Term 1 - Week 3– 11th Feb 2015

Principals Report -

Year 12: ‘Big Day Out.’

Last Wednesday our Year 12 students spent the day at Deakin University in Warrnambool learning about how to make the most of the Year 12 year. Our students joined their counterparts from Warrnambool College and Cobden TS in study skills sessions which focused on using the available time as effectively as possible. One key message that came through the presentation was that if you want to be better than ‘average’ then you can’t just be satisfied with completing homework set by teachers; there needs to be a focus on ‘study’ as well where you go beyond the set tasks and complete research, revision and the like. The students also had a presentation on English by an experienced exam assessor who emphasised, among other things, the importance of knowing the set texts very well.

P-4 Information Night

Thank you to all those who attended the picnic tea on Tuesday evening and/or the information sessions that followed. Thanks also to Kath Tanner and the P-4 staff for organising the evening.

Special Religious Instruction

In November last year parents of children in Years P-2 were given the opportunity to indicate whether or not they would like their children to participate in Special Religious Instruction this year. From the forms we have received there is insufficient support from parents to justify going ahead with the program this year.

School Canteen

The school canteen is now fully stocked and open at recess each morning. Biscuits and cheese is available for 50 cents and a carton of flavoured milk is $2.50. We will re-commence selling a cup of milo for 50 cents from next Monday. Cheese ‘toasties’ will be available from the start of second term for $1.50.

Semester 1 Parent-Teacher Interviews

This is early notice that the Semester 1 Parent-Teacher interviews will be held on Tuesday 17 March from 2pm to 6:30pm. The interviews will be an opportunity to build upon the discussions that took place at the start of the school year and I would encourage all families to set the date aside so you can take the opportunity to meet with teachers to discuss your child/children’s progress. Classes will conclude at lunchtime and buses will be leaving the school at 1pm. For parents of Prep-4 students a note will be going home in the coming weeks outlining arrangements regarding your interview times.

Years 5-12 House Swimming Sports

On Friday the house swimming sports for Years 5-12 students will be held at the Mortlake pool and parents are most welcome to attend. The sports commence at 9:30am and it is expected that they will conclude around 1:30pm.
Sungold Field Days’ excursion

Also, on Friday our Years 3/4 students will be attending the Sungold Field Day at Allansford so hopefully they have a really enjoyable day and come home with lots of ‘goodies’!!

Graeme Good

NEWS ARTICLE - FEB 6TH ‘THE STANDARD’

Warrnambool and district year 12 students get some handy tips

By KATHIE ZWAGERMAN  Feb. 6, 2015, 4 a.m.

NAVIGATING the challenging path of year 12 is being made easier for south-west students thanks to a first-time retreat program.

Year 12 students (from left) Taylor Johnstone, 16, from Warrnambool College, Tristan Barnford, 18, and Brooke Eldridge, 17, from Mortlake College, and Henry Green, 17, from Cobden Technical School, took part in the Deakin University program. 150204DW25 Picture: DAMIAN WHITE

Year 12 students from Warrnambool College, Cobden Technical School and Mortlake College headed to Deakin University on Wednesday for a full day of sessions to help them succeed in their last year of secondary school.

Warrnambool College VCE co-ordinator Paul Henriksen said the program encompassed everything from study skills sessions to a dinner and trivia night.

Top Melbourne English teacher Ross Hugard shared his knowledge with students and psychologist John Clegg talked about stress management.

“If it succeeds this year hopefully it gets bigger,” Mr Henriksen said.

Sessions focused on what students could expect from the year ahead and how to deal with the transition.

“We’re looking at sacrifices at year 12 level and how you can’t do everything you used to do, but how it is about balance as well,” Mr Henriksen said.

“This helps support them through the year and gives them the knowledge and skills to succeed. It gives them social and study skills.”
Charmarelle McCarroll named Mortlake P-12 College dux

By JARROD WOOLLEY  Dec. 16, 2014, 4 a.m.

Charmarelle McCarroll is built of strong stuff. While her Mortlake P-12 College year 12 classmates were busily preparing for their final exams, the 18-year-old’s life was turned upside down when her father unexpectedly died in the closing weeks of the school year.

