NEWSLETTER NO  4  20th February 2014

Respect - Resilience - Responsibility - Relationships

What’s Happening

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
</table>
| Friday 21st February | P-12 Swimming Carnival  
SRC BBQ at Swimming Carnival Sausages $2 |
| Monday 24th February |                                         |
| Tuesday 25th February |                                        |
| Wednesday 26th February |                                       |
| Thursday 27th February |                                       |
| Friday 28th February | Student Investiture Service 2.40pm  
SH Division Swimming |
| Monday 3rd March |                                       |
| Tuesday 4th March  | Parents Association Meeting 1pm               |
| Wednesday 5th March |                                       |
| Thursday 6th March |                                       |
| Friday 7th March | Yr 9/10 Term 1 Sports Day                  |

From the Principal

P-12 Swimming Carnival
Tomorrow will see the culmination of the swimming programs at the College with a whole school carnival at Mitiamo Memorial Pool from approximately 9:45 am. Parents and friends of the College are invited to come along and support the students as they enter events that range from cork scrambles to freestyle relays. There will be a BBQ lunch run by the SRC which will have snags and condiments from about $2 as well as the normal pool kiosk which will sell drinks and snacks. Please note that students will not be able to leave the pool during the day but may be taken home by parents directly from the pool at the end of the day. Please provide a note if you wish this to happen as buses will run as normal from school at the end of the day and we need to know who will be using their normal service. Please ensure that students come prepared for all possible conditions as the forecast suggests we may have some variable weather.

Water Safety Program
Our swimming program has progressed extremely well with students making some wonderful progress with their skills as well as developing resilience in persevering through each session when the cold water starts to take its toll. We are very grateful to the parents who have given their time to assist with the program by taking a group of students for one or more sessions. While the number of people available to volunteer has been a bit lower than last year, a number of those people have been able to do multiple sessions and help us to run a high quality program.

School Council Elections
Remember that nominations for the 2014 council remain open until Friday February 21. There are three parent vacancies for which nominations are invited. If you are intending to nominate, please ensure that your nomination form is submitted to the College by 4 pm tomorrow.
School Photos
Photos will be taken this year by The Loft Studio on Wednesday March 19. All students will bring home a photo order envelope which needs to be returned to the College prior to the day of photos. This will give plenty of time to decide which package(s) you would like to order. To be involved in the photos, students will need to be in full school uniform so if you need support to make this happen, please contact the College prior to the day.

Attendance at School
For the past two years we have included information with students’ reports that have outlined the attendance rate for the semester and some comment on how such a level of attendance is likely to impact on educational achievement. DEECD has also introduced new policies regarding attendance which require all students to attend school, provide a reasonable explanation when this is not possible and endeavour to ensure that where learning is missed, an effort will be made to catch up. Further information will be included in coming newsletters as the new procedures will take effect as of March 1 this year. If you would like to read more yourself, please visit http://www.education.vic.gov.au/school/parents/behaviour/Pages/studentattendance.aspx

Investiture
Our student investiture assembly will be held next Friday, February 28, in the afternoon. Please consider dropping in to see our School Captains given their commission and then introduce the other leaders within the College. Full details of times and location are included later in the newsletter.

Active After School Communities
We have had an overwhelming response to the Tennis program which started last week. We will not be able to take any more participants into the program. While it is great to see so many students looking to get active and to learn new skills, we have only one coach and will be seeking assistants to ensure that all students are in groups that will allow them to develop at a suitable rate.

Reminders
Parents and guardians of students are reminded that, if you do not have student accident insurance, you will be responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance and transport. It is possible to purchase insurance policies from commercial insurers. Similarly, families should note that the Department does not hold insurance for personal property brought to schools and it has no capacity to pay for any loss or damage to such property so students should be very selective in what items they bring to school.

