

MANSFIELD SECONDARY COLLEGE

Newsletter

From The Principal

Dear Parents/Guardians,



Last Tuesday we welcomed 75 Year 6 students into the school for the statewide 2025 Year 7 Transition Day. Students had the opportunity to be part of a normal school day, with classes including Mathematics, Science, English and Technology. The students appear to be a lovely group of young people, and we are very much looking forward to sharing the next few years with them and their parents. One of our strengths is knowing our students very well, and this sense of journeying with them is important to us.

At the other end of the schooling profile, student exam results and ATAR's for Year 12 students have been released. The ATAR is the Australian Tertiary Admissions Rank, and gives a percentile ranking for student academic achievement to support the universities to offer courses to students. An ATAR of 50, is the 50th percentile in terms of results. 24% of our students achieved an ATAR over 80, and 9% over 90. Congratulations particularly to our top ten students:

- Charlie Hall 96.15
- Maia Virtanen 94.35
- Quinn Russell 90.9
- Adele Leon 85.45
- Max Mahoney 84.2
- Phoebe Scott 83.65
- Charlotte Atherton 82.85
- Jack Marks 81.45
- Isobel O'Loughlan 79.95
- Max Watson 77.85

We are also immensely proud of our VCE Vocational Major students, who have already finished and commenced their transition to employment and further training.

There were a number of VCE VM awards given out at the Year 12 graduation dinner:

- Mansfield Masonic Lodge Scholarships: Bowdie Copeland, Zoey Young & Sarah Hearn
- MEGT School Based Apprenticeship Awards: Zoey Young & Lachlan Francis
- NE TRACKS LLEN Award: Alexander Davyd

On Friday 15th November we held our Year 10 celebration assembly, where students were presented with their Year 10 certificate. The Year 10 to Year 11 and Year 11 to Year 12 Head Start program has also occurred which enables students to commence their 2025 studies early, exploring the breadth of their VCE units and commencing work that will be completed over the summer break. Particularly, if you have a student in

CALENDAR

TERM 4

Week 11

Mon 16/12 - Wed 18/12 - Year 7 Howqua Camp

Wed 18/12 - Last day of school

Thur 19/12 - Professional Practice Day (no students onsite)

Thur 19/12 - School Office open 8:30am - 4:30pm

Fri 20/12 - School Office will be closed

2025

Fri 24/1 - School Office OPEN 9am - 3pm

Week 1

Mon 27/1 - Australia Day Public Holiday

Tue 28/1 - School Office OPEN - 12pm - 3:30pm

Tue 28/1 - Lilydale Book Collection from School Office

Wed 29/1 - Year 7 first day

Wed 29/1 - Year 12 Retreat Day, The Sebel Pinnacle Valley

Thur 30/1 - Year 8, 9, 10 & 11 first day

Fri 31/1 - Year 11 Study & Work Skills Day



From The Principal (continued)

Year 11 or 12 in 2025 that is enrolled in English, they will have a range of novels that they will need to read. Thanks for supporting them with this.

There have been a number of activities over the last few weeks designed to support learning, I mention in particular:

- The Year 7 humanities excursion to the water treatment plant – supporting learning about resource provision to communities
- Adventure Challenge camp at Mt Arapiles – rock-climbing and learning about the link between people and environment
- Year 8 Surf Camp at Anglesea – coastal ecology and intrapersonal skills
- VCE Music Ensemble night – performance opportunities for our breadth of bands
- Year 8 & 9 students to Quantum – science extension about a variety of advanced science skills, including algorithmic thinking and programming robots

Teach for Australia (TFA) is a program which places high-performing graduates into schools to undergo 'on the job' training to become teachers. We have been partners with TFA for ten years, and have been a substantial provider of their two-week practicum placement at the commencement of their studies. This occurs each November and we have just had eight of their candidates training with us over the last fortnight. Your child may have spoken about them being present in the school. Further details can be found here: <https://teachforaustralia.org/>

We wish parents and students all the best for the summer break. If you are travelling, please do so safely. We look forward to welcoming students back for Term 1 next year. Merry Christmas!