“It was a pretty difficult time,” Charmarelle said.

“It was hard enough dealing with the stress of year 12, then dad passed away, it was really tough,”

Charmarelle said her father’s death came during the final school break with just three weeks of classes remaining. She sat out almost a month of school and missed most of her final classes.

But despite everything, she was determined to sit all her final exams and yesterday was rewarded with an ATAR of 93.05 and named dux of the school.

Charmarelle said she wasn’t obliged to do the exams.

“I would have received an ATAR if I only sat the English exam because I had done year 12 subjects in years 10 and 11,” she said.

“But I thought, I’ve worked hard over the past few years, I wanted to do them. It was sort of a way to finalise everything.

“The year is built towards your exams so to not do them would have felt a bit weird.”

She said special consideration, which takes into account extenuating circumstances, means her ATAR score could be derived from either her exam results or an indicative score based on class work and mid-year examination results.

“They took the higher one, so I don’t actually know which one they have taken until the papers come in the mail later this week.”

Mortlake P-12 College VCE co-ordinator Anthea Good said she couldn’t be prouder of all the students, but especially Charmarelle.

“It’s an amazing effort and her score is so deserved,” Mrs Good said.

“She’s done an incredible job. She’s a very strong young lady.”

Charmarelle said she was thrilled with her final result, which would now allow her to study biomedicine at the Australian Catholic University in Fitzroy and, eventually, medicine.

“I wanted to do medicine when I was younger. Then I changed my mind a few times, but I was swayed at a careers day at the Waroona Base Hospital earlier in the year,” she said.

“I don’t think I would have got through it all without the support of the Mortlake College community. The teachers were amazing and so were my classmates.

“Everyone did absolutely anything the could to help me through. I cannot think them enough.”

jwoolley@fairfaxmedia.com.au
News Articles in THE STANDARD over the summer holidays

Wareham cousins making waves with Western region teams

By JUSTINE MCCULLAGH-BEASY Jan 28, 2013, 4 a.m.

The Mortlake trio — Lachlan, 16, Georgia, 15, and Isaac, 13 — all represented Western Waves at state championship level this summer.

Follow the links below to read the all full stories


Wareham shines as Vics chase spot in grand final

By ADAM EAMENS Jan 18, 2013, 4 a.m.

GEORGE Wareham helped Victoria remain unbeaten at Cricket Australia’s under 18 female championships at Balarat yesterday.

The Vics took their record to five wins and a draw by winning their two Twenty20 matches against Western Australia and Australian Capital Territory.

They meet South Australia in their last clash today. Victoria will guarantee a berth in the grand final tomorrow, although they can still qualify with a loss.

Wareham took 1-14 off four overs to help Victoria bowl WA out for 73, with the hosts securing the win in 13.2 overs with nine wickets in hand.

The leg-spinner was similarly valuable in the second match with 1-11 off four overs. Victoria made 4-98 and restricted ACT to 7-93.

Bendigo’s Taya Vasilinich was the hero in the narrow win, taking 4-15 off four overs and holding her nerve with the ball at the death.

Wareham has taken seven wickets in five matches at the championships, a tally which has her in the top 10 bowlers. She is yet to go wicketless.

Her best performance came on Friday when she made 24 and took 2-4 off four overs in a 44-run win against a Victorian Invitational XI.

Mortlake cricketer Georgia Wareham’s all-round skills displayed in national under 18 final

By GREG ROSS Jan 21, 2013, 4 a.m.

MORTLAKE all-rounder Georgia Wareham yesterday collected a silver medal after Victoria suffered a 61-run loss in Cricket Australia’s under 18 female championships final at Balarat.

Wareham was a significant contributor on a day that started brightly for Victoria but ended short of the ultimate prize as NSW Metropolitan won its 11th consecutive title.

Wareham dismissed both NSW openers to set the defending champion back as it tottered at 2-19.

