Term 1 - Week 9 – 26th March 2014

Principals Report - As I move around the school each day, observe classroom lessons and talk to staff and students I am continually reminded of what a great school we have. We often focus on the extra-curricular opportunities such as camps and excursions and forget that our students are engaged in powerful learning each day in their classrooms. This term teachers have been working on developing Individual Learning Plans for the students they teach in order to ensure we can best meet the needs of every child. Of course, educational research has shown for a very long time that students achieve the very best outcomes when families encourage their children and actively work with them in the home environment to build on what is being learnt at school. This support can be assisting with homework, encouraging reading or just asking questions. Regardless of whether the child is in Prep or in Year 12, the support that is received at home is so important in ensuring success at school.

New Zealand trip:

The excitement is certainly building as twenty eight students, four staff and four parents prepare for their New Zealand trip which begins next Monday morning. They have a very exciting fortnight ahead of them and the whole school community wishes them all the best for their adventures and we look forward to hearing their stories next term. This really is a wonderful opportunity for our students and I would like to acknowledge all the time and effort that Mr and Mrs DeManser have put into organizing the trip to ensure that everything runs smoothly.

End of term and school holiday break:

I have had some parents enquire about the first term school holiday break which begins the week after next. It is a little different this year because Easter Monday falls on Monday 21 April and therefore school doesn’t re-commence until Tuesday 22 April. An additional public holiday also falls in the first week of the term with Anzac Day on Friday 25 April. Once again I encourage as many students as possible to commemorate such an important occasion by participating as a school group in the Anzac march in Mortlake. In recent years it has been great to see a large group of students proudly represent the school at the march so again we are looking forward to a large contingent of our students participating.

Funding from Acciona Energy:

Last Friday we received the very welcome news that Acciona Energy is providing $2500 to assist with the purchase and installation of a rainwater tank for the Stephanie Alexander Kitchen Garden project. We are very grateful to Acciona for their support. The Kitchen Garden initiative continues to thrive and a new tank will certainly be of significant benefit.
Sporting events:
We have had a range of sporting activities and events over the last week and on each occasion teachers and parents have remarked on the positive attitude of our students. It has been great to see the students proudly representing their houses and/or school at swimming and athletics and performing really well.

New playground equipment:
Work has commenced on the installation of the new playground equipment which is very exciting news. Many thanks to our council president and vice-president, Ross Quail and Bruce Goddard who are leading the project and thanks also to the parents who are assisting with the construction. As mentioned before, we are hopeful that the playground will be ready for use early next term.

Graeme Good

Our Food Tech students cooking up a storm!
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.
P.A.R.T.Y

On Tuesday 14 Year 11 students travelled to Warrnambool to spend the day at a presentation from a variety of health professionals. The acronym PARTY stands for ‘Prevention of Alcohol Related Trauma in Youth’ and is a program that has been run by the Alfred Hospital in Melbourne for a number of years. We were very fortunate in that in the last few years the Alfred has also brought the program to Warrnambool to allow schools such as ours to participate.

The aim of the program is to highlight to students that they will face a number of decisions in their life, and that these decisions will all have consequences. If the students make the right decisions, particularly with regards to alcohol, drugs and cars in the next few years, then they will be a lot safer and hopefully not end up at the Alfred! So the aim of the program was not to preach but to make the students aware of what some of the consequences could be, particularly with regards to hospital treatment and rehabilitation for serious injuries.

Thanks very much to Kerry Boyden for organising this opportunity, and to the students who participated in a such a mature way.
**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.

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**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 -

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There is a huge selection of unnamed school uniform in the primary area lost property.

Please have a look to see if it belongs to your child…. And just a reminder that all uniform needs to be labelled clearly so we can return it to its owner!
GWR Swimming 21st March

On Friday 21st March students from years 7-12 travelled to Warrnambool for the Greater Western Region Swimming finals. Students performed very well on the day with numerous personal bests. Congratulations to Charmarelle McCarroll who came 2nd in the Butterfly, Tayla Hobbs who came 3rd in her Breaststroke, the Open girls (Tori Kleeven, Rebecca Bloomfield, Charmarelle McCarroll & Tayla Hobbs) who came 3rd in the 4x50 Freestyle relay and the 16 year old boys who also came 3rd in their relay. (Tyler Fowler, Lachlan Wareham, Geordie MacDonald & Jake Tanner)

Thankyou to Mr O’Beirne and those students who assisted with duties for the day.

COLLEGE ATHLETICS

The year 7-12 Athletics carnival will be held on Wednesday 23rd April 9:30am – 3:00pm.

