Dear Parents and Friends,

Yesterday the Kyabram P-12 College held our annual Pink Ribbon breakfast to raise money for breast cancer research. The breakfast was well attended with many families enjoying a hearty breakfast well before school. It also provided a great opportunity for staff, students and parents to have a quick catch up as groups were able to sit around and enjoy their breakfast. I would like to thank all the staff involved in organising the breakfast and especially those involved with the catering side of things. I didn’t realise we have so many ‘short order’ cooks on staff. I would also like to thank our community for their support.

Friday is ‘Happy Chappy’ Day at Kyabram P-12 College when we acknowledge the great work of our College Chaplains. This year we ask our students to wear a piece of yellow apparel to school with their uniform in acknowledgement of our Chaplains and the work they do for all of us. It is important for our community to know that our Chaplains are part of a team in our school that supports the wellbeing needs of our whole College community. Their role takes many shapes, from provider of food, facilitator of programs, counsellor, and support person and trusted adult to many students. They are linked to the community through the school and vice a versa. Thank you Liz, Rob and the Chaplaincy Committee.

Over the holiday period two of our three shade structures were put in place at the primary school campus. These shade structures have added a new element to our playground area and although designed to protect from the sun, these structures will allow access to the equipment all year round. The third shade structure will be put in place over the Melbourne Cup weekend.

The accessibility of the College’s car parks is causing a few concerns at the moment for both staff and parents. I would ask that all parents drive carefully around the College when delivering students to school and picking them up at the end of the day. In regards to the car parks, not all of them are for parent access. The only car park that parents can access is the car park next to the BER, accessed off Haslem Street. The main staff (only) and service access is the car park accessed off Fischer Street. This is not for parent use.

Year 12 students finished formal classes yesterday and as I mentioned in our last Channels, the College has invited Year 12 students, their teachers and College Council members to a breakfast at Hurley's Hotel. At the completion of the breakfast students were accompanied to school to attend an assembly to wish them good luck with their examinations. The assembly provided the audience with some entertaining moments as Year 12 students said their farewells through dance, songs, comedy and magic acts. Students now have a week to prepare for the start of the examination period, with the English examination set for Wednesday 28th October. On behalf of the College community, I would like to wish all our Year 12 students the very best over the coming weeks.

Respect    Responsibility    Resilience    Doing Your Best    Community
Kyabram P-12 College has held its first parent forums for the term to gather information from parents about a range of topics, including their students’ learning at Kyabram P-12 College. The next group of forums will be for parents/guardians of Years 9, 10 and 11 students next Tuesday evening at 6pm in the College library. The following week we will hold the Grades 3-6 forum in the College library at 6pm on Wednesday 4th November. We would really appreciate your feedback on a range of issues while providing you with an opportunity to ask about our College.

As previously mentioned, I had the privilege of interviewing our candidates for the College Captain positions for 2016. The candidates had a series of questions that they had to respond to during their interview with the panel. All responded in a confident manner and had clearly thought about how they would conduct themselves if elected to the position of College Captain. The candidates delivered their campaign speeches to the Year 11 cohort last Friday. All candidates were very impressive. Equally impressive was the audience of students who eventually voted on the day. I am happy to announce that our Captains for 2016 are Stephanie Denham and Brodie Mulcahy and our Vice Captains are Lauren Kightly and Bim Sherwood. I would like to again congratulate all the candidates and to wish our Captains all the best in their roles for 2016.

Chris Eeles
Acting College Principal

P-4 Awards

Congratulations to last week’s award winners.

Congratulations to this week’s award winners.

P-6 Assistant Principal Report
David Jenner

PINK RIBBON BREAKFAST

On Wednesday morning our College held its annual Pink Ribbon Breakfast in order to raise money for Breast Cancer support and research. We had a fantastic showing of support, with many families enjoying a breakfast of pancakes, eggs, bacon and sausages. Our breakfast raised approximately $1200, a fantastic achievement! Congratulations to all for your support, team work and efforts in regards to organising and cooking the breakfast. A big thank you to James’s for the eggs, Fitzgerald Butchers for the bacon and also Kyabram Bakery and Baker’s Delight for their contribution.
P-2 SHADE SAILS
The P-2 shade sail will be completed the weekend of the Melbourne Cup. This will give the workmen a four day opportunity to install the roof without students being present, as student safety is our main priority. Once this task has been completed, numerous finishing touches will commence in all three playground areas. Thank you to all for your patience and support whilst these works take place.

