Term 4 - Week 8 – 23rd November 2016

Open Garden Day

What a fantastic day we had on Sunday! Hundreds of visitors attended the Open Gardens at ‘Coomete’ and ‘Merrang’ with many of them from outside the local area. One visitor had even travelled from Kilmore, a drive of over three and a half hours. Once again I would like to thank Jen and Jack Roxburgh and Lucy and Tom Gubbins for their generosity in opening their gardens at what is an extremely busy time of the year for them. Both gardens were beautifully presented and were a reflection of the great deal of hard work that had gone into preparing them. I would also like to thank everyone who contributed to the success of the day; it was a real team effort led by our Parents’ Association and Lindsay Kain in particular who worked tirelessly planning for the big day. Thank you one and all!
Rehydrating on hot days!

It is important that all students drink plenty of water on hot days. On Monday a number of students reported to the office towards the end of lunchtime with signs of dehydration, so parents are asked to ensure that children bring a drink bottle at school particularly on hot days.

Presentation Night Years 5-12

The Years 5-12 Presentation Night is fast approaching and I would just like to remind all our families with children in Years 5-12 that it is expected all students in these year levels attend this important evening. We would love to see all our parents at the night too. It will be held in the BER on Tuesday 6th December and will commence at 7:30pm. Just a reminder too that the Year 4 graduation assembly will be held in the BER on Friday 9th December commencing at 9am and again, it would be great to see all our Year 4 families at that assembly.

The Lion King

The Years 5-7 students have been practising hard for The Lion King production that will be in full swing next week. It commences with an evening performance on Monday 28 November commencing at 7pm in the BER. There will be a matinee performance on Wednesday 30 November at 12pm and the final performance will be at 7:30pm on Friday 2 December. Tickets are available at the school office so please take the opportunity to see what promises to be a great show.

Good luck to Georgia Wareham!

All the best to Georgia Wareham who is representing Victoria in the Under 18 National Women’s Cricket Championships being held in Hobart this week and next. We will follow with great interest Georgia’s progress in this tournament and throughout the summer as she plays with the Renegades. Good luck Georgia!

Graeme Good

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BIRTHDAYS

Happy Birthday to all students who have birthdays this week.

NOVEMBER

26th—Zavier Fowler & Rachel Eldridge
27th—Rose Hayden & William McCosh
28th—Bridie McGuigan 30th—Kaylee Forde
P-4 Place

P-4 Assembly awards Monday 21st November 2016

Prep: Levi Barnard – for settling in well to your new school

Year 1: Xander Clarke – for completing your word list

Grace Stephens – for completing extra project work at home

Year 2: Cooper Edge – for a magic effort in writing and maths

3/4 P: Khadeshia Burgess – for consistent effort in class

3/4 CR: Ellyse Parker-Wood – for your excellent understanding of figurative language

Congratulations to all of these students!

UNIFORM

FOUND: A school jacket has been handed into the General Office. If your child is missing one, please contact us.

LOST: A school jacket with the name ANDERS on the collar. If your child has picked one up by mistake can you please contact to the General Office

We now have a new style of bucket hat available with a draw string in the upper rim. These are available for $10.00 each.

We still have our normal bucket hats as well for $8.80 each.

Uniform prices will be increasing in 2017.

All current stock will be sold at 2016 prices until the end of the school year.
Grade 5/6 Anglesea Camp

Last Wednesday we went on our grade 5/6 camp to Anglesea. We packed up the buses, said goodbye to everyone at home and started our adventure.

We drove through to Anglesea and had a relaxed lunch down by the river before we checked into Burnside Camp and got everything organised in our cabins. The cabins were really great with lots of space for everyone.

After getting the cabins organised it was time to start the afternoon activities. There was lots to do and everyone really enjoyed the 10 metre zipline challenge and the archery. It was great to see everyone pushing their boundaries and having a go at new and at times difficult things.

