

## Moora Residential College

# Term 1 2023 Newsletter

### A note from the College Manager



Dear parents, carers, and friends of MRC,

Well Term 1 has flown by, we have been very lucky that the weather has not been extremely hot during this term, but the students have

made good use of the pool in the afternoons, and they have enjoyed the evening swims also.

As you can see staff have been keeping the students very busy with activities and the students have been volunteering their time out in the community.

Staff are busy planning next terms activities, watch out for the photos on facebook as they happen, Leggo Masters will be happening again in term 2 and Leanne and Annie are planning a Ready Steady Cook, I am sure that will be very interesting.

During this term as a team, we have really concentrated on student expected behaviours at the college and that students are meeting the college guidelines, I understand that students do not like boundaries, but these are what prepares them up for the big wide world. I hear lots of "that's not fair" "we have always done that".

We know as adults that this is not always true, and life cannot always be fair, we are asking you to speak with your children and remind them to please meet the expectations of the college and the school, show *respect* to themselves and others.

During week 9 in term 2 we will be celebrating NAIDOC week with lots of activities with the students and some local Elders coming to visit for dinner and storytelling. Hayley is planning a delicious dinner on the

Wednesday evening. Then in week 10 Dr YES (Youth Education Sessions) which is a program run by the Australian Medical Association (WA) is coming to present to us at CMSHS, so I believe term 2 will also fly by.

We welcome our new Male Supervisor to the team, Mr Brady Michaels, we are looking forward to working with him and teaching him the ropes and learning new ideas from Brady. Brady is very interested in film making, (imagine how cool the moving leggo will look) sport, gaming just to name a few interesting facts about Brady.

Thank you to the team, you have all worked hard this term, you deserve the break so enjoy the down time.

I would like to wish you all a very Happy Easter and a wonderful holiday, stay safe and I look forward to seeing you all back for term 2!

"Perhaps you will forget tomorrow the kind words you say today, but the recipient may cherish them over a lifetime.

Dale Carnegie

### Student Well-being Activities

#### Ballgowns and Bowties

On Saturday the 18<sup>th</sup> February, seven of our Year 11 & 12s travelled down to Midland to go ball gown and suit shopping with College Manager, Anne Marie Wilson and Senior Supervisor, Jasmine Porter.

Everyone got the outfits, shoes and accessories they needed and indulged in a KFC feast for lunch. See on page 8 for some of the boarders in their finery.

## Giving to the Community

On Saturday 25th February, some of our students; Lawson, MacKenzie and Alivia volunteered to cook the BBQ Lunch at the Yued Apex Rejuvenation Committee get together at Apex Park.



## Museum Busy Bee

On Sunday the 19th of March, 10 of our college students donated their time to help clean up the ground of the Moora Museum.

All students worked tirelessly for three hours – jobs included raking up ten million leaves, pulling out weeds and some unwanted shrubs, sweeping and loading up Mr Tickety Boos' trailer four times so that he could take it to the tip!



Mr Travis Howe chain-sawed several over-grown palm trees and chopped down palm fronds that had died.

Cameron, Tyeson, Eugene, MacKenzie, Aliva, Charli, and Killara volunteered their leisure time to help. Teagan, Kayleen, and Brandon sat down and nussed out the initial plans to paint additional drawings to the Museum Jail.

After all the hard work we were rewarded with a feast fit for a King! Mrs Anne Watsons cooking expertise shone through like the bright star that she is!

Thank you for having us, we look forward to maintaining this clean-up program for you.



## Making a Splash



What do we do on a hot Sunday, during a planned power outage. We packed up our sunscreen, hats and towels and go to the Shire of Moora Swimming Pool to cool off and enjoy the sparklingly clear water.



## Certificate IV



Our supervisors were very lucky to have Steve and Jenny from Boarding Training Australia in Esperance come and spend two days with them doing some face to face learning. Jasmine, Hayley and Sam, who are studying their Certificate IV in Community Services - Student Residential Care have now almost completed all their units.



