Inter-house Athletics
We have held House Athletics competitions for both campuses this week. Our secondary athletics, held on Monday, saw Insignia as worthy winners on the day. However, the positive spirit of competition made all our students winners and I congratulate all who participated or helped in any way.

Our Primary Athletics carnival was held on Thursday with some extremely excited and colourfully decorated students ready to go at 10.00am. Olympic took the honours on the day and again the competition was very positive.

Thanks must go to Mrs Lonergan and Mrs Michelle Morrish as our secondary and primary sports coordinators. These events take a great deal of work. Our appreciation also goes to Mr Geoff Amos for his work in preparing and organising the grounds.

Years 7 and 8 Camps
There has been a change to the camping program for years 7 and 8 for this year. This change has been brought about by a mix up in bookings. A combined 7/8 camp to Anglesea will now take place in November. Letters have gone home tonight with students explaining the changes and we apologise for any inconvenience.

Careers Camp
Our Year 11 students and many parents head to Melbourne on the Careers Camp on Sunday. The purpose of this experience is for students to see what is on offer regarding tertiary courses to assist with pathway planning for the future – though I am sure some socialising will be had as well!

Year 10 Work Experience
Our Year 10 students head off to Work Experience in a variety of locations next week. Again, this program is aimed at assisting students to plan their career pathways and assist with future subject selection to enable this to happen.

Principal

Insignia House Captains Lynden Burns & Laura Gloster were very pleased to accept the Athletics Cup after their team’s win at the Secondary Athletics Sports on Monday.
CULTURAL PERFORMANCES:
A correction: A notice was sent home last week regarding our two approaching Cultural Performances. The second performance advertised, “A Swag of Tales” is for P-6 students and will take place at the Primary Campus. Therefore, secondary students need only pay for the first performance “The Sousaphonics” and Primary students need to pay for both. My apologies for any confusion and inconvenience caused.

Electronic Tuner: One of these magic little gadgets has gone missing from the Primary Campus music resource collection. Please check belongings and keep an eye out around the school.

October 18-20th
The information for this great occasion is to be found at www.patchewollockmusicfestival.com.au

We are planning ukulele and guitar items from Years 5-8 from Ouyen P-12 as per the invitation from the organisers, at this festival. Please keep the dates open.

Shelley Woodall

THOUGHT FOR THE WEEK:
Nothing in life is to be feared, it is only to be misunderstood.

Marie Curie

100 DAYS CELEBRATION

Next Tuesday, August 13th, our Prep students will be celebrating 100 days of school. It is a very exciting time and we are having a celebration to show how well we know the number 100.

Parents, family & friends are invited to drop by to help us celebrate. It will begin at 11:30 on Tuesday in the Prep room, followed by a shared lunch at 1:00.

Please come along and help us celebrate.

If you have any questions please see Miss Kate Byrne.

AUSIE OF THE MONTH

Makenzie Clarke is pictured with our College captains after being presented as the Aussie of the Month.

Makenzie has won the award for picking up rubbish, being a good friend and helping others.

PRIMARY CAMPUS AWARDS

STUDENT OF THE WEEK:
PREP: Oscar Binks
YEAR 1: Aiden Lennon
YEAR 2: Joel Grace
YEAR 3: Aden Pengelly
YEAR 4: Brodee Lennon
YEAR 5: Amber Munro
YEAR 6: Bailey Pengelly

STUDENT AWARD:

TIDY ROOM AWARD:
Years 2

ATTENDANCE BEAR:
Year 1

Year 1 girls with their shakers. They were doing an activity that helps them recognise and respond to fast and slow music.
UNDERBOOL SPORTS
The Underbool athletic sports will be held next Friday, August 16th. The first event will commence at 10am.
We would be very grateful if some parents were available to assist with the setting up of the oval at 8.30am. It is a very big job to organise the equipment and “many hands make light work”. Please give the primary campus a call if you are available.
**Students are asked to wear a maroon t-shirt when representing Ouyen P-12 College.**
Students will walk to the senior campus oval as a whole school after the roll is taken.
The students will be placed into their age groups and a group leader will be assigned to assist them throughout the day – to get them to events, to organise drink and lunch breaks and toilet breaks.
Parents are asked not to take their children from the group, unless they have advised the supervising teacher.
Events are scheduled to take place each half hour and the coordinator of the events will follow the time table as closely as possible to enable working parents to come and watch their children.
The winning school, age group champions and event champions will be announced at the conclusion of the carnival.
At the completion of the day, students are able to go home with their parents, but they must let their class room teacher know. Students cannot go home with anyone else, unless a note has been written by the parent giving permission.