Brad Madden
Principal

Assistant Principals News
I spoke too soon about the pool and the fine weather etc. Yesterday was not pool weather, unless maybe if you were from Alaska. Our year 7,8,9 and 10 students drew the short straw and I must pass my congratulations to Mr Clyne and all of the students who were brave enough to take to the water. I know it’s warmer when you get in (but it looked chilly). Tomorrow should be a little better, with mid 20’s forecast. The trick tomorrow will be the high UV. Sometimes when it feels cooler you end up not putting on sunscreen or rashies and you end up a bit crispy. Please ensure you lather your kids in sunscreen before school. Students are encouraged to wear house colours to support their teams. If you have no house colours to wear, then stick to sports or school uniform please. There will be a BBQ held tomorrow to support SRC fundraising. $2 per snag. We usually cook about 400 sausages, however pre ordering doesn’t exist, so it may be worth bringing a sandwich also and having the sausage as a snack. This will avoid the problem of relying on a BBQ for lunch, only to find that we have run out. Hope to see you all there.

On the 28th of February at 2:50 pm in the gym, we will hold our Investiture assembly. All interested parties are encouraged to attend. Cr McKinnon will be our guest at this event.

In April next year we are planning to send a contingent to Canakkale in Turkey, to visit our sister school, Toki Anadolu Lesisi. Final details of this trip have not been finalised, however, we are planning to be in Turkey for between two and three weeks, spending approximately half of that time in Canakkale. We intend being there for ANZAC day 2015. Initial costings suggest that the total cost of such a trip would be approximately 5000 dollars (hopefully less, if we can arrange hosting with families). Please complete the tear away slip at the end of this newsletter if your child is interested in attending. We have had interest from about 12 students at this stage, which is great news.
Our second ever Trivia Night, will be held on Friday the 21st of March in the gymnasium. Some very generous companies have already contacted us to offer prizes. This is obviously welcomed as it means we don’t have to go begging for support. Last year numerous local businesses helped us out and we will soon be ringing you all to get support again. Once again we hope to get as many parents friends and staff together in a relaxed social setting. Similar set up to last year, tables of ten at $10 per head. Bookings to the office please.

Mr Wilkinson
Assistant Principal

Senior School News
Welcome to our House Captains 2014
Congratulations to our House Captains for 2014 who were already put to the test by stepping up to a Middle School Assembly yesterday, where they were required to address their sporting house about representing their house and participating in the Swimming Sports tomorrow. Mr Leed has included a feature within the Middle School section regarding our House Captains. Well done!!! I look forward to seeing the captains in action tomorrow at the Swimming Sports.

Congratulations to our Bus Captains 2014
Congratulations to the Senior School students who were nominated by their peers to act as Bus Captains for 2014. It is a huge responsibility and certainly a role which requires daily commitment.
Well done, Nathan Twigg, Nakeya Mountjoy, Lauren Hicks, Maddison Welsh, Nash Thomas, Tess Sexton, Emma Leech, Lachy Twigg, Lisa Mitchell, Ashleigh Robinson, Steven Matthews, Stephen Mathews and Sarah Collins.

Personal Learning Goals (PLG)
Last Friday in Home Group time students worked collaboratively with their Home Group teacher and Reading Buddy teacher to make a start on their Personal Learning Goals for 2014. Students in the Senior School typically have three goals which they set themselves with guidance from fellow students and staff. Students are encouraged to include goals around specific subjects, study habits, work habits, career pathways and / or community ventures. Students will continue to establish these goals in the coming weeks during Home Group time. I encourage parents/guardians to discuss these goals with their children.

MUNA Conference
If students are interested in putting a team (2 students) together for the Model United Nations Assembly MUNA conference to be from Friday May 2nd to Sunday May 4th please let me know early March. Students are involved in a conference where they role play the United Nations and act as ambassadors for different countries. This year the conference is happening in our local area, at Camp Getaway in Axedale. There is some research involved so students would need to commit to dedicating time to this. Staff here and Tony Plant (Rotary Club) are willing to assist students in researching such information.
Tony Plant from Rotary (East Bendigo branch) is also willing to assist any student (as he did with Lachy) in applying for the upcoming National Youth Science Forum in Jan 2015. Even though the actual event is a long way away the application process is relatively extensive. Interested students are encouraged to speak to myself or Lachy Twigg.