GR 3/4 ‘BEING FIT & HEALTHY’ DAY
On Wednesday 14th October the grade 3/4 students participated in a ‘Being Fit & Healthy’ Day. This involved various members of the community planning sessions to help educate the students on making healthy choices and why it is so important to do so. This was a great way to immerse the students in their current Inquiry unit – ‘What makes a healthy Lifestyle?’ The visitors we had were-

- Russell Jarrett from Infinity Health – Boot Camp
- Janine McCague from Echuca Regional Health – dental hygiene.
- Kristy from Goulburn Valley Water – water as a health drink and the environmental impact.
- Sally from Kyabram Valley Water – water as a health drink and the environmental impact.
- Barb Buckell – Kyabram P-12 Well Being – Relaxation and emotional control.
- Kate Nicholls from Valley Sport – CPR Introduction.

The day finished off with each child receiving a show bag containing various bought and donated health foods, items and pamphlets.

A great day had by all..

Prep News
The Preps have enjoyed learning new basketball skills this week. Thanks to the Grade 5/6 classes for teaching us some new games and activities.

During Discovery Play time the kids have been experimenting with obstacle courses and learning about the way things move.

Year 2 News
Grade 2 students have been investigating the movement of objects through pushing and pulling – a quick tour of the playground identified more than 20 things that move if you push or pull on them! Next week we will be investigating the movement of the sun – let’s hope for sunshine during the day and some refreshing rain at night.

In Maths we are learning to solve problems by using number sentences for addition or subtraction, remembering to use efficient mathematical strategies for efficient calculation. Sometimes the students are using diagrams to help solve problems, but with more practice they are also learning to solve problems mentally. Our students are also completing the related tasks in Mathletics; we find using this online program enables students to add to the depth of their knowledge and the fluency of their calculations, plus, it’s fun.

In Spelling, our three groups (the Red Rascals, Amber Imps and Green Goblins) are becoming adept at working with their weekly word sorts from the Words Their Way program. A sort is a group of words that follow patterns to make a certain sound; examples of patterns recently studied include blends such as sp and sk, digraphs (two letters making one sound) such as ch and sh, vowel patterns such as the long e sound being made by ea or ee and how to add –ed and –ing to words ending in e. Some of the work has been tricky but we are very pleased with the efforts our students are making to meet the challenges!
**Year 3/4 News**

We’ve had a wonderful start to Term 4! A lot has happened; the ‘Being Fit and Healthy Day’ and a visit from Market Fresh being highlights so far. The Show Bags that were given out on our Being Fit and Healthy Day were enjoyed by all. Any effort you could make to ensure your child brings healthy food to school in their lunch box is much appreciated.

Hats: Hats are required this term and we’re off to a good start.

Spelling Homework: please expect Spelling homework to come home every week with your child. It needs to be completed and handed in each week.

We are continuing to enforce our 3/4 Behaviour Management Plan. A copy of this should be in your child’s diary, but if you have any questions about this, please see your child’s teacher.

**Year 5/6 News**

There is lots of excitement in the 5/6 area as we make preparations for our camp to Sovereign Hill. **Don’t forget to organise the shoes!** Students will need flat black or brown shoes or boots (NOT sneakers or runners). Boots cannot have writing on them. DO NOT leave this to the last minute, as the shoes they give students at the school aren’t as comfortable.

There has also been much excitement for our Year 6s who have begun the transition program to Year 7. Each studio has already spent a couple of hours at the Secondary Campus having a tour and getting to know staff.

With the unexpected warm weather please remember:
- Hats are now to be worn at all times when outside.
- Bring a drink bottle to school, with water only.

**What is Social Networking?**

Often we are having to handle issues at school that originate outside of school on social media. Please take the time to read the information below on Social Networking. As always we are happy to address any questions you may have.

Social networking describes a variety of services like Facebook, YouTube, Instagram, World of Warcraft, Moshi Monsters, Twitter, Skype, Snapchat, Minecraft and many others.

All of these services enable direct interaction between individuals. Users can post information about themselves, display photos, tell people what they’ve been up to, chat and play games.

