New Buildings
As everyone is obviously aware we have a giant hole at the back of the secondary campus at the moment. Builders are presently boxing up the area ready for the laying of the foundations of the P-8 buildings. Works has also commenced on the alterations to the Community Centre for the Foods area. Plans for the new buildings will be on display in the main street from next week.

Public Speaking
Congratulations to all the senior students who took part in the Lions Youth of The Year Public Speaking Competition. By all accounts our students were a credit to themselves and our school. Special congratulations must go to Kate O'Connor who won through to the finals in Warracknabeal and won “Public speaking” section of the competition.

Optimism
Sometimes in the bustle and rush of our lives it is easy to fall into a ‘glass half empty’ mentality. I have been pondering this notion over the last couple of weeks. One of my core beliefs is that any workplace and especially a school should have a ‘fun factor’ which gets people up and to work each day – something to look forward to. Of course schools must balance fun with hard work for success but I would argue that having fun gives people the positive energy to work hard and succeed. Below is a quote from Christine Daicos (Training and Development Consultant):

“There is pressure from all directions to spend money on our children and yet some of the most valuable things children need cannot be bought. One of the best things parents can give their children is a healthy attitude to life. So much depends on the way you look at life. Helping your child become an optimist and look on the bright side of life is a step towards preparing your child for a strong future.”

(Chris Daicos – Developing Potential in Organisations)

I believe that this quote equally applies to teachers whose role can be to model these qualities.

Leanne Dawes
Principal

Congratulations to the Primary Campus students who represented our school in last week’s Underbool & District Swimming Sports. The students were victorious on the day.
STUDENT OF THE WEEK:
PREP: Matthew Erhardt
YEAR 1: Brylie Allender
YEAR 2: Georgia Latta
YEAR 3: Tiarna McKay
YEAR 4: Lucy Hill
YEAR 5: Emily Phillips
YEAR 6: Kiara Phillips

PRIMARY CAMPUS AWARDS
STUDENT AWARD:
TIDY ROOM AWARD:
Library

ATTENDANCE BEAR:
Year 3

THOUGHT FOR THE WEEK:
You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you. Dale Carnegie

AUSIE OF THE MONTH
Congratulations to Lilly Cattanach for being awarded Aussie of the Month.
Lilly is pictured with College Captains, Thomas Elliott & Kate O’Connor who were very happy to present the certificate. Lilly was chosen for helping with various jobs around the school, including keeping the yard tidy.

FUNKY HAIR FRIDAY
MARCH 15TH
NORMAL SCHOOL UNIFORM
GET FUNKY WITH YOUR HAIR.
BRING A GOLD COIN DONATION AND HELP SUPPORT THE LEUKAEMIA FOUNDATION.

This week we have been looking closely at reading and writing the letter Tt and word ‘to’. Miss Byrne gave us some cool, coloured gel bags to write our letters on. We have been singing ‘I’m a Little Teapot’ and using our fine motor skills to make teapots and turtles. In Maths forming and counting groups of 10 has been the focus. The preps also looked at different ways a number can be made; 2 and 4 make 6, 1 and 5 make 6, 3 and 3 make 6, etc.

PREP MUSIC:
In Prep it is important to develop and demonstrate a strong sense of beat in music. Here are our students playing ukuleles and xylophones to the beat of ‘Star Light, Star Bright.’

THOUGHT FOR THE WEEK:
THOUGHT FOR THE WEEK: You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you. Dale Carnegie

THIS WEEK IN:
Year 3/4 Science
In Science this term we have been exploring the subject of light, where it comes from, how it is used, how it travels and enables us to see. The children enjoyed investigating how to make light travel around corners with the use of mirrors.
CONGRATULATIONS to Ouyen P-12 Junior Campus students who were successful in winning the Underbool District School Sports swimming carnival last Thursday. Other schools competing on the day included – Murrayville, Tempy, Underbool and St. Marys from Robinvale. The students participated enthusiastically and were a great support to each other on the day. While the weather started out overcast, the day warmed up and some excellent results were achieved on the day, with many records being broken.

