Term 4 - Week 4 – 26th October 2016

Principal’s Report -

VCE Exams

The VCE exams are continuing throughout this week and the following two weeks so please be mindful of noise levels in the vicinity of the BER. On Thursday and Friday of this week there will be an exam commencing at 9am and concluding at 11:45 and on Friday there will also be an exam in the afternoon between 2pm and 3:45pm so please keep this in mind at the end of the school day.

Information Night

Thank you to all those who attended the information session on Monday evening. It was great to see so many in attendance. If you have any further questions about the Years 8-10 program or pathways in senior years, or if you were unable to attend, please feel free to contact Anne DeManser, Anthea Good or Mark Croucher at your convenience.

P-2 Tea and Sleepover

Well done to all the children who participated in the tea and sleepover last Friday. From all reports it was a very positive experience for all. A big thank you to the staff who organised the evening and/or supervised the children overnight: Sue Amos, Jane Povey, Will Vangeninden, Nathan Jones and Kath Tanner.

Lateness to School

It is very disappointing to see the number of students arriving late to school in the morning. In recent weeks it has been common for approximately twenty students to be late each day and this is an unacceptably high number. I understand that there will be occasions when arriving late to school is unavoidable, but to do so on a regular basis is not acceptable.

Student-owned digital technology devices

For the past three years the school has had a school council - approved policy regarding student ownership of digital devices but it is worth reiterating the policy particularly for parents of children entering Year 5 next year. Essentially, students in Years 5-12 are required to bring an ‘approved’ device to school each day for use in their learning and this device can be an iPad, a netbook or a laptop. Our experience suggests that iPads are an excellent device for students up to Year 9 or 10 but in the senior secondary years a netbook or laptop is desirable. Students in Years 11 & 12 are able to use a school-owned netbook for the two years of their VCE studies.

Whilst we do have some school-owned iPads that students can use in classes these are for short - term use when a child’s device is broken or being repaired. We can’t always guarantee that a spare will be available and they can’t be taken home.
We do understand that the cost of purchasing a digital device can be a financial burden but unfortunately the school is not in a position to provide a device for all students. If you have any queries at all about digital devices please feel free to contact Anne DeManser or myself at any time.

This is the relevant school policy document.

**Mortlake College Digital Technology ‘Bring Your Own Device’ Policy (BYOD)**

**Rationale**

Mortlake College recognizes that teaching and learning will continue to change as digital technology and communication alter the way in which information is accessed, transferred, communicated and created through online services. In light of the exponential growth in these technologies, this policy must be an adaptable and evolving document, subject to continuous review.

The College recognizes that digital technology and communication skills are now essential knowledge for our students.

The College will actively support access by students to the widest possible variety of digital resources together with providing professional development to staff to enable them to analyse and evaluate these resources.

**Purpose**

1. To ensure that students have access to appropriate technology in all areas of learning.
2. To encourage and support skillful use of technology so that staff and students can become increasingly literate in digital communication and creation.
3. To ensure students are given every opportunity to develop and extend their digital literacy skills.
4. To incorporate technology to support teaching and learning.
5. To assist students to develop a responsible digital footprint and to promote ethical decision making by learning through technology in a socially responsible manner.

**The Policy in Practice**

1. Students from Prep to Year 12 will develop technology skills in line with the Australian/Victorian Curriculum.
2. Digital literacy will be encouraged in all classes.
3. Teachers will be encouraged to continually update their technology skills
4. Priority will be given to maintaining a stable, working and effective school network.
5. All students from Years 5-12 will be required to bring an approved device to school to be used on the school network. Students in Years 11 & 12 have the option of using school-owned netbooks.
6. Students in Year 3 and 4 will be encouraged to BYOD.
7. All BYOD devices must meet the standards and guidelines set by the school computer technicians.
8. Every BYOD must have a regularly updated operating system.
9. Insurance, repairs and maintenance of the BYOD is the responsibility of the owner.
10. Failure to comply with the Student Code of Conduct, as stated in the student diary will result in loss of network privileges.