After making slow progress to be 2-65, Victoria edged ahead in the game as Wareham came up with a run-out assist as NSW lost 4-20 to be 6-65 in the 20th over.
ALTERNATIVE TO SCHOOLIES PROGRAM

Late last Year 11 Student Sarah Parker travelled to the Philippines and participated in the Alternative to Schoolies Programme which was organised by Geraldine Edar for year 12 students.

The programme aims to give those who have finished year 12 an opportunity to complete a community project in Vietnam, Cambodia or Philippines instead of going to Lorne or the Gold Coast.

SARAH:

*My experience in the Philippines was both incredible and beneficial, During my journey I stumbled across remarkable moments and heartbreaking moments, which I'll always remember. One of my most significant memory was providing aid to 500 families in Cebu, to see their face light up in happiness when they received 6kgs of rice, Spaghetti sauce and pasta. It Made me feel that here in Australia we take so much for granted, our shoes and our clothes we wear, the food we eat, the houses we live in and having a reasonable SES level.*

This photo was taken during the A2S Volunteers providing aid to 500 Families who where affect by the typhoon.

This photo was taken during the A2S Volunteers visit to the orphanage. This orphanage had around 30-40 children, most of them where females with a few males. The children in the photo are babies who are malnourished and sick

This photo was taken, during the A2S volunteers providing aid to 500 Families who where affect by the typhoon.
Things that went well in our first week of school:

I liked playing with the soccer ball.

I like drawing.

I liked writing and drawing pictures.

I liked sport.

I liked playing with my friends.

I liked playing in the playground.

Mrs. Amos smiled at me.

I liked playing cricket.
Meet the House Captains
Endeavour 5 – 7

Hello my name is Charlotte Gartland and I am one of the 5-7 Endeavour House Captains for 2015. My favourite subject at school would have to be P.E. I like P.E because you get to do different things in it such as athletics practice, swimming, netball and lots more. My hobbies are -

netball, swimming, running, gymnastics, basketball and dancing.

They are all really fun. I do Netball and Dancing but I would like to do every thing; maybe in the next couple of years. In the school cross country I went through to the 3rd level and came 16th except top 10 went through so on of my goals is to get through to the 3rd level.

I'm honoured to be this years 5-7 Endeavour House Captain with Sophie.

Hi my name is Sophie Lehmann and I am also one of the 5-7 Endeavour House Captains for 2015.

I am 11 years old and I live on a farm with my family. My Dad – Jason and my Mum- Lisa.

I also have 2 brothers, they go to Mortlake College as well. Jack is in year 8 and Lockie is in Grade 2.

Some of the things I like doing are playing Netball for the Mortlake Junior Sharks, reading, jumping on my trampoline, listening to music and sleeping. Some of my favourite things are chocolate, ice cream, the colour orange, the magic book and my pets. I have 2 dogs, 2 cats and 3 budgies.

I am looking forward to being house captain this year and will enjoy helping make our school a great place. Have a fantastic year!
**Student Conveyance Allowance**

Some families are entitled to claim for student conveyance if they meet certain criteria.

You must live more than 4.8km from Mortlake College or your normal bus stop.

**Mortlake College must be your closest Government School.**

If this applies to you, please call the General Office to obtain a Conveyance Allowance Form.

These are paid each term to eligible families.

Completed forms need to be returned to the office before Feb 27th to qualify for Term 1 payments.

---

**Mortlake College Uniform Shop Open**

Tuesday Afternoons 1pm – 4pm & Thursday mornings 8.30am – 12 Noon

Or

You are welcome to fill out a uniform order form, attach payment and return to General Office where orders will be filled and handed to students.

Hat are available at the General Office at any time as they are part of our SunSmart policy (as mentioned below)

---

**YEAR 5/6/7 ART - ART SHIRTS!**

Would parents please ensure that their child has an old shirt to wear over their uniform for ART. Any type of shirt is better than getting paint on uniforms. This should be kept in their locker and worn to Art as part of each student's individual responsibility.

