Mortlake College Newsletter

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Term 3- Week 7 – 27th August 2014

Principal's Report

Literacy & Numeracy Week

This week we are into our second week of a special program celebrating books, literacy and numeracy. On Monday students participated in a Times Tables challenge. Many of the Years 8-10 students travelled to Melbourne on Tuesday for a day of activities based around literacy. They enjoyed activities such as ‘Poetry Live & Direct’, workshops on ‘Identity & Belonging’ and ‘Digital Media’ and they also participated in a Laneway tour. On Wednesday a Team Problem Solving challenge was held whilst on Friday senior students will be attending the Lighthouse Theatre in Warrnambool for the Bell Shakespeare production of ‘Henry V’. Thank you to all the staff who have contributed to the success of Book Week and Literacy & Numeracy Week activities.

Fathers’ and Friends’ Night

Thank you to all who attended the Fathers’ and Friends’ night on Monday evening. It was great to see so many come along and join in all the different activities that were offered by the P-4 staff. The children were certainly very excited having their family members in their classrooms testing their English and Maths skills, colouring in, and creating smiley faces with food!

Year 11 Exams/Year 12 Study

All students studying a VCE Unit 2 subject will be undertaking exams next week. These are particularly important both as an indicator of progress and also as a preparation for Year 12 where, of course, the final exams are critical in determining each student’s final results. The exams are held at this time of year so as not to interfere with the study of Year 11 students who are completing a Unit 4 subject and will therefore be involved in end of year exams.

It is vitally important that all Year 12 students be committed to a consistent and rigorous home study program in the lead-up to their final exams. A minimum expectation would be for five hours of home study a week in each subject. As has been pointed out to the students it is very important that they be purposeful in their approach to study and set themselves goals to achieve in each session. Even though there is only a short amount of time remaining students need to remember that a great deal can be achieved in that time if they are prepared to really apply themselves both at school and at home.
Years 3/4 Camp
This week the Years 3/4 students will have their camp at Dunkeld and I’m sure the children are looking forward to three days of exciting activities and challenges. We will all look forward to hearing about their adventures when they return.

P-4 Production
The P-4 Production for 2014 is based around Ali Baba, a poor used camel salesmen, a gang of fierce bikies, a greedy Sheik and two ‘ditsy’ genies who are all searching for gold in the desert. Each grade has been practising songs to perform and the Grade 4 students have all been given special roles to carry out. Kath Tanner will be providing the words/lines that children will need to practise at home and she will attach a note regarding costumes. Please ensure that you leave sufficient time to get whatever your child may need for the concert and if you have any queries at all please feel free to contact Kath. A final working bee is being held on Thursday 29th August from 9 a.m. in the shed to paint the set, make any props and do any final sewing pieces.

The tickets go on sale next week at the General Office. The performance dates are: Wednesday 11 September commencing at 1:30pm and Thursday 12 September commencing at 7pm. The venue is the BER building.

Lateness to school
We are concerned at the number of students who continue to arrive late to school. Students are expected to be at school prior to the music commencing each morning and if they arrive by 8:50am then they will have plenty of time to get organised and get to house group or class in plenty of time.

Good luck and congratulations!
Good luck to those students who are currently participating in sporting finals and congratulations to Keilan Webster-Bamford and Geordie McDonald who were members of the Nth Warrnambool Eagles U16 team which won the Hampden junior premiership on Sunday. Congratulations also to Cooper Lower and Jacob Pugh who enjoyed success at the recent Battle of the Bands competition held in Warrnambool and as a result of their success they will both be recording a track on a CD as part of the ‘Kool Skools’ program.

Finally, congratulations to Ned Quail who received an A+ for his Grade 2 Violin Exam recently and also to Sarah Gubbins who gained a B for her Grade 1 Cello Exam. Well done to one and all!

Graeme Good

Please note ticket sales for P-4 Production Ali Baba and the Forty Bikies go on sale on Tuesday 2nd September—Not Monday 1st as previously advertised. Sorry for any inconvenience.
VCE NEWS - Important information for Year 12 students

Over the past few weeks the Year 12 students have had special VCE periods devoted to topics such as exam revision, memory techniques, TAFE courses and applying for university. It is important for students to have a study timetable in place for the remaining weeks of Year 12, and to help them organise their study time once formal classes have finished.