For children, the risks in using social networking sites include:
- sharing too much information—for example, photos from a party might be okay for close friends to see but can become an issue if shared more widely
- not protecting personal information—account details and location information can be used inappropriately by others to find young people or access their online accounts
- treating online friends as real friends—it’s easy for people to lie online, including those who are seeking children and young people for more than a social relationship.

**What should I do?**

Cybersmart is a national cybersafety and cybersecurity education program managed by the Australian Communications and Media Authority (ACMA). They recommend the following.

- Stay involved in your child’s use of new technology.
- Check the age restrictions for the social networking service or game. **Most mainstream sites like Facebook, Instagram and others require the user to be 13 or older.**
- Encourage children to think before they put anything online. Information posted online can be difficult or impossible to remove.

The above information was taken from Cybersmart’s “The Parents Guide to Online Safety”. Visit [www.cybersmart.gov.au](http://www.cybersmart.gov.au) for other ways to you can help your child and encourage them to take control of the issue.
Primary PE

This week in PE the 5/6 students planned and taught a basketball skills rotation. They taught the skills of shooting, dribbling, throwing/catching and defending to our P-2 classes. The students had to consider the ability of the P-2s and how to modify equipment and activities to suit them. They all did a fantastic job and it was great to see the 5/6 students leading the younger students in such a positive way. Thank you to the P-2 teachers for being so flexible and allowing this to happen.

This term in PE will see the Preps working on their kick and finishing up with a refresher on all of the skills they have learnt this year. The grade 1/2 students have been learning the forehand strike and will finish off with a four week Milo Cricket unit. The 5/6s have completed their Around the World unit and are now moving into a Basketball SEPEP unit in which they will all play a part in running a class and a whole 5/6 Tournament. The winners will play off against the teachers in Week 8.

Please ensure all students have a hat, drink bottle, sunscreen and appropriate footwear for PE classes.

Primary Singers

Sue Meeking

MUSIC COUNT US IN

Grade P-6 students and some years 2-12 instrumental students have been involved in preparing for a nation-wide event called MUSIC COUNT US IN by learning the song “GOLD”. This project aims to encourage anybody to join in singing and playing music. Our students are keen to have a good old sing and especially, to sing at the peak event which is at 12:30 pm on Thursday 29th October.

Families are welcome to come along to the P-2 Community Building where our students will gather to sing and play the song “GOLD”. We sing promptly at 12:30 pm so please arrive around 12:20 pm to collect your song lyrics and join in.

We sing at the same time as every other school involved around Australia even though we are in Kyabram. The concept means around half a million people will be singing and playing this uplifting song at exactly the same time no matter where they are in our country.

If you are interested in a bit of home practice please go online to check this out: https://www.youtube.com/watch?v=WXCP0jJZteg

COMING EVENTS for most MUSIC STUDENTS
- Bush Market: Wednesday November 6th
- EXPO concert at the Plaza: Thursday November 12th

SINGERS SUPPORT BREAST CANCER AWARENESS

Congratulations to our group of very kind Primary Singers who today went to sing as many of the Kyabram community remembered those affected by breast cancer. We are so proud of these committed students who are learning to share their talents in our community.

Artwork in the Kyabram Show

Well done to all our students who had Art Work entered into the Kyabram Show! Our students put in a fantastic effort and won 30 first and second prizes and had many artworks receive a “Highly Commended”. I hope everyone enjoyed the show and seeing the Art Work on display.

Thank-you to Miss Goff for entering our students’ work and encouraging them all to “Do Their Best”.

Excellence Through Opportunity
Year 5/6 Sport
Gina Pearson

LMR TRACK AND FIELD RESULTS

Twenty eight students travelled to Bendigo to compete in the Loddon Mallee Regional Track and Field Championships on Monday 12th October. The results were mixed but all students participated to the best of their ability. It is a great effort for all those to compete on the day at this level.

We had eight students make finals of the 80 m hurdles, 100m dash and the 200m and four relay teams. Our relays were unable to gain a state final place but finished with 3rd in 12/13 years girls (Tara Collins, Maddy Leijen, Jorja Wilson and Chloe Kell) and 4th place in the other three.

Congratulation must go out to the students who gained medals in individual events. Those who finished 1st or 2nd will be heading to Melbourne for the State Finals on Tuesday 27th October.

