



EAST LODDON P- 12 COLLEGE PARENT NEWSLETTER

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College Website: <http://eastlodd12.vic.edu.au/> Principal's Blog: <http://stevenleed.edublogs.org/>
School Councillors : Richard Hicks, Darren Welsh, Micheal Lawry, Ash Davis, Jodie Demeo, Steve Leed, Scott Wilkinson, Andrew Cameron, Laura Muller, Nicole Hocking, Natalie Rose, Lynda Cartwright.

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 6

Date: 8th March 2018

Dates for Your Diary

MARCH

9th Yr 11/12 Elevate
Pds 5 & 6

14th Yr 7/8 Term 1
Sports day

15th Parent Teach-
er Student Inter-
views 1.00-5.30pm
Year 7 Term1 Sports
Day

16th P-6 Labyrinth In
the Library \$5.50 per
student

20th Year 9/10 Term
1 Sports Day

Yr 11 & 12 Top Art
Designs Excursion

21st College Photos

22nd LMR Swim-
ming/Diving

23rd KFC

26th -28th Yr 9/10
Outdoor Ed Canoe
Camp

29th End of Term 1
Early finish 2.30pm

From the Principal

Maths Pathway Information Session

Is your child in Year 6 – 10?

Have you heard about Maths Pathway but not really sure how it works?

Come along to find out more about the program, your child's learning and answer any questions you might have!

When: Thursday 15th March, 3:00pm

(so you can do it before or after your Parent Teacher Student interviews!)

Where: Room 12 (Year 7 room)

Contact Mrs Johns for more information

*****College Council – We Need One More Parent Representative*****

College Council generally meets on the second Wednesday of each month, but will this month meet on Wednesday March 21st, in order to give us time to fill all positions. We now have a fourth member of staff who is extremely excited to be part of College Council, and are hoping to have that last parent position filled shortly.

Nomination forms can be obtained via the College Office. Please make contact if you are interested in this opportunity.

College Photo Forms

College photos are to take place on Wednesday 21st March. All students should have already arrived home with an order form for the College photo day. Please ensure that you fill in this form and return it to the College office asap.

All forms need to be returned by Monday 19th March.

Fantastic Family Photo Offer – College Photo Day

On our March 21st photo day, families with 3 or more students who are purchasing other photo packs, will be able to take advantage of a great offer with our photographer offering a free family photo. Just to repeat, you must have 3 or more students in your family to receive the free photo and purchasing other photo packs.

Any families who have 3 or more children, and who have paid for their family photo already, will be reimbursed this amount by our photographer.

ANZAC Service Tuesday 24th April 2.30pm

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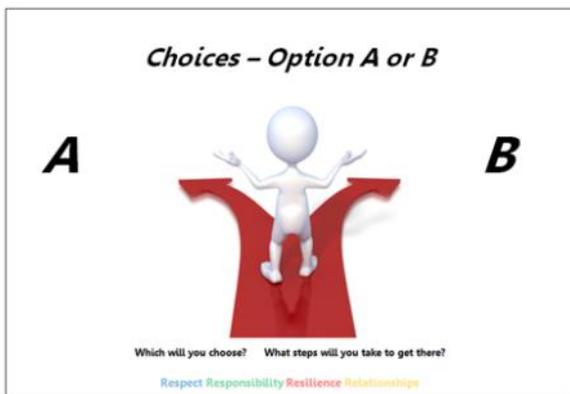
A Terrific Start To Independent Reading This Year

Across the entire College, all staff and students read for the first 15 minutes of each school day and I cannot emphasise enough just how important reading skills and ability is in life! Take a look at the hive of activity in our Prep room as our Year 12 student's model great reading habits to their younger buddies.

Please ensure that your child is also participating in sustained reading time at home. At least 5 nights per week is ideal.



Choices – Option A or B



Last week I mentioned 'Casual Vs Formal Language Register'. This week I have moved on to 'Choices – Option A or B'.

In very basic terms, this poster points out that we all have choices that we need to make, and these choices lead to consequences and outcomes that are either positive or negative. With this poster, we are aiming to have our students understand that the consequences that they experience, generally come as the result of a choice that they have made.

We all come to a 'crossroad' at some stage. Do I go left, or do I go right? If I go 'this way' then that is likely to lead to this outcome. If I go 'that way' then this will likely lead to that outcome.