Congratulations Tess Sexton
On Tuesday night I had the pleasure of being chauffer driven brs Mr Wilkinson (my car had broken down) with fellow teachers Mrs Maxted, Mrs Townsend, Mrs McCarthy and Mrs Drury to the Dingee Hotel for a Lions Club meeting where our very own school captain Tess Sexton was the star attraction. Tess had been invited along to speak about her recent international trip to America. The Lions Youth Exchange Program that Tess was involved in was proudly supported by the East Loddon Lions Club. It was a full house! Tess certainly has some big fans amongst the community.
Tess wowed the crowd with her exciting stories, adventures and photographs of school, sport, shopping, and airport travel, a white Christmas, tourist destinations and more. It was interesting to note that the students in Wisconsin actually start school at 7:30am and complete 5 hours (!) of classes before having a break, and then complete another 2 hours. I wonder whether our students would be interested in this style of education. Tess also responded with ease to many questions about her experiences. Mr Wilkinson quite happily quizzed Tess on various aspects of her trip. He even tried to embarrass Tess with some questions about American boys. Tess didn’t appear flustered at all, and responded accordingly. Although, I had a sneaking suspicion that she might have just thought they (the American boys) were a little more physically fit.

Well done, Tess. I firmly believe to travel and remove yourself from what is familiar is naturally challenging, but very rewarding and extremely valuable to your education beyond school. PS. Was very proud to read in the local paper last week about the recent achievements of our School Captains. Congrats again to Lachy & Tess. I also noticed our Prep class was the largest featured. Nice.

**National Youth Science Forum – Lachlan Twigg**

In January I was fortunate enough to spend two weeks at the NYSF held at the Australian National University in Canberra. The NYSF is a camp offered to 450 students across Australia going into year twelve who are interested in science. It is well supported by Rotary. The session I attended had 150 students live on campus at Burgmann College for two weeks of learning, fun, adventure and science!

Throughout the time I made many great friendships, and met like-minded students from all over Australia (with some from New Zealand, South Africa and Zimbabwe!). The camp was co-ordinated by very enthusiastic ‘staffies’, who made sure everyone had tons of fun. I was in an Engineering interest group, who I travelled and did activities with.

The laboratory and industry visits were awesome. We were given access to ground-breaking and amazing science such as: lasers and absolute zero, superconductors, water treatment and also fun stuff like testing and smashing concrete, eating marshmallows dipped in liquid nitrogen and programming Angry Birds to control itself!

We were also able to connect with professionals and experts via forums or guest speakers at science dinners. Every speaker was inspiring and engaging, and promoted great discussion. The forum also was great for personal development going into year 12 and beyond, as was the opportunity to experience university life.

Outside of science, the forum had many social events (discos, dances, movie nights, bowling etc.) and cultural visits (new & old Parliament House for opening ceremony and a mock senate inquiry, Tinbinbilla Deep Space Communication Centre, Murray Darling Basin Authority etc) which were heaps of fun, and a great way to connect with the many other students.

Overall, the fortnight was a fantastic experience and one which I’ll never forget. It has broadened my horizons for life after school, and presents many opportunities for the future. Thankyou to the Rotary Club of Bendigo South for sponsoring me on the forum, and to Mrs Johns for getting me involved!

I encourage future students to consider applying. Rotary subsidise the costs, and it is a wonderful experience. Come and see me if you want to know more!

**Lachlan Twigg**

---

**Sarah Byrne**

Senior Sub School Leader

_Byrne.sarah.m@edumail.vic.gov.au_
VOCATIONAL EDUCATION NEWS
Gap Year and Student Exchange Expo

The Bendigo Region Careers Association will be holding a Gap Year and Student Exchange Expo at Catholic College, Bendigo on Wednesday March 2014. Students and families from East Loddon are most welcome to attend. It will be held in the Marian Theatre and Gym commencing at 7pm and running to 8.30pm. The format for the evening will involve a keynote address, followed by the opportunity for students and their families to visit the expo and talk to stallholders about the range of Gap Year and exchange opportunities available. Parking is available in Valentine Street, Barkly Street and View Street.
For further details contact Mr Rudkins at school or Ben Goode from the Careers association during business hours on 54459141.