Kind regards

Timothy Hall

INTRODUCING OUR 2025 STUDENT LEADERSHIP TEAM

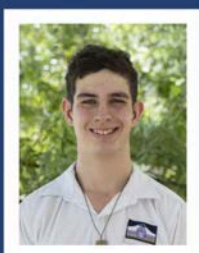


Astrid Singleton



Arthur Gerrans

CAPTAINS



Connor McFadden



Jess Dolling

VICE CAPTAINS



MANSFIELD SECONDARY COLLEGE

Graduation Dinner

On Friday 29th November we celebrated the culmination of years of hard work, growth, and achievement at the Graduation Dinner. The evening was a resounding success, with students, families, and staff coming together to honour the graduating class of 2024 and to acknowledge their many accomplishments.

The Sebel Pinnacle Valley provided a stunning backdrop for the event, enhancing the celebratory atmosphere. Graduates arrived dressed to impress, with beaming smiles and a sense of pride that underscored the significance of the evening.

The Graduation Dinner was more than just a farewell; it was a celebration of the students' journeys and the bright futures that lie ahead.

A highlight of the night was the presentation of prestigious awards to students who have excelled in various areas, showcasing their dedication, leadership, and contributions to the community.

Award Winners

Delatite Hotel Contribution to Community Awards:	Judah Kelleher Emerson Keatch Charlie Hall
Country Universities Centre Ovens Murray Award:	Max Mahoney
Irene Crespín Award:	Quinn Russell
MEGT (School Based Apprenticeship & Training) Awards:	Zoey Young Lachlan Francis
North East TRACKS Local Learning and Employment Network Award:	Alexander Davyd
Mansfield Secondary College Leadership Awards:	Judah Kelleher Pia Bell
Australian Defence Force Future Innovators Award:	Maia Virtanen
Marj Coombs Rotary Award:	Charlotte Atherton
Eildon Electorate Award:	Ashlyn Riley
Mansfield Masonic Lodge Awards:	Bowdie Copeland Zoey Young Sarah Hearn

Each recipient demonstrated exceptional qualities in their respective fields, embodying the values of Mansfield Secondary College and had a positive impact on the school community.

We have enormous gratitude for community organisations such as small businesses who take on school based apprentices, our exceptional staff who go beyond to grow our students and parents and carers who partner with the school and nurture their young people through adolescence. The students are the ones who truly benefit when we all come together.

Congratulations to the Class of 2024—your school, families, and community are incredibly proud of you!

Janessa Burkhardt
Assistant Principal

Class of 2024



Absent: Will Browning, Ethan Franks

Adventure Challenge

On Monday 9th December the Year 9 & 10 Adventure Challenge students set off for their final trip of the year to the rock-climbing mecca of Mt Arapiles. Following a six hour drive, students were awe struck by the cliff faces towering over our camp site. Once tents were pitched and Trangia meals devoured, a short walk to the bottom of the cliffs proved to be an eye opener with students wondering how it was going to be possible to ascend these intimidating rock walls.

Under the watchful eye of our climbing guides along with expert MSC climbing staff - Daniel Hough and Naima Crisp, students climbed for three days using Top Rope and Multi Pitch techniques. Climbing sites visited included Bushrangers Bluff, Mitre Rock and Organ Pipes where climbs rated up to grade 18 were attempted.

Students continually demonstrated resilience, determination, perseverance and courage to ascend more challenging climbs as the week progressed whilst showing trust in their peers who were belaying (holding a safety rope) from below.

Despite the weather being mild for Wimmera standards, students looked forward to a cool drink and an ice cream from the Natimuk Store at the end of each day and a river swim or a dip in the Horsham pool.

Students were particularly appreciative of the opportunity to learn the art of rock climbing at this internationally renowned site knowing that many climb sites may be closed in the near future.

All students are to be congratulated on their efforts and attitude on this trip and their participation in all Adventure Challenge activities throughout the year. Many students are studying VCE Outdoor Education next year and we wish them all the best for their future studies. I encourage all students to continue venturing out into the outdoors to build upon their skills and to continue developing their appreciation for the environment.

