Term 3 - Week 2 – 23rd July 2014

Principals Report

Welcome to Ayumi Takahashi

This week we welcomed a special guest in the school. Ayumi Takahashi (or Takahashi-sensi as she is known to students) is a teacher at our sister-school in Japan, Tateno PS and she will be spending this week and next with us. During this time Ayumi will be visiting lots of different classrooms to observe the teaching and learning in a range of subject areas.

Ayumi teaches a Grade 2 class at Tateno which is a suburb of Yokohama. There are three Grade 2 classes and each has around 33-34 children. All children study English as a Second Language and a number of their classes are conducted in English. Ayumi has been teaching for four years and she particularly enjoys teaching English.

She has found the teaching and learning here quite different to Japan. She was interested to see that our teachers encourage students to use their imagination more than is the case in Japan and that they employ a greater variety of ways to promote learning.

We hope that Ayumi enjoys her time in Mortlake and I would like to thank her for the gifts she presented to the school at Monday’s assembly.

State cross country championships

Congratulations to Bree Kirkwood and Isaac Wareham on their fantastic performances in the state cross country championships last Thursday. Bree finished 41st out of a field of 87 and Isaac came 30th in a field of 94. When we consider that Bree and Isaac were competing against the best cross country runners in the state they should be very proud of their achievements, as we are! Well done to Bree and Isaac!

Mathletics Gold Awards

At Monday’s assembly a special presentation was made to ten students for their achievements in Mathletics. The students have achieved Gold awards which is a very significant achievement. Students need to have earned four Silver awards in order to achieve a Gold award. Congratulations to the following students;

Fletcher Sagnol
Simon Atkinson
Mary Kain
Sophie Goldsworthy

Charlie Calvert
Letitia Howat
Harley White

Alice Kain
Dylan McDonald
Darcy Hobbs
Pete the Sheep” and Les Miserables

This week our Prep-Year 2 children enjoyed the performance of “Pete the Sheep” at the Lighthouse Theatre in Warrnambool whilst a group of older students and parents travelled to Melbourne to experience the new Australian production of ‘Les Miserables.’ All reports indicate that the events were thoroughly enjoyed by those who attended.

Parent Opinion Survey

Later this week surveys will be posted to forty parents who have been randomly selected to participate in the 2014 Parent Opinion Survey. It would be greatly appreciated if the surveys were completed and returned to school not later than Friday 1st August.

Banquet in the BER

The Parents’ Association has been working hard to get everything in place for Friday night’s ‘Banquet in the BER.’ They have received some great items to be auctioned and it promises to be a really enjoyable evening, so if you haven’t purchased tickets as yet there is still time to do so. They are available at the school office.

Prep Information Night

All prospective 2015 Prep parents are invited to an Information Night next Tuesday 29th, commencing at 7pm. There will be lots of interesting information and an opportunity to ask questions. We look forward to seeing you there.

Graeme Good

Parent-Teacher Interviews will be held on Tuesday 19th August from 2pm—6:30pm

Students only Half day at school - Buses will leave at 1pm.

Please make sure arrangements are made for your children to go home early.
**Education Maintenance Allowance (EMA)**

If you are a new parent to the school, or if you are a Parent or Guardian now in receipt of a Health Care Card, you will be able to apply for the 2nd half of EMA. Please come to the office to complete form.

....Applications close Friday 1st August....

Parents & Guardians who received EMA in the first half of the year & still retain a Health Care Card need not reapply.

---

Students in Years 10 and 11 were given the ‘Subject Selection Guide 2015’ yesterday so that they could use it to help them choose their course of study for 2015. They were also given a letter outlining the subject selection process for parents.

I would like to see all parents of Year 10 and 11 students before we finalise course selections with each child. It would therefore be very much appreciated if parents of Year 10 and 11 students could make sure that the slip attached to the letter is returned to school so that I can organise the interview times for next Monday and Tuesday (28th and 29th July).

For Year 12 students and their parents there will be a couple of guides from VTAC handed out in the next week or so. These are titled ‘Choice’ and the ‘ABC of Applying’. These guides are currently available on the VTAC website and students should look at these.

Please feel free to contact me at any time if you have queries regarding the course selection process for 2015.

Anthea Good
VCE Co-ordinator
In collaboration with Brophy and EACH, thirteen of our male students are participating in an adventure based program called WILD.

The program will run for all of Semester 2. Last Thursday the students went to the Scout camp at Dunkeld where they set the culture of the program. They identified what they wanted the program to look, feel and sound like. They were lucky enough to have Bobbie Cunningham come and speak to them about his life growing up, his culture and the challenges he has faced. The group spent time challenging their own beliefs and identifying individual strengths. They then faced the challenge of the giant swing which saw many of them needing to step out of their comfort zone.

By all accounts the day was a huge success. Thanks to all the students for being open minded and a special thanks to the school staff, Anthea Good and Linda Simkin, who have volunteered their time to the program. We are looking forward to following the journey as the program progresses.
The Parents Association are hosting “THE CHRISTMAS IN JULY - BANQUET IN THE BER”.

