Principal’s Report:

Stephanie Alexander Kitchen Garden

Recently, as part of the Stephanie Alexander Kitchen Garden Program, Jane Povey and Kath Tanner undertook a training day where they became more familiar with the program and the best ways to implement it successfully. As a result of the school’s commitment to the program, we received the very exciting news this week that the Kitchen Garden Foundation will be providing the school with a KitchenAid Artisan Stand Mixer valued at $749. This will be a fantastic addition to the school’s kitchen.

School Canteen

This year we have introduced a number of healthy options to the school canteen and students from Prep right through to Year 12 have the opportunity to purchase them at recess. Cheese and biscuits have been available all year for just 50 cents and since early in second term cheese ‘toasties’ have also been on sale at $1.50. Cups of milo are available (50 cents) as are cartons of chocolate milk and iced coffee ($2.50). Many thanks to Brad Tanner for all the great work he is doing in the canteen and thanks also to the Parents’ Association have just provided a new sandwich maker for use in the canteen.

Technology

The professional development day that was held last Friday was very successful. As I mentioned last week the focus for the day was on using technology in the most effective ways to enhance student learning. The day was particularly informative given that we have been examining a range of options regarding student-owned devices in 2014. Unfortunately we are no longer in a position to subsidise netbooks as we have in recent years for students entering Year 5. The issue was discussed at school council this week and all the relevant information will be provided to parents in the coming weeks.

Year 11 Exams/Year 12 Study

All students studying a Unit 2 subject will be undertaking exams next week. These are particularly important as a preparation for Year 12 where, of course, the final exams are critical in determining each student’s final results. The exams are held at this time of year so as not to interfere with the study of Year 11 students who are studying a Unit 4 subject and will therefore be involved in end of year exams.

It is vitally important that all Year 12 students be committed to a consistent and rigorous home study program in the lead-up to their final exams. A minimum expectation would be for five hours of home study a week in each subject. As has been pointed out to the students it is very important that they be purposeful in their approach to study and set themselves goals to achieve in each session. Over the years I have seen many students make really significant improvement in the final months when they have worked really hard and been well organised.
P-4 Production

The P-4 Production for 2013 is based around fairy tales. "Rapunzel is lost and looking to find her way back to her fairy tale. The adventure takes her through many of the most loved stories such as ‘The Three Bears’ and ‘Cinderella’.” Each grade has been practising songs to perform and the Grade 4 students have all been given special roles to carry out. Kath Tanner will be providing the word/lines that children will need to practise at home and she will attach a note regarding costumes. Please ensure that you leave sufficient time to get whatever your child may need for the concert and if you have any queries at all please feel free to contact Kath. A final working bee is being held on Thursday 29th August from 9a.m. in the shed to paint the set, make any props and do any final sewing pieces.

The tickets go on sale this week at the General Office. The performance dates are: Wednesday 11 September commencing at 12:30pm and Thursday 12 September commencing at 7pm. The venue is the BER building.

P-7 Performance

Students from Prep-Year 7 enjoyed a performance this week from Alpha Children’s Theatre Company titled, ‘King Arthur.’ The performers presented a highly entertaining show and certainly received a very enthusiastic response from their audience.

Former student experiences the “Opportunity of a lifetime”

Nathan Turner, a former student of the school, recently had the opportunity to fulfil a dream he has held since leaving school. Nathan, a qualified greenkeeper, is currently undertaking an internship at Kirtland Country Club in Ohio, USA and he was part of a team of 145 who helped prepare the Oak Hill golf course for the recent US PGA tournament, an annual event which is one of only four ‘majors’ in the world of golf. In the week leading up to the tournament Nathan commenced work at 3:30am and worked through until 8:30am before returning at 4pm and working through until 10pm. Congratulations to Nathan on his achievement!

If you know of any former students with interesting stories to tell please let me know so we can share their stories with the school community.