Miller Griffiths - Boys 10 years. High Jump 1st 1.30m, Boys 10 years. Hurdles 3rd.
Riley Williams - Boys 10 years. 200m 2nd,
Charlie Barnett - Boys 11 years Long Jump 2nd
Maddy Leijen - Girls 12/13 years Triple Jump 3rd

A huge thank you to Mr. Wegmann for all the hard work that he has put into the team’s development over the last term and a bit. I know how much the school community, particularly the students, appreciate it.

7-9 Community Report
Vivienne Thomas

Year 6 students from the Primary Campus have been involved in transition classes over the past two weeks. Nineteen year 6 students from our feeder schools also had their initial transition day on September 16.

Renee Howell (Year 7 coordinator) and I have met everyone and we are looking forward to our three days of Transition on December 8th, 9th and 10th.

This year’s 7-9 students have now received their subjects and booklists for 2016. Many students have requested changes and Year level coordinators are currently working on these with students and parents.

Year 7, 8 and 9 Home Groups are currently being developed for 2016. Students have identified others that they would be happy to share a form with. We will have these forms ready for Flying Start on November 26th.

Year 7-12 Sport

Term 4 Sport has begun with great success of students across Years 7-12. Loddon Mallee Region (LMR) Athletics and LMR Golf were held last week with a total of 13 students selected to represent our College at State Finals later this month. Congratulations to all students who participated and thank you to teachers for attending the events.

On Thursday, 8th October, 26 students competed at LMR Athletics at LaTrobe Athletics Complex in Shepparton. Cooper Gentle won the 13 years High Jump with 1.60m, Riley Ironside won the 14 years High Jump with 1.70m and 14 years Long Jump with 5.85m, Shae Oliver won the 13 years Triple Jump with 9.50m and Tahlia Murray won the 15 years Javelin with 24.14m. Well done to all students for their wonderful participation, encouragement, sportsmanship and behaviour last week.

On Friday 9th October, 4 students competed at LMR Golf at Rich River Golf Course in Moama. Cooper Gentle, Nathan Richards, Austin Baker and Jarred Baker were the team representing Kyabram P-12. The boys were successful in winning LMR Junior Golf School Champions, along with Cooper and Nathan placing 1st in their age groups. This was a wonderful achievement by these young golfers. They will compete at the State Final in Melbourne on October 30th.

Campaspe Intermediate Boys Cricket was held at Kyabram P-12 College on Friday 9th October with 11 students from Years 9-10 participating. Kyabram P-12 hosted St Augustine’s College for Round 1 with Kyabram P-12 winning convincingly by 97 runs. Notable mentions must go to Curt Ryan (52 runs and 1 wicket), Bailey Cox (62 runs and 3 wickets) and Rylan Cunningham (32 runs and 2 wickets). These boys will play Round 2 of Intermediate Boys Cricket in Nathalia on Friday 16th October. Thanks to Marnie Blake for supervising the students and past student Brad Power for umpiring.
Round 2 of Campaspe Intermediate Boys Cricket was held in Nathalia last Friday against other successful school from Round 1 matches. The boys played Nathalia Secondary College and won by three wickets and 35 runs to advance to the final. Unfortunately, the boys lost to a good side in St. Mary of The Angels, Nathalia in the final by 40 runs. Congratulations to the boys for the day and thanks must go to Mark Ogden for umpiring the two matches on behalf of the college.

State Athletics results from Tuesday, October 20th: Riley Ironside 2nd in High Jump, jumping 1.70m. Great achievement. Well done Riley!

Cooper Gentle 6th in 13 years High Jump, Tahlia Murray 7th in 15 years Javelin, Shae Oliver 7th in 13 years Triple Jump.

No results at hand for the 14 years Triple Jump as it was run late in the afternoon.

The 15 years Girls Relay team who consisted of Jemma Hall, Jazmin Whitford, Grace Gale and Kate Sherwood came 7th. Great effort from all our students.

