Term 2 - Week 2 – 30th April 2014

Principals Report -

Anzac Day march:
Last Friday 70 Mortlake College students and staff participated in the Anzac march and I was very proud that so many of our students took the opportunity to represent the school on such an important occasion. The president of the Mortlake RSL, Mr Merv Hampson, commented to Mrs DeManser and myself that it was fantastic to see so many Mortlake College students honouring the day and all that it represents. I would like to thank those who participated and also all the parents for their support.

P-4 Class Captains:
At Monday’s assembly the P-4 Class Captains for Term 2 were announced and I would like to congratulate the following students on being selected for this important role:

Year Prep: Holly Jones and Caleb Draffin
Year 1/2A: Mia Ritchie and Noah Bradbury
Year 1/2B: Molly Goddard and Lily Schuuring
Year 1/2C: Chloe Goldsworthy and Will Anders
Year Three/Four A: Liam Schuuring
Year Three/Four B: Kiara Clarke and Fletcher Sagnol

Aussie of the Month
The ‘Aussie of the Month’ award is awarded to a student who is recognised for a significant contribution to school life each month. The recipient for March, Shae De Francesco, was presented with her certificate and badge at Monday’s assembly. Shae received the award for always trying her best and for being really helpful towards younger students without being asked. Congratulations Shae!

2013 Mortlake College Annual Report
School council met this week and endorsed the 2013 Mortlake College Annual Report. The report will be placed on the college website this week and I welcome any feedback from our parents on the report.
Education Week: May 19-23
We will be celebrating what’s great about government schools in general and Mortlake College in particular during Education Week from May 19-23. Planning for some special events is underway and full details will be available in next week’s newsletter.

Peter’s Project Dress-Up Day
What a fantastic range of race-day outfits were on display on Tuesday! Students from Prep right through to Year 12, along with staff really embraced the opportunity to get dressed in their race-day best and support Peter’s Project. With the gold coin donation and the BBQ lunch a grand total of $609 was raised which is an amazing effort. The fashion parade in the undercover area was a highlight of the day and the judges said they had a very difficult task determining the winners in each of the houses. Well done to everyone!

NAPLAN Testing: May 13-15
This year’s NAPLAN testing program is only a fortnight away and I have included some information about the tests that is provided by the organising body.

“The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual assessment for students in Years 3, 5, 7 and 9. It has been an annual event for schools since 2008.

On Tuesday 13th, Wednesday 14th and Thursday 15th May, students will undertake the 2013 NAPLAN tests.

NAPLAN is made up of tests in the four domains of Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy. NAPLAN assesses skills in literacy and numeracy that are developed over time, through the school curriculum. NAPLAN is not a pass or fail type test, but rather shows how individual students are progressing in numeracy and literacy skills against national standards for all Australia children. All students are encouraged to participate in the tests. Students with a disability may qualify for special provisions that reflect the support normally provided to them in the classroom.

An individual student NAPLAN report will be issued by the school later this year. Parents can use this information to monitor how their child is progressing and to identify any areas of concern. Parents may also wish to use their child’s results to discuss progress with teachers. More information is available at www.naplan.edu.au”

If you have any questions at all about the NAPLAN tests please contact Mrs DeManser or your child’s classroom teacher.

Graeme Good

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.
## HOUSE ATHLETICS

### INDIVIDUAL CHAMPIONS

#### Girls 11-12
- 1<sup>st</sup> Charlotte Gartland
- 2<sup>nd</sup> Sophie Lehmann
- 3<sup>rd</sup> Ruby Schuuring

#### Boys 11-12
- 1<sup>st</sup> Darcy Hobbs
- 2<sup>nd</sup> Todd MacDonald
- 3<sup>rd</sup> Lachlan McGavin

#### Girls 13-14
- 1<sup>st</sup> Erin McGuigan
- 2<sup>nd</sup> Kaitlyn Clifford
- 3<sup>rd</sup> Leah Johnson

#### Boys 13-14
- 1<sup>st</sup> Ryan Tanner
- 2<sup>nd</sup> Jackson Boyden & Liam O’Flaherty
- 3<sup>rd</sup> Byron Loader & Nelson Loader

#### Girls 15-16
- 1<sup>st</sup> Renae Reynolds
- 2<sup>nd</sup> Georgia Wareham
- 3<sup>rd</sup> Sarah Parker

#### Boys 15-16
- 1<sup>st</sup> Tyler Fowler
- 2<sup>nd</sup> Lachlan Wareham & Gerald Monteith
- 3<sup>rd</sup> Harry Hobbs