Graeme Good

---

**WANTED ! - We need any Old Rusty farm equipment**

- Springs, hand tools, old discs, tractor parts, metal objects, garden tools etc

To be used for a sculpture in our new Kitchen Garden.

Please drop off to general office by Friday 6th September.
School Fete Saturday 19th October

As the fete is fast approaching, I am putting the call out for donations of:

* plants  * preserves  * chocolates/lollies for prizes

Also looking for:

* stall holders/party planners  and  * sponsorship of rides

Once again we will be holding the washing basket raffle where each grade will need to fill a washing basket with goodies. A letter will be sent out in the near future detailing your child’s classroom topic.

We will also be conducting a car boot sale, so if you need to have a clean out, fill your car boot and bring it along on the day.

To book your car boot spot, if you have any donations of goods or can help out in any way, please contact Natasha Gibson on 0418129371 or contact the school.

Mortlake College P-4 Students present

“Rapunzel – The Untold Tale”

Matinee: Wednesday 11th September - 12.30pm
Night Performance: Thursday 12th September - 7.00pm
Adults: $8
Students/Children: $2
Under 5yrs FREEE

TICKETS ON SALE MONDAY 26TH 2013
Cycling Victoria are pleased to announce that all 'novice' participants in the 2013 VSCC BMX Series will receive a FREE BMX Australia 4-month licence*

The 2013 VSCC BMX Series includes the following events:
- East & Metro Zone Final - Oakleigh - August 14
- West Zone Final - Werribee - August 28
- South West Zone Final - Warrnambool - September 3
- North Zone Final - Shepparton - September 11
- State Final - Kilsyth - October 16

The VSCC is an initiative of the Cycling Victoria Development Team, and offers students the opportunity to experience BMX racing in a fun and safe environment. We sincerely hope you will encourage your students to make the most of this thrilling event.

Please click the green button below to view the VSCC entry information page. Further information on the 2013 VSCC BMX Series can be found by clicking here.

*to receive the FREE licence, participants must not have been a BMX Australia member before. Offer closes December 31, 2013.

Lunch Time Sport —

Results so far after week 6
- Endeavour - 12 points
- Succeed - 8 points
- Inspire - 4 points

Next week will be junior boys netball and senior boys table tennis.

State Nominations —

If you wish to nominate your child for state team tryouts then visit the following website:
https://www.ssv.vic.edu.au/TeamVic

If you have any queries please feel free to contact me.

Mr. Nathan Jones
Sports Coordinator 7-12
jones.nathan.t@edumail.vic.gov.au
Thank you to all those students in Years 9, 10 and 11 who have returned their orange subject selection sheet showing course preferences for 2014. Students were to return the forms signed by both a parent and a staff member, and so some forms may need to be resubmitted if this has not been done.

I will be using these student preferences to form the subject blocks for 2014. We are fortunate in that we can structure our blocks around student preferences because we are a small school. In many schools students choose from set blocks because sheer numbers make it impossible to sort otherwise.

On Thursday afternoon we will have a representative from TAFE talking to senior students about possible TAFE pathways from school. Students intending to undertake tertiary study need to be working on course preferences and relevant scholarship applications.

Please feel free to contact me at any stage about VCE matters.

Anthea Good - VCE Co-ordinator

At the parent teacher interviews on Tuesday 20 August we had 25 parents sign up to the Lunch Box Blitz project. We are going to hold an information session soon, if you would like to be involved, contact Kath Tanner or Jenny Williams.

Make it Fun Make it Fresh Make it a Habit
NATIONAL ASTHMA WEEK - Sep 1st – Sep 7th 2013

Over 2 million Australians have asthma – about 1 in 10 adults and about 1 in 9 or 10 children.

National Asthma Week 2013 - Take Control of Your Asthma!

This year Asthma Australia and member Foundations aim to raise significant awareness about improving the lives of people living with asthma.

