



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, Adam Bish,, Dustin Pascoe, Steve Leed, Scott Wilkinson, Andrew Cameron, Jackson Clayton, 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 8

Date: 22nd March 2018

Dates for Your Diary

MARCH

23rd KFC

**26th –28th Yr 9/10
Outdoor Ed Canoe
Camp**

**29th Casual Clothes
Day Gold Coin dona-
tion**

**End of Term 1 Early
finish buses leave
2.40pm**

APRIL

**16th Start of Term 2
18th State swim-
ming/diving**

**19th P-12 House
Cross Country
24th ANZAC Service
2.30pm
30th Sandhurst Divi-
sion Cross Country**

MAY

**8th Year 9/10 Sports
day
17th-18th Outdoor
Ed Bike Camp**

From the Principal

College Council in 2018

College Council met last night with our newly appointed Council for 2018. I am pleased to announce that our College Council President in 2018 will once again be Mr Richard Hicks, with a new vice-president being appointed in Mrs Nicole Hocking. College Council Parent representatives in 2018 are Miss Natalie Rose (Parent Association Rep), Mr Darren Welsh, Mrs Lynda Cartwright and Mr Micheal Lawry. Community Co-opted members in 2018 are Mr Dustin Pascoe and Mr Adam Bish. Department of Education representatives in 2018 are Mr Steven Leed, Mr Scott Wilkinson, Mr Andrew Cameron and Mr Jackson Clayton, with Mrs Sue Cail as our minute taker.

A warm welcome is extend to Dustin, Adam and Jackson as new members of College Council. We very much look forward to your positive contributions throughout the year!

End of Term Arrangements

Term 1 concludes next Thursday March 29th, with buses leaving at 2:30pm. Please adjust pick-up times accordingly. Due to School holidays the Newsletter will be available on Wednesday.

Term 2 commences for all students on Monday April 16th.

Vale Margaret Elliot

On behalf of College Council we would like to extend our deepest sympathy to the Elliot family on the sad passing of Margaret. Margaret was a long term employee of East Loddon P-12 College serving for a number of years in the role of College Bursar.

Mutual Exchange

The last of our 4 classroom posters to receive a basic explanation is 'Mutual Exchange'. Mutual exchange is basically about give and take, and not about things being dominated by one side. *If I help you with this, what can you help me with?*

We are quite mindful of developing a level of understanding with students in regards to the way in which communities and the 'world' works. Life is not about

receiving handouts constantly and expecting that everybody else will help us without anything in return. We want our students to understand respect and to think about giving. An example of this at a school level (and please do not think I am crazy) can be found in respecting the property of others. When a teacher lends a student a pencil, it can often not be returned at all, or be returned broken or with bite marks on the end. With mutual exchange, the teacher may say to a student, 'You can borrow my pencil if I can borrow your



Casual Clothes day Thursday March 29th Gold Coin donation . To Support the Good Friday Appeal

ruler/hat/shoe etc etc. I will return your item when you return my pencil in the condition that it was given to you'. In financial terms mutual exchange may occur in the form of a service given in place of a payment being made. For example, a parent assisting with a task in lieu of a payment that they are unable to make to the College. Mutual exchange is also something that can be discussed and implemented in the home. Rather than a child receiving pocket money each week because they think they deserve this, they may only receive pocket money because they have undertaken a task/job in return for this payment. This payment may not necessarily be monetary either. It may be a small toy, treat or even the good old 'three meals a day and a roof over their head'.

Turkish Exchange – Only 10 days to go!

Time is ticking by rather quickly now for our staff and students attending this years Turkish Exchange with only 10 days until departure. Once again we would like to thank all who have supported the students involved in this program throughout the months leading up to our departure date.

Turkish Exchange – Connections to Gallipoli

Thanks are extended to those who have spoken with us about 'connections to Gallipoli' in recent weeks. Special thanks are extended to the Mitiamo Historical Society, as well as Mrs Clare for researching and providing us with names of soldiers from the East Loddon area who fought and died in or around Gallipoli. Students and staff attending our exchange are researching a soldier each and will lay a knitted poppy at the head-stone of each soldier, before telling the story of each soldier to the group at ANZAC Cove.