Year 10 and 11 Work Experience
Finding a suitable work experience

Work experience for Years 10 and 11 will be held in the week Monday August 4 till Friday August 8. Year 10 students will complete work experience in Bendigo or surrounding districts while Year 11 will have the opportunity to complete work experience in Melbourne should they so desire.
It is important that students are pro-active in seeking places and that they start the process of finding a place now. I would like to think that students will be well on the way to finalising a place before the start of term 2. Some students are already well down the track. Once you have a place see Mr Rudkins for relevant forms to be completed and signed off.
To assist you define your area of interest you should be talking to myself and Barb Bear in your MIPS interviews this term. To help you find a place I suggest the following site which students can log onto to locate suitable employers available for work experience-www.careerhorizons.com.au
I recommend you read the following advice from Barry McKenzie, Workplace Learning Co-ordinator for the North Central LLEN.

Shane Rudkins
rudkins.shane.m@edumail.vic.gov.au
Vocational Education Co-coordinator

ASKING FOR A WORKPLACEMENT
Several things that might be useful when looking for work placements.
If you know someone in the business you are interested in doing a work placement with, ask them for suggestions, they might be happy to help you out themselves, or know of others they can recommend. Use all your networks for this, family, friends and others. It just gives you a leg in the door to start the conversation with an employer. Your teachers might also have contacts from previous years.
You the student need to talk to the employer, not your parents or carers. Many employers have suggested that the student asking is an indication that they are keen. In the past some have had parents/carers ask for their children, and when the student arrives, they are not really all that interested.
Meet the employer face to face. This might mean a phone call first to introduce yourself and tee up a time to meet, because employers are often very busy, and if you just call in they might not have time to see you.
If you are successful and they are happy to take you on in a work placement, or at least consider it, ask if it is OK to get me (Barry McKenzie/Shane Rudkins) to call them. Explain what my role is and then let me know their details so I can follow up. Some employers might want to ring me, in which case you can give them my details.
If someone says no to your request, remain polite, you might be disappointed, but ask them if they have any suggestions about others in that industry who might take on work placements. They could have connections with other people who might be useful to call. (take a pen and paper in case you need it)
Always thank them for their help even if they are not able to actually place you. It is always best to leave on a positive note. You never know, something might come up and they could change their mind at a later stage or think of someone else you could talk to.
Leave them with your phone number as a contact in case they do think of something else. If they would like to know more, please leave them my details, or ask them if it is OK for me to call them, then let me know their name and contact details
If they ask any tricky questions that you can’t answer or are not sure of the answers, refer them to me, I can call them or they can give me a ring, whatever they like. More to come in the next newsletter.
Middle Years Report
Middle Years ‘Photo Shoot’
On Wednesday morning our Middle Years students conducted a mini photo shoot to help promote participation in tomorrow’s House Swimming Sports. Our Senior House Captains joined us in the middle school to discuss the importance of participation and the benefits involved when you ‘get in and try your best!’ Students not only develop a sense of pride in themselves through active participation, but they also gain a point for their house simply by going in an event.
Staff and House Captains certainly hope to see all students at tomorrow’s event, and those students who are not able to swim for any particular reason can give their mouth a workout through actively yelling and screaming words of encouragement to their team mates who are competing.
Thankyou to all middle years staff and students for their conduct during Wednesday’s photo shoot, and also to Miss Byrne for loaning our fantastic Senior House Captains to us for this activity.

The ‘We mean business’ Shot-

The ‘C'mon! We can win!’ shot-

House Captains are as follows-

Shaw (Blue)
Senior House Captains - Lachlan Twigg and Sarah Collins
Junior House Captains – Dakota Bish and Jasmine Condliffe
Long (Red)
Senior House Captains – Brayden Karslake and Tessa Sexton
Junior House Captains – Josh Kuhn and Chloe Hayman

Evans (Yellow)
Senior House Captains – Maddie Primrose and Steven Matthews
Junior House Captains – Blake Pickles and Sophie Hay

Laird (Green)
Senior House Captains – Stephen Mathews and Ashleigh Robinson
Junior House Captains – Hugh Cartwright and Emma Karslake

Sub-School Captains
Starting next week on Tuesday lunchtimes between 1:00pm and 1:30pm we are going to open up the year 5 and 6 rooms for Homework Assistance and ‘Hang out time’ for any year 5-8 student who would like to take part. Homework Assistance time is for anybody who is needing help with their homework and is not a punishment for those who are behind with their work, but a way to try and stay on top of the work they have. ‘Hang out time’ gives our students a chance to have a quiet area to chat with their friends or read a book. We would like to encourage all students to come along if they would like to.

