



# EAST LODDON P- 12 COLLEGE

## PARENT NEWSLETTER

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**Respect - Resilience - Responsibility - Relationships**

Newsletter No10

Date: 20th April 2017

### *Dates for Your Diary*

#### APRIL

**24th Sandhurst Division Cross Country**

**26th State Swimming**

**24th Sandhurst Division Cross Country**

**26th State Swimming**

#### MAY

**5th Sandhurst Division Athletics**

**9th –11th Year 3, 5, 9 NAPLAN**

**12th NAPLAN Catch Up**

**Yr 9/10 Term 2 Sports Day**

**18th Yr 7 Immunisation**

**24th—26th Outdoor Ed Bike Camp**

**25th Yr 7/8 Term 2 Sports Day**

## From the Principal

### SCHOOL ANZAC DAY SERVICE AT THE COLLEGE

The College will hold an ANZAC Ceremony in the College gymnasium this coming Monday 24<sup>th</sup> April starting at 2:30pm. This year, our special guest speaker will be Mrs Therese Phillips who will discuss her father's involvement in the Second World War.

Community members are invited to attend this ceremony at the College.

### ANZAC Day Badges

Our local Mitiamo RSL Sub-branch, who have been great supporters of the College, have once again asked the College to assist in selling ANZAC Day badges and wrist bands this year. We currently have items available for sale at the cost of \$2, \$3, \$4, \$5 and \$10. We would urge anyone planning on buying an ANZAC badge this year, to do so through the College. Badges are available for sale tomorrow and this coming Monday. Year 6 students will be selling badges to staff and students at school, with parents also able to send money in an envelope to the College Office if they wish to purchase additional badges.



### Debutante Ball

The biannual East Loddon P-12 College Debutante Ball was held on the final night of



Term 1 and it would be fair to say that the night was a great success. The deb's and their partners were simply outstanding on the night, dancing tremendously well and conducting themselves beautifully. There was an enormous crowd in attendance on the night, with a wonderful community feel!

## Respect - Resilience - Responsibility - Relationships

# Principal's Report Cont.

Many thanks are extended to Deb Ball organiser, Sue Cail, along with our dedicated Parent Association and many student, staff and parent volunteers who ensured that the night ran smoothly. Our Debs and their partners deserve to be very proud of themselves after the success of this recent event. Well done to you all!

### College Uniform

East Loddon P-12 College students are generally terrific when it comes to the wearing of uniform, with the large majority of students arriving at school each day in the correct attire. From time-to-time however, the College needs to have a renewed focus on certain items of clothing that begin to become the 'preference' in particular classes or age groups at school. Currently, our greatest uniform issue appears to be a tendency for senior female students to wear black shorts rather than grey. Just to clarify for all, black shorts are not part of our girls uniform (our students know this too!) and there are grey options available through our College Office.

As a College we would like to assist all students to obtain and wear correct uniform. If you are currently having difficulty sourcing correct uniform for any particular reason, please speak with us in the College Office. There are many items of second-hand uniform (in very good condition) that are available for purchase at the College and our Parent Association also have a great deal of new uniform items at the moment.

For those that are uncertain of College uniform requirements, our Parent Association will have a specific feature on correct College uniform in next week's edition of our College Newsletter.

### Lions Club – Photo Fest

On the first Friday evening of the holidays, I attended the East Loddon Lions Club Photo-Fest, which was a great community evening. There were many displays of art and craft from local students and community members and the evening also served as a great chance to chat with local Lions and community members.



### The 2017 Attitudes to Schools Survey

We want our students to tell us what they think!

Our school is conducting a survey to find out what your child thinks of our school. The Attitudes to School survey

is an annual student survey offered by the Department of Education and Training. The survey assists schools in gaining an understanding of students' perceptions and experience of school. Our school will use the survey results to assist in improving your child's schooling experience.

This year the Attitudes to School survey will be conducted at our College between Monday 22 May and Friday 23 June. The survey only takes 20-30 minutes to complete and occurs during your child's class time.

Students from Year 4 to 12 at East Loddon P-12 College will participate in the survey, completing the survey online during school hours using a purpose built secure online survey tool, with results being reported back to the school sometime in Term 3. The Department has updated the survey for 2017 to include important new measures that are known to influence student engagement and performance.

