Principal’s Report - Aussie of the Month: Hamish Hobbs

Congratulations to Hamish Hobbs who was presented with the Aussie of the Month award for October at Monday’s assembly. Hamish received the award for the following:

- Always using his initiative to help his peers and teachers
- Being considerate towards others
- Offering assistance, encouragement and support to his peers when the need arises

Remembrance Day

On Tuesday, we held a special school assembly where Mortlake RSL President, Merv Hampson, addressed the school community on the significance of Remembrance Day. In his speech, Mr Hampson spoke about the sacrifices made by the men and women who have fought in wars and most particularly in The Great War of 1914-18. We appreciated the fact that six members of the RSL were also able to attend the ceremony. Twenty students from Years 4-11 also attended the ceremony that was held at the Mortlake War Memorial where Shona McGugan, Simon Atkinson and Johnno Roxburgh laid a wreath on behalf of the school.

VCE Exams

Thank you to everyone for being mindful of the Year 12 exams which are being held in the BER. Although quite a number of students have completed their exams there are still five exams remaining over the next week.

Thursday 13 November  
Art 9-10:45am

Friday 14 November  
Food & Technology 9-10:45am
IT: Software Dev’t 3-5:15pm

Monday 17 November  
Systems Engineering 9-10:45am

Wednesday 19 Nov.  
VET Engineering 9-10:45am

Camps this week

Good luck to the Years 5&6 students who have travelled to Anglesea for their three day camp this week and to the Year 7s who have headed in the opposite direction to Nelson for their camp. We look forward to hearing about both camps next week.

Parents’ Association event: ‘The Man They Call the Banjo”

The Parents’ Association are undertaking an important fundraising event on January 23 next year which is the Friday of the Australia Day long weekend. “The Man They Call the Banjo” will be performed at the Mortlake Soldiers’ Memorial Hall commencing at 7:30pm and it promises to be a fantastic evening. Tickets will go on sale next week so please see the brochure in this newsletter for all the details.

Graeme Good
Friday 21st November -
No school for students—Curriculum Day

Wednesday 17th December -
Students last day

Thursday 29th January 2015 -
Students/Mentor meetings & P-4 Testing

Friday 30th January 2015 -
Classes start

SUCCEED FUNDRAISER!!!

20th NOVEMBER

DRESS UP AS OPPOSITE SEX OR IN PINK!!!

PARADE DURING HOMEGROUP!
JOIN IN!!!!

FOOD AT LUNCH
50c pink jelly
50c biscuits
50c cupcakes
$1 hotdogs
$1 spiders

GOLD COIN DONATION TOWARDS BREAST CANCER
Yr 12 Exam Timetable

Our Yr 12 students are nearly finished their exam period. Parents please remind your children they need to avoid the BER building and surrounding area during exam times, keeping quiet etc.

Please refer to the Mortlake College Yr 12's timetable below -

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Subject</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 13th</td>
<td>9:00am—10:45am</td>
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</tbody>
</table>

GOOD LUCK TO ALL OUR YR 12 STUDENTS -
You are nearly there!!

AGM and End of Year Dinner

Wednesday 10th December, 2014 @7pm
At Olivine Restaurant.
All Welcome.

Positions Vacant — President, Secretary, Treasurer, School Council Rep, Meals on Wheels Rep
Mechanical Systems in VCE Systems Engineering

As part of VCE Systems Engineering this semester, all students have had the opportunity to design and construct a motorised boat.

Pictured below: Gerald (left) working on his single hull design and Lachie (right) with his twin hull design.

The boat hulls are made from High Impact Polystyrene through a process known as vacuum forming. A vacuum forming machine can costs thousands of dollars but we improvised by building one for less than $50. We also made use of an old vacuum cleaner and an oven from the Home-Economics room. The boys have successfully created their boat hulls and installed their motors and propeller shafts. Their final task is to create steering mechanisms for their boats.

Can you help?
One way to steer these boats is by remote control. Have you any broken remote control toys (cars, boats, helicopters, etc...) at home that cannot be repaired? If you do, please think about donating these toys to our Systems Engineering class. We may be able to use some parts from these broken toys to create steering mechanisms. Any broken remote control toys would be greatly appreciated.

