YR 7-11

House Swimming Carnival
From Principal’s desk...

This week I had the privilege (?) of ‘hanging out’ in the hospital for a few days. I completed a fun run on Saturday morning which aggravated it, leading to symptoms of a heart attack. The symptoms and blood tests can present in exactly the same way that a heart attack would. After an ECG, angiogram and echocardiogram, I was informed that my heart structure and function were excellent! Praise God!

While in the hospital, I had an interesting conversation with one of the orderlies. He saw one of the books I was reading, ‘The Bible and the Task of Teaching’, and struck up a conversation with me about it. We talked about what I did for a living and he told me about his take on the church. Due to his experiences when he was younger, he didn’t have a lot of time for religion or the church. He saw that pastors, ministers, bishops, popes (anyone in leadership) all only had a desire for power to dictate to others what they wanted. Tongue in cheek, he told me that he was going to start his own church and wanted to know if I would join – the outer space church, a whole other story. Politely I refused and said he was on his own.

This made me think. Do we as Christians represent our Lord and Saviour well? Are we continually evaluating our lifestyle, interactions with others and our stewardship of our resources? Do we take the time to be reflective and meditate on God’s word regularly, allowing it to shape us? Or do we sometimes think that we have made it? This is the best Christian I can be! I refuse (often unconsciously) to evaluate the way I live my life because I know it all. It is my prayer that in the Christian education that we provide at MDCS, we will be helping students to see the world in a way that honours our Lord and his original intention for the area of creation being studied. We do this in our limited way as we don’t always have all the answers. Some areas of life can appear to be ‘grey’ or hard to figure out. It is important that we don’t fall into the trap of skimming over these areas, or avoiding them because they are hard, but as a community of believers we seek to understand what God’s intention is for the ‘slice of life’ being studied.

Back to my friend at the hospital. We can’t always represent Jesus well, however good our intentions are. Sometimes we make mistakes which can have a lasting impact on people. Sometimes the answers, which are good and honourable aren’t what people’s ‘itching ears’ want to hear. But let us seek above all to honour God in all that we do. Let’s be prayerful, asking for his assistance and wisdom, as we do this. And let’s continually pray and meditate on His Word. I feel extremely blessed that my job is so caught up in my faith that I don’t have to hide what I believe but can be open about it. I pray that it would be the same for you too.

THE STUDY ZONE

Last week the VCE students had their first dinner as part of “the Study Zone”. Almost half the VCE students attended. The afternoon started with a game of volleyball, followed by a good two hours of study time and revision. The evening finished with a delicious shared meal. The Study Zone happens every Thursday evening. The meal will happen roughly once a month.

PRIMARY SWIMMING PROGRAM

The Primary students have enjoyed swimming this week travelling to and from the Monbulk pool every day for a swimming lesson. For many students this is a highlight, as they get to explore water awareness and refine techniques in the different swimming strokes. Our bodies have been designed so wonderfully; what an opportunity to explore this area of our physicality! A big thank you to all of the parent helpers who have provided assistance to make this an enjoyable experience for our students.

Enjoy your week!

Jason Riding

Forms and Letters sent home this week:

- Yr 7-10 Interschool Swimming (selected students)
- VCE Studio Arts Top Arts Exhibition

REMINDERS

- School Banking & Tuckshop tomorrow
- Return Mobile Phone & Internet agreement forms
- Yr 7 & 10 + Year 9 boys Immunisation Cards
Pi DAY  Friday, 14th March 2014

This year, as part of Pi Day, we are inviting the whole school community to join in creating a Scent Coin Trail in support of education in developing countries. The organisation is PVBS and has been established by Eric Ageyman who was a guest speaker to the Secondary school last year. Eric is also producing our Yr 12 leaver-jackets, of which a proportion of their cost is donated to help children have access to education in developing countries. He partners with Samaritans Purse in this endeavour. We would appreciate your support in finding all the stray 5 cent pieces in your house/ pocket/ wallet and sending them along with your child to be collected by their class teacher over the next two weeks. The total of the coins will form our trail and be handed on to PVBS. Prizes for the Primary and Secondary classes with the highest totals will be awarded!

D. Scott

Primary Parents please note: Hot pies will not be available to the primary students on Pi Day. The coin trail is the only way younger students will be involved on the day. Normal Tuckshop will be running for those primary students who REALLY want a pie!

Flute lessons are now being offered at the school, any students interested need to fill out an instrumental application form, available from the office, and return it to the school.

MDCS ANNUAL Shopping Tour  Saturday, 30th August

Shop till you drop on the Shopping Tour! Mark it on your calendar and stay tuned for more details!

Dear parents,

below is an invitation to the opening of the local Top Arts exhibition at Burrinja Five of our last years VCE students are represented in this exhibition. Well done to those students. Works by Serena Lever, Rebecca Bell, Jacob Caarels, Shae Pitcher and Danielle Morgan are on display If you cannot make it to the opening, the program runs for two weeks. We would like to encourage you to pop in if you can.