Students privacy is our priority

Your child will be provided with a unique login to complete the survey. The student login is an assigned identifier that may be used by the Department to combine data for research purposes only. Your child's privacy and the confidentiality of your child's survey responses will be protected at all times. No identifiable personal data is included in the survey response file.

This survey is not a test and your child has the right to refuse or withdraw from the survey at any point before, during, or after completion.

Want to know more?

Please speak to your child's teacher if you would like more information or see: [Attitudes to School Survey](#)

### Possible Youth Mental Health First Aid Course

In 2016, the College was fortunate enough to be able to host a Youth Mental Health First Aid Course, which was well attended by the College community and spoken very highly of by participants. Once again this year, the College has the chance to host a course with Mr Greg Currie once again presenting. The intended course is tentatively planned for Thursday 27<sup>th</sup> and Friday 28<sup>th</sup> of July, with approx. 6 hours of course tuition on both days. The target audience for this course is parents, community leaders and sporting club leaders, as well as education staff. We are currently looking for expressions of interest in this course and would like these expressions asap. Please make contact with the College Office to express an interest, or alternatively email myself

[leed.steven.a@edumail.vic.gov.au](mailto:leed.steven.a@edumail.vic.gov.au)

For further information on this course please take a look at the following link - <https://mhfa.com.au/courses/public/types/youth>

**Steven Leed**  
College Principal

# Assistant Principal's Report

## Assistant Principals News

What a busy end to last term, with the Deb Ball and usual scurry of end of term things to do. With all the excitement of that and with Parent Teacher Student interviews yesterday, our Year 6 students have had very few chances to sell ANZAC badges. This is a real shame, as we pride ourselves in handing over a big sack of money to the RSL each year that we have collected from the school community. With this in mind, PLEASE PLEASE PLEASE if you intend purchasing an ANZAC badge, can you please do so through the school either tomorrow or on Monday. Our ANZAC assembly will be held in the Gymnasium on Monday afternoon from 2:30 pm. For those new to the school and for those who may have forgotten, our local RSL donated the money that allowed us to purchase our performing Arts stage a few years ago. So in more ways than one, it would be nice to give a bit back. Badges start at \$2 and top out at \$10. We also have a number of wrist straps \$3 and bag badges \$4. Let's get behind this cause and show the RSL that we appreciate the support that they have offered our community. All community members are welcome to attend our ANZAC Commemoration.

Parent Teacher Student interviews saw many faces in and around the school yesterday. If you wish to offer any feedback about these interviews please forward this on to me. We have tinkered with how this has operated in the past few years and have experimented with different formats. This was in response to numbers attending falling below 40% at one stage. Final numbers are not in yet, but the lowest attendance rate of any year level at this stage is a little over 50% with most homegroups having over 70% of parents attending. We really appreciate that so many people have rescheduled their week, so that a short meeting could be held to discuss progress. For those who could not make it, staff will attempt to contact you by phone or email in the coming days. Thanks again for your ongoing support.

**Scott Wilkinson.**  
**Assistance Principal**

**INTER-SCHOOL SPORTS DAY:**

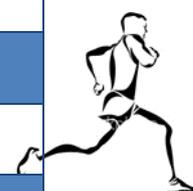
**What:** Sandhurst Division Interschool Cross Country

**When:** Monday 24<sup>th</sup> April

**Where:** Sebastian Harness Racing Recreation Reserve

**Who:** the following students have been selected to compete and have been given a permission form. Please let Mr. Young know if you are unable to compete.

12/13 Girls	Alicia H	Sharni A	Jasmin G	Trista W
12/13 Boys	Brodie W	Blake O	Roscoe C	Colby C
14 Girls	Emma K	Zeki J	Bridget B	Isobelle Bs
14 Boys	Will S	Connor C	Oscar H	
15 Girls	Jasmine C	Lydia M-H	Sophie H	
15 Boys	Tom A	Hugh C	Nicholas V	Jack D
16 Girls	Jess D	Chelsea H		
16 Boys	Nathan D	Jack S	Jack W	
17+ Girls	Alia M-H	Jo C	Jacinta C	
17+ Boys	Zac C	James V	Will S	Dylan H



