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IMPORTANT DATES

JULY

30-31

Yr 3/4 Camp Melbourne

AUGUST

3

Primary Book Club Orders due back

Incursion from CAMS for F1 in Schools

5

Regional Football Yr 7, 8 and Intermediate at Swan Hill

7

Jeans for Genes Day

10

Secondary Parent/Teacher Interviews 4-7pm

11

Yr 7 and Intermediate Basketball at Echuca

12

Year 3/4 Crazy Hair/Loud Shirt Day and Lunchtime Disco

13

Yr 5/6 Quantum Excursion to Melbourne

17

Girls Football at Rochester

19

Secondary Parent/Teacher Interviews 4-7pm

22

Tournament of Minds Competition

24-26

VCE Drama Camp

27

Primary Athletics at Kyabram

28

Psychology Zoo Trip

Term 3 Issue 18

Principal's Report

"Excellence Through Opportunity"

Dear Parents and Friends,

I would like to start my Principal's report by thanking students and staff for the warm welcome I received last week. I have had an opportunity to spend time moving around the College over the last few days and I'm very impressed by the attitude of students towards their studies and the dedication shown by teachers towards their students. I have enjoyed visiting the primary classes and I was very impressed by the lovely 'Welcome' booklet prepared by Prep B for me. The booklet was full of beautiful drawings and well written messages. Of course this week we have our Grade 3/4 camp to Melbourne. This is another great experience for our students and an important part of their learning and preparation for the future.

I have also had a chance to see our Year 9 students enjoying the CCLLEN 'ICT Day' program last Wednesday. This program has been running across the Campaspe Shire for over three years and provides students with a great opportunity to find out about careers and opportunities in the world of computers and associated technologies. We also had a group of students from years 7-9 participate in a Campaspe Shire 'Leadership Program' last Friday. Our students worked with other students from across the area to develop leadership focused activities to take back to their respective schools. Our students are working on a peers support activity to implement with our Grade Five students.

In future reports to our community, I will outline important new developments at our College and also articulate our future direction in relation to learning and teaching, student engagement and wellbeing and student transition and pathways. I look forward to working with students, teachers and the community to develop a College that provides an inclusive and seamless curriculum that offers students breadth of study (particularly in senior years), is challenging and caters for individual learning styles.

In closing today, I would once again like to thank students and staff for their welcome last week. I look forward to learning and working in our College community and I'm sure that together we can continue to create an outstanding learning environment at Kyabram P-12 College for our students and the community.

Chris Eeles
Acting College Principal

Business Manager's Report

Jan Prior

Camps, Sports & Excursions Fund (CSEF) Reminder

The Department of Education has recently announced the Camps, Sports and Excursions Fund. This means that we will be able to continue to support our eligible families with the Kyabram P-12 College Family Support Program and now also the CSEF which will be in place for eligible students till the end of Year 12.

School **camps** provide children with inspiring experiences in the great outdoors, **excursions** encourage a deeper understanding of how the world works and **sports** teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. The allowance will be paid to the school to use towards expenses relating to camps, excursions, or sporting activities for the benefit of your child.

CSEF eligibility will be subject to the parent/legal guardian's concession card successfully validating with Centrelink on either the first day of term two or term three.

The annual CSEF amount per student will be:

- \$125 for primary school students
- \$225 for secondary school students.

How to Apply Please contact the College office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

Closing Date Please return your CSEF application form to the school by **14th August 2015**. For more information about the CSEF visit www.education.vic.gov.au/csef

If you have any queries please do not hesitate to contact either myself or the Office Team.

P-6 Assistant Principal Report

David Jenner

100 DAYS FOR PREPS

On Monday our Prep students enjoyed their 100th day of school. Our Prep students celebrated by wearing 100 hats that they had created, and also participated in a number of activities around the number 100. Congratulations to all of our Prep students on this milestone.



Excellence Through Opportunity

SCIENCE EXPERIMENT

Mr Nilbett's class recently participated in a Chemistry experiment. Students explored how milk reacts and changes when mixed with dishwashing liquid. Here are a few photos from the science experiment.



GRADE 3/4 MELBOURNE CAMP

Our Grade 3/4 students left this morning bound for their Melbourne Camp. Today and tomorrow they will visit many places such as Science Works, the Aquarium, the Sun Theatre, Ricketts Point and IMAX.

School Camps are a wonderful opportunity for students to build confidence and extend their learning, whilst having fun at the same time.

I am sure that our 3/4 students will have a fantastic time on Camp. Our students will be aiming to arrive home tomorrow at 5:30pm.

P-4 Awards



Congratulations to this week's award winners.

Year 1 News

As part of the Change Theme for this term we have been doing a range of science activities to investigate change in materials.

Making Paper

If you follow these steps you can make recycled paper.