Graeme Good

---

**BIRTHDAYS**

Happy Birthday to all students who have birthdays this week.

**OCTOBER**

29th—Ollie Mahncke
Curriculum Planning Day

Monday 14\textsuperscript{th} November is a pupil-free day to allow for whole-school planning for 2017.

\textbf{HANDS ON LEARNING} 

This week Hands on Learning started working over at the Kindergarten erecting a new fence. Students worked well and learned some new skills such as... setting out fence lines, plumbing and levelling posts, reading measuring tape accurately to position posts in, and mixing concrete.

We also will be placing in some raised garden beds for the kinder once fence is completed. A great week all students showed their eagerness to help out the kinder and the wider community. Well done guys keep it going!

Regards;
Ben Cross & Ross Trahair
P-4 Place

P-4 Assembly awards Monday 24th October 2016

**Prep:** Elijah Bradbury – for improved reading effort

**Year 1:** Spurs Lynch – for your kindness to others

**Year 2:** Reagan Mifsud – for thinking of others and being helpful

**3/4 P:** Caitlin McDonald – for amazing effort in writing

**3/4 CR:** Logan Bray – for writing a very creative story about aliens.

We also had a **GOLD Mathletics** award to present this week. Congratulations to **Finn Wilson** on this great achievement!

**Congratulations to all of these students!**

---

2017 Prep Enrolments

We are currently taking enrolments for Prep for 2017. Please if you have not already enrolled your child, send in the enrolment forms or call into the school for an enrolment pack. This helps with our classroom planning for 2017

Families are most welcome to call at the school any time for a tour.

---

Tuesday House Time

This week during house time the P-4 house captains invited the 5-7 students to join in our Tuesday fitness session. Our House Captains led all students for some fun warm-up games and activities. We did some dancing, some relays and some ball games in groups.
VCE EXAMS

Last week our Year 12 students had their last official day of classes.

A reminder that VCE Exams commence from 26th October and finish on November 16th in the BER.

We ask that everyone is mindful of keeping noise to a minimum in that area when exams are being held especially before and after school. An exam timetable is included in this newsletter.

Also we ask that if parents require messages to be passed to their child during this exam period having the message to the general office by lunch time would be more helpful as the office staff will have to locate each individual child in the school as NO announcements will be made over the PA system. Thank you for your assistance with these matters. Good luck to everyone.
Year 11 Chemistry Excursions

The second semester of Year 11 Chemistry focuses on water. Water is often taken for granted but it is such a unique chemical that it deserves to be studied and in many cases monitored to ensure that it remains usable. As part of their studies into water, the Year 11 Chemistry students participated in two separate activities organised by the staff at Deakin University.

On Monday 5th September, our students participated in a field sampling exercise at Lake Pertobe, Warrnambool. They worked alongside the Deakin University 2nd year marine studies students. They took sets of water quality measurements all around Lake Pertobe using some very expensive equipment. It was amazing to see how the water quality measurements varied depending on the location due to the different sources of water entering Lake Pertobe.

*Pictured right are our Year 11 Chemistry students taking measurements at one of the water drains that feeds into Lake Pertobe. (Left to Right: Jonna, Jackie (hooded), Raezel, Lizzy, Renae and Sasha)*

On Tuesday 18th October, our students attended Deakin University, Warrnambool and analysed samples of water taken from Tea-Tree Lake, Mortlake. This took place at the Deakin University’s commercial water quality laboratory.

*Pictured left is Jackie performing a titration to determine the alkalinity of a water sample taken from Tea-Tree Lake.*

Students also gained an appreciation of who may bring in water samples and what they are tested for. In the afternoon, there was a talk by one of Deakin University’s researchers. He showed the various types of chromatography equipment and how they were being used. This is much better than relying on the textbook and videos from Youtube.

I want to thank all the Deakin University staff involved for giving up their valuable time for making these two activities such a valuable learning experience for our students. I would also like to thank our lab technician, Doris Williamson for assisting with the driving and supervision duties on these days.