## Yoga Classes

*Some of the benefits of Yoga include;*

- *Improved muscle tone, flexibility, strength, stamina, balance, posture, immunity & circulation*
- *Reduced stress, tension and anxiety*
- *Better quality sleep*
- *Improved concentration & creativity*
- *A sense of well being and calm*

**Wednesday nights  
7.30-9pm  
Multi-purpose room  
at East Loddon College  
\$15pp**

**Starting Wednesday 19th April 2017,**  
*running throughout term 2 (if enough numbers it will continue in term 3 & 4).*

*All ages (13+) and abilities welcome  
(one does not need to be flexible!)  
Every class ends with an enjoyable  
guided relaxation.*

*Wear comfortable stretchy clothes.  
Bring own blanket, water bottle & matt  
or borrow a matt on the night.*

Classes are run by fully qualified yoga  
teacher Sharon ph. 0427 421 337.



**P-4 Update**

**Building Strong Foundations**



**P - 4 Sub-School**

**STUDENT OF THE WEEK**

**Prep Lucas C for trying his best in all areas.**

**Year 1 Oscar for his effort with his story writing and the gains he has made with spelling.**

**Year 2 Emily for recent gains with work habits.**

**Year 3 Riley for being more organised with getting started.**

**Year 4 Kathleen for great effort with her writing.**

**You Can Do It!**

**Prep—Logan M**

**Year 1—Ruby O and Abby**

**Year 2—Gerogia**

**Year 3—Oliver**

**Year 4—Ryan and Ebony**



**Reading Clubs- WELL DONE!**

**50 Nights of Reading**



**Y4- Fynn, Nathan and Matilda**

**Y3- Aiden, Joe, Emily, Riley, Keira, Tori, Hayley, Logan, Tristyn, William and Oliver**

**Y2-Georgia, Emily, Billy, Logan**

**Y1- Lily, Sarah, Angus, Oscar, Archer and Charlie**

**Prep- Lucy**

**Prep Letters in Focus**

The emphasis is on the long e vowel sound. This can be made with the ‘e’ as in ‘me’, the ‘ee’ as in ‘bee’, the ‘ea’ as in ‘seat’, the ‘y’ as in ‘baby’ and the ‘ey’ as in monkey. The five different ways we have of creating the one sound in English goes to show how complex our language is. It also reinforces why it is essential that the visual element (Does it look right?) accompanies the phonemic component (sounding through).

**Prep Words To Fluency**

**‘said’**

**Interviews**

Thank you for taking an active interest in your child’s learning and joining us for Interviews. This is a great process and while a significant part involves the school talking about achievements and areas of future learning, your child’s teacher was also keen to gain insights about your child from your perspective. Communication is the key to a very successful learning partnership aimed at maximising learning outcomes for your child (academic, social and emotional). If you were not able to attend, please contact your child’s classroom teacher and arrange another time.

**Re-establishing Routine- Resetting the Body Clock**

With Daylight saving finished, along with the Term break with its more flexible wake up times etc., it is very important to re-establish routine for Term 2. Spontaneity is good but it is routine that keeps things running smoothly. Remember to re-establish ‘reading/ homework time’ and bed time. Sleep is extremely important for your child’s physical and emotional development. Consider the vast amount of research that clearly found that light emitted from electronic screens (e.g. television or computer) just before bedtime can disrupt normal sleep patterns. A bedtime story or relaxing music may be far more conducive to bringing on readiness to sleep.

**Literacy Hints (What do good readers do?)**

The minds of good readers are always reading/ thinking ahead and predicting what is coming up in the text. This involves using their knowledge of the content they are reading and grammatical structure of our language. As their eyes come to the words, they visually confirm their predictions using letter clues (sometimes only a few letters are required to validate the confirmation).

When confronted with an unfamiliar word, encourage your child to think about:

**What would make sense? – Semantics** (This involves using their knowledge of the story and its content to make an informed prediction).

**What would sound right?- Syntax** (Using their knowledge of the way our language is structured, for example word order).

**What does the word look like?- Phonemic awareness** (Using their knowledge of how letter symbols work together to create sounds).

