Term 1 - Week 8 – 19th March 2014

Principals Report -

Parent-Teacher interviews:

It was great to see the Parent-Teacher interviews so well supported this week. Thank you to all who attended. If any parents were unable to attend and wish to meet with teachers or house mentors please contact the school office and we will arrange a suitable time. Ms Simkin, who was unable to attend the interviews, is happy to arrange interview times either face to face or over the phone so please contact the school if you wish to discuss your child’s progress with Ms Simkin. She will be returning to school next Monday.

Parents’ Association:

On Monday evening the Parents’ Association held their AGM and I would like to congratulate the following office-bearers for 2014;

President: Wendy Lynzaat
Secretary: Elizabeth Mann
Treasurer: Robyn McCosh
Publicity/Lions’ Newsletter: Liz Fowler
School Council rep: Brooke Fiddaman
Meals on Wheels: Mirren Munn

The Parents’ Association do a wonderful job supporting the school and work very hard to raise funds for projects within the school. This year they have a number of fund-raisers planned including the corridor dinner which will be held on Friday 25 July so please support the PA and the school by supporting this and other events and activities during the year.

Bike Helmets:

Last week the Mortlake Police contacted the school because they are concerned at the number of children riding bicycles to and from school and around Mortlake without wearing an appropriate bike helmet. Obviously this is a serious safety issue as well as a legal issue and I would ask that parents reinforce the need for children to wear a bike helmet whenever they ride a bike. As I mentioned at Monday’s assembly, after an initial warning, the police intend to fine anyone not wearing a helmet and that fine is $180.
Aussie of the Month:
The ‘Aussie of the Month’ award is now in its 18th year at Mortlake College and is awarded to a student who is recognised for a significant contribution to school life each month. The recipient for February, Jackson Boyden, was presented with his certificate and badge at Monday’s assembly. Jackson was very encouraging and supportive of the younger students during the swimming carnivals. Congratulations Jackson!

Regional Swimming finals:
Congratulations to the twelve Years 3-5 students who competed in relay events at the regional swim carnival held last week. We had three teams from Years 3/4 and one from Year 5 and all performed really well. I would like to thank the parents who provided transport for the children and supported them at the carnival. On Friday, twenty secondary students will be participating in their regional finals and we wish them all the best.

Years 3-6 Athletics carnival:
A highlight of the athletics carnival held today (other than the great weather!) was the fact that the new hurdles were used for the first time. Once again, many thanks to Jacinta Wareham for initiating and coordinating the sponsorship that enabled the hurdles to be purchased and, of course, thanks to those who sponsored the purchase of a hurdle.

Graeme Good

P-4 Place

Grade 1/2C and Pancake Day
On Tuesday the 4th March it was Pancake Day. We got into four groups of four and we all got to do something. Mrs Calvert cooked the pancakes in the frying pan, and we all got to eat two pancakes each. They were yummy. Thanks to Mrs Maher and Mrs Calvert for helping!
JAPAN TOUR 2015

WOULD YOU LIKE YOUR CHILD TO:

• SEE Mt FUJI?
• TRAVEL ON A BULLET TRAIN?
• VISIT ONE OF THE WORLD’S BIGGEST CITIES?
• TRY DIFFERENT FOODS?
• EXPERIENCE ANOTHER CULTURE?
• EXPLORE ANOTHER COUNTRY?

Plans are underway for another tour to Japan in March, 2015. Information about the tour has been distributed to students. The tour is open to all students in Years 6 to 10 in 2015. If interested in having your child participate, please return an expression of interest to the office by Monday, March 31st.
Photo Shop

Our Yr 12's meet the Prep's.....

Stacey & Charmarelle meet our guest speaker, Ted O'Connor ....

Sports Captains....
UNIFORM SHOP

Just a reminder Term 2 is fast approaching and so is the colder weather—if you are in need of winter uniform—the Uniform Shop hours are—

Tuesdays - 1pm - 4pm &
Thursdays - 8:30 - 12 noon

If these times do not suit—a uniform order form, with payment, can be left at the General Office.
(Forms can be obtained from the office)
Filled orders can be sent home with your child.

Winter Skirt Order Form

As our Senior girls winter skirts are a higher priced item, it is difficult to have a bulk supply in stock.

For this reason, we are moving towards an order on demand system.

If any senior girls require a new winter skirt for Term 2, please complete the order form below and attach payment and return to the office.

Please be aware that skirts may take 4 weeks to arrive, so get your order in early.