Mr Bell Year 11 Chemistry Teacher
SPORT SPOT
P-12 Sport Dates

October
27th Oct 9/10 T20 Cricket Warrnambool

November
11th Nov 5/6 T20 Blast Hamilton
16th Nov 7/8 Cricket—Girls Melton
18th Nov Primary Triathlon

TRIATHLON

Any student wishing to participate in this event. Can you please see

STATE NOMINATIONS / REPRESENTATIVE SPORTS / RESULTS

Information regarding state nominations and other sports can be found on the School Sport Victoria website. www.ssv.vic.edu.au

CONNECT

Parents and students can connect to School sports Victoria via Facebook and Twitter. Just follow the following links


Nathan Jones—Year 7-12 Sports Coordinator jones.nathan.t@edumail.vic.gov.au
Mortlake P12 College proudly presents

Open Gardens

SUNDAY 20th NOVEMBER 2016
Open 10am-4pm

Come and spend a lovely Sunday in two stunning gardens:

Coomete  1011 Woolsthorpe-Hexham Rd HEXHAM
Merrang  1830 Woolsthorpe-Hexham Rd HEXHAM

Devonshire Tea • Sausage Sizzle • Espresso Coffee • Fresh Produce
Plant Stalls • Market Stalls • Face & Nail Painting

TICKETS AVAILABLE AT THE GATE
Adults ~ $10 for 1 garden ~ $15 for both  Pensioner ~ $8 for 1 garden ~ $10 for both
Children under sixteen ~ free

For more information please contact Lindsay Kain 0428 691 541
Parents’ Association

Planning is well under way for the Opens Gardens in Hexham on Sunday 20\textsuperscript{th} November.

As well as enjoying the gardens at Merrang and Coomete there will be market stalls, hot and cold food, coffee and cold drinks, face painting and raffle tickets for sale at the gate.

The Parents Association are looking for all parents and friends of the school to volunteer for two hours at the open gardens. We are going to need about 70 helpers on the day for:-
- selling the entrance tickets
- selling raffle tickets
- parking
- BBQ/cold drinks
- Devonshire tea/chicken sandwiches
- cake stall
- plant stall

It would be really appreciated if you could fill in the note on the following page and return it to school office.

We are also asking for donations of potted plants for the plant stall. The cake boxes will be sent home closer to the date, for donations of home-made goods and produce for the cake stall.

Notes are being sent home this week to all students asking for donations for the themed raffle baskets.

A working bee is going to be held at Coomete on Wednesday 16\textsuperscript{th} November and Merrang on Friday 18\textsuperscript{th} November. If you are able to help out in anyway, please contact Lindsay Kain on 0428 691 541. Thank you, Elizabeth Mann.
OPEN GARDENS AT COOMETE AND MERRANG, SUNDAY 20\textsuperscript{TH} NOVEMBER, 2016, 10AM – 4PM.

NAME:

PHONE NUMBER:

Please circle your preferred time and job:-

9.45 to 11.45am    11.45am to 1.45pm    1.45 to 4.00pm

Gate    Raffle tickets    Parking    BBQ /Cold drinks

Sandwiches/Devonshire tea    Cake stall    Plant stall
Family size sandwich

**Ingredients**
- 1 baked ciabatta loaf
- 2 cups rocket
- 150g ham
- 100g sliced cheese

**Method**
Cut the ciabatta lengthways in the middle of the loaf 3/4 of the way though.
Layer with rocket, ham and cheese. Wrap in foil or baking paper
take to your school or work.

---

Tart with pesto and cheese

**Ingredients**
- 22g rocket salad
- 250g puff pastry
- 2 tbs tomato pesto
- 200g mozzarella cheese

**Instructions**
Preheat the oven to 200ºC, gas mark 6.

1. Roll out the pastry to a 22cm x 30cm long and place on a large, greased baking sheet.

2. Lightly score a line about 2cm in from the edge of the pastry. This will form a 'lip' around the tart as the pastry is cooking.

3. Spread the pesto evenly over the inner square of the pastry. Place the cheese on top, then add the rocket onto the tart.

