



A message from the Principal

Welcome back everyone,

I'd like to start by acknowledging our Year 12 students who are soon to be embarking on a combination of exam preparation, further studies or employment over the next few weeks. Today the students enjoyed a morning tea with staff where they had the opportunity to acknowledge the hard work and effort of their teachers. This Saturday the Year 12's will attend the much anticipated School Ball that was delayed due to COVID. Next Thursday 20 October we look forward to acknowledging the students at their final Awards Night. On behalf of the staff I would like to thank the parents and carers of the Year 12 students who have supported Merredin College over the years.

BULLDUSTNBACK TRIAL:

Yesterday Merredin College hosted the BulldustNback Trial. A large group of adventurous characters stopped in for a bite of lunch, hosted by the Merredin College P&C, and to show off their vintage and pre-loved vehicles. The BulldustNBack Trial (13 - 16 October) is organised by the Rotary Club Mill Point as an annual fundraiser raising \$\$ for kids cancer support plus mental health programs in WA. This year to date the Bulldusters have raised over \$87,000 for kids cancer plus mental health and they hope to crack \$100k by then end of the event. www.bulldustnback.com.au



October hosts a number of areas of focus that parents can jump on board with:

1. **Cyber Security Awareness Month:** On Tuesday 18 Oct the Year 7-10 students will receive a seminar on Cyber safety from the local Merredin Police. If you have children in these year groups please be sure to ask them what vital messages they learnt.
2. **WA Bike Month:** WA Bike Month aims to promote and encourage people of all ages and abilities to ride bikes for transport, fun and for a healthier lifestyle. Please encourage your child to wear a helmet and follow the road safety rules when riding to school or around their local area. A bicycle is a legal road vehicle and it is important to know the rules to help make riding a bicycle safer. This section outlines the rules, standards, equipment and safety criteria that bicycles and riders need to meet to be considered legal in WA. [Bicycle rules, standards and safety \(transport.wa.gov.au\)](http://transport.wa.gov.au)
3. **Mental Health Month:** This month encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not.
It also gives us the opportunity to understand the importance of good mental health in our everyday lives and encourages help seeking behaviours when needed. This attached calendar suggests that today we could carrying out random acts of kindness as a way to fill your cup and boost your mood.

Kind Regards
Tracy Pickering
PRINCIPAL

CONGRATULATIONS

Congratulations to Emma Irving who has accepted a place at Notre Dame to study a double degree **Bachelor of Phsiotherapy/Bachelor of Exercise and Sport Science**.
Well done Emma we are very proud of your achievement.



KINDY ORIENTATION

Our first Kindergarten Orientation for students entering Kindy in 2023 will be on Friday November 4. Sessions will be run in the Kindy Room in Block 1 and start at 9:00am – we can't wait to meet all our new little people. There will be 3 sessions in total. If you haven't completed your enrolment forms it is important that you get this done to ensure your child receives an invitation to the orientation sessions.



Got a question about this? Ms Lynne Herbert (Deputy Principal)

KINDY AND PRE-PRIMARY STUDENT DROP OFF

A reminder to parents that it is school policy that all students in Early Childhood classes are dropped off to classrooms at the beginning of the day and picked up from classes at the end of the day by a responsible adult. Teachers cannot release students to siblings of primary age.

Got a question about this? Mrs Barbara Smith (Deputy Principal)

PP—YEAR 2 SWIMMING LESSONS

The PP – Year 2 Swimming Lessons are currently scheduled for Week 7 and 8 this term. However, due to a shortage of swimming instructors these lessons may be reduced or cancelled. It will be Week 5 before we have any further information. If you are interested or aware of anyone who might be interested in getting their qualifications, the department is happy to support this financially. As soon as we have further information this will be shared with parents.

Got a question about this? Mrs Barbara Smith (Deputy Principal)

YEAR 10 IMMUNISATIONS

The Year 10 immunisations are scheduled to take place on Monday 17 October. Students have been given their permission forms which must be returned by/on Monday.

YEAR 6 CAMP FUNDRAISER

Friendly reminder that the Year 5 students are collecting containers for change - money raised will go towards their 2023 Year 6 camp. There are plenty of bins around the school to place your empty bottles in or they can be dropped at the collection centre and put through this number [C10349064](tel:08349064). Thank you for your support.

END OF YEAR ARRANGEMENTS

Term 4 - Year 12

Week 1	10 - 13 October	<ul style="list-style-type: none"> All Year 12 ATAR students return for normal classes.
	Thursday 13 October	<ul style="list-style-type: none"> 3pm - Year 12 ATAR timetable suspended.
	Friday 14 October	<ul style="list-style-type: none"> 10.05am - Assembly (Year 7-12). 11am - Year 12's are invited to share a Morning Tea in the staffroom. Students present fun awards to teachers. 12noon - Students make their way to the Dance Studio/grassed area. 12.15-1.15pm - Practice for Awards Ceremony. Students will be dismissed when practice finishes
Week 2	17 - 18 October	<ul style="list-style-type: none"> Revision Seminars will be offered to ATAR students, times to be advised.
	20 October (Thurs)	<ul style="list-style-type: none"> Awards Night 7-9.30pm (approx.)
Weeks 2-3	19 - 28 October	<ul style="list-style-type: none"> ATAR students study week. Students may visit the school to use the library and make appointments with their teachers.
Weeks 4-6	31 Oct - 18 Nov	<ul style="list-style-type: none"> ATAR Course Written Examinations