Students and staff are researching the following soldiers –

- Samuel James Weeks (Mr Leed)
- Edward Percy Whitfield (Macey M)
- Charles Spence (Blake P)
- William James Maclaren (Jasmine L)
- William Hodge McGregor (Will S)
- Stanley Vine Chatterton (Jack F)
- Walter Hopper (Hugh C)

Miss Pilkington will also research 'Albert McCredden' who is a relative of her partner Jayden.

For those who are interested, there will also be a feature article in this weekend's Saturday Bendigo Advertiser. The article is a fascinating story involving relatives of Jasmine Lawry and Will Stringer, and will feature in the 'Weekender' liftout.

Turkish Exchange – Farewell Dinner

As mentioned previously, students attending the Turkish Exchange will be farewelled on Wednesday evening with an informal dinner at the Bendigo Stadium. Approximately 64 people will attend this dinner with special guests Mr Ian Dyett of the Bendigo RSL and Dr John Basarin OAM of the Friends of Gallipoli Association being in attendance on the evening. Students attending the exchange will provide a presentation on the adventure that they are about to embark upon.

I hope you have a great weekend!

Steven Leed

College Principal

Assistant Principal's Report

Assistant Principals News

I will just start today with a friendly reminder. Please Please Please, if you are collecting your kids from school at the end of the day, DON'T walk between the buses and across the central lawn. The rule that we try to enforce, is that if kids and or parents are walking to cars, is that you move around the outside of the driveway. Head toward the gym and around toward the Community House. We need to avoid students and parents crossing the road when the buses are in the school. This is because buses weigh upwards of 10,000kg. In comparison, even the largest of us would maybe tip in at less than 120. You can get as large as you like, you are still no match for a bus. Let's decrease the chance of an accident by staying out of their way. Also, please be aware that at times kinder students are walked across the zebra crossings as they come to catch our buses. They are small and harder to see, but will still need to stop for them. Whinge complete.

ANZAC day every year is the 25th of April. This is a public holiday. Woouooooo hooooouoooo. It also means that on Tuesday the 24th, we will have our ANZAC school service at 2:30 pm in the gym. For those of you that haven't attended before, it's a great way to come together as a school community and remember the sacrifice that others have made for us. This year, our guest speaker is Major Adrian Sherriff OAM. Major Sherriff had a long and distinguished career in the Army serving in many roles including Regional Engineer, Garrison Engineer and he was a combat engineer in Vietnam-clearing mines and booby traps. We look forward to his presentation and hope to see you all there.

We are currently in the process of adjusting the bus route for the Raywood bus. Instead of travelling South each day on the Pyramid Yarraberb Rd we are requesting that the bus route change to travel the Dingee Raywood Rd. This will not greatly alter time spent on the bus for the majority of students, yet may change departure and arrival times for some, by approx. 5 minutes. We will send further info to parents as the situation unfolds. In the meantime, departure times will remain unchanged.

Mixed netball culminates in Finals night this Monday night. Byrnsie and I will be absent (see below), so this will give Dingtian a higher chance of winning, however I still think they will need to load their team to have any chance. Last week we smashed the Turkish travellers. They tried, but were terrible. The only highlight was when Mr Leed tricked me in to throwing the ball to him. He did the old 'Wilko, throw it hear' and I fell for it hook line and sinker. Other than that it was a flawless display of sporting domination by the staff.

I will be in a canoe Monday, Tuesday and Wednesday next week. For that reason I may not be able to write my newsletter next Thursday, (as I may not be able to sit down). Can I wish everyone a happy holiday now, just in case. Buses leave at 2:40pm next Thursday.