With this poster we endeavour to inform our students of the fact that they are largely responsible for 'things' that they do. If a student chooses to do their home-reading consistently each night of the week, then this will likely lead to greater reading outcomes. If a student chooses to support a team such as Carlton, then they are likely to experience a number of lean years and multiple loses. (Sorry Mr Wilkinson, that was a bit of a cheap shot!)

I genuinely feel that all too often we make excuses for events that take place, or we tend to blame others.

This is so easy to do! **This poster is about taking responsibility.** It is about **owning our actions** and **accepting** that the consequences we receive are most often directly related to the choices we make. In a school setting this can be evidenced by the student who blames a peer for getting them into trouble, rather than admitting that they received a call home, or a lunchtime talk with their teacher because **they** decided to do the wrong thing.

Maybe have a chat with your child at the dinner table tonight and discuss your thoughts and feelings about this concept.

Turkish Exchange – 24 Days To Go!

Our staff and students attending our Turkish Exchange leave in 24 days' time and there is a real buzz in the air as we count down each day. Students have continued to meet and further enhance their understanding of the areas that we will be travelling to. Today, we held a lunchtime session around World War 1, studying footage from the conflict at Gallipoli.

As was mentioned last week, each participant within our exchange will study the history of a soldier from the East Loddon area. We will then endeavour to find their grave at Anzac Cove, before laying a knitted poppy and informing our group of the soldiers' details. If you have a 'Gallipoli connection' and have details that may help us find the soldiers burial site or memorial site, we would be honoured to lay a poppy on your behalf.

Please speak to myself, Miss Pilkington or one of our students attending this trip if you would like to discuss this further.

Sites that will help with research are as follows –

<https://www.cwgc.org/> (start here to find out burial or memorial details)

<https://aif.adfa.edu.au/aif/> (find out more details here or at the address below)

<https://discoveringanzacs.naa.gov.au/>

Farewell Dinner For Our Turkish Travellers

Students and staff travelling to Turkey will be having a farewell dinner towards the end of term, where they will give a presentation of their upcoming trip, a week prior to their departure. This dinner will take place at Bendigo Stadium from 6pm on Wednesday 28th March, with 33% of each meal purchased being donated back to the Turkish Exchange.

If you would like to attend this evening in support of the staff and students attending this exchange, please RSVP to Sarah Pilkington via email before Wednesday 21st March.

RSVP to pilkington.sarah.s@edumail.vic.gov.au

I hope you have a great long weekend!

Steven Leed

College Principal

Assistant Principal's Report

Assistant Principal's News

Thanks for everyone who attended the Investiture assembly on Friday. It's so good to get together and celebrate the successes of our students. If you were there, you would have noticed a few things, which were a bit different to our usual assemblies. Firstly, we had an audio issue and couldn't get Advance Australia Fair to play. It's funny how good solutions come from these sort of situations. Miss Harrington, took to the mic and sung the National Anthem, (I was going to do it, but she selfishly pushed me out of the way). It turns out that singing the National Anthem may actually encourage others to sing. I think we've seen the last time the National Anthem is played and not sung. Any volunteers to sing next time, please see me. For parents and staff who have been associated with the school for a long time, it brought back memories for me of Mrs Joan Lyon, who used to sing at Assemblies.

In more netball news, the unbeatable staff mixed team are still unbeatable. I didn't play this week as I had to get my hair permed, but we still won. In fact we won by even more than the previous week. This must mean that the Year 12's are terribly unskilled, even worse than Dingtan OR there is a small chance that my replacement had a little more skill than me. Next week is the last week of the current comp, which is raising money for the Turkish Exchange program, but we would love to go around more regularly if others are interested and have a good fundraising idea for the school.

