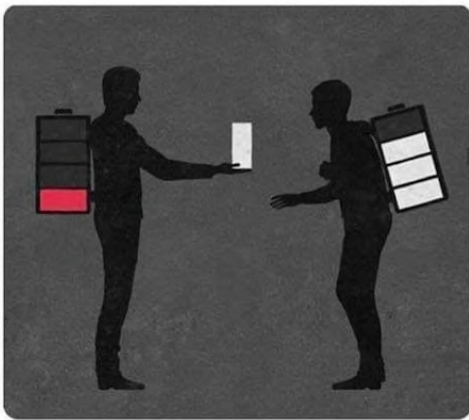
# wellbeing

"Happiness is  
the highest form  
of health"

-DALAI LAMA

@ila\_spa

**DON'T USE YOUR  
ENERGY TO WORRY.  
USE YOUR ENERGY  
TO BELIEVE.**



## END OF WEEK CHECK-IN



THANK YOU  
FOR BEING  
BY MY SIDE  
WHEN I'M  
BESIDE  
MYSELF

@habmorganics

always find time for the  
things that make you  
feel happy to be alive.