**PRINCIPALS’ MESSAGE**

Good Afternoon Parents and Friends,

What a deluge of rain we had over the weekend!! I stayed inside with my puppies in front of a roaring fire, all day Sabbath and Sunday as roads at the bottom of the hill were flooded. There was so much destruction in a 48 hour period, I don’t think I’ve ever seen so much water in a long time. For me it was wonderful as I’m a keen gardener and was starting to get nervous as we hadn’t had rain for weeks. I also depend on rain water for my home so it was a double blessing to me, but not so much for others along the coast.

I just realised something interesting - I start a lot of my conversations off talking about the weather. Apparently this doesn’t happen in other countries, just Australia. I’m a farmers daughter and all my childhood, the work we did on the farm was totally dependent on the weather. When I left home, I think nearly every conversation I had with my dad began with “Have you had any rain?” Now my son lives in the middle of the bush in Victoria and our conversations begin with “what’s the weather like?” It is all about the weather isn’t it? One of my staff say that their family go into “hibernation” like a bear over the winter, they don’t go out at all, just stay snug and warm at home.

Where is this going? A lot of young people over the winter time, become depressed and feel unwell. This is called “Seasonal Depression”. It’s a diagnosed illness and statistics tell us that in Florida where it’s warm most of the year, there are approximately 1.4% of the state who have this illness, but in Alaska it is 9.9%. We haven’t got any stats for Australia, but I am aware of a number of young people who become sluggish, off their food, want to sleep all the time and have negative thoughts about life. If your child is going through this and you can see a seasonal pattern, please make sure they are well taken care of. Go to your General Practitioner as we want them to feel wanted and needed through this time. Depression takes a huge toll on our community, especially in the winter months.

Mrs. Jenny Gibbons  
- College Principal

**EARLY FINISH ON FRIDAYS**

Parents – please remember our early finishing time every Friday during Terms 2 & 3.

We are in Week 7 of Term 2 and there are still parents picking up children after 4:30 p.m. Please be aware that you will be asked to fill out the ‘Child focused’ application form for your child to be sent to After School Care should you not be able to pick up your child at the appropriate times.

All Classes finish by 2:30 p.m.

Buses depart from car parks by 2:40 p.m.

Carline operates until 3:00 p.m.

Office closes at 3 p.m. and children will be sent to After School Care at 3:30 p.m.

Please ensure arrangements are in place for your child to be picked up on time, from your bus drop-off location.

We ask for your urgent attention to this matter so that we do not have any children left behind after school hours.

**FAMILY PORTRAITS FUNDRAISER**

The College will once again be having the ‘Professional Family Portrait Fundraiser’ day again. Flyers and forms will be distributed to your child within the next few days. This will take place in August but we would like to see how much interest this event will create.

**iNIGHT CONCERT**

Planning for our annual iNIGHT concert has started. DUE TO EVENTS OUTSIDE OF SCHOOL, THE iNIGHT CONCERT WILL TAKE PLACE ON THE ORIGINAL DATE, SUNDAY, 28 AUGUST 2016.

More information for the concert will be available soon.

**COLLEGE CALENDARS**

**MIDDLE & SENIOR SCHOOL**

**June**

10 Year 12 Ancient History - HSC Study day @ Sydney Uni
13 Queens Birthday Holiday
14 Pupil Free Day
15 ICAS Writing and Spelling test
17 Year 12 Western Sydney Careers Expo
30 Middle & Senior Parent Teacher Interviews

**July 1**

Last Day Term 2/ Mufti Day/ Junior and Middle Walk-a-thon

**WHOLE SCHOOL EVENTS**

**June**

13 Queens Birthday Holiday
14 Pupil Free Day
15 ICAS Writing and Spelling test
16 COLLEGE OPEN DAY
23 Pyjama Day
July 1 Last Day Term 2/ Mufti Day
HELP MAKE OUR SCHOOL BEAUTIFUL!

We are asking for plant donations to plant around our school. We would appreciate small plants to large trees. Anything safe to be in our gardens and around children. If you would like to donate or would like more information, please contact the office on (02) 9622 2424. Thank you in advance.

HELP BUILD OUR SCHOOL!

Introduce a new family to the school and have them start before 31 July 2016 and receive a $300 voucher for the Uniform Shop. Incentives for the new family too!

New Website Launch

We are excited to announce that we are launching a new college website THIS FRIDAY, 10 June. The site will be an information guide for potential new parents as well as information for our current parents, with a parent information menu on the top right of the page. We have added a few snap shots of the site and what you can expect from the changes. Thank you to ‘4Community’ for their work with this.

Year 7 Agriculture

A fresh lot of students and seedlings to our school farm as well as a clean up of the chicken coups. Students are now eagerly awaiting their new crops and maybe a few baby chicks. Lots of hard work but so much fun. - Mrs Jensen

Year 8 - Resilience

Year 8 combined for Resilience last week to play Noughts and Crosses. Teams had to work together, using strategy, to win each round. The playoffs were fun and fast paced! Teamwork and good sportsmanship are valued at MVAC! - Mrs Paul

Year 8 - Science

Year 8 is studying the Chemical World in Science this term. Science by Doing is providing ample opportunity for students to develop and improve their practical skills! - Mrs Paul

Student of the Week - Term 2

Congratulations to the following students who have received commendations for their strong effort to become awesome students:

<table>
<thead>
<tr>
<th>Week 6</th>
<th>Week 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>KL</td>
<td>Kayley Jensen  Jean-Michael Peyroux</td>
</tr>
<tr>
<td>KV</td>
<td>Amyra Gabha  Aaliya Arora</td>
</tr>
<tr>
<td>1R</td>
<td>Joseph Eyles  Sione Poulivaati</td>
</tr>
<tr>
<td>1T</td>
<td>Savar Parajuli  Kaio Santana</td>
</tr>
<tr>
<td>2C</td>
<td>Christopher Toe  Isaiah Sheck</td>
</tr>
<tr>
<td>2SZ</td>
<td>Rowena Bakana  Mysha Saluja</td>
</tr>
<tr>
<td>3S</td>
<td>Beatriz Campos Cooper Ferrei  Taliya Sheck</td>
</tr>
<tr>
<td>3L</td>
<td>Yaa Agyeman  Ethan Singh</td>
</tr>
<tr>
<td>4S</td>
<td>Anthony Hernandez  Jessica Grassi</td>
</tr>
<tr>
<td>GW</td>
<td>Lyric Salafai  Charlie Eyles</td>
</tr>
</tbody>
</table>

Junior School - Student of the Week - Term 2

Congratulations to the following students who have received commendations for their strong effort to become awesome students: