

# Macleod P - 12 College

Newsletter Issue 5, 14<sup>th</sup> May 2021

## COLLEGE WINTER UNIFORM COMPULSORY AS OF MONDAY 10 MAY

**PUPIL FREE DAY - TUESDAY 15 JUNE**  
**CORRECTION DAY**

**FRIDAY 25 JUNE - LAST DAY OF TERM 2**  
**EARLY FINISH 2.20pm**

**PUPIL FREE DAY TERM 3 - MONDAY 12 JULY**  
**STAFF PROFESSIONAL DEVELOPMENT**

## Principal's Report NAPLAN

Year 3, 5, 7 & 9 students are currently undertaking the NAPLAN testing. If any parent/guardian wishes to withdraw their student from this testing please contact the general office to organise the completion of documentation. Students who do withdraw will still be required at school and will continue with scheduled work.



## GAT

All students studying a VCE subject will sit the 2021 GAT on Wednesday 9<sup>th</sup> June from 10am until 1.15pm. At the conclusion of the GAT students will be dismissed for the day.

## Year 10 –12 Mid Year Exams

Year 10 - 12 mid year exams will be conducted during the week Monday 7<sup>th</sup> June to Friday 11<sup>th</sup> June. Students will receive their exam timetables shortly. Students only attend school for their scheduled exams.

## Year 10 Work Experience

Year 10 students will be taking part in a 2 week work experience program from Tuesday 15<sup>th</sup> June until the end of term. All students should have organised their work experience, any concerns contact [Donna.Morante@education.vic.gov.au](mailto:Donna.Morante@education.vic.gov.au)

## Uniform

Noone Imagewear have advised that College skirts are still not available and will advise as soon as they are in stock and orders are filled. Students waiting for winter skirts can continue wearing their summer dresses.

## CALENDAR

### May

**Tuesday 18<sup>th</sup>**

**Rosanna PS**

**'A Day @ Macleod'**

**Wednesday 19<sup>th</sup>**

**6.15pm College Council**

**Scholastic Book Fair**

**18/5 - 24/5**

**Thursday 27<sup>th</sup>**

**Year 8 Round Robin**

**Friday 28<sup>th</sup>**

**Live for Lily Walkathon**

**Year 4/5/6 CYC City Camp**

**Monday 31/5 - Tuesday 2/6**

### June

**Wednesday 2<sup>nd</sup>**

**Year 7 Round Robin**

**Monday 7<sup>th</sup> - Friday 11<sup>th</sup>**

**Year 10 - 12 Exams**

**Wednesday 9<sup>th</sup>**

**GAT 10am - 1.15pm**

**Monday 14<sup>th</sup>**

**QUEENS BIRTHDAY**

**Tuesday 15<sup>th</sup>**

**PUPIL FREE**

**Correction Day**

**Tuesday 15<sup>th</sup> - Friday 25<sup>th</sup>**

**Year 10 Work Experience**

**Friday 25<sup>th</sup>**

**2.20pm finish**

### July

**Monday 12<sup>th</sup>**

**PUPIL FREE**

**Staff Professional**

**Development**

## COLLINGS

**Collings Real Estate -  
Ivanhoe & Northcote  
Proudly Supporting  
Macleod College**

**College Principal: Mario Panaccio**

**Assistant Principal: Michelle Wallis**

**College Council President: Mark Lipman**

**College Captains: Rhea Singh & Clarissa Indranada (Secondary)**

**Dea Lulo & Meghna Thomas (Primary)**

**International College Captains: Uyen Danh & Anya Sariddisuk**

**Music Captain: Angus Campbell-Burns**

**MACLEOD COLLEGE CARWARP STREET MACLEOD 3085 TELEPHONE 9459 0222**

## PaFM Mother's Day Raffle

Thank you to everyone who supported the Mother's Day Raffle, lucky winners were:-

Adityan Arun  
Kylie Wallace  
Katelyn Lavcanski  
Teliah Grobbelaar  
Susmitha Sreekumar (Ashwika's mum)  
Luke Withers  
Joaquin Scott  
Elsa Xeka

## Victorian Premiers Reading Challenge

All students from Prep - Year 8 are completing the VPRC for 2021. Please read as many books as you can and add them to your lists.

## Diamond Valley Community Support Market

Beginning tomorrow Diamond Valley Community Support will be holding a market at Macleod College on the 3<sup>rd</sup> Saturday of the month from 9am - 2pm.

Due to the wet weather, tomorrow's market will be held in the College car park but future markets will be on the triangular grassed area (May Street) adjacent to the new courts.

At future markets Macleod College will take the opportunity to hold a stall to promote the college while playing a key part of the community.