You will need:

- scrap paper
- blender
- hessian
- mesh
- water

1. Rip up the scrap paper.
2. Put warm water in.
3. Put it in the blender.
4. Take out of the blender.
5. Put it on the hessian.
6. Squash it until its flat and let it dry.

Ava Turner 1N



Making Paper

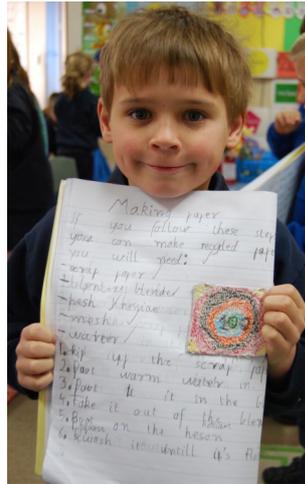
If you follow these steps you can make recycled paper.

You will need:

- scrap paper
- blender
- hessian
- mesh
- water

1. Rip up the scrap paper.
2. Put warm water in with the paper.
3. Put it in the blender and turn it on and turn into pulp.
4. Take pulp out of the blender.
5. Put it on the hessian.
6. Squash it until it's flat.
7. Let it dry near the heater.

Morgan Ford 1N



Year 2 News

Year 2 students have been investigating how water can move from one container to another. We began with three jars in a row; we put coloured water in two outside jars but left the middle one empty. Then we put a tube of paper towel leading from the coloured water into the empty glass and watched what happened. Before we did the experiment we discussed and made a ***hypothesis*** where we made a thoughtful guess about what would happen: would nothing happen? Would all of the water in the outside glasses fill or even overflow the middle glass? Would the paper towel just get wet to the top of the glass and then stop?

We were surprised at how quickly the coloured water moved up the towel and into the empty glass. The blue and yellow water mixed in the middle glass to make green water. The cups all ended up with the same amount of water in each.



We also tried the experiment with blue and red water (they made purple) and with red and yellow (orange). We even tried blue, yellow and red all funnelling into one cup – it made an icky greeny brown colour. It was a fun experiment to do and one that could easily be copied at home.

Prep-2 Concert

This term year prep, one and two will perform a concert for their families over two evenings: 16th and 17th of September. Please organise for your child to attend the concert on both nights as the concert will rely on each child being there as part of the team.

Please let us know, now, if your child cannot attend so that we can plan for this event.

Soon parents will be asked to supply simple clothes as part of the children's costumes.

Offers to assist from anyone willing to do a bit of mending or costume preparation is MOST APPRECIATED. Please let Sue Meeking know you can help as soon as possible.

Year 3/4 News

As this goes to press Year 3/4 students are on camp, exploring in and around Melbourne. The weather looks kind for exploring the rockpools at Rickett's Point near Beaumaris, so that's a relief as it's a highlight of the trip. We are also visiting, amongst other places, Scienceworks, the aquarium and IMAX theatre. In the next edition of Channels we will present some photos and tales of our adventures!

Year 5/6 News

Term 3 is looking to be a busy term for Year 5/6. We have a number of major events including the Athletic Sports on the 27th August, The Fun Run on the 10th September, the Australian Maths Competition on 3rd August and our Quantum visits on the 13th August, 1st September and 3rd September.

This term our writing focus is Biographies and our immersion which will begin next week, will cover the history domain, helping students get ready for the Sovereign Hill camp early in term 4.

In Maths, we are covering Patterns and Algebra as well as 2D and 3D Shapes.

The students have just completed their poetry and public speaking rotations and we would like to congratulate Charlee Hawken who represented our school very well in the Lions District Public Speaking competition last week.

This week we welcome Lisa Booth to the 5/6 area. She will be taking 5/6 Porch on Monday and Tuesday for the rest of the year. A huge thank you to Jennifer Weaver and Jo Hutton for their efforts in replacing Melissa Porch and Trish Bradley while they were away on long service leave.

Thank you to all the parents for working with your children to ensure that they are in complete school uniform every day.

The following students received School Value Awards at our first 5/6 assembly:

Resilience: Charlie Mason, Joseph Durso, Jacob Giles

Responsibility: Jade Dawson, Patrick Murphy, Marrisa Dennis, Shane Arnold, Tayla Togiatsu, Matthew Neff

Community: Stephanie Kuiper, Kodye Clarke, Jack Tomaszewski, Courtney Smith

Doing Your Best: Charlee Hawken, Lachlan Wright

Respect: Rhian O'Shanassy

Music News

This year's Bendigo Music festival features Orchestra Victoria. Music students may wish to attend, with their families, to extend their music experience. BENDIGO AUGUST 17th -22nd.

Striving Strings

Our free 'start up' program has room for some more students from grades 3 /4. If your child has not had a chance to try out violin with a view to learning in our paid program next year then get on board! Please see Judy in the Primary office for the appropriate form to fill out and return this form immediately to Sue Meeking or the office.