Friday 25th July
6:30pm

3 course meal and a welcome drink
(Please bring your own other drinks and glass)

Followed by a Goods & Services Auction.

$30 each - tickets on sale at General Office now.....only 3 days left to purchase your ticket!!

Please support this major fundraiser....... so we can help our kids....our school.
Our visiting Japanese teacher, Ayumi Takahashi, presents the school with a Japanese children’s book and a wall hanging to thanks us for allowing her to visit our school. Ayumi will be here for the next 2 weeks...if you see her in the corridor, say hi!

Mathletics Students shine Gold!
Congratulations to Sophie Goldsworthy, Darcy Hobbs, Harley White, Mary Kain, Dylan McDonald, Letitia Howat, Simon Atkinson, Fletcher Sagnol, Alice Kain and Charlie Calvert on receiving their Gold Medals for high achievements in the Mathletics program—Well Done!
Book Fair Is Here!

Monday 28th - Wednesday 30th July

Monday, Tuesday, Wednesday

Opening Times Each Day

8.45am-9.00am
Recess
Lunch
3.00pm-3.45pm

The value of all books sold go toward valuable resources for our school from Scholastic Books.
Year 5/6
Tri-Sports
Netball & Football
It’s time for a change’

In today’s society it is difficult to stay away from unhealthy foods as it readily available to almost all of us. I believe that we all need to take a stand and create a healthy lifestyle not only for ourselves but for those around us as well. The sad but true fact is that the children of today will not live as long as their parents. Currently 1 in 4 children are obese and unless we do something about it our children and generations beyond will have to deal with the hardships of obesity and everything else that comes along with it. I know that it is more convenient ‘easier’ to consume unhealthy takeaway but we all need to look beyond what is convenient now and focus on whether or not the choices we are making today are going to be sustainable for our children and grandchildren in the future. I strongly believe that if people are aware of the risks of various types of unhealthy foods we are currently consuming they will limit their consumption immensely. Education is the key. Its up to us to teach our children the right way! The time is right. ‘Its time to change the menu’.

by Tayla Hobbs, Yr 12
State Cross Country

Congratulations to Isaac Wareham and Brie Kirkwood who represented the school at the State Cross Country Championships in Melbourne last Thursday 17th July. Both students should very proud of their efforts.

Isaac 30th / 94 Time 10:46 (3km)
Brie 41st / 87 Time 12:26 (3km)

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

ACTIVE AFTER SCHOOL PROGRAM
TERM 3

For those lucky enough to secure a place…… Don’t forget…..

Swimming at Bubbles Aquatic starts TODAY, then other dates are 30th July, (then miss a week), 13th August, 20th August, 27th August, 3rd September, 10th September.

And

Gymnastics starts Thursday 31st July, then 7th August, 14th August, 21st August, 28th August, 4th September, 11th September.

(Both run for 7 sessions)
Year 7 Visit to Preps – by Phoebe

Last Friday, the Year 7s went into the Prep classroom and for the last period we did some activities with them.

Firstly, we got to know each other then read a book. The Year 7s had already thought of some questions to ask to Preps, so after the book they tried their best to answer some tricky questions like, "How old are your brothers are sisters?"

Finally, we drew a portrait of one of our group members. All the Prep's pictures were great, but I can't say the same for the Year 7s.

We all had a fun period with each other and the 7s got to know the Preps a bit better.
SEMOLINA SHORTBREAD WITH CARAMELISED PEAR AND MASCARPONE

INGREDIENTS
120 g unsalted butter
¼ cup caster sugar
1 cup plain flour
50 g semolina
1 teaspoon vanilla
200g mascarpone cheese
1 tablespoon pure icing sugar
1 teaspoon cinnamon

CARAMELISED PEARS
3 golden pears
40 g unsalted butter
20 ml lemon juice
1 tablespoon pear juice
5 teaspoons caster sugar

METHOD
1. Peel, core and finely slice pears, preheat oven to 140 degrees
2. Brush a 36 x 11 cm loose-bottomed flute tart pan with butter. Use an electric mixer to beat butter and caster sugar for 2 minutes until pale and creamy.
3. Slowly add the flour and semolina. Continue to beat. Add vanilla. Press mixture into a prepared pan and use a fork to prick the base. Bake for 40 minutes or until cooked but still pale.
4. Make caramelised pear by melting butter in a large pan over medium heat. Add pear and cook until golden. Sprinkle with lemon juice, pear juice and sugar. Reduce heat to low and cook until golden and caramelised. Set aside to cool.
5. To serve, whip mascarpone with the icing sugar. Cut the shortbread into 6 wedges and spread each piece with some mascarpone. Top with the pear and then drizzle with their pan juice and sprinkle with cinnamon.
What does it feel like?

- I can’t catch my breath. It’s hard to breathe.
- My breathing may sound funny, it may be a bit noisy (wheezing) or it may sound like a whistle.
- Sometimes it may feel like someone is squeezing my chest really tightly.
- I may cough a lot. Sometimes more at night or after sport.
- My throat may feel itchy.