4. Place in the oven and cook for 25-30 minutes until the pastry is well risen golden and cooked underneath.

---

Potato bread

**Ingredients**
- 2 cup mashed potatoes
- 1 tsp salt
- 1 egg
- 2 cup plan flour

Mix all together and do what size bread you want. Put the breads in the baking tray and poke for fork your bread and put in oven. 200 ºC about 20-30 minutes.
JAPAN TOUR 2017

Would you like your child to:

See Mt Fuji?
Travel on a bullet train?
Visit one of the world’s biggest cities?
Try different food?
Experience another culture?
Explore another country?

Plans are underway for another tour to Japan in December, 2017. The tour is open to all students in Years 6 to 10 in 2017. Further information is available from Mrs Blomeley. If interested in having your child participate, please return an expression of interest to the office by Friday, October 28th.
Dairy Farmers Assistance Scheme

As part of the Victorian Government’s dairy assistance package the Camps, Sports and Excursions Fund (CSEF) is being extended to students currently enrolled in government and non-government schools whose parents own, share-farm or lease a dairy farm business; or those people whose primary occupation is working on a dairy farm.

The funding consists of a one off payment of $375 per student which can be used for camps, excursions and sports or to pay amounts owing on your account. Please see the application form with guidelines on how to apply for the funding which can be found at the back of the newsletter.

Your application must be received by the Business Manager no later than Friday, 18 November 2016 as the program is only being run up to the end of Term 4. Please note a Health Care Card is not a requirement for this assistance package.

If you have any further questions, please do not hesitate to contact the college on 55992204

Evidence may include:

- a dairy industry license issued by Dairy Food Safety Victoria (DFSV)
- lease documentation
- share farming contract
- agreement with a dairy production/supply company
- a letter from an employer
- a statutory declaration stating the family’s main business or employment is on an operating dairy farm (in cases where other forms of evidence are not available).
- confirmation from a kindergarten that a younger sibling has been approved for the dairy Kindergarten Fee Subsidy on the basis of being an eligible dairy farming family (as above)

The Dairy Assistance Application Form must be lodged at the school by **18 November 2016** along with evidence as required.

PAYMENT AMOUNT

This one-off payment of $375 per student is only available in 2016 and will be paid to the school for the eligible student.

Families who were eligible for the means tested CSEF payment are also eligible to receive the Dairy Assistance payment. However families that have previously qualified for the CSEF drought assistance funding are not able to also access the CSEF dairy assistance funding.

OFFICE USE ONLY:

Government & Non-Government schools:

1. Parents/legal guardians and independent students are required to complete a Dairy Assistance application form and lodge the form at the school. Application forms are to be retained by the school.

2. The school is then required to complete and email the endorsed spreadsheet to csef@edumail.vic.gov.au by 2 December 2016. The spreadsheet template can be downloaded from www.education.vic.gov.au/csef

3. DET will make a bulk payment into the school’s bank account by the end of term 4, 2016.

4. The school will be required to allocate the funding directly to benefit the eligible student. The school should communicate with their school community about how the funding will be allocated.
DAIRY ASSISTANCE - APPLICATION FORM

MORTLAKE COLLEGE

School Name

Parent/legal guardian details

Surname: ____________________________

First name: _________________________

Address: ____________________________

Town/suburb: __________________ State: _______ Postcode: _______

Contact phone number: __________________

NOTE – the dairy assistance payment is only available to families who own, share-farm or lease a dairy farm business; or those people whose primary occupation is working on a dairy farm.

Student details

<table>
<thead>
<tr>
<th>Child’s surname</th>
<th>Child’s first name</th>
<th>Student ID</th>
<th>Date of birth (dd/mm/yyyy)</th>
<th>Year level</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child’s school.

Signature of applicant ____________________________ Date _______ / _______ / _______

DAIRY ASSISTANCE ELIGIBILITY

Students currently enrolled at the start of Term 3, 2016 in government and non-government schools where one or both parents:

- own an operating dairy farm
- are share farmers on a property primarily operating as a dairy farm
- hold a lease for an operating dairy farm
- work as an employee on an operating dairy farm and this is their main source of employment.
2016 VCE EXAMINATION TIMETABLE

You must check the starting time of each examination and arrive at least 30 minutes earlier, and be familiar with rules about late admission to examinations.

