



LEARNING FOR THE FUTURE

**April 30th  
2021**

Fuller Street.  
Phone: 50921182  
Mobile :0488470929  
Fax: 50921185  
ouyen.p12@education.vic.gov.au  
www.ouyenp12college.vic.edu.au

## Principal's Report

### **Parent & Community Values Session**

After initially selecting eight values that represent the college during its formation, School Council has decided to review and streamline these to best represent our school and the wider community for 2021 and into the future.

We have held sessions for staff and students to contribute to these values, but are seeking input from other important stakeholders, our parents and the wider community.

We will be holding a session to discuss and select values which represent what these groups expect of our students and the school, to be held on **Wednesday May 12<sup>th</sup> at 7pm at Ouyen P-12 College**. Depending on how many we have attending the session, we may hold it in one of the classrooms or the Community Centre. We are anticipating the session will go until 8-8.30pm, and our Food-Tech students will be providing some supper for the occasion.

Please contact the office to let us know if you are available to attend this session.

### **Swimming**

Congratulations to Charli Brown on her efforts at the state stage of swimming, taking 2 seconds off her personal best in the 50m Butterfly final. A great reward for the hard work that she has put in.

### **Homework**

One of our focuses this year has been the completion of regular homework. Students, particularly those in Year 5-12 should have some form of homework for most of their subjects on a weekly basis. If you are concerned about a student completing a lack of work at home, please contact their year level teachers. We are still running homework classes on Tuesday lunchtime, Thursday lunchtime and directly after school on a Thursday afternoon.

### **Cross Country Apology**

My apologies to our community of Insignians. On last week's report, I falsely reported an Olympic victory, when in fact, Insignia were victorious on the day. While I am an impartial observer now, it was fantastic to see my old sporting house turn the tables and have a much overdue win.

### **Contacting Staff**

For parents looking to contact staff, it is usually best to call the office and make a time with the staff member, or refer to your discussions from earlier in the year as to how best to contact staff. This allows us to find an appropriate time and place to meet.

Have a fantastic weekend,

*Fel Cua*

*Principal*

### VCE News

The College is conducting afternoon classes for unit 3/4 subjects.

The classes are an opportunity for teachers to assist students to focus on extension work, revision techniques and preparing for the external assessment at the end of the year. A timetable for the classes is included below.

Term 2 3.30pm – 4.15pm

May 4th	English
May 11 <sup>th</sup>	Chem/Biology/VCD
May 18th	PDT/Accounting
May 25th	Further Maths
June 1st	PE
June 8th	HHD/Bus Man/Legal

**Please note – that teachers may make other arrangements with their classes. This will be done in consultation with the students and an acceptable period of notice will be given to the students if a change is made.**

### Parents and Friends

#### Sheep Sale Roster

**May 13<sup>th</sup> Worker** Nola Hill Any volunteer?



**Cooks** Tania/ Simon Doyle Stephanie/ Sam Wethers Kylie Zanker

**May 27<sup>th</sup> Worker** Brooke Smith  
Any volunteer?

**Cooks** Rosey/ John Cattanach Bec/ Ryan Val-  
lance Deanna Beer/ Jai Higgins

If you know you're unable to assist on your rostered day, please arrange a swap/replacement, and let Raelene Vine know. If your name isn't on it, and you would like to help, please contact Raelene Vine on 0407 849 174. You will note we have some solo workers, and that some workers have multiple turns – we would appreciate hearing from anyone who is willing to have a turn and learn the ropes serving in the kiosk.

Raelene Vine – Sheep Sale Co-ordinator [0407849174]

Ouyen P-12 College Sustainability Committee is collecting plastic lids and bread tags for charity. These bits of plastic can help make prosthetic limbs and wheel chairs for the people who need it most. If you have any plastic lids and bread tags the collection point for the bread tags and plastic lids is in the year 11 area in the senior building. Or can be dropped into the office.

Thank you for your support.

**#TOPS&TAGS  
FORWHEELCHAIRS**



## FOOTBALL COLOURS DAY

Well done to the Year 10 students who coordinated and arranged activities for Football Colours Day on the last day of Term 1.