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Winter Skirt Order Form

Sizes 8 - 14 = $120
Sizes 16 - 22 = $125

Name - __________________________
Phone Number - ____________________

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Total -

Our boys Swim 10 yr old Freestyle Relay team - Declan G, Liam S, Johnno R & Simon A.
The place to go to find all information regarding Victorian School Sport.
“Save it in your favourites”.
Once in the site, navigate your way using the blue rectangular buttons down the left hand side.
You will find; dates, draws, competition conditions, results and photos.
On the’ Home’ pages you will find a calendar as well as important competition dates and Coordinator contact details.
For the Greater Western Region information:
Sports Regions
Greater Western Sports Region
Greater Western Sports
(Select the required sport)
For your Division information:
Sports Regions
Greater Western Sports Region
Greater Western Secondary Division
(Select your Division name)
(Select ‘Division Name’ Sports)
(Select the required sport)
Please look at any other relevant pages on the website. You will find the most up to date information on all aspects of School Sport in Victoria
In house group this term Year 5-12 students have been focusing on goal setting, dreams and aspirations. The students have been creating S.M.A.R.T. and specific goals relating to their school work and wellbeing. The students have been working on bucket lists (a list of things you want to do before you kick the bucket) and life goals. Goals have included things like travel to other countries, seeing famous landmarks, skydiving, dream jobs and learning different languages. Also, the students have been looking at famous and inspirational quotes and then interpreting them and elaborating on them.

Mason Fagan INSPIRE House
By Jack Lehmann (Inspire House Captain 5-7)

Every Wednesday we have Show, Tell, Share during Home Group. Over the last few weeks we’ve had some great things brought in to share with the class.

Lachie McGavin had his tennis racquet signed by Sam Stosur, and this week brought in some coins from around the word. Ollie Mahncke had his Country Week t-shirt, and Mackenzie Mann had his Kookaburra Bubble cricket bat. Hayley Mann with her Auntie’s painting and this week brought in her kitten. These were all great.

This year in Inspire 5-7 we have started a weekly competition called Photo of the Week. You are allowed to enter one photo per week and if you are judged the lucky winner (by Ms Coate and other teachers), you will win a small prize.

Some of the entries from Photo of the Week are below.
SWAP SWEET DRINKS FOR COOL WATER

Sweet drinks like soft drink, cordial and fruit juice contain very high amounts of sugar and low amounts of essential nutrients needed for the body. They are not recommended or needed for a healthy diet. Sugary drinks in excess can cause tooth decay and excess weight gain.

It's therefore important to limit these drinks and instead:

Take a water bottle to school everyday!

Adapted from www.betterhealth.vic.gov.au
HEALTHY LUNCHBOX COMPETITION WINNERS!

Congratulations to the following students from grades Prep-4:

- Carl Lehmann from Prep
- Mia Richie from 1/2P
- Jackson Monahan from 1/2R
- Will Anders from 1/2M
- Bailie Rooth from 3/4V
- Stacey McDowell from 3/4S

The GOLDEN LUNCHBOX award goes to the classroom with the most individual gold and silver star lunchbox awards. This week it is: 3/4V!

Congratulations to all students who received gold and silver healthy lunchbox awards last week.

Keep trying to make your lunch healthy and good luck for this week!

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**BANANA SLICE**

**Preparation time:** 15 minutes  
**Cooking time:** 20 minutes  
**Serves:** 20

**Ingredients:**
- 1 cup processed bran breakfast cereal  
- 1 cup milk  
- 25 g polyunsaturated margarine  
- 1 cup wholemeal self raising flour  
- 1/4 cup sugar  
- 2 eggs, lightly beaten  
- 3 ripe bananas, mashed

**Method:**
1. Combine cereal and milk and stand for 15 minutes.
2. Combine flour and sugar in a bowl.
3. Rub in margarine with fingertips until the mixture resembles breadcrumbs.
4. Add eggs, bran mixture and bananas and stir until just combined.
5. Pour mixture into a lamington tin. Bake at 200ºC for 20 minutes or until cooked when tested with a skewer. Cool and slice into small squares.