Thursday morning we got to have a go at the climbing wall. Once we were harnessed in we got to choose our own path through to the top of the wall. It was a scary 10.6m climb and once we were up at the top the view was pretty amazing for those who could open their eyes. The abseil back down again was great fun too.

Thursday afternoon we went to Anglesea Main Beach for our surf session with Go Ride a Wave. It was really hot on the beach but the water was nice and cool. Nearly everyone got to stand up on the boards and we all had great fun.

Finally Friday morning came around and we got to pack everything up before having one last go at the Zipline and the Climbing wall. Then we got back into the buses and made our drive back to Mortlake.

Everyone had an amazing time on camp and we were really lucky to have beautiful weather. We would like to say a huge thanks to Mrs Boyden and Jackson Boyden for filling in on the camp at the last minute. Also thanks to the other teachers who came along and made the camp great fun. We had a great time.
Nelson Year 7 Camp

Twenty-eight Year seven students travelled to Nelson last week, Wednesday until Friday to complete their annual tent camp with Staff members Andrew Bennett, Mark Croucher and Anne Demanser. Students departed school on Wednesday morning in drizzly weather and headed for the Swan Lake sand dunes via Portland where they stopped to purchase three days food at the Aldi Store. The sand dunes are located in the Discovery Bay Coastal Park in the SW area of the state. Students were eager to climb the highest sand dune in the Park where they preceded to slide, fall and roll down this particular dune. After spending two and a half hours in the Park they drove to the Kywong Caravan park located near North Nelson road, Nelson. All students soon became settled in their three man tents. After a healthy tea consisting of BBQ and salad cooked by the students in their various groups they then went to Simson’s landing for fishing. Unfortunately, no one caught a bream or river perch due to dirty river water and the amount of fishing lines becoming tangled.

On the second day after cereal, fruit, toast and tea for breakfast the group ventured across the Victorian border into South Australia to visit the popular Princess Margaret Rose Caves. After visiting the caves where students viewed some great stalactites and stalagmites they then drove further into South Australia to explore the crater Mount Schanck but due to high winds they only completed the walk up to the rim of the crater and back. The group then drove to Port McDonald where they walked the newly formed breakwater. Later that day the group drove to the Ocean beach located in the Discovery Bay coastal park. Students walked almost to Noble rocks and back. On Friday, all packed up camp by 9.00am before heading to Portland to visit the Portland Marine Discovery centre where they undertook a series of task relevant to ship wrecks along the South West Victorian Coast. Arriving in Port Fairy at lunch time. The group had prepared roll ups and fruit for lunch on the railway reserve before arriving back to Mortlake College at 3.00pm.
Week six Term 4
Fourteen students together with Mr. Bennett and Ms Coate travelled to Halls Gap Monday to Wednesday for a two-night tent camp staying at Halls Gap Caravan park located in the center of Halls Gap. The focus of the camp was to complete some outdoor adventure activities in order to test the mind with getting out of one’s comfort Zone linking with strategies of Positive psychology. Personal achievements when faced with challenging situations were explored by students undertaking to half day sessions of abseiling and rock climbing with the Adventure group “Hang in” out. Students travelled to the Sundial basin carpark on the first day. It was quite exhilarating to see the size of the sheer walls the students tackled. After a full half day on the mountain we cooked a BBQ for tea before going to bed at around 10.00pm.

On the second day we drove to Mount Zero in the Northern Grampians to undertake some more rigorous climbing and abseiling. All students tackled this positively were some major hurdles were overcome. Noel Nicholls a private tour operator took the group on a guided night walk in the hope of spotting some wildlife with red lens spot lights. We were only fortunate to see a barn owl and two possums. On the final day students went to the Halls Gap Zoo on their way home. All became involved in the reptile session where they were able to hold a python and learn about its habitat and sensory indicators.
PORT FAIRY TO MORTLAKE BIKE RIDE

Part of the Secondary Bike Education program involved 11 students riding their bikes from Port Fairy to Mortlake on Tuesday 15th November. Students rode a total of 70km.