## Building Works Update

Work is progressing on the new building and external walls should be installed soon. After a meeting with the architects last week the internal colour scheme has been chosen.



**Mario Panaccio**  
Principal

## Community News

### Learn English at Thomastown West Community Hub

Improve your English, make new friends and learn more about your local community. This friendly and supportive program will help local residents build confidence in written and spoken English and engage in community activity.  
Fridays, 9.30 am — 1.00 pm, 5 February — 25 June 2021, ongoing enrolments accepted.

### English Conversation at Mernda Community House

This friendly and supportive program will help local residents build confidence in speaking, listening, reading and writing English. Online Thursdays, 9.30am—12.00pm 28 January—24 June 2021, ongoing enrolments accepted.

### Work With Wood

A friendly, informal course for learning more about woodworking or improving your existing woodworking skills and knowledge. Undertake individual or group projects.

Thursdays, 9.30am—2.30pm, 22 April—24 June 2021, 10 sessions.

Ring PRACE on 9462 6077 or visit our website:

<https://prace.vic.edu.au/>

## Pop-Up Pantry in Macleod

The Pop-Up Pantry is a Zero Waste Pantry essential food and household cleaning refill online store located in Macleod. Delivery/pickup service available. Organic premium dry food and natural cleaning products are stocked to refill.

**POP-UP PANTRY**  
ZERO WASTE HOME

**NOW OPEN**

**PLASTIC-FREE PANTRY & HOUSEHOLD CLEANING REFILL**

WE ARE PASSIONATE MUMS WHO WANT TO MAKE A POSITIVE IMPACT ON OUR FUTURE. BUY PLASTIC-FREE ORGANIC PANTRY ESSENTIAL FOOD & NATURAL HOUSEHOLD CLEANING REFILL ONLINE. DELIVERY/PICK UP IS AVAILABLE FROM MACLEOD.

ENQUIRES OR ORDER ONLINE PLEASE VISIT  
[WWW.POPUPPANTRY.COM.AU](http://WWW.POPUPPANTRY.COM.AU)



## Macleod College Music Academy - Groovin at the Austrian Club



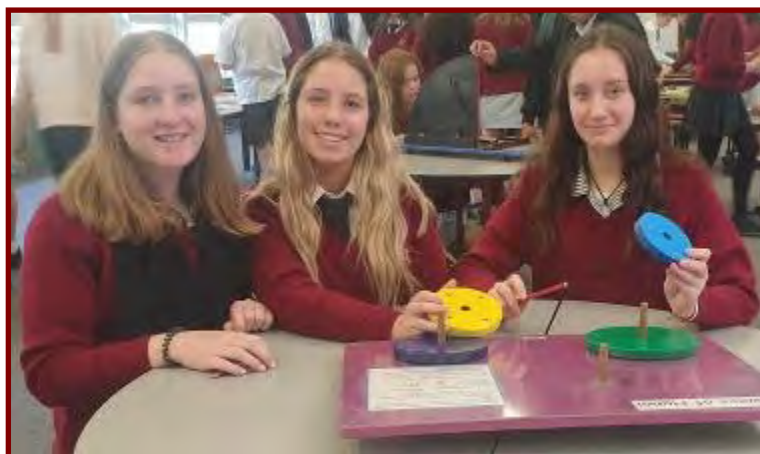
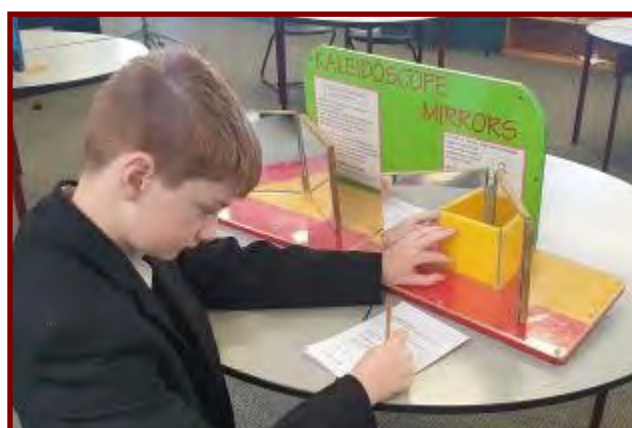


## Star Wars Day





## Year 7 & 8 World of Maths





## Good Food for Good Health

DPV Health has just launched the Good Food for Good Health cookbook.

Every recipe in Good Food for Good Health cookbook has been costed and nutritionally analyzed to ensure they are healthy, simple, tasty and cost effective.