MARCH

3rd - 7th Primary Swimming Program
10th - Labour Day Holiday
12th - Yr 7-11 Interschool Swimming
13th - Yr 1/2 Botanical Gardens
Yr 5/6 Old Treasury Excursion
14th - OPEN EVENING

17th - 19th Yr 5/6 Camp
VCE O&ES Camp
17th - Secondary Assembly (Yr11)
24th - Yr 7/8 Volleyball
Primary Assembly (Yr 5/6HB)
27th - 28th Parent Teacher Meetings
28th - STUDENT FREE DAY
Hello Mountain District Christian School community. I trust the term is unfolding well for you.

Being a parent is a tough job. As parents we are often juggling lots of different things which tire us. You may find yourself sleep deprived; feeling like you are constantly playing referee between bickering siblings; madly trying to run a household; hold down a job, etc, etc 24 hours a day, 7 days a week. So it is no surprise that we ‘loose it’ at times.

However, I have experimented with a strategy I heard about some time ago which I have found to be very useful and less draining on my energy. It’s called non-reactive parenting. Let me share an example with you...... when my children were younger I discovered that our eldest child had given our middle child a haircut! I quickly assessed the scenario and thought to myself, “Well no-one’s lost an eye or an ear, so this could have been worse!” So rather than ‘loosing it’, I decided to comment on what I had observed, saying to our children “Hmmm, it looks like someone’s had a haircut.” Our eldest child went on to explain that yes he had cut his sister’s hair but that he thought she was asking for him to do that. (Seems they were playing hairdressers together and it got a tad serious!) This gave us an opportunity to remind our eldest that scissors are only for cutting paper! It was also an opportunity for Dad & I to review where the scissors are kept in our house (out of the reach of little hands!)

Sometimes it is important to choose our battles and to practice the amazing art of being non-reactive. All the best as you master this art-form!

Rich blessings til next week.

Elissa White
Chaplain

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**Community News...**

**Fijian Orphan Support**

Can you help??

A School Family are going to Fiji on 15th March, and are taking over much needed goods to donate to the local orphanage. BUT, they need a load of backpacks to get it there!! Can YOU have a look around at home for old bags or backpacks to donate (things like old Auskick / Milo Cricket bags, old school bags etc...).

Drop them off at the Office if you can help!

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**Free Dental Care is not just for Health Care Card Holders**

On January 1st 2014, the government introduced the new [Child Dental Benefit Scheme](#). It entitles all eligible children aged **2-17 years old** to general dental care up to the value of $1000 over 2 years. Families who receive [Family Tax Benefit Part A](#) or a relevant Australian Government payment will receive a letter outlining their eligibility. **Children and youth who attend public dental clinics will not incur out of pocket expenses with the Child Dental Benefit Schedule.**

Our normal dental care continues to operate for all 0-12 year old children and eligible 13-17 year old youth (must be a holder or dependant of a health care or pensioner concessioner card holder, in out-of-home care provided by Department of Human Services or in Custodial Care). Following their treatment, your child will be placed on our **patient recall system** and receive a reminder letter when their next appointment is due.

Please do not hesitate to phone the reception staff at Knox Social and Community Health if you require any further information about our dental services.

The Oral Health Team, Knox Social and Community Health

1063 Burwood Hwy, Ferntree Gully, 3156, Phone: 9757 6200
Pancake Day for Preps...

On Tuesday we made yummy pancakes for Shrove Tuesday. We enjoyed putting in the ingredients, mixing it all together and then helping to cook them. We made sure we shared so everyone had a turn. Our favourite part was eating the pancakes. They were very yummy! Thank you to the mums who came in to help us.

Mrs Holland and the Preps.
The Primary students have enjoyed Swimming this week travelling to and from the Monbulk pool every day for a swimming lesson. For many students this is a highlight, as they get to explore water awareness and refine techniques in the different swimming strokes. Our bodies have been designed so wonderfully, what an opportunity to explore this area of our physicality! A big thank you to all of the parent helpers who have helped to make this an enjoyable experience for our students.

Janita Bratton
House Swimming cont...
The day was a tribute to God’s Provision. Our booking had been overlooked, leaving us without a pool. This is not a great start to an event that requires a pool to run. None the less, through prayer we were able to see God work in amazing ways to see our day go ahead. Such a privilege to see Him work and remind you of just a small portion of His power.

The day itself once underway was a joy to be involved in. The Y11 students took responsibility for not only their House but the enthusiasm required to keep the joy in such an event. It was pleasing to see Students demonstrate the Gifts God has given them. It was also pleasing to see students who struggled through some of the events persevere and give there absolute best on the day.

Green House again had far to strong swimmers making for a clear win in the Points department (246 points) with Blue House coming in second (157) and Yellow Third (111). Yellow House however, were despite their lack of gills, found their voice and took out the House Spirit Award.

Thanks to our parent helpers and students who threw themselves into making it a great event. A fun day, All Glory to God.

- Stephen Duke

The Teachers were VERY pleased with their win over the student’s ‘Super-Team’ in the Teacher vs Student relay.....BUT, the effort cost them dearly and ‘some’ needed a sleep afterward!!!