**Exciting Times!**

Our first full week at school for 2014 has gone very smoothly within the school gates. Classes are in full swing and everyone is settling into the new surroundings. The cooler weather even allowed the P-4 children to explore the new playground and sand pit. There is still a lot of work to be done to the rest of the grounds but this is well underway with the tennis courts taking shape at the moment.

We have had some confusion with the traffic around the school with a war of words apparently erupting on the Facebook page – Ouyen Buy, Swap and Sell. I would have thought that contacting the school would be a more effective and appropriate method of solving the problem and thank those who did. We are working with the Mildura Shire Traffic Management department to ensure the safe movement of students to and from school. There is a need to study traffic patterns before making any long term decisions. At present we are asking students walking to school to enter or exit via the gate into Matheson St or the gate near the school crossing on the highway. Parents picking up or dropping students off are asked to parallel-park on Fuller St to do so. Bike riders may continue as at present, parking at the front of the administration building. We ask everyone to take extra care driving around the school and to observe the 40 km per hour signs.

**College Responsibility Positions**

I would like to congratulate our new 2014 College Captains – Caitlin Vine and Xavier Healy. I am sure they will represent the students at our school admirably. I would also like to congratulate Tori Linklater on being chosen as our Music Captain as well as our new House Captains and Vice Captains who are listed in the sports reports.

Also elected last week were our Primary and Secondary SRC representatives and our Bus Captains.

Our Investiture Ceremony will be held shortly.

---

** Diary Dates **

February

- Thursday, 13th - Secondary House Swimming
- Thursday, 20th - Primary Swimming Sports
- M.T.W. 24/25/26 - Year 10 First Aid

**SWIMMING:**

Does your family have a Season Pass for Ouyen Swimming Pool? If so, please let the General Office know so we do not bill you for swimming sessions during our school program.

If you would like a printed copy of the Newsletter please advise the General Office.

Newsletters are available online at [www.ouyenp12college.vic.edu.au](http://www.ouyenp12college.vic.edu.au) and are available every Friday. As of next week a paper copy of the newsletter will only be distributed on request.

**PRINCIPAL’S REPORT**

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**College Responsibility Positions**

I would like to congratulate our new 2014 College Captains – Caitlin Vine and Xavier Healy. I am sure they will represent the students at our school admirably. I would also like to congratulate Tori Linklater on being chosen as our Music Captain as well as our new House Captains and Vice Captains who are listed in the sports reports.

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Our Investiture Ceremony will be held shortly.

---

**Leanne Dawes**

Principal
IMPORTANT INFORMATION

CHANGED MEDICAL CONDITIONS:
Please remember to inform the school if your child develops a medical condition or allergy which you may not have included on your original enrolment form. It is extremely important for us to have accurate medical records if an emergency occurs.

CHANGE OF ADDRESS OR PHONE NUMBER:
If you have recently moved, changed your phone number or changed employment, please advise the school. We require the correct address and contact numbers in an emergency.

VISITORS:
All visitors to our school, including parents, are expected to report to the Office to SIGN IN.

HATS:
All students must wear a hat in Terms 1 & 4.

BUS TRAVELLERS:
Primary Students
Could parents 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 have a note or have not received a phone call, your child will be required to travel on their designated bus. Families of new students who require a bus travelling form are asked to pick one up from the General Office, if you have not already done so. Please return them ASAP.

WATER BOTTLES:
Students are permitted to bring a pop-top water bottle to school, to fill with water for class use. They are particularly important in hot weather. Please ensure the bottles are named.

SCHOOL BANKING:
A reminder to all parents that school banking will be on Wednesdays.

PRIMARY ART:
It would be appreciated if families could please collect the following items for use in the P-4 Art program please.
- Unwanted CDs.
- Sturdy, large cardboard lids, such as from shoeboxes.
- Old magazines (please check for and remove unsuitable content first). Unwanted hobby magazines are especially useful.

Mrs Woodall will happily collect these items.
Thank you everyone.

Active After Schools Term 1
The Australian Government’s Active After-school Communities (AASC) program is a national initiative that provides primary school children with access to free sport and other structured physical activity programs in the after-school time slot of 3.30pm to 4.30pm.

Ouyen P-12 College is lucky enough to be participating in this program with AASC kicking off next week on Tuesday, February 11th with indoor games and table tennis with Mrs Morrish & Mr Stoetzer. Students from Prep through to Year 6 are encouraged to come along for a healthy snack and some fun games and activities.

AASC starts as school ends with a healthy snack and then finishes at 4:30. Parents can pick up students from the front of the Community Centre and are encouraged to be prompt with pick up at the end of the session.

