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IMPORTANT DATES

NOVEMBER

8

Year 9 Outdoor Recreation
Adventure Day

9

Yr 5/6 Reconciliation Football/
Netball day at Echuca

9-11

Outdoor Ed Canoe Trip

10

End of Year 11 classes

VSSEC Chemistry Excursion to
Strathmore

Year 3/4 T20 Cricket Schools' Cup
at Moama

11

Year 5/6 T20 Cricket Schools' Cup
at Moama

14

7A & 7D Excursion to Melbourne
University

14-15

State Basketball Years 7/8/
Intermediate

15

7B & 7C Excursion to Melbourne
University

16

Year 3/4 Go Jump & Gymnastics
Excursion to Shepparton

17

Year 9 Project Presentations
Periods 3 & 4

18

P-2 Tabloid Sports in Stanhope

End of Semester 2 classes for
Years 7-10

*Please view Compass Calendar
for further details*

Term 4 Issue 18

Principal's Report

"Excellence Through Opportunity"

Dear Parents and Friends,

PINK RIBBON BREAKFAST

Last week 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 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 this important event on our college calendar. I would also like to thank our community for their support.

RESPECT

One of the most important things we all can teach our children is respect. The best way to teach respect is to show respect. When a child experiences respect, they know what it feels like and begins to understand how important it is.

The value of self-respect may be something we take for granted. We may discover how very important it is when our self-respect is threatened, or we lose it and have to work to regain it, or struggle to develop or maintain it in a very difficult environment. Some people find that finally being able to respect themselves, by kicking an unwanted habit, or defending something that they value, is what matters most. It is part of everyday wisdom that respect and self-respect are deeply connected. It is difficult, if not impossible to respect others if we don't respect ourselves and to respect ourselves if others don't respect us.

Respect is an attitude. If children don't have respect for peers, authority, or themselves, it is almost impossible for them to succeed.

Lead by example. For children, it's easier to fully embrace an idea if they see someone else utilising that idea positively. If you respect the people around you and children see that, it will inspire them. It gives them actual examples of a respectful give-and-take that happens between people.

Live by the Golden Rule. Treat others the way you want to be treated. When communicating with each other, parents and teens need to avoid signs of disrespect, using a nasty tone of voice and demonstrating defensive body language.

Respect Responsibility Resilience Doing

Listening is vital. Parents and children need to be free to share their thoughts and feelings and feel like they're being heard. To disagree is acceptable; to demean is not. Teens need their space. Privacy is important to teens. Parents should respect their teen's privacy, but they do have the authority to check their child's cell phone, computer or room if they think their teen is in danger or is involved in immoral, illegal or dangerous activities. Parents must look out for the well being of their child or children at all times, that is their responsibility.

Learning self-respect is guided by how we see ourselves. The people in our lives act as a mirror in this process. When people who are important to us give us attention and encouragement, we see positive images of ourselves. At other times, our interactions with others may make us feel unattractive, incompetent, or even invisible. Young children build their sense of self-respect from their interactions with others. When they are made to feel special and valued, children grow to respect themselves. A positive sense of one's self allows the maturing child to respect others.

Self-respect is at the heart of respecting others. When you can identify and appreciate your strengths and accept your vulnerabilities, it's easier to truly respect the value in others.

INDONESIAN

College Council have made the decision to focus on one language from 2017 to ensure there is consistency in the language we offer from Prep to Year 12. We have decided that Indonesian will be the language that will be offered to be taught in our curriculum. In 2017 Prep to Year 2 will all be learning Indonesian as will our Year 7 students. Year 8 students will continue learning French as they have started learning this in Year 7 this year.

Indonesian will be gradually introduced further across the school, until all students are learning this language, except those students who elect not to do a language in the senior years of school.

COLLEGE CAPTAINS

Last week saw the completion of rigorous interviewing and listening to speeches prepared by the candidates for the College Captain positions for 2017. 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 and 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 2017 are Safije Meka and Daniel Walkeden and our Vice Captains are Ellie Burt and Chealen Roberts. I would like to again congratulate all the candidates and to wish our Captains all the best in their roles for 2017.

WORLD TEACHERS' DAY

Last Friday 28th October we celebrated World Teachers' Day. This day was a fantastic opportunity to acknowledge the wonderful contribution that teachers make to the lives of our children and young people.