The Ouyen students won 4 out of 6 age group champions, showing their strong swimming on the day. The age group champions were:

- **10 Year Boys** – Heath Smith (Tempy)
- **10 Year Girls** – Lauren Grace (Ouyen)
- **11 Year Girls** – Greta Hayter (Underbool)
- **11 Year Boys** – Darcy McKay (Ouyen)
- **12 Year Girls** – Hallie Wills (Ouyen)
- **12 Year Boys** – Bradley Marks (Ouyen)

NEW RECORDS:
Congratulations to Bradley Marks, Lauren Grace (4), Hallie Wills & Darcy McKay (2) on their new records. Also, congratulations to Sam, Cooper, Molly, Lauren, Kaitlin, Reece, Hallie & Benjamin who competed in winning relay teams that gained new records. A stunning effort by all students. Well done to the students from other schools who also achieved new records.

The following students have been selected to represent the school in the regional swimming event in Bendigo today (March 8th):

- **12 Year Boys** – Bradley Marks – freestyle and breaststroke
- **12 Year Girls** – Hallie Wills – freestyle and butterfly
- **12 Year Boys** – Bradley Marks, Reece Anderson, Benjamin Morrish, Liam Munro – freestyle and medley relay events
- **11 Year Boys** – Darcy McKay – freestyle and butterfly
- **10 Year Girls** – Lauren Grace – freestyle and breaststroke

We wish these students the best of luck and a report will appear in the newsletter next week. Best wishes to all students from the Underbool association who are representing their schools today.

Thank you to the following people who worked hard to ensure the sports were a success:
- Mrs J Morrish and Mrs Prentice at the recording table
- Mr Stotezer and Miss Burns for their time keeping skills
- Staff from the competing schools who announced, marshalled and assisted with other duties
- The pool staff for setting up, packing up, and their general assistance
- Parents Association for providing sandwiches and fruit salad for sale – much appreciated
- Parents who assisted with the organisation of the students on the day
- Fiona Scott for photographs (if any other parents have photos, the school would appreciate them!)
- Cameron McKay and other parents for their assistance setting up and packing away of shade shelters and equipment.
- MTH&CS for providing their shade shelters for students and scorers
- Parents, friends and supporters who cheered the students on during the day

This challenge has officially started but it’s not too late to register. Simply go to the website and follow the steps. The school will be in the running to win some great prizes if families enter and nominate our school. It is a great way to get the family together and do some fun, family activities, especially with the long weekend approaching.
KEYS PLEASE PROGRAM (YEAR 10 STUDENTS):

The Keys Please program has had to be postponed due to unforeseen circumstances. We will endeavour to reschedule as soon as possible. When a new date has been set Year 10 students & parents will be notified.

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.

AUSKICK PROGRAM
2013
Starting Date: 18th April 2013
When: Thursday afternoons in Term Two
Time: 4-5pm
Where: Blackburn Park (Footy Oval)
Who: Anyone at Primary School - Boys & Girls welcome
Age: Must have turned 5 to register

As of 2013 registrations are only available online and payments made at www.aflauskick.com.au.

If anyone has problems registering online call me at the Primary Campus on 50921161 and I am more than happy to provide assistance.

Melanie Grace
Great news from the farm. Our stud Landrace boar *Maurice George the 3rd* is fighting fit again after his penicillin injections. He and his wife, *Princess Fiona*, are very happy.

Students have been busy maintaining several enterprises, in particular drenching Maurie and Fiona’s piglets. Students participated in a risk assessment, hazard identification and safety task before drenching. This ensured the animals were not distressed and the students remained safe during the process.

We gratefully received two small lambs from Gordon and Sam Trigg which will be great friends with our alpacas and goats when they arrive back at the College.

Our late season tomatoes are flourishing (these were germinated from seed by 2012 Year 6 students), as are the pumpkins and walnuts.