**COLLEGE NEWS**

**ART Summer Scholarship Canberra**

Sue Meeking

Students studying ART in year 11, 2016 may like to consider this opportunity for January 2017 before they enter year 12: Summerartscholarship2016@nga.gov.au

Opportunities for our Art and Music students are often advertised. Do ask your class teachers if you want to find out about extracurricular opportunities. They often involve travel and expense but are a great support and extension to school studies.
HOLIDAY PROGRAM FOR YEAR 10-12 STUDENTS – BENDIGO ART GALLERY.
APPLICATIONS NOW OPEN!

Back due to popular demand is our two day arts immersion program in January for keen Year 10-12 students. The program will feature a half day workshop with Karen Annett-Thomas who is this year's Going Solo artist. Her exhibition Out of Winter presents a series of textural paintings about memory and the passage of time which conceals or reveals abstracted imagery and text.

Students will also get a head start on what is required for high standard VCE Studio Arts and Art folios

Youth Survey

The Minister for Youth Affairs has announced the development of a new youth policy to support young Victorians. The new policy aims to improve outcomes for young people aged 12 to 24 years, especially those who are disadvantaged and disengaged. Young people’s feedback is sought to ensure that Victorian Government services are relevant and support them to continue education, find employment and connect with their community.

Young people are invited to join the conversation by visiting www.youthcentral.vic.gov.au to participate in an online survey to tell government about their needs.

All completed survey entries go into the draw to win one of three iPads or Android tablets.

Further information can be found at: www.youthcentral.vic.gov.au

2016 Maths Textbooks

To clarify required Maths textbooks for Years 7 - 10 in 2016, all students need to have Maths Quest 2nd Edition. The covers have the following colour:

- Year 7 – Purple
- Year 8 – Green
- Year 9 – Blue
- Year 10 – Red

The old edition with colours different to these cannot be used as there are significant changes to the course and therefore textbooks. VCE Mathematics texts have also changed for 2016 due to changes to the VCE Mathematics Study Design.
Excellence Through Opportunity

School Nurse Corner
Leanne James

It’s that time of year when Year 12 students are getting ready for their final end of year exams. This is where students, staff and parents become quite stressed with what has to be achieved, the nitty gritty of all the hard work throughout the year. Questions that students often ask themselves; have I done enough, what more can I do and so on. Teachers ask themselves the same questions, have I given enough of my time, have I taught them what they need to know and on it goes. Parents worry for their kids which is natural as we only want what is best for them. This time of year causes STRESS and it comes in many forms.

Stress is normal part of everyday life. It’s a natural physical and mental response that is designed to help you cope effectively with emergencies. The problem occurs when the chemicals in your body build up and cause changes that damage your physical and mental health. (Youth Beyond Blue). There are lots of reasons why young people become stressed: maybe problems at home, at school, in relationships. There are many reasons and what effects one person doesn’t mean it will affect another the same way.

Common mental health symptoms:
- Feeling angry or irritable
- Being moody and easily frustrated
- Having low self-esteem or lacking confidence
- Feeling restless all the time

Some common physical symptoms may include:
- Feeling sick in the stomach
- Having constipation or diarrhoea
- Cramps or twitches
- Eating too much / too little

Stress management tips for students:
Suggestions include:
- Regular exercise, good nutrition and getting enough sleep. These three form a great base from which you can optimise your study ability.
- Every day do at least one activity that you find relaxing – for example aromatherapy, going for a walk, listening to music, gardening, reading for enjoyment, keeping a personal journal or diary, playing with your pets, mindful therapy, colouring.
- Discuss your problems. Talking to someone else often puts problems into perspective. Talk to other students, friends, family members or a student counsellor. Don’t be afraid to ask for help if you need to – studies show that the most successful students are ones who seek help when they need it!

Work out which issues are causing your stress and try to address them. For example, if you are having problems with a particular subject or assignment, talk to your teacher, or other students about it. Have a plan to manage the extra stress around assessment.

GOOD LUCK TO ALL YEAR 12 STUDENTS.
COMMUNITY MATTERS

THE PORTSEA CAMP
Applications are now open for the Portsea Camp.
- Children aged 9 years to 12 years;
- Cost $327.00 per child.
Applications close 10th December 2016. Late applications will not be accepted.
For further details please contact Avis Weller on 5854 6383 or 0409 438 386.

MURCHISON COMMUNITY CENTRE
This Saturday the Murchison Community Centre is host to a rare opportunity for students and families to learn more about space, particularly comets. Warrick Holmes, who has worked on international space programs, will speak at 11a.m. and 2p.m. on the subject.
If you would like to support your students’ learning about science this sounds like a great chance! A gold coin donation is required.