Regards,
Ethan Lewis and Jo Cartwright

5/6 Swimming
Our Year 5 and 6 students will have completed their last swimming session before tomorrow’s House Swimming Sports by the time this Newsletter goes to print and they have greatly impressed with their efforts throughout the 2 week long program. Students have worked hard to improve their swimming skills, stroke development, water confidence and water safety and it has been pleasing to see our students displaying a great level of enthusiasm for the program.

A worrying statistic was uncovered during our research for the swimming program, ‘1 in 5 Australian school children cannot swim 50m by the end of their primary schooling’. An emphasis particularly for our year 6 students has been on having everyone able to swim at least 1 lap of the Mitiamo Pool and whilst many students can do this with ease, it is not always fair to assume that someone can swim because they are of a particular age. Being that a lot of our leisure activities and holiday destinations are by the water, swimming skills are an extremely valuable asset to our youngsters.

Well done and thank you to all of our fantastic parent helpers who have been able to attend the sessions and assist our students in becoming more confident and competent in the water. Your help is greatly appreciated! Thankyou to our brilliant staff who have been actively involved in the swimming program. Although many of our staff are timetabled to conduct swim sessions, there have also been a huge number of staff that have given further time to assist where possible.

I would like to extend our biggest thankyou to Mr John Clyne and Mr Eamon Smith who have put a huge amount of time and effort into this program and ensured that it has run smoothly!

SRC Sausage Sizzle Tomorrow!
Tomorrow at our House Swimming Sports the SRC are putting on a sausage sizzle to raise money to go towards the House ‘team flags’ that will be purchased later this year. Please support our efforts tomorrow by buying a couple of sausages. They are being sold for $2 each, and onion is available if you would like it.

Regards,
Alia Melgin-Hill and Emily Arbon – Year 8 SRC Reps

‘Good News Story of the Week’ – Alia and Lydia Melgin-Hill
Not only are Alia and Lydia wonderful students within our sub-school, they are also future swimming stars who achieved fantastic results last weekend. The girls also took the time to write the following article, which I would like to thank them for. Well done girls!
All Juniors Qualifying Swim Meet
Last Sunday Alia and Lydia Melgin-Hill competed in the All Juniors Qualifying Meet at the Bendigo East pool. Alia made a PB (Personal Best) in her 50m breaststroke with 49.33 seconds and also in her 50m freestyle with 37.51 seconds. Lydia took out 5th place for 50m backstroke and 4th for 50m breaststroke and will be heading for the semi-finals in Melbourne. It was a very nervous and challenging meet this year!

Compendiums – ‘In Pictures With Our Year 6 SRC Reps’
Q. What does a Middle Years Compendium look like?
A.

Q. What items do you carry in a year 6 compendium?
A.

A Year 6 Compendium consists of –
• English, Maths, Science and Humanities exercise books.
• Red, Blue and Black Pen
• College Diary
• Ruler and highlighter
• USB Stick

Contact with the College
Parents are encouraged to keep in close contact with the College so that we are able to assist students with specific issues as they arise. Please feel free to contact class teachers with specific issues relating to particular learning activities. For general concerns or issues, please contact your child’s Home Group teacher or myself.

Good News Stories – I would love to hear some more!
I would love to hear from any students, families or school community members who have good news stories involving any of our Middle Years students. Whether it be a student passing a music exam or swimming level, or someone assisting with a community group, it would be great to have the chance to acknowledge the fantastic things that our students do. Please pass information on to me at leed.steven.a@edumail.vic.gov.au so that it can be published in this Newsletter.