Formal classes for Year 12 students finish on Wednesday 22\textsuperscript{nd} October, and for most students exams will commence a week later beginning with the English exam on Wednesday 29\textsuperscript{th} October.

Students have received an exam navigator booklet explaining all the rules for exams and the exam timetable. Please ensure you have your exam timetable in a prominent place in the house for everyone to see!

Parents and students are reminded of the deadlines for making your application for admission into a TAFE or University course via a VTAC application for 2015 is Tuesday 30\textsuperscript{th} September at 5pm. SEAS applications close on Tuesday 7\textsuperscript{th} October, and scholarships via VTAC close on Friday 17\textsuperscript{th} October. VCE results and ATAR will be available online on Monday 15\textsuperscript{th} December. There is also a VTAC change of preferences period between the 24\textsuperscript{th} of November and the 22\textsuperscript{nd} of December.

Students need to remember that they must pay the VTAC Application Fee before VTAC will forward your application to a tertiary institution. We recommend you pay as soon as you complete your application. Final closing date to pay VTAC is 30\textsuperscript{th} September.

All students are strongly encouraged to make a VTAC application as it increases your career and employment opportunities. Once your VTAC application is made you are able to concentrate on your final assessments and revisit your VTAC course preferences once the exams are completed and you know your results.

Anthea Good
VCE Co-ordinator
In the garden we have been working hard using recycled paper to make small pots. We use these pots to plant our with seeds in our propagation shed. We have been doing a lot of propagation so that we have plenty of seedlings and plants ready to plant out for Spring.
P-4 Place

Stephanie Alexander Kitchen Garden

Menu-
* Salad of the imagination - green
* Heer & Mixed pea risotto - black
* Baked ricotta and spinach gnocchi - red
* Lemon curd - blue
It was fantastic to see over 150 people attend our annual Fathers and Friends night on Tuesday. The evening was based around our term focus of ‘the environment’ Some of the activities included rainforest painting, environmental measurement, environmental adjectives and limerick writing and making edible funny faces.

A pair of happy faces in Julian Stewart Murray Thorpe and Brian Thorpe who enjoyed Fathers and Friends night

Bruce & Molly Goddard had a wonderful night together

There are more photos of the Fathers and Friends Night in the hallway near the library Come and check them out
Mia & Jack Richie with their dad Scott in the kitchen preparing some food to enjoy.

Bridie & John McGuigan concentrating on their work together.

Paul Fiddaman & Neil Kelly surrounded by a large group of enthusiastic children.
Look at what we have been doing in Cool Clubs this week.

**COOL CLUBS**

Sock Wrestling with Mrs Povey

Ball Games with Mrs Tanner

Library Games
Mortlake College P-4 Students present

“Ali BaBa and the Forty Bikies”

Matinee: Wednesday 16th September 1.30pm
Night Performance: Thursday 17th September 7.00pm
Adults: $8
Students/Children: $2
Under 5yrs FREEE

TICKETS ON SALE TUESDAY 2ND SEPTEMBER 2014 @ 8.15AM

Helpers needed for a working bee to start making the set and costumes on Thursday 28th Aug from 9am.
CHICKEN AND LEEK LASAGNA

60 g butter
1 large leek, thinly sliced
¼ cup plain flour
2 tps Dijon mustard
2 cups warm chicken stock
3 cups shredded BBQ chicken
4 fresh lasagne sheets (200g)
2/3 cup grated cheddar cheese

1. Preheat oven to 170 degrees
2. Melt butter in medium saucepan; cook leek, stirring, until soft. Add flour; cook, stirring, until mixture thickens and bubbles. Gradually stir in mustard and stock; stir over medium heat until mixture boils and thickens. Reserve 2/3 cup of the sauce, then stir chicken into remaining sauce.
3. Oil shallow baking dish. Cover base with one lasagne sheet; top with about a quarter of the warm chicken mixture. Repeat layering with remaining lasagne and chicken mixture, finishing with chicken mixture; top with reserved sauce and the cheese.
4. Bake, covered, in oven, 30 minutes; uncover, bake about 20 minutes or until browned lightly. Stand 5 minutes before serving.
**LITERACY/ NUMERACY WEEK:**