Mr. Bell (Systems Engineering Teacher)
Often on our menu each week we have a ‘Salad of the Imagination’. We enjoy making this dish as there are so many different combinations.

We often use mixed salad leaves, vegetables and herbs from our garden. We then try to make the salad interesting with a variety of other ingredients. Some ingredients we have used this semester include tomatoes, basil, toasted nuts and seeds, various cheeses, bacon, grated vegetables (carrot and beetroot) and avocado.

We serve our salads in shallow dishes so all the ‘good bits’ don’t sink to the bottom and lastly we add a dressing of olive oil and vinegar.
In the garden.

This week we have been doing lots of watering and planting out baby seedlings.

Many of our autumn plants have now gone to seed and we are excited about saving some of the seed to plant next season.

3/4 Art

In art this week we have been creating our own monsters from random squiggles.
St James Anglican Church Rose Show

Congratulations to all our students who entered the Rose Show this year. Our contributions were very impressive and widely admired.

Some of our prize winners included

- Zahn Felstead 1st Prize: Pretty platter in damp sand, edged with leaves
- Elise Killen 2nd Prize: Pretty platter in damp sand, edged with leaves
- Sarah Russell 1st Prize: Decorated Marie Biscuits
- Jack Richie 2nd Prize: Decorated Marie Biscuits

Well Done All.
ROASTED TOMATO SAUCE

3 ripe tomatoes
1 tbsp olive oil
Pinch of dried basil or oregano
1 clove garlic, finely chopped
Salt and pepper

ROASTING THE TOMATOES

Preheat the oven to 180 degrees
Cut the tomatoes in half lengthwise and place them on a baking dish in a single layer, cut side up.
Drizzle the tomatoes with olive oil. Sprinkle with dried herbs, garlic and salt and pepper.
Bake in a moderate oven (180 degrees) for 30 minutes

MAKING THE GNOCCHI

Put the milk in a saucepan and bring almost to the boil. Lower the heat and add the semolina in a slow trickle, stirring constantly with a wooden spoon.
Cook for 8-10 minutes over low heat, stirring until it is thick and creamy.
Remove from the heat and add a pinch of salt and half the parmesan cheese.
Beat in the egg yolk and half the butter.
Moisten the tray with a little water and spread out the cooked semolina about 1 cm thick, using a wet spatula. Cool.
Cut the cooled semolina into rounds with a 5cm cutter dipped in water to stop it from sticking.
Place the rounds of semolina in a greased automotive container in a single layer, overlapping slightly.
Remove the tomatoes from the oven and preheat the oven to 220 degrees
Dot the rounds of semolina with remaining butter and sprinkle with the remaining parmesan cheese.
Bake the gnocchi for 15 minutes.
Puree the tomatoes and puree with the garlic and season with salt and pepper.
Serve with the baked gnocchi.

Serves 2
While drugs can take their toll on both physical and mental health for young and old, teenagers are particularly vulnerable to the effects that these addictive substances have on their developing brain. As a result, this may lead to long-term problems for their mental function and place them at increased risk of mental illness. Young people should also be aware of the wider issues related to drug taking, such as the impact this can have on their performance at school. As drug taking among young people remains an important issue, this is a topic parents need to tackle with their kids long before they are even offered drugs. While some parents may not be sure how to raise the subject with their children, particularly at a young age, guidance on how to discuss substance abuse with your kids is available. This guide explains how to cover the issue of drug abuse with your children at each stage and also helps you to recognise some of the signs that your teen is abusing drugs, as this requires a separate conversation.

**The Early Years**

Even though you may not think to bring up the subject of drugs before your child starts school, at this age you can begin to prepare them for the choices they will need to make in their later years by giving them opportunities to start using their decision-making skills, and this is an appropriate stage to focus on dangers at home such as pill bottles. By the time they are in year 3 of primary school, your discussion needs to have moved on to introduce the concept of drugs as substances that can harm their body and lead to an addictive habit. During these years it is also important to discuss and encourage healthy behaviours, such as eating well and staying active, as these can help to protect against drug taking later. As they progress through primary school, make sure that you are armed with the facts about the dangers of drug misuse so that you can educate your kids on these and answer their questions. You may also want to try role playing scenarios where they are offered drugs so that your kids feel confident to turn these down. While your children will start to become more independent at this age, it is essential you show an interest in what your kids do and their friends, as knowing this information can alert you to any problems early on.

