

Moora Residential College

Term 3 2023 Newsletter

A note from the College Manager

Dear parents, carers, and friends of MRC,

As Term 3 closes, it has been a very busy term with lots of activities for the students which keeps the students and staff busy.



This term we have been completing Classroom Management Solutions (CMS) which I believe will be very helpful when working with the students.

We have been very lucky throughout the term with not a lot of sickness, so we haven't been greatly impacted with the Flu that has been about, we have had some students with sore throats, some coughs, and a few upset stomachs but nothing major, our procedure is for students to come up to the "Sick Bays" so we can keep a close eye on them and record Temperatures etc, also if there are Tradespeople going down to the Dorms to complete work during the day we don't have to remove students from their room when they are feeling unwell.

I believe some of the biggest lessons from the COVID pandemic is the importance of staying home when you are sick, covering your mouth when you cough and washing your hands correctly.

The weather is starting to warm up again. Staff have had ongoing training in term 4 with Gatekeeper Suicide Prevention, and PBS training for all staff.

We look forward to Term 4, with lots of activities planned for the students, the warmer weather so the pool can be open, a trip to Perth, our Presentation Day, Halloween, the themed Christmas Party to name a few.

Sadly, we say good-bye to Zoe Joyce our MCS at the end of this term, I would like to thank Zoe for doing a wonderful job and being part of our College Family. We wish Zoe all the best down in Yanchep, we will miss seeing the girls pop in regularly. We know we will see you around Moora township when you are about on, the weekends. Welcome to Natasha Crane our new Casual team member.

To all our staff, students, and their families, please take care over the holidays have a lovely break and look after each other and check in on how you are doing.

Many thanks for all your support throughout the term.

"Sometimes the strength within you is not a big fiery flame for all to see, it is just a tiny spark that whispers softly."

"You got this keep going."

-Author unknown-



Shaping the future

Moora Residential College

**Enrolments are open for
2024**

Please contact the College on 9653 9700 or via email on Moora.Rescol@education.wa.edu.au

Ready! Steady! Cook!



Over the last two terms we have teamed up four students in a cook off against each other. Each team was given the same recipe and expected to complete the cooking task within the hour.

They were judged on Presentation, Taste, Teamwork and Cleaning – 5 marks per section and a total out of 20

The team that scored the highest has automatically gone through to the Grand Final which will take place over at the High School in week 9

There will always be a “twist” to our cooking events – I wonder what the final twist will be?????????

The following students will be making their final plate in the Grand Finale

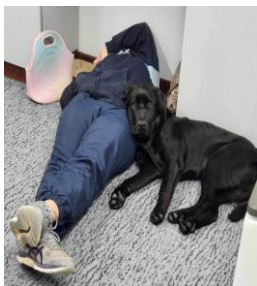
- Team 1 – Justice and Max
- Team 2 - Alivia and Ingrid
- Team 3 - Gus and Cameron
- Team 4 - Joseph and Calen
- Team 5 - Violet and Sam
- Team 6 - Jack and Ashton
- Team 7 - Teagan and Kayzli



Which team will be our Ready Steady Cook Champions for 2023? Guess you will just have to wait until next term to find out!!!

If any other Residential Colleges wish to challenge our students in a friendly cook off next term, we would be more than willing to take you on!

MILO – Oh! what a difference Milo



Our emotional support dog is on duty 24/7 providing comfort to our students. He loves cuddles, eating fruit, plants oh and digging holes. He loves play dates with Jessie also.



How can I help you?

Certificate III in Civil Construction



Eleven weeks has flown by, and we are extremely proud of our boarders Eugene (Gus), Jack and Teagan finishing their Certificate III in Civil Construction. They attended a celebratory afternoon tea on Tuesday the 29th of August and are completing their last day on the Friday 1st September.

They have developed skills such as precision control, digging and operating machinery including front end loaders, skid steer, excavator, and roller. These students also learnt about workplace safety and procedure to get them ready for the worksite.

We are all very proud of Eugene (Gus), Jack and Teagan, they stayed during the July school holidays at the college, these students have not been home to Marble Bar for 22 weeks. This is a large ask but shows their commitment to the Course, “Well done team”.



If you are sending an email regarding fees or accounts to the MCS please forward to our new email

mooraescol.admin@education.wa.edu.au

The RESI way..

On Friday the 1st September the College launched the Positive Behaviour System with activities such as; jar decorating for their RESI bucks with Mrs Harvey, Kahoot (online quiz) with Jasmine and Scavenger Hunt with Sam.

Our focus is on positively rewarding the RESI way of doing things.