Tom Grinter

Adventure Challenge Teacher



Celebrating Year 10 Achievements

On Friday 15th November, the Year 10 Celebration Assembly was held in the Performing Arts Centre. It was an afternoon to reflect on the achievements and growth of our Year 10 students and to mark the end of an important chapter in their education.

The event began with a BBQ, where students, families, and staff gathered to share stories and celebrate. During the assembly, highlights of the year were revisited, from Philosophy Camp and sporting carnivals to Work Experience Week, showcasing the diverse experiences Year 10 offered.

Special awards were presented by Principal Mr. Timothy Hall, including the ADF Long Tan Leadership and Teamwork Award to Andy Cotterill, the University of Melbourne Kwong Lee Dow Young Scholars Program Scholarship to Marly Kelleher, Academic Excellence Awards, and 'Class Act' Awards for consistent application and exemplary learning behaviours. Students also received their Year 10 Certificate, with affirmations read by their homegroup mentors, celebrating their individual strengths and contributions.



The assembly closed with words of encouragement, reminding students of the opportunities and challenges ahead in VCE, vocational studies, or other pathways. Congratulations to the Year 10 Class of 2024—you've made us proud!

Julian Perry

Year 10 Coordinator



Year 10 Celebration Day at Camp Howqua

The Year 10 Celebration Day at Camp Howqua was a fantastic way for students and staff to round off the year with a day of fun, challenges, and camaraderie. Set against the backdrop of Camp Howqua's picturesque setting, the day provided a perfect mix of adventure and relaxation.

Activities included the Survivor Challenge, a thrilling, mud-filled course that tested teamwork and determination, and the ever-popular Water Slide, which was a refreshing hit, despite the overcast weather. The River Challenge brought out a competitive spirit as students worked together to navigate tasks, while lawn games offered a more leisurely way to enjoy the day.

A standout moment was lunch, with baked potatoes and a choice of delicious toppings like con carne, coleslaw, and cheese, which were a crowd favourite, fuelling everyone for the afternoon activities.

A heartfelt thank you to the staff who attended and contributed to the day's success. From supervising activities to ensuring safety, their efforts made the experience both enjoyable and seamless. Special thanks to Shelly and her catering support and to the dedicated team overseeing each event.

Thank you to all the Year 10 students who braved the less-than-ideal weather. We wish you all the best for holiday season and look forward to seeing you in the new year.

Julian Perry

Year 10 Coordinator



Legal Studies Pentridge Prison & Magistrates Court Excursion

Unit 1 & 3 Legal Studies students travelled to the Melbourne Magistrates Court and Pentridge Prison on Wednesday 4th December. Our first stop took us to the very busy Magistrates Court in the heart of the Melbourne legal precinct in the CBD. Students were curious about the flurry of television cameras onsite at the front doors, and it was only later that we realised that a very high-profile pre-trial proceeding was occurring at that very moment in the building- the Easey Street murders case! Upon clearing security, students were then briefed by the registrars and Magistrate Hartnett and then proceeded to enter court rooms and observe a vast array of different kinds of proceedings- from bail applications, to committal proceedings, and a variety of summary offences prosecuted by Victoria police from drug offences to traffic infringements.

Following on from this we journeyed to historic Pentridge Prison for a tour of the infamous H-Division. Students learned about the history of incarceration on site and were confronted with stories and physical evidence of the conditions to which prisoners were subject. Students engaged deeply in both experiences and drew connections between the sometimes impersonal seeming judicial setting to the very visceral prison setting - noting that for some defendants, walking out the 'back door' of the court room led directly to coming in the front door of prison facilities such as Pentridge, albeit of a slightly more modern nature these days.

Students saw the principles of justice in action and were a credit to our College values of respect, curiosity and persistence in the way they comported themselves all day. Thank you to Ms Black for accompanying us and giving us her first hand insights into how the wheels of justice turn as well.

Courtney O'Loughlan

Legal Studies Teacher



Year 9 Celebration Day

On Monday 9th December, 44 Year 9 students and several staff enjoyed a day at Funfields water park in Whittlesea. The weather was very kind and the students enjoyed the opportunity and freedom to wander through the park and try as many slides and rides as possible. It was a nice way to commence the final week after a busy year of core subjects and electives. For those students who have joined the College in the last term or so, it was a great way to consolidate new friendships and build new ones.