What makes my asthma better?

- My Blue puffer. This is also called a reliever. The medicine in my reliever quickly makes it easier for me to breathe.
- I use my puffer with a Spacer. It helps to get more medicine into my lungs.
Rotary Australia/New Zealand
Student Exchange Program (RANZSE)

This program is for secondary school students aged between 13 ½ and 16 (at the time of departure) to go to New Zealand on a “matched” student, host family reciprocal exchange for one academic term. The program is run over Terms 2 and 3 every year.

A successful applicant is matched with a New Zealand student and will live with that student and his/her family in New Zealand and attend their school for a term. This process is then repeated in Australia with the New Zealand student coming here to live with the family and attend school for a term. The first host country alternates each year.

Benefits include:
- Learning about another culture
- Being independent in a secure environment
- Being an ambassador for Rotary Youth Exchange
- Meeting and making many new friends.

Expressions of Interest for the 2015 RANZSE program can be lodged by visiting www.ranzse.org.
Application close 31st July 2014

Further information about the program and Application forms can be obtained by contacting:
Graeme Cox, Chair of Rotary Youth Exchange
District 9780
0407 547 245
Chairye9780@gmail.com
Living with Teens

A 3 week program for parents of 10 - 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
Contact Angela: 5559 3000 by: Tuesday 22nd July.

Date:
Tuesdays:
29th July, 5th & 12th August 2014
3 Week Program

Time:
9.30am –12 Noon

Venue:
Centacare,
142 Timor Street,
Warrnambool, 3280

Cost: FREE!!!

RSVP: 22nd July 2014
**2014 CALENDAR**

### JULY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 23rd</td>
<td>Active After School Swimming at Bubbles Aquatics starts</td>
<td>Thrus 14th</td>
<td>WILD Program - Inner Warrior - 12 noon-2pm</td>
</tr>
<tr>
<td>Fri 25th</td>
<td>&quot;Banquet in the BER&quot;</td>
<td>Tues 19th</td>
<td>Parent Teacher Interviews - 2pm - 6:30pm (Students Half Day at school)</td>
</tr>
<tr>
<td>Mon 28th -</td>
<td>Scholastic Book Fair - Library</td>
<td>Wed 20th</td>
<td>WILD Program - Individual Session</td>
</tr>
<tr>
<td>Wed 30th</td>
<td>Prep 2015 Info Night - 7pm</td>
<td>Wed 20th</td>
<td>State School Spectacular Rehearsal</td>
</tr>
<tr>
<td>Tues 29th</td>
<td>WILD Program - Lake Hamilton Canoe Session - 9am - 3pm</td>
<td>Thurs 21st</td>
<td>WILD Program - Inner Warrior - 10am - 12:30pm</td>
</tr>
<tr>
<td>Wed 30th</td>
<td>State School Spectacular Rehearsal</td>
<td>Wed 27th</td>
<td>School Formal - 4-6pm - Yrs 5-7 and 7-10pm - Yrs 8-12</td>
</tr>
<tr>
<td>Thurs 31st</td>
<td>Active After School Gymnastics starts</td>
<td>Wed 27th -</td>
<td>Yr 3/4 Camp - Dunkeld</td>
</tr>
</tbody>
</table>

### AUGUST

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 1st</td>
<td>Yr 12 Biology Excursion Melbourne</td>
<td>Fri 29th</td>
<td>Henry V Drama Excursion</td>
</tr>
<tr>
<td>Mon 4th</td>
<td>Pupil Free Day (student no school)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tues 5th</td>
<td>School Council Meeting</td>
<td>Tues 2nd</td>
<td>School Council Meeting</td>
</tr>
<tr>
<td>Wed 6th</td>
<td>WILD Program - Introductory Expedition 9am - 3pm.</td>
<td>Fri 5th</td>
<td>Yr 10 Uni Experience</td>
</tr>
<tr>
<td>Wed 6th -</td>
<td>Advance Camp - Nelson</td>
<td>Thurs 11th -</td>
<td>State School Spectacular Rehearsals &amp; Performances</td>
</tr>
<tr>
<td>Fri 8th</td>
<td></td>
<td>Sat 13th</td>
<td></td>
</tr>
<tr>
<td>Thurs 7th</td>
<td>WILD Program - Inner Warrior - 10am - 3:30pm</td>
<td>Wed 17th</td>
<td>&quot;You the Man&quot; Play</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fri 19th</td>
<td>End Term 3</td>
</tr>
</tbody>
</table>

### SEPTEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues 5th</td>
<td>School Council Meeting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed 6th</td>
<td>WILD Program - Introductory Expedition 9am - 3pm.</td>
<td>Fri 5th</td>
<td>Yr 10 Uni Experience</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thurs 7th</td>
<td>WILD Program - Inner Warrior - 10am - 3:30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Scholastic Book Fair is on next week in the Library - forms were sent home this week.**