Many thanks to Andrew Clarke for his assistance with our lucerne paddock. Andrew and his faithful 766 International started fallowing the top paddock in preparation for much needed rain. Before we can sow the lucerne we will need to finish the boundary fence. All the materials have been purchased and a date for the working bee will be announced soon.
Work Experience / Structured Work placement Dates – 2013
Year 10 – August, 12th–16th
Year 11 – July, 15th–19th
July 15th – 19th (Optional School Holidays)
Please have your placements organized in Term 1

March 13th Year 10 - Construction Induction Card
May 2nd – 5th The Age VCE & Careers Expo Melbourne
Sunday 12th May – Tertiary Studies & Career Expo Adelaide

CONSTRUCTION INDUCTION CARD COURSE IS AVAILABLE TO ALL YEAR 10


Date: Wednesday, March 13th
Cost: $50 (subsidized by MIPPS)

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.

The card is needed 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 do not get this card they will need to elect a different type of work experience or work placement.

THE AGE VCE AND CAREERS EXPO 2013
www.vceandcareers.com.au

Thursday 2nd Sunday 5th May

Exhibitors include providers of VCE resources, universities, TAFE and training colleges PLUS 156 seminars on VCE subjects, tertiary courses, career, gap year and study advice.

156 seminars on VCE subjects and topics including:
⇒ English
⇒ Business Management
⇒ Psychology
⇒ Mathematics (Further and Methods CAS)
⇒ Chemistry
⇒ Biology
⇒ Health and Human Development
⇒ Legal Studies
⇒ Economics
⇒ Accounting
⇒ Literature
⇒ History Revolutions
⇒ subject selection advice for Year 10 students
⇒ gap year options
⇒ course, career and study advice

More than 170 exhibitors including:
• Universities, tertiary institutions and training colleges
• VCE textbook and study guide publishers
• Providers of tertiary course and career information
• providers of gap year and student exchange programs

Find out more in The Expo Visitor Guide in The Age on Monday 29 April 2013

VET SCIENCE AND HOSPITAL OPEN DAY
When: Sunday 17 March 2013
10.00am-3.00pm
Where: University of Melbourne
Veterinary Hospital
250 Princes Highway, Werribee

Go behind the scenes of our state-of-the-art Veterinary Hospital in Werribee. Veterinarians and staff will be available throughout the day, giving students and their parents the opportunity to learn about the Doctor of Veterinary Medicine as well as other rewarding animal-related careers in agriculture, veterinary nursing, equine studies and more.

Find out more: www.vet.unimelb.edu.au/openday

ACCESS ALL AREAS
Come and explore the University of Melbourne.
When: Friday 5 April 2013
Friday 12 July 2013
Where: University of Melbourne
Parkville campus

Access All Areas is especially designed for Year 10 to 12 students and their families and offers a personalised insight into the University of Melbourne.

For more information and to register, please visit the Access All Areas webpage at:
www.futurestudents.unimelb.edu.au/accessallareas

Sue Sly
Careers Coordinator
It was a great day for swimming as our students, parents and staff ventured to Mildura for the annual SSV Mallee Zone Swimming Carnival last Friday. Our swimmers again made the school proud with their conduct and efforts in the pool. It was great to see our swim in a professional manner.

The competition was at times lacking, but all our competitors competed with endeavour and enthusiasm.

We were successful in all six age group championships.

12/13 Years 14 Years
14 Years 16 Years
17 Years 18-20 Years

Congratulations to the following Individual Champions.

13 Years: Laura Hayter
14 Years: Tennille Smith
14 Years: Peter Darley
15 Years: Ellen Morrish
15 Years: Aidan Down
16 Years: Kade Lonergan
17 Years: Lauren Morrish
18-20 Years: Stephanie Boyd

It was great to see the many parents who made the trip to Mildura to cheer on our team, your support is greatly appreciated.

Thank you must go to
- Mrs Michelle Morrish and Mrs O’Connor as chief time keepers.
- Mr. Stewart as starter.
- Mrs Sly who organised recording sheets before the sports and calculated results.
- Mrs Nerida Morrish who worked with Mrs Sly on the recording desk.

Well done and thank you also to Charlee Pengelly, Macey Evans, Matt Dale-Hill and Bradley Price who pounded the pavement with recording sheets all day. Your efforts were vital in keeping the carnival running smoothly.