If any parent’s would like to assist with duties for parts of the day could they let me know before the end of term please.

STATE NOMINATIONS

Information regarding state nominations and other sports can be found on the School Sport Victoria website.

www.ssv.vic.edu.au

Nathan Jones
Year 7-12 Sports Coordinator
jones.nathan.t@edumail.vic.gov.au
Inspire report – Olivia Anders  
(5-7 Inspire Captain)

Last Wednesday was the 3-6 Athletics. It was a really positive day for Inspire. Even though we came third, we still tried our best and had a really good day. There was a lot of team spirit and support for each other and that’s what Inspire is all about!

We are looking forward to next year and hopefully coming first!

HOUSE LOGOS SCREEN PRINTED ONTO STUDENTS’ OWN GARMENTS.....

This is relevant to Year 7 – 12 only, as P-6 have house polo shirts. If any Secondary students or Staff would like a house logo on an item of personal clothing please bring your garment this week!

The garment, with a note safety-pinned to it, should contain the following information:

| STUDENT NAME |
| HOUSE |
| Print ‘Front’ or ‘Back’ |
| (preferred side of garment for print) |

The ink will be black, printed onto garments that are house colours, such as T-shirts, singlets, or windcheaters (preferably not ribbed material though, as the quality of print cannot be guaranteed on ribbed material). Remember, fabrics to avoid are those with a high percentage of polyester or nylon, which may appear shiny. The reason for this is that once printed, and when dry, the garment needs to be ironed on a hot setting to fix the ink permanently, and polyester and nylons cannot take hot settings, as they melt.

Please LEAVE your clearly labelled garments on the back bench (near the TV) in the Art Room.

When done I will let you know. After a hot iron for a couple of minutes instructions simply recommend one cold water wash and thereafter they can be washed safely in with other garments without any problems, which I can vouch for.

Annette Janes.
Hi everyone!

Last Wednesday was the 3-6 Athletics sports. 5-7 Succeed had a really great day overall, with Anna coming first in shotput, Kaitlyn first in triple jump and the 200m, Brodie A first in the 200m and discus and Riley first in the long jump. We also had lots of second and third place getters.

The year sevens helped out of the day, and over all Succeed came second! It was a brilliant day and we all had lots of fun. Best of luck to those in Succeed who are representing the school in Camperdown on Tuesday- Anna, Kaitlyn, Taine, Jaime & Abbey.

By Grace Thulborn- 5-7 Succeed captain.

Everyday Succeed students in the year 8-12 groups meet for either a 10 or 20 minute session to complete a variety of activities aimed to improve personal growth and development. Examples of tasks completed so far this term include:

- Establishing a set of learning goals to achieve by the end of semester 1 and developing strategies to achieve these.
- Planning a ‘bucket list’ (A list of items they will endeavor to complete in the coming years)
- Participating in Positive Education activities to improve both individual social and emotional wellbeing.
- Planning for swimming and athletics sports. Developing a team chant.
- Students have to opportunity to share personal experiences eg. Show and tell and what has went well for them.
- Completing activities focusing on career pathways.
- General organization such as planning and being prepared for extra curricular activities each week.
BE A SUPER STAR
SWAP THE SNACK BAR

Almost all 'bars' contain high amounts of sugar which doesn't need to be included in a child's diet.

Avoid muesli bars and chocolate bars in lunch boxes. These are expensive and usually stuck together with fats and sugars.

Instead choose:

VEGIE STICKS & DIP

REAL CHEESE & CRACKERS

YUMI!
FRUIT LOAF-BRAN

**Preparation time:** 10 minutes  
**Cooking time:** 60 minutes  
**Serves:** 12

**Ingredients:**  
1 cup bran cereal  
1 cup fruit medley  
3/4 cup brown sugar  
1 1/2 cups reduced fat milk  
1 1/2 cups self-raising flour

**Method:**  
1. Combine bran and fruit in a bowl.  
2. Add sugar and milk. Mix well and leave for 1 hour.  
3. Add flour and mix well.  
4. Spoon into lightly greased loaf tin and bake in a hot oven (180°C) for 1 hour.

**Source:** RMIT University (1998), Easy cook book 2, Melbourne.

ACTIVE AFTER SCHOOL PROGRAM

**TERM 2**

Next term we will be having the following activities:

- **Mondays—Soccer**
- **Tuesdays—Multiskills & games**

Please note that with all the public holidays and interrupted start to term 2, the AASC program will not commence till Week 3…… Monday 5th May.