Three things to remember this National Asthma Week:

• Three or more is very poor.
If you use your blue asthma puffer three times or more a week then your asthma may be poorly controlled and you should contact the Asthma Foundation or your local GP for help and advice.

• Most people with poorly controlled asthma don’t have to put up with it.
Gone are the days when people with asthma had to rely on reliever medication all the time. Now we have medication that will prevent asthma flaring up in the first place.

• Preventer medications have been around for decades, but many people aren’t taking them.
Up to 75% of those who are prescribed preventers are not taking them
This means your asthma will not be as well controlled as possible
Your airways can become permanently damaged and cause serious breathing problems for the rest of your life.

1800 ASTHMA (1800 278 462)

www.asthma.org.au
www.nationalasthma.org.au
www.asthmafoundation.org.au


South West Health Care Warrnambool Community Health: Michelle Evans & Sarah Irving; Asthma Educators 55634000

The Asthma Foundation has provided Asthma Information Packs for Teenagers. Contact Adolescent Health Nurse at school for information. Available Wednesdays & Thursdays.
Today’s Performance of “King Arthur” by Alpha Shows was enjoyed by the Prep—Year 7 students!

PE Week -
Yr 11’s get into the sports theme!

Walk around Tea Tree Lake

Kick the Footy into the barrel Competition
PHOTO SHOP

Cows Create Careers Excursion to Murray Goulburn Koroit—
Well Done Aimee!!

On Thursday 22\textsuperscript{nd} August the ‘Entertainment Cookery’ class was fortunate to be given a tour of the Murray Goulburn factory at Koroit. The visit was part of the ‘Cows Create Careers’ program, and followed a visit to Mortlake by two Murray Goulburn advocates in the previous week.

After an introductory Powerpoint presentation we were shown in small groups around the site. The students were able to see the milk tankers emptying their milk after their farm runs into the huge storage vats, and then follow the path of the milk through processing. The journey was fascinating, and it was very informative to see the range of jobs and career opportunities available in different parts of the factory. It was also great to learn about the huge importance of the local dairying industry to Australia’s dairy production for both national and international markets.

One of the highlights of the visit was the excellent work done by Aimee. She observed and then reported a problem with one of the robot machines that had ripped a bag, and for her efforts was presented with a Murray Goulburn hamper as a sign of their appreciation.

We now look forward to attending the Presentation Ceremony in Warrnambool in a few weeks, which will mark the end of our ‘Cows Create Careers’ work for this year.

Anthea Good - Food Technology Co-ordinator
RIST would like to invite you to the:

2013 RIST
Information Session
Monday 02 September 2013 - 4pm to 6pm or 7pm to 9pm
RIST, 915 Mt Napier Rd, Hamilton

This is a great opportunity to learn more about RIST and to see what study options are available for 2013/14. Along with presentations, staff will be on hand to provide specific details and answer any questions you may have about the following programs:

- Diploma of Agriculture
- Traineeships in Agriculture (Cert II, III, & IV)
- Wool Classing (Cert IV)
- Shearing (Cert II, & III)
- Lifetime Ewe Management & High Performance Weaners
- Managing Beef/Sheep Health
- Pasture Courses
- Profitable & Sustainable Cropping
- Short Courses

Please RSVP by 28th August 2013 to:
ristvic@rist.com.au or (03) 5573 0943

RIST specialises in agricultural training delivered by industry experts and provides a training pathway for the agriculture sector with flexible delivery

www.rist.com.au
Dyslexia / Irlen Syndrome

Why is my intelligent child struggling to learn?

What is Irlen Syndrome/Perceptual Dyslexia?
What is Dyslexia?
How does it affect learning?
Do you or your child have reading difficulties, light sensitivity, headaches or migraines?

Free Parent & Teacher Information Session
Presented by: Fiona Baudinette
Clinic Director, Irlen Dyslexia Centre Bayside
Kings College, 44 Balmoral Road,

Terang Tornadoes Basketball Squad Tryouts

Try out Dates listed below for some of the squads for 2013/14 season.
Try outs will be held in age groups.