Parent Teacher Student Interviews will be in the Multi Purpose Room and library next week. The buses will leave at 1pm so you will need to arrange early pick up times. The school can supervise students who have interviews booked before 2pm, to save them heading home and then returning, however we don't have a capacity to do this after 2pm. Any students with interviews starting 2pm or later will be placed on the bus to go home at 1pm. Students in 7/8 who are playing volleyball in Bendigo or at Charlton for VET studies, will need to be collected from school on their return at 3:10 pm approx. This would be a good time, for interviews for these students, to be arranged. As mentioned earlier Mr Rippingale, Mrs Maxted and Mr McKinnon do not work on Thursdays. Also Mr Rudkins Miss Byrne and I will be absent for other reasons. All can be contacted via the school number 5436 8300 or these emails if you wish to arrange another time to speak

rippingale.james.j@edumail.vic.gov.au
wilkinson.scott.s@edumail.vic.gov.au
byrne.sarah.m@edumail.vic.gov.au
mckinnon.rodney.d@edumail.vic.gov.au
maxted.paula.s@edumail.vic.gov.au

For your diaries, we have booked our guest speaker for College ANZAC Service, which will be held on Tuesday the 24th of April at 2:30 pm.

Mr
Assistant Principal

Wilkinson

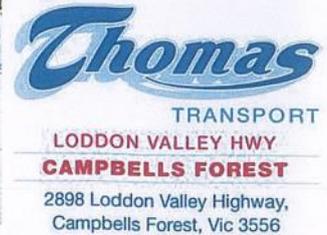
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The Students travelling to Turkey in April, 2018 would like to thank the following sponsors for their generous support of our Turkish Exchange.

Without your generous support, this trip would simply not be possible!



Proudly supporting our community



PRUE AND JIMMY WILKINSON



BILL AND GWEN TWIGG

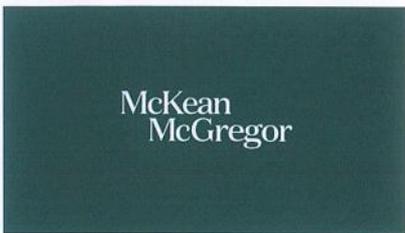
TREVOR AND JAN CLYMO

PAM AND KEITH LAWRY

NICK MARLOW

DAVID LAKEMAN

SUE AND BRAD CAIL



EST. 2014



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The Victorian Premiers' Reading Challenge is now open and East Loddon P-12 College is excited to be participating.

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 7 September 2018.

All students from Prep to Year 9 will be entered into the Challenge, and will be encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and can choose to have their name included on the online Honour Roll. If you do not you're your child/children's names to appear on the Honour Roll, please sign the attached form and return it to school the school office.

I do not wish my child/children's names to appear on the Victorian Premiers' Reading Challenge online Honour Roll, please sign this form and return it to the school office by 15th April 2018.

TERMS AND CONDITIONS

Definitions: *Department* refers to the Victorian Department of Education and Training, *Person* refers to the child/adult listed below in the consent declaration.

Privacy Protection

The Department takes its privacy obligations seriously and any personal information collected or used by the Department will be handled in accordance with the *Privacy and Data Protection Act 2014* (Vic). This law sets out what we must do when the Department collects, uses, handles and destroys personal information. Personal information includes personal details such as an individual's name and school that could be used to identify an individual.

Collection, use, disclosure and storage of personal information

If you provide your consent your school will collect and disclose your child's first and last name, and the name of the school to the Department. The Department will then:

Publish your child's name on its online Honour Roll located at: www.education.vic.gov.au/prc at the completion of the Challenge with no other identifying factors such as early childhood setting name.

Accuracy, access to information and withdrawal of consent

The Department will endeavour to ensure that any personal information held about your child is up to date and accurate. You can access, correct and withdraw personal information held by the Department by written request in accordance with the Department's Information Privacy Policy located at:

<http://www.education.vic.gov.au/Pages/privacypolicy.aspx>

If you have any questions about this form, or if you need more information, please contact the PRC Challenge Coordinator at the Department readingchallenge@edumail.vic.gov.au or (03) 9637 3624.

I **do not** consent to my child/children's names appearing on the online Honour roll.

(Consent may be revisited at any time by contacting the School Library or General Office before September 1st).

Names of child/children.....

Parent/Guardian Signature.....

**SPORTS REPORT:
SANDHURST DIVISION SWIMMING CARNIVAL**

On Friday 2nd March, Mr. Young and 9 students travelled into the Bendigo Aquatic Centre for the Inter-School Swimming Competition against the nine other Secondary Schools in Bendigo.

We had some good results – considering some of our students are competing against the best swimmers in their age groups across the Bendigo region (up to 300-400 students in some age groups).