TWILIGHT TENNIS COMPETITION
FOR ALL AGES OF ALL ABILITIES

Starting 6th November – 11th of December
(Friday night for 6 weeks)
Teams of 2 boys and 2 girls
6pm start at Kyabram Lawn Tennis Club
85 per person per night
Prizes up for grabs each week

Teams to
Melissa Clark
0400001151 by 2nd November

KYABRAM SWIMMING CLUB-STROKES CLUB
Registration: Wednesday, 11th November at 4pm, Kyabram Swimming Pool
Children will need to be in bathers, so swimmers can be assessed and grouped according to ability. Please note that places are limited and will be allocated on a first come first served basis.
For further information please contact: Kezia Talbot, Stroke Club Co-ordinator on 0404 686 344 or email: keziatalbot@icloud.com

How to Help Your Kids Worry Less
Echuca

During this two hour workshop we will explore the reasons why children worry and ways parents and carers can support them. It will include ideas as well as practical tools to assist children to manage their worries.

Term 4, 2015
When: Wednesday 28th October 2015
Time: Arrival and registration 12:45pm
Session 1:00pm - 3:00pm
Where: Echuca Neighbourhood House, 201 High Street Echuca
Cost: $15
Childcare: Sorry, childcare is not provided
Facilitators: Ev Holzer (CatholicCare Sandhurst)

For bookings and enquiries phone 5482 6914
RSVP by Monday 19th October 2015
Groups are subject to minimum and maximum numbers determined seven working days prior to the workshop.

1ST Kyabram Scouting Group

GARAGE SALE

Saturday October 31st
8.30am – 2pm

Where: Kyabram Scout Hall
cnr Saunders St/Racecourse Rd
(opposite Harness Racing Track)

For any donations toward the garage sale or any enquiries contact Anna Hooper 0418189721.
Thank you for supporting Kyabram Cubs and Scouts.
## COLLEGE CALENDAR

### ~ October 2015 ~

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<td>VCE Ag and Hort Field Trips</td>
<td>Grade 6 Transition Program</td>
<td>Pink Ribbon Breakfast at Primary Campus 8am</td>
<td>Year 12 Final Assembly 11am-12:30pm</td>
<td>Happy Chappy Day - Gold Coin Donation to support Chaplaincy</td>
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<td>State Athletics in Melbourne</td>
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<td>Yr 7 &amp; 8 Cricket at Kyabram</td>
<td>Primary Singers singing at Pink Lady Mini - Kyabram Hospital 12-2pm</td>
<td>Uniform Shop Open 8:50 - 9:15 am in the Primary Campus</td>
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<td>Issue 7 Book Club Orders for Primary are due</td>
<td>College Council 7pm</td>
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<td>Primary State Athletics in Melbourne</td>
<td>Parent Forum Years 9, 10 and 11 in the College Library from 6 pm - 7 pm</td>
<td>Prep 2016 Transition Session</td>
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<td>OES Murray River Canoe Trip</td>
<td>HPV 3rd dose for all Year 7 students</td>
<td>Werribee Open Range Zoo Excursion</td>
<td>Prep 2016 Transition Session</td>
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<td>Year 5/6 Sovereign Hill Camp</td>
<td>Year 7 Cows Create Careers 10am - 2pm</td>
<td>Primary Music Count Us In at 12pm Prep1/2 Building</td>
<td>Music Expo</td>
<td>Prep 2016 Transition Session</td>
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<td>College Council 7pm</td>
<td>Preparatory State Athletics in Melbourne</td>
<td>Parent Forum Grades 3-6 in the College Library from 6:15pm - 7:15pm</td>
<td>Year 9 Cows Create Careers 10am - 2pm</td>
<td>Wind Surfing &amp; Paddle Boarding Yr 9 Outdoor Rec</td>
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<td>Prep 2016 Transition Session</td>
<td>Year 10 Mock Interviews</td>
<td>Lifeskills Excursion</td>
<td>Year 11 Exams</td>
<td>Prep 2 Tabloid Sports on Primary Oval</td>
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Correct at date of printing. Please refer to Compass for further updates.
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Lou & Angela De Palma
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