Vandalism
We have had episodes of vandalism at both campuses over the past two weekends. At the Secondary Campus footings for the VET Building and Construction Class’ shed were pulled up, alcohol cans and bottles thrown onto the wet concrete of the building site and a builder’s sign unscrewed and stolen on the weekend of April 13th & 14th. Last weekend a goal post was snapped off and post protectors thrown onto the roof at the Primary Campus. It is disappointing that people in our community cannot enjoy themselves without destroying something. I would appeal to everyone to keep an eye on our school and report any suspicious behaviour. We recently installed security cameras at the school and will be checking these carefully.

New Staff Members
This week we welcomed Mr Peter Rowe to Ouyen. Peter is teaching Technology – Wood and Metal. We also welcomed Mrs Melinda Clarke and Ms Shannon Mowat as Integration Aides at the Secondary Campus.

ANZAC Day
An ANZAC Day ceremony was held at the Primary Campus on Wednesday morning this week. I would like to thank the Hill family for preparing and delivering wreaths for all the children to lay, and to the Hastings and Vine families for their flowers.

ANZAC Day is an important day for us all, one on which we take time to remember all those who fought for our freedom.

When a new day begins, dare to smile gratefully.
(Steve Maribaldi)

Leanne Dawes
Principal

Drew Latta was presented with his Aussie of the Month certificate by College Captains, Kate O’Connor & Thomas Elliott. Drew received the award for good behaviour, lovely manners and a great attitude to school.
THOUGHT FOR THE WEEK:
We should not let our fears hold us back from pursuing our hopes. John F. Kennedy

HATS:
A reminder to students that hats are optional in Terms 2 & 3.

BUS TRAVELLERS:
Parents of Primary Campus students are asked to please send a note or make a phone call to the office when your child/ren are not going to travel on the bus.
If we do not receive a note or phone call, your child will be required to travel on their designated bus.

PrimeSci!
On Tuesday, the Primary Campus was visited by the PrimeSci! people, all the way from Monash University. Our visiting scientist, Heather, took groups throughout the day for ‘hands on’ science explorations. Prep, Years One and Two all had a chance to explore animal fur, skin and shells. The Year Three and Four looked at chemical changes and the Year Five and Six were able to explore brains, resulting in a group lambs’ brain dissection.

PRIMARY CAMPUS AWARDS

STUDENT OF THE WEEK:
PREP: Hayley Downes
YEAR 1: Solan Newman
YEAR 2: Samuel O’Shannessy
YEAR 3: Tim Vine
YEAR 4: Natalie Nihill
YEAR 5: Lily Munro
YEAR 6: Bailey Pengelly

STUDENT AWARD:
Aiden Lennon

TIDY ROOM AWARD:
Prep

ATTENDANCE BEAR:
Year 5

Happy Birthday
April 28th - Liam Bond
May 1st - Amber Munro
UPCOMING EVENTS:
Tuesday, May 7th – Ouyen P-12 Cross Country – students in Years 3, 4, 5 & 6
Friday, May 17th – Underbool Cross Country – students aged 9, 10, 11 & 12+ years
Tuesday, May 21st – Sunraysia Cross Country – selected students

CROSS COUNTRY:
The Ouyen P-12 Cross Country will take place on Tuesday, May 7th
Please take note of the changed date and mark it into your diaries.
Any parents who are able to assist on the day are encouraged to contact the primary campus and leave their names.

It would be great to have parents and friends come and cheer on the runners on the day.

The order of events on the day will be:
12.50pm: Students are dismissed from class and walk to the secondary campus oval
1.20pm: Boys 9/10 race (2km)
1.40pm: Girls 9/10 race (2km)
2.05pm: Girls 11/12 race (3km)
2.25pm: Boys 11/12 race (3km)
2.50pm: Presentations
3.00pm: Walk back to school

All students in Years 3-6 will be practising on the cross country course over the next few weeks.
Events commence at 11.35 a.m.

