Principal's Report

National Day of Mourning: Thursday 7 August
The Australian Government has declared Thursday 7 August 2014 to be a National Day of Mourning, to honour the victims of Malaysia Airlines Flight MH17. As a mark of respect and mourning to those who lost their lives, we will fly all flags, including the Australian National Flag, at half-mast on Thursday.

Student absences

A new report confirms what we have long known; that absences from school can have a significant impact on student achievement. The report, prepared by the Australian Council for Educational Research, states that school attendance patterns established as early as Year 1 can set the pattern right throughout school. The report also outlines the following:

- The average public school student misses more than 3 weeks of school each year.
- A study of over 400,000 students found that any absence from school leads to a slip in academic performance.
- That it is incorrect to believe that there is a safe level of absence that students can get away with before their grades will suffer.

The evidence at our school certainly supports the findings of this report. Too many students miss school for reasons other than illness and I would certainly urge all our students to aim for 100% attendance.

Parent-Teacher Interviews

Semester 2 Parent-Teacher interviews are being held on Tuesday 19 August commencing at 2pm. Scheduled classes conclude at the start of lunchtime and all buses will be leaving the school at 1pm. I would encourage all families to take the opportunity to discuss your child’s/children’s progress with their teachers.

VCE subject selection interviews

Thank you to the parents of students entering Years 11 and 12 in 2015 for attending subject selection interviews in recent weeks. It has been a valuable opportunity for staff to discuss with both students and parents possible pathways options and appropriate subjects.
Camps

This week the Years 8-10 students studying Advance will spend three days in and around Nelson testing their skills in canoeing and caving and they will also be undertaking environmental tasks on the Great South West Walk under the guidance of Parks Victoria. Next week the Year 10 students will spend three days in Melbourne familiarising themselves with the city in readiness for their work experience placements next year. The group will also participate in a number of workplace visits where they will listen to guest speakers, and be involved in goal setting, interview preparation and writing an effective resume.

“Stranger Danger”!

Parents are asked to remind their children not to communicate with strangers to and from school and never to accept the offer of a ride in a car driven by someone they don’t know.

Good luck Asha and welcome to Kodai Deguchi!

All the best to Asha Kelly who leaves for her student exchange in Florida this weekend and welcome to Kodai Deguchi who is on exchange from Japan and will be spending the next three weeks with us.

Graeme Good

Scholastic Book Fair

Thank you to all the students and families who attended the Library Book Fair this year, it was a great success. Rewards earned through sales resulted in the library being able to purchase over $800 of new books, what a great effort for our school! Well Done and Happy Reading.

Mrs Lucas
Library
STUDENTS LEARN ABOUT DAIRY IN THE CLASSROOM

Passionate secondary school students are learning all about dairy through the innovative Dairy Australia program, Cows Create Careers – Manufacturing. Cows Create Careers – Manufacturing is a school-based program that introduces food and technology students to dairy manufacturing careers and education pathways. Seven schools from the Warrnambool region will be participating in the program this year – Mortlake College, Derrinallum College, Terang College, Colac Secondary College, Timboon P-12 College, Heywood and District Secondary College and Warrnambool College.

The program involves students visiting a dairy manufacturing site and student teams working together to complete dairy manufacturing assessment tasks, such as designing their own dairy recipe. Curriculum material is provided to schools at no cost.

Dairy industry advocates who have a deep industry knowledge, visit the school to support and encourage students throughout the program.

In the Warrnambool region, industry advocates from Warrnambool Cheese and Butter/ Great Ocean Ingredients and Murray Goulburn Koroit will volunteer their time to host schools and talk to students about dairy manufacturing career pathways.

Cows Create Careers – Manufacturing program manager, Dr. Mani Iyer, believes that the Dairy Australia program is an innovative channel to build awareness of dairy careers and pathways.

“The program provides a platform to introduce secondary students to the Australian dairy industry, dairy processes and products,” said Dr Iyer.

“Since its pilot in 2010 the program has grown significantly and has gained strong support from dairy manufacturing companies,” he said. “In 2013, 34 schools across Victoria, South Australia, New South Wales and Tasmania participated in the program, with 100% of the schools incorporating the project into their school curriculum.”

On completion of the program, teachers and students will be recognised at a presentation ceremony to award the programs winning schools.

The Warrnambool presentation ceremony will be held on Wednesday 8th October 2014, at the Mid City Motel, Warrnambool. The winning school will win a prize of $500 and a winning team will be awarded $50 per student.

The Cows Create Careers program is funded and managed by Dairy Australia and conducted by Jaydee Events Pty Ltd.