Jen Wenlock

Year 9 Coordinator

Art Department News

The Mansfield Secondary College Art Department has seen some beautiful works to finish off the year. Year 7's have been sewing, painting, sculpting and sketching. A great example of their attention to detail and talent can be seen in Isaac Holland's architecture sketch.

Our Year 8 students have been studying Keith Haring and creating art works that represent kindness in Haring's style. They were colourful, fun and very well executed. See Lola Geddes Keith Haring style poster on kindness to animals.

Our Head Start students commenced their Unit 1 & 2 Art Creative Practice subject with figurative sculpture and will take up their sculpting again in 2025. If these little sculptures are an example of what is to come, I cannot wait to see what they will produce in 2025! Well done, Amelia Clegg, Chloe Campbell and Abi Heron!

Year 9/10 Visual Art students produced excellent surrealism sketches, explored their own strengths, and preferred art forms, as seen in Samantha Atherton's lino cut; an art piece even before it was printed.

Brigitte Brocklesby

Art Teacher



Year 8 Surf Camp

On Monday 9th December Year 8 students headed off to Anglesea for their four day Surf Camp. Over the course of the camp, students engaged in a variety of activities that not only challenged them physically but also encouraged teamwork, resilience, and personal growth. From exploring the beautiful natural surroundings to participating in surf coaching activities, coastal walking, and exploring, the students embraced every opportunity with enthusiasm and a positive attitude. It was heartening to see friendships deepen and new connections form as the students supported one another and worked together to overcome challenges. The energy and camaraderie they brought to the camp created a wonderful sense of community, and their conduct throughout the trip was a credit to both themselves and their families. The girls were keen to teach the lads the "Nutbush" and a rather competitive game of musical chairs was a comical evening activity. They were all eager to ask the teachers if they could help us and also passed on gratitude to our bus driver whenever they boarded and disembarked the bus.

We are so proud of the Year 8 students for their participation and growth during this memorable experience.

Julie Anderson

Year 8 Homegroup Teacher



2024 Indonesian Department Wrap Up

Year 7 Fashion Show is Back in Full Swing!

Continuing our exploration of clothing, last week we delved into Indonesia's rich tradition of attire, with a special focus on the iconic kain batik. As a class, we learned how to wear a kain—a beautifully crafted piece of fabric featuring intricate batik patterns. Students had the chance to try on various kain, showcasing patterns that ranged from striking geometric designs to elegant floral motifs. It's been a hands-on and engaging way to connect with Indonesia's cultural heritage!



Year 8's final Indonesian lesson!

Year 8 students enjoyed cooking coconut pancakes for their last Indonesian lesson this year. Called dadar gulung in Indonesia, they are a popular snack or dessert, where they can be purchased from roadside stalls. They resemble a spring roll but are eaten cold. The eye-catching wrapper is a crepe, flavoured with green pandan leaf extract and coconut milk. Desiccated coconut and sugar are the main ingredients in the delicious filling. Indonesian teachers Ibu Burton, Ibu Azharra and Ibu Lowing wish year 8 students all the best for their future studies.



Year 9 Indonesian: Exploring the Environment!

This semester, Year 9 Indonesian has been diving into the fascinating topic of the environment. As part of this unit, we've been focusing on Indonesia's geography, with a spotlight on its famous volcanoes. Did you know Indonesia is home to over 130 active volcanoes, making it part of the Pacific Ring of Fire? We have taken a hands-on approach to learning by experimenting with building our very own volcano models using recycled newspaper. It was a great opportunity to combine creativity, teamwork, and sustainability while connecting with real-world geographical features of Indonesia.



Ibu Burton, Ibu Azharra and Ibu Lowing

Indonesian Teachers

Year 7-9 House Round Robin

Wednesday 4th December saw the Year 7-9 students take each other on in the House Round Robin annual carnival. All sides moved through rotations of Bombardment (Brandy Game), Netball and Softball, gaining points for their house team with Biyal taking out the trophy at the end of the day!



