Year 5/6 Melbourne Camp

Our Year 5/6 students have returned from a very successful Melbourne Camp. Camps provide students with valuable experiences away from the usual family influence. Staff work hard to schedule a variety of activities to challenge and interest the children.

Thank you to Mrs Jan Morrish for organising the camp and to Miss Burns, Mr Stoetzer & Mrs Prentice for accompanying the group.

Fairfax Drama Festival

A group of our Year 8 students participated in the Fairfax Festival in Swan Hill this week along with students from across the local area. This festival is the culmination of a program of drama workshops held throughout this term. Students have been working with some of the best non-traditional theatre companies in Australia to learn skills to help them create theatre in their local communities. The program involves the creation of theatre using readily available equipment (tablets, smart phones, cameras, free apps and computer programs).

Miss Melanie Grant has worked with our students on this program and accompanied them to Swan Hill this week.

Term 4 Hats

A reminder that from the beginning of Term 4 all students are expected to wear hats when involved in any outdoor activities. Hats should be clearly named so they can be returned if misplaced.

End of Term

As we come to end of the term I would like to thank everyone for their hard work over the last ten weeks. This is a very important time for our VCE students who will undoubtedly spend most of the holiday break preparing for their exams which begin on October 29th with Wednesday, October 22nd the last day of classes for Year 12.

Term 4 begins on Monday, October 6th.

Leanne Dawes
Principal

UPCOMING

SECONDARY FORMAL & PRIMARY DISCO

♦ On October 17th the Year 9 Community class are hosting a primary disco and secondary formal.
♦ Secondary Formal (7-12) will be held from 7pm -11pm.
♦ Secondary students will need to see Year 9’s for purchase of their tickets at the cost of $2 before the night.
♦ Primary Disco (prep – 6) will be held from 5pm – 6.30pm with a $2 entry at the door.
♦ Students will need to bring a note on the night or to school to notify staff how they are getting home.

HAPPY HOLIDAYS

Enjoy your break and come back re-freshed and ready for a big Term 4.
**Happy Birthday:**

- September 19th - Ava Wakefield
- September 19th - Imogen Hastings
- September 30th - Riggs Lanigan
- October 1st - Arley Munro

**THOUGHT FOR THE WEEK**

> It always seems impossible until it’s done. – Nelson Mandela

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**DRUMMING LESSONS:**

Drumming lessons with Mr Luke McCarthy will be going ahead due to a great response. Lessons will be allocated on a ‘first in, best dressed’ basis. If any students or community members would like to take part, please let us know because it is now likely that there will be subsequent rounds of lessons offered after Term One, 2015.

More details will be sent home with those that have registered their interest at a later date.

**GUITAR LESSONS:**

We are now asking for expressions of interest for individual guitar lessons (on similar terms as the drumming lessons on offer). If there is enough demand, we may be able to get the services of a guitar tutor as well. Please contact the school to register your interest.

**MALLEE UP-IN-LIGHTS LANTERNS:**

Our Prep-8 students will be taking the lanterns that they made at school, home before the end of term. If you are attending the lantern parade for the Mallee Up-In-Lights festival on Friday October 3rd, you will need to keep your lantern safely at home, then bring it to the starting point of the Lantern Parade (please stay tuned for details in local media, posters around the town and social media). You will be given a battery-operated tea light once you arrive, ready for the parade to commence.

The lyrics of “This Little Light of Mine” have been included on the newsletter for students to practise at home, also in readiness for the lantern parade.

Shelley Woodall  
Performing Arts

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**VCE News:**

A reminder to all students who are sitting Practice Exams next week to be on time. Ten minutes before the start time is a good guide.

All exams will be sat in Room 9.

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<td>Chemistry</td>
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**CHORUS:**

“This Little Light of Mine, I’m gonna let it shine,  
This Little Light of Mine, I’m gonna let it shine,  
This Little Light of Mine, I’m gonna let it shine,  
Every day** every day** every day* every way**  
I’m gonna let my little light shine.”