BUS TRAVELLERS TO SWAN HILL

Bus Costs will be finalised on Tuesday.

Please attempt to pay before departure on Thursday.

Bus leaves at 7.50 am and returns by approx. 4.30 pm.

SSV LMR SWIMMING TEAM

Congratulations to the following 43 students who qualified to compete in the SSV LMR Swimming Carnival at Swan Hill next Thursday, March 14th.

Start time is 10.15 am.

An important reminder to all boys swimming in Swan Hill – No Speedos - no swim.

12/13 Years
Laura Hayter - 50m BR, 50m Fly, 50m FR, 100m FR, Med Relay, FR Relay
Lucy Morrish - 50m BK, 200m FR, Med Relay, FR Relay
Demi Elliott - Med Relay, FR Relay
Megan O’Connor - FR Relay

14 Years
Tennille Smith - 50m FR, 50m BK, 50m BR, 50m Fly, 200m IM, Med Relay, FR Relay
Madeleine Hahnel - FR Relay
Allie Winslow - FR Relay
Parris Linklater - FR Relay
Peter Darley - 50m BK, 50m Fly, 50m FR, 100m FR, 200m IM, FR Relay
James Phillips - FR Relay
Thomas Price - FR Relay
Jacob Coe - FR Relay

15 Years
Ellen Morrish - 50m FR, 50m Fly, 50m BK, Med Relay, FR Relay
Sarah O’Connor - 400m FR, Med Relay, FR Relay
Grace Woodall - Med Relay, FR Relay
Hannah John - FR Relay
Aidan Down - 50m FR, 50m BK, Med Relay, FR Relay
Brody Morrish - 200m FR, Med Relay, FR Relay
Jack Cook - FR Relay
Nic Vine - FR Relay
Kyle Sporn - 50m BR

16 Years
Ashlee Morrish - Med Relay, FR Relay
Ellie Morrish - 50m BR, 50mFLY, FR Relay
Kelsey Richardson - FR Relay
Lorraine Ralph - FR Relay
Kade Lonergan - 50m Fly, 50m FR, 50m BK, 200m FR, 200m IM, Med Relay, FR Relay
Tim Glover - 50m BR, Med Relay, FR Relay
Jaiwrn Stacey - FR Relay
Samuel Mead - FR Relay

17 Years
Esther Manley - 50m FR, 50m BK, Med Relay, FR Relay
Lauren Morrish - 50m Fly, FR Relay
Tayla Willsmore - FR Relay
Alicia Hogan - FR Relay
Luke Couzey - 100m FR, 50m FR, Med Relay
Bradan Pohlner - Med Relay
Jackson Morrish - 50m BR, Med Relay

18-20 Years
Laura Glover - 50m BR, Med Relay, FR Relay
Stephanie Bowd - 50m BK, 100m BK, 50m FR, 100m FR, Med Relay, FR Relay
Kate O’Connor - 200m FR, Med Relay, FR Relay
Julia Woodall - 100m BR
Lynden Burns - 50m FR, Med Relay
Jaeden Corbett - 50m BR

Swimming training
Friday - 4pm, Tuesday - 4pm

Students wishing to train on the weekend should contact Mrs Lonergan or Mrs Morrish. There will be some session cards available at the pool kiosk if you can go to the pool over the weekend.

BIATHLON

Wednesday, March 20th

EVENT TIMES

11.30 a.m. - 12/13 & 14 Year Girls
12/13 & 14 Year Boys ...
(6 lengths swim, 2 lap run)

11.55 a.m. - 15 & 16 Year Girls
15 & 16 Year Boys ...
(6 lengths swim, 3 laps run)

12.30 p.m. - 17 & 18-20 Year Boys...
17 & 18-20 Year Girls
(12 lengths swim, 4 lap run)

MAPS will be posted on noticeboards.
SSV MALLEE DIVISION SWIMMING
AGE GROUP CHAMPIONS

G12/13 Years  Laura Hayter

G14 Years  Tennille Smith

B14 Years  Peter Darley

G15 Years  Ellen Morrish

B 15 Years  Aidan Down

B 16 Years  Kade Lonergan

G17 Years  Lauren Morrish

G 18-20 Years Stephanie Boyd
Meeting:
We have our Annual meeting coming up next Tuesday, March 12th in the primary campus staff room. The plan is for a 7:00p.m. start. The General meeting will follow. Most roles are already sorted so don’t let your fear of getting a job stop you from coming along. Any new members are welcome. Offers of help are yours to give but your involvement is valued. Mrs. Dawes will be attending and can update you on all sorts of information.