Congratulations to our House Captains for 2025

Biya:

Oscar Jones and Molly Judge (Captains)
Cobie McCormack and Chris Caminos (Vice Captains)

Delatite:

Sathyavedh Kancharla and Brianna Weight (Captains)
Adam Storer and Ruby McDonald (Vice Captains)

Marrang:

Max Campbell and Stella Brakels (Captains)
Estelle O'Neill and Jett Kipping (Vice Captains)

Wimba:

Emma Witkiss and Sam Davies (Captains)
Marli Fermor and Mitch Adams (Vice Captains)

MANSFIELD SECONDARY COLLEGE

Year 7 students are having a fantastic time
enjoying all the activities available at
Camp Howqua



2025 IMPORTANT DATES

Friday 24th January

- School Office OPEN 9am - 3pm
- Uniform order collection - NO fittings or new orders at the office (orders must be made online and you will receive an email when your order is ready for collection, keep tags and packaging in tact in case an exchange is required)

Monday 27th January

- Australia Day Public Holiday

Tuesday 28th January

- School Office OPEN 12pm - 3:30pm
- Lilydale Book order collection 1pm - 3pm from the School Office
- Students in Years 8-12 can drop off new laptops for set up

Wednesday 29th January

- Year 7s first day of school, students to meet staff at the flag poles (Bagungga Gardens) with their bags, including laptops
- Year 12s Retreat Day at The Sebel, Pinnacle Valley

Thursday 30th January

- Year 8, 9, 10 & 11s first day of school



MANSFIELD SECONDARY COLLEGE

Rubicon Outdoor School Camp

Year 8 students visited the Rubicon Outdoor School for 5 days of adventure in October. Reiley Gibney-Schelfhout writes about his experience.

Day 1 – The bus putters down the Taggerty and Thornton Road squeaking as it rolls over the potholes. I look out the window and the bush is thick surrounding the road but I catch a glimpse of the Rubicon River as we pass over a bridge. The crystal clear water trickles over the smooth river rocks, gum trees hang limp over the river creating the illusion of a cave. We turn a corner onto the Rubicon road, and nestled amongst the sweeping farms and hills the shape of the Rubicon camp sits adamant against the horizon. We surge up the camp driveway and roll to a stop, “Okay everyone once you get off the bus help take bags off and put them under the tree”.

I get off the bus and start carrying bags out of the lower compartments. The sun is high in the sky now and I can feel the heat slicing through my synthetic shirt. Once all the bags are taken out of the bus we all sit down on the rocks in the middle of the camp and one of the instructors welcomes us and introduces us to our group instructors. Once we are all established he tells us our groups. My group is the last one to be called out. It is a small group, but I somehow manage to have a few of my friends. After our group instructor showed us where we would be sleeping for two of the four nights we were sorted into groups of two. For the bunk rooms, I am partnered with one of my friends. We figure out our room number and start setting up our beds. The rooms are small with a bunk bed on one side next to an assortment of shelves. We set up our bunks and head down to the mess hall. The smell of baked potatoes lofts from the kitchen. After a delicious dinner, we headed toward the meeting room where a teacher told us our bed time and what we would be doing for the next couple of days. After a long conversation with our instructor we went to bed.

Day 2 – I woke up the next morning to the sound of (I See Your True Colors by Cyndi Lauper) playing at full volume. We went out to meet our instructor. He gave us our equipment and we started the long drive towards Big River. We set up our rafts and entered the river. The constant persistence of the current didn't help as we tried to get into the river without capsizing. We spent most of the day smashing through the rapids and by the end everyone was worn out and ready to go back to camp and have a shower. Before we went back to camp we drove a little further up the river and put our rafts in just above one of the biggest stretches of rapids we have encountered all day. We went down one at a time and somehow everyone made it. Dinner that night was butter chicken. We had half an hour of free time before we had to go to bed and get ready for the hike we had tomorrow.

