Friday, June 14th 2013
Term 2, Week 9

Diary Dates
JUNE
17th - Writing Competition
18th - Spelling Competition
28th - Last day of Term 2

SECONDARY CAMPUS
SCHOOL SERVICE
Lachlan Boseley &
Charlie O'Connor Byrne
Monday
◊ Free dress day
◊ Main day for jobs
◊ No student will miss English or Math classes.
Tuesday - Friday
◊ Empty bins (during afternoon Home Group time)
◊ No classes will be missed.

PRINCIPAL’S REPORT

Semester Reports
Semester reports will be sent home on June 28th in sealed envelopes. Parents are welcome to call and make an appointment early in Term 3 if they would like to discuss their child’s report with the teachers involved.

Semester Two
The school’s timetable changes in the last week of this term to reflect the beginning of Semester Two. The reason for this is that for VCE classes the school year is divided into two equal halves to ensure no subjects are disadvantaged. At our school this swap affects all classes as we have staff working at both campuses. Copies of the new timetable will be distributed to students next week.

School Revue
Students in Years 5 to 12 will be involved in preparing for the school revue over the coming weeks. The theme this year is – Fantasy vs Reality
The revue will take place on Tuesday, July 30th with July 31st a Pupil Free Day.

Dogs on School Grounds
We are once again experiencing problems with dogs on our Primary Campus grounds. Staff regularly have to clean up dog droppings from the children’s play areas. Allowing your dog to roam the school grounds is extremely anti-social and inconsiderate to the small children who use the area daily. I would ask community members to let me know if they see anyone exercising their animals on the grounds of either campus.

Head Lice
These sneaky little creatures are touring the school again so parents are reminded of the need to check their child/children’s hair regularly. Students are not permitted at school until lice and nits have been treated.

Thought for the week: No one can do everything but everyone can do something.

Principal

NURSING AS A CAREER:
Yesterday Thomas Elliott, Tayla Willsmore and Tori Linklater had the opportunity to participate in a whole day event at the Mildura Base Hospital.
They had the opportunity to see how nurses work in specialist areas such as an operating theatre and midwifery, hands on nursing activities, opportunity to hear from nursing students from Latrobe University, Mildura. They also enjoyed a tour of the hospital and the Monash Simulation Lab.
Thanks to Pam Elliott for transporting & supporting the students.

PARENTS ASSOCIATION MEETING:
On Wednesday a group called Burke and Wills AKA… came to our school to teach us a bit of Australia and Burke and Wills. They are really funny like when he was blowing a whistle and said “You silly, you don’t know “ in a 3 year old voice. It was also funny when they were telling jokes to us. I learnt lots like how Burke was a leader. You can follow them on twitter @wegotburned. Bailey Pengelly

This performance was about Burke and Wills and how they went on an expedition to the Gulf and how they didn’t succeed and how embarrassing it is that they are Australian. Overall I think it was funny, interesting and weird. Kane Farrell

Reflections on the Cultural Performance Bubble Wrap & Boxes.
I thought that the cultural performance was brilliant. They were full of energy and got everyone involved. The whole show was spectacular because they used vocal sounds and didn’t talk. They also made everyone laugh with their facial expressions and acrobatic moves, which were incredible.
Sophie Nihill

On Thursday the 6th of June we had a Cultural Performance called “Bubble Wrap and Boxes.” I thought the show was good because I could relate it to some movies and games that I know of, because of the music and the clowning.
Lachlan Comrie

I think the show was a great, crazy, funny, and exciting show that made me think about what they were doing and why they were doing it. I like all the things they did. They hid in boxes and acted what it would be like at the places on the post cards.
Reece Anderson

I thought the performance was funny. They changed characters and made different voices as well. It was funny because of what they were dressed in.
Gemma French

Preps visit the shops.

Butchers give us meat to eat.
Brandyn Tarrant

A hairdresser is important because they cut hair.
Isabella Price

We post letters at the post office.
Oscar Binks

At the supermarket they sell eggs and bread.
Hayley Downes

THOUGHT FOR THE WEEK:
Never let your memories be greater than your dreams.
Doug Ivester
STUDENT OF THE WEEK:
PREP:   Riley Dannatt
YEAR 1:   Poppy Fawcett
YEAR 2:   Dylan Heppell
YEAR 3:  Chloe Latta
YEAR 4:  Cooper Binks
YEAR 5:  Jasmine Anderson
YEAR 6:  Joel West

PRIMARY CAMPUS NEWS

EARN & LEARN PROGRAM:
As you know, our school has been participating in the Woolworths Earn & Learn program.
The program has now finished for this year, so a big thanks to everyone who supported our school.

