Friday, September 20th 2013
Term 3, Week 10

**PRINCIPAL’S REPORT**

**School Formal**
Our Year 9 students organised a Formal which was held on Thursday this week. Events such as this provide an opportunity for everyone to dress up and get together. I would like to thank our students for organising this and the staff for giving up their time to supervise.

**College Council**
At this week’s School Council Meeting plans for our new playground area were discussed and decisions made regarding playground equipment and play surfaces. Council also accepted quotes to repaint the VCE room and the music rooms.

**End of Term**
As we come to the end of Term 3, I would like to thank our staff for all their hard work. Staff put in many extra hours organising extra-curricular activities, extra classes, camps and excursions – all to benefit our students. I would also like to thank and commend our students for their high standards of behaviour and their cooperation while the building works are taking place.

Kate Byrne
On behalf of College Council & staff I would like to wish Kate and Ross all the best for their upcoming nuptials on October 5th. We hope the weather is kind to you.

Have a good break everyone.

Leanne Dawes
Principal

**SECONDARY CAMPUS SCHOOL SERVICE**
Peter Hulland & Callum Nixon

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.

**REMINDER: Unit 3/4 Practice Exams**
Below is the Unit 3/4 Practice Exam timetable.
Please remember to be on time for these practice exams.

<table>
<thead>
<tr>
<th>Subject</th>
<th>Time</th>
<th>Subject</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>9.00am-11.15am</td>
<td>Biology</td>
<td>9.00am-11.15am</td>
</tr>
<tr>
<td>MM</td>
<td>11.45am-1.30pm</td>
<td>Further Maths</td>
<td>11.45am-1.30pm</td>
</tr>
<tr>
<td>Accounting</td>
<td>11.45am-1.30pm</td>
<td>Chemistry</td>
<td>11.45pm-2.00pm</td>
</tr>
<tr>
<td>VCD</td>
<td>11.45am-1.30pm</td>
<td>Legal Studies</td>
<td>3.00pm-5.15pm</td>
</tr>
<tr>
<td>P D&amp;T</td>
<td>11.45am-1.30pm</td>
<td>Art</td>
<td>3.00pm-4.45pm</td>
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<tr>
<td>HHID</td>
<td>3.00pm-5.15pm</td>
<td></td>
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<tr>
<td>History</td>
<td>3.00pm-5.15pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PE</td>
<td>3.00pm-5.15pm</td>
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</table>

Enjoy the holiday break.
See you in Term 4.

**PILOTS**
THANK YOU:
A big thank you to Neil Vallance, Sarah O’Connor and Chloe Phillips for their help with our Wednesday Breakfast Club. Your support has been greatly appreciated throughout the term.

SWIMMING:
Trish Torpey is planning a 6 week block of swimming lessons at the Ouyen Pool (depending on availability) in November and December and also January. Please call Trish on 5082 4221 or 0407 379 857 if you are interested in participating. Lessons at Tempy and Woomelang will run again this year as usual.

HATS are COMPULSORY in Term 4.
No hat, no play.

JELLY SALE:
The Year 2’s are currently doing the MoneySmart Program. Therefore, each Wednesday & Friday in Term 4, the Year 2’s will be selling jellies for 50c during lunch times (primary campus).
The profits will go towards buying books for our new library.

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

THOUGHT FOR THE WEEK:
You never get a second chance to make a good first impression.

Miss Byrne - Kate & Ross - October 5th
Here’s to a great wedding and an even better life together.
All the best and good luck for the future.

STUDENT OF THE WEEK:
PREP: Hayley Downes
YEAR 1: Brylie Allender
YEAR 2: Rhyce Siedaff
YEAR 3: Jason Erhardt
YEAR 4: Natalie Nihill
YEAR 5: Jasmine Anderson
YEAR 6: Reece Anderson

STUDENT AWARD:
Brylie Allender

TIDY ROOM AWARD:
Office

ATTENDANCE BEAR:
Year 1
The Secondary campus quadrangle has been alive with the sound of music recently as practice continues for the College’s Arts Evening on October 15th. Such tunes as Auld Lang Syne, Wild Thing, Frere Jacques, Fireflies, and Somebody that I used to Know, have all had an airing.