**High School**

Around the time they enter high school your children will be going through lots of changes and this is a time when many are tempted to try drugs for the first time. Your support has never been more important than now and discussions you have now about substance abuse should concentrate on the immediate impact drug taking can have on factors such as their appearance, emotions, school work and social life, as this keeps it highly relevant to them. By year 10 a teen may have turned down drugs plenty of times already, but it doesn’t hurt to keep on talking to your kids about their dangers. Again, keeping the conversation pertinent to their life is essential, so you may want to focus on how substance misuse could impact on their further studies or future career. It is also useful to remember that praising achievements and healthy choices when at high school can help teens to make positive choices and stay clean from drugs.
I in 20 people in Victoria have diabetes. Diabetes is a medical condition where your body does not produce enough insulin, or your body is resistant to it. We all need insulin to be able to turn the glucose we eat into energy our bodies can use. There are different types of diabetes. When someone says they have diabetes, usually they have Type 1 or Type 2 diabetes. People with Type 1 diabetes need insulin to treat the condition. Type 1 cannot be prevented, and most often is diagnosed in children or young adults. Type 2 diabetes used to be thought of an older person’s condition, but can occur also in adolescents and children. Type 2 tends to run in families, and can be triggered by lack of physical activity or being overweight, especially around the middle. Type 2 can often be prevented by healthy eating, physical activity and losing weight. Some symptoms of diabetes are: feeling like you have no energy, going to the toilet a lot, feeling thirsty. Many people with Type 2 diabetes do not have symptoms.

Prevention Tip: Maintain a healthy diet and keep physically active.

If you think you or your family members may be at risk of developing diabetes see your family doctor. You can find more info at www.diabetesvic.org.au or www.betterhealth.vic.gov.au
The Man They Call The Banjo

By Felix Meagher and Dennis O'Keefe
Directed by Wolf Heidecker

The year was 1895. Banjo Paterson and his fiancée, Sarah Riley, travelled to outback Queensland. Sarah hoped to announce their wedding date. But then Christina Macpherson sung Craigielee...

The secret love story behind Australia's favourite song
Waltzing Matilda.

Proudly presented by Mortlake College P-12 Parents Association

Mortlake Soldiers Memorial Hall Friday 23rd January 2015 7:30pm

Tickets $35.00  Tables of 10 or individual tickets
BYO Alcohol  Aussie supper provided

Buy Tickets: Liz Fowler – phone 0418299644 or email liz@o2media.com.au

Produced by Man Called Banjo Production in association with the CAA - Wyndham Community Arts Alliance Inc.
Contact felix@bushwazee.com  0413-801294 www.bushwazee.com/banjo.html www.facebook.com/Banjobwz
Mortlake Junior Sharks

End of Year Meeting—Wednesday 12th November 7pm
At Mortlake Footy Rooms.
All current & new Parents are invited to discuss the plans for junior footy and netball in 2015.

“THE TALK” - LIVE WITH NELLY THOMAS

ABOUT: Based on Nelly Thomas’s ground-breaking sexual health and ethics DVD “The Talk.”
Nelly goes into school communities and talks to parents about how to have The Talk with their kids. The presentation is fun, informative and light-hearted and goes for 30-40mins, followed by a Q&A with Nelly, a local panel and the parents. A great way to get the parents involved in their kids’ health.

WHEN: November 26, 2014 / TIME: 6:30pm for 7pm-9pm
WHERE: Deakin on Timor, Warrnambool City Centre, 165 Timor St, Warrnambool
COST: Free / REGISTRATION: Essential for admission to this event
AUDIENCE: Parents/carers of grade 5/6 & secondary school students
REGISTER NOW! Visit http://nellywarrnambool.eventbrite.com.au

EVENT ENQUIRIES:
Julia Thompson, Women’s Health and Wellbeing Barwon South West, 5500 5490 or jthompson@womenshealthbsw.org.au

www.womenshealthbsw.org.au
Cudgee Night Market

Friday
28 November
5-8pm

"A great night of country food and entertainment just 15 minutes from Warrnambool."