U/12 Boys - Tues 27/8, 3/9 & 10/9 4.00 – 5.00 pm
Born 2003 / 2004

U/14 Girls - Wed 28/8, 4/9 & 11/9 4.30 – 5.30 pm
Born 2001 / 2002

U/14 Boys - Tues 27/8, 3/9 & 10/9 4.30 – 5.30 pm
Born 2001 / 2002

U/16 Boys - Wed 28/8, 4/9 & 11/9 4.30 – 5.30 pm
Born 1999 / 2000

Try outs will be held at the Stadium. Players will need to attend all sessions.
Any questions you can see April Hookway or contact her on 0407 607 075

Terang and District Netball Assoc AGM

Thursday the 12th of September at 7:30pm at the Terang Stadium.
Election of Office Bearers

Calling for teams for the 2013 Spring/Summer Ladies & Mixed seasons.
A representative from each interested teams will be required to attend.

For more details please contact: Stephanie Mathew on 0458 988 121 or Gill Hampson on 0417 503 230

FRIDAY 20th SEPTEMBER
Keep this date free
### Fresh Pasta Order - from $2.20 per adult serve

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Quantity</th>
<th>Total Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ravioli 2kg box - 60 large pieces - serves 10 adults</td>
<td>36.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roasted pumpkin &amp; parmesan</td>
<td>36.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feta, spinach &amp; basil pesto</td>
<td>36.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Italian vegetable</td>
<td>36.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet potato sautéed leek</td>
<td>36.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach &amp; ricotta</td>
<td>36.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mushroom &amp; garlic</td>
<td>36.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veal &amp; caramelised onion</td>
<td>41.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Goats cheese &amp; pesto</td>
<td>41.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smoked salmon &amp; dill</td>
<td>41.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken &amp; herb</td>
<td>41.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cannelloni 27 pieces per box (Handmade)</td>
<td>42.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roasted pumpkin &amp; parmesan</td>
<td>42.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach &amp; ricotta</td>
<td>42.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tortellini 3kg box - serves 11 adults</td>
<td>36.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach &amp; ricotta</td>
<td>36.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Veal &amp; caramelised onion</td>
<td>41.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gnocchi 3kg box - DO NOT FREEZE</td>
<td>24.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potato &amp; ricotta</td>
<td>24.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pumpkin</td>
<td>24.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fresh pasta 2kg box - serves 10 adults</td>
<td>20.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Linguine</td>
<td>20.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fettuccine</td>
<td>20.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spaghetti</td>
<td>20.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lasagne (frozen 2.6kg)</td>
<td>35.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef lasagne</td>
<td>35.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

Please forward payments direct to your organisation.

- Pay wholesale & save
- Keep fresh up to 7 days
- 20% sales to your fundraising
- From $2.20 per adult serve
- Freeze for 6 months
- Healthy family meals
- Halal certified

---

Sales & information: 0415 249 401  Fax: (03) 9689 2131
Email: ali@alligatordrinks.com.au  www.alligatordrinks.com.au
Speech Pathology Week 2013
25 - 31 August

Speech Pathology Week is the annual week that raises awareness about the hundreds of thousands of Australians who live with a communication or swallowing difficulty, as well as the professionals who work with them to improve or regain their quality of life.