WHAT TO BRING
Students will need to bring the following:
- A packed lunch
- Water bottle
- Warm clothes

NO BIKE RIDING GROUP FRIDAY, AUGUST 16TH DUE TO THE UNDERBOOL SPORTS.

Congratulations to all students for their fantastic efforts at the athletic sports yesterday – the results will be published in the newsletter next Friday.

A huge thank you to the following people:
- All staff and parents who assisted on the day to ensure the events ran smoothly
- Year 11 PE class and Year 9 class for their assistance
- Mr Geoff Amos for the hard work in ensuring the oval was in peak condition and for marking out the running tracks – his assistance is invaluable
- Underbool and Walpeup primary schools for coming to the rescue with their hurdles!!

Emily Phillips proudly displayed her allegiance to Olympic at the Primary Campus Athletics Sports yesterday.
**INＳIｇＮＩＡ ＶＩＣＴＯＩＲＩＯＵＳ ＯΝ ＴｈＥ ＴＲＡＣＫ**

A warm day with occasional cloud cover provided almost perfect conditions for our Inter-house competition which was keenly contested as Olympic and Insignia battled it out on the Athletics field. It was great to see the majority of our students competing with enthusiasm & friendly rivalry. This year Insignia 346.3 was victorious over Olympic 321.1.

Congratulations must go to all students from both houses who participated in numerous events, many filling in at the last minute when called upon by their house captains. Also, a big thank you to the students that competed out of their age groups for the day, enabling their house to have representative in all events for each age group and those students who were unable to compete, but helped out over the day.

Well done to 2013 Open Champions
Larraine Ralph & Luke Coates

**Record Breakers 2013**

(Previous record holders in brackets)

Jake Cresp B12/13 Yrs Shot Put 11.10m
(Aron Morrish, 10.71m, 2009)

Jake Cresp B12/13 Yrs 200m 29.5s (equal)
(Dayle Manley, 29.3, 1985)

Jack Cook B14Yrs Shot put 9.15m
(Kade Lonergan 9.15m, 2011)

Jack Cook B14Yrs Javelin 35.00m
(Will Grigg, 25.92m, 2011)

Madeleine Hahnel G14Yrs Javelin 16.59m
(Hannah John, 13.30m, 2012)

Larraine Ralph G16Yrs Javelin 28.15m
(Iesha Corp, 12.72m, 2011)

Insignia Boys 14Yrs B Relay 1:08.4
(Olympic, 1.09.6, 2007)

Tayla Willsmore G17 Yrs Shotput 10.20m
(Laura Gloster, 8.49m, 2012)

**SSV MALLEE DISTRICT ATHLETICS TEAM**

The selected team is on the Noticeboards around the school. Challenges by students who were unable to compete in events on Monday or to fill * places must be completed by the end of next week (with the exception of Year 10s), either in Sport or at Lunchtimes. Year 10’s may challenge in the following week, after work experience.

All challenges must be supervised by a Sports Teacher.

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**FORTHCOMING DATES**

SSV - MD Athletics
Tuesday, September 3rd
Ouyen

SSV LMR Athletics
Thursday, October 10th
Bendigo

**THE MORE WE DO FOR OTHERS, THE MORE WE DO FOR OURSELVES**

Mallee District Athletics Sports are fast approaching and we will again require assistance from our parent body to run events. At present we have had very minimal offers of assistance. If you can help at this sporting carnival, could you please let the sports staff or General Office know. The date is listed above.