A special thank you to Mrs Good coming on the ride and Mrs. Bourke for transporting the students over to Port Fairy.

YEAR 7/8 GIRLS CRICKET—MELTON—REGIONAL FINALS

Results:
Lost to Monivae College by 50 runs
Defeated Castlemaine by 60 runs
A special thank you to Jason Fowler, Emma Hughes and Chris Barry for transporting the girls to this event.
Well done girls!!

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
http://www.facebook.com/SchoolSportVictoria
https://twitter.com/@SchoolSportVic

Nathan Jones—Year 7-12 Sports Coordinator
jones.nathan.t@edumail.vic.gov.au
This week hands on learning team headed off to Coomee homestead to help out with some general gardening maintenance. Students raked and cleaned up paths and existing gravel tracks within and around the Homestead.

After lunch we headed back to the kinder to finish of filling the raised garden beds with soil. It was a very big day with only half of the team there due to camps etc, the team worked really well and accomplished quite a lot of work for the day. Well done again!

Next week we are off to Warrnambool for an excursion and a day out. Some things planned include… Music workshop, Paint ball session, Logans beach whale watching and just having lots of fun together. In a couple of weeks we will have a visit from Vicki Angus assistant principal from Camperdown College to see how the hol program runs.

Till next time!

Regards; Ben Cross & Ross Trahair
Parents’ Association

Upcoming Events:-
Tuesday 22\textsuperscript{nd} November- General Meeting, 1:30pm at Olivine
Tuesday 29\textsuperscript{th} November- Cooking Egg and Bacon Rolls for break-
fast at the Great Victorian Bike Ride. We are looking for helpers to
start at 5-5:30am.
Friday 16\textsuperscript{th} December- Mortlake Christmas Parade- Pancakes, Pop-
corn and Milkshakes.
February 2017-Annual General Meeting

Thank you, Elizabeth Mann—Parent Association
Photos from the Open Garden held 20th November
Tickets are available through the Well Being Centre at $10 per head as well as through the contact listed. Those wanting to know more can visit https://www.facebook.com/events/1765504293702263 or Google “Embrace trailer 2016”. This film has recently been classified as 10 years plus. The Wellbeing team would recommend children over 10 years of age both male & female attend with an adult. We are looking at possibly running a follow up session in class for those students who attended. Many thanks for that Cheers Leanne O’Conner
How your kids can get a good night’s sleep

Many kids today are sleep deprived. Teenagers, in particular, don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Not getting enough sleep leads to sleep deprivation, which is akin to jet lag, where kids don’t function at their optimum. Lack of sleep leads to irritability, decreased creativity and memory lapses. It also has strong links to anxiety and depression.

How sleep helps kids
Sleep maximises the brain growth which occurs with toddlers and teens. Sleep also consolidates learning: sleep research has shown that the brain practices what it has learned during the day when a child or young person is asleep. So sufficient sleep consolidates past learning as well as keeps kids fresh to maximise their future learning.

Develop good sleep habits when kids are young
Sleep experts stress that while adults may not have control over biology we can assist children and teens to establish good sleep patterns. Children usually carry good sleep habits into adolescence. If you struggle to get young children to sleep or constantly battle kids who want to stay up longer, some knowledge of good sleep habits may be useful.

Good sleep habits include:

1. Regular bedtimes kids may fight this, but make sure kids keep regular bedtimes during the week and allow them to stay up a little later on weekends. Children need between 10 and 12 hours of sleep each day, while teens need a minimum of nine hours.

2. A 45-minute wind-down time before bed This includes: removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that sleeping time is near.

3. A bedtime routine Have a bedtime routine, such as story reading and teeth cleaning, that signals psychologically that it is time for sleep. A set routine means that kids can predict. It also means that some children will fight bedtime so you need some good strategies in place to get kids to bed and make sure they stay there.