✓ Suitable to freeze  
✓ Store in airtight container
**Home-made Gnocchi**

2 large desiree potatoes

¼ tsp salt

100g plain flour

**METHOD**

1. Place potatoes in saucepan. Cover with cold water and bring to the boil. Cook for approximately 20-25 minutes.
2. Remove potatoes from the stove when just tender (test with metal skewer). Drain well.
3. Set aside until just cool enough to handle. Peel by hand and discard skins.
4. Using a mouli, puree potatoes into a bowl. Season to taste with salt. Cool slightly.
5. Add flour to potatoes. Knead until a soft dough forms. If mixture is still sticky, add a little more flour. Turn dough onto a lightly floured surface.
6. Cut dough into 4 pieces. Gently roll each piece out to form a long log about as wide as your little finger.
7. Using a lightly floured knife, cut each log into 1 cm pieces.
8. Roll each ball of gnocchi over the end of a lightly-floured fork, pressing gently with your index finger or thumb underneath as you go, to form a dent in the back of each one and fork marks on the other side.
9. Bring a large saucepan of water to the boil. Add a small quantity of the gnocchi, be sure not to overcrowd the saucepan. When cooked, the gnocchi will rise to the surface of the water. Remove with a slotted spoon and drain well.
10. Serve with your favourite sauce.
What is eheadspace?
An online chat and telephone service for young people between 12-25. If you are worried about something, you can log on and get help.

- Staffed by mental health professionals
- Free and confidential
- What sort of things? Mental health, things to do with school, home, friends, work, low moods, drugs, or anything where you feel something’s wrong, anything really!

- You don’t have to wait for things to get really bad before you seek help
- Visit [www.eheadspace.org.au](http://www.eheadspace.org.au) for more information about the service.

20th March is World Oral Health Day

- Oral health has a huge impact on general health and on other issues such as self-confidence, problems with social interactions and disrupts important functions like speaking and sleeping.
- The first line of oral health care is with the prevention, especially good brushing habits and regular check-ups. Brushing well, avoiding sugary foods and drinks, and drinking water all help to keep your mouth healthy.

Tobacco use is responsible for up to half of all periodontal (gum) diseases. These types of diseases are directly linked to diabetes, heart disease, pre-term birth, low birth weights and other health issues.

Caramut Football Netball Club

Auskick and Net Set Go for 2014

We are aiming to run both programs side by side for the duration of Term 2 starting Thursday 24th April.

Session times will be from 5.00 to 6pm - Caramut Recreation Ground.

All Auskick registration must be done online and packs will be sent direct to participants cost is $60.

Net set go registration forms available from Trudi cost is $45 and participants receive a pack worth $50.

Need numbers as soon as possible to order packs and sort out details.

We also offer a kids meal for purchase in the club rooms directly after the sessions so you can take them home to bath and bed!

Contact Trudi Murrihy for further details on 0428 998 328
NOORAT PRIMARY SCHOOL PRESENTS:

SHOOTOUT

AT HIGH NOON

PROUDLY SPONSORED BY

Mt. Noorat Freighters
Bulk Haulage Specialists

RIDLEY AgriProducts

DATE: SUNDAY 23rd March 2014 AT: NOORAT PRIMARY SCHOOL STARTING TIME: 11:00AM

PRICE: $100 PER TEAM (UP TO 7 PLAYERS) OR $20.00 PER SINGLE ENTRANT (AGE 6+)

TO REGISTER YOUR SPOT PLEASE TEXT PAULA ON 0428927292 OR JANE ON 0417017020

REGISTRATION WILL CLOSE AT 10:30AM ON DAY.
Interschool Dirtbike Team
Grasstrack Competition
2014

Now here’s a real school team sport! Are you going to be part of the best ever school sport comp or what? This is for motocross riders and ‘just’ riding around on the farm people. If you know how to ride your bike, this is for you. There’s absolutely no jumps, just a grass circuit. This is the perfect introduction to motocross sport. Come and join us on ....

Friday May 2

Bennett’s place, Laang-Panmure Road, Panmure
(Signposted)
8.30 to approximately 4pm
$20 cost to cover insurance

Entry forms and details from your school’s sports coordinator or school Dirtbike Team representative.

Interschool Dirtbike Team
Grasstrack Competition.
Friday, May 2
You know you want to be there.....

Contact us: Reinier Bouman or Debbie Windon
Gobden Technical School: 03 5595 1202
## 2014 CALENDAR

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<tr>
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<tr>
<td>Thurs 20th</td>
<td>Immunizations</td>
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<td>Yr 7, Yr 9 Boys &amp; Yr 10</td>
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<tr>
<td>Mon 21st</td>
<td>Easter Monday Public Holiday</td>
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<td>Advance CFA excursion</td>
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<td>Tues 25th</td>
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<td>Tues 25th</td>
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<td>Thurs 27th</td>
<td>House Athletics Trials Yr 5-12</td>
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<td>Mon 31st - Fri</td>
<td>New Zealand Camp</td>
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<td>11th April</td>
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**Immunizations for Yr 7, Yr 9 Boys & Yr 10**

Are tomorrow. -

Thursday 20th March.

**End of Term 1 - Friday 4th April**