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**LUNCHTIME TRAINING**

**MONDAY, TUESDAY**

**WEDNESDAY**

**THURSDAY**

MD Athletics Team

**TUESDAY & THURSDAY**

Compulsory Relay Training

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**OUYEN P-12 2013**

**AGE GROUP CHAMPIONS**

12-13 YEARS
1. Demi Elliott Charlie O’Connor-Byrne
Jace O’Connor-Byrne & Jake Cresp
2. Charlotte Vine
3. Megan O’Connor
Lockie McCormack
4. Allie Winslow
Adam Morrish

14 YEARS
1. Parris Linklater
Harrison Jolly
2. Tennille Smith
Riley O’Connor-Byrne
3. Madeleine Hahnel
Tom Morrish
4. Charlee Pengelly
Jack Cook

15 YEARS
1. Ellen Morrish
Matthew Cresp
2. Sarah O’Connor
Aidan Down
3. Grace Woodall
Jacob Grigg & Harry Lynch
4. Taylah Shaddock

16 YEARS
1. Ellie Morrish
Ethan Davies
2. Ashlee Morrish
Samuel Mead
3. Kelsey Richardson
Kade Lonergan
4. Charlotte Nixon
Bryce Kerr

17 YEARS
1. Tayla Willsmore
Jaeden Corbett
2. Tori Linklater
Zac Harker
3. Esther Manley
Keith Griffin
4. Caitlin Vine
Gus Lynch

18-20 YEARS
1. Stephanie Boyd
Lynden Burns
& Thomas Elliott
2. Kate O’Connor
Toby Simmonds
3. Laura Gloster
Adam Funcke
4. Laura Down

OPEN
Larraine Ralph and Luke Coates

As always, **MUCH APPRECIATION** goes to Geoff Amos and Sue Sly who worked tirelessly, often in their own time, to ensure the Athletics Sports are a success.

**THANKYOU** to the parents who helped throughout the day at the House Athletics Carnival. Your assistance is vital to the successful running of these important events. Also, to all staff members who worked on the various events and in the recording shed all day.
▲ Larraine Ralph & Luke Coates were the Open Champions for 2013.
SECONDARY ATHLETICS

GREAT JOB
CAREERS NEWS

YEAR 11 CAREER TRIP UPDATE
Activities for the three days include
**Sunday 11th**
*Departure Time: 5am* School bus stop
*Speed Pick Up: 5:20am*

Open Day possibilities –
*RMIT City & Bundoora,
*Australian College of Sports Therapy
*Academy of Design
*ACU

**Monday 12th**
Presentations and Tours at:
*University of Melbourne & University College
*The Walter & Eliza Institute of Medical Research
*La Trobe Bundoora.

**Tuesday 13th**
Presentation & Tour of:
*University of Ballarat - Mt Helen
*Estimated time arrival in Ouyen is 5.30pm

**Accommodation is at Parade Inn, Parkville.**
Breakfast on Monday is included in the cost. All other meals & movie are at your own expense.

Covered in shoes are a requirement at WEIM and the evening entertainment.
Students are encouraged to bring snack food and drinks.
Staff attending - Ben Harrow, Michelle Morrish & Sue Sly

OPEN DAY
VTAC/SATAC APPLICATIONS (including SEAS & Scholarship)
Open Monday, August 5th. Year 12 students and parents are welcome to make an appointment if assistance is required.

UNI S.A / ADELAIDE UNIVERSITY BUS TRIP
**Sunday, August 18th.** This invitation is open to all interested students and parents. Names and payment to Sue Sly (there will be a charge for the bus). Accommodation tours can be arranged

**LA TROBE MILDURA NEWS**
Visual Arts and Graphic Design Folio Preparation Workshop
**Thursday, September 26th**
This free folio preparation workshop is open to any student applying for any Visual Arts or Graphic Design course at any University. It will be held in the September school holidays. We would strongly encourage students to take up this opportunity. You can register online. A flyer will be distributed to schools soon. More information is at this link http://www.latrobe.edu.au/events/all/visual-arts-and-graphic-design-folio-preparation-workshop