The online cookbook represents the cultural diversity of the communities DPV works with and you'll find amazing recipes from across the world thanks to the contributions from a range of local community groups, primary schools and the DPV Health Dietitian. To view the cookbook click the link below.

<https://mailchi.mp/dpvhealth/introducing-good-food-for-good-health>



**always go to reputable sites for your information**

If you eat a wide variety of good food your diet will provide with adequate nutrition to stay well.  
<https://www.betterhealth.vic.gov.au/health/healthy-living/healthy-eating>



## The One Box

The One Box is an Australian charity who has recently launched a dedicated program to provide access to affordable, high-quality fresh and nutritious fruit to Victorian schools and other education based settings, including organisations working with children in 22 LGAs across Melbourne, Banyule being one of them.

For as little as 30 cents per piece, The One Box is delivering snacking fruit for after-school programs, breakfast and homework clubs, and other healthy eating and wellbeing initiatives.

If you are interested in learning more you can contact The One Box team - email [info@theonebox.org.au](mailto:info@theonebox.org.au) or phone 1300 294 466. Free delivery is available within their delivery zone (min. order of \$30), and you can order weekly or just as a one-off.



Providing the community with affordable fresh food.

Help reduce the burden of disease. Look after your smile by brushing your teeth twice a day, eat healthy foods and drinks, and visit a dentist twice a year for a check up. Tooth decay is a preventable disease and is often reversible in its early stages.

## Did you know?

- Adults aged 15 years and over had an average of 11.2 decayed, missing and filled
- 4.1% of the non-fatal burden of disease among Australia children aged 5-9
- Dental caries experience for deciduous teeth of 5-10 year olds varied
- 1.5 times as high for Indigenous children (61%) as non-Indigenous children (41%)
- Public dental visits are free for under 12 year olds

*(information from the Australian Institute of Health and Welfare)*

## Children 12 years and under are FREE

call BCH Dental Clinic to make an appointment on 9450 2000

## World Oral Health Day

People think tooth decay is declining but it continues to rise since the 1990's and has become a real problem. More than half of 6-10 year olds in Australia have tooth decay. (Australia's Health Report, 2016 AIHW).

Poor childhood oral health is a strong predictor of poor adult oral health.



Harmony Day -  
22nd March





OLYMPIC  
ADULT  
EDUCATION



## Bicycle maintenance

Enhance your love of cycling with increased knowledge of how your bike works and how to maintain it in tip top condition. Prolong the life of your bike, save money and have the satisfaction of DIY.

A practical course taught by a mechanical engineer and keen cyclist, which will finish with a bike ride.

Sat July 17 & 24

9:30am-3:30pm

Full Fee: \$27.00

Concession: \$10.00

(includes \$5 amenities fee)

@ the Community Hub,  
155 Oriol Rd West Heidelberg.

For further details and /or enrolment  
phone 9450 2665 or  
email: [suzanne.crellin@oae.vic.edu.au](mailto:suzanne.crellin@oae.vic.edu.au) or  
text 0419 866171



**MACLEOD  
EAGLES**  
JUNIOR FOOTBALL CLUB

## Celebrating Girls Footy

Cheer on our girls' teams!

U11s, U14s and U16s  
from  
10am Sunday 16<sup>th</sup> May

at the home of  
the Macleod Kangaroos

De Winton Park  
1 Grove Road, Rosanna

**Everyone welcome!**



Sponsored by



[info@macleodjfc.com.au](mailto:info@macleodjfc.com.au)



## Does your child have "Tech Neck"?



Children are four and a half times more likely to have a daily TV and Computer Games habit rather than a daily physical/exercise habit! Unfortunately, the longer children sit in slouched posture the harder it is for them to hold themselves up properly, due to the loss of postural integrity!

Children tend to sit with head and chin down and shoulders hunched forward. This becomes their "normal" posture, which, as we all know, is abnormal! This leads to pain, symptoms and degeneration of the structure and loss of function in the neck and upper back. **This is known as "Tech Neck"!** Symptoms of "Tech Neck" include eye strain, headaches, neck and shoulder pain. In fact, it can even cause lower back pain and other physical problems!

**National Spinal Health Week is the 24th - 30th May!**

Book your child in for a Complimentary Check with Dr Ian!  
Chiropractic care may have excellent results in helping your child's "Tech Neck"!

Call us to reserve a time on – 9458-3255  
100 Lower Plenty Rd Rosanna, [www.chirolife.com.au](http://www.chirolife.com.au)







## Banyule Volunteer Celebration

We invite volunteers working across Banyule to attend one of our thank you events during National Volunteer Week this May.