**VERSE 1:**

Light that shines in the night with love,  
Hides the darkness from above.  
Shines on me and it shines on you  
Shows you what the power of love can do  
Shine my light both bright and clear,  
Shine my light both far and near,  
In every dark corner that I find,  
Let my little light shine.

**VERSE 2:**

Monday gave me the gift of love,  
Tuesday peace came from above,  
Wednesday told me to have more faith,  
Thursday gave me a little more grace.  
Friday told me to watch and pray,  
Saturday told me just what to say,  
Sunday gave me the power divine  
To let my little light shine.

**CHORUS X 2**

Coda: Shine, shine, shine, shine, shine.
• I liked going to Wipeout. There was a wave pool, Obstacle course, heated pool and a big slide. My favourite was the big slide because it is pitch black and had step corners. **Adrian**

• When we got to Melbourne we went to the MCG. It was so cool I was amazed by how big it was. Alan our tour guide said there were 100000 seats there. **Cal**

• When we went to Urban Camp we had to find out which dormitory we were in. I was in dormitory twelve with Corey, Heath, Liam, Nick, Tate, Casey, Darcy C, Darcy K and Jarn. We then had dinner and went to Wipe Out. My favourite bit was all of it because we did four activities; the wave pool, the inflatable, free time, and the Water slide. I had the best day. **Alex**

• Last week years 5/6 had the best of fun. We enjoyed many activities such as ICEHOUSE, BOUNCE, the Aquatic Centre, Science Works, Planetarium, Universal Pizza, the Zoo, the MCG, watch movies, we went to the Museum and lots more exciting activities. The activity that I most enjoyed was ICEHOUSE or ice-skating. After a few rounds of holding onto the edge I got the hang of it and was able to skate without help after a while. Overall, we had the best time trying a new thing, for some of us. **Elena**

• At 8pm we went to the Eureka Skydeck I was really scared because we were 88 stories high and it was the tallest building in Melbourne and we could see the Aquarium (where we went to before the Eureka Skydeck) like it was a little box. Eventually I was brave enough to go in a cage and you could see all of Melbourne, it was awesome. **Dylan D**

• The activity I most enjoyed was bounce. I enjoyed it because it was exciting and adventurous. The best part I liked was the wall. There were six trampolines in about 7 to 8 metres and the trampolines are about 1 and a ½ metres. Two of them you jumped into a pit, another two were to try to get up to the top of the wall and another two were for a free bounce. I enjoyed it heaps, I wish I could go back there!!! **Nat Nihill**

• My highlight for the week was Bounce because it was filled with lots of different trampolines and different activities! My favourite activity in Bounce was the big bag because you can do flips or just jumps into the bag at the end of the long trampoline. I also liked dodge ball! I had a great time on camp. I would definitely do it again especially Bounce! **Emily**

• On the 8th of September the 5/6 students departed from the school to go to Melbourne. When we arrived at Melbourne we went to the MCG. Our tour guide Alan showed us where things happened and what things happened in this important place. Alan told us, that the day after the grand final this year they will be ripping up every inch of grass with 85 trucks. **Liam Vine**

• On September 8th, Years 5/6 got to go to Melbourne for camp. My favourite activity on camp was Ice Skating and Bounce. The most challenging activity was ice skating because you had to have lots of balance which I didn’t have but I kept trying & didn’t stop until our time ran out. We all got a camp book. It was an **AMAZING** week because of all the special activities that we did! **Amber**
The Year 5 Students have been working on the Pushcarts all year and things are starting to fall into place. On September 4th the Lions Club presented us with a cheque for $200 to go towards our pushcart program. Students gave a short presentation about our Pushcarts and what the program entails and were on hand to receive the cheque. We are incredibly grateful for all the community support we have received so far and the excitement is building as the event gets closer. A massive thank you to the Lions Club for their support.

Mr Stoetzer

Year 10 Woodwork students, Harry, Kyle, Alec & Andrew work intently on their wood projects. The boys are constructing model trucks.