Stat Preparation Workshop – Saturday, October 5th
Our free STAT preparation workshop will be held on Saturday, October 5th. Students register online. Lunch and refreshments will be supplied. More information is located at this link http://www.latrobe.edu.au/events/all/stat-preparation-workshop

Mildura Campus Open Night – Wednesday, August 14th

UNI S.A - Future student events and information sessions
**Health:** The Inside View, Sunday, September 15th, City East.
**Built Environment Preview Day:** Sunday, September 15th, City East
**Taste of Business & Law Careers:** Tuesday, September 17th, City West.
**Magill @ Twilight:** Wednesday, September 18th, Magill Campus
**Switch On:** Mawson Lakes Thursday, September 19th, Mawson Lakes Campus.
**Design West:** Friday, September 20th, City West Campus


VICTORIA UNIVERSITY

**BE AN ENGINEER FOR A DAY**
Do your students want a taste of the engineering world? Engage in three hours of hands-on activities designed to promote Engineering and Science to Year 7–10 students. Students can participate in activities such as Wind Turbine Design, Tsunami or Aerodynamic Drag.

For more information or to make a booking contact Tricia Fidler at tricia.fidler@vu.edu.au

**BE A CHEMIST FOR A DAY**
To encourage curiosity about what a chemist does, this program offers Year 9 and 10 students practical activities across a range of chemistry topics and includes 2.5 hour practicals (9.30am – 12pm or 12.30-3pm) at our Werribee Campus from August 26th – September 18th. Topics include synthetic organic chemistry, magnetic particle technology, conductivity, electrochemistry, chromatography and spectroscopy.

For more information or to make a booking contact Santa Giordano on 9919 2103 or email santa giordano@vu.edu.au

And some other handy hints:
Find a course  http://www.vu.edu.au/courses
Events  http://www.vu.edu.au/news-events/events

FLINDERS UNIVERSITY

Bachelor of Arts, Enhanced Program for High Achievers – New in 2013
Enables high achieving students to maximise their intellectual growth and potential coupled with the flexibility to create their idea program of study

Popular majors include:
* English
* History
* Screen, Media and Drama,
* Sociology
* Criminal Justice
* Legal Studies
* Political studies
* International relations
* Psychology
* Philosophy
* Languages

New in 2014 Bachelor of Media Arts
This degree provides you with skills ranging from digital media and graphic design, all the way through to screen production, shooting and editing.

LE CORDON BLEU ADELAIDE OPEN DAY

Wednesday, August 21st
www.lecordonbleu.com.au

Sue Sly
Careers Coordinator
COMMUNITY

**VO**

**lunteers NEEDED:**

Currently volunteers of Mallee Track provide a service to deliver meals to the homes of the elderly in the Ouyen township.

This is provided under two runs around the town of approximately 8-10 meal deliveries each day.

Our wonderful band of volunteers are often away for periods of time or declining in years themselves and we are experiencing difficulty in finding enough volunteers to assist.

If anyone has a spare hour, once per month or even with a buddy this could be once per two months, we would really appreciate hearing from them.

All enquiries can be directed to Renae Bonica at Community Link on 5092 2133.

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**Dear Student,**

Grief and loss are issues that affect all of us at some stage of our lives.

At Ouyen P-12 we recognise that life can be a little difficult when changes occur in families through death, separation, divorce or related circumstances. We are therefore offering a very successful program called *Seasons for Growth.* This program is an opportunity for you to learn with a small group of peers who have experienced similar issues.

The program will help you to learn new skills to cope effectively with change and loss. It focuses on developing strengths in areas such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and building support networks.

*Seasons for Growth* is not counselling. It is an education program that uses a wide range of creative activities to help you learn how to manage well in times of change.

*Seasons for Growth* has been timetabled to run for eight weeks and each weekly session is approximately 40 – 50 minutes. The program concludes with a ‘Celebration’ session. Later in the year each group will have the opportunity to meet for two further sessions to build on earlier learning.