*Group 5-7A has ART on Friday; 5-7B - Tuesday and 5-7C - Thursday.*

Thank you, Annette Janes

---

**Have you checked out the “Mortlake College P-12” Facebook Page??**

Don't forget to “Like” us on Facebook and keep up to date on all that is going on at Mortlake College.
**STUDENT ABSENCE**

If your child is going to be absent please inform the school by telephone (55992204), text message (0427 841239) or through the Skoolbag App, preferably between 8am and 9am on the morning of the absence. If we haven’t received notification of a child’s absence, parents will be contacted at approximately 10am. If you know in advance of an impending absence (eg. medical appointment) please let the office know prior to the day. Senior students must have a minimum 80% attendance in order to be considered for satisfactory completion of a unit.

**STUDENT NOT ON SCHOOL BUS**

If your child is not going to be on the afternoon school bus can you please send a bus note with your child or call the school before 2.30pm so one can be organised. Or alternatively let the bus driver know on the morning your child will not be returning home on the bus.

**EARLY DEPARTURE FROM SCHOOL**

As part of our Emergency Management procedure If your child is departing school early from school with you. Can you please make sure you sign your child out in the ‘Early Departure’ book at the General office. We Thank You for your cooperation in this matter.

---

**Newsletter**

Do you receive the weekly school newsletter in hard copy form?

- Do you have an email address?

- Do you have the Skoolbag App?

Mortlake College would like to move with progressive times and have parents receive the newsletter by either email or the Skoolbag App (Instructions for the Skoolbag App are on the following 2 pages) or alternatively it is available on our school web page.

Please returning the slip below indicating your preference so we can update your details our system. Or email Cherie on robertson.cherie.k@edumail.vic.gov.au

Thank you for your support.

---

**NEWSLETTER PREFERENCE**

<table>
<thead>
<tr>
<th>NAME</th>
<th>HARD COPY</th>
<th>SKOOLBAG APP</th>
<th>EMAIL (Please include preferred email address)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Mortlake College is moving with the times!

Our School now has our own Skoolbag iPhone iPad and Android App to help us communicate more effectively with our Parent/Student community.

We are asking parents/students/staff to install our Skoolbag School App.

To install it, just search for our school name "Mortlake College P12" in either the Apple App Store, or Google Play Store.

Then follow the instructions on the next page, and you are ready to explore!

Features:

♦ Mortlake College newsletter can be viewed each week

♦ Receive Alerts with up to date important school notices..
  eg. “Swim sports cancelled due to bad weather”, or “Ellerslie Bus” running 10 mins late due to road works”

♦ Receive information specific to your child’s class -
  (to do this go into “More”™, then “Setup” and select the push notifications to “on” for your children’s Year Levels).

♦ Calendar of Events

♦ Send Parent eForms - Absentee Note -
  When your child is sick or absent from school, just fill in the note and send it to the school.

♦ Call, Email the school or visit the Website.

♦ View Maps and get GPS directions to school events
  Eg…directions to the Eisteddfod, Cross Country etc

♦ Have access to Secure categories that can only be gained via secret password.
  This information will strictly be only for parents that have children in these groups.

So check it out, have a play and let us know in the office what you think…… See Cherie Robertson if you have any problems with installing or using the app, or if you have ideas on what else to include.

Thanks.
Skoolbag is a mobile App for your school to communicate directly to both parents and students. It works through both smart phones and smart devices (such as iPads and Android Tablets). Ideal for:

- School, free push notification alerts
- School events
- School newsletters
- School documents
- School RSS feeds
- School social media (Facebook, Twitter)

How To Install Skoolbag On Your Smartphone

**iPhone & iPad Users**

1. Click the "App Store" icon on your Apple device.
2. Type your school name in the search, using suburb name will help.
3. If Phone, you will see your school appear, click "Free" then "install!"
4. If iPad, change the drop list to "iPhone Apps", your school will then be visible, click "Free" then "install!"
5. When installed click "Open"
6. Select "OK" to receive push notifications, when asked.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you.

**Android Users**

You must first have signed up with a Google Account before installing the app.