Fresh local produce, plants, handmade goods, jewellery, curries, sausages, Timboon ice-cream, a raffle, baby & children's wear, entertainment and much more!

Gold Coin Donation Entry

Cudgee Primary School
Cnr Dwarroon & Hallowells Road, Cudgee

Stall Holder Inquires: Greg 0400 819 096
Brought to you by the
Cudgee Primary School
Children, Staff & Parents

[Website URL]

www.cudgeeps.vic.edu.au
2015
Warrnambool City Council & South West TAFE Traineeship Program

Want to kick-start your career, have a year off before Uni, or aspiring to return to the workforce?
Warrnambool City Council and South West TAFE are seeking motivated and enthusiastic people wanting to gain hands-on work experience while studying a nationally recognised qualification.

Warrnambool City Council has the following positions available:
• Engineering
• Economic Development
• Tourism Service (Flagstaff Hill)
  • Environment (Parks & Gardens)
  • Community Development
• Aquazone
• Town Planning
• Holiday Parks

South West TAFE has the following positions available:
• 4 x Administration positions

This is an exciting opportunity for people of all ages and abilities. Apply now!

Applications close: 5pm Monday 24 November 2014
Or contact WCC HR: 5559 4408.
TICKET TO HOSPITALITY

Are you looking for part time or holiday work in hospitality?

This course will give you the practical skills to work within the hospitality industry.

This course is ideal for those who have completed school and who are considering a gap year; or perfect for those wishing to return to work who require hospitality skills.

Course dates & times

VENUE: 71 Hyland Street
DAY: Monday – Friday
DATES: 24 November to Friday 28 November
OR 9 December to 12 December
TIME: 9am – 4pm

Course Fees

This course is offered at a subsidised rate funded by ACFE (Adult Community & Further Education)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Description</th>
<th>Tuition fees</th>
<th>Amenity fee</th>
<th>Total Fees</th>
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<tr>
<td>Subsidised</td>
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<td>$25.00</td>
<td>$25.00</td>
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<tr>
<td>Subsidised with concession</td>
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<td>$25.00</td>
<td>$25.00</td>
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<tr>
<td>SITHFAB201</td>
<td>Responsible Service of Alcohol</td>
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<td>$80.00</td>
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<tr>
<td>SITXFSA201</td>
<td>Participate in safe food handling practices</td>
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<td>$45.00</td>
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<td>TOTAL:</td>
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<td></td>
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<td>$160.00</td>
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For more information

To enrol in this course, contact the Reception staff or follow these links:
Ph: (03) 5562 6099
Fax: (03) 5561 2049
Email: reception@ccwbool.vic.edu.au
Website link: http://www.ccwbool.vic.edu.au

Current as at 4/11/14
Course Outline

<table>
<thead>
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<th>SUBJECT AREAS</th>
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</thead>
<tbody>
<tr>
<td>Prepare and serve espresso coffee</td>
</tr>
<tr>
<td>Table Service</td>
</tr>
<tr>
<td>Prepare and serve Non Alcoholic Beverages</td>
</tr>
<tr>
<td>Customer Service</td>
</tr>
<tr>
<td>Product and Menu Knowledge</td>
</tr>
<tr>
<td>Financial/Till/Handling Money</td>
</tr>
<tr>
<td>SITHFAB201 Responsible Service of Alcohol</td>
</tr>
<tr>
<td>SITXFSA201 Participate in safe food handling practices</td>
</tr>
</tbody>
</table>

Enrolment/Cancellation Conditions

Enrolments must be accompanied by full course payment. We accept any of the following forms of payment: Cash/Cheque/ MasterCard/Bankcard/Visa. Information on CCW’s withdrawal/refund policy will be provided at interview. This information is also available at www.ccwbool.vic.edu.au
Family Fun Day
Community Centre, Manifold St, Campground
Nov 29
10am - 2pm

Jumping Castles-Inflatable Boxing-Sumo Suits
V8 Supercar Simulator-Fairy Floss-Live Music
Inflatable Obstacle Course- BBQ-Bumper Balls
Competitions-Prizes-Games-Clowns
and More

MOST ATTRACTIONS $2 & UNDER

For more details or to support the event, please contact Matt 045593 1827

All Proceeds to
Destiny Rescue

A child is sold into slavery every 26 seconds. Destiny Rescue needs $1.50/child to rescue just one child. Can you help?

