Principals Report

Student Leadership Assembly:

Last Thursday’s student leadership assembly formally inducted students who have been appointed to a leadership role in 2014. Our senior leadership team: Stacey Shalders and Charmarelle McCarroll (School Captains), Lillian Cummins (Arts captain), Tim O’Brien (Sports captain) and Tayla Hobbs (Wellbeing captain) all addressed the assembly and spoke about what they hope to achieve this year. The senior House captains were introduced and they then announced their junior counterparts and presented them with their badges and certificates. Presentations were also made to our bus captains. The leadership group are very excited about their roles and are looking forward to working with staff and students throughout the year.

We were very fortunate to have former student, Ted O’Connor address the assembly. Ted completed his VCE at Mortlake College in 2008 with outstanding results. After completing school Ted began a degree in journalism at RMIT University and subsequently worked at The Wimmera Mail Times newspaper in Horsham before being offered a position with WIN News in Shepparton and then Ballarat. Ted currently has responsibility for the South West and makes regular visits to the area for his reports on the nightly WIN news.

Ted explained how he had achieved his ‘dream’ career and it was obvious that a lot of hard work was involved. His interest in journalism was really sparked after his work experience placement at The Standard newspaper in Year 10. Then, when in Year 11, Ted had work experience at The Age in Melbourne where he won an award for the best work experience student in 2007. Ted talked about how determined he was during his Year 12 year to achieve a score that would see him accepted into a journalism degree and to that end he completed a lot of extra work, kept asking questions of his teachers and generally prepared himself as well as he possibly could. The clear message from Ted’s address was that it really is possible to achieve your goals if you are prepared to work hard. Ted also spoke about how much he had enjoyed his education at Mortlake College and how well he felt the school had prepared him effectively for his tertiary studies and career.

As always, a highlight of the assembly was the introduction of the new Prep students by the Year 12 students and we did receive some interesting replies to the question “What do you want to do when you grow up?” with perhaps “Be a tooth fairy” being the most original. The assembly was a very enjoyable occasion and it was pleasing to see parents, grandparents and friends in attendance.

Thank you to those who attended the breakfast prior to the assembly and I would like to acknowledge the generosity of Warrnambool Cheese and Butter for providing all the milk free of charge.
Here is a copy of the speech that Charmarelle delivered at the assembly on behalf of both school captains;

Good morning parents, staff and students and special guests,

I have been asked to speak to you about what leadership means to me. And it is a great honour to be doing this as I have the opportunity to share with you today what Mortlake College has taught me for the duration of my thirteen years of schooling.

I remember sitting in the activity centre when I was in prep and being introduced by my big year 12 buddy, and back then, I could not have comprehended the amazing opportunities that I would get from attending a small school such as Mortlake. While many students would complain about having to be friends with the same people for thirteen years and having the same teachers day in, day out, every year, I saw this as an opportunity. Life is full of opportunities if you keep an open mind.

Being in such a small school has enabled me to have the support that I need in order to achieve my goals. At this small school we have small classrooms which allow more direct focus for individuals, we get the opportunity to complete units of VCE from year 9, one which many other schools would not even consider. We also get to develop our social skills by mixing with a range of different age groups in our house meetings and on various other occasions during the school year, this provides opportunities to establish relationships that might not be accepted in larger schools. And most importantly, we get one on one help and support from our teachers. In one of my subjects- a new VCE subject called “Extended Investigation” - there is a teacher student ratio of 2:1. Yes that’s right, I am the only person in my class and I have two teachers helping me out. If that’s not support and opportunity then I don’t know what is. There is no way a larger school, or even another small school would even consider running a subject for one person, but we are lucky here that the teachers will bend over backwards to help us succeed. And if there is a subject we want to do, they will try their hardest to get it up and running.

Leadership has been another opportunity I have grabbed with open arms throughout my time at Mortlake College. From being a class captain in grade 2 to attending a nationwide leadership conference in Sydney last year, I owe my leadership development to my time at Mortlake. Without knowing it, we are taught to be leaders all throughout the years here. From being at the front of the line heading down to P.E in prep, to being a house captain in 5-7 or even so much as getting asked to speak at the weekly assembly or write something for the newsletter. Whether you realise it or not all these things contribute to the development of confidence and the ability to lead. And I certainly know due to being in this school that I have been given the opportunity to step up in instances where I may not have if I was at a larger school.