4. Keeping bedrooms for sleep Bedrooms that resemble caves are recommended. It gets tricky with mobile phones and other information technology, but it’s smart to keep devices and laptops out of bedrooms at sleep-time. This goes for parents too. I’ve noticed most parents sleep in technology-free bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms. Also don’t let kids do schoolwork on their beds. If so, they’ll begin to associate bed with work, rather than sleep.

5. Maximise the three sleep cues These include: darkness (maintaining a cave-like bedroom); lowering body temperature (baths can be good for this); and melatonin (work within their cycle). If your kids get less sleep than they should, check out the five habits above and work out which of these you can adjust to move things in favour of them getting more sleep.
MORTLAKE COLLEGE P12
YEARS 5 – 7
PRESENT
THE LION KING JNR

Come and watch the end of year celebration of this semester’s Performing Arts class.
A one hour long version of The Lion King, suitable for all ages.
Tickets available at the General Office 55992204

Monday, November 28th, 7pm
Adults $8, students $5, Under 5 free

Wednesday Matinee, November 30th, 12pm
Adults $5, students & U/5 free

Friday, December 2nd, 7.30pm
Adults $8, students $5, Under 5 free

In the BER building at Mortlake College
Find your THING
TURN IT INTO A JOB YOU LOVE

COME ALONG TO A 2017 COURSE INFO SESSION.

With over 150 courses and opportunities on offer, from health to horticulture or childcare to engineering, you’re sure to FIND YOUR THING and turn it into the job you’ll love.

Don’t miss out, come to one of our info sessions to find out more and apply for a 2017 place.

INFO SESSIONS - WARRNAMBOOL CAMPUS

Monday 28 November
12.30pm - 3.30pm
- Moulding, Carpentry, Plumbing, Engineering
- Electrics and Automotive
- Information, Digital Media & Technology
- Agriculture, Horticulture, Agriculture & Conservation
- Hospitality
- Business, Events & Tourism
- Yarra Hume
- Graphic Design
- Training and Assessment
- General Education for Adults

Tuesday 29 November
12.30pm - 3.30pm
- Community Services
- Nursing, Aged Care, Disability Programs
- Disability Support Training, Allied Health Assistance
- Education Support (teacher aide)
- Early Childhood Education and Care
- Hair Beauty, Nail Technology & Massage
- VQG Program

APPLY NOW FOR 2017 COURSES
Bloke’s BBQ

Let’s get together to celebrate the men in the dairy industry with a FREE men’s night out.

After a challenging year it is time to get off the farm for an evening of laughter and entertainment. The evening will be part of the Movember campaign and those participating will be able to have a professional shave to get the Mo off. But there is plenty for those without hairy upper lips, including two very special guest speakers, Rodney Hogg and Sam Kekovich.

Sam Kekovich AFL star and author Sam Kekovich is a flamboyant media identity and the ‘out-there’ face of the Australian meat and livestock campaign for lamb. His presentation will bring together all his best stories and the characters he has encountered over the last 30 plus years of his involvement in football and life, adding his own special slant and commentary on the world.

Rodney Hogg Cricket Legend and media commentator Rodney Hogg will entertain with fascinating stories about his life and a great sense of humour to match. “Hoggie” was a genuinely quick bowler who destroyed the English batting line-up on his entrance to Test cricket.

When: 30th November 2016, 6.30pm – 9.30pm
Where: Terang Harness Racing Club, Princess Highway Terang
FREE BBQ Dinner available from 6.30pm until 8.00pm followed by dessert. A complimentary drink will be offered on arrival. RSVP essential for catering purposes.

RSVP by Monday 28th November to Amanda at WestVic Dairy on 5557 1000 or email amanda@westvicdairy.com.au

To join our local Movember dairy team or to donate, visit: http://movember.com/south-west-vic-dairy-farmers

For more details contact Amanda on 5557 1000 | amanda@westvicdairy.com.au | westvicdairy.com.au
Simpson Primary School

FETE!
Saturday 3rd December
10-2
Simpson Town Square

Lots of stalls to grab your Chrissy presents!