World Teachers' Day was set up by the United Nations Educational, Scientific and Cultural Organisation (UNESCO) in 1994 to celebrate the role of teachers in society. It is now celebrated in more than 100 countries.

We provided morning tea for the teachers at Kyabram P-12 College to thank and acknowledge the great work of the teachers in your community.

Stuart Bott
College Principal

Business Manager's Report

Jan Prior

CHURINGA 2016

The Churinga school magazine showcases the College's events for the year. This is a great magazine which looks over the year's events and is a keepsake for students for the future, to remember their years at the College.

The 2016 Churinga magazine is currently being finalised and will be ready before the end of the school year. If you would like a copy, please finalise your payment of \$15 at the College office by the end of November. This will mean that you receive a copy and don't miss out.



Generally speaking, the meaning of the word Churinga is an indigenous term and denotes a stone or wooden object which holds together legends and stories. A great way to hold the memories of our school years.

I have had a sneak preview of the 2016 edition and it is jam packed with photos and information from all year levels from Prep to Year 12 and so I am looking forward to seeing the final product.

WIN! WIN! WIN! WIN! WIN!

Kyabram P-12 COLLEGE

For your chance to win an IPAD Mini simply have your 2016 Materials and Resources paid or be up to date with your payment plan by the end of November 2016. The winner will be drawn at the Kyabram P-12 College December 2016 School Council Meeting.



2017 BOOKSTALL - NOVEMBER 17TH

On Thursday November 17th 2016, the 2017 Years 7-12 Bookstall will be held at the Kyabram Bocce Club from 2:00 pm – 6:30 pm.

Information regarding Years Prep to Year 6 will be sent home to families over the next fortnight.

IPAD PRIZE DRAW DATE - NEARLY HERE

Kyabram P-12 College Council are encouraging parents to finalise payment of their 2016 Materials and Resources Cost.

A mini-iPad prize (per family) will be drawn by the College Council President at the December Council meeting. To be eligible, 2016 materials and resource costs need to be paid in full by the end of November, or alternatively, an up to date payment plan needs to be in place and followed.

Please contact the Office for further information.

P-6 Principal Report

Kate Whitford

PINK RIBBON BREAKFAST SUCCESS

Thank you to everyone who came out to enjoy the cooked breakfast last Tuesday and support the *National Breast Cancer Foundation*. What a great community event! Thank you to the staff who donated items, set up, cooked, served and then cleaned up. It was all worth it – we raised just over \$1100!!! Thank you also to Bakers Delight, The Kyabram Bakery and Midland Bacon for your support.

ATTENDANCE AND ASSESSMENT

In the coming weeks, as well as continuing with their teaching programs, staff are reviewing and assessing students' performance in many areas of the curriculum. There are a range of scheduled assessments pertaining to reading, writing and numeracy in which all students will be participating. To ensure your child has the opportunity to be the best they can be it is important for your child to-

1. *Be at school every day possible*
2. *Be well rested*
3. *Be at school on time after a healthy breakfast.*

SUN SMART

As the weather warms up please remind students to wear their school hat while playing outside. Students without hats will be asked to sit in the designated shade area. **NO HAT, NO PLAY!**



COUNT US IN

Wow! What an outstanding event to be involved in. To think that we were linked up live along with thousands and thousands of other schools and students across Australia to all sing the same song at the same time is mind boggling. A very big thank you to Mrs Meeking for organising this for our students and bringing us all together for such a positive experience.



P-5 TRANSITION SESSIONS

Next Thursday, 10th November we have our first transition session for students in prep to year 5. This will be the first of many opportunities for your child to experience the next grade level in preparation for 2017. Each child will rotate through different class environments with different children and meet different teachers. Year 6 students will take part in 'Flying Start' at the Secondary Campus later in the term. We are hoping to have final classes and staffing decided by the statewide orientation day on December 6th.

T20 CRICKET

Good luck to our year 3/4 and 5/6 students who are competing in Moama next Thursday/Friday at the T20 Cricket Schools cup event.

2017 Prep Transition – Friday 11th November from 9-10:30am (Last one before Orientation Day!)

P-6 Awards



Congratulations to last week's and this week's award winners.

Year 1 News

Thank you to all of our parent helpers that gave up their time to ensure we had a successful swimming program. Students had a lot of fun becoming familiar with the water, and improving their skills. We also learnt about water safety and how to help someone who is struggling in the water.