Approximate race times will be:

- 11.35 a.m. Girls 12-13/14 Years
- 11.55 a.m. Boys 12-13 /14 Years
- 12.20 a.m. Girls 15/16/17/21 Years
- 12.50 p.m. Boys 15/16/17/21 Years

LUNCH TIME TRAINING

Cross Country Training is open to all interested students keen to improve their fitness and competitive edge or just wanting to increase their activity levels. It has been great to see several students attending training. Well done, we hope to see your faces more regularly now as commitment to training is one of the criteria used to select Mallee Division Cross Country teams.

Monday, Tuesday, Wednesday, Thursday and Friday -

House Cross Country 2013

Forthcoming Dates

- OP-12 Senior College Cross Country
  Wednesday, May 1st
  Ouyen
- SSV Mallee Division Cross Country
  Wednesday, May 22nd
  Ouyen

IT'S NOT THE WILL TO WIN THAT MATTERS

EVERYONE HAS THAT.

- IT'S THE WILL TO PREPARE TO WIN THAT MATTERS

Paul "Bear" Bryant

House Cross Country

The Interhouse Cross Country will be staged next Wednesday, May 2nd, rain or shine. With the House carnival tally all Olympic’s way, the competition is set to be fierce. Cross Country is a team event and it is important that all house members compete to the best of their ability. The Junior students (13 & 14 Years) will be racing over approximately 2km and the Senior students (15, 16, 17 & 18-20 Years) approximately 3km.

The event is completed over Periods 3 & 4 and all students are expected to be at school for the whole day. If for some legitimate reason, you are unable to participate, please give a note to Mrs. Lonergan prior to race day.

It is important that students remember to bring their sports uniform on Race Day so that they can compete in the Cross Country. Students must change into sports uniform prior to their event in time to be at the starting line at least 10 minutes before their race is scheduled to start.

Track suit pants will be discouraged while running the races, however students may wear them before and after their race. Tights or shorts are preferable to run in.

A map of the course will be found on notice boards around the school and is the same as in previous years, encompassing the school boundaries and bottom oval area.

Parents and friends are encouraged to come along and support the runners.

Scoring

1. Medallions to winners in Junior 12-14 Years, Intermediate 15 & 16 Years, Senior 17-20 Years and Open (16-20 Years) Sections.
2. Ribbons to placegetters in each age group.
3. Scoring is based on time achieved.
4. Teams - The best five (5) scores in each section: 12-14 Years, 15 & 16 Years and 17-20 Years.
5. Overall Aggregate - Total team points earned in all sections.
6. Cross Country performances are a vital element in the selection of all teams for the Mallee Division Winter Games Championships.
WORK EXPERIENCE

By now all Year 11 students should have their work experience organized, the work experience forms need to be signed by both the parent & student, & sent to the employer for their signature. 

Forms were due back last week.

If you are have not done so please do as soon as possible.

2013 VCE/VCAL CAREERS TRIP FOR YEAR 11

Sunday, August 11th – Tuesday, August 13th

I am seeking expressions of interest from students and parents regarding participation in the Excursion. Please read the Expression of Interest form, add extra comments and ideas, sign and return so as planning can commence.

Deposit of $100 per person will be required by Friday, May 3rd.

Please see me if you have any concerns or questions.

UNDERGRADUATE MEDICAL ADMISSIONS TEST (UMAT)

A Mildura based preparation program will be available for interested students in Year 11 & 12 on Saturday, June 22nd & Sunday, June 23rd.

The UMAT will be held in Mildura Wednesday, July 31st.

You will need to sit the UMAT if you are interested (or think you might be interested) in any of the following careers:

- Medicine,
- Dental Surgery,
- Clinical Sciences
- Vision Sciences
- Health Sciences (Dentistry)
- Oral Health Science
- Optometry
- Medical Science,
- Physiotherapy
- Medical Laboratory Science

Registrations open early April and close Friday, June 7th.

More information is available from the Careers Office or the UMAT website http://umat.acer.edu.au.

2013 EXPERIENCE LA TROBE EVENTS!

Designed especially for Year 10, 11 & 12 students and their parents, Experience La Trobe offers a taste of what it’s like to be a uni student for a day.