Scott Wilkinson
Assistant Principal

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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



TRANSPORT
LODDON VALLEY HWY
CAMPBELLS FOREST
2898 Loddon Valley Highway,
Campbells Forest, Vic 3556



PRUE AND JIMMY WILKINSON



BILL AND GWEN TWIGG

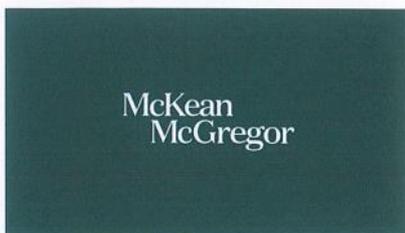
TREVOR AND JAN CLYMO

PAM AND KEITH LAWRY

NICK MARLOW

DAVID LAKEMAN

SUE AND BRAD CAIL



EST. 2014



Deutsche Nachrichten

Today the P-4 students participated in activities related to Karneval. They received a special treat of a Krapfen (small donut) freshly made this morning. There were 4 activities the students participated in; Luftballon rennen, Song-Komm tanz mit mir in Lederhosen, Krawatte schneiden and Karneval Krawatte basteln. Danke goes to Frau Mac for helping with organizing the day. A Thankyou also goes to Frau Lister, Herr Vernon, Frau Colville, Herr Smith and Herr Kidman for assisting with the activities. Photos next week.

Annette Burgstett
German Co-ordinator

COLES SPORTS FOR SCHOOLS

A couple of weeks ago we advertised via the newsletter that we are collecting the Coles Sports for Schools vouchers. We still have a couple of weeks left for you to collect these vouchers when you shop at Coles supermarkets.

Send the vouchers along to school and place them in the collection box in the office.

We can collect vouchers **until the 3rd of April** – so keep sending them in please!

A big thank-you to Jeanie Wagner who is helping count and bundle the vouchers – we will be able to receive some free sports equipment for the student to use at recess and lunch times once all vouchers have been collected and counted.



Casual Clothes Day for the Good Friday Appeal.

The SRC will be raising money for the Good Friday Appeal through donations in exchange for a casual clothes day on the last day of term. All students are encouraged to wear casual clothes on Thursday 29th March and bring a gold coin donation (or more if you are able to support our fundraising efforts) in exchange for this privilege.

The Good Friday Appeal raises money for the Royal Children's Hospital in Melbourne so that they are able to provide world-class care for children. Funds from the Good Friday Appeal are distributed to paediatric medical research, equipment and technology, facilities, education and training for medical professionals and allies.

We thank you for your support.
- East Loddon P-12 College SRC Committee



SPORTING NEWS

TENNIS AND VOLLEYBALL REPORTS

Recently, students from Year's 7-10 were selected to represent East Loddon at the Sandhurst Division Term 1 Sports Days.

The Year 7/8 day was the 14th March – in which we sent a Year 8 Girls and Year 8 Boys team to tennis at the Bendigo Tennis Centre as well as a Year 8 Girls and a Year 8 Boys team to Volleyball at the Bendigo Stadium. Overall, the students represented the school at a very high level. Results were:

Volleyball
Boys placed 8th
Girls placed 4th

Tennis
Boys placed 5th
Girls placed 2nd

Thanks to Mr Clayton, Mrs Johns, Sue Allen and student helpers Zoe L and Sharnie A for helping the day run smoothly.



The Year 9/10 Sports day was Tuesday 20th March – once again we had boys and girls Year 9/10 tennis teams competing as well as a boys and a girls Year 9/10 Volleyball team competing.

Volleyball
Boys placed 5th
Girls placed 5th

Tennis
Boys placed 4th
Girls placed 4th

Thanks to Mr Cameron, Mr Rowland and student helpers Zoe L and Taylah D for helping out on the day.



SCHOOL CROSS COUNTRY:

It's that time of year again – the East Loddon P-12 School Cross Country will take place on **Thursday 19th April** at around 11:00am.

Students have been training in Physical Education classes at school. They have also been encouraged to do a little extra preparation outside of school hours, in line with basic tips given to them in class.