Dairy Australia is the national services body for the Australian dairy industry. The company acts as the collective investment arm of the industry, investing in essential research, development, extension and industry services. For more information on Dairy Australia and dairy service levy investments visit www.dairyaustralia.com.au.
This week we welcomed another international exchange student to our school. Kodai Deguchi is a 16 yr old Japanese student from Osaka City and is staying with the Quail family for 3 weeks. In Japan, Kodai goes to a senior high school with over a 1000 students, so Mortlake is a big change for him.

While he is in Australia, Kodai is looking forward to visiting many different places.

Kodai Deguchi

And the international exchange goes both ways as this week we farewell Yr 10 student Asha Kelly who leaves this weekend for a six month exchange to Indian River Charter High School in Vero Beach, Florida.

The exchange will present many new experiences for Asha. Not only will she swap the wintry South West for the middle of a tropical Florida Summer, she will also have a very different school environment. Indian River has 650 students from years 9-12. It is a non traditional high school with an emphasis on individual responsibility and character development and the school day runs from 7am till 8pm and students .

We wish Asha all the best for this exciting adventure and we are looking forward to following her experience via Skype.
PARENT TEACHER INTERVIEWS TUESDAY 19TH AUGUST

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

Students only have Half day at school - Buses will leave at 1pm.
Please make sure arrangements are made for your children to go home early.

MORTLAKE COLLEGE FORMAL

Wednesday 27th August
Black and white theme
DJ Corey Ryan
BER

Year 5—7 Starts at 4pm—6pm
Year 5—7 students are welcome to stay at school and get ready before the event
Nibbles and drinks will be provided

Year 8—12 formal begins at 7pm and will conclude at 10pm.
Cool clubs

The last few weeks we have enjoyed plenty of fun activities including looming, dancing, outdoor games and origami and hat making.

Cool Clubs: Change of Procedure

Each week any P-4 Students failing to meet our behaviour expectations are excluded from Cool Clubs.

In the past a note was sent home to inform parents. The note was signed and returned to school. We have reviewed this procedure and will now send a text message to the parent. A note will not be sent home, however it is still expected that the parents will have a discussion with their child regarding their behaviour that week. Parents are encouraged to contact Mrs Tanner, should they wish to discuss the matter further. Thank you.
In our classroom we have been learning how to skip count and practising our reading.

Group reading in the Prep room.

Mady Cameron & Charlie Mahncke counting by 5s
7 ways to turn leftovers into lunch

Leftovers are the secret weapon of the lunch box. An extra slice of spinach lasagne at supper means you don't have to lift a finger or spend a dime for lunch the next day. You can take it one step further and actually plan for leftovers – making more at dinner than you need and tucking the extras into lunch containers before you’ve even cleaned up the dishes. Here are seven simple suppers that transition effortlessly into lunch.

- **Salad** – Create a dinner salad that is extra generous and you'll have the makings for a second meal. Portion off what you need for lunch into a container, top with leftover chicken or steak (if you have it) or add canned beans or tuna for a protein punch. Kid salads may benefit from little add-ons such as croutons, raisins, or crumbled cheese.

- **Kebabs** — Meat and vegetables kebabs are a terrific starting point for satisfying sandwiches. Pull the fixings off the skewer and tuck into pita pockets along with a side of plain yogurt or salad dressing to drizzle on just before eating.

- **Pizza** — Hot or cold, from take-out or homemade, pizza never disappoints in a lunch box. If making pizza from scratch, double up your dough so you have plenty of extra to slice and store in your fridge or freezer in a re-sealable bag.
7 ways to turn leftovers into lunch (Continued)

- **Grilled, roasted, or sautéed vegetables** — Practically any tender cooked vegetable—from red peppers to broccoli—is tasty stacked inside a split whole-grain baguette with a smear of goat cheese or cream cheese. Add a squeeze of lemon juice and tuck in some salad greens to finish things off. For kids, you may find more cheese/less veggies is the way to go, especially if this sandwich is a lunch box newcomer.

- **Leftover Chicken** — Repurpose leftover chicken into a tasty sandwich by tossing it with your favorite teriyaki or barbecue sauce, warming it up, and stowing it a thermos. Pack a soft whole grain roll to fill just before lunchtime. If you can find slider-sized buns, these might be particularly appealing to the pint-sized set.

- **Pasta and grains** — Leftover plain pasta, rice, quinoa, or other grains can easily evolve into a lunch box main using this simple formula: for every cup of pasta or grain, add 1/3 to 1/2 cup diced raw or cooked vegetables and toss with your favorite vinaigrette. Add 1 to 2 tablespoons chopped nuts, scallions, crumbled feta, or chopped dried fruit, if desired.