Some of the results are outlined below:

Freestyle	Breaststroke	Backstroke	Butterfly
Trista W – 3 rd 100m 15 Girls	Gemma M – 5 th 50m 13 Girls	Libby C – 5 th 50m 13 Girls	Trista W – 4 th 50m 14 Girls
Libby C – 5 th 50m 13 Girls	Josh D – 4 th 50m 13 Boys	Jaxon A – 5 th 50m 13 Boys	
Nicholas V – 4 th 50m 16 Boys	Trista W – 4 th 50m 14 Girls	Trista W – 5 th 50m 14 Girls	
	Oscar H – 5 th 50m 15 Boys	Brodie W – 5 th 50m 14 Boys	
		Nicholas V – 4 th 50m 16 Boys	
4 x 50m Relay – 15 Year Girls = 5 th			
4 x 50m Relay – 15 Year Boys = 4 th			

Thanks for all of the students for making the effort. It was a great day and they enjoyed the competition. Thanks to the parents who came along and supported on the day as well!

YEAR 7/8 SPORTS DAY – WEDNESDAY 14TH MARCH

On Wednesday of next week we will have a number of students participating in an Inter-school Volleyball and Tennis Tournament. Students from Years 7 and 8 have been working on either their Tennis or their Volleyball skills over the past 6 weeks and are ready to put them to the test against the other Year 7 and 8 students from the Bendigo region.

The volleyball will be held at the Bendigo Stadium and the Tennis is at the Bendigo Tennis Grass Courts on Barnard St. Notes will come home with the students who are attending this Friday.

Mr. Young
Sports Co-ordinator.

P-4 Update

Building Strong Foundations



Student of The Week

Prep—Baxter for always trying his best, for good listening and for his counting in German.

Year 1—Lucas S for trying hard and doing his best.

Year 2—Teagen for her positive attitude and ‘having a go’.

Year 3—Chloe for her strong work in reading and writing.

Year 4—Aidan for his enthusiasm for learning.



You Can Do It! Awards Getting Along

Prep—Lylah for great manners and respect.

Year 1—Lucas C for pointing out right and wrong in a book.

Year 2—Sienna for working well with everyone.

Year 3—Zane for being a happy classmate and working ell with everyone.

Year 4—Will for confidence in PE and achieving something he didn't think he could do.



P-4 Sub-School

A Labyrinth in the Library (Extra Curricula activity)

The English/ Performing Arts based puppetry performance will take place at 9:15am on Friday 16th March. If you wish your child to attend, please ensure that you have completed the Permission form and returned it to school, along with \$5:50 per child to the College Office prior to the event. If you have arrangements for payment with the Bursar (These are strictly confidential) feel free to let Sue Cail know what you would like to do.



Prep Letters in Focus

Ww- Water on a web

Yy- Yellow yoyo

Zz- Zebra in a zoo

Ss – Measure the treasure (Not is is not the s' sound but the 'zh', which is a long buzzy sound which is voiced).

Prep Words To Fluency

The words this week are ‘mum’ and ‘dad’ (common noun rather than proper noun).

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Literacy Hints

When reading books we bring to the text our own experiences, and indeed the author usually relies on it, and this information helps the reader to make sense of the text. There are three primary sources to draw upon:

Self to Text - Personal experiences such as trips to the beach, special events and feelings experienced help the reader with the vocabulary and the ability to relate to or empathise with characters.

Take the opportunity to provide your child with a broad range of experiences and engage them in conversation, building vocabulary and knowledge.

Text to Text- Knowledge draw from other texts (and there are many types) can help with understanding. For example, "I have read about '.....' in another book so I already know something about the topic."

Comments in Reading Logs show that many parents are already well aware of the importance of making connections between texts.

Read to and with your child at every opportunity, the benefits will be enormous.



World to Self- We can't, and certainly don't want to experience everything first hand but knowledge can be shared through film or through being told by others. Grandparents and older neighbours often have a wealth of knowledge and experience to draw upon and share.

Enjoy quality film together, not just documentaries but also quality stories, and engage your child in conversation.

There are also other bonuses, their conversation skills will blossom and the quality of their written work will also improve.

In summary, **GO, READ, WATCH and TALK/ SHARE**; it will bring meaning to your child's world and to the books they read. The end result is a better ability to predict and understand. Ultimately, it all makes for better readers, and reading is the key to success in so many things we do!