Mr Stewart

There was a buzz when Ian Stacey from North West Ag Services came to the school earlier this week. He presented the RACV Energy Breakthrough students with $200 in sponsorship to go towards the design and construction of their Human Powered Vehicle (HPV). It is fantastic to know we have the support of our local businesses when we are tackling new initiatives. A very big thank you to North West Ag Services from everyone involved in the HPV program. Without your support we wouldn’t be able to get the program off the ground.

Mr Stewart
On Friday, August 29th, students from Prep and Grade 2 watched some experiments performed by Year 9 students, Brandon Corp and Lachlan Boseley, to celebrate Science Week.

As part of their Community class Brandon and Lachie showed the students how to make elephant toothpaste and dancing milk. The primary students made their own dancing milk.

Brandon Corp & Lachlan Boseley

Year 7 students visited Ticklebelly Quilting this week. Mr Healy was on hand to show the students how the quilting machine works. They also choose their quilting pattern for the quilts they have been constructing in Textiles this term.
Walk to School is back for the month of October. Commencing the first day of term 4, students can record their walks and be in the draw for a range of great prizes.

All students – town and bus travellers can be involved. Bus travellers who wish to take part will be met at the bus stop by a staff member who will walk the students around a prearranged course so their walks can be recorded.

Town students have a range of options available. They can walk to school and record their walks, but for students who cannot walk by themselves, a range of options have been provided for them.

Donna Nihill will escort walkers to school who meet at the Blackburn Park end of Johnson Street by 8.30am each day.

Charlee Pengelly will meet walkers at the United Church and Martin Ave corner at 8.25am and escort students to school, while Tanya Revell will walk with students on Monday, Tuesday and Thursdays who meet at the corner of William and Loveridge St at 8.30am.

Each Thursday will be “Fruit” mornings for students who walk, ride or scooter to school. Once they reach school and check in, they will be able to help themselves to the fruit that will be provided.

RIDE 2 SCHOOL IS BACK!!

Ride 2 school will commence in the second week of term 4 – starting Tuesday, October 14th and will continue on Thursday, October 16th. From then on, students can join the riding group each Tuesday and Thursday. The group will meet at the corner of Henderson and Mitchell Streets at 8.30am and follow the route on the map provided below.

Any questions/queries can be directed to a member of the Health & Wellbeing Team – Mrs Grace, Mrs Morrish, Miss Lacey or Mrs Pearson.
LODDON MALLEE REGION ATHLETICS

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 6a.m. and return by 8 p.m. We will be travelling via the Calder, not through Tempy and Speedy. 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 SINGLETS

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

SSV LMR
Track and Field
Thursday, 9th October Bendigo.

SSV State
Track and Field
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!!

“PERSISTENCE CAN CHANGE FAILURE INTO EXTRAORDINARY ACHIEVEMENT.”

Marv Levy

HOLIDAY TRAINING

MiddleDistance (400m, 800m, and 1500m)

1.1 Intervals: 3 x 250m / 3 x 150m: 85-90% 400m pace; 3mins b/w intervals / 8mins between sets

1.2 25-30min Long Slow Distance (LSD)

1.3 Intervals: 1x 600m (800p + 4 sec); 1 x 400m (800p + 2 sec); 2 x 200m (800p)

1.4 800m Model (100, 300, 300, 100 ) x 2 400m pace

2.1 Hills: uphill (3-5%) 2 x 250m/ 200m/ 150m; fast, good form. Jog/walk recovery

2.2 25-35min LSD

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.

2.4 25-35min Fartlek

Sprinters (100m, 200m, Relay)

1.1 Intervals: Speed 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 in a safe area.

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, Hurdle “watch” drill and Slow Mo drills.
SCHOOL BASED APPRENTICE TRAINEESHIP PRESENTATION
Date: Tuesday, 14th October 2014
Time: 1.20pm – Bring your lunch
Parents and employers welcome to attend.
Gena Grant Consultant, VECCI, Sunraysia Region

YEAR 12 IMPORTANT DATES
All Year 12 students who are applying for Victorian or South Australian University or TAFE courses should have their VTAC / SATAC applications completed by Tuesday, 30th September.