Special Thanks to...

Bendigo Bank

Imagination Station
61-65 Mark St
Campgradn
150th Anniversary 2014

You are warmly invited to a
Celebratory Morning Tea
Sunday November 30, 2014 at 10am
for the 150th anniversary of
Cudgee Primary School

Please RSVP to the school by November 15th

Please feel free to forward this invitation to any past students, staff or interested community members. Cudgee Primary School invites families to find out more about our school community, by calling to arrange a school tour or coming along to annual school events:

Cudgee Primary School Night Market (Fri 28 November 5 – 8pm)
Cudgee Primary School Concert (Tue 9 December 6pm).

Fiona Selway (Principal) and Matt Dodson (Classroom Teacher)
Cudgee Primary School
3 Hallowells Rd, Cudgee 3265
p: 55676346 m:0438639095 e: cudgee.ps@edumail.vic.gov.au
www.cudgeeps.vic.edu.au
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Tues 11th - Thurs 13th</td>
<td>WILD Program - Journey Preparation</td>
<td>Tues 2nd</td>
<td>SAKG ends - Special Lunch</td>
</tr>
<tr>
<td>Wed 12th - Fri 14th</td>
<td>Yr 5/6 Camp</td>
<td>Fri 5th</td>
<td>Yr 4 Graduation</td>
</tr>
<tr>
<td>Wed 12th - Fri 14th</td>
<td>Yr 7 Nelson Camp</td>
<td>Fri 5th</td>
<td>Year 5-10 Picnic &amp; Yr 10 Last Day</td>
</tr>
<tr>
<td>Thurs 13th</td>
<td>Yr 11 Classes conclude</td>
<td>Mon 8th</td>
<td>Christmas Elves Yrs 5-9</td>
</tr>
<tr>
<td>Fri 14th - Thurs 20th</td>
<td>2015 Yr 12 Orientation Classes</td>
<td>Tues 9th - Fri 12th</td>
<td>Headstart program (2015 Yrs 5-7)</td>
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<tr>
<td>Fri 14th</td>
<td>Cultural Day</td>
<td>Tues 9th</td>
<td>2015 Prep - Year 4 Orientation Classes till 1pm</td>
</tr>
<tr>
<td>Tues 18th - Wed 26th</td>
<td>WILD Program Camp - Glenelg River</td>
<td>Tues 9th</td>
<td>Yr 5-12 Presentation Night</td>
</tr>
<tr>
<td>Mon 17th &amp; Tues 18th</td>
<td>5-12 SSG's</td>
<td>Wed 10th</td>
<td>Parent Association Meeting</td>
</tr>
<tr>
<td>Thurs 20th</td>
<td>Succeed Breast Cancer Fundraiser Day - Dress Up &amp; Lunch</td>
<td>Wed 10th - Fri 12th</td>
<td>Bike Camp</td>
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<tr>
<td>Fri 21st</td>
<td>Curriculum Day - NO SCHOOL</td>
<td>Tues 16th</td>
<td>Reading Recovery Lunch</td>
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<tr>
<td>Sun 23rd - Fri 28th</td>
<td>Yr 11 Melbourne Work Experience</td>
<td>Tues 16th</td>
<td>Yr 3/4 Bike Excursion</td>
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<tr>
<td>Mon 24th - Fri 5th Dec</td>
<td>Headstart Progam (2015 Yrs 8-11)</td>
<td>Tues 16th</td>
<td>School Council Meeting Christmas Dinner</td>
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<tr>
<td>Wed 26th - Fri 28th</td>
<td>Advance Camp Lorne</td>
<td>Wed 17th</td>
<td>A La Café Christmas Breakup</td>
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<tr>
<td>Wed 26th</td>
<td>Mentors Lunch</td>
<td>Wed 17th</td>
<td>WILD Program - Graduation</td>
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<tr>
<td>Fri 28th</td>
<td>Helpers Morning Tea</td>
<td>Wed 17th</td>
<td>STUDENTS LAST DAY</td>
</tr>
<tr>
<td>Fri 28th</td>
<td>SAKG Working Bee 2pm</td>
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**2014 CALENDAR**