There was a wide selection of activities available from taking screamers over the boys, kicking goals and handballing. For the less physical, a range of colouring activities were available. These proved very popular, especially with the range of Easter eggs that were on offer!



## ANZAC DAY

Congratulations and thank you to the students and staff who contributed to the ANZAC Day display at the Roxy Theatre.

The grade 2/3 students worked very hard to construct the poppy flowers and banners, which were made by the students in LAL's.

The Year 7 and Year 9 Textiles classes made a range of felt poppies and banners which they then installed at the Roxy.

The final display was bright and colourful and a wonderful acknowledgment of the 100 years of the RSL in Ouyen.



**Anzac Day**  
LEST WE FORGET  
"At the going down of the  
sun and in the morning,  
We will remember them"



## **Resilience, Rights and Respectful Relationships:**

The third topic in the Resilience, Rights and Respectful Relationships program is Positive Coping. The following description is from the introductory pages of the teaching resource. It was heartening to find this week that some students are already using this strategy and they are learning it from home through coaching and modelling by significant adults. The ability to share with classmates was excellent.

Learning activities provide opportunities for students to identify and discuss different types of coping strategies. When children and young people develop a language around coping, they are more likely to understand and deliberately utilise a range of productive coping strategies and diminish their use of unproductive coping strategies. Students learn to extend their repertoire of coping strategies and benefit from critically reflecting on their own choices and exposure to alternative options.

Activities introduce students to the concept of self-talk and the practise of using positive self-talk to approach and manage challenging situations. Positive self-talk is a key strategy for coping with negative thoughts, emotions and events. It is associated with greater persistence in the face of challenge and can be learnt or strengthened through practice.

Cahill, Meakin, Smith, Beadle, Farrelly, Higham and Crofts: Resilience, Rights and Respectful Relationships. Department of Education and Training, Melbourne, 2016.

### **Examples of Positive Self-Talk (also referred to as 'Your Inner Coach').**

"Even if I don't get a good mark, at least I know I tried hard."

"It might be lonely at first but I will eventually get to know people and settle in."

"Even if it is scary to talk in front of the school, it won't be for long and I can keep control of my nerves."

"I am going to keep calm and focused and give this my best effort."

"It hurts when people say mean things, but that meanness is more about them than me, and I don't have to believe what they say."

"I have stuck at things before, so I am not going to give up this time."

"Even though I missed a shot, I tried my best."

"The team will be disappointed, but there's another game next week."

"I can stick at this."

The full copy of the Resilience, Rights and Respectful Relationships teaching resource can be accessed by anyone at any time, by following this link:

<http://fuse.education.vic.gov.au/Resource/LandingPage?ObjectId=e4137fa2-f7fc-4f67-bdb0-80fb2624c64c&SearchScope=All>

## PRIMARY SPORTS REPORT

The congratulations keep coming this week, with students involved in a range of activities.

Well done to Charli Brown for her efforts at the SSV State Swimming Championships on Monday. Charli managed to improve her time for the 50m Butterfly by two seconds – a great performance.

Congratulations to Brooklyn Singleton and Lucy O'Shannessy who attended the SSV trials for the Under 12 State Netball team.

Both girls trialled very well and Lucy was successfully selected to move to the next stage of trials.

Best wishes to Lucy for the next trial.



## SUNRAYSIA SOUTH CROSS COUNTRY

The Sunraysia South cross country will be held at the 'Old Aerodrome Ovals' on

**Wednesday, 5<sup>th</sup> May.**

COVID procedures require the students to stay together as group on the day and not move around the course.

All parents will be required to check in via a COVID app on the day.

The program is attached below.

9.50am Welcome and explanation of the rules.

### 2 KM Events

10.00am Sunraysia: 9/10 year old combined girls and boys

10.15am Sunraysia South: 9/10 year old combined girls and boys

### 3 KM Events

10.30am Sunraysia: 11 year old combined girls and boys

10.50am Sunraysia South: 11 year old combined girls and boys

11.10am Sunraysia: 12+ year old combined girls and boys

11.30pm Sunraysia South: 12+ year old combined girls and boys

12.00pm Presentations.

12.20pm Tidy up and Dismissal from Event Area

Students have been training hard, and it was exciting to have some Year 10 and Year 11 students train with the students during the week.