#### Girls 17-20
- 1<sup>st</sup> Charmarelle McCarroll
- 2<sup>nd</sup> Brooke Eldridge
- 3<sup>rd</sup> Tori Kleeven

#### Boys 17-20
- 1<sup>st</sup> Tim O’Brien
- 2<sup>nd</sup> Lachlan Jubb & Triston Webster-Bamford
- 3<sup>rd</sup> Mason Fagan
### Records

<table>
<thead>
<tr>
<th>Event</th>
<th>Name</th>
<th>Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>M 11yr Discus</td>
<td>Todd MacDonald</td>
<td>18.16m</td>
</tr>
<tr>
<td>F 11yr Shot Put</td>
<td>Sophie Lehmann</td>
<td>7.56m</td>
</tr>
<tr>
<td>M 16yr High Jump</td>
<td>Jake Tanner</td>
<td>1.68m</td>
</tr>
<tr>
<td>M 15yr High Jump</td>
<td>Gerald Monteith</td>
<td>1.58m</td>
</tr>
<tr>
<td>F 11yr Long Jump</td>
<td>Ruby Schuuring</td>
<td>3.18m</td>
</tr>
<tr>
<td>F 12yr High Jump</td>
<td>Charlotte Gartland</td>
<td>1.22m</td>
</tr>
</tbody>
</table>

### Overall

1st Endeavour 879.5 points  
2nd Inspire 692  
3rd Succeed 661.5

Thankyou to all staff for assisting with duties for the day, to those students who helped also, particularly Brad Tanner, Corey Firth and Tim O’Brien. Finally, well done to all competitors as well as House Captains for their leadership and organising teams.

**Other Important Dates:**

MWC Athletics Tuesday 6th May at Brauerander  
House Cross Country Years 3-12 Tuesday 13th May

### State Nominations

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

[www.ssv.vic.edu.au](http://www.ssv.vic.edu.au)  

*Nathan Jones*  
*Year 7-12 Sports Coordinator*
Race Day Fundraiser for Peters Project

Winners of the fashion on the fields - Tuesday 29th March 2014

Inspire: Holly Fowler
Endeavour: Hamish Hobbs
Succeed: Tayla Rohan

5-7: Hayley Mann
Will McCosh
Taine DeManser

8-12: Tayla Hobbs
Lilly Cummins
Jake Tanner

Staff
Sue Amos, Nigel Boyden, Alison Stor, Jane Povey, Anne DeManser
**Dough**
1 1/2 cups bread flour
1/2 tsp dried yeast
1/2 tsp salt
1/2 tsp olive oil
150 ml hot water

**Making the dough**
1. Sift dry ingredients together into large bowl.
2. Stir in olive oil and hot water to make a moist dough.
3. Turn onto floured bench and knead until smooth
4. Return the dough to the bowl, brush lightly with oil then cover with plastic wrap and leave in a warm place to prove until the dough has doubled in size.

**Cheese and spinach filling**
1/2 box defrosted frozen spinach
1 egg
70 gms ricotta cheese
70 gms feta cheese
Pinch of nutmeg
Pinch of pepper

**Making the cheese and spinach filling**
1. Squeeze excess moisture from the filling.
2. Lightly beat the egg in a small bowl.
3. Combine all the filing ingredients and mix well

**Spicy meat filling**
1 tbsp olive oil
1/2 finely diced onion
1 crushed clove garlic
1/2 tsp ground fennel
1/4 tsp chilli powder
150 gms minced beef
200 gms canned diced tomatoes
2 tbsps toasted pine nuts
2 tbsps finely chopped parsley
30 gms grated mozzarella

**Making the spicy meat filling**
1. Heat oil in pan and sauté onion and garlic with the fennel and chilli
2. Add the mince, stirring until it breaks up and changes colour.
3. Add tomatoes and simmer up uncovered until liquid reduces by half.
4. Remove from heat, stir in pine nuts and parsley. Cool before using as a filling for the pide.
5. Sprinkle cheese on top of the filled pide before baking.

**Assembling the pide**
1. Preheat oven to 200 degrees.
2. Lightly knead the dough and divide the mixture into four portions.
3. Roll each portion of the dough into a thin oval.
4. Place a quarter of the filling down the centre of the dough.
5. Pinch the ends of the dough together and leave the filling slightly exposed along the centre.
6. Place on an oiled tray and leave to prove for 10 minutes.
7. Bake for approximately 15 minutes or until golden brown.
**Bed-wetting Information**

Bed wetting is when the person empties their bladder whilst asleep. It can happen every night, or only occasionally.

