



EAST LODDON P- 12 COLLEGE PARENT NEWSLETTER

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Respect - Resilience - Responsibility - Relationships



Our College respectfully acknowledge the Traditional Owners of Country throughout Australia and pay our respects to the ongoing living culture of Aboriginal people



Newsletter No 30

Date: 20th September 2018

Dates for Your Diary

SEPTEMBER

**21st Sports Colour
Casual Dress Day
Gold coin
donation**

**Yr 10 Keys Please
Yr 11 Fit 2 Drive
Yr 12 Looking after
your mates**

**End of Term 3
Early Finish
2.30pm**

OCTOBER

**8th Term 4 starts
16th Year 5/6
German Day
22nd State Athletics
25th P-12 Athletic
Carnavil
26th Last day for
Year 12**

From the Principal

Pink Day
All donations will go towards cancer ward at Bendigo Health Hospital
17th of October
Pink Clothes Day
Come dressed in PINK for a \$1 donation
If not comfortable wearing pink then come dressed in casual for \$2 donation
Pink socks will be available to purchase for the day for \$3
Pink Ribbon \$1
Sophia, Jasmine & Ella

GREATEST SHAVE

- > On the 19th of October we will be running a Greatest Shave to raise money for Cancer
- > There will also be a sausage sizzle (Pre order forms will be handed to students prior)
- > Qualified hairdressers to shave/cut/colour teacher's hair on the day.
- > Come see us with any questions!
- > All donations from the shave will go to the Cancer Ward at the Bendigo Health Hospital.

Thanks Sophie Hay, Ella Rowe and Jasmine Condliffe (Year 10 Advance Community Project)

The teachers that will be shaving/colouring are:

- Mr Young for \$100
- Mr Leed for \$500
- Mr Clayton for \$800
- Ms Byrne (colour)
- Mr Wilkinson for \$350
- Mr Aurisch for \$2000
- Mrs McLamara (colour)
- Mrs Gali/Mrs Cutting

We are still working on some fun components that will happen around \$1000!

Last Day Of Term

Term 3 ends tomorrow with **buses leaving at 2:30pm**. Please ensure that you adjust pick-up times at bus stops by one full hour to accommodate our 2:30pm finish. Our Student Representative Council are also running an out-of-uniform day tomorrow with all proceeds going to activities for Mental Health Week at the beginning of term 4. As a form of mutual exchange, **a gold coin is required from all students who attend the College in casual dress tomorrow.**

Mrs McCarthy Returns To The College

Mrs Rosalie McCarthy returns to the College at the beginning of term 4 after taking leave for the first three terms of this year. Mrs McCarthy will take classes for Ms Phelan from Wednesday to Friday of the first 8 weeks of term 4 whilst Ms Phelan takes leave, and will also work within the College on a Monday and Tuesday.

Hats – Needed Next Term

A reminder is extended to all families of the College hat policy in terms 1 and 4 of each school year. Basically, all students are required to wear a green bucket hat or wide brimmed hat from day 1 of next term. Please ensure that your child has their hat from the start of term, and know that hats are available from the College Office for \$11 for those who require these.

Baseball/Trucker style caps are not part of College uniform and should not be worn as a College hat.

College Fete

Wow. What a terrific day!

Thanks are extended to everyone who assisted in any way at yesterday's Fete. The efforts of many and the attendance of all who could make it to the College, make our College Fete's a great community event, with yesterday being no exception. It was terrific to see a new initiative in the form of the EastLoddibald Prize (Great idea Mrs Heaslip!) gain so much traction in its first year and the talents of those that entered were of a very high standard. The rocker-cover racing was once again a hit with huge crowds vying for a front-row spot beside the track, and the cream-puff competition was hotly contested by several very talented cooks!

It was great to see former staff members Mr Clyne, Mr Schultz and Mr Judd in attendance, as well as staff who are currently on leave such as Mrs Swinnerton, Mrs Hocking and Mrs Heaslip back at the College for the day. A huge thank you must go to Mrs Sue Cail for co-ordinating the entire day, and to all staff and students for their efforts in providing a great array of stalls and food items.

Quality Coffee!