**Soups and Stews** — Virtually every type of soup and stew works well re-heated and recycled in lunch the next day. Up the interest by serving leftovers with a savory side such as pita chips with tomato soup, diced avocado with tortilla soup, or a spoonful of plain yogurt with a creamy vegetable soup.
**SPORT SPOT**

**lunch time sport**

Lunch time sport will be running for students in Years 5-12 this term. This program will start week 5 and conclude week 5 Term 4. Sports that students have already signed up for are basketball, netball, table tennis, volleyball and soccer.

Students must be in a full change of sports gear to participate.

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**SPORT SPOT**

**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*

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**ACTIVE AFTER SCHOOL PROGRAM**

*Swimming* at Bubbles Aquatic dates are 13th August, 20th August, 27th August, 3rd September, 10th September.

And

*Gymnastics* is on 7th August, 14th August, 21st August, 28th August, 4th September, 11th September.
WISECHAMPS – Warrnambool Inter-School Equestrian Championships Sunday, 14th September 2014

Horse Trials Grades 1-5, Combined Training Gr 5
* ENTRIES CLOSE: Monday 8th September

Competition only for PCAV qualified and Graded Combinations
Including: BEST PERFORMED RETIRED RACEHORSE

ENTRY FORMS ON THE EQUESTRIAN NOTICEBOARD

Past glories at WISECHAMPS:

2005 WISECHAMPS Winners: Mortlake College
Lisa, Nicole, Charlotte and Amie

2008 WISECHAMPS Winners: Mortlake College
Celia, Amie and David
Mortlake College
Past Student Update

Congratulations to one of our former Mortlake College Students Tom Beardsley who will graduate at the end of August.

Tom Beardsley
Rifleman Wing School of Infantry
Lone Pine Barracks
Singleton
Alpha Coy PL1 N.S.W. 2330

Tom Beardsley
33 P1 Delta Company
1st Recruit Training Battalion
Blamey Barracks
Kapooka N.S.W. 2261
RIST would like to invite you to the:

2014 Information Session

Monday 01 September 2014 - 4pm to 6pm or 7pm to 9pm
The RIST Centre, 915 Mt Napier Rd, Hamilton

This is a great opportunity to learn more about RIST and to see what study options are available for 2014/15. Along with presentations, staff will be on hand to provide specific details and answer any questions you may have about the following programs:

- Diploma of Agriculture
- Traineeships in Agriculture (Cert II, III, & IV)
- Wool Clip Preparation (Cert III)
- Wool Classing (Cert IV)
- Shearing (Cert II, & III)
- Lifetime Ewe Management & High Performance Weaners
- Managing Beef/Sheep Health
- Pasture Courses
- Profitable & Sustainable Cropping
- Short Courses

Please RSVP by 25th August 2014 to:
info@rist.com.au or (03) 5573 0943

RIST specialises in agricultural training delivered by industry experts and provides a training pathway for the agriculture sector with flexible delivery options tailored to suit students.

www.rist.com.au
<table>
<thead>
<tr>
<th>University</th>
<th>Dates and Locations</th>
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<tbody>
<tr>
<td><strong>Victoria</strong></td>
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</table>
| Australian Catholic University            | August 10th 2014 (Sunday) (Melbourne campus)  
                                            | August 31st 2014 (Sunday) (Ballarat campus)   |
| Deakin University                         | August 3rd 2014 (Sunday) Warrnambool Campus  
                                            | August 10th 2014 (Sunday) Geelong Waurn Ponds & Waterfront Campus  
                                            | August 24th 2014 (Sunday) Melbourne Burwood Campus |
| La Trobe University                       | Friday 08 August 2014 04:00 pm Shepparton Campus  
                                            | Wednesday 13 August 2014 03:30 pm Mildura Campus  
                                            | Sunday 17 August 2014 10:00 am Bendigo Campus  
                                            | Sunday 24 August 2014 10:00 am Melbourne Burwood Campus  
                                            | Friday 29 August 2014 04:00 pm Albury-Wodonga Campus |
| Monash University                         | August 2nd 2014 (Saturday)  
                                            | August 3rd 2014 (Sunday) |
| RMIT University                           | August 10th 2014 (Sunday) |
| Swinburne University of Technology        | August 3rd 2014 (Sunday) |
| Federation University                     | To Be Announced |
| University of Melbourne                   | August 17th 2014 (Sunday) |
| Victoria University                       | August 24th 2014 (Sunday) |
| **Victoria TAFE & Colleges**              |                     |
| CATC Design School                        | May 3rd 2014 (Saturday) 10am - 2pm  
                                            | August 9th 2014 (Saturday) 10am - 2pm |
Experiment with a career in Pharmacy.