PARENT/ GUARDIANS, TEACHER and STUDENT INTERVIEWS (A partnership)



Effective channels of communication benefit your child's learning and we look forward to meeting with all parents and guardians for updates, discussions around personal learning goals and a valuable opportunity for three way conversations. If you are unable to attend on the afternoon, please make another time to 'catch up'.

Peter Vernon

(On behalf of the P-4 Teaching and Learning Team)

Year 2/3 Integrated Studies-Science (All mixed up)

This week the Yr2/3 class worked in co-operative groups and followed the steps in a procedural text, as they worked through an experiment (Something slimey).

**Year 2/3 Integrated Studies Teacher
Annette Burgstett**



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



Bloomz Weekly Snapshot



Yr 5 Science—three states of matter posters



Yr 8 Maths—Investigating pi by measuring circles

Yr 6 starting the garden for 2018

Yr 7 Maths—Liquorice Factory activity



Middle Years Captains Report



Thanks to all of the parents who came along to the Investiture Assembly on Friday last week. Next week the Parent Teacher Student Interviews will be held, make sure you have all booked in to see your children's teachers. There will be a Maths Pathways information session is on at 3pm on the 15th of March to have an insight into what your kids will be learning about in Maths from Year 6 to 10. We also have the school photos coming up in the next couple of weeks and make sure you have brought back your forms. Have a great weekend.

Important Dates:

>> Year 7 Immunisations—Tuesday 13th March

>> Year 7/8 Sport Day—Volleyball, Tennis—Wednesday 14th March

>> Parent, Student, Teacher Interviews — Thursday 15th March

>> Maths Pathway Parent Information Session—Thursday 15th March @ 3pm in Room 12

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Deutsche Nachrichten

On March 22nd the P-4 classes will be participating in activities to celebrate Karneval during period 3 and 4. Students may come dressed as their favourite book character or Super Hero. Cost will be a gold coin donation to help cover part of the cost. This week has been a busy week in the German lessons this week. Klasse Preps have been learning a new song, 'Kriecht eine Schnecke'. Klasse 1/2 are working on the topic Haustiere (Pets). Klasse 2/3 have been learning the names of Bauernhof Tiere (farm animals). Klasse 3/4 have started work doing tasks about Karneval. Klasse 5 are writing sentences for their Gesucht posters (wanted poster). Their first German spelling test was returned to them. With some pleasing results. Gut gemacht, Klasse 5. Klasse 7 have been producing their version of a song about Numbers from a German group, Die Prinzen. At the last P-4 Assembly Klasse 8 handed out the Schultueten which they had made for them. Levi had informed me that Baxter's Mutter had baked him a treat to say Danke Schön (thank you). Anna A (exchange student) has been assisting me in class by asking some of the students in Klasse 8, When they had their Geburtstag' (birthday). Vielen Dank, Anna.



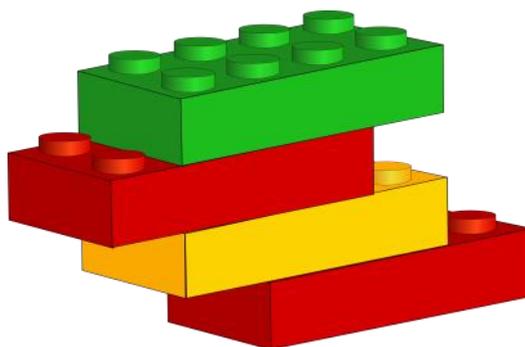
German Co-ordinator
Annette Burgstett

New 'Hang space'

From the 21st of March on a Wednesday and Thursday lunch time between 1.00 and 1.30 in the Multi Purpose room I will be running a 'hang out space'. This space will be for students to come and 'chill out', there will be fun activities to participate in such as; board games, card games, meditative drawings etc.

I am also looking for any unwanted lego that you would like to donate towards our 'hang space' to be used as an activity. If you have any lego to donate, could you please either contact myself or Miss Pilkington on the contact details below.

Thank you for your support



VCE Physics Excursion

Well who would have thought that Luna Park would be our Physics Laboratory? Well here at East Loddon P-12, we think it is the perfect way to critically engage our students in the Unit 3 VCE content.