Whilst I would usually struggle to tell the difference between a Blend 43 and a freshly brewed coffee, there was no-doubt that the coffee being served at yesterday's Fete was terrific! Our VCAL students, along with Mr Rippingale, pleased a great deal of Fete attendees with 'top-notch' coffee that would rival any that you would find in a shop. The VCAL coffee machine was the brainchild of Mr Daryl Bunton, with over 12 months of work going into obtaining it. Mr Bunton worked in partnership with our local LLEN (particularly Barb Bear) to secure the machine and associated funding. The LLEN also provided the vital financial support to our VCAL students of last year through the substantial subsidy provided to 10 students who undertook a Barista Course. Thanks are extended to Barb, Daryl and our wonderful VCAL team for this great initiative of which we will all benefit from.

World Mental Health Day – 10th October

Our College will take part in Mental Health week activities during the first week of term 4 and with World Mental Health day falling on Wednesday 10th October, this may be a good chance to touch base with those close to you to see how they are travelling. Some organisations have set a challenge for the day, of which you may even like to try yourself? The challenge is to take one whole hour for yourself on Oct 10th, to do something for you! See how you go...

Working Bee – Thanks!

Many thanks are extended to Darren Welsh, Micheal and Nicky Lawry and student teacher Sam Walker for the tremendous level of assistance that was provided at last Friday's working bee. In just a couple of hours an entire wall was cleaned and painted, and a couple of areas from our Big Lift working bee also being touched up with further paint. Once again, we really appreciate the efforts of staff and community members in assisting with these projects!

Informing The College Of Student Absences

It would be appreciated if all families could endeavour to inform the College Office of student absences in a timely manner. This can be done in person, via the telephone or electronically. When doing so electronically, please either use the College Skoolbag App or email the College on the school email account rather than via personal staff email accounts.

The College email is – east.loddon.p12@edumail.vic.gov.au

Let's Talk About Things That Are Important... What is 'RESPECT'?

Thanks are extended to those who took on the challenge of talking about 'respect' and what it is. Check out this sample of responses from staff/students/community members –

- Respect is 'being kind to each other'
- Respect means 'to be nice all the time'
- Respect is 'treating others the way you would like to be treated'
- Respect is 'helping others'
- Respect is 'treating others kindly, using manners and being empathetic to how others might be feeling'

I hope that all of our students have a great break and return refreshed and ready for a big term 4!

Steven Leed

College Principal

Assistant Principal's Report

Assistant Principal's News

How good is this time of the year?? I'm about two weeks off getting hay fever, the sun is shining, holidays about to happen, footy finals, the crops are struggling their way upward. It doesn't get much better than this. That is of course unless it's Fete year.

Yesterday we raised enough funds to upgrade the heating and cooling system in the P4 area. This is great news for everyone that works and learns down there. It is all thanks to the hard work of your kids and their teachers and also a result of our generous community who are always willing to open the purse strings for a good cause. Yesterday's highlights will be all through this newsletter, but I'm going to add my thoughts as well. This is what I enjoyed about the Fete

Alison Bigg's collage of her husband Rod. This was amazing! If you didn't pay the dollar to judge the pictures then you are a fool and you should swing your leg around and kick yourself. I was amazed by all entries, but particularly enjoyed Alison's work.

Lachlan and Allira James, fighting it out for top honours in the Rocker Cover Racing. Thanks to Daz Bunton for initiating this some years ago, it is a real highlight of the Fete. So far in the four years that I have entered I have won a grand total of 1 race. Back to the drawing board.

Mrs Lister took out the baking comp with her version of sponge kisses. She saved me one and then I ate Leedy's as well. I was telling Mrs Lister, that it took me straight back to my nan's kitchen in Robinvale. You wouldn't think a piece of food could do that, but I nearly cried. (seriously-what is going on with my brain?)

The Year 6 and Ricky Wright's golf hole in one comp. Thanks so much for your help Ricky. John Clyne won the plane flight, but he is scared of planes. Probably should have thought of that before buying 15 tickets Clynie??

Seeing Mr Judd and Mr Schultz, both, like Clynie, enjoying life without us. It was also great to see our old mate Mrs Heaslip, who was the brains behind the EastLoddibald Prize. She is itching to get back to school with us and we can't wait to have her back. Here is a message from her. *I absolutely LOVED seeing everyone's smiling faces yesterday. I had a ball and everyone worked so well! Can't wait to be back teaching at EL, we have the best school ever!*



**I told you last week that I loved the Fete.
Still do
Enjoy your holidays
Mr Wilkinson**

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Fete Notice.