Year 5/6 News

Behaviour Management

On Monday the 5/6 staff viewed various data collected during the year. Some of the data the college received from students and parents indicated that you were unhappy with the disruption to student learning from poor behaviour by other students. Staff around the time of the survey were aware of this situation so implemented the same behaviour management plan as used in the 3/4 area. Recently staff have been concerned that a few of the students continue to not take this process seriously, which impacts on the teaching and learning of others. Mrs. Whitford visited a school recently who had a similar behaviour management process to ours, but this year implemented a new step into their plan. This step involves that any student who is exited from a classroom will receive an after school detention. Since this school has introduced this policy, students behaviour has improved dramatically and student exits have dramatically fallen.

As of Monday our 5/6 area will be introducing this step to our policy. Parents will be receiving a note about this policy in more detail and be asked to sign to show they have read it. There will be a fall-back position that if an after school detention can not be arranged then an in school suspension will be followed up the next day.

Market Place

This Friday we start trading in this activity based around running a business. Families are welcome to come in and see the businesses in action. We will only trade for a short time this week and this usually starts at 11:30am. Thanks to the students who have been bringing catalogues for our Marketplace unit, but we don't need any more at the moment.

Bush Market

You will have received a note if your child is participating in an excursion to the Bush Market tomorrow to perform with our primary singers.

Reconciliation Day

This was postponed last term due to the heavy rain. All 5/6 students will be heading to Echuca next week to take part in this re-scheduled event. Notes need to be returned for students to attend this enjoyable day.

T20 Cricket

We are sending a group of students to attend a T20 Cricket Carnival in Moama on 11th November. Notes have been sent home for this.

7-12 Principal Report

Danny Walsh
BUSH MARKET

The Kyabram Bush Market is on Friday, November 4th 2016. This is a wonderful community event and our College has made a decision to support this event by allowing students to attend. Students from the Secondary Campus may leave class at 1:15pm to attend with the permission of their period 4 teacher and must return to school for the beginning of Period 5 at 2.20pm.

Students wishing to attend the Bush Market must have the note that was handed out on Wednesday to all Secondary students signed by a parent or guardian and will need to keep this with them at all times while they are out of the school grounds. A phone call will not be accepted in lieu of a note. Students will also be required to wear a broad brimmed hat while at the Bush Market.

Students' behaviour while attending Bush Market is expected to be of the highest standard and anything less will not be tolerated. This includes students from our College attending the Bush Market after school.

Students not attending the Bush Market will remain at the College as they would normally and the canteen will remain open.

If you have any concerns or queries, please do not hesitate to contact Danny Walsh, Secondary Principal.

LEARNING CURVE NEWSLETTER ARTICLE

Focusing on M.A.R.B.L.E.S.

Often when students are faced with completing assessment tasks and sitting tests/exams they experience anxious feelings which cause them to lose focus on the task at hand. It is important for them to understand that having these feelings is perfectly normal, however they need to learn how to overcome them positively.

When growth mindsets are cultivated in their approach, students are empowered to remain focussed on achieving their intended outcomes. Recent research on positive psychology has revealed that these mindsets not only build students' self-esteem, but more importantly, stimulate them to shine as people and do good things.

Positive structures underpinning their thinking enable students to be proactive when pressure situations arise. The acronym M.A.R.B.L.E.S. describes such a structure to scaffold their thinking. The strategy is to concentrate on each letter in turn in order to not lose their M.A.R.B.L.E.S.

The letters stand for:

- * M – Metacognition: not letting their minds wander and focussing on thinking about their thinking using Habits of Mind
- * A – Attitude: to achieve personal bests, PBs, they need positive growth mindsets and “can do” and “want to” attitudes
- * R – Respect: believing in themselves, their teachers and having real respect for themselves as successful students
- * BL – Body Language: assertive but not aggressive, confident but not arrogant, focussed but not consumed
- * E – Effort: when the going gets tough, they increase their efforts; they find a way through grit and mindfulness
- * S – Sync (Senior): on exam day all the pieces of the jigsaw need to fit together perfectly; producing flow in what they do.

Smile (Middle): say hello to the world every day with a happy smiling face to show that you are striving, thriving and flourishing. Time spent concentrating on M.A.R.B.L.E.S. will build growth mindsets which will reap significant benefits for students' performances on assessment tasks, tests and exams.