We’re now at the important stage of the program where Points Sheets are collected and lodged as our Earn & Learn claim.

We will then be able to get new educational equipment for our school. The more we collect, the more we can redeem.

This week, please send in your Woolworths Earn & Learn Points Sheets and any loose Earn & Learn Points Stickers you may have. Remember to check your handbag, the car glove box or they may be stuck on the fridge. Every bit helps.

Thanks again for your support!

ACTIVE AFTER SCHOOL CARE:
This program has finished for Term 2. More information will be available after the school holidays detailing the sports that will be available to the students in Term 3.

UPCOMING SPORTS DATE:
August 8th - Primary Campus Athletic Sports
August 16th - Underbool & District Athletics Sports
August 27th - Mini Olympics, Mildura

FUTURE FRIDAY
Friday, June 21st.
• Primary Campus.
• Guest Speakers
• Come dressed as what you’d like to be when you grow up.
• Be creative.
• No cost.

On Tuesday, June 18th, the Grade 3-6 students will be participating in Jump Rope for Heart. Jump Rope for Heart promotes healthy and active living in the school community and helps raise vital funds for the Heart Foundation Australia. A reminder to all Grade 3-6 students to remember to wear red clothes on the day to raise awareness whilst participating in the event.

No Birthdays This Week!
Work Experience / Structured Work Placement Dates
Year 10 – August, 12th / 16th
Year 11 – July, 15th / 19th
July 15th – 19th (Optional School Holidays)

THE MACPHERSON SMITH RURAL FOUNDATION
Applications - Macpherson Smith Rural Foundation
Our School closing date is Friday, June 14th.
Applications to Mrs O’Connor.

YEAR 11 WORK EXPERIENCE:
All Year 11 students have organised their placements for week one of Term 3 (Monday, July 15th - Friday, July 19th).
Students will receive a ‘student workplace log book which they are expected to read prior to placement.
The log book must be completed during the work placement, and returned to Sue Sly upon the completion of their placement.
Students will need to ask their supervisor to sign at the end of every day.
Students will be required to speak with their host employer prior to placement starts.

YEAR 11 CAREER TRIP:
Sunday, August 11th – Tuesday, August 13th.
The following students and parents have indicated they would like to participate in the trip to Melbourne.
The next payment instalment is due by Friday, June 28th.
Tours confirmed to date include University of Melbourne, Latrobe Bundoora, and the University of Ballarat.

Sue Sly
Careers Coordinator

Nursing as a Career:
Tayla Willsmore listens to the manikin’s chest through a stethoscope.

SECONDARY SPORTS REMINDERS:
Forthcoming Dates

SSV
State Cross
Country Finals
Thursday, July 18th
Bundoora, Melbourne

NWSSA
Winter Games
Wednesday, July 24th
Robinvale

Thank you to all those families who have returned interschool OSC Sports singlets.
Some shirts have been brought back, however, many of them are still missing from our store and need to be returned.
These shirts are school property and are only loaned out to students.
It is important that the shirts are returned.
It has been great to see some students/parents leaving shirts at the office when they’ve found them in their homes.
PARENTS ASSOCIATION

SHEEP SALE ROSTER:

<table>
<thead>
<tr>
<th>June 20th</th>
<th>July 4th (School Holidays)</th>
<th>July 18th</th>
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<tbody>
<tr>
<td>Workers:</td>
<td>Workers:</td>
<td>Workers:</td>
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<tr>
<td>Katrina Erhardt (50922109)</td>
<td>Marie O’Connor (50921370)</td>
<td>Kate Nixon (50922164)</td>
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<tr>
<td>Kellie Eldridge</td>
<td>Helen Gloster</td>
<td>Shelley French</td>
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<td>Cooks:</td>
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<td>Cathryn Prentice</td>
<td>Tabby Maynard</td>
<td>Simone Grayling</td>
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<td>Kim Darley</td>
<td>Lynda Winslow</td>
<td>Jo Morrish</td>
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<tr>
<td>Julie McKay</td>
<td>Tracey Eames</td>
<td>Bree Scott</td>
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<td>Zoe Taylor</td>
<td>Catherine Phillips</td>
<td>Pat Higgins</td>
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Meeting: Unfortunately, we didn’t manage a quorum on Monday night and have reached the stage where we need to consider the existence of a Parents Association as part of our school. We have over 130 families, yet struggle to get 4 or 5 parents to a meeting – where all sorts of things can be talked over, shared, and learned – and have just over 20 members all up. Our next meeting will now be in August. Any immediate decisions will be Executive ones taken to College Council for approval.