On Wednesday, to accompany the outcome "How fast things go?" in Unit 3 VCE Physics, the Year 12 Physics class attended hands on study and had loads of fun at Melbourne's ride attraction, Luna Park.

The students thoroughly enjoyed collecting data from rides such as, the Enterprise, the Twin Dragons and the Power Surge using vests that recorded their movement.

Furthermore, students got to personal view a RAAF Roulette fighter pilot doing aerobatics just outside of the theme park and had the opportunity to meet the pilot in person.

Now we get to analyse all fun data they collected back at school as a part of a Data Analysis Assessment Criteria. Now that is a fun VCE SAC and there is still a whole lot more still to come later this year.

Curiosity and fun. Now that is what I think makes VCE Physics so engaging at our school.

Mr Paul Rowland
Physics Teacher



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Senior School News

Elevate Education

Last chance for parents/guardians to indicate they would like to attend the Elevate Education and former Year 12 students guest panel tomorrow at 1:30pm. I have promoted this in the previous newsletters and also distributed notices to students over a week ago. If you require more information please ask your child for the note or contact me as soon as possible.

It should be an informative and helpful session for our students, with also some real life advice from our previous Year 12 students.

School Assessed Coursework

Year 11 & 12 VCE students and VCAL students studying VCE are starting to get serious, with school assessed coursework (SACs). For various senior classes assessment is underway. If parents/guardians require information could you please speak to subject teachers directly.

Pictured are some of the Year 11 & 10 students in VCE Health and Human Development studying for their SAC which they have tomorrow. Good luck!

Shearing Course Opportunity



We are currently looking for expression of interest from Year 10-12 students who are interested in a 2-3 day shearing workshop in a local shearing shed. This will involve penning up, wool handling, wool classing and some shearing. This will be free of charge for students, and will be something they can put on their resume.

Could you please forward questions or student names to Miss Pilkington. Once we have an indication of numbers potential dates can be determined.

Latrobe Bendigo Campus Talk & Tours

Bookings are now open for personalised consultations and tours of the Bendigo Campus these school holidays. Open between Monday 9 April and Friday 13 April, students are given the opportunity to meet with one of our friendly team to have their course questions answered and enjoy a tour of the Campus:

www.latrobe.edu.au/tours

Latrobe University Experience Clever

Experience Clever gives students the chance to not only see our campuses but experience them by taking part in fun and dynamic workshops led by real teachers.

- Melbourne (Autumn), Friday 6 July – Registrations are now open
- Albury-Wodonga, Friday 1 June – Register your interest
- Bendigo, Thursday 5 July – Register your interest

Melbourne (Winter), Friday 6 July – Register your interest
<http://www.latrobe.edu.au/study/life/events/experience-clever>

CVGT job vacancies

Current Bendigo Vacancies: Apprenticeships in Roof Plumbing, Carpentry, Bricklaying, Painter, Electrician, Diesel Mechanical, Concreting Traineeship and Wall and Floor tiling Apprenticeship (Echuca).

Please contact: Contact Rebecca Gardner ph 5449 2000 or email rgarner.cvgt.com.au

**Thanks for your time,
 Sarah Byrne
 Senior Sub School Leader**

Sarah Maher at her VET Music



Work Experience 2018

All Year 10 and 11 students have received a letter and an arrangement form for Work Experience. There are just a few sections of the form that need to be completed and signed at home:

- Student Details
- Student Agreement, and
- Parent/Guardian Agreement and Consent

Please ensure that your child returns the arrangement form to either Mrs Heaslip or Miss Pilkington ASAP so we can begin calling businesses to set up placements. A big thank you to those who have already returned their forms! Thank you for your help.

**Sarah Pilkington and Samantha Heaslip
 Careers Co-ordinators**

BULOKE AND LODDON SHIRES

Stepping Stones

Sunday 18th March
Inglewood
10am to 8:00pm

Young women in Buloke and Loddon Shires are invited to join us for a challenging and rewarding one day workshop.

Learn more about yourself, finding your place and voice in the world and expand your friendships and networks!




Stepping Stones Program

The morning session will be challenging and fun. Come prepared to learn a lot about yourself and others in our outdoor adventures abseiling, self defense and team building.