Students who are interested in joining the program will need to register at the office and if there are any questions please feel free to contact the school.

EMA:
To be eligible for the EMA:
- Your child must be under the age of sixteen; and
- Your child must be enrolled at a primary or secondary Government or registered school in Victoria on, 28 February 2014 for the first instalment and 1 August 2014 for the second instalment; and
- You must on 28 January 2014 for the first instalment* and 14 July 2014, for the second instalment:
  - be a parent or legal guardian of the student; and
  - be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, be a holder of Veterans Affairs Gold Card or be an eligible Health Care Card (HCC) or Pensioner Concession Card (PCC) holder or
  - be a temporary foster parent.

You must on 28 January 2014 for the first instalment and 14 July 2014, for the second instalment:
- be a parent or legal guardian of the student; and
- be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, be a holder of Veterans Affairs Gold Card or be an eligible Health Care Card (HCC) or Pensioner Concession Card (PCC) holder or
- be a temporary foster parent.

Submit your application to the school by the due date:
- 28 February 2014 for the first instalment*
- 1 August 2014 for the second instalment.

* Please note: you only need to make a second application in August if your child changes schools between March and August.

The Pension Concession Card (PCC) or Health Care Card (HCC) is subject to electronic confirmation with Centrelink to verify that the cardholder is receiving a benefit.
Welcome back to what promises to be a busy term for the students in the primary campus with their sporting program.

A big thank you to everyone who assisted with the 2013 sporting program, especially the following people for their extra time and effort:

♦ Mrs Simmonds for organisation of sheets and scoring duties
♦ Mrs Elliott for assistance with scoring duties
♦ Mrs Patching for placing information in the newsletter each week
♦ Mr Amos for his work in packing up, setting up and organising the grounds for the various carnivals
♦ Miss Burns and Mr Stoetzer for assistance organising students and sports teams during the year
♦ Mrs Bree Scott, Mrs Fiona Scott and Mrs McKay for sharing their photos for the newsletter and student learning diaries
♦ To parents and students who assisted with the swimming program at the beginning and end of the year
♦ Year 11 Physical Education and Year 9 Community Groups who assisted at carnivals throughout the year

UNDERBOOL TENNIS TOURNAMENT

The Underbool tennis tournament will be held on Wednesday, February 12th. The students selected to represent the school have received information and we wish them the best of luck. They will be competing against schools from the Underbool competition. Final results and details will appear in the newsletter next week.

SWIMMING PROGRAM

The 2014 swimming program commenced this week, with all primary students enjoying some time at the pool during the week. Students have been given a time table to take home for parents – if you do not have one, please contact the school. Children are reminded to bring bathers, sunscreen, towel and a rashie for each swimming lesson. If the children do not have a season’s pass, they need to pay $1.75 for each swim. It would be appreciated if students could bring this to school in an envelope with their name clearly written on it.

SWIMMING SPORTS

The primary campus swimming sports will be held on Thursday, February 20th. Further information will appear in the newsletter next week.

The program is divided into two sections – with the junior students swimming in the morning and the seniors swimming in the afternoon. The program is included in this newsletter.
SECONDARY SPORT

2014 HOUSE OFFICIALS

Congratulations to the following students who were elected by their peers to the prestigious House Official positions.

LINGNIA

Captains
Tayla Willsmore
Gus Lynch

Senior Vice – Captains
Lewis Hahnel
Alicia Hogan

Junior Vice – Captains
Ebonnie Summerhayes
Aidan Down

OLYMPIC

Captains
Lauren Morrish
Jaeden Corbett

Senior Vice – Captains
Tori Cook
Tim Gloster

Junior Vice – Captains
Ellen Morrish
Harry Lynch

SWIMMING COSTS

The YMCA has collaborated with the MRCC to determine the cost to School Pool Users. There will be no extra cost to students who have a Seasons Ticket, and the normal entry fee of $1.75 is to be paid by students who do not have a Seasons Ticket every time they go to the pool.

FORTHCOMING DATES

Thursday, February 13th
P-12 Senior Campus
Swimming Carnival
Ouyen, 9.15am - 2.00pm

Friday, March 28th
Mallee District
Swimming Carnival
Mildura

Wednesday, March 26th
O.S.C. Biathlon
Ouyen

Tuesday, March 18th
Northern Zone
Swan Hill

SWIMMING SPORTS

The house captains are busy working on teams and are looking forward to the cooperation of their house members. Students will go directly to the pool to enable them to begin at 9.15am.