YARD MAINTENANCE WORK

If you are available to assist with clean up/maintenance at the College could you please contact me by email (walsh.daniel.m@edumail.vic.edu.au) or by phoning the College. We have a number of areas that require attention such as painting, pruning, edging and brushcutting.

LMR Intermediate Cricket

On Monday 24th October we sent our Intermediate boys to Strathfieldsaye for Intermediate cricket. After the first game was forfeited by their opposition the boys faced a tough task in Bendigo Catholic College in the final. The boys started well keeping their opposition to 19 runs from the first 4 overs, but from there the opening pair took control and contributed 135 runs to their teams total of 182, a disappointing run chase saw our boys fall 97 runs short of the total. However, it was an enjoyable day and the boys should be proud of themselves for reaching this Level. Thank you to Mr Ogden and Mr Roberts for attending various stages with the boys.

COLLEGE NEWS

CANTEEN ROSTER

PRIMARY CAMPUS

NOVEMBER

Mon	7	Vicki Shay
Tue	8	Merrilyn Davies
Wed	9	Raelene Lewis
Thur	10	Jenni Turner
Fri	11	Help Please
Mon	14	Jo Doolan
Tue	15	Amy Barker
Wed	16	Fiona Barnett
Thur	17	Kathy Rathbone
Fri	18	Help Please

SECONDARY CAMPUS

NOVEMBER

10:30-11:45am 1:00-2:15pm

Mon	7	Help Please	Help Please
Tue	8	Natasha Doherty	Natasha Doherty
Wed	9	Help Please	Help Please
Thur	10	Help Please	Help Please
Fri	11	Help Please	Help Please
Mon	14	Help Please	Help Please
Tue	15	Help Please	Help Please
Wed	16	Help Please	Help Please
Thur	17	Trudie Plumb	Help Please
Fri	18	Help Please	Help Please

Secondary Canteen News

Vegetarian lunch items can be ordered from the canteen if orders are placed at recess. Currently we have available salad rolls, salad boxes, vegetarian pasties and cheese and spinach vege rolls.

Uniform Shop

Parents' Club have set up a second-hand uniform shop catering for all students in the school from Prep to Year 12. Uniforms will be available at a much lower price than they can be bought for new.

If your child has outgrown any of their uniform items or is leaving the school, you may choose to donate the uniform to the Parents' Club. Money raised by the Parents' Club is used in the school to improve facilities and support programs. We hope the uniform shop will be a source of funds for them to continue their invaluable work in our school.

For anyone interested in coming to have a look at what is available, the uniform shop will be open each Friday from 8:45 to 9:15am in the Primary Campus Office.

Library News

Jenny and Cheryl

At this time of year could parents/guardians please check and remind your child/ren that they need to keep all borrowings up to date. Notes will be sent out shortly for over due books that your child/ren may have. If there are any concerns please contact us at the library.

Also it's a great idea to have a library bag as this protects the books, lately we have had books being returned wet, possibly from drink bottles.

Urgent Accommodation Required

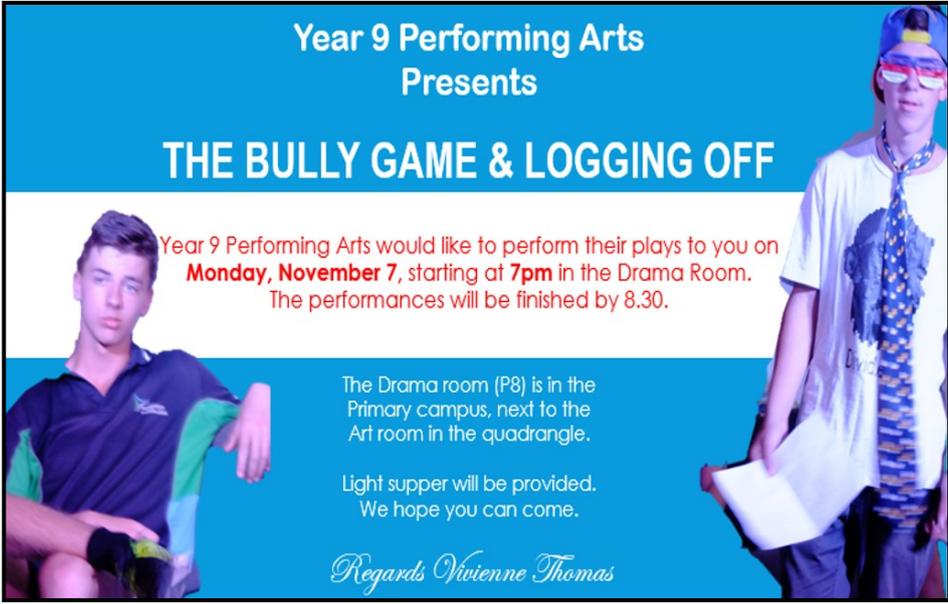
The school has two boys on exchange in Year 10, Johan Kjaur and Antoine Damand. The boys are in urgent need of finding alternative accommodation before the 18th November due to their host family going overseas and unable to have them back upon their return. The boys are on exchange until April next year and are desperate to stay in Kyabram and have asked if the school can assist in trying to find them someone to stay with. If need be, the boys are happy to be separated. This would be voluntary as Southern Cross Exchange do not pay families for taking the students. You would need to cover their food and board; any spending money etc. the families provide the boys.