What great day yesterday even though we want rain it was good to see the sun out and wind drop for the day. Thanks to all the families, you donated goods for the day then came along and brought them back again – without your contribution the day would not have been a success.

I would also like to acknowledge the students behaviour yesterday they were fantastic pitching in and working on the various stalls. Last but certainly not least, a big thank you to all staff for the amazing help yesterday - they have worked hard for the last couple of weeks pulling their stall together to make what was a very successful day. Money raised was \$7862.20 Gross I am still trying to work out what needs to come out of that.

Thanks to Yolo Events for sponsoring the Fete and to Scripture Union for the Sumo wrestling, boxing ring and Zorb balls.

Sue Cail

Fete Co-ordinator

CHAPPO'S CHAT SPACE

A **BIG THANK YOU** to everyone for your generous support through our Chaplaincy Committee raffle.

We made a profit of \$242 this will go towards covering the short fall in funding of our College Chaplaincy program at East Loddon.

The winners of the raffle are;

1st prize a Megaboom Portable Bluetooth Speaker:

Noelene Ralphs

2nd Prize a JBL Wireless Bluetooth Headphones:

Kiara Hayman

3rd prize a food hamper:

Lizzi Lewis

Thank you to the East Loddon Food Share for the donation of the Hamper.

I would also like to thank the wonderful people from the Church of Christ from Castlemaine, who came up with the Zorb balls, Sumo Suits and Boxing Ring, which our students really enjoyed participating in. I would also like to thank Sue Bennett, Keith Lawry and Hannah Robinson for giving up their time yesterday and assisting the Church of Christ people with the supervision of these activities.

A REMINDER NOTE: The Chaplaincy Committee is a vital organization in assisting the Chaplain and helping the College raise the extra funds to cover the short fall of monies needed to keep the Chaplaincy program in the College. Our Chaplaincy Committee is in the process of going under a reform. We are having a community meeting on the **18th of October at 12.45 at East Loddon P-12 College** to discuss what the Committee may look like in the future. If you would like to be part of this committee or to come and give some input, please accept this as your personal invitation to attend.

Thought of the Week: Don't make excuses, make improvements – Tyra Banks

FROG

Rev. Sue Allen
Chaplain



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BENDIGO DISTRICT ATHLETICS CARNIVALS

Secondary Athletics:

On Friday 14th September, we had 23 athletes travel into Bendigo to compete in the Sandhurst Division Athletics and the Flora Hill Athletics Track.

The weather was spectacular for the day and our athletes competed against some of the best young athletes in the Bendigo Region.

We had some students placing in their events, notably:

- Oscar H – 1st in 15 Boys Long Jump, 3rd in 15 Boys Triple Jump
- Brodie W – 1st in 14 Boys Javelin
- Trista W – 3rd in 14 Girls 400m
- Will S – 3rd in 15 Boys 200m
- Sharnie A – 3rd in 14 Girls 200m



Well done to all students for representing the school so well in a public forum – and to trying their best in their events. Oscar and Brodie will go on to represent the school at the Loddon Mallee Region Athletics on Thursday 11th October – we wish them all the best.

A big thank-you to Mr Rudkin for helping out on the day – keeping the students organised and on time for their events and recording their results.

Also a big thanks to Jasmine C and Sophie H from Year 10 to help Mr. Young run the Long Jump competitions for the day.

Primary Athletics:

On Monday 17th September we had 11 of our Primary aged students travel into the Flora Hill Athletics Track to compete in the Bendigo District Primary Athletics. The following students competed in the events listed:

Kathleen H - 100m, 200m
Marley A - 200m, 1500m
Daisy S - 800m, 1500m
Riley W - Triple Jump
Ava M - 800m, 1500m
Molly B - Triple Jump

Lucas K - Discus, Shot-put
Noah R - Discus
Fynn C - Shot Put
Mason H - High Jump, Shot Put
Brayden Knox - 200m

We had a number of students perform well, placing in their heats for the track events and achieving good results in the field events. Mason H (High Jump) and Ava M (1500m) have both qualified to compete at the Loddon Mallee Primary Carnival on Monday 15th October – Good luck!

A big thanks to Mrs Maxted for driving some students in earlier to get to their events in time and to Mrs Flemming for taking the rest of the students on the Community Bus.