Good readers rely heavily on the first two strategies to make informed predictions, using ‘sounding through’ when they are reading an unfamiliar topic or there are a number of suitable alternatives and need to refine their prediction.

Please note that ‘sounding through’ is extremely important but it should never be the first strategy, rather, it should be used in conjunction with the other two prediction strategies. As mentioned in a previous newsletter, students are encouraged to group letters together (clustering) rather than just saying each one. Remember that ‘sounding out’ requires considerable concentration and memory, and it is essential to re-establish meaning and structure by rereading from the beginning of the sentence.

**Peter Vernon  
P-4 Co-ordinator**

**Middle Years Captains Report**

This week we have come back from holidays, but we had Parent Teacher Student interviews cutting the week short. We hope everyone had a good Easter and a great first day back at school. Oscar and Zoe

**Parent Student Teacher Interviews**

Thank you to all parents who came in for interviews on Wednesday. It was great to talk through and show all the many great things that our students are achieving and identify areas for improvement. Please feel free to contact staff at any time to discuss your child's progress at East Loddon P-12 College.

**Maths Pathway Growth Rate Cup**

Congratulations to the Year 6 class who achieved the highest growth rate (105%) of all maths classes on Maths Pathway. Well done, and Year 8 will win in Term 2!

**Somers Camp 2017**

Seven of our Year 5/6 students will be attending Somers Camp on the 23<sup>rd</sup> – 31<sup>st</sup> May 2017. Parents of these students will receive a letter from school early next week outlining the specific details of their bus pick up and drop off location and further details about activities and groupings on camp.

**Uniform**

As a whole school, we are using Term 2 to step up our focus on uniform. The vast majority of Middle Year's students are in correct uniform each day, but please ensure that if your child needs to wear an out of uniform item for a day. Please send a note with your child explaining the reason and giving your permission. As the mornings are getting colder, this might also be a timely reminder to make sure your children have enough warm uniform items for the winter months ahead.



**Senior School News**

Welcome back to Term 2. I hope that everyone had a nice Easter break and was able to relax and spend time with family and friends. I was incredibly impressed with the 2017 Debutantes. They looked amazing, were able to dance beautifully and conducted themselves as fantastic young adults and ambassadors to our community throughout the entire day and evening. I was very excited to be invited as the announcer with Mr Wilkinson. Although, I was slightly envious that Mr Wilkinson was not required to read out words to describe the intricate details of the young ladies dresses. Or pronounce our lovely German exchange students Veronika and Simone's places of origin.

Every Deb Ball I am constantly surprised and impressed by the overwhelming community support. It with pleasure that past students, staff, parents, younger students, grandparents, aunts, uncles and friends attend the event. I'm not good with number estimates, but there must have been at least 400 people at this event. I heard that family travelled from as far as northern Queensland to be in attendance. It is truly touching to see adults having such a great time, looking stunning and not partaking in alcoholic indulgences. This amazing community event is a true credit to anyone that attends, participates and assists voluntarily on the occasion.

Now for some special mentions, Hannah T and the Parents Association continued to maintain the immaculate standard of food served at Deb Balls. They created, baked and cooked their way to new standards of delicious food. It was all yum, thank you so much for your efforts. Thanks to other parents who assisted on the night Leanne W, Penny C, Darren W, Kaeler G, Robyn F and to all the others involved and behind the scenes please know that I think that you did a fantastic job!

Thanks to students and staff who assisted with serving food and greeting guests, Nick M, Miss Pilkington and Mrs Heaslip. There were also some helpful students who managed to provide great hospitality assistance also, such as, Cyan N, Will S, Hannah R, Georgia W, Abbey & Jade C. Thank you to the Trainers Richard & Jacinta H, Rod M, Clare & Jim H and of course other official party guests, Mr & Mrs Leed and Mrs Clare.

Well done, Sue Cail for organising such a wonderful event, BIG thank you to all involved. I'm very proud to also be a part of such an event.

On another note, thanks to all parents and students for supporting the Parent/Teacher/Student interviews yesterday. The attendance from Year 12 students and parents was excellent. Thank you!



**Deutschenachrichten**

I hope everyone had a Frohe Ostern (Happy Easter) and that the Osterhase left some Ostereier behind.