<table>
<thead>
<tr>
<th>Monday 25th</th>
<th>Tuesday 26th</th>
<th>Wednesday 27th</th>
<th>Thursday 28th</th>
<th>Friday 29th</th>
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<tbody>
<tr>
<td>Lunchtime Numeracy Activity</td>
<td>Years 8-10 English Excursion to Melbourne. Poetry Live and Direct Identity and Belonging Workshop Digital Media Workshop Laneway Tour</td>
<td>Lunchtime Numeracy Activity Team problem solving challenge</td>
<td></td>
<td>VCE Drama &amp; Y11 English Excursion to Lighthouse Theatre: Henry V</td>
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- **P-4 Fathers and Friends Night**
- **Read for Australia** 2pm Library (sessions 5 & 6)
- **Sunday Chutney** by Aaron Blabey
EQUESTRIAN NEWS

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
5/6 Hooptime Basketball

On Friday 22\textsuperscript{nd} August, a group of 5-6 boys including: Ollie Mahncke, Lachie McGavin, Todd MacDonald, Riley Monahan, Mackenzie Mann, Luke Welsh, Lochie McLauchlan, Will McCosh, Ned Quail and Robert Lance Fuertez participated in a Basketball Round Robin tournament in Terang. It was the first time our school had been represented at this event. The boys played very well and there was a significant improvement in their play as the day progressed.

I appreciated the sportsmanship and behaviour the boys displayed on the day, and would like to thank Geordie MacDonald for coaching and managing the team. Geordie gave up a number of lunchtimes to help train the team and he managed and rotated the players fairly. Thank you to Lachie Wareham and Jo-Anne McLauchlan for scoring and looking after the boys on the day and to Kate Mc Gavin for her support and being our photographer for the day. A lot of the boys were Grade 5 boys and therefore are looking forward to attending the tournament again next year.

Nigel Boyden
AMEB Music Exam results
Ned Quail received an A+ for his Grade 2 Violin Exam and Sarah Gubbins gained a B for her Grade 1 Cello Exam.

Warrnambool Battle of the Bands
Jacob Pugh and Cooper Lower’s Acoustic Hip Hop Duo competed in the Warrnambool Battle of Bands on Friday night playing four original songs and two free style raps. They placed in the top 5. They won a Dale Cleeves Voucher, guitar strings, and will be recording a track on a CD as part of the Kool Skoool program with other place getters. Cooper also performed solo on guitar and also placed in the top 5.
On Tuesday, our Year 8-10 students travelled to Melbourne for a day of English and Media workshops as part of the Melbourne Writers Festival and the Arts Centre ‘Arts Connect’ program.

After an early start we arrived in Melbourne just before 10am and split into two groups to attend a writing workshop with author Arnold Zable on ‘Identity and Belonging’ at the Immigration Museum or a ‘Poetry Slam’ at the ACMI Cube. Then we had a quick break for lunch, followed by a choice of two more activities: a walking tour of popular laneways around the CBD to look at street art and graffiti, or a workshop on Digital Media at the Arts Centre ‘Hub’.

Thank you to all the staff and students who participated.

Jess Courtney.
Hats off in winter for vitamin D.

Vitamin D is essential for healthy bones, muscles and overall health. The sun's UV is the best natural source of vitamin D. From May-August it can be difficult to make enough vitamin D due to low UV levels and covering up to keep warm. During these months in Victoria, sun protection is not required, unless near highly reflective surfaces such as snow.

SunSmart’s tips:
* Physical activity helps vitamin D production, so get students outside, put away the hat, roll up the sleeves and be active in the middle of the day.

More information can be found at www.cancer.org.au/preventing-cancer/sun-protection/vitamin-d/

BIRTH CERTIFICATES & IMMUNISATION CERTIFICATES

DEECD reminded schools this week about requirements for enrolment. This directive states that schools need a copy of both birth certificates and immunisation status for children to be enrolled in school. If your child’s enrolment information is incomplete you will have received a letter this week. Please provide this information to the school by 2nd September. Thankyou

Dot Jenkins
Business Manager

THE NEXT ISSUE OF THE BOOKCLUB HAS BEEN SENT OUT TO STUDENTS IN YEARS Prep—Seven. Orders would need to be returned by Aug 27th.
The “You The Man” play is a 35 minute health promotion play for secondary students in years 8-12. It is being performed at the school on Wednesday 17th September. The play is funded by VicHealth and is coordinated by Deakin University in Geelong. The play is followed by a discussion with an expert panel from local services in Warrnambool. The play is a one man play, and the one actor plays multiple characters. This is a play with a serious message, promoting non-violent and respectful relationships. If you have any questions, contact Jenny Williams (Wed/Thur.)