Sheep Sale:
Hopefully, all who were a little unsure of what it means when your name appears, as it will, on the sheep sale roster were able to gain a little more knowledge from the FAQ. If you didn’t see the relevant newsletter, hop onto the school website and go to newsletters. Sam Trigg, Loronda Binks, and Raelene Vine met with Lucy from ABC radio last week to talk about the Sheep Sale kiosk and its role.

Norm Small: Parents Association notes with sadness the recent death of Norm Small and pass on their condolences to family and friends. Mr Small was Vice Principal at Ouyen State School for 8 years and also taught at Kulwin (pre war).

Catering – Mallee Fowl Recovery Group:
Please find attached information regarding the catering for the Mallee Fowl Recovery Group reporting session on Saturday, March 23rd. Year 11 and 12 families get the guernsey this time. Please contact Tracie Corbett with your offers of help.

Contact People:
It’s great to be able to report that all Contact people positions are filled. The Catering Team, in particular, thanks these volunteers on your behalf.

2013 Contact people
P-2: Melanie Shaddock
3-4: Melanie Grace
5-6: Donna Nihill
7-8: Therese Jolly
9-10: Helen Gloster
11-12: Tracie Corbett

Working Bee: We’re looking at Tuesday, March 26th as the possible date to clear out the Community Centre kitchen cupboards before the area is remodelled. Next week’s meeting will confirm or alter this. We have some boxes but will need more – plus newspaper – if you can help, contact Raelene Vine: 50921598 or 0407849174.; or Justine Cresp: 50922636.

Pedestrian Crossing: If you happen to meet a MRCC Councillor in your busyness, please let them know how important a pedestrian crossing stripe set would be at the Oke and Cooper St intersection [Kinder / MRCC Service Centre Corner]

Ongoing Congratulations: To all students and staff on the fine swimming happening with Interschool events and dedicated training. Best wishes for Swan Hill and Bendigo events.

Justine Cresp – President
Raelene Vine – Secretary

TERM 1 SHEEP SALE ROSTER

DATE: Thursday, March 14th
WORKERS
Yvonne Sporn
Fiona Latta

COOKS
Kate Pohliner
Debbie Brauer
Bree O’Shannessy
Leanne Boyd

SALE CANCELLED

DATE: Thursday, March 28th
WORKERS
Racheal Cook
Narelle Latta

COOKS
Sonia Noble
Shelley Woodall
Alison Brackenridge
Christine Price

Sheep sale cancelled -
Thursday, March 28th
The workers and cooks for this sale will be reallocated later in the year. The yearly sheep sale roster will be on the newsletter next week, so keep an eye out for it. If you are able to offer your assistance to work or cook more than once during the year - we would love to hear from you. Please ring the office at either campus and leave your details. Thanks to everyone in advance for their assistance.
Mallee Fowl Recovery Group Day

12:00 noon, 23rd March, 2013

At Ouyen Harness Racing Club rooms

Donations of money to purchase extra items and consumables are always appreciated.

Donations of food and time are as follows.

Food to Trotting track pavilion by 11:00 a.m. – some goods could come to school on March 22nd – let us know, though.

Year 11/12 families –

Please contact Tracie Corbett on 50941368 or 0427941368 or 50946301.