Students are reminded to return their notes by the end of the week, to enable travel plans to be finalised.

The school is responsible to supervise one check point during the 3km events. It would be appreciated if available parents could contact the school to volunteer their time. A roster will be completed to ensure parents have the opportunity to watch their child compete.

Students who finish in the top ten, will have the opportunity to move to the next stage of competition and compete in the regional event at St Arnaud. This event will be held on:

**TUESDAY, 1<sup>ST</sup> JUNE.**



# What Matters? Writing Competition

Entries to close 14 May, 2021.

**WHAT MATTERS? IS AN ONLINE WRITING COMPETITION OPEN TO AUSTRALIAN STUDENTS IN YEARS 5-12.**

What Matters? is a 'catalyst for young thinkers and young writers to develop a perspective, a point of view, on where we're heading as a society'.

Inspired by Gough Whitlam's commitment to involving young people in the shaping of Australia's future, the *What Matters?* writing competition is currently open to school students in years 5 to 12 from Australia. Responding to the simple question 'what matters?', entrants are free to express their views on any matter they care about.

The competition receives thousands of entries covering a wide range of subjects, putting paid to the idea that young Australians are disengaged and disaffected. Year after year we are reminded how passionate, observant and articulate young people are, and how deeply driven they are by a sense of social justice as they offer us a window into not just what concerns them, but what inspires them.

You can find more information at <https://www.whitlam.org/what-matters>



VCAL students are doing reading and writing instructional texts in which they have to present to the class. Adrian Fidge chose choc chip cookies and Jayson Calliss decided to make butterfly cakes. A recipe is the perfect example of an instructional text as it gives instructions on how to make something. The end results were very tasty.

# Ouyen

# Mother's Day Classic

Come along and support the Ouyen Mother's Day Classic Team fundraiser at the Ouyen Lake.

9.5.21, 9:00 AM  
OUYEN LAKE

Wear something pink!



## Boys Brains

This workshop aims to help parents better understand their boys; it will provide practical strategies for how to connect with them and support them to succeed.

✓ Understanding    ✓ Differences    ✓ Practical Strategies

### Workshop date & location:

**Location Name** – Ouyen Preschool  
78 Oke Street, Ouyen

Please note this is a single session workshop only

**Date:** Monday 21<sup>st</sup> June 2021 @ 6:30PM – 9:00PM  
(Arrival & Registration 6.15pm)

There is a no cost for this workshop

### RSVP:

Louise Fitzpatrick Leach | Ouyen Preschool  
M 0427 941 235 | E ouyen.kin@kindergarten.vic.gov.au

Please remember your mask. We ask that all participants follow social distancing and face mask regulations.



Boys Brains  
176 – 178 McCrae Street, Bendigo VIC 3550  
T (03) 5438 1300  
www.ccds.org.au



FREE

VICTORIA  
WIDE  
SERVICE

For:  
Parents  
Grandparents  
Carers

of children aged 2  
to 12 years

## Positive Parenting Telephone Service

Our free 6 to 10 Week program helps you to:



Have Stronger positive relationships



Set rules and limits



Manage everyday behaviour problems

Participants complete a workbook or online modules which are supported by weekly 30 minute phone calls with a trained parenting educator.

All of this can be done from the comfort of your own home at a time that suits you.



Enrol now and make a positive start to last a lifetime

Call us for more information or to enrol

1800 880 660

Enrolments are taken all year round







# OUYEN UNITED FOOTBALL & NETBALL CLUB INC.

PO Box 43, OUYEN VIC 3490

Registration No. A00941031

President: Tony Keely  
m. 0428 564 275

Secretary: Janine McLean  
m. 0457 161 958

e. skeely@bigpond.net.au

e. oufnc.secretary@gmail.com



## 2021 MEDICAL PROFILE

All Information on this sheet is confidential

Access to this sheet is limited to the President, Secretary, Registration Officer, Coach and Medical Staff