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Deutsche Nachrichten

This week Oscar H received confirmation that he has been accepted in the BJR Student Exchange Program. Fantastisch, Oscar. Leon Goldhofer will be staying with Oscar and his Hocking family, is the student who will be attending East Loddon P-12 College early next year. Leon comes from Landshut, Bavaria. The Hocking family, also had Danni, who was the German Exchange with Ella, visit them for a few days this week. She will be returning home to Germany, on the weekend. While here, she visited a few of the German classes. Klasse 8 have completed their P-4 Game task and will be trialling their game early term 4. Klasse 5 have been making up their most delicious food compound word. They also had a try at putting together a not so delicious food compound word. Klasse 3/4 are working on making a Hansel und Gretel diorama. On October 16 th (Tuesday, week 2 of Term 4) a German Day at the Bendigo Art Gallery is being organised for Klasse 5 und 6. Permission forms will be sent home in the first week of Term 4.

German Co-ordinator
Annette Burgstett



Year 2/3 Integrated Studies-Science

This week, students have started to present their 'Soil and Rock collection' Project to the class. A 'Big Thank You' goes out to the dads and mums who have helped their children with their soil and rock collections. These will be kept at school for further investigation after the holidays. This will also give time for those students who still need to bring their samples to school, for their presentation to the class.

Integrated Studies teacher-Science
Annette Burgstett



Library News

Yr 3-4 win the Premier's Book Challenge 1st Finished Prize

'WELL DONE' to all the participants



Year 3-4 Library class share their 1st Prize cup cakes with Mr Leed and Mr Wilkinson, while Chloe and Alex (year 3) enjoyed a cupcake while choosing their book prize from the Scholastic Bookclub for reading the most books.

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Victorian State Schools Spectacular

Last Saturday our Victorian State Schools Spectacular performers wowed audiences of approximately 20,000 people across two shows at Hisense Arena. The students have worked extremely hard over the last six months to learn 15 songs and accompanying choreography as part of the massed choir. Congratulations to Charlize, Amy, Isaac, Madison, Brodie, Mason, Blake, Marissa, Matilda, Lachlan, Molly, Marley, Ava and Kathleen (Year 5 and 6) – we are so proud of you all! A very special thank you to Sue Allen for accompanying us to every Melbourne rehearsal and being part of the performances and to the families of these students for driving them to the train station at all kinds of ridiculous hours, supporting rehearsals at home and for coming along to support us on performance day.

Ms Harrington



P-4 Update

Building Strong Foundations



Student of The Week

Prep—Baxter for listening to advice and continuing to improve his writing (fantastic reading too).

Year 1—Lucy for fluent reading and the use of a reader’s voice.

Tom for accurate reading and growing fluency.

Year 2—Abby for her great effort with reading new books.

Year 3—Emma for improved writing and always producing her personal best. Great work!

Year 4—Riley for using initiative and working hard.



You Can Do It! Awards PERSISTENCE (working Tough)

Prep—Harvey for great persistence with his reading and writing.



Year 1—Logan for persistence with spelling and handwriting (Great gains, Logan!)

Year 2—Archer for persisting with graphing in Maths.

Year 3—Alex for his persistence when working with challenging Maths problems.

Year 4—Logan G for continuing to work hard when things get challenging.



Assembly News

At our assembly last Friday, two of our Year 2 students read extracts from the text- ‘A Day to Remember’. They read with great enthusiasm and fluency. Well done, boys!



Reading Clubs

225 Nights of Reading	Y4-Emily, Oliver and Keira Y3-Alex, Ella, Miles, Kiara, Emma and Kyen Y2-Ruby C Y1-Jessica, Zali, Logan and Oliver
200 Nights of Reading	Y3-Angus, Paige and Georgia Y2-Sienna



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Prep Sounds in Focus

Our Preps have been learning the letter 'Xx' which is composed by blending two sounds, the 'k' and the 's'. The second blend is the 'qu', which is created through blending the 'k' and the 'w' as in 'queen (kween). It's a tricky language sometimes.

Prep Words To Fluency

Along the theme of money and shopping, the Preps learnt some Fete words: **money, tickets and food.**

Fete Thanks An incredible thanks to all the families (parents and grandparents) who so generously contributed to making our stall the amazing success it was. There is no better community than that of East Loddon and it is on occasions such as this that the community spirit really shines through. On behalf of our students and staff, please accept our heartfelt gratitude.