1. Click the "Play Store" button on your Android Device
2. Click the magnifying glass icon at the top and type in your school name, using suburb name will help.
3. Click the school name when it appears in the search.
4. Click the "Install" button.
5. Click "Accept" for various permissions (please note, we do not modify any of your personal data on your device).
6. Click "Open" when installed.
7. Click the "More" button on the bottom right of the App, then "Setup".
8. Toggle on the Push Categories that are applicable for you.

Don’t forget to like us on Facebook!

Find out more at www.skoolbag.com.au
## P-12 Sport Dates Term 1

### February

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>3&lt;sup&gt;rd&lt;/sup&gt; February</td>
<td>5-10 House Swimming Trials—1.30pm-3.00pm</td>
</tr>
<tr>
<td>13&lt;sup&gt;th&lt;/sup&gt; February</td>
<td>5-12 House Swimming Sports—9.30am—1.30pm</td>
</tr>
<tr>
<td>17&lt;sup&gt;th&lt;/sup&gt; February</td>
<td>5-10 House Athletic Trials—1.30pm-3.00pm</td>
</tr>
<tr>
<td>23&lt;sup&gt;rd&lt;/sup&gt; February</td>
<td>3-6 House Swimming Sports</td>
</tr>
<tr>
<td>25&lt;sup&gt;th&lt;/sup&gt; February</td>
<td>MWC Swimming Beaufort—All Day</td>
</tr>
</tbody>
</table>

### March

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>5&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>7-12 MWC Triathlon</td>
</tr>
<tr>
<td>6&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>3-6 Division Swimming</td>
</tr>
<tr>
<td>10&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>5-12 House Athletics—All Day</td>
</tr>
<tr>
<td>13&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>3-6 Regional Swimming</td>
</tr>
<tr>
<td>16&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>3-6 House Athletics</td>
</tr>
<tr>
<td>20&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>3-6 District Athletics</td>
</tr>
<tr>
<td>25&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>7-12 GWR Swimming</td>
</tr>
</tbody>
</table>

## PERMISSION NOTES

All students from Years 7-12 should’ve received a permission note for all sporting events to be held this year. Students need to submit this to the office no later than **Friday 13<sup>th</sup> February** or risk being unable to attend future sporting excursions.

---

**HOUSE SWIMMING SPORTS - Years 5-12**

On Friday the 13<sup>th</sup> February, Mortlake College House Swimming Sports will be held from 9:30 to 1:30pm. If any parents would like to help out with official duties then can they please contact me.

The students have been asked to wear their house colours. They will need sunscreen, hat, plenty of water, and their recess & lunch. (no lunch orders).

---

*Nathan Jones—Year 7-12 Sports Coordinator*
EQUESTRIAN NEWS

Emu Creek Pony Club Dressage Challenge

FRIDAY 27th MARCH Entries close Friday 20th March

Programs are available for this event from the Equestrian Noticeboard. Students intending to compete do need to fill in the sheet on the noticeboard so that we know who is going. This is a great competition so hopefully we will get a few competitors.

Please mail off your own personal cheques made payable to ‘Emu Creek Pony Club Inc.’

NB *All participants regardless of whether they are pony club members, must complete the Liability Declaration at the end of the program and bring this form to the event for insurance purposes.

Annette Janes

Recipe Corner

Alternate breakfast to Cereal & Toast

CHIA PUDDING

Simply soak 1/4 Cup of Chia Seeds in 1 Cup of Almond Milk or Coconut Milk with 1 Tbsp Vanilla Essence over night.

Wake up and top with berries
Volunteers Wanted for Kitchen Garden Program

The success of this unique and exciting Program relies on the support of volunteers.

There is nothing more satisfying than sharing a delicious meal created with fresh produce that you have grown from seed to harvest. Every week our school children share in this experience as part of the Kitchen Garden Program at Mortlake College.

If you would like to volunteer in the kitchen or garden, whether you have one hour to spare or longer, we would love to hear from you.

The Program runs on Wednesdays between 11.15am and 1pm for Year Three and Four students and the Kitchen program for Year Two is from 1.40pm-3.20pm each Wednesday.