## The Day at Outback Splash

Written by MacKenzie



On Saturday the 18th of March all Moora Residential students loaded into our college buses to travel down to Outback Splash. We were all very excited and full of energy for our excursion!

After about an hour and a half drive, we arrived and queued up to receive our wrist bands and gain entrance.

We made our way to the marquee and were given instructions as to when to re-assemble for roll call and to have lunch (which we all prepared the night before).

After applying sunscreen, we ventured off to investigate the abundance of water slides, mazes and to see the wild-life – there were kangaroos and koalas in enclosures also – although the koalas did not even wake up to say hello!



I managed to capture many fun moments with my camera, something that I enjoy doing a lot!

There is a new lagoon being built at the wildlife park and should be ready by the time of the next season opening.



At the end of the day, we loaded onto the bus to return to Moora, stopping via the BP garage to re-fuel, some students purchased more food. A lot of students fell asleep on the bus on the way home, it had been an action-packed fun filled day, which all the students thoroughly enjoyed.



## Positive Behaviour Support PBS

The staff at the College are also in the process of learning the Positive Behaviour Support system under the guidance of Supervisor - Hayley Reed who was voluntold to champion the PBS for the College.

You will be seeing more about this as the year progresses. The three values that we have chosen for the whole College as part of the PBS are;

**RESPECTFUL**  
**RESPONSIBLE**  
**RESILIENT**

We look forward to demonstrating these core values throughout the year.

## Basketball Ring Upgrades



During Engineering, Ashton and Calen had the idea to upgrade our basketball ring with a chain net as our rope e was falling apart.ery resourceful guys and the result is fabulous, should last a lot longer too. Great idea, fellas!





## MILO – Oh! what a difference Milo makes..

I am sure by now you all would have heard about Milo our black Labrador pup who is the College Emotional Support dog, who has now been with us for about a month.

He is loved by boarders and staff alike and has quickly settled in to College life.

Over the past few years we have all become more aware of Mental health and with the uncertainty of dealing with COVID, society, particularly our children have suffered. It has been scientifically proven that animals including dogs can reduce our stress, combat our loneliness, and provide us with a sense of purpose and has been helpful in dealing with depression, anxiety, mental health, autism, PTSD, physical disability.

Alongside his Emotional Support role Milo is teaching the students responsibilities of looking after someone else, unconditional love and friendship, that only a dog can give and just being there after a hard day when a cuddle or pat is required.







And what do we do in our downtime..

Fun Friday Challenges with delicious Easter Egg prizes

- Toilet paper challenge
- Flippy cup
- Bottle flip
- Blindfold drawing

Getting our hands dirty and planting vegetables in the College vegetable garden.

Games nights – with all sorts of board games.

Mindfulness – colouring in.

And the best thing about cooking is the eating after... and perhaps during.





## Easter Egg Hunt



Everyone enjoyed some chocolatey goodness!!

Our boarders had an early visit from the Easter Bunny this weekend gone.



## Protective Behaviours

On Monday the 27<sup>th</sup> of March, Amanda from the Protective Behaviours program came and presented Protective Behaviours to staff and students.

### PROTECTIVE BEHAVIOURS



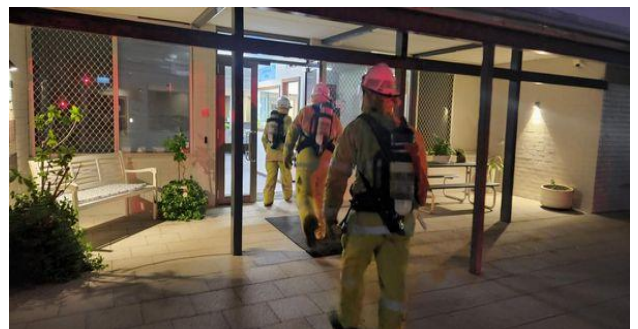
The three sessions were presented to; staff, junior boarders and senior boarders covering a range of topics including; being Safe Online, what to do if you are worried for yourself or others, who to talk to if you have concerns and what behaviours to look out for.