Day 3 – I woke to the sound of kookaburras laughing and the brisk morning breeze drifting in through the half-open window. I made my way to the mess hall for breakfast. The sun was peering over the hilltops now and the gum trees cast mangled shadows on the concrete pathways that snake between the bunkhouses. We talked to our instructor and started packing all of the food and gear that we will need for the next couple days. After packing we shoved our bags onto the bus and started heading for our campsite. The sound of a river wakes me from my daze. We cross a bridge and I get my first glance at our campsite before we surge up the next hill and finally come to a stop at a roundabout at the top of a hill. The shadow of the Jawline Ridge Suspends us in darkness. We put on our day packs and start the hike. The birds whistle through the trees. As we trudge up the ridge I scan the hillside; a sea of trees seem to stretch for miles. We are almost at the top now and I can see the rocky outcrops that span the peaks of the ridgeline. We scramble up the last few rocks and we finally emerge at the top of the ridge. The tranquility was amazing here and we had it all to ourselves. We were all tasked to find a place away from each other and sit there for five minutes to try and get a little bit of our energy back. After a long rest and a break we headed back down the hill towards the bus. the sound of shoes crunching on the gravel resonates as we walk toward our campsite. We take out all our equipment and start setting up the tents. It is late in the day now and we can see some orange glowing on the horizon. We finish our tent and begin to make dinner. For dinner, we have gnocchi with cheesy sauce.

The sun slowly sunk below the treetops as we sat by the fire and ate our pasta. After dinner we wandered off to our tents one at a time and went to bed.

Day 4 – I woke up the next morning to the smell of toast cooking on a campfire. I opened the tent. The bright morning light blinds me as I crawl out onto the cold grass. “Good morning everyone,” our instructor announces. We have breakfast and begin to pack our hiking equipment. Today we are hiking Sugarloaf Peak – the biggest we will hike all week. The bus rumbled over the gravel road slowly making its way toward the starting point. I gaze out the window. The trees passing by look like green smudges on a tattered canvas. The bus rolls to a stop beside a large shed. After we got off the bus we were all told how to put on our harnesses. We will be needing them a lot today. We were handed two walkie talkies to share amongst the group to stay in touch with our instructor because he went ahead to set up a secure rope for us to climb the

Year 8 Rubicon Outdoor School Camp continued...

first cliff face. It didn't take us long to catch up to him. The rock face we were climbing was decently steep. We all got strapped in and began climbing up the rock one at a time. Adrenaline pumped through my veins as I climbed up the rock, gripping onto anything I could find to try and gain some leverage. I finally made it to the top and I had a view of all of the valley below. The leafy treetops ripple like waves in the afternoon wind. A strong breeze pushes in from the east across the mountainside. We walk across the hill following the pathways until we get to the mouth of a cave. The cave transcends deep into the cliff side whittling down until it is nothing more than a narrow pathway. We are sent off in groups of two. Once one group has reached a certain point the next starts. I clamber up the rocks in the cave, my knees scraping on the rough stones as I pull myself up the next bank. I reach a point where I have to take off my bag and shuffle sideways just to make it through the passage. At last, I see a light at the end of the cave. My boots kick up dust as I stumble out of the passage. Onto the rocky pathway one by one the rest of the group appears out of the opening. We have a short break before we begin the next section of the hike.

After we have lunch our instructor goes ahead again to set up a safety line. After a couple of minutes of walking we reach the final stretch of the hike. The final part is a rock face with little to no places to put your hands so you have to try and grip onto flat surfaces until you get to the first place where you can get a foothold. I clip in and start climbing. My feet slide over the smooth rocks sending chips of stone cascading onto the brush below. I scramble up the last section of rock and pull myself up onto the cliff edge.

I stand up and look out at the valley below. Fields of grass span out for kilometres in every direction. I pull out my lunch and find a rock to sit on to admire the view while I eat. A cool breeze drifts through the rocky outcrops where we have decided to stop for a break. After a long rest and a snack, we pick up our stuff and start on our way back. The walk back is relaxing, bringing attention to my sore muscles. I listen to the birds fluttering through the trees casting shadows that dart around the bush. We finally make it back to the bus and start driving to camp. It's late in the afternoon when we make it back to camp. We start the fire and get ready for dinner. Today we are cooking butter chicken. We watch embers drift out of the fire only to get swallowed by the night sky as we talk about the highlights of the day. After having dinner we put out the fire and head off to bed.