About one in five children wet the bed, and it can be a cause of distress for children and their families. At the age of 7 there will still be children who wet the bed at night, and even in teenagers it can be an issue.

For young children as well as teenagers, bed wetting is not caused by laziness or bad behaviour, and is often upsetting, even for younger children. If you ask, sometimes children will be able to help you uncover a reason, such as a fear of going to the toilet in the dark, but there are multiple reasons for bed wetting and you can get help from a continence nurse advisor if you are concerned.

South West Community Health Centre has Continence Nurses available that work with all ages for urine and bowel issues. The service is low cost and confidential, you can book on the community health reception number on 55634000. They also have a continence physiotherapist.

Closer to home, Mortlake Community Health Centre has a continence nurse available via appointment. Visit [bladderbowel.gov.au](http://bladderbowel.gov.au) for more information.

Remember, don’t punish a child for a wet bed, and that you can get help.

---

**Early and Late Puberty**

Early puberty, before 8 years old for girls and 9 years old for boys, or late, not starting puberty by 13 or 14 years, can be a source of embarrassment and affect body image. It is important, especially in early puberty, that the child is given explanations about what is happening. Teenagers like to fit in, and so not going through puberty when everyone else done can also be a source of worry. Home is usually the main source of information for children growing up and body changes that happen during puberty. Starting those conversations when children are younger, keeping it simple, being honest and respectful will make it easier. Having health and human development books at home that are age appropriate is also a great idea. This term, years 5 & 6 will be talking about puberty and how babies are made in class. If you would like to find out what we will be talking about or if you have concerns about your child and managing puberty you can contact the school nurse on Wednesdays or Thursdays.
Next week will be an eventful one for many VCE students. On Monday students in Art, Systems Engineering and Food Technology will travel to Melbourne to view the Top Arts/Top Designs exhibition. This exhibition showcases outstanding work from the 2013 VCE students around the state. On Tuesday we have our MWC Athletics in Warrnambool, and then on Friday Year 12 students will be catching the early train to Melbourne to attend the Age Careers Expo.

It would be very much appreciated if any outstanding permission forms for any of these excursions could be returned as soon as possible. Organising an excursion can become unnecessarily complicated when students do not return forms until the last minute.

With only a few weeks remaining until the end of the VCE first semester, it is very important for students to keep up to date with their work and SAC preparation. Students studying Unit 1 subjects will also have exams in Week 5 of term.

Les Miserables Tickets Available …..

The spectacular musical ‘Les Misérables’ is coming to Melbourne later in the year. As part of their promotions, they are offering discounted group bookings for schools at $60. We have made a booking for 50 seats on July 22nd (second week after the mid-year holidays). The show is at 7.30 pm, so we will need to leave school at around 2.30pm so that we can have some tea. It will also be a late night getting home. However, this will be a great opportunity for students and parents to see an amazing show in Melbourne.

COST: $85 (this will include the ticket and bus) - (please note: Yr 6 students and younger will need to be accompanied by an adult)

DATE DUE: May 1st. All money needs to be to the Office by this date as the theatre will only reserve the tickets that we pay for.

Please collect a form from the General Office, complete & include your payment and hand it in to the Office by May 1st. Also keep in mind that it is to be ‘first in, best dressed’, to secure your seat on the bus.

Lyle Russell
Performing Arts Coordinator
“Keys Please” is a short, 70-75 minute session aimed at helping you, the Learner Driver, enjoy the learning-to-drive experience, pass your Licence tests and become a safe and competent driver. At the same time it will help your supervising drivers (parents, older brothers/sisters, uncles, aunts, whoever) tackle their role with confidence while avoiding the stress that can sometimes be a part of it.

It’s been run here at Mortlake P-12 College for a few years now, with great success. Everybody who attends comes away saying they’ve learned something. And had a laugh!

Learning to drive should be a fun, exciting time – not a scary or dull chore. We’ll show you how to make the most of it.

Even though it’s during the school day, parents are most welcome to join us!

The BER Building
Friday, May 16, 2014 at 1.40 pm.


All we need is you!
(p.s. It really would be handy if your parents come along)

Any Year 10’s interested in doing their Deb Ball ?.........

Please put your names in to the office.
Congratulations to these Prep, Year 1 & Year 2 Class Captains for Term 2......