Literacy Hints

Please continue with the home reading during the holidays. Our students have made tremendous gains throughout the year and it is important to maintain the momentum. It also sends two clear messages to your child:

- Reading is a key for opening future doors and creates opportunities; It's a life skill, not a school 'thing'
- Secondly it sends a clear message that your family values reading.

Try sitting outside in the dappled shade and read together.

Drop into the Bendigo Goldfields Library

Read stories on You Tube.

Reading is great no matter when and where you read.

Maths Happening

On Monday, our Years Preps to 2 gathered together to play the logic game 'Four Man Morris'. It is a tremendous game for developing reasoning skills, a key component of Maths. If you get a chance during the holidays, please consider playing some number or strategy games with your children. It's fun and a great family bonding time.



Peter Vernon

P-4 Sub-School Leader

Year 3/4 Anglesea Camp Payment Plan

Date	Amount
Friday the 24th August (if unpaid on the booklist)	\$90.00
Friday 14th September	\$70.00
Friday 28th September (all monies paid to this date are non –refundable due to the Colleges financial commitment to the camp).	\$70.00
Friday 12th October	\$60.00
Friday 26th October	\$60.00

Middle Years Parents, please join Bloomz to get regular updates from your child's classroom.



Bloomz Snapshot



Mason helping sumo-suited Cade struggle to his feet (Yr 6)

Yr 7—Gemma and Steph with their Maths Pathway awards.

Yr 8's and their amazing coconut shy at the College Fete yesterday.



Middle Years Captains Report



Last week the people doing State School Spectacular performed, well done to everyone that participated. The Fete was yesterday and it was a pretty successful day, so thanks to all of the teachers and students who helped make the day run smoothly. Tomorrow we have a short assembly for the students with 100% attendance. Tomorrow we also have footy colours day and it is a gold coin donation. Have a good holiday.

Alicia and Levi

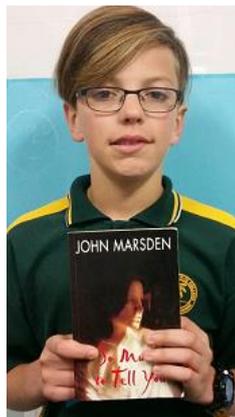
Book recommendation

Jye has been reading "So Much to Tell you" by John Marsden.

"It is about this girl who doesn't like to talk, her mum sends her to a boarding school to try to get her to talk again. If she doesn't start talking again she will be sent to the hospital to learn how to talk."

"It's a fictional diary entry type of book and I am really enjoying it."

Jye recommended this to students from Year 7 to 9.



Attendance Awards—Term 3

Tomorrow we will have a short Middle Years assembly at the start of the day to hand out awards to students who have achieved 100% attendance for Term 3. Well done to everyone who has had excellent attendance this term!

Hats—Term 4

At East Loddon for Term 1 and 4 all students need to be wearing hats at recess and lunch.

Hats must be green with a brim all around.



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Senior School News!

Some things I've noticed: Throughout this term I have noticed a gradual incline in mental health and wellbeing stuff. Some strategies I have tried and tried to encourage others to implement are;

Talking: find someone you are comfortable talking with and let them know how you are feeling. Allow them an opportunity to also talk & take time to listen to them.

Worried about someone: talk to them, ask them how they are going?

Seek further help: We have a great wellbeing team here at school, Wendy, Sue, Denise and Alan are all available on various days of the week to offer support.

Be active: get active, try exercise with a friend or family member, a pet, or solo, start out by walking, as you progress try to increase to jogging (even for short bursts eg. the space of the white road side reflectors).

Volunteer/ help others: get involved in a local club, group, community event, school event and help out.

My memories of being a teenager and sorting through problems for myself, family members or friends involved all of the above. Please talk to someone if you are feeling a bit flat or if you see someone who you think is a bit flat please talk to them.

Thanks for your support of our Fete: pictured here are some of our students in action at the Fete.



Thanks Mr Wilkinson for entering a portrait of me in the East Loddon Archi-bold, it's very kind of you. I love the purple and gold sentiment and the relax bit.... Bring that on. Thank you!

VTAC payment: Year 12's applying for VTAC please remember to pay the \$36 asap.

Access revision lectures: bus departs at 7am on Sunday 23rd of September.