While just learning a new instrument is a challenge in itself, Tom Patching took on the difficult task of arranging, and has written an arrangement of Gotye’s Somebody That I Used to Know for three xylophones. The knowledge of scales, keys, chords, harmonics, form, rhythm and pitch etc. required for this task is considerable. Each xylophone player is more comfortable on piano but they’re working hard to put on a top performance. Hours of work went into this piece and it’s sounding great.

Other students (and staff) are broadening their skills on guitar, drums, keyboard, and vocals through skype lessons with a teacher in Adelaide. The technology gives us access to resources and knowledge we would otherwise have had difficulty obtaining.

In both the elective and sport–time music classes, students are developing their musicology and finding new talents on a variety of instruments from clarinet, to bass guitar to violin to tambourine, and through a range of music styles.

Keep October 15th free in your diary.
CAREERS NEWS

Year 12 Important Dates

**VICTORIA**
- VTAC Course Application close Friday, September 28th (5pm)
- Change of preference closes Friday, October 25th (5pm)
- SEAS Application close Tuesday, October 8th (5pm)
- Scholarship Application close Friday, October 18th (5pm)
- Personal History Online Form close Friday, October 25th (5pm)

**SOUTH AUSTRALIA**
- SATAC Course Application closing date Friday, September 27th for most courses

THE UNIVERSITY OF MELBOURNE

2013 Course Information Day Wednesday, December 18th


**Chancellor’s Scholars program** for very high achieving Year 12 students [www.futurestudents.unimelb.edu.au/admissions/pathways/chancellors-scholars-programs](http://www.futurestudents.unimelb.edu.au/admissions/pathways/chancellors-scholars-programs)

- Access Melbourne Special Entry Access Scheme (SEAS) Close 5pm Tuesday 18th October [www.access.unimelb.edu.au](http://www.access.unimelb.edu.au)
- **PROGRAMMING CHALLENGE** 4 Girls (Year 9 students only)  
  Wednesday, November 13th, 9am – 4pm  
  To register [www.pc4g.org.nz](http://www.pc4g.org.nz)

AUSTRALIAN APPRENTICESHIP PATHWAYS

- Industry Specific Practice Aptitude Quizzes  
- Australian Apprenticeships Job Pathways Charts  
- Over 3,000 sample job and training descriptions  
- Other valuable resources [www.aapathwayscom.au](http://www.aapathwayscom.au)


AUSTRALIAN DEFENCE FORCE - ONE YEAR OF ADVENTURE

Would you like to experience what it’s like to work in the Army over 12 exciting months? No long-term commitments and no strings attached. Just one year of adventure with the Australian Army. [www.defencejobs.gov.au/army/oneyearroles](http://www.defencejobs.gov.au/army/oneyearroles)

SAVE THE WORLD - BECOME AN ENGINEER
[www.engineeryourcareer.org.au](http://www.engineeryourcareer.org.au)

THERE ARE STACKS OF CAREERS IN THE MEAT INDUSTRY

AGRIFOOD SKILLS AUSTRALIA – SO MUCH MORE THEN FARMING
[www.agrifoodskills.net.au](http://www.agrifoodskills.net.au)

VIRTUAL CAREERS EXPO – This Web Site provides information about employment and study opportunities in an interactive manner. [http://www.virtualcareersexpo.com/](http://www.virtualcareersexpo.com/)

DOXA YOUTH FOUNDATION - CADETSHIP PROGRAM
Provides unique opportunities to children and young people to help them achieve their potential.

More information can be found from [www.doxa.org.au](http://www.doxa.org.au)

Closing date Friday, October 25th

Application forms are available from the Careers Office.