Contact: Jane Povey or Kath Tanner
On: 55992 204 at Mortlake College
Fruit and Vegetables
- Fresh fruit or a small tub of canned fruit in juice or water not syrup is easy to pack in the lunchbox.
- Try raw vegies such as carrot sticks, cherry tomatoes, cucumber or capsicum strips. Providing a dip such as tzatziki or hummus with these vegetable sticks/strips is a great snack.
- Kids should eat 2 serves of fruit and 5 serves of vegetables each day.

Protein
- Canned tuna or salmon
- Boiled eggs
- Baked beans
- Chicken
- Ham
These could be included in sandwich-wrap fillings:

Nutritious Snacks
*Other snacks that can be included with fruit and vegetables:*
- Rice cakes or unsalted and unsweetened popcorn
- A small box or bag of dried fruit

Breads and Cereals
- Sandwich or wraps using wholegrain, wholemeal, rye or mountain bread
- Pikelets, muffins, crumpets, rice cakes, fruit buns
- Pasta salad
*Healthy sandwich-wrap fillings:*
- Lean meats such as chicken, ham, leftover roast meat, tuna or turkey. Limit processed meats such as Kabana, twiggy sticks or salami.
- Swap butter for avocado, mustard, low fat mayonnaise or ricotta cheese instead.
- Try to include cheese and/or salad such as lettuce, cucumber.

Dairy
- Try including dairy such as:
  - Cheese and biscuits
  - Cream cheese spread on crackers
  - A tub of Yoghurt

Drinks
- To keep your child hydrated encourage them to drink plenty of water.
- Pack a drink bottle in your child’s bag. Try freezing on hot days to help keep them cool.
- Plain milk is great but keep it cold with a freezer block.

Drinks to leave out:

Food Safety Tips
Keep foods cold by using an insulated lunchbox/bag and including a wrapped frozen water bottle or freezer pack in the warmer months.
Remember to always wash your hands.
If you prepare lunches the night before, always store in the fridge.
Starting primary school?

Immunisation information for parents enrolling a child

By law, your child must have an immunisation status certificate to enrol in primary school.

Why immunise?
Children starting school are exposed to a large number of people and to a range of potentially dangerous diseases.

Immunisation is a proven and safe way to be protected against diseases that cause serious illness and sometimes death.

Enrolling in primary school is a good time to check your child’s immunisations are up to date.

What is an immunisation status certificate?
It is a statement showing the immunisations your child has received.

By law, you must provide an immunisation status certificate to the primary school when enrolling your child.

If your child has not received any immunisations, you must still provide a certificate.

The school keeps a copy of the certificate so that, in the event of a disease outbreak, unimmunised children can be quickly identified and excluded from school until the risk of infection has passed.

How do I obtain an immunisation status certificate?

From the Australian Childhood Immunisation Register

- phone 1800 653 809 or
- email acir@medicareaustralia.gov.au
- www.medicareaustralia.gov.au/online
- visit your local Medicare Office.

The most common type of immunisation status certificate is a Child History Statement from the Australian Childhood Immunisation Register (ACIR).

You will be sent this statement when your child turns five years old, however you can request a certificate at any time.

You should also contact ACIR if you:
- are moving or have recently moved, to ensure your contact details are up to date
- think your child’s statement is incomplete or incorrect.

From your doctor or local council
If your child is not eligible for a Medicare card, then contact your doctor or local council immunisation service who will be able to assist you in obtaining an immunisation status certificate.

How can I find out more?
For more information and for translated versions of this document go to www.health.vic.gov.au/immunisation

Translated and interpreting service
Call 131 450

Homeopathic treatment is not a legally recognised form of immunisation and cannot be listed on an immunisation status certificate.