Day 5 - I woke up to my friend already packing up our tent I must have slept in because everyone was up and about jamming their stuff onto the bus. It was a warm spring morning and butterflies fluttered around our tent casting contorted shadows on the canvas. After everything was packed we took our final walk beside a river. The sound of running water trickling over the river rocks and the beautiful colours of the sun reflected through the leaves soothe me as my feet fall softly on the cushiony grass. After a short walk we find ourselves back at our bus and head back to the Rubicon camp. Once we are there we say our final goodbyes to the instructor and begin the journey back to Mansfield. As we drive past the grassy paddocks I watch the birds take flight and the rabbits dart away through the trees as we head for home.

Reiley Gibney-Schelfhout

Year 8 Student



A Christmas Wrap Up from the Wellbeing Team

2024 has been a busy year in Wellbeing. Our focus is always to improve the health and wellbeing of our students. We do this by supporting students and families, working with community agencies, conducting classroom education sessions and running specific programs and whole-school interventions.

Some events the Wellbeing Team have been involved in this year include:

Raising awareness days

R U OK Day – encouraging everyone to check in with each other

Wear It Purple Day – to celebrate diversity and young people from the LGBTIQ+ community

Big Blue Table morning tea – fundraiser for BeyondBlue

International Youth Day – celebrating the potential of young people

IDAHOBIT day – International Day Against Homophobia, Biphobia and Transphobia

Programs and education

Flourish Girl – a program for Year 9 girls that promotes positivity and self esteem

Man Cave – a program for Year 9 & 10 boys that offers self-awareness, emotional intelligence, empathy and peer support

Year 8 Girls Group – a program for Year 8 girls to enhance confidence and friendships

SenseAbility – a mental health program for Year 7 students focusing on promoting a Sense of Belonging

Lunch time activities

The PRISM group – People Respecting Individuality and Sexuality in Mansfield; staff from Mansfield Youth Services come to talk, play games and do a range of activities

Professional development

Professional development for the Wellbeing Team is also important, to ensure our knowledge and skills are up-to-date. This year we have completed the Berry Street Education Model training, with the whole Mansfield Secondary College staff.

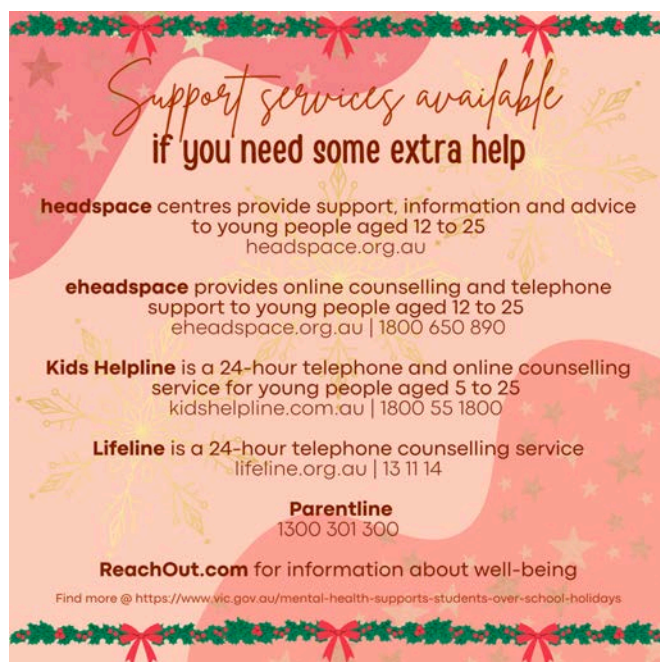
We have also individually completed professional development in a range of areas, including mental health, family violence and respectful relationships, drugs, vaping and alcohol.

If you would like to know more about any of these programs, or you would like support from the Wellbeing Team at MSC in 2025, please contact us via the School Office.

We hope you all have a wonderful Christmas and a safe and happy start to 2025!