It is expected that all students will participate, however students unable to participate for medical reasons are asked to bring a clear note, signed by parents, explaining the reasons for non-participation

There are three courses set up:

Junior School (P-4) will complete the 1.5km course (approx.)

Middle School (5-8) will complete the 2km course (approx.)

Senior School (9-12) will complete the 3km course (approx.)

The courses start and finish at the Central Lawn area and run around parts of the perimeter of the school grounds including in front of the Pre-School and the Community House.

WE ASK THAT YOU PLEASE DON'T PARK DIRECTLY IN FRONT OF THE KINDER OR THE COMMUNITY HOUSE – the running track comes back into the school in front of these areas and we need the track free of vehicles - Thanks

Could parents please ensure that your children are well prepared for the event with a complete change of clothes and footwear in case of wet conditions.



Community/Parent Participants

In the past we have ran the Community Challenge for community groups to enter participants to run/walk on the day. Community members and parents/guardians are also invited to come along and join in one of the 3 tracks.

If you are interested in participating, please sign up at the office.

If you have any questions, please contact Mr. Young at the school.

ACTIVE APRIL:

For the past 10 years, the Victorian Government has been running Active April:

Premier's Active April is part of the Victorian Government's commitment to promote healthy and active lifestyles and get Victorians to join in the fun of increased physical activity.

Premier's Active April encourages all Victorians to do 30 minutes of physical activity a day during April. It's free, it's fun and it's part of the Victorian Government's commitment to get more people active and healthy.

As a participant, you can log your daily activity in the mobile or web app and chart your progress throughout the month. You can also create and join teams, track the progress of team members and discover events, offers and facilities that are available across Victoria.

In 2018, every Premier's Active April participant will receive*:

10 free passes to a participating [YMCA](#) or local government recreation facility

15% off at [Sportsmart](#) in store and online

one hour free tennis court hire at [Melbourne Park or Albert Reserve](#)

a 2 for 1 ticket offer to [SEA LIFE Melbourne Aquarium](#)

a 2 for 1 ticket offer to [Otway Fly Treetop Adventures](#)

a 2 for 1 ticket offer to [Legoland Discovery Centre Melbourne](#)

15% discount for [Rock Up Netball](#) programs

20% discount for [Netball Victoria](#) school holiday clinics

5 free group dance lessons at a [Dancesport Victoria](#) centre

10% off Term 2 [MyGolf](#) Junior program

a 2 for 1 green fee offer at [Golf Victoria](#) courses

entry into the draw to win tickets to the 2019 [Australian Open Tennis](#) Finals^

a chance for your school to win visits from high-profile sporting personalities

weekly email tips on healthy eating and being active

a range of benefits, prizes and resources for [Schools](#) and [Workplaces](#) participating in Active April.

Register now for Premier's Active April 2018. You'll feel great!

Sign your family up at <https://www.activeapril.vic.gov.au/>



P-4 Update

Building Strong Foundations



P-4 Sub-School

Student of The Week

Prep—Charlotte for her amazing ‘sounding out’ in her story writing.

Year 1—Oliver for his enthusiasm and achievements when reading.

Year 2—Abby for trying really hard in everything she does.

Year 3—Allira for her terrific story writing and progress with reading.

Year 4—Aidan for working hard a improving his reading.

You Can Do It! Awards Getting Along

Prep—Joseph for making good choices when playing.

Year 1—Zali for her respect for others and readiness to help classmates.

Year 2—Lily for displaying great friendship by being nice to others.

Year 3—Jake for being a friendly, happy classmate.



Year 4—Hayley for working well with classmates to solve Maths problems.



Assembly News

This coming assembly we are celebrating 50 Nights of Reading- a fantastic effort by both students and their dedicated/ supportive parents. Thanks to the mums, dads, grandparents and siblings for helping our children towards achieving their goal of 250 Nights of Reading.