Wishing everyone a nice and safe September break. Really hoping my Tigers make it through to the GF. If they win I promise I won't put the Tigers theme song on the bell music for quite as long.

Thanks

Sarah Byrne

Senior Sub-School Leader

Last Friday night, Rylee Gallagher, Jasmine Gallagher and Bridget Baker played in a Grand Final for Eaglehawk and they were premiers (I am not sure what the competition name is, it may have been a twilight competition - but Anne Baker would be able to help here) The pics of the girls in their blue dresses was from that win.

Huge achievement being in 2 grand finals in 2 days and winning. Very exciting couple of days for the girls.

Anyway, will leave it up to you if you wanted to include it.

Then on Saturday in the Loddon Valley Football Netball Grand Final at Bridgewater, the Calivil United 17&U team won the grand final against Inglewood. Rylee, Jasmine and Bridget and Jasmin Lawry were also in that winning team. Rylee was awarded the best on court for the grand final. (Emma Karslake was in it too).



Jackie Gallagher was the coach for the Calivil United team, and Anne Baker was team manager so it was an awesome win for them also. (I think Jackie was either the coach or assistant coach in the Eaglehawk team,.



Senior Sub-School

CANCER AWARENESS WEEK

As part of our Advance - Community Based Project, we will be holding 'Cancer Awareness Week' on the 15th -19th of October. October is Breast Cancer Awareness month and all money raised throughout the week will be donated to the Cancer Ward at Bendigo Health.

We will be holding a 'Pink Day' on the 17th of October which will involve students coming dressed in pink for a \$1 donation or casual clothes for a \$2 donation. We will be selling pink socks for \$3 and pink ribbon for \$1.

Also on 19th of October, we will be holding a World's Greatest Shave, which will involve teachers shaving, coloring etc. their hair if we raise certain amounts, ranging from \$100 to \$2000. The teachers that have volunteered to shave their head so far are Mr Young, Mr Wilkinson, Mr Clayton, Mr Leed and Mr Aurisch (including shaving his beard!) as well as some teachers coloring their hair including Miss Byrne, Mrs McNamara and Mrs Cutting and Mrs Cail.

We are still working on some other key components, which may happen at around \$1000. We will be running a BBQ on the day for which we will send out pre order forms closer to the date.

Cancer is something that is very close to our hearts as we have recently been affected by it at a school level. For this event to be successful, we need your help! We believe this is a very good cause and you can help us by donating. Donations can be made directly at the school office or you can send your donation to school in an envelope specifying that the money is for Cancer Awareness Week. Any donation would be greatly appreciated.



MURRAY RIVER RESERVE 25 SEPT-27 SEPT 2018

DATE	TIME	DETAILS
TUE 25 SEPT 2018	10:00- 11:00	JUNIOR RANGER- WILDLIFE DETECTIVE Become a Wildlife Detective to find out what goes on in our parks when we're not looking! We'll search for animals and all the clues they leave behind! Location: Willis Bend 1 Campground, off O'Dwyer Road
THUR 27 SEPT 2018	10:00- 11:00	JUNIOR RANGER- WILDLIFE DETECTIVE Become a Wildlife Detective to find out what goes on in our parks when we're not looking! We'll search for animals and all the clues they leave behind! Location: Torrumbarry Weir

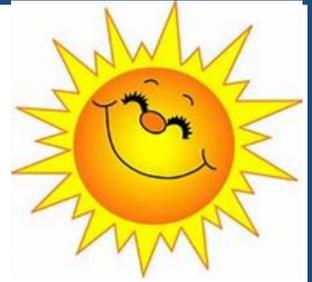
TERRICK TERRICK NATIONAL PARK 2 OCT 2018

TUE 2 OCT 2018	11:00-12:00	JUNIOR RANGER- NOT JUST A PADDOCK Join our Parks Victoria Rangers and gain an understanding of Northern Plains Grasslands. Discover the tiny, yet diverse ecosystem in our amazing grasslands! Location: Davies Homestead, Mitiamo-Kow Swamp Rd, Terrick Terrick
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All Junior Ranger activities are free, and are suitable for children aged 6-12 years. Bookings are essential, and open on Monday 17th of September Please visit www.juniorrangers.com.au

Mental Health Week

Mental Health Week is the first week back of Term 4 and the Wellbeing Team has a number of activities planned to celebrate good mental health.