IF YOU ARE INTERESTED IN BEING INVOLVED IN *SEASONS FOR GROWTH* PLEASE COMPLETE THE FORM BELOW AND RETURN IT TO THE GENERAL OFFICE BEFORE MONDAY, AUGUST 19TH.

Books will need to be ordered so I need a response by this date if I am to run the program this year.

Marie Kilpatrick
Student Wellbeing Worker

_____________________________ (Print Name) am interested in attending the *Seasons for Growth* program.

_____________________________ Age __________

Student Signature Parent/Guardian Signature
Sheep Sale Roster:

August 15th
Workers:
Raelene Vine (50921598)
Sallyanne O’Connor-Byrne
Cooks:
Jacqui Burstall
Stuart Floyd
Kathryn John
Megan Alger

August 22nd
Workers:
Tracie Corbett (50941368)
Di Boseley
Cooks:
Lois Manley
Francey Brown
Nicole Magnisalis
Lynne Coates

August 29th
Workers:
Donna Nihill (50921047)
Rosey Cattanach
Cooks:
Harmony Newman
Lois O’Callaghan
Debbie Arnold
Joanne Mallinson

Top job – to all students and staff involved in an entertaining Revue; it’s being well-hailed. Congratulations to all who participated in the Athletics Carnivals: some great efforts and terrific sportskidship on display. Well done.

Meeting: Our next meeting will be next Monday, August 12th and we will be meeting at the Walpeup Primary School, Glen St., Walpeup from 7pm. We hope a number of parents from the Walpeup – Underbool area will come and join us. We are looking forward to some new faces and perspectives. A car will be leaving from the Primary Campus in Ouyen at 6:30p.m. If you’re planning to go from Ouyen, please let Raelene or Justine know so we don’t go without you.

Conference: The Annual Parents’ Victoria Conference and AGM will be held at the Melbourne Zoo next Wednesday and Thursday. It will be opened by Minister for Education, Martin Dixon MP. The conference theme is An Elephant in the Room and revolves around many issues that are often avoided, tip-toed around, or simply not understood. The program looks fascinating.

See the PV website www.parentsvictoria.asn.au for further details about the speakers and program.

Catering: Year 5 and 6 families are looking after the Farm Safety Day catering. Check in with Donna Nihill to see what else might still be required 0428142656. Thanks.

Mosman Mothers’ Club: FYI Parents are the #1 positive influence in the lives of their children. The Mosman Mothers’ Club is a site dedicated to assisting parents to support and motivate their school-aged children.

Parents can download a range of resources that will help them deal with the challenges of getting their child through the next stage of their development.

The Mosman Mothers’ Club website also provides parents with a library of FREE resources to understand their child’s educational needs. Visit the Mosman Mothers’ Club at www.mosmannmothersclub.com

Interested in IQ? Intelligence is NOT fixed. “You can help your children to use their brain well. Connecting ideas, linking words with pictures, pictures with sounds, developing their concentration and memory skills [These will not only help through school but into leisure and work] help them to become resilient learners who do not give up at the first sign of difficulty. They know that they sometimes won’t get everything correct the first time they try. They persist. They know that success involves having a go and living by your wits even though you don’t always know what the outcome will be.

This doesn’t mean rushing them to learn before their time, and it certainly doesn’t mean pressuring children to be the fastest reader, the youngest writer or the slickest number cruncher, rather it’s giving them opportunities to learn that learning can be fun. It’s important to expand kids but not to accelerate them.

Andrew Fuller – Help Your Child Succeed at School

Inyahead Press, Queenscliff, Vic.

Justine Cresp – President
Raelene Vine – Secretary

August 14th
Year 8 students
BYO lunch & drink
School uniform must be worn
Forms have been sent home with each student.
Please return them to the Office ASAP.
SECONDARY NEWS

Whole New World

In introducing their children touggletoys is another way to engage the young minds and help them understand the importance of play. The toys can be used to teach colors, shapes, and numbers, and can also be used to promote creativity and imagination. Children can also learn to cooperate and share with their peers while playing with the toys.

Family Life Victoria

Learning Together - All Students

Comments from 2012 attendees.