Need variety of sandwich fillings to cater for vegetarian and non-vegetarian diners: salad/ meat & salad varieties/ meat and condiments – eg ham, chicken, silverside, lamb, turkey/ egg varieties/ cheese and carrot/ carrot & raisin/ mocks/ other – please give Tracie an idea of your fillings to make sure we have variety

◊ Wholemeal bread Sandwiches – 2 Packets – mixed fillings
◊ Seed bread/ multi grain sandwiches – 1 packet – mixed fillings
◊ White bread sandwiches – 2 packets – mixed fillings
◊ 2 Quiche – 1 x vegetarian, 1 x your choice
◊ Sausage Rolls – 7 doz
◊ Party Pies - 4 doz
◊ 5 doz other savouries – R. Vine
◊ Fruit platter
◊ 2 Ltrs Milk
◊ 3 x 2 L juice

Afternoon tea

◊ 1 x Lemon Slice
◊ 1 x apple & sour cream slice
◊ 1 x jelly slice
◊ 1 x vanilla slice – R. Vine
◊ 1 x some variety of chocolate slice
◊ 1 x your choice other slice
◊ 1 doz scones – halved = 24 – with jam (& cream)
◊ Savoury platter – cheese/ crackers/ dip/ vege sticks etc

3 or 4 Workers needed to cut sandwiches, plate up, warm and serve food, clean up from 11:00 – could make it 2 shifts – lunch / afternoon tea – share it around - R. Vine, Moyne Hahnel

Thanks in advance,

The Catering Team
Attendance figures are very positive for February. Congratulations to Year 7 who are showing the way, closely followed by the Year 12 students.

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<th>February Attendance Data</th>
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**UNSW INTERNATIONAL COMPETITION AND ASSESSMENT FOR SCHOOLS:**

There is once again the opportunity for students to take part in the UNSW International Competition and Assessment.

As in recent years the competitions are not compulsory and students must pay an entry fee if they wish to participate.

Parents who would like their child to enter these competitions are asked to fill out the form below and return it to either the Primary or Secondary Campus Office with the correct money by Wednesday, March 27th 2013.

**Name:** .............................................................................................................

**Year:** .............................................................................................................

- Computer Skills (Years 3-10) ...................................................... $8.80
- Science (Years 3-12) ................................................................. $8.80
- Spelling (Years 3-7) ................................................................. $12.10
- Writing (Years 3-6) ................................................................. $18.70
- English (Years 3-12) ............................................................... $8.80
- Mathematics (Years 3-12) ......................................................... $8.80

**Total Enclosed:** .......................................................................................$ ...........................................................

**Parent/Guardian signature:** ..........................................................................

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**What is anaphylaxis?**

Anaphylaxis is a severe, rapidly progressive allergic reaction that is potentially life threatening. Although allergic reactions are common in children, severe life-threatening allergic reactions are uncommon and deaths are rare. However, deaths have occurred and anaphylaxis must therefore be regarded as a medical emergency requiring a rapid response.

**What are the main causes?**

Certain foods and insect stings are the most common causes of anaphylaxis. Eight foods cause 95 per cent of food allergic reactions in Australia and can be common causes of anaphylaxis:

- peanuts
- tree nuts (i.e. hazelnuts, cashews, almonds, walnuts, pistachios, macadamias, brazil nuts, pecans, chestnuts and pine nuts)
- eggs
- cow’s milk
- wheat
- soy
- fish and shellfish (e.g. oysters, lobster, clams, mussel, shrimp, crab and prawns)
- sesame seeds.

Other common allergens include some insect stings, particularly bee stings but also wasp and jumper jack ant stings, tick bites, some medications (e.g. antibiotics and anaesthetic drugs) and latex.

**Signs and symptoms**

- Mild to Moderate Allergic Reaction can include:
  - swelling of the lips, face and eyes
  - hives or welts
  - tingling mouth
  - abdominal pain and/or vomiting (these are signs of a severe allergic reaction to insects)

- Anaphylaxis (Severe Allergic Reaction) can include:
  - difficult/noisy breathing
  - swelling of tongue
  - swelling/tightness in throat
  - difficulty talking and/or hoarse voice
  - wheeze or persistent cough
  - persistent dizziness or collapse
  ◊ pale and floppy (young children)

Note: Symptoms usually develop within 10 minutes to several hours after exposure to an allergen, but can appear within a few minutes.

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**ANAPHYLAXIS INFORMATION**

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