For Stacey and I, to have the role of school captains this year means much more than just a badge and a title. It is an opportunity to give back to a school that has given us so much. It is the chance to act as a role model for the aspiring leaders throughout the school and finally, it is an opportunity to make a difference in the school.

I know that when I finish school at the end of this year, I will be prepared to take on the big wide world, but I will miss all the opportunities Mortlake College has offered me throughout my schooling here. I know that I have the confidence and the skills to be successful at anything I choose to do after school because of the skills I have learnt during my years here.

On this note, it is important for me to address the need for each of us, as individuals, to take responsibility for our own futures. Life is about making the most of every opportunity and seizing the moment. We can’t just set goals and think they are going to happen. We have to set goals and work hard to achieve them and get where we want to be. Motivate yourself to be who you want to be and aim for the stars. I just wanted to finish up with wise words from Zig Ziglar- “people often say that motivation doesn’t last. Well neither does bathing, that is why we recommend it daily”.


Classroom Helpers’ course

Last week Sue Amos, our Prep teacher conducted an Early Years Classroom Helpers’ course designed to support parents, helpers and aides who assist with classroom activities. I would like to congratulate the four participants who completed the course: Kathryn Schuuring, Rosalie Goddard, Brooke Fiddaman and Andrea Mahncke. I would also like to thank Sue for conducting the course.

Prep classes

I would like to remind parents of our Prep students that from next week Prep students are required to attend school each day.

Student Leaders’ Congress at Deakin University

Congratulations to the eight junior leaders who attended the Leadership congress at Deakin University last Friday. They really enjoyed the day and have brought some great ideas back to school regarding how we can best support Peter’s Project. A report of the day is included in this newsletter.

Japanese visitors to the school

Last Thursday, we had a visit from the Australian coordinator of the sister school program, Ms Inoue, and her counterpart from Yokohama, Mr Morozumi. Discussions were held about our sister-school relationship with Tateno Elementary School in Yokohama with all agreeing that we are building good ties and that the future for the relationship is very positive. Ms Inoue and Mr Morozumi then toured the school with our Japanese LOTE teacher, Danielle Blomeley, and were impressed with the college facilities and the range of programs that we offer. At the end of the tour, several students voluntarily approached our guests, introduced themselves and had a short conversation in Japanese. It was pleasing to see the confidence of these students and their willingness to communicate in Japanese. The sister-school relationship is a great initiative and all parties are keen to strengthen the relationship in the future. It certainly opens up a range of possibilities in terms of reciprocal visits and the like.

School Photo Day: Tuesday 11 March

Students and parents are reminded that school photos will be taken next Wednesday. It is most important that all students wear the full and correct uniform on the day. All girls must wear their summer uniform and VCE students should ensure that they have their blue VCE jumpers. Envelopes and money can be handed to classroom teachers or mentors prior to the day or brought to school on Wednesday to be handed to the photographers. Families who require a family photo to be taken need to collect a separate envelope from the school office and return it to the teacher or mentor by Tuesday 11 March.

Parent-Teacher Interviews: Tuesday 18 March

Parents are reminded that Parent-Teacher interviews will be conducted on Tuesday 18 March from 2pm until 6:30pm. Prep interviews have already commenced and parents with children in Years 1-4 will have received notification of interview times some weeks ago. For parents with children in Years 5-12 the same arrangements as last year will apply with staff located in the BER building and parents simply move to teachers as they become available. The interviews commence at 2pm and conclude at 6:30pm. Buses will leave at 1pm and parents who collect children from school will need to do so at that time.

Graeme Good
School Photos  
**Wednesday March 12th**

Please ensure all students wear full correct summer uniform to school on the day of the photos. If students have PE on a Wednesday they will need to bring their PE gear with them on the day to change into.

School Photo day is fast approaching. All envelopes have been sent home with students in the last couple of days. Students are able to hand them back to their teacher before photo day or hand them straight to the photographer with the payment enclosed. All students need to return an envelope, regardless of your intention to purchase.

**Family photo envelopes** can be picked up from the General Office before Wednesday and returned back to the office. Please note that family photos will only be taken of families who have taken an envelope and paid for their photos by Wednesday morning at the latest.

Parents & Friends Association

**AGM Meeting** - Monday the 17th March at 7.00pm

In school staff room.