Sunshine Breakfast



On Tuesday morning, the East Loddon Lions Club are cooking up a treat for students and staff at our annual Sunshine Breakfast by providing yummy Egg'n'Bacon Muffins. The Sunshine Breakfast is kindly sponsored by the Loddon Healthy Minds Network.

Tabloid Sports

At lunchtime, the Epsom Bunnings Activities Co-ordinator will be in attendance whilst the Senior SRC students and will be holding Tabloid Sports. This is a great opportunity to have some fun and lots of laughs and students are encouraged to participate



RUOK

The Wellbeing Team will continue to reinforce the RUOK message that has been highlighted by the SRC initiative to promote positive mental health over the past few weeks.



What is the research about?

The research aim is to evaluate whether our new program, TOPS (Therapist-assisted Online Parenting Strategies) can help parents to support their adolescents who are experiencing anxiety and/or depression.

What is involved?

- Participation only takes a few hours over 12 months
- You & your adolescent complete online surveys at 4 time-points: when you first register, before starting the program, and 4 & 12 months afterwards

You receive:

- Access to an individually tailored online parenting program
- Practical strategies to parent more confidently
- Tailored goals to help put these strategies into practice
- Regular contact with a TOPS-coach via videoconferencing to help you apply strategies to your own situation

To say thank-you, you & your teen will each receive e-vouchers over 4 time points (worth up to \$50 in total per person)

Who can participate?

- Parents or legal guardians with their adolescent (aged 12-17 years):
- The adolescent needs to be receiving treatment for anxiety &/or depression from a mental health professional/service
 - Have internet access, & consider themselves proficient in English

Interested?

For further information or to register, please click here: bit.ly/TOPSmain or contact the TOPS team by email at: med-tops.coach@monash.edu



TOPS:

Therapist-assisted Online Parenting Strategies

Help your teen manage anxiety, depression, & sleep problems

An online tailored parenting program

Weekly coaching via videoconference

Access the program anytime & anywhere

This study is being undertaken by Monash University, led by Associate Professor Marie Yap, and has been approved by the Monash University Human Research Ethics Committee.

Canteen News

2018			TERM 4		
TERM 3			OCTOBER		
SEPTEMBER			Monday 22nd	Lisa Twigg	
Friday 21st	Leanne Welsh	Lisa Twigg	Tuesday 23rd	Michelle Diss	
			Wednesday 24th	Sue Pickles	
TERM 4			Thursday 25th	COLLEGE SPORTS	Sue Pickles
OCTOBER			Friday 26th	Yoli Humphries	Michelle Balic
Monday 8th	Margaret Hocking				
Tuesday 9th	Sue Pickles		Monday 29th	Brian Duffy	Breeanna Hocking
Wednesday 10th	Miranda Smith		Tuesday 30th	Sue Pickles	
Thursday 11th	Sue Pickles		Wednesday 31st	Penny Cockerell	
Friday 12th	Toyah Ketterer	Natalie Rose	NOVEMBER		
			Thursday 1st	Sue Pickles	
Monday 15th	Belinda Clymo		Friday 2nd	Kate Duncan	Louise Hocking
Tuesday 16th	Sue Pickles				
Wednesday 17th	Bec Cullen		Monday 5th	Karolyn Campbell	Katherine Ellis
Thursday 18th	Sue Pickles		Tuesday 6th	MELBOURNE CUP HOLIDAY	
Friday 19th	Leanne Welsh	Kylie Addlem	Wednesday 7th	Mel Primrose	
			Thursday 8th	Mel Primrose	
			Friday 9th	Lisa Twigg	Vivian Nicart

College Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17th	18th	19th COLLEGE FETE 10am –2pm	20th	21st Sports Colour Day Casual Dress Day Gold coin donation. End of Term 3 Buses leave at 2.30pm	22nd	23rd
OCTOBER 8th	9th START OF TERM 4	10th	11th Year 9/10 Outdoor Ed Bush Walking Camp Loddon Mallee Athletics	12th Year 9/10 Outdoor Ed Bush Walking Camp	13th	14th
15th	16th Year 5/6 Ger- man Day	17th	18th	19th	20th	21st
22nd	23rd State Athletics	24th	25th P-12 Athletics Carnival	26th Last day for Year 12 students	27th	28th