VICTORIA
VTAC Course Application close Tuesday, 30th September (5pm)
Change of preference closes Friday, 24th October (5pm)
Re opens Monday, 24th November
Closes Monday, 22nd December (12 noon)
SEAS Application close Tuesday, 7th October (5pm)
Scholarship Application close Friday, 17th October (5pm)
Personal History Online Form close Friday, 25th October (5pm)
STAT see VTAC/SATAC guides for closing dates Mildura sitting
Mildura STAT dates - Saturday, October 18th
Saturday, November 22nd
WCE and ATAR results Monday 15th November
Early Round Offers Friday 21st November
Round 1 offers Thursday 19th January 2015
Round 2 Offers Wednesday 5th February 2015

SOUTH AUSTRALIA
SATAC Course Application closing date Tuesday 30th September for most courses
Equal Consideration closing date Monday 1st December
STAT applications see VTAC/SATAC guide
Change of preference close Monday 5th January 2015
Round 1 offers Thursday 15th January 2015

FLINDERS UNIVERSITY – PRINCIPAL’S RECOMMENDATION PROGRAM
Your performance in Year 12 is not always a true indicator of your ability to succeed at university.
Selection criteria, Courses available under the program and application forms are available at http://www.flinders.edu.au/future-students/undergraduate/year-12-entry/principals-recommendation-program.cfm

DOXA CADETSHIP PROGRAM
Applications close Friday 31st October 2014
www.doxa.org.au

SERVICES FOR AUSTRALIAN RURAL AND REMOTE ALLIED HEALTH
NURSING AND ALLIED HEALTH SCHOLARSHIP AND SUPPORT SCHEME (NAHSSS): UNDERGRADUATE (ENTRY-LEVEL) ALLIED HEALTH SCHOLARSHIPS:
http://sarrah.org.au/content/undergraduate-entry-level
Applications Open September 2nd.
Close 3rd November
Notification of outcome November 21st

CENTRELINK - STUDENT START-UP AND RELOCATION SCHOLARSHIP
If you are eligible, you will receive a Student Start-up Scholarship / relocation Scholarship with your first student payment after 24 February.
You need to receive at least $1 of your student payment in the relevant fortnight to qualify for the scholarship payment. More details from http://www.humanservices.gov.au/customer/services/centrelink/

CHANCES FOR CHILDREN FUNDING ROUND IS NOW OPEN
closing on November 7th 2014
Application forms which includes eligibility guidelines are available for download at www.chancesforchildren.com.au

MONASH ART, DESIGN AND ARCHITECTURE (MADA) WORKSHOPS:
Three day workshop for Year 11 & 12 students.
From 24 - 26 September at the, Caulfield campus.
www.monash.edu/mada/workshops

CHRISTMAS CAUSAL OPPORTUNITIES WITH DICK SMITH
...For more information go to http://dicksmithholdings.com.au/work-with-us/

ENGAGING PARENTS IN CAREER CONVERSATIONS (EPIC)
Research indicates the role of parents in influencing the Destinations of their children outweighs all other!

The Changing World-of-Work
Then – Occupation for life/ Now- Minimum of 7 Careers in a life time
Then – follow the ‘hot’ Jobs / Now – Follow your heart
Then – Focus on the destination /Now – Focus on the journey
Then – Be independent / Now – Use your networks
Then – Study, work, retire / Now – Lifelong learning

Sue Sly
Careers Coordinator

PARENTS ASSOCIATION
Thanks – Having a number of catering jobs in a short space of time has been a big ask. Thanks to all who have come on board to support the Contact People, Catering Team, the school, and those who asked for our help to add to their event’s success. Your efforts have helped us raise around $3,500.00.

What do we do with funds raised? –
Recently approved purchases/ donations:
[in approximate figures]

Student ID card printer - $ 1,000-00
Food Tech equipment - $ 500-00
Student use microwave- $ 200-00
Sports gear (hurdles/ javelin etc) - $ 900-00
Playground equipment $11,500-00

Catering: Thanks to those who have contacted Therese, so far, for the Seniors Day lunch. Please check in asap to allow her to get it organised ahead of time. Therese Jolly 50824260 or 0488049793.

October 22nd – Year 12 lunch – at school – Yr 11 – Details next newsletter.