The afternoon session will be based on developing skills and knowledge around:
self-development, having an impact and being an influence in our world, making decisions, affecting others in a positive way, challenges being a woman, finding our place in the world and using our voice.

Over dinner be inspired by stories from other like minded young women.

This worksop is free for girls between the ages of 15-22 who are residents of the Loddon and Buloke Shires. All food and materials are covered as part of the program and transport can be arranged.

REGISTER NOW!
LIMITED SEATS AVAILABLE!
Register by March 12

steppingstonesworkshop.eventbrite.com.au

FURTHER DETAILS
WWW.CLLM.ORG.AU
MEL MANN 0427 936 972
BARB BEAR 0477 242 485




TWILIGHT FAIR & CAR BOOT SALE

Friday 23rd March 2018
5.00pm til dark
At 'The Shed' & Nanneella Rec Reserve

Sausage Sizzle	Cake Stall
Pony Rides	Jumping Castle
Face Painting	Fairy Floss
Raffles	Live Music

Car Boot Sale \$5 per car
Contact Shannyn on 0428505773

Control Your Phone. Don't Let It Control You.

As adults, we're pretty savvy when it comes to advertising and commercials. Those juicy cheeseburgers or shiny new cars look pretty appealing, sure, but we know the tricks advertisers use to tempt us, from upbeat music to attractive young models. Now, how many

of us have tapped an icon on our phones to check a quick email only to look up an hour later and wonder where the time went? When it comes to our phones and other digital technology, we might not be as savvy as we think.



We might not know, for instance, that engineers and designers use the color red in notifications to trigger an emotional response that makes us want to click or swipe. Or that auto-play functions are designed to hijack our good judgment. In addition, **more and more of us are feeling addicted to technology**. As a few key members in the tech industry start coming forward -- including Tristan Harris, founder of the **Center for Humane Technology** and a senior fellow at Common Sense -- we're starting to understand why it's so hard to put our phones down.

According to Harris, this is all by design. Moreover, if we feel tethered to our little devices, imagine how our kids feel. Therefore, if we want to be good digital role models and make sure our families are using tech in healthy ways, we need to fight back against these tricks. We need to show our kids how to get all the benefits of these mini-computers in our pockets without forgetting to put people first.

Here are some simple tips -- **recommended by Harris** -- to work around the tricks phone designers use to keep us hooked:

Turn off all notifications, except those from people.

Notifications can be helpful when they let you know something important needs your attention, like a text from your kid or an email from your boss. However, most notifications are sent by machines, not people. And they're designed to draw you into interacting with an app you might not otherwise prioritize. Go to your phone's settings (on iPhones, it's Settings > Notifications) to turn off everything except messaging apps or other crucial tools.

Go grayscale. All those colorful apps? They're designed to trigger your brain's reward system and make you feel good. If you want to check your phone less, cutting off this trigger may help. It won't be easy, though. We're

pretty hooked on all those flashy colors. But most phones let you choose muted colors. On iPhones, you can go full grayscale. Go to Settings > General > Accessibility > Display Accommodations. Turn on Color Filters, and set to "Grayscale."

Limit what's on your home screen. Keep only your email, maps, calendar, and whatever else you use daily front and center. Put all those other apps -- from games to recipes -- into folders or move to the second or third screens. If you don't see them right away, you'll be less likely to use them.

Type to find apps. Tapping is so easy! It's easy enough that we do it without even thinking sometimes. But if you need to take the time to type the name of the app, it gives your brain a second to consider whether you really need to play another game of Candy Crush.

Take social media off your phone. You'll likely be more intentional about when and where you dip into Facebook and Instagram if you only do it on a computer. If you're a regular social media user, you might be amazed to find how much time you actually spend on these apps. And when you feel the urge to add them back to your phone, consider where that compulsion is coming from.

Charge your phone outside of your bedroom. It's so easy to roll over, tap snooze on your buzzing phone, and delve right into the latest news or last night's work emails. But is that really the habit you want to create? And for kids, having a phone by the bed is known to cause sleep problems. Invest in an old-fashioned alarm clock and keep phones away from sleeping bodies overnight.

Fight fire with fire. It's ironic, but downloadable apps and extensions remove some of the triggers built in by designers and engineers and help you to be more conscious of what you're doing. Harris recommends **Apple's Night Shift setting to reduce the phone's stimulating blue light**, as well as apps such as **Moment, Freedom**, and **InboxWhenReady**. Plus, there are other apps to help kids **stay focused while on devices**, plus some great tools that can help kids and adults **reduce digital distraction**.