The boys are outgoing and lovely, both are helpful and again, desperate to stay in Kyabram.

Please speak with Angie Heale, Louise Mellington or Danny Walsh if you are able to assist, or know of someone that can.

**Year 9 Performing Arts
Presents**

THE BULLY GAME & LOGGING OFF



Year 9 Performing Arts would like to perform their plays to you on
Monday, November 7, starting at **7pm** in the Drama Room.
The performances will be finished by 8.30.

The Drama room (P8) is in the
Primary campus, next to the
Art room in the quadrangle.

Light supper will be provided.
We hope you can come.

Regards Vivienne Thomas

Wellbeing Corner

Barb Buckell & Bron Lolicato

THE POSITIVE PARENTING TELEPHONE SERVICE: SUPPORT FOR GRANDPARENTS CARING FOR GRANDCHILDREN, FATHERS AND RURAL FAMILIES

Parenting has the biggest impact on how well children do in life, but contrary to popular belief, people are not born knowing how to be good parents. Parenting is a set of skills that are learnt 'on the job' and, they can always be improved.

Gateway Health is trialling a parenting support program delivered via telephone or online specifically for grandparents, fathers and rural families from across Victoria who sometimes find it difficult to attend parent support services in person.

The Positive Parenting Telephone Service (PPTS) makes it easy to access a proven parenting support program delivered by qualified parent support workers from your home at a time that suits you – daytime, evenings and weekends.

PPTS will help parents and carers develop the skills to:

- build better relationships with your children
- encourage the behaviours you want to see from your children
- teach children to think before they act and to keep busy without constant adult attention
- teach your children new skills, to solve problems for themselves
- to know when to ask for help set family rules that are realistic and followed.

Parents and carers will be supported by weekly telephone calls over 6 to 10 weeks. You can also participate in PPTS online - with or without telephone support. The program is currently free to all grandparents caring for grandchildren, fathers and rural families from across Victoria.

For more information, see:

[Positive Parenting Telephone Service](#)

YOUTH ANXIETY

It is very exciting to present to you the first

SchoolTV.me Issue - Youth Anxiety Edition is <http://kyabramp-12.vic.schooltv.me/newsletter/youth-anxiety>

It is a great resource and we have it available to us as a free trial for several months.

Please go in and have a look at all it provides.

You will even see they have personalised it with Barbra Buckell and Bronwen Lolicato there as contact persons within the school for any parent to make contact. Please do this if you need to.



SCHOOL NURSE CORNER



Due to the very wet weather, there appear to be large amounts of mosquitos present. Mosquitoes are not just annoying – some mosquitoes can carry serious diseases, such as Ross River Virus and Barmah Forest Virus.

What are the most effective mosquito repellents?

Repellents containing picaridin or DEET are most effective. Repellents come in lotions, gels, aerosols and pump sprays. All repellents containing picaridin or DEET are effective when used correctly, but lotions and gels are easier to apply properly. Natural repellents (such as Citronella or Eucalyptus) provide only very limited protection. Devices like mosquito bands and sound emitters are gimmicks.

How do I use repellent together with sunscreen?

It is better to use a separate sunscreen and repellent, than a combined product.

Apply sunscreen first, then the repellent over the top. Repellents containing DEET may reduce the effectiveness of sunscreen, so use a product with picaridin instead, or reapply the sunscreen more frequently than normal.