Competitors are reminded of the following rules:

♦ Breaststroke and butterfly must finish with a two handed touch.
♦ Backstroke must be finished on the back, with one hand to wall.
♦ Swimmers must not push off onto their stomachs in backstroke turns.
♦ There will be no running dives allowed. No diving in the shallow end.
♦ Breaststroke kick must be uniform, both feet on the same level, moving at same time.
♦ All competitors must wear a swimming cap of the house colour.
♦ Girls must wear one piece bathers, lycra bike shorts are OK but no Board shorts.

Age group Championships

A swimmer must contest at least two events in an age-group to be eligible for the individual championship of that Age Group. Swimmers can count only their three best point scores towards each championship. At least two different strokes must be represented in the scores. Scores can only be counted towards one age-group championship.

The Open Championship is open to all swimmers. Swimmers can only count their best four scores. At least three strokes must be represented in the scores. All open performances are rated on the Open (U21) SRT scales.

Swimming training is offered at Ouyen and is available to all interested students. The best way to improve your fitness and technique is to attend some of these sessions.

OUYEN
Friday 5.45
Sunday 1pm
Monday 5.45
Tuesday 4.30
Work Experience / Structured Work placement Dates – 2014

Year 10 – August, 11th 15th
Year 11 – July, 14th / 18th

WORK EXPERIENCE

Work experience is part of the schools’ educational program where students experience the world of work, often for the first time. It is the short term placement of secondary school students with employers, to provide insights into the industry, and the workplace in which they are located. Students are placed with employers primarily to observe and learn

STRUCTURED WORKPLACE LEARNING is on the job training during which a student is expected to master a set of skills or competencies, related to their VET, VCAL or VCE a course

OCCUPATIONAL HEALTH AND SAFETY

Schools are required to adequately prepare students for the risks and hazards they may face in the workplace.

safe@work is an occupational health and safety program for secondary school students undertaking work experience. All secondary school students undertaking work experience must satisfactorily complete safe@work before commencing their work experience placement

Benefits of Work Experience or Work Placement

Work experience activities will help:
- You gain valuable experience that you can add to your resume
- You might get a good reference from your work experience employer that can help with job applications
- You might get invited back to do part-time, casual or holiday work, or even be offered a full-time job
- You make contacts that could help you find a permanent job
- Insight into what a job involves
- A new referee to add to your resume
- an opportunity to demonstrate commitment and reliability
- confidence in your ability to learn and become competent at new tasks
- work/life skills, such as communicating effectively, or working in teams

CONSTRUCTION INDUCTION CARD YEAR 10 WEDNESDAY 19TH MARCH

The Construction Industry Card (previously known as the “Green Card”) is an entry level requirement for all people who may need to enter building and construction sites

Date: - Wednesday 19th March 2014
Cost: - $30 subsidized by MIPPS
Where: - Ouyen P – 12 College
Time: - 9am – 3.15pm
Trainer: - SunTAFE Mildura

The College is recommending that any student who is interested in the construction industry or who is likely to complete work experience or work placement on a construction site, attend this course to gain the Construction Industry Card for Occupational Health and Safety.

This card is required for work experience in industries such as plumbing, building, carpentry, electrical, landscaping engineering and architecture. However it also can also be required by students considering options such as civil engineering and food.

If students have not successfully completed this course they will need to elect a different type of work experience or work placement.

The construction induction card is issued by WorkSafe following successful completion of induction training by an RTO.
Welcome to many new families – we hope you enjoy your journey with the new look, almost complete, Ouyen P-12 College. Best wishes to those students elected to special roles within the school – do yourselves, your families, and your school proud.

Parents Association is a school body through which parents, guardians and carers of students can meet to find out about what’s happening in the school, ask questions, make suggestions relating to school, and to support the students and staff in the education process. Added to this are the odd working bee and some fundraising for extra school resources that is mainly achieved through catering – operating the Sheep Sale Kiosk and providing catering for various events as requested during the year. The information booklet provides an outline of how the sheep sale works. We shall put more information out as required – probably on the school website. To complete the other catering tasks, we allocate the job to the families of different year levels and trust people will volunteer time, food, or cash donations to help complete the task. This has worked well over the years. We hope you continue to support it. It would help those given the task of organising some of these events if parents would consent to their phone number being made available to the catering team.

Meeting: Our first meeting for the year will be held next Monday evening [Feb 10th] in the Staff room [enter via steps], starting at 7:00p.m.. The meetings are open to any parent, guardian of the school to attend – come and find out what’s going on, meet other parents and our Principal. We try to keep the meetings fairly brief, and sometimes have guest presenters. Apologies and / or queries/ suggestions to Raelene Vine (Secretary) on 50921598 or 0407849174.