Respect
Encouragement
Safety
Independence

Next time you visit you will notice each area of the College has a few simple to follow instructions on the sort of behaviour that is expected in that area relating to the RESI way of doing things. Positive behaviour will get the boarder a RESI buck, which they can save towards items that they can buy from the trolleys, including food items, games, fidgets, gift cards and pamper items.



Negative behaviour will still have consequences however these will be set so that they are the same for the same level behaviours so that students know exactly what the consequences are.

We have already had some positive feedback from the students who were able to earn 10 tokens at the launch and get a prize from the RESI rewards.



Central Midlands Coastal Football League Association Dinner



We are very proud of Ashton who was invited to the CMCFL Association Dinner on the 24th August. Ashton had an amazing season and ranked in the top two highest point scorers for the Mavericks Football Club. He and fellow boarder Callen enjoyed the delicious association dinner

alongside other nominees.

R U OK? Day

Is coming up on the 14th September and is dedicated to inspiring people to ask each other 'R U OK?' and support each other with the up and downs of life. It is about mateship and reminds us to start a meaningful conversation with someone you might care about who might be struggling with life. Promote wellbeing and who they can talk to if they are having mental health issues.



Mental Health Services and Support

kidshelpline
Anytime. Anywhere.

24/7 crisis support and suicide prevention services for children and young people aged 5 to 25

1800 55 1800
kidshelpline.com.au

Lifeline

24/7 crisis support and suicide prevention services

13 11 14
lifeline.org.au

headspace
National Youth Mental Health Foundation

Online support and counselling to young people aged 12 to 25

1800 650 890
For whatsapp visit headspace.org.au/headspace

Beyond Blue

24/7 mental health support service

1300 22 4636
beyondblue.org.au



Term 3 Fun



Staff Movements



We say goodbye to our MCS - Manager Corporate Services, Zoe Joyce as she is moving away with her children. Hopefully we will have a new face in the office soon.

And hello to our new casual relief supervisor Natasha Crane who is a nurse and local to Moora. Natasha has had a long relationship with the College with her son in law being an alumni of the MRC.

Vaping is Dangerous

What Are the Health Effects of Vaping?

The health risks of vaping include:

- **addiction:** E-cigarettes contain nicotine, a drug that's highly addictive. You don't have to vape every day to get addicted.
- **anxiety and depression:** Nicotine makes anxiety and depression worse. It also affects memory, concentration, self-control, and attention, especially in developing brains.
- **becoming a smoker:** People who vape are more likely to start smoking regular (tobacco) [cigarettes](#) and may be more likely to develop other addictions in the future.
- **impotence:** There is some evidence that vaping can cause sexual dysfunction in men.
- **sleep problems**
- **exposure to cancer-causing chemicals**
- **chronic bronchitis**
- **lung damage** that can be life-threatening

Other health effects are possible that we don't yet know about. Vaping hasn't been around that long, so its health risks aren't all known. They are now making vapes to look like Highlighter pens, this is frightening your child could be vaping in the classroom or in front of you and you may not even realise it.

Please speak with children and let them know that Vaping at the college, the school is not acceptable and will not be tolerated. We will conduct Room searches if we deem it necessary.

Thank you for your support on this matter.



Important Dates for Term 4

Event	Details
MRC closes for Term 3	Friday 22 nd September at 5:00pm
Central Midlands Senior High School	School starts Tuesday 10 th October
Presentation Day Event	Tuesday 17 th October at 3:30pm
Halloween Fun	Tuesday 31 st October
MRC Themed Christmas Party	Wednesday 6 th December at 5:30pm – Fancy Dress
MRC Opens for Term 4, 2023	Monday 9 th October at 12:00pm
MRC closes for Term 4	Thursday 14 th December at 5:00pm

What to Bring in Term 4

PLEASE, EVERY ARTICLE OF CLOTHING MUST BE CLEARLY MARKED WITH IT'S OWNER'S NAME.

SUMMER WEAR

Please remember to bring back lighter clothing for the warmer days and nights. Make sure that you pack your beach towel, bathers, sunscreen and rashie's as they are required to be worn in the College pool.

SCHOOL UNIFORM

In conjunction with **CMSHS** we are ensuring that all students are wearing correct school uniform, please make ensure your student has the correct school uniform.

Also please make sure your student has all pens, pencils, rulers, and other stationery required for schoolwork to help them be ready for their school day.

GENERAL

NO aerosol cans are to be kept in the students' rooms; they need to be handed into the Supervisors!

NO electric blankets/heaters or fans are allowed to be brought in from home. All the students' rooms are air-conditioned/heated.