Caleb Draffen & Holly Jones (prep)  Mia Richie & Noah Bradbury (1-2 P)

Chloe Goldsworthy & Will Anders (1-2 M)  Molly Goddard & Lily Schuuring (1-2 R)

Aussie of the Month - Shae DeFrancesco...
Well Done Shae!
Menu
• Basic egg noodles
• Basil pesto
• Zucchini Rosti with Horseradish Sour Cream
• Salad of the Imagination
We have been learning about Anzac Day. We made poppy wreaths, slouch hats and Anzac biscuits. We have also been reading some stories about Anzac Day.

ACTIVE AFTER SCHOOL PROGRAM - TERM 2

We are 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.
Volunteer Registrations Open Now!

Each year we search for volunteers to help Warrnambool’s Fun4Kids Festival continue to be the BIGGEST and BEST children’s festival!

Adults and students (age 14yo+) are invited to join our ‘Fun Crew’

There’s heaps of ways to get involved and rosters are flexible.

Fun4Kids Festival 2014 will be held from June 29 - July 6!

Interested?

Call Sharon on 5559 4834 or swohlers@warrnambool.vic.gov.au

NOORAT SALE TRAIL..

MONSTER COMMUNITY GARAGE SALE.

Saturday May 10th 9am -5pm

Schools, scouts and many households all selling “must have’ goodies.

Sponsored by the Noorat & District Residents Association the Noorat and District (4klm Radius) will host garage sales in and around around Noorat, Glenormiston, Kolora and nearby areas.

SALE TRAIL Maps will be available at all venues, refreshments will be available at schools and scout hall.

Antiques, bric-a-brac, garagenalia, books, cake stall, plants, furniture, toys, crafts, art, model rail, miniatures, woodworking books and tools will just be some of the items available at the various garage sales on the day.

Don’t miss it.

Begins at 9am and will continue until 5pm, SALE TRAIL MAPS will be available at all venues, look for the orange signs and balloons.

The Noorat Gun Club is starting its practice nights for students wishing to learn Clay Target shooting and wanting to compete in the School students Championships in August.

Practice will commence tonight (30th April) at 4pm. Guns and Cartridges will be available and the cost will be $14 which will cover 25 targets and 25 cartridges.

For further information, please ring Gary on 0419 893 007.

Camperdown Little Athletics Centre

Presentation Evening and AGM

Friday 2nd May

5.30pm BBQ (no charge, drinks for purchase)

6.45pm Presentations

Frederick Street Clubroom, Camperdown

All members invited to attend
Become a Community Coordinator

You can make a difference as a Community Coordinator. Our Community Coordinators are men and women who believe that student exchange is a life changing experience for young people and the host families within the local community. As a Community Coordinator, you will assist with recruiting and interviewing potential host families. You will provide ongoing support to these families and students to ensure that the exchange experience is a success for everyone as well as interviewing local students wishing to go on exchange overseas.

Who is Student Exchange Australia New Zealand Ltd?
Student Exchange Australia New Zealand Ltd is an Australian not-for-profit company registered as a secondary exchange organisation with Departments of Education around Australia and with the New Zealand Ministry of Education.

Our mission is to offer the unique experience of living and studying in another culture and to enable young people to develop the skills and awareness that will enhance their future potential. Experience is everything.

As a Community Coordinator, you will help us by:
- Interview and assist in finding and evaluating potential host families.
- Introducing students with families according to Student Exchange Australia New Zealand and Education Department guidelines.
- Keeping us informed on students’ progress.
- Conducting host family and student orientations, once a year (if required).
- Supervising students and providing support to them and their host families.
- Interviewing local students who wish to go on exchange overseas.
- Accessing our comprehensive online info Centre along with other community coordinators.

How much time will this take?
Generally, coordinating only takes an hour or two a fortnight. There will be times when you may need to devote more time, for example if you are evaluating and interviewing families.

Are you recruiting in all regions?
Yes, exchange students can depart from anywhere in Australia or New Zealand. Similarly, overseas exchange students can be placed with a host family anywhere in the country. Exchange students from overseas are interested in living in all sorts of different communities so no place is too big or too small, too rural or too urban. We want international teens to learn and experience as much as possible about their new host family.

Can I look after more than one student?
Yes, depending on your other commitments, you can look after a number of students. They’ll need to be placed within close geographical range so that you can easily reach students or families if they need you.

experience is everything
Is training and support provided?
Yes, a variety of information and learning aids are available on our coordinators intranet. You can also contact your dedicated Program Manager at any time, in addition to meeting and talking with other community coordinators.