THE NURSING AND ALLIED HEALTH SCHOLARSHIP AND SUPPORT SCHEME (NAHSS)


Applications are now open and will close 9am, October 31st 2013 (AEDST)

ARCHIED.COM - ARCHITECTURAL CAREERS

archied.com is a new online Architectural Education Portal that has been developed to provide concise and practical information about a career in architecture, and what courses are available in Australia (as well as further afield. [http://www.archied.com](http://www.archied.com)

SCHOLARSHIPS TO STUDY NUCLEAR MEDICINE AT RMIT

From 2014, up to five scholarships per year will be awarded to students with an ATAR less than (or greater than?) 85 who enter nuclear medicine at RMIT immediately after completing Year 12. (Applicants from outside metropolitan Melbourne may receive a loading of two ATAR points). The scholarships are each worth $10,000 over the three year program.

The RMIT Bachelor of Applied Science (Medical Radiations) Nuclear Medicine is a three year program including clinical placements. It requires a one year internship after graduation. For more information, go to: [http://www.rmit.edu.au/programs/bp148](http://www.rmit.edu.au/programs/bp148)

FUTUREYOU is the place to figure out where your career could go. Just by answering some simple questions FutureYou will reveal roles that suit your interest. It will give you a range of options, to help you decide your direction and send you upon your career path.

[www.monash.edu/futureyou](http://www.monash.edu/futureyou)

JOB GUIDE 2013

Job Guide is written and produced for Year 10 students. This resource includes information on over 500 occupations, contact details for training providers, as well as job search information and advice [www.jobguide.deewr.gov.au](http://www.jobguide.deewr.gov.au)

Related websites include

- [myfuture.edu.au](http://myfuture.edu.au) and [www.jobguide.deewr.gov.au](http://www.jobguide.deewr.gov.au)
- [myfuture.edu.au](http://myfuture.edu.au) – Australia’s award winning national career information and exploration service.
- [My Skills](http://myskills.gov.au) – online information about vocational education and training options.
- [My University](http://myuniversity.edu.au) – provides a broad range of information about Australian universities and other higher education providers.
- [Australian Job Search](http://www.jobsearch.gov.au) – Australia’s largest free online jobs website.
- [Job Services Australia](http://www.jobservices.gov.au) – Australian Government employment services system that supports job seekers and employers.
- [Year 12 – what next?](http://www.y12whatnext.gov.au) – career ideas to get you started after Year 12.
- [Bullseye posters](http://www.bullseyeposters.com) – school subjects you like and jobs they can lead to.

Sue Sly  
Careers Coordinator
Students who have qualified to compete in Bendigo next term must realize the need to continue their regular training regime over the holidays. The carnival in Bendigo is on the first Thursday back, so any fitness lost through lack of training cannot be made up when we return to school.

Some ideas for training have been provided.

**TRANSPORT ARRANGEMENTS**

Thank you to students who have let me know how they will be getting to the Bendigo Athletics. The bus will leave Ouyen at 6 a.m. and return by 8 p.m. The cost will be $25.

**HOLIDAY TRAINING**

In the third column, you will find holiday training programs for students who have qualified to compete in the Northern Zone Athletics carnival in Bendigo. Students should attempt to complete at least three sessions each week. Each session should be preceded by a warm up. A warm down should follow each activity.

**SPORTS SINGETS WE NEED THEM!!!**

Can all students return the athletics singlets that they have at home? These shirts are school property and are only loaned out to students. It is important that the shirts are returned as soon as possible as we need to do a stock take before Bendigo.

**FORTHCOMING DATES**

Northern Zone Athletics Carnival
Thursday, 10th October Bendigo.

SSV State Athletics Carnival
Tuesday, 22nd October Melbourne

**NEXT TERM**

When we return from the holidays, there will be opportunities for junior students to be involved in a variety of Inter School Sports. Super 8 Cricket will be available for Years 9&10 and Years 7 & 8 Boys and Girls. Start practising!!