Best wishes to all for a safe and refreshing term break [although Year 12s will be hard at work] to prepare for the demands of the final term for 2014.

Justine Cresp – President
Raelene Vine – Secretary
JOIN IN THESE GREAT FREE ACTIVITIES IN OUYEN!
AS PART OF MALLEE UP IN LIGHTS SMALL TOWN TRANSFORMATION

Be a Zombie!
Call for extras
Sunday 21 September:
11am – 1pm makeup
1pm – 3pm filming
Dress up as a zombie and be an actor on the ‘Great Ouyen Zombie Apocalypse’, a short film by Ouyen youth. Make up artists on site, if required. All ages welcome.
Please wear: old clothes
Meeting place: Roxy Theatre, Oky Street, Ouyen

Loved Ones
Lantern workshop
Monday 22 September:
10am – 4pm
Drop in and create a lantern for someone you love who has passed. The finished lanterns will be displayed at the Launch Party. All ages welcome.
Please bring: a photograph of your loved one.
Venue: Ouyen Service Centre, Oky Street, Ouyen

Launch Party
Friday 3 October
6pm – 10.30pm
Celebrate the official launch of Mallee Up in Lights Small Town Transformation project with an evening of fun things to see and do:
- Opening parade and ceremony
- Live music with Tim Perkins and the Dark Horses and others
- A screening of The Great Ouyen Zombie Apocalypse at the Roxy Theatre
- Artists market & exhibitions
- Local goods & food
- The Zombie Walk of Terror
- and closing fireworks!
Venue: Oky Street, Ouyen

Little Town Big Lights
Competition
Tuesday 30 September – Thursday 2 October
Do you live or work in Ouyen and surrounding areas? You are invited to ‘shine a light on the Mallee’ by putting your Christmas lights up early!
You will need to have your lights on display on between 7pm and 11pm during the judging period.
Entries close Monday 29 September

SHEEP SALE Roster
September 25th (Holidays)
WORKERS
Jan Morrish
(5092 1494)
Donna Nihill

COOKS
Nicki Maynard
Emma Gold
Lisa White
Rebecca Richardson

October 2nd (Holidays)
WORKERS
Michelle Morrish
(5092 1616)
Yvonne Sporn

COOKS
Nadine Lynch
Briony Munro
Narelle Huggins
Michelle Morrish

October 9th
WORKERS
Melinda Lynch
(5094 6238)
Kerryn Harker

COOKS
Sally Renkin
Kaylene Richardson
Laura Wilson
Vicki Manley

Week 1
Wednesday 24th September
Butterfly Cupcakes
Window Art

Friday 26th September
Footy Colours Day
wear your favourite
team colours

Week 2
Wednesday 1st October
Grass Heads
Balloon Racing Cars

Friday 3rd October
Marble Milk Paper Construction
Baking Biscuits

Other activities over the 2 weeks- Pipe Cleaner Ninjas, Origami, Box Construction, Science Experiments, Outdoor/Gym Games, Paper Planes

Note: New enrolment forms must be completed for 2014
Maternal Health Book must be sighted and a copy of the child’s Immunisation details must be provided

All Asthma and Anaphylaxis medications must be provided

Contact Mallee Minors for bookings and forms - 5091 0292 or 5092 1077
BYO food, drinks and a hat.
Please bring CD’s & Video’s and any ideas for the program
Cost $16 for a full day and $8 for a half day.
Open to children aged 5-12 yrs already attending primary school in 2014.
Program hours - 9am until 5pm.
Program subject to change.
Support for the program is vital for it’s future.
Please wear suitable foot wear for running and outdoor play.
COMMUNITY NEWS

Term 4, 2014

FOR ENQUIRIES PHONE LYNDAH MUNRO OR MARINA BARNES ON 5092 7777

COMMUNITY NEWS

FOR ENQUIRIES PHONE LYNDAH MUNRO OR MARINA BARNES ON 5092 7777

TERM 4, 2014

Ouyen

For Parents and Teachers
Understanding change, loss and grief

Ouyen

Connecting with Kids