Term 4 - Year 11

Weeks 1 & 2	10 - 21 October	<ul style="list-style-type: none"> Normal timetable for all Year 11 students.
Weeks 3-5	24 Oct - 11 November	<ul style="list-style-type: none"> All VET/General pathway students are on Workplace Learning. ATAR Pathway students have normal timetable.
Week 6	14 - 18 November	<ul style="list-style-type: none"> VET/General Pathway students return to school to complete Workplace Learning Logbooks/Skills Journals. Once logbooks are completed, Mr O'Neill will sign students off and they are finished for the year. ATAR Pathway students have normal classes.
Weeks 6	18 November	<ul style="list-style-type: none"> Last timetabled 2022 school day for all Year 11 students.

IMPORTANT DATES:

TERM 4

10 Oct	Students Commence
13 Oct	Rotary Car Show
14 Oct	Secondary Assembly 10.05am Year 12's Last Day T20 Cricket Cup (Primary)
15 Oct	School Ball
20 Oct	Year 12 Awards Night
24 Oct-11 Nov	Year 11 ADWPL VET/General
25-28 Oct	Year 10 CoRE Rottneest Excursion
31 Oct	P&C Meeting
31 Oct-18 Nov	ATAR Exams
1-4 Nov	Year 7/8 CoRE Kalbarri Excursion
3 Nov	Primary Assembly 9am School Board Meeting 5.30pm
4 Nov	Kindy Orientation
10 Nov	Secondary Assembly 9am
18 Nov	Last day for Year 11 students Year 9 Drama Excursion Kindy Orientation
23 Nov	Year 7-10 Arts & Tech Showcase
24 Nov	C03 Edu Incursion—Yr 5 & 6
25 Nov	C03 Edu Incursion—Yr 7 & 8 and 9 & 10
28 Nov	P&C Meeting 3.15pm Career Tasters Course
29 Nov	Career Tasters Course
30 Nov	Yr 6 Transition Day
30 Nov-1 Dec	Year 10-11 Transition Day
30 Nov-2 Dec	Year 9 Try-a-Trade Days
1 Dec	School Board Meeting 5.30pm
2 Dec	Kindy Orientation
5-9 Dec	Year 9 Camp
5-13 Dec	Year 10.1 Work Experience
9 Dec	Primary Reward Day
12 Dec	Primary Glass of Class Luncheon
13 Dec	K-6 MerryDin Concert 6-7pm
14 Dec	Y7-10 Highest Achievers Assembly 1.30pm
15 Dec	Last day of term for students

P&C UNIFORM SHOP

Opening Times:

(Starting from 25 July)

Mondays 8.30-11.30am

Wednesdays 8.30-11.30am & 1-3pm





HAVE A BLAST



Get into Woolworths Cricket Blast

It's a fun and active program for kids of all abilities, whether it's your first time with a bat or you're a backyard Cricket star!



JOIN YOUR NEAREST CLUB

 [PLAY.CRICKET.COM.AU](https://play.cricket.com.au)

**PROUDLY
PRESENTED BY**





Mental Health Month October 2022

Everyone has mental health and we can all benefit from looking after our own mental health and the mental health of our communities. Here are some ideas for ways to reflect, have fun, and find connection using the ABC's of mental health and wellbeing.

Saturday

Getting started

Sunday

Awareness

Mental health and wellbeing mean different things to different people.

Goals

Setting goals gives a sense of purpose. Write down three things you'd like to achieve.

Movement

Focus on movement that makes you feel good – dance, stretch, jog, etc.

Support

Know where to go for support, and how to support others.

Zzz

Catch some Zs. Sleep is important for healthy brain function.

Monday

Belonging

Community involvement is key. Focus on what you have in common with others, and how you can help.

World Mental Health Day

Nature

Get outside. Feel the sun on your face and the grass under your feet.

Time

Take some time to do something you really enjoy.

That's a wrap

Tuesday

Connection

Build strong support networks and look out for one another.

Help

Seek help when you need it. There are so many resources available!

Others

Use available resources to support others. Showing you care can make a big difference.

Understanding

Understanding mental health is so important!

Wednesday

Downtime

Today, take some mental downtime. Let your mind wander or daydream.

Individual

Check in with yourself.

Physical

Exercise is great for releasing feel-good endorphins.

Vitality

What gives you vitality?

Thursday

Enjoyment

What do you enjoy? How can you do this more often?

Joy

What brings you joy? Make a list.

Questions

It's OK to not have all the answers! What are your questions about mental health?

Walk

Get out into the fresh air and move your feet.

Friday

Friends & family

Get in touch with friends and family. Let them know you care.

Kindness

Today is all about random acts of kindness. Focus on ways you can be kind.

Relationships

Healthy relationships are an important part of mental health.

X-Factor

Celebrate what makes you unique.

1

Check-in

Love

Today is all about love and self-acceptance.

22

Almost there

Yoga

Yoga is great for practicing mindfulness.

Find out more at
lookafteryourmentalhealthaustralia.org.au

WORLD MENTAL HEALTH DAY
10 OCT

Look after your mental health, Australia