The start time for the afternoon session on all other days when three sessions are scheduled is 3:00pm.

The reading period is included in the times shown in the timetable. Each examination commences with a 15-minute reading period unless otherwise specified.

All written responses must be in English, unless otherwise instructed in the question book for that particular examination.

If you are presenting for performance examinations, Languages examinations or the Extended Investigation oral component of the Extended Investigation oral presentation, you will be issued with an examination advice slip. Photograph identification and examination advice slips must be presented for entry to your assessment. In some cases, students in regional and rural areas may be required to attend venues in Melbourne.

The following written examinations have an audio component: Music Style and Composition, Music Performance, VET Music Technical Production and all Languages except Indigenous Languages of Victoria, Classical Greek, Classical Hebrew, and Latin.

<table>
<thead>
<tr>
<th>Date</th>
<th>Monday 31 October</th>
<th>Tuesday 1 November</th>
<th>Wednesday 2 November</th>
<th>Thursday 3 November</th>
<th>Friday 4 November</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00am – 10:45am</td>
<td>Further Mathematics Examination 2</td>
<td>Melbourne Cup Public Holiday</td>
<td>Mathematical Methods Examination 1</td>
<td>Mathematical Methods Examination 2</td>
<td>Specialist Mathematics Examination 1</td>
</tr>
<tr>
<td>11:45am – 2:00pm</td>
<td>Indigenous Languages of Victoria</td>
<td>Japanese First Language</td>
<td>Dance</td>
<td>11:45am – 2:00pm</td>
<td>Literature</td>
</tr>
<tr>
<td>3:00pm – 5:15pm</td>
<td>Algorithms (HESS)</td>
<td>Business Management</td>
<td>VET Business</td>
<td></td>
<td>Accounting</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>VET Hospitality (Kitchen Operations)</td>
<td></td>
<td>Sociology</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>VET Information and Communications Technology</td>
<td></td>
<td>VST Interactive Digital Media (computer-based)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>VET Music – Technical Production</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Date</td>
<td>Time</td>
<td>Subject</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------------</td>
<td>----------------</td>
<td>-------------------------------------------------------------------------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday 18 Oct</td>
<td>1.55pm – 5.00pm</td>
<td>Classical Greek</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>This examination commences with a 5-minute reading period.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday 19 Oct</td>
<td>2.00pm – 4.40pm</td>
<td>Armenian, Bosnian, Chin Hakka, Croatian, Dutch, Filipino, Hebrew, Hindi, Hungarian, Khmer, Macedonian, Maltese, Persian, Polish, Portuguese, Punjabi, Romanian, Russian, Serbian, Sinhala, Swedish, Tamil, Turkish, Ukrainian, Yiddish. Each examination commences with a 10-minute reading period.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2.00pm – 4.15pm</td>
<td>Arabic, Korean First Language, Korean Second Language</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8.00am – 8.00pm</td>
<td>Auslan Sign Comprehension and Sign Production Examination</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Students are scheduled in one two-hour session. Each session is preceded by 10 minutes of reading/viewing time.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday 26 Oct</td>
<td>9.00am – 12.15pm</td>
<td>English</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>English as an Additional Language (EAL)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday 27 Oct</td>
<td>9.00am – 11.45am</td>
<td>Psychology</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2.00pm – 4.15pm</td>
<td>Economics</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1.55pm – 5.00pm</td>
<td>Classical Hebrew</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>This examination commences with a 5-minute reading period.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday 28 Oct</td>
<td>9.00am – 11.45am</td>
<td>Biology</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>2.00pm – 3.45pm</td>
<td>Further Mathematics Examination 1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday 7 Nov</td>
<td>9.00am – 10.45am</td>
<td>Art</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Music Performance</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>VET Sport and Recreation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday 8 Nov</td>
<td>9.00am – 11.45am</td>
<td>Chemistry</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Visual Communication Design</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday 9 Nov</td>
<td>9.00am – 11.45am</td>
<td>Physics</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Legal Studies</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday 10 Nov</td>
<td>9.00am – 10.45am</td>
<td>Agricultural and Horticultural Studies</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Studio Arts</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>VET Hospitality</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>VET Integrated Technologies</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11.45am – 2.00pm</td>
<td>Computing: Software Development</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>History: Australian History</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Texts and Traditions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday 11 Nov</td>
<td>9.00am – 10.45am</td>
<td>Food and Technology</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>VET Community Services</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>VET Furnishing</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11.45am – 2.00pm</td>
<td>Classical Studies</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Computing: Informatics</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Environmental Science</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Geography</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>History: Ancient History</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday 14 Nov</td>
<td>9.00am – 10.45am</td>
<td>Systems Engineering</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chinese First Language</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Global Politics</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Greek</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Industry and Enterprise</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Religion and Society</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday 15 Nov</td>
<td>9.00am – 10.45am</td>
<td>Theatre Studies</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>VET Engineering Studies</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>German</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Spanish</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vietnamese</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday 16 Nov</td>
<td>9.00am – 10.45am</td>
<td>VET Laboratory Skills</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Indonesian First Language</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Indonesian Second Language</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Japanese Second Language</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chinese Second Language</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>11.45am – 2.00pm</td>
<td>Chinese Second Language</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Advanced Italian</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chinese Second Language</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chinese Second Language</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>VET Laboratory Skills</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chinese Second Language</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Advanced Italian</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chinese Second Language</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
AUTISM SPECTRUM DISORDERS: Strategies for home and school