Workshops will include sought-after areas of interest, including physiotherapy and podiatry, animal and veterinary biosciences, agricultural science, law and sport journalism.

- Bendigo: Friday, July 12th
- Melbourne: Wednesday, July 10th

Information brochures are available from Sue Sly.

SOUTH AUSTRALIA COLLEGE ACCOMMODATION APPLICATIONS FOR 2014

Aquinas College - applications close by June 30th
St Anne’s College – No closing date
St Marks College, Lincoln College, Flinders Housing Open July August 2012

MARCUS OLDHAM COLLEGE – scholarships on offer for students enrolled in the Farm Business Management, Agribusiness and Horse Business Management Courses at Marcus Oldham which offers direct financial assistance towards students’ fees. Scholarships are aimed at providing financial assistance towards the tuition fee for the respective course and are generally available for the first year of study and in some cases for subsequent years.

Visit www.marcusoldham.vic.edu.au or Marcus Oldham College 2014 Scholarship Program for all the information on application closing dates and interview times.

INDIGENOUS STUDENT EXPERIENCE MONASH DAY

Is an opportunity for Year 9, 10 & VCE students to come along and get hands on experience of what Monash has to offer.

When: Wednesday, June 5th

Time: 10am 2.30pm including lunch and campus tours.

RSVP: Monday, May 20th, to Kristel.keleher@monash.edu.

WONDERING WHAT TO DO IN THE FUTURE?

myfuture is Australia’s career information & exploration service. You will find current career information, articles and links to thousands of resources to assist you on your career journey.

My Guide is your personalized career exploration service.

I do activities to build your career profile, explore career ideas, consider career options and develop your career plan. You can revisit your My Guide account at anytime to update and review your information.

The Facts Access information on career related topics. Select a topic and search, browse or read through detailed information.

Take a tour of myfuture http://www.myfuture.edu.au/

YOUTHCENTRAL - is the Victorian Government’s website for young people, providing information about jobs and careers, study and training, and opportunities for young Victorians.

youthcentral features a huge range of tools and information which is available to young people to learn more about job-seeking, career planning and employment ………

What’s on youthcentral?

- Jobseeker toolkits,
- Industry profiles
- Work options,
- Planning your career,
- How to find a job
- Applying for jobs
- Job Interviews
- Starting out and finishing up
- Employment rights
- Problems in the workplace
- Apprenticeships & traineeships
- Volunteering & work experience
- Starting your own business
- Dream job gallery

www.youthcentral.vic.gov.au

Sue Sly

Careers Coordinator
SECONDARY LIBRARY NEWS:

All books must be put through the computer. If Prue is not in the library there is a sheet that must be filled in – the name of the book & the white barcode number on the back top right hand corner of the book.

When returning a book do exactly the same thing.

If these instructions are not followed students will not be able to borrow books.

Prue Munro
Librarian

WOOLWORTHS ‘EARN & LEARN’:

Whilst we encourage local shopping we understand that some people do shop out of town.

Please collect your stickers from Woolies and leave them at either campus office.

This is a worthy promotion as our students benefit from it. As our tally increases we are able to select from a range of products including arts & crafts, sporting goods, English resources and science equipment.

Free Legal Advice about Child Support

Date: May 9th
Time: Free half hour sessions between 10.00am and 5.00pm
Venue: Mallee Family Care
122 Ninth Street
MILDURA VIC 3500

Please phone (03) 9269 0408 or 1800 677 402 for an appointment during business hours.

The College is seeking donations of unused hay feeders to suit large square and round bales.

Please contact Nathan Binks at the Secondary College if you are able to assist.

Bollywood style play

- Saris
- Indian style kaftans
- Jewellery
- Etc

Cinderella or the Story of Bigfoot
Camps 2013

Below is a list of camps planned for 2013 and the approximate costs associated with each.

Camps may be paid in instalments but need to be paid for before the camp takes place.