Mosquito-borne diseases – the facts!

- Most mosquitoes are just a nuisance, but some spread disease.
- You can only catch mosquito-borne diseases from the bite of an infected mosquito. You cannot catch them from an infected person or animal.
- The best protection from mosquito - borne diseases is to avoid mosquito bites. Mosquito-borne diseases typically occur around inland waterways and coastal regions. Mosquitoes need water to breed. Heavy rains and flooding can bring more mosquitoes.

Mosquito-borne diseases in Victoria:

Ross River virus and Barmah Forest virus disease:

The symptoms for Ross River virus and Barmah Forest virus diseases are similar. Both can cause joint swelling and pain, fatigue, fever and rash. Everyone recovers, although some people can have symptoms on and off for a year or more.

Murray Valley encephalitis virus disease:

Murray Valley encephalitis virus (MVEV) disease is rare but can be very serious. Encephalitis is a brain infection that can cause the brain to swell, leading to brain damage or death. Most people who get the virus show no symptoms at all. For those that do, it can take around seven to 28 days between getting bitten and becoming sick. Symptoms include high fever, severe headache, seizure (especially in young children) neck stiffness, drowsiness and confusion. In severe cases, delirium and coma can follow.

If you have any health concerns see your doctor or phone NURSE-ON-CALL 1300 60 60 24. For more information visit

www.betterhealth.vic.gov.au

COMMUNITY MATTERS



Kyabram
Netball Association

KYABRAM NETBALL ASSOCIATION REPRESENTATIVE TOURNAMENT TEAMS

We invite all KNA players to come and try out for a position in our Representative teams with tryouts held at the Kyabram Stadium as follows:

Wednesday 9th November

11 & Under and 17 & Under 4:15pm to 5:15pm
13 & Under and 15 & Under 5:15pm to 6:15pm

Sunday 13th November

11 & Under and 17 & Under 10am to 11 am
13 & Under and 15 & Under 11:15 am to 12:15pm

Tuesday 15th November

11 & Under and 17 & Under 4:15pm to 5:15pm
13 & Under and 15 & Under 5:15 pm to 6:15pm

Pre register by emailing to kyabramnetball@gmail.com your child's name, date of birth, contact number and preferred positions. If you can not pre register by email please come 15 minutes earlier.



Self-Care for Parents and Carers

Kyabram



This workshop gives participants the opportunity to explore their current level of self-care. This practical and fun session also provides effective strategies for reducing stress levels while keeping up with the demands of caring for others.

Term 4, 2016

When:	Monday 7th November 2016
Time:	Arrival and registration 9.15am Session 9.30am - 11.30am
Where:	Kyabram Community and Learning Centre, Room 5, 21-25 Lake Road Kyabram
Cost:	Free
Facilitators:	Jo Rodriguez (Family Services Team CatholicCare Sandhurst)
Childcare:	Childcare provided, bookings essential

Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged



**For bookings and enquiries phone CLRS Reception on 5480 2388
or Elle at EGrabham@clrs.org.au**



We're for Childhood
SINCE 1977

Post Separation Co-Operative Parenting Program

3 Hour Seminar to help separated parents have healthy and strong relationships with their children.

Seminar includes:

- Ways of communicating with the other parent
- Impact of separation and conflict on children
- Setting goals for future parenting

Once participants complete the Intake Process they are registered to attend the seminar.

To register or for more information please contact:

Berry Street, Post Separation Services. **Phone 5822 8100**



We're for Childhood
SINCE 1977

Kid's Turn Around

Kids Turn Around (KTA) is a program for children aged between 7 – 11 who have or are experiencing family separation.

KTA operates for three days during school holidays.

Family separation is a major change for children that can leave children worrying about their future, feeling uncertain and anxious. KTA provides an opportunity for children to explore and express feelings associated with parental separation or divorce and conflict, with other children going through similar experiences.

Children develop coping strategies, stress management and problem solving skills– to assist them to make a more resourceful and confident transition.

Topics explored are:

- Getting to Know You
- Recognising Feelings
- Exploring Feelings
- Learning New Skills and Coping Plans
- Promoting Positive Self Esteem – What's Special About Me
- Moving Forward and Celebrating the Future

To register or for more information please contact:
Berry Street, Post Separation Services. **Phone 5822 8100**

Kyabram CLUB



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