What is CAMHS?

CAMHS is the abbreviation for Child & Adolescent Mental Health Service. CAMHS is part of the South West Mental Health Care Services. They are located in Warrnambool, but also have other locations, such as Camperdown and Hamilton. They are a specialist clinical assessment and treatment service for infants, children and young people up to 18 years of age.

CAMHS works with serious mental health concerns, for example, mood and anxiety, eating disorders, early or acute psychosis. They also work with young people where there are significant relationship problems, or to diagnose Autism Spectrum Disorders.

If you think CAMHS might be a service your family requires, you can talk to your doctor, or call yourself for more information. Young people, their family, and health care providers can refer to CAMHS. For more information you can call the duty worker on 5561 9100.
Children are very sensitive to messages about body image and appearance from their parents. Parents can have a very positive impact on the way a child feels about the way they look and their self esteem. Here are some tips on ways you can be a good body image role model for your child:

**Love and accept your own body.** This may not be easy but being aware of your attitude towards your own body will help you be conscious of the messages you send to your kids. Try to avoid looking in the mirror and making negative comments about the way you look. If your child sees that you feel comfortable and happy with your body, this can help them feel comfortable in their own skin.

**Don't talk about diets.** Dieting is the biggest risk factor for an eating disorder. Try to avoid talking about diets, your “naughty” eating habits, or your weight and size. This can give kids the impression that weight and size are highly valued by you and they might feel pressure to look a certain way or be a certain size. Celebrate diversity and emphasise how loved and valued your child is no matter what their weight, shape or size.

**Talk to your child about the way they feel about the way they look.** Encourage your child to talk with you about their feelings. Create space to talk about things on a daily basis including what is happening with their friends. If your child feels safe to talk to you, then they are likely to share feelings about their bodies with you.

There’s never been a better time to join Ambulance Victoria.

Did you know that ambulance transport and attendance in Victoria is not free, nor is it covered by Medicare?

Many Private Health Insurance policies also claim to cover ambulance transport, however coverage varies between provider and policy levels; many having limitations, gaps or exclusions. Health Care card (HCC) holders receive the same free ambulance service benefits as Ambulance Victoria members, with the exception of transport from private facilities which are no longer a concession benefit (a recent change). The HCC must be valid at the time of accessing the ambulance service and people need to be aware that their circumstances can change and Centrelink can change concession benefits at short notice. Is this a risk you are willing to take?

Emergency road transport costs begin at over $1,100 and a helicopter air ambulance almost $10,000. That’s a bill that nobody wants to pay out of their own pocket!
Visit www.ambulance.vic.gov.au/membership or call the Membership Service Centre on 1800 64 84 84 to become a genuine Ambulance Victoria member.
At only **$82.60 per year for a family** or **$41.30 for a single**, you can rest easy knowing you’re protected against the cost of Ambulance treatment and transport Australia-wide.
ENROL NOW!

BE THE BEST YOU CAN BE IN VCE SEPTEMBER AND OCTOBER PROGRAMS

Get the edge and accelerate your learning!

WANT TO MAXIMISE YOUR ATAR?

- Detailed subject revision
- Acquire problem-solving skills and strategies
- Boost your study scores

SEPTEMBER AND OCTOBER 2014.
ENROL NOW TO AVOID MISSING OUT!