<table>
<thead>
<tr>
<th>Year Level</th>
<th>Venue</th>
<th>Dates</th>
<th>Approximate Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>P/1/2</td>
<td>Primary School</td>
<td></td>
<td>$20.00</td>
</tr>
<tr>
<td>3/4</td>
<td>Bendigo</td>
<td>Term 4</td>
<td>$275.00</td>
</tr>
<tr>
<td>5</td>
<td>Lake Cullulleraine</td>
<td>Term 4</td>
<td>$220.00</td>
</tr>
<tr>
<td>6</td>
<td>Melbourne</td>
<td>Term 4</td>
<td>$415.00</td>
</tr>
<tr>
<td>7</td>
<td>Grampians</td>
<td>9/9 - 13/9</td>
<td>$300.00</td>
</tr>
<tr>
<td>8</td>
<td>Anglesea</td>
<td>9/9 - 13/9</td>
<td>$350.00</td>
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<td>9</td>
<td>Rubicon</td>
<td>29/10 - 2/11</td>
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<tr>
<td>10</td>
<td>Canberra</td>
<td>6/5 - 11/5</td>
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<tr>
<td>11</td>
<td>Melbourne - Careers</td>
<td>August</td>
<td>$250.00</td>
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**BUS TRAVELLERS**

**Primary Students**

Parents of Primary Campus students are asked to please send a note or make a phone call to the office when your child/ren are not going to travel on the bus. If we do not receive a note or phone call, your child will be required to travel on their designated bus.

**ANAPHYLAXIS**

Parents are reminded that there are some anaphylactic students at the Primary Campus. When packing your child’s lunch please think about whether it has nuts or eggs and if so, please explain to your child the importance of not sharing food as some ingredients may prove harmful to other students.

**PAYMENT OF ACCOUNTS:**

Parents/guardians are reminded that school fees are due and payable now.

Money can also be paid for Technology, Textiles, Netbooks and camps & excursions.

Cheques are to be made payable to Ouyen P-12 College or you may pay via EFT.

BSB - 063-732
A/C - 1000-1994

Please use your child's name as a reference.

Bobbie Stacey
Business Manager
School Camps & Excursions: Asthma

If your child has asthma, attending school camps and excursions can introduce them to new asthma triggers especially if they are going into new environments. It is essential that your child can participate fully and safely in all school activities. The following is a list of considerations to make for your child before they go on school camp or an excursion:

- Is your child’s asthma currently well controlled (e.g. no symptoms at night, reliever use less than 3 times per week)?
- Has your child had an asthma attack or asthma symptoms recently?
- Does the school have an Asthma Action Plan for your child?
- Has the school asked you to complete a School Camp and Excursion Medical Update Form?
- Does your child have their reliever medication and spacer on hand at all times?
- Are they attending with any other medications to be taken on the camp/excursion? If so, are there sufficient instructions to staff for use/dosage?
- Does your child self-administer their medication? If so, has their technique been checked recently?

For more information please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au.

Asthma and Complementary Therapies

Complementary or alternative therapies are becoming increasingly popular in Australia, and many people seek out complementary remedies to support their health. As with any health condition, if you or a family member have asthma and are considering using complementary therapies, we strongly advise that you communicate with your doctor about your asthma treatment. They may even be able to suggest safe therapies to try! It is equally important to communicate to any complementary therapists about your asthma so that they can avoid treatments that are known to potentially make ones asthma worse.

Complementary therapies considered safe for asthma are: exercise programs, vitamin D, low-salt diet, some Chinese herbal medicines, some Indian (ayurvedic) herbs, music therapy, tai chi, buteyko (breathing technique).

Complementary therapies considered potentially unsafe for asthma are: inhaled salt (small risk of a fungal respiratory infection), echinacea, bee pollen or royal jelly (propolis), and products containing aspirin.

Remember, response to treatments and medications differs between people. Make sure you or your children continue taking any asthma medications prescribed unless otherwise instructed by your doctor. Stopping asthma medications suddenly can result in worsening asthma symptoms and even an asthma attack. For more information regarding complementary therapies and asthma please refer to The National Asthma Council (NAC) http://www.nationalasthma.org.au/ or contact The Asthma Foundation of Victoria for your free copy of the new NAC Asthma & Complementary Therapies brochure.