Prep Sounds in Focus

Aa- ants on apples

Ee- empty eggs

Ii- in the igloo

Our Preps have been talking about ‘What is a vowel?’ A vowel is a speech sound that is created by relatively free movement of air. The Preps have been learning that there is a vowel like sound in every word.

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Prep Words To Fluency

to , a and me.

Literacy Hints- Reading For Understanding

A reminder about the importance of sitting down with your child and talking about the books. Comprehension is an extremely important feature of reading and should become an increasing focus. Please take a moment to ask your child questions about what they have read (preferably questions that require more than a 'yes/ no' response). In narratives, ask about the setting, characters, events and feelings, while in factual texts ask about information read. As your child's reading develops, responses should contain more detail. The highest order is 'inference', what messages is the author conveying? Remember in an earlier Newsletter we talked about experiences the reader bring to the book? These experiences play an important role in relating to the text and understanding messages conveyed in print?

The following website provides some great sample questions to ask prior to, during and after reading-

<https://www.abss.k12.nc.us/cms/lib/NC01001905/Centricity/Domain/36/Parent%20Book%20Talk%20flyer.pdf>

Staff will place a copy of this in your child's reader box. Laminate it or paste in into your child's Reading Log for quick reference. Please don't ask your child all the questions in one sitting but rather, select different ones to ask each day.

From the Scholastic website-

<http://www.scholastic.com/parents/blogs/scholastic-parents-raise-reader/5-new-questions-to-ask-kids-about-books>

Here are five questions to ask **older children** the next time he or she finishes a book:

1. *If you could give the book another title, what would it be?*
2. *Which characters would you like to meet in real life?*
3. *What do you wish was different about the ending?*
4. *Would the book make a cool movie? Video game? TV show?*
5. *What is one thing you could ask the author if you could talk to him or her?*

And just for kicks, asking something like,

What do you think the author wants readers to remember most from this book? Or . . .

Was there one big lesson you took away from this book?

Labyrinth in the Library

Thanks to parents for supporting our incursion last Friday. The performance was quite spectacular and the students were enthralled with the puppetry and acting. The message pressed home was that reading is important and you can find texts in books or on the computer screen. We have lots of choices about what we read and where we read it but the critical thing is that we read!



Chicks in the Classroom

This week, Miranda and Travis brought some newly hatched chicks into the classroom and the set up an incubator so we could see the remaining eggs hatch. It was a great biology experience, and the language and writing that flowed from it was excellent.



Peter Vernon

On behalf of the P-4 Teaching and Learning Team

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



Bloomz Weekly Snapshot



Yr 5—Molly and Marley making slime in Science.

Yr 8—Ciaran operating a "function machine" to explore equations.



Yr 7—Tyler updating his Maths pathway growth

Yr 6—Blake as the Big Bad Wolf in Performing Arts.



Middle Years Captains Report



What a great week it has been so far. We have got "Active April" coming up where you can receive 10 free passes to the YMCA swimming pool. See Mr Young's sport section for more details. Attendance awards will be handed out next Thursday to those who have had 100% attendance this term. Interim reports will also be distributed next week. We have the SRC's assisting their classes for the survey in homeroom assembly tomorrow. Have a good week-end.

Alicia and Levi

Locks on student lockers

Over this term we have had to cut more than 10 locks from Middle School lockers, some multiple times.

Students should not require locks on their lockers. Any valuables can be handed in to the office for safe keeping over the school day. The school also provides plastic clips for each locker to keep it closed when not in use.