Have a fantastic week!
Steven Leed – Middle Years Leader

Great News!
At the end of last year I applied for a grant from the Arts Centre Melbourne to cover the cost of tickets to the children’s opera- Hansel and Gretel. Last week we received news that our application was successful and each student in our P-4 sub school would receive free entry as part of the Centre’s commitment to helping students to access the Arts. The grant equates to $15 per student and this means that families will only need to pay for bus transport for their children to the Melbourne venue. The performance will take place mid-year and further information will come out as soon as details are finalised. Attending a performance at our state’s premier performing arts venue will be a very exciting and memorable experience.
P-4 Update

Building Strong Foundations

Student of the Week

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>PREP</td>
<td>Oliver</td>
<td>For always being focussed and ready to learn.</td>
</tr>
<tr>
<td>YEAR 1</td>
<td>Chloe</td>
<td>For her tremendous effort and enthusiasm.</td>
</tr>
<tr>
<td>YEAR 2</td>
<td>Cade</td>
<td>For displaying growing confidence in everything.</td>
</tr>
<tr>
<td>YEAR 3</td>
<td>Stephanie</td>
<td>For working hard during the swimming program and for her effort in class.</td>
</tr>
<tr>
<td>YEAR 4</td>
<td>Jack H</td>
<td>For following up work and great writing of a ‘Who Am I?’</td>
</tr>
</tbody>
</table>

You Can Do It! (Organisation)
Prep – William
Year 1- Molly
Year 2- Harvey
Year 3 – Josh
Year 4- Molly

An Act of Kindness Award
Marissa, Year 1, was nominated by a parent during the swimming program for demonstrating a caring nature and assisting another student.

Prep Letter in Focus  Tt The students are learning about ‘t’ as in ‘tap’ but are also introduced to ‘tt’ as in ‘letter.

Prep Words to Fluency  can
Please take the opportunity to revise and reinforce the words and letters from the previous weeks.

THRASS charts

Year 4 Reminder
Some students are yet to return their THRASS charts to school this year and need to use them in class. If the chart cannot be located please purchase another as they are an integral part of our language program. Our College is committed to teaching students the 44 sounds of our language as are identified on the chart.

Tissues
Thank you to the families who have sent along a box of tissues to share at school. Your child’s class really appreciates your generosity.
Swimming Program
The program has been a great success and we take this opportunity to thank the parents who were able to help out at the pool. Without your support we would struggle to run the program at Mitiamo.

Peter Vernon
P-4 Co-ordinator

READING FACTS
Practising reading is an important ingredient in young people developing successful reading skills they can use to be access information and for enjoyment. We are increasingly becoming a society dependent on high levels of print which can often be quite complex.

Our College recognises the important role reading plays in accessing learning in all other areas of the curriculum and several years ago we committed to Independent Reading time at the start of every day, with two staff members in each room to conference and support students.
All staff have also received professional development to help them to support students with English regardless of which faculty they are in. All teachers are teachers of English.

As a community we have strong parent commitment to supporting reading by practising at home every day and between home and school we have consistently seen some excellent results in terms of Literacy (as measured by On-line testing, NAPLAN and independent reviews) I have included a poster about Reading habits which really reinforces the College’s emphasis and programs and the great work that you do at home.

Thank you for helping to make a difference- it really pays off.
Peter Vernon

SRC BBQ
The SRC are running the barbeque at the swimming sports this year, try and bring along a few gold coins and get a few sausages for lunch !!
Prices of sausages will be $2, Onion is optional, there will be sauce provided as well!!

SRC President – Stephen Mathews
Victorian State School Spectacular 2014
Some bad news concerning our participation in this year’s state school spectacular. Whilst filling out the final lot of paperwork, some unknown details came to light that mean our school will not be able to be a part of this year’s show. Thankyou to the students who expressed eagerness to be a part of the Spectacular - over 40 students were keen to fill the 10 available positions. Don't lose hope - let's see how we go in 2015. Remember, there's always the Dingee talent quest this year!

Thanks, Lynda Cartwright.

Chapo’s Chat Space
Thought for the week;
Give thanks for what you are now, and keep fighting for what you want to be tomorrow.
Fernanda Miramontes-Landers
Rev'd Sue Allen
Chaplain/Primary Welfare Officer
East Loddon P/12 College
M: 0417 365386 W: 54368300
Email: allen.susan.m@edumail.vic.gov.au

Nurse’s News
East Loddon P12 College not only values the health and wellbeing of our students and staff but also our wider community, therefore encouraging positive decision making and lifestyle choices because we know that this ultimately it impacts upon our students in many ways. Sometimes we aren’t even aware of how things that we have been previously been led to believe is harmless behaviour can have long term effects. Below is part of the thought provoking paper that that I would like to share with you that Prof. Ian Oliver, Clinical Professor of Oncology at the Cancer Council of Australia recently published in The Conversation. It is only in recent years that the research has linked alcohol as a risk factor for cancer, and still many people are unaware that this is something that we need to think about when educating our children in regard to responsible use of alcohol.