Communication Facts

- All children with autism and most children with Down syndrome and cerebral palsy begin their life with a communication impairment
- 20% of four year old children have difficulty understanding or using language
- 14% of 15 year olds have only basic literacy skills
- 28% of teachers take time off work each year because of voice problems
- 13,000 Australians use electronic communication aids to get their message across
- Children with a language impairment are six times more likely to have a reading problem than children without
- 46% of young Australian offenders have a language impairment
- There is a high correlation between communication difficulties and poor mental health

Three in every 1,000 newborns have hearing loss, which without intervention can affect their speech, language and literacy. Indigenous children have three times more hearing problems than non-Indigenous children

For info and to find a speech pathologist: www.speechpathologyaustralia.org.au

For info and activities to play with your child: www.loveandreilly.com.au

Sourced from Speech Pathology Australia’s website, August 21, 2013.
# 2013 Calendar

<table>
<thead>
<tr>
<th>AUGUST</th>
<th>NOVEMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs 29th</td>
<td>Mon 11th Pupil FREE DAY - P-12</td>
</tr>
<tr>
<td>Thurs 29th</td>
<td>Tues 12th School Council Meeting</td>
</tr>
<tr>
<td>Thurs 29th</td>
<td></td>
</tr>
<tr>
<td>Kinder Visit</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SEPTEMBER</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 3rd</td>
<td>Wed 13th - Fri 15th Yr 5/6 Camp - Ballarat</td>
</tr>
<tr>
<td>Mon 9th -</td>
<td>Mon 18th - Wed 20th Yr 3/4 Camp - Kangarooobie</td>
</tr>
<tr>
<td>Fri 30th</td>
<td></td>
</tr>
<tr>
<td>Yr 10 Work Experience</td>
<td></td>
</tr>
<tr>
<td>Tues 10th</td>
<td></td>
</tr>
<tr>
<td>Theatre Studies Excursion</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DECEMBER</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 11th</td>
<td>Mon 9th Parents Association Meeting</td>
</tr>
<tr>
<td>Thurs 12th</td>
<td>Tues 10th Presentation Night</td>
</tr>
<tr>
<td>Fri 13th</td>
<td></td>
</tr>
<tr>
<td>Yr 5/6 Table Tennis</td>
<td></td>
</tr>
<tr>
<td>Fri 20th</td>
<td></td>
</tr>
<tr>
<td>Deb Ball</td>
<td></td>
</tr>
<tr>
<td>Fri 20th</td>
<td>Wed 11th - Fri 13th Bike Camp</td>
</tr>
<tr>
<td>END TERM 3</td>
<td></td>
</tr>
<tr>
<td>Mon 7th</td>
<td></td>
</tr>
<tr>
<td>Mon 14th</td>
<td></td>
</tr>
<tr>
<td>GWS Athletics</td>
<td></td>
</tr>
<tr>
<td>Ballarat</td>
<td></td>
</tr>
<tr>
<td>Tues 15th</td>
<td></td>
</tr>
<tr>
<td>School Council Meeting</td>
<td></td>
</tr>
<tr>
<td>Wed 16th</td>
<td></td>
</tr>
<tr>
<td>Super 8’s Cricket - Yr 7/8</td>
<td></td>
</tr>
<tr>
<td>Wed 16th</td>
<td></td>
</tr>
<tr>
<td>Biology Excursion</td>
<td></td>
</tr>
<tr>
<td>Sat 19th</td>
<td></td>
</tr>
<tr>
<td>School Fete</td>
<td></td>
</tr>
<tr>
<td>Tues 22nd</td>
<td></td>
</tr>
<tr>
<td>Raising Teens Expo</td>
<td></td>
</tr>
<tr>
<td>Fri 25th</td>
<td></td>
</tr>
<tr>
<td>P-4 Sleepover &amp; World Teacher’s Day</td>
<td></td>
</tr>
<tr>
<td>Wed 30th -</td>
<td></td>
</tr>
<tr>
<td>Fri Nov 22nd</td>
<td></td>
</tr>
<tr>
<td>VCE Exams</td>
<td></td>
</tr>
<tr>
<td>Thurs 31st</td>
<td></td>
</tr>
<tr>
<td>Super 8’s Cricket - Yr 9/10</td>
<td></td>
</tr>
</tbody>
</table>

---

**Don’t Forget Friday 30th September (This Friday) is Sports Dress Up Day for the whole school.**

*(come in your house colours with a Sporting theme)*