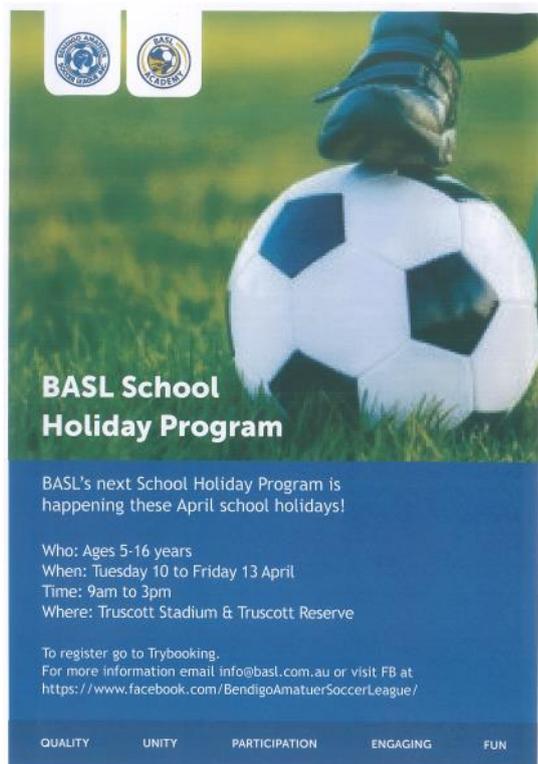
Important Dates:

>> Thursday 29th March—8:55am—Attendance award Middle Years assembly

>> Thursday 29th March—Last day of Term 1—2:30 finish

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The Year 9 Science Class would like to invite all of our family and community members to join them in 'Switching off' for Earth Hour this Saturday night. Do your bit for climate change, switch off your lights, T.V's, computers....instead light a candle, enjoy the company of your family and friends & help our earth.



Senior School News

CVGT Career Opportunities Current Bendigo Vacancies

Roof Plumbing Apprenticeship
Diesel Mechanical Apprenticeship
Concreting Traineeship
Apprentice Carpenter
Apprentice Electrician
Business Traineeship
Landscaping Apprenticeship
IT Traineeship
Apprentice Chef
Civil Construction Apprenticeship
Joinery Apprenticeship
Aged Care Traineeship
Bricklaying Apprenticeship
Apprentice Painter
Wall and Floor tiling Apprenticeship (Echuca)

If you are interested: Contact Rebecca Gardner ph 5449 2000 or email rgarner.cvgt.com.au

Year 9 & 10 Canoe Camp departing Monday

We are departing Monday 8:30am but please if you can arrive at approx. 8:15am so we can pack the equipment and check students have all the necessary items before heading to the Dingee Railway Station to collect my folks. Who are kindly going to drive the vehicles to our end point (Swan Hill).

Students have been completing preparation for this since late Jan. This includes food planning and equipment lists. If you have any questions please ask your child or myself before Monday.

Year 11 & 12 Parents/Guardians Study Support Session

The lovely Gabi from Elevate Education will return on Monday 7th of May at approx. 2:15-3:15pm. Parents/guardians are invited to this session, the focus will be on time management. I am anticipating running a session (approx. 3:40-4:30pm) after school for parents / guardians around how they can support their child through VCE or VCAL. Please let me know if you are interested in attending and if you have any specific areas you would like me to focus on.

Netball Results

I think it's official (although I haven't put it on facebook yet) the STAFF TEAM RULES again....who would have thought. With 9 staff and the lovely Bridget B we would go through undefeated again..... yay, its nice to win. But also really nice to support a community event and great cause.

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

Year 11 Work Experience:

A reminder is extended to all year 11 students and parents that the \$50 deposit for Melbourne Work Experience is now overdue.

Friday will be the final cut off date to pay this deposit as a booking now needs to be made.

I encourage all parents to speak with their children about the importance and value of work experience in Melbourne and encourage all students and their families to take this opportunity as it is a valuable experience in developing work related skills.

**Thanks,
Miss Pilkington and Mrs Heaslip.**

Top Arts & Designs Excursion

On Tuesday, the VCE Visual Communication and Design classes took the train to Melbourne to visit the 2018 Top Designs exhibition at Melbourne Museum. We attended a forum led by a VCAA representative to provide some tips for their upcoming SAT folio assessment before they looked at the exhibition of the best Victorian student folios of 2017. The students also got the chance to hear from typographer and designer Kate Pullen who talked about her pathway from high school to working professionally, and shared some of her incredible recent work for brands such as The Body Shop, Nike and Harper Collins Publishing. We also met up with students from Alexandra Secondary College (pictured) who the Year 12s will be working alongside during the SAT folio task to share ideas and peer feedback. It was a fantastic trip, and I was really impressed with some of the ideas our students are considering already!