Department of Health
MEALS ON WHEELS

In Mortlake every group in the community volunteers time to support the older members of our town by delivering Meals on Wheels

Mortlake College has its turn from February 16th to 20th
If you could spare 45 minutes on either the 19th or 20th, please contact me. I need some help to do our schools turn
Mirren Munn 0488 295 310

DEBUTANTE BALL 2015

If anyone is interested in making their debut this year a meeting will be held on Wednesday 25th February Anglican Church Hall—42 Shaw Street, Mortlake at 4.00pm
If you are unable to attend but are still interested, please contact Sandra Richie. 0431 378 647

MORTLAKE JUNIOR SHARKS NETBALL

13, 15 and under netball training to commence at 4.15pm on Thursday 12th February at the Mortlake Netball Courts.
All current and new families welcome.
Any queries contact Jacinta Wareham 0418 612 638
Junior Development Squad training (Grade 3 and over) will commence mid March at a date to be advised.
17 and under to train at Deakin University each Thursday at 6.30pm or they are welcome to join 13 and 15’s at Mortlake
CARAMUT STREET FESTIVAL

28TH OF FEBRUARY
11 AM TIL 4 PM
BROWN STREET CARAMUT

CAR SHOW AND SHINE
RIDES - LIVE MUSIC - MARKET STALLS
HOT FOOD - KIDS MINI ZOO
GREAT FAMILY DAY OUT

PERFORMANCES BY DAVE BURGESS
AND
COOPER LOWER
SPECIAL GUEST APPEARANCE FROM
ANNA, ELSA AND EMMET

ALL PROCEEDS GO TO THE 2015 ROYAL CHILDREN'S HOSPITAL
GOOD FRIDAY APPEAL

MORE INFORMATION CONTACT 0431 983 792
OR VISIT US ON FACEBOOK AT CARAMUT STREET FESTIVAL
33rd COMMUNITY Fun Run & Walk

Friday 27th February, 2015
5.92 kilometres

Start: Walk 6.30pm – Run 6.45pm

Finish at the Terang RSL Hall – Strictly no bikes or dogs permitted

Entries: Adult Run $10.00 – Child Run $2.00, Adult Walk $10.00 – Child Walk $2.00

Many Trophies:
- First Male Runner Over 50
- First Female Runner Over 45
- First Veteran Male (40-49)
- First Veteran Female (35-44)
- Open Male & Female
- U/18 Male & Female
- U/15 Male & Female
- U/13 Male & Female

PRESENTATION OF TROPHIES & CERTIFICATES AFTER RACE

REGISTRATION AVAILABLE ON DAY OF EVENT
BUSES AVAILABLE (FREE) TO TRANSPORT RUNNERS TO START – Depart Terang 5:45, 6 & 6:15pm
A 3 week program for parents of 12 - 15 year olds

Living with Teens will

- Help parents understand and cope better with the challenges of early adolescence.
- Provide parents with information and skills for developing and maintaining trusting, positive relationships with their young adolescents.

During sessions parents have the opportunity to discuss and practice a range of strategies and ideas including:

- Adolescent development
- Connecting and communicating
- Negotiating boundaries
- Solving problems
- Setting effective limits
- Parental self care

(Sorry, no childcare available)

For enquiries and bookings
phone Marea: 5559 3000
Hearts in Harmony Community Music Inc.
Creating healthy communities through inclusive music for all ages, abilities, faiths & cultures

Presents

singDancePlay

Community Music Day

Saturday 14th March 2016 9.30am – 3.45pm
Deakin University, Warrnambool, Victoria (on site parking)

inclusive music making for all ages, abilities, faiths and cultures

Workshop Timetable:
9.15-9.45  Registration
9.45-10.45 Rehearsal for the Hearts in Harmony massed performance group
10.00-10.45 Workshop 1 (for non-performance participants)
  ‘Marimbas & other wacky instruments’ with Jon Madin
10.45-11.05 Break – BYO snacks
11.05-11.15 All In song and welcome
11.20-12.10 Workshop 2 ‘Time to Sing’ with Susie & Phil OR
  ‘Marimbas & other wacky instruments’ with Jon Madin
12.15 -1.00 Lunch break
1.00-1.50 Workshop  3 ‘Fun with Boomwhackers’ with Fiona Phillips OR
  ‘Marimbas & other wacky instruments’ with Jon Madin
1.50-2.00 Break
2.00-2.15 ‘All In’ rehearsal with Jon, Fiona, Susie and Phil

2.30-3.45  ‘Sing, Dance, Play’ Concert
Featuring performances by various school and community music groups and the ‘Hearts in Harmony’ massed and intergenerational performance group including singers, dancers, drummers, marimba and ukulele players made up of local schools, community groups, individuals and families. There are no auditions, everyone is welcome.

http://heartsinharmony.weebly.com
Who’s in Charge?