Prep for Parents – is a weekly email subscription for parents with children in Prep. It covers topics parents have said they want to know about: what children are learning in Prep; how to help your child with maths; and much more. Regularly during school terms, a new edition arrives in your email box. Each article has helpful tips and links to websites and other information Subscription is easy. Go to www.education.vic.gov.au/prepforparents

More than this, come to the school’s information sessions for all year levels, and keep in touch with staff.

Sheep Sale – Was up and running as school started. Thanks to Michelle, Kate, Des, and Tania for getting us off to a good start. Watch out for the roster and your turn. We have a new counter top fridge in the kiosk and a new insect control system. Some bench repairs will happen soon.

Thank You - For many years Kate Pohlner has taken on the role of kiosk supervisor, making sure a few things are organised for each Sheep Sale, and has done a superb job. Unfortunately for us, Kate’s children have completed their schooling and it’s time for us to ask for a volunteer to take on this role. Interested? Need to know more? Contact Raelene Vine. A huge “Thank You” to Kate for her dedication to this important, regular job.

Congratulations/ Catering – Congratulations to Miss Jacqualyn Mole on her engagement to Mark Dowall. They have asked PA to cater the wedding meal on March 29th. Please keep the date in mind. Lots more details soon!

The Catering Team needs another 1 or 2 keen people to help plan and organise – interested? Contact Bec Hynam or Raelene Vine.

Last year we raised several thousand dollars from Sheep Sale and Catering for various school projects - this can’t be done without your valuable contributions of time, skills, goods and cash.

We look forward to a great year for students, parents, and staff at Ouyen P – 12 College in 2014.

Justine Cresp – President

Raelene Vine – Secretary

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**SHEEP SALE**

**DATE:** FEBRUARY 13TH

**WORKERS**

Sam Trigg
Sharon Doyle

**COOKS**

Jenny Summerhayes
Bronwyn Greig
Sheena Coe
Melanie Shaddock

**DATE:** FEBRUARY 27TH

**WORKERS**

Yvonne Sporn
Debbie Brauer

**COOKS**

Fiona Latta
Bree O’Shannessy
Michelle Morrish
Loretta Smith

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**UNDERBOOIL/WALPEUP FOOTBALL & NETBALL CLUB**

There will be a meeting for all aspiring players on Friday, February 14th. It will be held at 7pm at the Underbool Recreation Rooms.
# PRIMARY SWIMMING SPORTS PROGRAM

## OUYEN P-12 COLLEGE SWIMMING SPORTS

**MORNING EVENTS (Commencing at 10.00am)**

<table>
<thead>
<tr>
<th>EVENT</th>
<th>EVENT</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Year 5 / 6 Boys Open Medley (4 strokes)</td>
</tr>
<tr>
<td>2</td>
<td>Year 5 / 6 Girls Open Medley (4 strokes)</td>
</tr>
<tr>
<td>3</td>
<td>Year 3 / 4 boys Medley (3 strokes)</td>
</tr>
<tr>
<td>4</td>
<td>Year 3 / 4 girls Medley (3 strokes)</td>
</tr>
<tr>
<td>5</td>
<td>Piggy back relay (Year 6 &amp; Prep)</td>
</tr>
<tr>
<td>6</td>
<td>Mixed Backstroke</td>
</tr>
<tr>
<td>7</td>
<td>8 year boy backstroke</td>
</tr>
<tr>
<td>8</td>
<td>8 year girl backstroke</td>
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<tr>
<td>9</td>
<td>7 year boy noodle</td>
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<tr>
<td>10</td>
<td>7 year girl noodle</td>
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<tr>
<td>11</td>
<td>6 year boy noodle</td>
</tr>
<tr>
<td>12</td>
<td>6 year girl noodle</td>
</tr>
<tr>
<td>13</td>
<td>Mixed breast stroke</td>
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<tr>
<td>14</td>
<td>8 year boy breast stroke</td>
</tr>
<tr>
<td>15</td>
<td>8 year girl breast stroke</td>
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<tr>
<td>16</td>
<td>7 year old boy kickboard</td>
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<tr>
<td>17</td>
<td>7 year old girl kickboard</td>
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<tr>
<td>18</td>
<td>6 year old boy kickboard</td>
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<tr>
<td>19</td>
<td>6 year old girl kickboard</td>
</tr>
<tr>
<td>20</td>
<td>Mixed freestyle</td>
</tr>
<tr>
<td>21</td>
<td>8 year boy freestyle</td>
</tr>
<tr>
<td>22</td>
<td>8 year girl freestyle</td>
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<tr>
<td>23</td>
<td>7 year boy freestyle</td>
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<tr>
<td>24</td>
<td>7 year girl freestyle</td>
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<tr>
<td>25</td>
<td>6 year boy freestyle</td>
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<tr>
<td>26</td>
<td>6 year girl freestyle</td>
</tr>
<tr>
<td>27</td>
<td>6 / 7 year noodle race (3 mins)</td>
</tr>
</tbody>
</table>