Cheers! Denise Leed, School Nurse 😊

HEALTH CHECK: DOES ALCOHOL CAUSE CANCER?
Alcohol and cancer is a topic that arouses a lot of controversy: many Australians like the odd drink but don’t want to make the connection to cancer, the world’s biggest killer.

The World Health Organisation’s new World Cancer Report 2014 shows cancer is responsible for 8.2 million deaths in 2012. Around 340,000 of those deaths were the direct result of alcohol consumption.

The link between alcohol and cancer itself is not news. Way back in 1988, the WHO’s International Agency for Research on Cancer (IARC) concluded that alcohol consumption was a group one carcinogen – a direct cause of cancer in humans.

What has evolved over the past 26 years is evidence showing alcohol caused more cancers than first thought. Alcohol has now been conclusively shown to cause breast cancer in women, bowel cancer in men, and cancers of the mouth, pharynx, larynx and oesophagus in everyone. There is increasing evidence that alcohol causes liver cancer in both women and men as well.

When it comes to cancer patterns, the IARC is the best of the best – the world’s leading cancer scientists, analyzing huge population studies within an exhaustive evidentiary framework, to determine beyond doubt the causes of what is now the world’s biggest killer.

One of the most interesting aspects of the IARC’s work is that, despite the baseless catchphrase “everything gives you cancer”, the evidence shows there are only a handful of proven cancer-causing agents:

- tobacco
- the combined effects of obesity, poor diet and physical inactivity
- UV radiation
alcohol consumption
viral infections such as hepatitis and human papillomavirus
asbestos
salt
industrial chemicals, many of which have been banned in countries such as Australia.

So in terms of risk, where does alcohol fit into the mix?

The new WHO report shows around 4.2% of all global cancer deaths are directly attributed to alcohol consumption. In Australia, the percentage is likely to be higher (6.5% according to some analyses). The reason for that is simple: the average Australian drinks more than the average individual from most other countries.

The risk equation in terms of alcohol exposure is straightforward: the more you consume, the higher the risk. As with most carcinogens, it’s continuous, long-term exposure that does the most damage.

To put some context around the stats, even by the most conservative estimates, more Australians die each year from an alcohol-related cancer than from melanoma.

The good news is that although alcohol is a proven cause of cancer, you can reduce your cancer risk by reducing your alcohol consumption. It’s all a matter of informed choice.

Australian guidelines recommend men and women consume no more than two standard alcoholic drinks on any given night to reduce the lifetime risk of alcohol-related harm. If you adhere to the guidelines, you will significantly reduce your cancer risk. But even one or two drinks a day, every day over an extended period, can increase your cancer risk – especially for women.

Ref:  www.theconversation.com

**Second Hand Uniform**
We will be selling the second hand uniform at the swimming sports tomorrow. Items from $3 each. Lots of items to choose from so come and have a look and grab a bargain.

**Parents Association Fundraiser – School bags**
We have for sale bags with a school print on the side. Large bag with lots of pockets and the option to be a backpack. These are selling for $8 each or 2 for $15. They will be available at the swimming sport tomorrow or by contacting Jo Guthrie on 0428 366 220. Limited number available so get in early!

**Canteen News**
Thanks to everyone who has returned their volunteer forms this year. If I haven’t received it yet, I have gone on last year’s availability. We are asking volunteers to do two turns per term this year to help keep our canteen open every day. We appreciate the time everyone puts in when volunteering to do their turn on canteen and without everyone helping out, our canteen would struggle to run, so Thank You again for volunteering.

Please Remember - If you cannot do your rostered turn, please arrange your own swap with someone else. If there are any problems or concerns, or you need to update your availability, please contact me.