Active After School forms will be available from the office first week Term 2. To avoid disappointment please complete and return asap as vacancies are limited.

Apologies for the confusion with the Prep — Year 2 Athletic Fun Day…. It is on **Thursday 3rd April starting at 1:30pm….not Wednesday 3rd as advertised in the newsletter calendar!**
FOOD TECHNOLOGY RECIPE CORNER

MORTLAKE COLLEGE HIGH TEA

The Year 8-10 ‘Best Baking’ class have been very busy preparing food for their ‘High Tea’ which will be held on Friday afternoon (28th March) from 2.15 in the Home Economics Room. The students have been asked to invite one guest – either a parent or a staff member – to come along and join our celebration. If your child is in this class and you have not heard about this event please ask them!

Here is a sample of one of the foods being presented:

VANILLA BISCUITS

½ cup flour
½ cup SR flour
60 grams butter
¼ cup caster sugar
1 egg, lightly beaten
1 tsp vanilla essence

METHOD

1. Preheat oven to 160 degrees. Grease oven tray.
2. Sift flours together.
3. Cream butter and sugar until light and creamy in colour.
4. Add egg and vanilla and beat well.
5. Add sifted flour and mix to a firm dough.
6. Lightly flour the bench and knead the dough until it is smooth.
7. Roll out the dough to 3-5 mm in thickness and cut into shapes.
8. Bake shapes on a lightly greased baking tray at 160 degrees for 10-15 minutes, or until a pale golden colour.
9. Allow to cool on the tray for 5 minutes, then place on a cooling rack until cold.
10. Ice and decorate as desired.
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 Murrhy for further details on 0428 998 328
Looking For Volunteer Host Families

World Education Program (WEP) is inviting you to experience another culture in your own home by becoming a volunteer host family to an international student arriving in July 2014. Our students from Argentina, Italy, Belgium, Brazil, Canada, Chile, Finland, France, the Netherlands, Norway, Switzerland, Thailand, and South America are looking forward to experiencing life in Australia, making new friends and becoming a member of an Australian family soon.

"Wonderful - joyous - heartfelt. An absolutely wonderful idea and so beneficial for all involved, from family to school friends. We truly feel Enrico is another member of our family."

Marie - host mother of Enrico (Italy)

Hosting Is Fun! Find Out more!

Getting to know your student before he or she arrives brings fun and joy to everyone involved. To help you make this important decision, contact WEP today to receive a full information pack for your family.

Sylvia Kelly
Manager – Inbound Exchange Programs
Phone: 1300 884 733
Email: info@wep.org.au
Come and see our very own, Mortlake student, Harry Quail, performing in the mOVe Symphonic Showcase concert on Friday 28 March alongside Orchestra Victoria musicians and other students.

**mOVe Symphonic Showcase**

Hear the South West District’s up-and-coming orchestral musicians as they play alongside Orchestra Victoria

Friday 28 March, 6.30pm
Simons Auditorium, The Kantor Family Music & Performing Arts Centre
The Hamilton & Alexandra College
1 Chaucer Street
Hamilton
orchestra.victoria.com.au

FREE ENTRY
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
Cobden Technical School: 03 5595 1202
# 2014 Calendar

## March

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<tr>
<td>Thurs 27th</td>
<td>House Athletics Trials Yr 5-12</td>
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<td>Mon 31st</td>
<td>New Zealand Camp</td>
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<td>Mon 31st</td>
<td>Easter Monday Public Holiday</td>
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<td>Tues 22nd</td>
<td>Term 2 starts</td>
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<td>Wed 2nd</td>
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<td>Thurs 3rd</td>
<td>P-2 Athletics Fun Day</td>
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<td>Fri 4th</td>
<td>Term 1 Ends - School Finishes 2:20pm</td>
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## April

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<td>Wed 23rd</td>
<td>House Athletics Yr 5-12</td>
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<tr>
<td>Fri 25th</td>
<td>ANZAC Day Holiday (no school)</td>
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<td>Tues 29th</td>
<td>School Council Meeting</td>
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<td>Mon 2nd</td>
<td>Yr 10 Work Experience</td>
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## May

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<td>Immunizations Yr 7 &amp; 9</td>
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<td>Wed 28th</td>
<td>3-6 Division Cross Country W’bool</td>
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<td>Fri 30th</td>
<td>MWC Cross Country</td>
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<td>Yr 10 Work Experience</td>
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End of Term 1 - Friday 4th April 2:20pm  
Start Term 2 - Tuesday 22nd April (Easter Monday Public Holiday 21st April)