All welcome


Please consider joining the Parents Association - it is a great way to become involved in your child's school!
On Friday Ms Campbell and I had the pleasure of taking 8 students to Deakin University for the inaugural Student Leaders Congress for students in Years 5-8. The students involved were Isaac Wareham, Isaac Fowler, Jack Lehmann, Olivia Anders, Grace Thulborn, Keely Moore, Phoebe Calvert and Alice Tanner. The congress was aiming to build the capacity of student leaders within their schools, and also to engage local communities and raise awareness for Peter’s Project.

The day began with presentations by Warrnambool mayor Michael Neoh, Vicki Jellie from Peter’s Project, and representatives from the Moyne Shire and Warrnambool City Youth Councils. They explained the importance of leadership within the community and talked about the characteristics of an effective leader. Charmarelle McCarroll also spoke on behalf of the Moyne Shire Alternative to Schoolies program.

The remainder of the day was spent planning in school groups for ways to involve each school in raising awareness and funds for Peter’s Project. So keep reading the newsletter for further information and updates!

Anthea Good
PREP NEWS:

It was great to see all Preps confidently speaking in front of a large audience at last week’s assembly. From wanting to be the Tooth Fairy, Spiderman to a yabby catcher and Policeman we hope all your dreams come true.

In class we are learning about full stops and capital letters. To help us remember when to use them, we are having fun with “Kung Fu” punctuation. You might like your Prep to demonstrate this at home.

Thank you to all the parents for P/T Interviews this week. It has been great to have the time to discuss your child’s first few weeks of their schooling and to set goals for the semester.

STEPHANIE ALEXANDER
KITCHEN GARDEN
(these recipes are available from Mrs Povey)

MENU—26th Feb

Desleys Mums Silverbeet, Potato and Tomato Curry
Indian Flat Bread
Leafy Green Salad
Leafy Greens Ravioli with Tomato Sauce

MENU—4th March

Mie Goreng
Asian Salad
Roti Bread
Lemon Curd
What we learnt at Peter’s Project leadership Day about being a leader..

By Grace Thulborn and Isaac Wareham. (5-7 Succeed captains)

Grace Thulborn-

Leadership can sometimes be seen as something that is beyond us as individuals but it’s important to remember that a leader isn’t someone that has to do everything by themselves. They should rely on others for help. 

Being a leader is important. However, it’s generally your first supporters that can make a difference to the completion of your goal. 

As a leader you and your team should always celebrate the little achievements along the way to reaching your goal.

Isaac Wareham-

When you lead you have to be responsible and be an excellent role model for younger students. 

It’s really hard to be a leader because of all of the people you have to work with. 

It’s difficult to keep everybody happy. 

All the little moments count- Leaders shouldn’t just set their minds on big goals.
GOLD STAR Healthy lunchboxes contain
At least one of each of the following:
1. Fruit
2. Vegetables
3. A Protein food
4. A Starchy food
5. Dairy food
6. Water

SILVER STAR Healthy lunchboxes contain
At least one of each of the following:
1. Fruit
2. Vegetables
3. A Protein food
4. A Starchy food
5. Dairy food
6. Water
PLUS Also contain 1 item of packaged/‘sometimes’ snack food.

Try and Win a Gold or Silver star healthy lunchbox every week!!
& Go in the draw to win a prize at assembly!

Ideas to boost your lunchbox:

- **Dairy foods**: Cheese slices, Cheese cubes, Cheese sticks, Natural yoghurt, Fruit yoghurt
  ⇒ Try freezing a tub of yoghurt overnight for a partially thawed but ready to eat snack at lunchtime. REMEMBER A SPOON!

- **A small drink of Cows milk**, or of soy milk, rice milk, almond milk or lactose free milk
  ⇒ Try freezing milk overnight and wrapping it in a cloth in your lunchbox to act as a cool pack and to also keep milk cold. Ready to drink by lunchtime!

- **Vegetables**: cut up carrot sticks, Yellow, green or red capsicum sticks, cucumber sticks, Cherry tomatoes, Whole green beans, A handful of snow peas, Celery sticks, small container of canned corn
  ⇒ Try lightly steaming vegetables for different, softer textures
  ⇒ Try new colourful vegetable sticks with some dip like tzatziki or hummus! YUM!
Welcome back and here’s to a good year in 2014. The following events have programs pinned to the Equestrian Noticeboard for students to take if they are interested in competing. Students themselves should send the forms and payment as indicated on entry forms. They should also add their names to the relevant list on the board so we know who is going.