Please note: we will now be selling Pepsi products instead of Coca Cola products. Remember to make sure you clearly label lunch orders with child’s name and year level. This makes it a lot easier for volunteers! Canteen is open for lunch orders only until 1pm.

Jo Guthrie
Canteen Coordinator
ajguthries@bigpond.com or 0428 366 220
# Canteen Roster – TERM 1 2014

<table>
<thead>
<tr>
<th>FEBRUARY</th>
<th>SWIMMING SPORTS</th>
<th>Monday 17th</th>
<th>Michelle Diss</th>
<th>Margaret Hocking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 21&lt;sup&gt;st&lt;/sup&gt;</td>
<td></td>
<td>Thursday 27&lt;sup&gt;th&lt;/sup&gt;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday 24&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Jacinta Hicks</td>
<td>Tuesday 18&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Sue Pickles</td>
<td></td>
</tr>
<tr>
<td>Tuesday 25&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Sue Pickles</td>
<td>Wednesday 19&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Julia Roulston</td>
<td>Belinda Clymo</td>
</tr>
<tr>
<td>Wednesday 26&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Nicole Hocking</td>
<td>Thursday 20&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Sue Pickles</td>
<td></td>
</tr>
<tr>
<td>Thursday 27&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Sue Pickles</td>
<td>Friday 21&lt;sup&gt;st&lt;/sup&gt;</td>
<td>Tania Twigg</td>
<td>Lynda Cartwright</td>
</tr>
<tr>
<td>Friday 28&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Rachel Hay</td>
<td>Monday 24&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Delwyn Collins</td>
<td>Jacinta Hicks</td>
</tr>
<tr>
<td>Monday 31&lt;sup&gt;st&lt;/sup&gt;</td>
<td>Sue Pickles</td>
<td>Wednesday 26&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Robyn Falls</td>
<td></td>
</tr>
<tr>
<td>Tuesday 4&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Sue Pickles</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday 5&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Penny Wall</td>
<td>Tuesday 5&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Robyn Gamble</td>
<td></td>
</tr>
<tr>
<td>Thursday 6&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Sue Pickles</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday 7&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Mel Primrose</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monday 10&lt;sup&gt;th&lt;/sup&gt;</td>
<td>PUBLIC HOLIDAY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday 11&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Sue Pickles</td>
<td>Tuesday 1&lt;sup&gt;st&lt;/sup&gt;</td>
<td>Sue Pickles</td>
<td></td>
</tr>
<tr>
<td>Wednesday 12&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Jo Guthrie</td>
<td>Wednesday 2&lt;sup&gt;nd&lt;/sup&gt;</td>
<td></td>
<td>Sheryl Addlem</td>
</tr>
<tr>
<td>Thursday 13&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Sue Pickles</td>
<td>Thursday 3&lt;sup&gt;rd&lt;/sup&gt;</td>
<td></td>
<td>Sue Pickles</td>
</tr>
<tr>
<td>Friday 14&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Kaye Leech</td>
<td>Friday 4&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Judy Mountjoy</td>
<td>Julia Roulston</td>
</tr>
</tbody>
</table>

## BOLD is hosting an information evening

**Dyscalculia – the Numbers version of Dyslexia.**

Dyscalculia or ‘maths dyslexia’ is probably the least diagnosed and understood issue under the learning disability umbrella.

This evening will address:
- How to identify dyscalculia
- Strategies to help learn math

**When:** Tuesday, 4th March  
**Time:** Arrive 7:00pm for a 7:15pm start. Finish 9.30 pm  
**Where:** Catholic Education Centre, 120 Hargreaves St Bendigo  
**Cost:** $5 for teachers and parents  
**Registration:** Ring Tracey 5434 3922; email info@bold.org.au or complete registration form attached or on www.bold.org.au

## 2015 Sister School Visit

I would be interested in receiving more information that explains details of a proposed visit to Turkey in April 2015.

As a price guide, similar trips with all accommodation and most food, bus travel and transfers included, have been quoted at $2500 plus international airfares.

We may be able to offset costs by spending some time with host families from our Sister School in Cannakale and also by fundraising.

**Name:**  
**Students name:**  
**Current Year Level:**  
**Contact number:**