Does your child hurt, intimidate or abuse you?
Do you feel you are losing control?
Want to handle conflict better?

The Who’s in Charge? Group is an 8 week program for parents or carers of young people (8 to 18 years) who are out of control, violent or defiant.

The group aims to:
• Provide a supportive environment to share experiences and ideas
• Clarify boundaries of what is acceptable and unacceptable behaviour
• Reduce feelings of isolation, shame and guilt, which most parent’s feel
• Offer ideas to help develop individual strategies for managing your child’s behaviour
• Explore ways of increasing safety and well-being
• Help you feel more in control and less stressed

FREE INFORMATION SESSIONS

Monday 16th February 2015
Day: 10-11am
Evening: 6-7pm

Warmambool Football Club
Cramer Street (Upstairs room)

For enquiries or bookings contact
5561 8888

Further info on violence to parents:
www.eddiegallagher.id.au

For more information contact:
Jacqui Murdoch
03 5561 8888
210 Timor Street
Warmambool VICT 3280

www.brophy.org.au
1300 brophy
### 2015 CALENDAR

#### FEBRUARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 10th</td>
<td>P-4 Information Night</td>
</tr>
<tr>
<td>Fri 13th</td>
<td>House Swimming Sports 5-12 - 9.30am-1.30pm</td>
</tr>
<tr>
<td>Fri 13th</td>
<td>Yrv3-4 Sungold Field Days Excursion</td>
</tr>
<tr>
<td>Tues 17th</td>
<td>5-10 House Athletic Trials - 1.30pm—3.00pm</td>
</tr>
<tr>
<td>Wed 18th</td>
<td>Year 12 Biology Excursion</td>
</tr>
<tr>
<td>Mon 23rd</td>
<td>Yr 3-6 Swimming Carnival</td>
</tr>
<tr>
<td>Wed 25th</td>
<td>MWC Swimming Beafort</td>
</tr>
<tr>
<td>Wed 25th</td>
<td>Year 4 Gnurad/Gundid</td>
</tr>
<tr>
<td>Fri 27th</td>
<td>5-7 Leader Congress @ Deakin</td>
</tr>
</tbody>
</table>

#### MARCH

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 2nd</td>
<td>Pink Stumps Day</td>
</tr>
<tr>
<td>Tue 3rd</td>
<td>School Photos</td>
</tr>
<tr>
<td>Thurs 5th</td>
<td>MWC 7-12 Triathlon</td>
</tr>
<tr>
<td>Fri 6th</td>
<td>3-6 Division Swimming</td>
</tr>
<tr>
<td>Fri 6th</td>
<td>Alpha Shows - Cinderella</td>
</tr>
<tr>
<td>Mon 9th</td>
<td>Labour Day Holiday</td>
</tr>
<tr>
<td>Tues 10th</td>
<td>House Athletics - All Day</td>
</tr>
<tr>
<td>Tues 10th</td>
<td>School Council AGM</td>
</tr>
<tr>
<td>Wed 11th–Fri 13th</td>
<td>Advance Camp - Grampians</td>
</tr>
<tr>
<td>Fri 13th</td>
<td>3-6 Regional Swimming</td>
</tr>
<tr>
<td>15th–25th</td>
<td>Japan Camp</td>
</tr>
<tr>
<td>Mon 16th</td>
<td>3-6 House Athletics</td>
</tr>
<tr>
<td>Tues 17th</td>
<td>Parent Teacher Interview—Classes conclude at lunch</td>
</tr>
<tr>
<td>Fri 20th</td>
<td>3-6 District Athletics</td>
</tr>
<tr>
<td>Wed 25th</td>
<td>GWR Swimming 7-12</td>
</tr>
</tbody>
</table>

Remember all the sports days coming up!
School Photo’s—Tuesday 3rd March