This week is the last week that Simone and Veronika will be at East Loddon. On all accounts they were a pleasure to have in class. Especially in the Year 9/10 German class. Wishing them all the best for the future. Now it will be Jessica D and Chelsea H who will be flying to Germany in November. Simone and Veronika will be flying back home this weekend. To the Host families a very BIG THANK YOU for looking after and taking care of the girls while they have been at East Loddon. Vielen Dank.

**Annette Burgstett**  
**German Co-ordinator**

## How to Handle the Violent Videos at Your Kid's Fingertips.

Protesters push, shove, and yell obscenities at each other. A young refugee's body washes up on the shore. A bus driver is bullied while students cheer. A man commits suicide.

These aren't scenes from a video game. Thanks to live-streaming apps such as Facebook Live, live.ly, Periscope, and others kids can watch actual scenes of real-life violence in their social media and news feeds. And these videos are unlike anything anyone has ever seen before. As kids scroll and swipe through the day's events, they're not only watching real-life violence unfold in real time, they're interacting with it. They're commenting, sharing, and using other digital tools to process the raw footage. It's a strange time we're living in: Technology can open up the world for our kids -- but often before they're ready to see it and definitely before we understand the impact it has on their developing minds.

Plenty of research has been done on the impact of media violence on kids. While it's oversimplifying to say violent media equals violent kids, studies show that watching, playing, and reading about graphic violence can make kids aggressive, antisocial, and desensitized. This is especially true for kids raised in an environment with other risk factors for future violence, such as an abusive household. But the technology that allows for instant, live broadcast of violence as it's happening to real people is brand-new. And video is more visceral than static media. We simply don't know yet what the impact on kids is. When it comes to kids who are particularly vulnerable to the effects of media violence, the lack of data is very troubling.

But just because we have 24/7 access to news doesn't mean we have to subscribe to it and watch it. You actually have more control over what your kids see and how they perceive it than you might think. By using various settings and having meaningful conversations, you can help them make informed decisions about their social media feeds -- and help put things in perspective for them when they do scroll by those violent videos and images. Here are some ideas for managing the real-life violent images on tweens' and teens' devices:



### DEVICE AND APP SETTINGS

**Set preferences.** Facebook and other social media allow you to choose whom to follow and, to some extent, what kinds of posts you see. Check your kid's social media settings to see what options are available to curate the feed. If certain friends always post violent, age-inappropriate posts, you can unfollow or unfriend them.

**Choose your news.** News feeds such as Google News let you pick which news sources and topics you're interested in. Help your tween or teen select age-appropriate sources and topics.

**Turn off auto-play.** Make sure violent videos don't play automatically as your kid scrolls by. Learn how to turn off auto-play on some of the most popular social media.

**Turn off push notifications.** You can avoid news alerts by turning off notifications on your phone and in your apps.

### WHAT TO TALK ABOUT

**Tell kids to wait.** As much as you might wish kids just wouldn't watch these videos, they will. So you have to be realistic. You can frame it for them as taking control of their experience: Explain that they have a choice of when and how to watch these videos. Tell them that the fact that the videos show up in their feeds doesn't mean they have to watch them immediately. Discuss how waiting until you're calm or with supportive friends and family can be a way of taking care of yourself. For younger kids, tell them you'd like to view these types of videos together so you can discuss them.

**Practice media-literacy skills.** Analyzing media, including real-life violent videos, trains kids to think critically about the information they're receiving. Real-life violent videos are so emotionally charged; kids may miss key contextual details. Ask your kids: Who are the people in the video? What are they saying? Who is their audience? Why are they recording in this manner? What information is the recording giving? What information is it leaving out?

**Stay current.** Though it's unlikely you will consume as much social media content as your kid, it's a good idea to stay current on pop culture. Kids might not always tell you when they've seen something disturbing, so if you know a particularly upsetting video is going around, you can proactively address it.

**Help kids express their reactions.** The feelings that are triggered after watching these types of videos -- fear, anger, sadness, excitement, stress -- can be confusing. Create a safe and nonjudgmental space to explore feelings to support tweens' and teens' emotional maturity.

**Help your kids tap into feelings of empathy.** The more media violence kids are exposed to, the more "normal" it appears. Repeated viewings can desensitize your kids to others' pain and suffering. Ask them how they'd feel in real life if someone they knew was badly hurt. Maybe your family can help support victims or a cause depicted in the video.