Mrs Heaslip



KFC – Kids Friday Club Easter session Friday March 23rd...

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 was distributed to the children in P-6 last week. If your child did not receive one, they are available at the College 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

MILKSHAKE DAY!

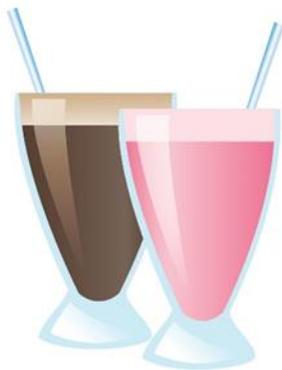
During the past week, there has been the news about the state of our P-12 College Wellbeing Team concerned about healthy nutrition and lifestyle and providing FREE milkshakes at Room next Tuesday, 27th March.



There has been much concern expressed in the nation's teeth. The East Loddon continues to promote and encourage being mindful of this will be at lunchtime in the Multipurpose

The average adult's weight is made up of about two per cent calcium. Most of this is found in the skeleton and teeth – the rest is stored in the tissues or blood. Calcium is vital for healthy teeth and bones. It also plays a crucial role in other systems of the body, such as the health and functioning of nerves and muscle tissue.

made up of about two per cent



It is much better to get calcium from foods than from calcium supplements. Good sources of calcium include dairy foods like milk, yoghurt and cheese, and calcium-fortified products, such as soymilk or rice drink and breakfast cereals. People at different life stages need different amounts of calcium – young children, teenagers and older women all have greater than average requirements.

2-3 serves of calcium-rich foods are recommended each day to reach a total intake of 700mg/day for 4-8 year olds. Older children (9-11 years) and teens (12-18 years) should aim to have 3 serves of calcium-rich foods each day to reach a total intake of 1000-1300 mg/day.

2-3 serves of calcium-rich foods are recommended each day to reach a total intake of 700mg/day for 4-8 year olds. Older children

Canteen News

2018			APRIL		
TERM 1			Monday 30th	Mel Primrose	
MARCH			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		Monday 7th	Belinda Clymo	Ebony Lawry
			Tuesday 8th	Yoli Humphries	
TERM 2 APRIL			Wednesday 9th	Sue Pickles	
Monday 16th	Lynda Cartwright		Thursday 10th	Sue Pickles	
Tuesday 17th	Sue Pickles		Friday 11th	Mel primrose	Bree-anna Hocking
Wednesday 18th	Lisa Twigg				
Thursday 19th	Sue Pickles		Monday 14th	Michelle Diss	Louise Hocking
Friday 20th	Brian Duffy	Leanne Welsh	Tuesday 15th	Sue Pickles	
			Wednesday 16th	Karolyn Campbell	Katherine Ellis
Monday 23rd	Margaret Hocking		Thursday 17th	Sue Pickles	
Tuesday 24th	Sue Pickles		Friday 18th	Miranda Smith	Leanne Welsh
Wednesday 25th	ANZAC DAY				
Thursday 26th	Sue Pickles				
Friday 27th	Kylie Addlem	Toyah Ketterer			

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19th	20th Yr 9/10 Tern 1 Sports Day Yr 12 Top Art Design Excursion	21st College Photos	22nd P-4 Der Karneval 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 Casual Clothes Day—Gold Coin donation to support the Good Friday Appeal Last Day of Term 1—early finish 2.30pm Buses leave 2.40pm	30th	31st	
APRIL 15th	16th Start of Term 2	17th	18th State Swimming /Diving	19th P-12 House Cross Country	20th	21st
22nd	23rd	24th	25th	26th	27th	28th