Autism and ADHD

In his workshops and his book The Complete Guide to Asperger’s Syndrome, Dr Tony Attwood discusses how many children with ASD also have a dual diagnosis of ADHD. He believes that the hyperactivity seen can actually be a result of anxiety, particularly in social situations making the child have difficulty sitting still and relaxing (Po 16 The Complete Guide to Asperger’s Syndrome). Remember in social groups and classrooms, we often see an increase in anxiety and therefore sustaining attention and impulsivity.

Joanne Steers and Kate Horstmann have put together a fantastic book full of hundreds of ideas to help students with ADHD in school. I believe these strategies are great for a range of children, including those with ASD. The book is full of ideas for every day school situations, and provides easy strategies to implement. Kate has kindly put together some quick tips for helping kids keep cool and calm, which will hopefully help you prevent a child’s anxiety!

Nine Quick Tips for Helping Kids Keep Cool and Calm

1. Get organised. Rushing is nearly always stressful, and so is forgetting things. Having clear systems for everyday tasks is vital, and so is scheduling regular ‘chill out’ times in between activities.
2. Get active! Regular exercise is great for releasing tension and creates a natural happy buzz. Getting active might be playing a sport, walking the dog, dancing to an MP3 or doing some push-ups.
3. Have a laugh. It is almost impossible to feel stressed while you are having a laugh or sharing a joke, so make sure that the young person has plenty of time to have fun each day.
4. Break the mood. You can also use humour and a playful approach when you want to quickly change a mood and create some ‘breathing space’. This gives the young person an opportunity to regain control and move away from feelings of blame or shame.
5. Check the basics. Getting enough sleep, eating a healthy diet and drinking enough water are all vital ingredients in ensuring the brain and body get the sustenance it needs to function effectively.
6. Timing is everything. Remember that specific strategies to help a young person deal with stress should only be used in the early ‘rumbling’ stages. Once the young person is ‘exploding’ no strategy will be effective and they could actually create additional problems. Prevention is the key!
7. Don’t add demands. Learn to identify the early warning signs of stress that are unique to the young person and make sure you don’t add demands or ‘remind’ them of what they shouldn’t be doing when they are in this stressed state. Focus on avoiding escalation by instead giving them a short break or by actually reducing demands.
8. Lead by example. Show the young person how to cope with stress in a positive way by doing it yourself, even if you have to practice ‘faking it’ at times! Staying calm yourself when dealing with difficult situations is an invaluable skill for both you and them (and it can take lots of practice!)
9. Get it out in the open. Talk about stress on a regular basis – make it an important topic for everyone, discuss examples from TV, talk through your own stressors and swap ideas and strategies.