**Remind them that real violence isn't a joke.** When people get hurt, that's not entertainment. With older kids, you can talk about the social, political, and other issues contributing to the situations they're viewing.

**Ask kids if they relate to the people in the video.** Viewers who believe media violence "tells it like it really is" and who identify with the perpetrator may be stimulated toward violent behavior over time.

*Another day, another raw video scrolling by. Get tips for talking to kids about the impact of graphic violence in their social media feeds. This article is by Caroline Knorr. As Common Sense Media's parenting editor, Caroline helps parents make sense of what's going on in their kids' media lives.*

More information can found on [www.common sense media.org](http://www.common sense media.org)

## Canteen News

### Canteen Roster

APRIL			Monday 8th	Belinda Clymo	
Friday 21st	Leanne Welsh	Kaeler Grigg	Tuesday 9th	Sue Pickles	
			Wednesday 10th	Bec Cullen	
Monday 24th	Michelle Diss		Thursday 11th	Sue Pickles	
Tuesday 25th	ANZAC DAY		Friday 12th	Toyah Ketterer	Yoli Humphries
Wednesday 26th	Sue Pickles				
Thursday 27th	Sue Pickles		Monday 15th	Margaret Hocking	
Friday 28th	Michelle Balic	Kylie Addlem	Tuesday 16th	Sue Pickles	
			Wednesday 17th	Penny Cockerell	Brian Duffy
MAY			Thursday 18th	Sue Pickles	
Monday 1st	Judy Mountjoy		Friday 19th	Lynda Carwright	Leanne Welsh
Tuesday 2nd	Karen Pascoe	Narelle Maddison			
Wednesday 3rd	Sue Pickles		Monday 22nd	Michelle Diss	
Thursday 4th	Sue Pickles		Tuesday 23rd	Sue Pickles	
Friday 5th	Natalie Rose	Miranda Smith	Wednesday 24th	Nicky Lawry	
			Thursday 25th	Sue Pickles	
			Friday 26th	Mel Primrose	Kaeler Grigg

# SCHOOL SHOE SIZING CHART

Please remove shoes before stepping onto the scale (keep socks on).

## GIRLS SIZES

GIRLS 13 (191)

GIRLS 12 (183)

GIRLS 11 (175)

GIRLS 10 (167)

GIRLS 9 (159)