Brad Freind, Jess Cios, Jayne Farnan, Trish Marks, Chris Nicholls

Wellbeing Team



COMMUNITY NOTICEBOARD

Programs to support physical and mental health



2025 PROGRAMS

- Youth Day (8-12 yrs)
Tuesday 21 January
- Boys' Day (8-12 yrs)
Wednesday 22 January
- Teen Day (13 -16 yrs)
Thursday 23 January
- Women's Festival
14-16 February
- Men's Weekend
28-30 March



MIND • BODY • BIKE

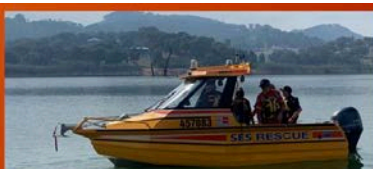
@ Mt Buller

mindbodybike.com.au



Become a SES Junior Volunteer

- Learn Great Life Skills and what it takes to be a 'First Responder'.
- Develop Leadership Skills
- Make a positive impact on the community



Mansfield SES Junior's Program

Contact Mansfield SES

mansfield@ses.vic.gov.au

Any questions welcome...



- Wednesday after school, run during term time only. 4:30 pm – 6:00 pm
- Participants **MUST** be 15 years or older.
- Supervised by highly experienced SES members.



HOW TO STAY HEALTHY OVER THE HOLIDAYS



Holidays can be challenging. Without routine, it's still important to stay healthy and look after yourself.

For some young people, this time of year can be challenging. It can feel as though you've been taken away from your usual routine of studies or work and you may not get to see your friends, teachers, or workmates as often as you would like to. This can leave you feeling bored, unsupported, upset and sometimes anxious. It's important to stay healthy and look after yourself. There are a number of ways to help you do this, and we've suggested a few tips below.

Eating Well

It's important to have a good balanced diet with less of the bad things (like junk food and lots of sugar) and more of the good things (such as veggies, fruit, whole grains, and water). This can help with sleep, energy levels and general health and wellbeing.

Sleep well

Getting a good night's sleep helps you feel energised, focused, and motivated. Developing a sleeping routine can help you sleep much better. To do this, try to wake up around the same time each day, get out of bed when you wake up and go to bed around the same time each night.

Be socially active and get involved

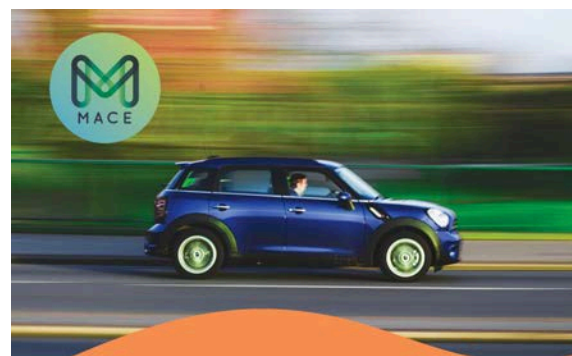
Social relationships are important to your general wellbeing. Spending time with friends is also important for keeping and building on existing friendships. Getting involved with volunteer work, hobbies, clubs or committees, or sports can help you feel connected to your wider community while also meeting new people.

Play

Play is important for staying mentally healthy. Devoting time to just having fun can recharge your battery, revitalise your social networks and reduce stress and anxiety. Playing with your pets is also fun.

(For any other healthy [headspace](https://headspace.org.au/) tips- Go to Headspace- <https://headspace.org.au/>)

Take care of yourselves and have a safe and festive break!



MACE and Mansfield Shire Youth have partnered with Performance Driving Australia to offer

DEFENSIVE DRIVING

FREE for participants aged 16 - 25!



workshops in the Summer School Holidays 19 or 20 January 2025

Please email reception@mace.vic.edu.au to enquire, as spaces are LIMITED

www.mace.vic.edu.au | 5775 2077 | reception@mace.vic.edu.au



NEW TO COACHING



SOCCER COACH TRAINING CERTIFICATE

Presented by Lachlan Simpkin from Football Victoria



For Year 10 & 11 Students

What? This is a free coaching certificate offered to students who are willing to help with some junior coaching.

Where? College Park Field 1 (times to be confirmed).

BYO: Water, Snacks, Pen, Paper, Sun Protection.

For more information contact mansfielddistrictsoccerclub@gmail.com

SAT 8th FEB 2025