**AFTERNOON EVENTS (length of pool)**

<table>
<thead>
<tr>
<th>EVENT</th>
<th>EVENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>12 Years boy breast stroke</td>
</tr>
<tr>
<td>2</td>
<td>12 Years girl breast stroke</td>
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<tr>
<td>3</td>
<td>11 Years boys breast stroke</td>
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<tr>
<td>4</td>
<td>11 Years girls breast stroke</td>
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<td>5</td>
<td>10 Years boys breast stroke</td>
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<td>6</td>
<td>10 Years girls breast stroke</td>
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<td>7</td>
<td>9 Years boys breast stroke</td>
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<td>9 Years girls breast stroke</td>
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<td>12 Years boy back stroke</td>
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<td>12 Years girl back stroke</td>
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<td>11 Years boys back stroke</td>
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<td>10 Years girls back stroke</td>
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<td>15</td>
<td>9 Years boys back stroke</td>
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<td>16</td>
<td>9 Years girls back stroke</td>
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<tr>
<td>17</td>
<td>12 Years boy freestyle</td>
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<tr>
<td>18</td>
<td>12 Years girl freestyle</td>
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<tr>
<td>19</td>
<td>11 Years boys freestyle</td>
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<td>20</td>
<td>11 Years girls freestyle</td>
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<td>10 Years boys freestyle</td>
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<td>22</td>
<td>10 Years girls freestyle</td>
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<tr>
<td>23</td>
<td>9 Years boys freestyle</td>
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<tr>
<td>24</td>
<td>9 Years girls freestyle</td>
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<tr>
<td>25</td>
<td>Open butterfly boys</td>
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<tr>
<td>26</td>
<td>Open butterfly girls</td>
</tr>
<tr>
<td>27</td>
<td>11 &amp; 12 freestyle relay mixed</td>
</tr>
<tr>
<td>28</td>
<td>10 &amp; U freestyle relay mixed</td>
</tr>
<tr>
<td>29</td>
<td>Mixed medley relay - open</td>
</tr>
</tbody>
</table>
What Is Anaphylaxis?

Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

Anaphylaxis is a generalised allergic reaction, which often involves more than one body system (e.g. skin, respiratory, gastro-intestinal and cardiovascular). A severe allergic reaction or anaphylaxis usually occurs within 20 minutes to 2 hours of exposure to the trigger and can rapidly become life threatening.

Common triggers of severe allergies or anaphylaxis include:

**Food**

Milk, eggs, peanuts, tree nuts, sesame, fish, shellfish, wheat and soy are the most common food triggers, which cause 90 percent of allergic reactions; however, any food can trigger anaphylaxis. It is important to understand that in some people even very small amounts of food can cause a life-threatening reaction. Some extremely sensitive individuals can react to just the smell of particular foods being cooked (e.g. fish) or even kissing someone who has eaten the food they’re allergic to.

**Bites and Stings**

Bee, wasp and jack jumper ant stings are the most common triggers of anaphylaxis to insect stings. Ticks, green ants and fire ants can also trigger anaphylaxis in susceptible individuals.

**Medication**

Medications, both over the counter and prescribed, can cause life threatening allergic reactions. Individuals can also have anaphylactic reactions to herbal or ‘alternative’ medicines.

We have students at our school who suffer Anaphylactic Reactions to Foods, Bites and Stings and Medication. Our teachers are aware of the risks and work to manage the risks posed by classroom activities. We ask for parents’ support by not send Nuts or products containing nuts to school in lunch boxes.

Did you know those suffering from Food allergies resulting in Anaphylactic Reactions are at risk from:

- Some animal feed which contains food allergens eg nuts in birdseed and cow feed, milk and egg in dog food, fish in fish food.
- Chickens hatching in classroom.
- Containers used in Art classes which may contain allergens eg Nut biscuits, egg products.
- Activities such as face painting or mask making (when moulded on the face of the child), as products used may contain food allergens such as peanut, tree nut, milk or egg.
- Products such as Play Dough as nut oils have not been used in manufacture.
- Picking up rubbish – wrappers may have been used for products containing allergens such as nuts.