PERSONAL DETAILS	
SURNAME: _____	GIVEN NAMES _____
ADDRESS: _____	
BEST CONTACT NUMBER: _____	EMAIL _____
SEX    M <input type="checkbox"/> F <input type="checkbox"/>	DATE OF BIRTH ___/___/___    AGE: _____    Height _____ cms
Weight: - _____ kgs	
EMERGENCY CONTACT DETAILS	
1) SURNAME: _____	GIVEN NAMES _____
RELATIONSHIP _____	
HOME PHONE: _____	MOBILE PHONE _____
2) SURNAME: _____	GIVEN NAMES _____
RELATIONSHIP _____	
HOME PHONE: _____	MOBILE PHONE _____
HEALTH CARE DETAILS	
MEDICARE NUMBER _____	
AMBULANCE MEMBERSHIP    NO <input type="checkbox"/> YES <input type="checkbox"/> Number _____	
If No do you have a Health Care Card    NO <input type="checkbox"/> YES <input type="checkbox"/> Number _____	
<b><u>Ambulance Transportation can be expensive – Membership is recommended as Ouyen United Football &amp; Netball Club Inc. WILL NOT be responsible for any costs. Forms are available at the Newsagent or join online <a href="http://www.ambulance-vic.com.au">www.ambulance-vic.com.au</a> or phone 1800 64 84 84</u></b>	
PRIVATE DOCTOR _____	PHONE NUMBER _____
CAN DOCTOR BE CONTACTED AT ALL TIMES ?    Yes <input type="checkbox"/> No <input type="checkbox"/>	
PRIVATE DENTIST _____	PHONE NUMBER _____
CAN DOCTOR BE CONTACTED IN AN EMERGENCY ?    Yes <input type="checkbox"/> No <input type="checkbox"/>	
CURRENT HISTORY	
Current Medical Problems	
Regular medications including supplements, stating name and dosage	
Allergies <input type="checkbox"/> Nil Known <input type="checkbox"/> Yes –please list _____	
Sports injuries(Please list any injury which is current/recurring or requires surgery)	

**PAST HISTORY**

**Have you ever had**

Epilepsy Yes  No   
Hepatitis A Yes  No   
Hepatitis B Yes  No   
Diabetes Yes  No   
Heart Problems Yes  No   
Heart Murmur Yes  No   
Asthma Bronchitis Yes  No   
Hernia Yes  No   
Concussion Yes  No

**Do you wear....**

Glasses Yes  No   
Contact Lenses  
Soft Yes  No   
Hard Yes  No   
Protective Equipment  
Yes  No   
Mouth Guard  
at training  Yes  No   
at Competition  Yes  No   
Other  Yes  No

**Have you sustained....**

A fracture in the last 3 years  
Yes  No   
If Yes, where? \_\_\_\_\_  
A dislocation Yes  No   
If Yes, where? \_\_\_\_\_  
**Do you suffer from....**  
recurring pain in any joint with play/  
practice? Yes  No   
if yes, which joint/s?  
Back/Neck Pain Yes  No

**Have you ever been treated for a head, neck or spinal injury?** Yes  No

DETAILS

DOES THIS CONDITION AFFECT YOUR PERFORMANCE? Yes  No  If yes, how?

**CONSENT**

- I understand the Sunraysia Football & Netball League competition will be played under the rules as set by AFL Vic Country in accordance with AFL Vic Country guidelines.
- I also understand football is a contact sport and there is a risk of injury involved in playing football
- I authorise any official from Ouyen United Football & Netball Club in charge of the Football event/competition/program, in the event of any injury or illness, to obtain on my behalf and at my expense any medical assistance, treatment and transportation as deemed necessary. Every effort will be made to contact next of kin.

**INDEMNITY**

- Except where provided or required by law and such cannot be excluded, I agree Ouyen United Football & Netball Club Inc. and its respective committee, members and volunteers are absolved from any liability however arising from injury or damage to me, however caused, from participating in the Mallee Football League.
- I have read and understood and agree to the above terms
- To the best of my knowledge, all information contained on this sheet is correct .(if under 18 please have parent or legal guardian sign)

Parent/guardian to sign

Signed: \_\_\_\_\_

Date \_\_\_\_\_

Parent /  
Guardian Name

I consent/do not consent to my child being photographed. I understand that these photos may be uploaded to the clubs website, social media page or used for various other publicity reasons, including but not limited to print media.

Initial \_\_\_\_\_

**All players must sign and return this form before playing.**