1. **EMU CREEK PC 2014 Interschool DRESSAGE CHALLENGE** Friday 4th April *Entries close* Wed 26 March
   
   All tests are the new 2013/2014 EA tests and are available on the Emu Creek PC website.
   
   We won this last year and tied for the win with Terang the two previous years…….Go Mortlake!

2. **HEYWOOD Interschool Equestrian Games Day** Friday 21st March at Heywood PC Grounds. *Entries close Friday 14th March*. This year widened to include Secondary students too, if they wish to have a go.
   
   $20 per combination and events are: The Apple Bob, Bending Race, Bouncing Pony, Barrel Race, Stepping Stones, 3B’s Race (combination of bouncing, bending and barrels), Two Flag Race and an Obstacle Course. Lots of fun!

Thanks, Annette Janes
Flans are pastry cases with a sweet filling decorated with fruit, cream or chocolate. They are usually served cold.

Serves: 6
Preparation time—30 mins

Ingredients:
200gm Rich Shortcrust Pastry
250 ml Confectioners Custard (1 qty cooled)
250gm Fruit—eg. Mandarin, canned sliced peaches, apricot halves etc
125 ml Fruit Sauce or 125 ml Whipped Cream

Method:
1. Place pastry case on serving dish
2. Spread custard in pastry case
3. Arrange fruit to form decorative pattern
4. Glaze with fruit sauce or decorate with whipped cream

Confectioners Custard...
Preparation time—10 mins
Cook Time—10 mins

Ingredients:
40gm butter
40gm plain flour
190ml milk
2 egg yolks or 1 egg beaten
20gm sugar
1 tspn vanilla essence

Method:
1. melt butter in saucepan, add flour, stir till smooth.
2. add milk, stir until boiling, cook 1 min, cool slightly
3. add egg, beat well. Add sugar & Vanilla essence. Cool

Fruit Sauce...
Preparation time—10 mins
Cook Time—5 mins

Ingredients:
1 Tbspn arrowroot
1 cup water & 1 cup fruit juice
1 Tbspn lemon juice
1 Tbspn sugar (if necessary)

Method:
1. blend arrowroot & water
2. add fruit juice & lemon juice, bring to boil stir continuous, simmer 30 secs
3. add sugar to taste
MORTLAKE JUNIOR SHARKS
REGISTRATION NIGHT
for the 2014 Football Netball Season will be held at the
D.C. FARRAN OVAL on FRIDAY 14TH MARCH
from 4:30PM.
INCLUDES TRAINING AND FREE BBQ ($2 soft drink)

Cost of 2014 Player Registration:
JUNIOR NETBALL $110
U/12 FOOTBALL $60
U/14½ and U/17½ FOOTBALL $80
EVERYONE WHO PAYS ON THE NIGHT WILL GO INTO A DRAW TO WIN BACK
ONE PLAYER REGISTRATION

Registration Costs Include: V.N.A. & V.C.F.L. Fees, Umpiring Fees

FOOTBALL APPOINTMENTS
U/17½ Coach: David Keating
Assistant: Dylan Walsh

U/14½ Coach: Jason Lehmann
Nigel Boyden

U/12 Coach: Will Vangeninden

Enquiries: FOOTBALL – Will Vangeninden 0438 646 569
NETBALL – Jacinta Wareham 5599 2142 or 0418 612 638

Training will start for Football Only on Wednesday 5th March. The weeks
following this, trainings will be on Fridays for March.
4:30pm for U/12 & U/14½.
## 2014 CALENDAR

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<td>Tues 11th</td>
<td>AFL Footballers Visit</td>
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<td>Tues 11th</td>
<td>School Council AGM Meeting</td>
<td>Mon 31st March - Fri 11th April</td>
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<td>Parents Association AGM 7pm</td>
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<td>Parent Teacher Interviews 2-6:30pm - Students Half Day - Finish 12:50pm</td>
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<td>Wed 19th</td>
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<td>Tues 29th</td>
<td>School Council Meeting</td>
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Labour Day Holiday
Monday 10th March
- No school -
Parent Teacher Interviews
Tuesday 18th March
Students Half Day—1pm finish