Career and course information • Hands-on Science Experiments • Lab Tours • Chat with researchers • Music • Food • Fun

Open House Sunday August 17
10am - 3pm Parkville Campus
monash.edu/pharm

MONASH University
BOOK WEEK 2014
Tuesday 19th, Wed 20th & Thurs 21st 2014

Meet...
CAPTAIN COOK

WITTEN BY RAE MURDIE
ILLUSTRATED BY CHRIS NIXON

SESSION TIMES:
10am, 11.30am & 2pm

Suitable for primary students Prep – 6
Bookings essential
Contact Jan Barkla 55594600,
jbarkla@warrnambool.vic.gov.au

COST:
$3 per student, staff FOC
in ratio 1:10

Free mini bus may be available for
schools within the Warrnambool
City Council limits

This special 90min program offers
the students the opportunity to
participate in a literacy session
based on the book
"Meet ... CAPTAIN COOK;"
an information book short listed
in this year's Book of the Year Awards.

This is a picture book that tells the
exciting story of Captain James
Cook's life and his discovery of the
eastern coast of Australia.
A parent’s ability to remain calm, think through issues and consider the wellbeing of all concerned when their child is in a difficult situation has a very powerful effect on how a child or teenager copes with adversity, conflict, bullying and violence. This can be difficult at the best of times. When a parent is struggling themselves, it can seem close to impossible.

Join us at a Conference designed specifically for parents: one that informs, teaches and celebrates the difficult role of parents in dealing with children and teens, particularly in stressful and emotional situations.

CONFERENCE AIMS

The aim of the conference is to provide a forum for parents and carers to access experts in public health, mental health and teaching and to develop skills to assist their children, teenagers and their schools in dealing with conflict, bullying and violence in order to create more peaceful schools.

It has been recognised that there is a gaping hole in the prevention of bullying in schools: the education and engagement of parents.

WHO SHOULD ATTEND?

Parents and carers, school educators, professionals working with parents, school wellness coordinators, family support agencies. Anyone interested in helping children and teenagers in dealing with bullying, stress and key mental health issues.

A highlight of the Conference will be the announcement of the winners of the inaugural CASSE Peaceful Schools Program Parent Hero Awards, and the presentation of the first “Celebrity Parent Hero Award.”

We are very excited to be able to provide parents with direct access to experts in public health, mental health, teaching and the prevention of conflict and bullying.

There is a real need to ‘upskill’ parents and give them the opportunity to take the lead in preventing bullying.

CELEBRITY PARENT HERO: JO STANLEY

We are thrilled to have Jo Stanley, comedian, writer, actor, presenter, and mum of Willow - attend the conference to receive the inaugural “Celebrity Parent Hero Award”. Jo is a regular on our TV screens (including Channel 10’s The Project) and has spent 10 years on Fox’s Wippett & Jo Show.

PROFESSOR ROB MOODIE

Keynote Speaker Professor Rob Moodie is currently Professor of Public Health at the Melbourne School of Population Health, Melbourne University, and previously the inaugural Chair of Global Health at the National Institute.

Professor Moodie is also the father of two children and was named Victorian Father of the Year in 2005.

CAROLYNN ASTON

Carolyn is a Child Adolescent Psychodynamic Psychotherapist and the Peaceful Schools Program Director. She has spent over 20 years as a mental health clinician working with schools, children, teens, and parents.

THERESIA RAULIN

Therese Raulin has a masters degree in child psychoanalytic psychotherapy and has many years experience working with schools both as a consultant to lead staff on wellbeing issues and as a mental health clinician.
Junior Basketball Clinic

Members of the Terang CBL Tornadoes will be conducting basketball skill clinics for juniors in the South West. During these clinics we aim to focus on key areas of basketball to enhance their skills, such as dribbling, shooting and passing.

We will be focussing on:
- skills; dribbling, shooting, passing
- teamwork
- basic rules
- having fun

Dates:
- Monday August 11th
- Monday August 18th
- Monday August 25th
- Monday September 1st
- Monday September 8th
- Monday September 15th

Time: 4-5pm
Ages: from 6-14yrs
Cost: $4/person/week

If attending all 6 weeks, your child will receive a free membership to attend all home games in Terang.
TERANG JUNIOR BASKETBALL

Calling for All Registration for Participation in upcoming Season 2 for this year MUST BE IN by 15th August

PLEASE COLLECT A FORM FROM SCHOOL OFFICE, TERANG STADIUM, OR E-MAIL terangjuniorbasketball@gmail.com to have a PDF sent through for you to fill out scan and return.

Season 2 commences Friday 22nd August

Any queries please SMS Hannah on 0458 551 990 or email us at juniorbasketballterang@gmail.com.au

KEEP UP TO DATE WITH OUR FACEBOOK PAGE
Terang Olympic Basketball Association - TOBA
### 2014 CALENDAR

#### AUGUST

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<td>Wed 6th</td>
<td>WILD Program - Introductory Expedition 9am - 3pm.</td>
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<td>Advance Camp - Nelson</td>
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#### End Term 3