More information can be found on the Common Sense Media Website, www.commonsense.org.au

KFC – Kids Friday club

KFC is an after school kids club for primary aged children that has been running for more than 15 years at East Loddon P-12 College. KFC is a Christian based club sponsored by Dingee Uniting Church and in 2017 approx 60 children enjoyed coming along to KFC.

At KFC we play games, sing, enjoy afternoon tea, learn memory verses, do craft activities, listen to Bible stories and more.

During Term 2, 3 & 4 we run a 4 week block of KFC on Friday after school until 5pm but in Term 1 we have a one off Easter celebration. Our Easter session is planned for March 23rd 2018.

All children in P-6 are welcome to come along. Meet in the Multipurpose room straight after school (Preps will be escorted from their room).

At our Easter session KFC will provide afternoon tea for the children – hot cross buns, fruit, water and cordial.

Time: 3.20 – 5pm

Cost: Gold coin

Notes: A KFC registration form will be distributed to the children in P-6 prior to March 23rd and made available at the office. Please fill in and return to the office along with the bus note and sign out details below.

Contacts for enquiries - Robyn Falls 0429368242, Leanne Welsh 0447689309,
Judy Mountjoy 0488379222, Wendy Twigg 0427807124, Anne Baker 0429368453

Bus and sign out note...

My child/children will be attending KFC on Friday March 23rd. Can you please take his/her name off the bus roll. I will arrange private transport for him/her to be taken home at 5.00pm following KFC.

Names of child/children

Nominated person to sign out at 5pm

Parent name

Parent signature

Parent phone no

Date

Canteen News

2018			TERM 2 APRIL		
TERM 1			Monday 16th	Lynda Cartwright	
MARCH			Tuesday 17th	Sue Pickles	
Friday 9th	Leanne Welsh	Mel Primrose	Wednesday 18th	Lisa Twigg	
			Thursday 19th	Sue Pickles	
Monday 12th	Labour Day		Friday 20th	Brian Duffy	Leanne Welsh
Tuesday 13th	Sue Pickles				
Wednesday 14th	Penny Cockerell		Monday 23rd	Margaret Hocking	
Thursday 15th	Sue Pickles		Tuesday 24th	Sue Pickles	
Friday 16th	Michelle Balic	Toyah Ketterer	Wednesday 25th	ANZAC DAY	
			Thursday 26th	Sue Pickles	
Monday 19th	Michelle Diss	Ebony Lawry	Friday 27th	Kylie Addlem	Toyah Ketterer
Tuesday 20th	Sue Pickles				
Wednesday 21st	Nicky Lawry	Kaeler Grigg	Monday 30th	Mel Primrose	
Thursday 22nd	Sue Pickles		MAY		
Friday 23rd	Lynda Cartwright	Karolyn Campbell	Tuesday 1st	Sue Pickles	
			Wednesday 2nd	Penny Cockerell	
Monday 26th	Miranda Smith	Cheryl Green	Thursday 3rd	Sue Pickles	
Tuesday 27th	Sue Pickles		Friday 4th	Natalie Rose	Ash Long
Wednesday 28th	Kylie Addlem				
Thursday 29th	Sue Pickles				

Respect - Resilience - Responsibility - Relationships

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5th	6th	7th Last Prep Rest Day Physics Luna Park Excursion	8th	9th Year 11/12 Elevate Program 1.30pm—3.20pm Sandhurst Primary Swimming / Diving	10th	11th
12th	13th	14th Yr 7/8 Term 1 Sports Day	15th Parent Teacher Student Interviews 1.00—5.30pm Yr7 Tennis Term 1 sports day	16th P-6 Labyrinth in the Library \$5.50 per student	17th	18th
19th	20th Yr 9/10 Tern 1 Sports Day Yr 12 Top Art Design Excursion	21st College Photos	22nd Loddon Mallee Swimming/ Diving	23rd	24th	25th
26th Year 9/10 ODE Canoe Camp Begins	27th	28th Year 9/10 ODE Canoe Camp returns	29th Last Day of Term 1—early finish 2.30pm	30th	31st	