**HOLIDAY TRAINING**

<table>
<thead>
<tr>
<th>Middle Distance (400m, 800m, and 1500m)</th>
</tr>
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<tbody>
<tr>
<td>1.1 Intervals: 3 x 250m / 3 x 150m: 85-90% 400m pace: 3mins b/w intervals / 8mins between sets</td>
</tr>
<tr>
<td>1.2 25-30min Long Slow Distance (LSD)</td>
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<tr>
<td>1.3 Intervals: 1x 600m (800p + 4 sec); 1 x 400m (800p + 2 sec); 2 x 200m (800p)</td>
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<tr>
<td>1.4 800m Model (100, 300, 300, 100) x2 400m pace</td>
</tr>
<tr>
<td>2.1 Hills: uphill (3-5%) 2 x 250m/ 200m/ 150m; fast, good form. Jog/walk recovery</td>
</tr>
<tr>
<td>2.2 25-35min LSD</td>
</tr>
<tr>
<td>2.3 Intervals: Speed 2 x 120m / 2 x 100m / 2 x 80m / 2 x 60m: Fast; perfect form; accelerate to 95% 100p; complete recoveries.</td>
</tr>
<tr>
<td>2.4 25-35min Fartlek</td>
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</tbody>
</table>

**Sprinters (100m, 200m, Relay)**

| Interval: 2 x 120m / 2 x 100m / 2 x 80m / 2 x 60m: Fast; perfect form; accelerate to 95% 100m pace; complete recoveries. |
| 1.2 Hills: uphill 2 x 250m/ 200m/ 150m; fast, good form. 85-90% 200m pace; Walk back 8mins |
| 1.3 20-25min Fartlek |
| 1.4 Starts: 2 x 20m / 30m / 40m / 50m Full pace; complete recoveries. |
| 2.1 2 x 3 x 150m. Full pace; complete recoveries. |
| 2.2 Hills: downhill (2-3%) 2 x (200m/ 150m/ 100m); fast, good form. 85-90% 200m pace; walk back 8min |
| 2.3 20-25min Fartlek |
| 2.4 Intervals: 3 x 250m / 3 x 150m: 85-90% 400m pace: 3mins b/w each interval 8mins b/w each set of 3 |

**Throwers**

- Borrow the appropriate equipment for your events before Friday.
- Attempt to practice throws three times each week.

**Jumpers**

- Bounding activities
- Practice jumps where possible.
- Complete some sprint training.

**Hurdlers**

- Follow the sprinters program, but also complete hurdles drills - A-B-C skip and Slow Mo drills.
SHEEP SALE ROSTER:

<table>
<thead>
<tr>
<th>September 26th (Holidays)</th>
<th>October 3rd (Holidays)</th>
<th>October 10th</th>
<th>October 24th</th>
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<tbody>
<tr>
<td>Workers:</td>
<td>Workers:</td>
<td>Workers:</td>
<td>Workers:</td>
</tr>
<tr>
<td>Jan Morrish (50921494)</td>
<td>Michelle Morrish (50921616)</td>
<td>Melinda Lynch (50946238)</td>
<td>Karen Grigg (50841205)</td>
</tr>
<tr>
<td>Prue Munro</td>
<td>Yvonne Sporn</td>
<td>Kerryn Harker</td>
<td>Gemma Munro</td>
</tr>
<tr>
<td>Cooks:</td>
<td>Cooks:</td>
<td>Cooks:</td>
<td>Cooks:</td>
</tr>
<tr>
<td>Nicki Maynard</td>
<td>Nadiene Lynch</td>
<td>Sally Renkin</td>
<td>Bernie Fidge</td>
</tr>
<tr>
<td>Lisa White</td>
<td>Rebecca Hartwig</td>
<td>Lyndal Munro</td>
<td>Waraha Lewis</td>
</tr>
<tr>
<td>Rebecca Richardson</td>
<td>Megan Hastings</td>
<td>Laura Wilson</td>
<td>Toni Prentice</td>
</tr>
<tr>
<td>Deanne Baker</td>
<td>Rebecca Richardson</td>
<td>Vicki Manley</td>
<td>Samantha Ballard</td>
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Parents’ Association extends Congratulations and best wishes to Bec Hartwig and Murray Hynam as they marry tomorrow. Also, we wish Kate Byrne and Ross Stone all the very best for their wedding on October 5th and we look forward to welcoming Mrs Stone back to our school next term.

Catering: Thank you to the Year 5 families and their helpers (community members and staff) for a superb effort catering for the Lions Club dinner last night – very well done by a small band of enthusiastic families.