## Fire Drill

And don't forget our fire drill this term where the boarders and staff were put through their paces.

The whole college and the local Moora Fire and Rescue Volunteers ran a full evacuation and had different scenarios running during the drill; two students missing and bus out on pick up.

The students and staff are now ready for action, in case of an emergency.



## Djinda Ngardak Culinary Experience at The Crown

Two of our students Eugene and Jack got to have the amazing experience of going to the Crown, with a few of their peers from CMSHS and other schools, to be involved in the World Indigenous Tourism Summit.

Our students got to experience preparing and organising various events and the GALA dinner.



## What to Bring in Term 2

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

### WINTER WEAR

Please remember to bring back warm clothes for the cooler months as the weather is changing very quickly.

### SCHOOL UNIFORM

In conjunction with CMSHS we are making sure all students are wearing correct school uniform, please make sure your student has their school uniform including their jacket or jumpers and tracksuit pants as we go into winter.

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.

**PLEASE NOTE** It is very important that students do not use pins/sticky tape/blutac or like stick anything to the painted surfaces in their rooms as they can remove the paint or damage the plaster on the walls which then require fixing and can result in the loss of the bond paid for the room. Students can stick lights, pictures etc up around their desks, wardrobes, and mirrors if they use the wooden surfaces & not the painted wall.

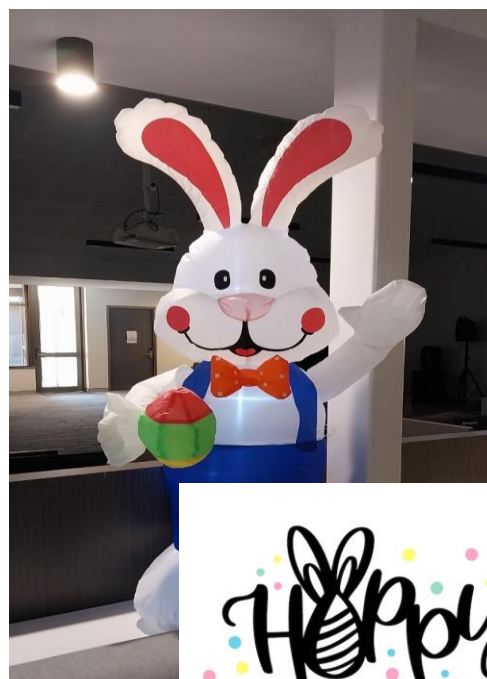
## OUR FOCUS FOR 2023

In 2023 we will be focusing on students being more responsible for the cleanliness of their rooms. With no Covid cleaning in 2023 it is even more important for us all to make sure our own personal areas are clean. We will be implementing Positive Behaviour System (PBS) at MRC, we look forward to working together with the students to plan this.

**One of our priorities for 2023 is Community Engagement**

## Important Dates for Term 2

Event	Details
<b>MRC Opens for Term 2, 2023</b>	Tuesday 25 <sup>th</sup> April at 3:00pm, Yes, this is ANZAC day.
<b>Central Midlands Senior High School</b>	School starts Wednesday 26 <sup>th</sup> April
<b>27/28 May</b>	Footy Camp to Perth, staying overnight, shopping, and mini golf with lunch on the way home.
<b>Friday 2 June</b>	WA Day long weekend, college is open for the duration of the weekend.
<b>MRC closes for Term 2</b>	Friday 30 <sup>th</sup> June at 5:00pm



**Happy EASTER**





## Senior Ball 2023

The College students got all dressed in their finery and walked the red carpet for their Under the Sea themed Senior Ball, held on the 11<sup>th</sup> of March.

They all looked stunning in their dresses, heels and suits!

Awards on the night went to.

Shonnay, who won Queen.

Austindo won Best dressed Year 12 Boy

Byron won Best dressed Year 11 Boy