Wellbeing


ADHD Homework Challenges Transformed!: By Harriet Hope Green
This is a book filled with inspiring methods to motivate children with ADHD at homework time. Common techniques such as enforcing restrictions and rigid timing techniques can stifle the joy of learning. This book focuses on empowering and enabling the child, acknowledges the characteristics of ADHD and engages the positive side of these traits. Encouraging movement and creativity, the chapters are brimming with great ideas such as scavenger hunts, singing spelling games and jumping math quizzes that hold the child’s attention and make learning fun.
CODE B128 $39.95 (plus P & H)

Helping Kids & Teens with ADHD in School: By Joanne Steers & Kate Horstmann
This fun and interactive workbook is aimed at actively engaging young people with ADHD and supporting them. Using tried and tested strategies and top tips, this fully-photocopiable workbook will help adults to work collaboratively with young people to learn, test strategies, set goals and develop comprehensive support plans around individual needs.
CODE B23 $49.95 (plus P & H)

All Dogs Have ADHD: By Kathy Hoopmann
All Dogs Have ADHD takes an inspiring and affectionate look at Attention Deficit Hyperactivity Disorder (ADHD), using images and ideas from the canine world to explore a variety of traits that will be instantly recognizable to those who are familiar with ADHD. Excellent book for explaining ADHD to classmates.
CODE B14 $25.95 (plus P & H)

The Elephant in the Room: By Letitia Schweitzer
This practical resource will provide professionals who diagnose, treat, coach, and teach those with ADHD or those who suffer from frequent or pervasive boredom, with the tools to alleviate boredom in order to improve both concentration and mood. Approaches specifically designed for toddlers, children, teenagers and adults are included, which can then be incorporated into schoolwork, jobs, relationships and everyday life.
CODE B124 $44.95 (plus P & H)
AS THEY GROW
SUPPORT GROUP FOR PARENTS WITH SPECIAL NEEDS CHILDREN

- NEW MEMBERS WELCOME
- PARENTS, CARES, FAMILY AND FRIENDS WELCOME
- FIND US ON FACEBOOK ‘AS THEY GROW – SUPPORT GROUP FOR PARENTS WITH CHILDREN WITH SPECIAL NEEDS.’

MEETINGS WILL BE HELD EVERY FIRST MONDAY EVENING OF THE MONTH AT 6PM, ROOM 2, MORTLAKE, P12 COLLEGE, MORTLAKE.

FOR MORE INFORMATION PLEASE CONTACT AMANDA: 0452416942
### 2016 CALENDAR

#### OCTOBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 26th</td>
<td>VCE English Exams</td>
</tr>
<tr>
<td>Thurs 27th</td>
<td>Year 9/10 Cricket Warrnambool</td>
</tr>
<tr>
<td>Fri 28th</td>
<td>DEAP Warrnambool Yr4-6</td>
</tr>
</tbody>
</table>

#### NOVEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 2nd</td>
<td>Yr 5-7 Life Ed Program</td>
</tr>
<tr>
<td>7th-9th</td>
<td>Yr 8-10 Advance Camp</td>
</tr>
<tr>
<td>Fri 11th</td>
<td>Yr 5-6 T20 Blast Cricket—Hamilton</td>
</tr>
<tr>
<td>Mon 14th</td>
<td>PUPIL FREE DAY</td>
</tr>
<tr>
<td>Tue 15th</td>
<td>Year 12 Dinner</td>
</tr>
<tr>
<td>Tue 15th</td>
<td>Bike Ed Excursion</td>
</tr>
<tr>
<td>15th-18th</td>
<td>Year 11 Exams</td>
</tr>
<tr>
<td>Wed 16th</td>
<td>T20 Cricket Year 7/8 Girls</td>
</tr>
<tr>
<td>16th-18th</td>
<td>Yr 5-6 Anglesea Camp</td>
</tr>
<tr>
<td>16th-18th</td>
<td>Yr 7 Nelson Camp</td>
</tr>
<tr>
<td>Fri 18th</td>
<td>Primary Triathlon</td>
</tr>
<tr>
<td>Sun 20th</td>
<td>OPEN GARDEN</td>
</tr>
<tr>
<td>Tue 22nd</td>
<td>School Council</td>
</tr>
<tr>
<td>26/11-04/12</td>
<td>Great Victorian Bike Ride Camp</td>
</tr>
<tr>
<td>Mon 28th</td>
<td>Lion King Evening Performance</td>
</tr>
<tr>
<td>Wed 30th</td>
<td>Lion King Matinee</td>
</tr>
<tr>
<td>Wed 30th</td>
<td>P-7 First Aid</td>
</tr>
</tbody>
</table>

#### DECEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs 1st</td>
<td>We love Rock &amp; Roll Performance</td>
</tr>
<tr>
<td>Fri 2nd</td>
<td>Lion King Evening Performance</td>
</tr>
<tr>
<td>Mon 5th</td>
<td>Choir Excursion</td>
</tr>
<tr>
<td>Tue 6th</td>
<td>Orientation Day</td>
</tr>
<tr>
<td>6th-15th</td>
<td>P-3 Swimming</td>
</tr>
<tr>
<td>Fri 9th</td>
<td>Grade 4 Assembly 9am</td>
</tr>
</tbody>
</table>
School procedures for the bushfire season

Fire danger ratings and warnings are used in Victoria to provide clear direction on the safest options for preserving life.

Schools and children’s services listed on the DET Bushfire At-Risk Register (BARR) will be closed when a Code Red fire danger rating day is determined in their Bureau of Meteorology district. Our school has been identified as being one of those at high bushfire risk and is listed on the BARR.

Where possible, we will provide parents with up to four days notice of a potential Code Red day closure by letter [and SMS message/phone tree]. A Code Red day will be determined by the Emergency Management Commissioner no later than 1.00 pm the day before the potential closure. Once we are advised of the confirmation of the Code Red day we will provide you with advice before the end of the school day.

**Once confirmed, the decision to close will not change, regardless of improvements in the weather forecast.** This is to avoid confusion and help your family plan alternative care arrangements for your child. It is also important to note that:

- No staff will be on site on days where the school is closed due to a forecast Code Red day.
- Out-of-school-hours care will also be cancelled on these days
- School camps will be cancelled if a Code Red fire danger rating day is determined for the Bureau of Meteorology district in which the camp is located.
- As a bus co-ordinating school all bus routes will be cancelled.

Depending on which Bureau of Meteorology district is impacted bus route cancellations may affect our school.

On these Code Red days families are encouraged to enact their Bushfire Survival Plan – **on such days children should never be left at home or in the care of older children.**

For those of us living in a bushfire prone area, the CFA advise that when Code Red days are forecast, the safest option is to leave the night before or early on the morning of the Code Red day.

As part of preparing our school for potential hazards such as fire, we have updated and completed our Emergency Management Plan, [reprioritised any maintenance works that may assist in preparing for the threat of fire and cleared our facility’s grounds and gutters]

**What can parents do?**

- Make sure your family’s bushfire survival plan is up-to-date and includes alternative care arrangements in the event that our school is closed.
- Ensure we have your current contact details, including your mobile phone numbers. Keep in touch with us by reading our newsletters, [by checking our website and by talking to your child’s teacher or any other member of the teaching staff about our emergency management plan.

Most importantly at this time of year, if you’re planning a holiday or short stay in the bush or in a coastal area, you should check warnings in advance of travel and remain vigilant during your stay.

If your child is old enough, talk to them about bushfires and your family’s bushfire survival plan.


For up-to-date information on this year’s fire season, visit the CFA website at [www.cfa.vic.gov.au](http://www.cfa.vic.gov.au) or call the 24-hour Victorian Bushfires Information Line on 1800 240 667.