To enrol or find out more, grab a flyer, visit www.neap.com.au or call 8341 8341.
The Parents Association are holding a Clarkes Pie Drive. All families will have received an order form. There is an extra order form below.
# University Open Days

## Victoria

<table>
<thead>
<tr>
<th>University</th>
<th>Dates and Locations</th>
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<tr>
<td>Australian Catholic University</td>
<td>August 10th 2014 (Sunday) (Melbourne campus)</td>
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<td>August 31st 2014 (Sunday) (Ballarat campus)</td>
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<tr>
<td>Deakin University</td>
<td>August 3rd 2014 (Sunday) Warrnambool Campus</td>
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<td></td>
<td>August 10th 2014 (Sunday) Geelong Waurn Ponds &amp; Waterfront Campus</td>
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<td></td>
<td>August 24th 2014 (Sunday) Melbourne Burwood Campus</td>
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<tr>
<td>La Trobe University</td>
<td>Friday 08 August 2014 04:00 pm Shepparton Campus</td>
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<td></td>
<td>Wednesday 13 August 2014 03:30 pm Mildura Campus</td>
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<td></td>
<td>Sunday 17 August 2014 10:00 am Bendigo Campus</td>
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<td></td>
<td>Sunday 24 August 2014 10:00 am Melbourne Campus</td>
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<tr>
<td></td>
<td>Friday 29 August 2014 04:00 pm Albury-Wodonga Campus</td>
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<tr>
<td>Monash University</td>
<td>August 2nd 2014 (Saturday)</td>
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<td>August 3rd 2014 (Sunday)</td>
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<tr>
<td>RMIT University</td>
<td>August 10th 2014 (Sunday)</td>
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<tr>
<td>Swinburne University of Technology</td>
<td>August 3rd 2014 (Sunday)</td>
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<tr>
<td>Federation University</td>
<td>To Be Announced</td>
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<tr>
<td>University of Melbourne</td>
<td>August 17th 2014 (Sunday)</td>
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<tr>
<td>Victoria University</td>
<td>August 24th 2014 (Sunday)</td>
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## Victoria TAFE & Colleges

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<tr>
<th>CATC Design School</th>
<th>Dates and Times</th>
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<tr>
<td></td>
<td>May 3rd 2014 (Saturday) 10am - 2pm</td>
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<td></td>
<td>August 9th 2014 (Saturday) 10am - 2pm</td>
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DERRINALLUM TWILIGHT TENNIS CLUB
INVITES
NEW AND PRESENT PLAYERS
TO THE
ANNUAL GENERAL MEETING
REGISTRATION NIGHT AND TENNIS PRACTICE
AT THE TENNIS ROOMS IN DERRINALLUM
7.00PM ON WEDNESDAY 3RD SEPTEMBER

FOR FURTHER DETAILS PLEASE CALL
STEVE GREIG (PRESIDENT) 0407 519 139
OR GAYNOR MARQUAND (SECRETARY) 55-963509
### 2014 CALENDAR

#### AUGUST

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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Wed 27th</td>
<td>School Formal - 4-6pm - Yrs 5-7 and 7-10pm - Yrs 8-12</td>
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<tr>
<td>Wed 27th - Fri 29th</td>
<td>Yr 3/4 Camp - Dunkeld</td>
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<tr>
<td>Thurs 28th</td>
<td>WILD Program - Inner Warrior - 10am - 3pm</td>
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<tr>
<td>Fri 29th</td>
<td>Henry V Drama Excursion</td>
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<td>Tues 2nd</td>
<td>School Council Meeting</td>
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<td>Tues 2nd</td>
<td>AFL 9s Clinic at School Year 3/4</td>
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<tr>
<td>Wed 3rd</td>
<td>Wild Program</td>
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<td>Thurs 4th</td>
<td>Wild Program</td>
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<tr>
<td>Fri 5th</td>
<td>Yr 10 Uni Experience</td>
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<tr>
<td>Thurs 11th</td>
<td>Wild Program</td>
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#### SEPTEMBER

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thurs 11th</td>
<td>State School Spectacular Rehearsals &amp; Performances</td>
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<tr>
<td>Wed 17th</td>
<td>&quot;You the Man&quot; Play</td>
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<tr>
<td>Wed 17th</td>
<td>P-4 Production Matinee</td>
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<td>Thurs 18th</td>
<td>P-4 Production Night Performance</td>
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<td>Thurs 18th</td>
<td>Spring Sports Day</td>
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<td>Fri 19th</td>
<td>Grand Final Breakfast</td>
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<td>Fri 19th</td>
<td>P-4 LOTE Activity Period 1 &amp; 2</td>
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<tr>
<td>Fri 19th</td>
<td>End Term 3</td>
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**Don’t FORGET!**