## BOYS SIZES

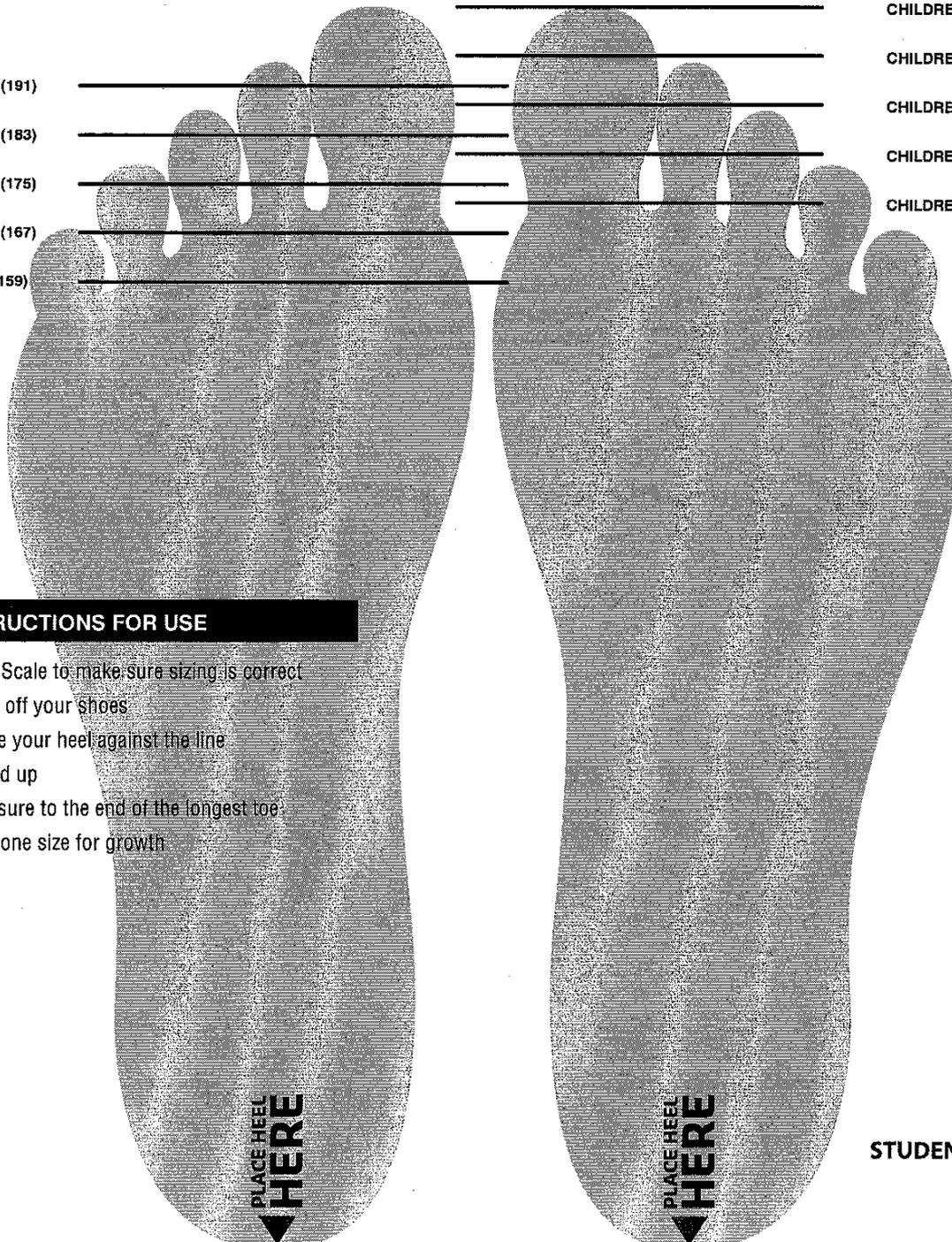
CHILDREN 13 (204)

CHILDREN 12 (196)

CHILDREN 11 (188)

CHILDREN 10 (180)

CHILDREN 9 (172)



### INSTRUCTIONS FOR USE

1. Test Scale to make sure sizing is correct
2. Take off your shoes
3. Place your heel against the line
4. Stand up
5. Measure to the end of the longest toe
6. Add one size for growth

TEST SCALE - 100 mm

STUDENT'S  
✓ CHOICE

## 2017 Prep CSEF Uniform Package Parent Order Form

**[insert School Name here]**



*Confidence  
to connect*

**Student Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

### About the package

In 2017 every Prep government school student who is in receipt of the CSEF payment automatically qualifies to receive a uniform pack through State Schools' Relief (SSR). See Fact Sheet for Parents for details.

### How to use this order form

This form has been developed to assist schools record individual student uniform requirements. Please record the required sizes for your child and return it to the school.

#### 1. Shoes (black leather) – using the attached A4 Shoe Sizing Chart please circle 1 only

Boys Lace Up (childrens size)	9	10	11	12	13
Girls Lace Up (girls size)	9	10	11	12	13
Girls Tbar (girls size)	9	10	11	12	13
Runners/Sneakers (Unisex Suede Skate Shoe) (childrens size)	9	10	11	12	13

#### 2. Uniform – please circle only 1 uniform item in each row below

Uniform Item	Size (use below size guide)
Windcheater / Jacket / Bomber / Rugby Top / Long Sleeved Polo / Short Sleeved Polo (voucher provided so size required)	
Tracksuit Pants	

**Size guide** – using the following Size Guide write the correct size for each item selected above

	4	6	8	10	12	14	16
Height (cms)	108	120	130	140	150	160	170
Waist (cms)	56	58	60	64	67	72	77
Hip (cms)	61	65	70	75	79	84	89

### SCHOOL USE ONLY

Before processing this application please check and confirm your supplier details in the SSR web portal ([www.ssr.net.au/schools](http://www.ssr.net.au/schools)) under UNIFORM PROFILE. If in doubt please call SSR to discuss.