Pool Blanket – Ouyen Inc’s grant application for a pool blanket was successful. Parents Association and College Council both agreed to contribute financially to this. PA’s support included running an event eg street stall to raise funds for the blanket. Stay tuned.

Membership: Thanks to those parents who have done this. Just $2 per parent/ care-giver in an envelope with a note to say if you want to receive minutes and, if so, whether by hard copy or email - simple.

Best wishes - to all students preparing for exams at this time – and the families supporting their study time plans;
- students participating in debates

Most learning doesn’t happen at school! Children spend only 15% of their time at school. They spend more time asleep (33%) than they do at school. Most of their time is at home (52%), awake, mucking around, playing, and learning about life and it’s what they do with that time that is important. Andrew Fuller

Remember, educating children is a team effort: parents, family, ‘schools’, community ….. it’s a big team but each plays an important part.

Justine Cresp – President
Raelene Vine – Secretary

The music students are enjoying the process of learning new instruments in their music classes.
Mykel Pierson practices notes on the trumpet.
‘Making it Possible’ Parent Workshop

How you can think, plan and achieve goals for your child & family?

How can you create a fulfilling life with choices, purpose, friendship and happiness? If you want to take the lead in achieving these goals for your child (0-18) and family, then this workshop is for you!

Build on the strengths and skills you already have as a parent to better identify, plan and achieve your goals.

Our presenters are parents or siblings of a person with a disability so they do understand issues from a family perspective.

SWAN HILL
Date: Wednesday, June 19th
Time: 9.30am – 2.45pm
Venue: Café Bar, Swan Hill Town Hall
53-57 McCallum Street, Swan Hill 3585
Cost: $20 per person – members*
$40 per person – non-members
Morning tea & light lunch included

BENDIGO
Date: Thursday, June 20th
Time: 9.30am – 2.45pm
Venue: The Lotus Conference Room, McIvor Motor Inn
45 McIvor Road, Bendigo 3550
Cost: $20 per person – members*
$40 per person – non-members
Morning tea & light lunch included

MILDURA
Date: Wednesday, August 7th
Time: 9.30am – 2.45pm
Venue: Donata Room, Quality Motel Mildura Grand
Seventh Street, Mildura 3500
Cost: $20 per person – members*
$40 per person – non-members
Morning tea & light lunch included

Child Support Legal Service

The Child Support Legal Service of Victoria Legal Aid (VLA) assists parents with legal problems relating to:
- getting or paying child support
- parentage testing
- changes of assessment:
  - adult child maintenance
  - spousal maintenance.

The service visits VLA offices and other major regional centres. The interview schedule for the next six months is provided.

For further information, venues, enquiries and bookings please contact the Child Support Legal Service on (03) 9269 0408 or 1800 677 402 (country callers).
Asthma

What is asthma?

Asthma is a lung condition that makes it difficult for you to breathe. It is usually caused by inflammation and swelling in the airways. When you have asthma, your airways become narrower and mucus builds up, making it harder for you to breathe. Asthma can affect people of all ages, but it is most common in children and adults.

Types of asthma

There are different types of asthma, including:

- **Exercise-induced asthma:** This type of asthma is triggered by exercise or strenuous activity.
- **Occupational asthma:** This type of asthma is caused by exposure to allergens or irritants at work.
- **Allergic asthma:** This type of asthma is caused by allergies to things like pollen, dust, or pet dander.
- **Non-allergic asthma:** This type of asthma is caused by factors like cold air or air pollution.

Symptoms of asthma

Symptoms of asthma can include:

- Wheezing
- Shortness of breath
- Chest tightness
- Coughing

Diagnosis of asthma

Asthma is usually diagnosed by your doctor after a physical examination and a review of your medical history. They may also use a bronchodilator test to see if your airways are narrowing.

Treatment of asthma

Treatment for asthma depends on the type of asthma you have and the severity of your symptoms. It may include:

- **Medications:** These include inhaled corticosteroids, long-acting beta-2 agonists, and other medications.
- **Avoiding triggers:** This may involve avoiding certain foods, allergens, or other triggers that may cause your asthma to flare up.
- **Living a healthy lifestyle:** This may include exercise, proper nutrition, and avoiding smoking.

Management of asthma

Managing asthma involves working with your doctor to find the right treatment plan for you. This may involve:

- **Asthma action plan:** This is a plan that outlines the steps you should take if your asthma symptoms flare up.
- **Regular follow-up visits:** These visits allow your doctor to monitor your asthma and make any necessary adjustments to your treatment plan.

If you think you or someone you know may have asthma, contact your doctor for a diagnosis and treatment plan.