Seniors Day – Year 7/8 families will be in charge of providing soup and sandwiches at the Ouyen Community Park (Roxy Theatre) on October 10th. Please see details below and contact Therese Jolly 0427824261 or 50824261 with your offer. [It is the day of Athletics in Bendigo]

Year 12 Luncheon – will be on October 23rd. Year 11 families have the honour of this one, however, our contact person, Tracie Corbett, will be away. Could a volunteer from the ranks of Year 11 families please step forward by the start of Term 4? Contact Raelene Vine if you’d like to fill in for this one – 0407849174 or 50921598

Street Stall – PA will be holding a street stall early in Term 4 to raise funds to supplement our contribution towards the new pool blanket.

Pedestrian Crossing: Parents Association has been pressing for pedestrian crossing markings to be painted at the Oke & Cooper St intersection for quite some time. There are regular close shaves at the intersection as children make their way home or to the street. This will remain an intersection of interest after the school is on one site being the northern entrance to the main business precinct, and an access area for Senior Citizens, mobile library users, Preschool, and Maternal and Child Health Centre users. Any parents wishing to write their own letters to MRCC or VicRoads supporting this notion are encouraged to do so.

From BOUNCE – Building Resilient Kids: Healthy Relationships: Your kids learn from the environment around them. Learning what a healthy relationship is is critical in developing the skills required to later navigate the peer, intimate and family relationships that will occur in their lives. During these holidays try and find out what your kids know about healthy relationships – Respect

Supportive
Fun
A place you can be yourself
Agree to disagree
Don’t have to spend all their time with one person, and so on

Enjoy your kids’ break from school (and best wishes to those VCE students sitting practice exams in the lead up to the end of the year)

Justine Cresp – President, Raelene Vine – Secretary

Catering – Seniors Day – October 10th

5 pkts sandwiches – white bread: 1 pkt each of egg varieties, cheese and carrot, ham varieties, chicken varieties, other
3 pkts sandwiches – wholemeal bread: 1 pkt each of salad varieties, ham varieties, other
4 litres pumpkin or vegetable soup
4 litres chicken and corn soup

2 or 3 workers from 10:30 a.m. to cut and pack sandwiches, heat soup- work venue to be advised
2 or 3 to serve at Community Park from around 11:45am.

Thanks – the Catering Team: Loronda, Bec and Raelene
Year 9 Community students organised the Formal as part of this program.

Students from the Primary Campus danced their shoes off for an hour.

From 7pm the secondary students dressed in their finest clothes celebrated the end of term. It was a great night and the efforts of the organising committee were well rewarded.

Well done, Madeleine, Grace, Adriana, Ebonnie & Hannah.
**SCHOOL HOLIDAY SEWING CLASSES:**
Venue: Ouyen Neighbourhood House  
Days: Monday & Wednesday during holidays  
Time: 1pm -3pm  
Cost: FREE  
What to bring: 4 meters of material, at least two different colours or prints polar fleece is best. Scissors, cotton, pins and sewing machine if you have one.  
For those who have projects in the making please feel free to bring those along.  
To register call Kim Darley at Ouyen Neighbourhood House  
PH: 5092 1111.

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**Ouyen Junior Basketball**

If you are aged between 9-17 years and would like to play basketball this season, please put your name down at Gregg’s Electrical by Friday, October 18th. There is also a list on the board near the Year 8 lockers.

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**Sibling Rivalry:**

"I’d like my children to be friends one day."

When children fight we get upset and usually step in offering solutions, "Be nice," and so on.

Parents can control their children when they are little, but it is important to slowly withdraw from their relationship issues and allow them to eventually learn to negotiate with each other as our attempts to control children’s battles tends to prevent them from developing their own competence.

When your child comes to you complaining about their sibling, "Kerry hit me!" and so on, if parents get involved the child will always try to involve them and never learn to work out their own rules for negotiating.  

A good strategy for a parent looks something like this: "Mum, Mum, Tommy came in my room and took my torch and won't give it back!" "I did not! That one was mine, your's is outside!" Respond with, "I'm sure the two of you can work this out. I'm going to finish cooking dinner." Walk away.

Good luck! Enjoy your holiday break!

Marie Kilpatrick  SWW