Santa Photos
Santa will be back to have your family photo taken
Only $5 each

Milkshake

Rides

Bikes

Car Boot Sale

Cake Stall
MORTLAKE GOLF CLUB

9 HOLE COMPETITION
FOR JUNIORS AGE 9YRS TO 17YRS
BOYS & GIRLS

SUNDAYS THROUGHOUT DECEMBER 2017
FROM 1.30PM
NO COST
GOLF CLUBS AVAILABLE AT GOLF CLUB

CONTACT: JOHN SNOWDEN
MOBILE: 0418 995 478
EMAIL: jsnowden126@gmail.com

MT SHADWELL CALISTHENICS

CLUB

2ND ANNUAL CONCERT
2016.

SOLDIERS MEMORIAL HALL
MORTLAKE
6.30 PM
SATURDAY NOVEMBER 26TH

TICKETS: $10.00 Adult
$5.00 Children (5-16)

To pre-purchase call 55992495 or 0408523590.
Tickets also available at the door.

Come along for a great night of entertainment
with a difference.
Terang Swimming Club will commence training the week commencing Monday 28th November.

Stroke correction and squad training will be held Tuesday and Thursday afternoons coached by Hannah Justin. Hannah is a qualified instructor and has a wealth of knowledge and experience due to her many years of competitive swimming. Fee for this class is $7 per hour lesson.

Training will run for three weeks finishing Thursday 15th December and will start up again Tuesday 31st January 2017.

Learn to swim classes will commence Tuesday 31st January 2017 and will be both Tuesday and Thursday afternoons. Fee for this class is $5 per ½ hour lesson. Maximum of 4 in a group.

All club members are encouraged to compete at the Annual Terang Swimming Carnival in mid February.

Swimming Victoria Membership is compulsory for insurance purposes for participation in all classes.

Junior Dolphin Membership 7yrs and under is free
8 Yr old Junior Dolphin Membership is $55 – eligible for competitive swimming
Recreational Swimmer is $80
Competitive Swimmer $110
Fees are payable at the commencement of 1st training session.
Our last training day will be Thursday 16th March 2017
Please contact: Narelle Cavarsan 0439 882589 or Lisa Chesshire 0438 922275 for enquiries
# 2016 Calendar

## November

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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>21st-25th</td>
<td>Year 3/4 Bike Ed</td>
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<tr>
<td>Nov 21-Dec 2</td>
<td>Headstart</td>
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<tr>
<td>26/11-04/12</td>
<td>Great Victorian Bike Ride Camp</td>
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<tr>
<td>Mon 28th</td>
<td>Lion King Evening Performance</td>
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<td>Wed 30th</td>
<td>Lion King Matinee</td>
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<td>Wed 30th</td>
<td>P-7 First Aid</td>
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## December

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Thurs 1st</td>
<td>We love Rock &amp; Roll Performance</td>
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<tr>
<td>Fri 2nd</td>
<td>Lion King Evening Performance</td>
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<tr>
<td>Fri 2nd</td>
<td>Last Day Year 10 &amp; 11</td>
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<tr>
<td>Mon 5th</td>
<td>Choir Excursion Warrnambool</td>
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<td>Tue 6th</td>
<td>Orientation Day</td>
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<td>Tue 6th</td>
<td>Presentation Night</td>
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<td>6th-15th</td>
<td>P-3 Swimming</td>
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<td>Fri 9th</td>
<td>Grade 4 Assembly 9am</td>
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<td>Fri 9th</td>
<td>Helpers Morning Tea</td>
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<tr>
<td>Mon 12th</td>
<td>Choir performing for Probus</td>
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<tr>
<td>Friday 16th</td>
<td>A LA CAFÉ 12pm-3pm</td>
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<tr>
<td>Fri 16th</td>
<td>Mortlake College preforming at the Mortlake Carols</td>
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<tr>
<td>Fri 16th</td>
<td>Students Last Day Finish @ 3.30pm</td>
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**End of School**
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 or call the 24-hour Victorian Bushfires Information Line on 1800 240 667.