Do I get paid for Coordinating?
Coordinators are reimbursed for finding and screening host families, enrolling students in schools and supervising the students while on exchange. For example, you will be reimbursed $50 each month for supervising one student and $350 for finding and interviewing a host family who decides to host an exchange student for 10 months.

There are additional reimbursement rates for various tasks depending on your level of your involvement and time you have available. You will also receive reimbursement for expenses, such as a petrol subsidy, to cover any travel required on your behalf for example. We also pay you a fee for identifying and interviewing outbound students looking to head overseas.

What other Coordinators have said!
Most Coordinators say that the biggest rewards are the smiles and hugs they get from exchange students and the friendships they make from students and families from all over the world. Please find a quote from one of our Coordinators in Tasmania.

“Being a community coordinator is incredibly rewarding and a lot of fun. You get to learn about other countries and their culture, you are instrumental in bringing families and exchange students together and you make friends for life!”
Libby - Launceston, Tasmania

There is also a reward system in place that is aimed at thanking highly involved coordinators for their valuable contributions. This can include invitations to participate in a Red Centre Tour with the international students in the Northern Territory.

Who is a typical Community Coordinator?
Coordinators come from many different backgrounds. They can be men or women and they can be young or retired. Some are former teachers, some are individuals who are active in youth programs in their area and some are parents who have had their own kids go on exchange in the past. There really is no common profile. All Community Coordinators must undergo the relevant ‘Working With Children’ checks for their state or territory. The common thread is that our Coordinators are active people, with an interest in other cultures and a belief in the power and value of the student exchange experience.

Is this for me?
The best way to find out is to talk to one of our staff. They are experienced in dealing with Community Coordinators and can answer any questions you might have about the role. They can also put you in touch with others who have accepted this role so you can get first hand opinions and information.

If you want to learn more, contact us on
1300 135 331 (Australia) or 0800 440 079 (New Zealand) or
info@studentexchange.org.au or info@studentexchange.org.nz

www.studentexchange.org.au
p: (02) 9997 0701
info@studentexchange.org.au
w: Student Exchange
www.studentexchange.org.au
www.studentexchange.org.nz

Meet Melbourne in Warrnambool

Thursday, 29 May 2014

Information session for prospective students and their families

The University of Melbourne will be visiting Warrnambool to give students, teachers and parents in the area the chance to talk to our friendly staff and find out more about:

- Courses and career outcomes, including the Melbourne degrees and graduate pathways
- Unique opportunities to enrich your degree such as studying a concurrent diploma or going on exchange
- Scholarships and course costs
- Access Melbourne, our special entry and access scheme, which offers guaranteed entry to Melbourne’s degrees for eligible students
- Housing options
- Information for Indigenous students

REGISTER NOW

Register your attendance online at: futurestudents.unimelb.edu.au/meetmelbourne

EVENT DETAILS

When: Thursday, 29 May 2014
6.00pm – 8.30pm

Where: City Memorial Bowls Club
50-58 Cramer Street
Warrnambool

FOR MORE INFORMATION:

s.fisher@unimelb.edu.au
futurestudents.unimelb.edu.au
facebook.com/melbuni
twitter.com/unimelb
youtube.com/unimelb

CRICOS: 00116K
Careers in Sports Medicine 2014
Wednesday 28th May - Geelong

The careers in sports medicine evening aims to build awareness of the health professional involved in caring for athletes, whether they compete for Australia or exercise for fitness.

DATE
Wednesday 28th May

TIME
7pm-8.30pm

REGISTRATION
http://www.trybooking.com/EPDE
RSVP by Monday 26th May
Note: Numbers are limited

VENUE
Olympic Park Sports Medicine Centre
Geelong Campus, 30 Bellerine St (Cnr Little Malop St) Geelong
(Note: This event is also running in Melbourne)

COST
$25 per student
Parent/Guardian no charge

PROGRAMME
Our Health Practitioners will be available at this event to answer any of your questions. There will also be information packs on the following disciplines.

Sports Medicine
Nutrition
Podiatry
Psychology
Massage Therapy
Physiotherapy
Exercise Physiology

ENQUIRIES / FURTHER INFO
megan.marshall@opsmc.com.au
www.opsmc.com.au
Don’t forget—
NO SCHOOL tomorrow!
Thursday 1st May
Due to May Race Day
Shire Holiday