### Celebration events:

**Monday 17 May 2021**

**Movie: June Again**

Afternoon movie session, 12.30pm

Hoyts Cinemas Greensborough

Book at [trybooking.com/748007](https://trybooking.com/748007)

**Wednesday 19 May 2021**

**Movie: Those who wish me dead**

Evening movie session, 6.30pm

Hoyts Cinemas Greensborough

Book at [trybooking.com/749424](https://trybooking.com/749424)

**Movie: Supernova**

Evening movie session, 6.30pm

Hoyts Cinemas Greensborough

Book at [trybooking.com/748013](https://trybooking.com/748013)

**Thursday 20 May 2021**

**Movie: Finding You**

Morning movie session, 10am

Hoyts Cinemas Greensborough

Book at [trybooking.com/748016](https://trybooking.com/748016)

**Friday 21 May 2021**

High Tea in The Great Hall, 1pm

The Centre Ivanhoe

Book at [trybooking.com/746757](https://trybooking.com/746757)

Bookings are essential by

**Friday 7 May 2021** or until

booked out.

For more information visit

[banyule.vic.gov.au/](https://banyule.vic.gov.au/)

**VolunteerWeek** or contact

Karen Molinaro **9457 9955** or

Maha Abizahr **9457 9863**.

NATIONAL 17-23 MAY 2021  
**VOLUNTEER**  
RECOGNISE. RECONNECT.  
REIMAGINE. WEEK

# BANYULE YOUTH SUMMIT



Are you between 12 and 25?  
Do you live, study or work in Banyule?  
Are you passionate about an issue or want to see change in your local area?  
Make a difference by attending the Banyule Youth Summit. This is your opportunity to tell Council what matters to you so that we can respond!

 **Tuesday May 18 2021, 9am - 3pm**

 **Heidelberg Golf Club  
8 Main Road, Lower Plenty**

 **You must register.  
Contact Naomi Simmonds to find out more  
e [naomi.simmonds@banyule.vic.gov.au](mailto:naomi.simmonds@banyule.vic.gov.au)  
p **9457 9902****





## Radio Astronomy - The Invisible Universe

### A free opportunity for all students.

The VSSEC Radio Telescope is now available to **all** students in government secondary schools in Victoria.

Take complete control of the telescope to view objects of your choice.

Work by yourself, with a group of friends, or your entire class.

This is the only radio telescope in the world exclusively for school students.

And it's free to use!

Operate the telescope from your own home after school and at weekends.

Radio telescopes work day and night and can see through cloudy skies so time and weather don't matter.

Use the telescope to reveal the hydrogen in space, invisible to human eyes.

View hydrogen clouds (nebulae) in the Milky Way Galaxy, remnants of supernovas (exploding stars) and the centre of the Milky Way.

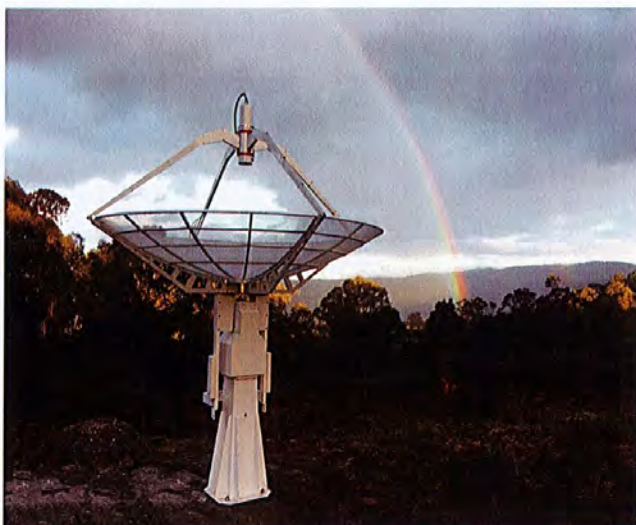
VSSEC astronomers are here to help.

[More information available on the VSSEC website.](#)

This program is part of the Victorian Challenge and Enrichment Series, a new series of **FREE** high-quality, extension activities for Victorian students.



**Victorian Space Science  
Education Centre**



## La Trobe Sport Kids Programs



[latrobe.edu.au/sport](http://latrobe.edu.au/sport)

Check out  
our website  
for more!

### Our Kids Programs:

- **Learn 2 Swim:**

Swimming lessons for all ages, led by experienced and qualified instructors.

- **Sport Spectaculars:**

Fun-filled sports school holiday program, where kids can take part in kayaking, rock climbing, water polo and more.

- **Active Kids Birthday Parties:**

2.5-hour sport filled birthday parties, led by qualified party leaders.



[sport@latrobe.edu.au](mailto:sport@latrobe.edu.au)



(03) 9479 2973



**LA TROBE  
UNIVERSITY**  
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