We are excited to say several students have continued from Striving Strings in to our paid program to learn to play their violin to a high standard. Kyabram P – 12's lessons are very reasonably priced and right on our door step.

Brass Lift Off

Brass Lift Off begins this week for year 5/6 students wishing to try out brass or woodwind instruments for one semester for free. If your child is in year 5 /6 and has not already tried the program then contact Mrs Meeking via a note to the office or ring 0417 721 624.

Again several of our students are continuing to hone their skills in our year 5/6 instrumental program. We are delighted to announce that 'Junior Band' is again up and running under the guidance of expert tutor, Mr Arnold. Band students will rehearse every second Thursday lunchtime this semester starting August 7th.

It was great to see many prospective year 7 families visit the music centre on the Year 7 information evening, to ask about the Secondary music programs on offer. We thank Mr. Morrison for being there to discuss options for 2016. Any Secondary students considering learning a musical instrument in 2016 are welcome to contact Mr. Kim Morrison via the school office.

Information and application forms are sent out every December to age appropriate Primary students to explain the options.

7-12 Principal Report

Danny Walsh

UNIFORM

I would like to thank parents and families for their support this week in ensuring that their child is wearing the correct college uniform. The students look great in their uniform and we really do look like a cohesive, high quality learning community. Hoodies are not permitted even if underneath their school jumper. Another jumper can be worn underneath if necessary, as long as it doesn't stick out from under the school jumper. If there is an occasion/day where your child is unable to wear their correct uniform, we ask that parents please provide a note to the school to explain this.

LEARNING CURVE NEWSLETTER ARTICLE

Each week I would like to include a parent newsletter article from The Learning Curve which is in line with the Secondary student planner. I hope you find these articles valuable.

Stress control/exercise and leisure

To feel good about themselves, flourish in their pursuits and have a sense of peace and harmony in their lives students need to find school/life balance. This in turn fosters growth mindsets which empower students to then do good things. They usually learn these attitudes from positive role models around them. Initiating discussions both at home and at school on this holistic area will raise their self-awareness and curiosity to learn more.

This week's focus is about looking at the big life balance picture through their individual signature strengths of sharing concerns, relaxation techniques, regular exercise and quality leisure activities. Encouraging this approach will benefit the growth of all their elements of wellbeing.

People who are unable to find time for exercise and relaxation in their lives will have to find time for illness; it's a reality and while it can be ignored, it won't go away. Students pursuing an active lifestyle are provided with many opportunities to meet new people, experience different things and be in a cycle of continuous learning. Learning to regularly take stock and reflect on how they are progressing is a habit well worth cultivating in students (and ourselves) for a balanced life. In today's society, where electronic means of communication such as texts, social networking sites, twitter, emails, blogs and mobiles, overshadow face to face interactions, we must be vigilant to ensure that students engage in real conversations and activities with people often.

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.



The Year 9 Information and Communication Technology Day

Last Wednesday our year 9 students and 20 Rushworth Secondary College students were involved in an ICT Forum in the Year 9 Community Area.

The day was an interactive event featuring young ICT professionals, higher education and industry representatives providing real insights into ICT studies and careers. Technology in areas ranging from games, robotics, apps, what drives a computer, graphic design and CSIRO research were featured in fun and interactive ways. Students participated in a series of hands-on workshops and learnt about qualifications, skills and interests that are vital to succeed in this booming global sector.

The students enjoyed the day and gave positive responses regarding their interest and learning on the day. Thankyou to our Life Skills staff and students for their amazing efforts with catering.



2015 Youth Leadership Development Training

On Friday, eleven of our year 7-10 student leaders participated in a Leadership Development Program run by the Shire of Campaspe and their "Engage" program. Our students worked with six other secondary schools. This training aimed to have more young people involved in their community, build leadership skills, provide help with career pathways and strengthen the relationship between family, peers and the broader community.

Our students now have a written action plan to help improve self-esteem within our College, particularly in year 7, 8 and 9. Their first step was to talk to our College Principal, Chris Eeles, to gain his support and approval to proceed. They have completed this step and will now be sharing their ideas with the College Student Council and their Home Groups.

The facilitator Kate Wilde said that our students 'were an absolute delight to work with'.

We look forward making our students project ideas a reality.



Mathletics - Years 7 - 10

As well as the primary school students, the school has enrolled all students in Years 7 – 10 into the online mathematics program called Mathletics.

Mathletics is a web-based learning program, which integrates home and school learning via the internet. Mathletics covers F – Year 12 Australian Maths Curriculum and is currently used in over 1300 Australian schools, with more than 40,000 students accessing the site every day.

The benefits of Mathletics include:

- Students are engaged and motivated to learn.
- Mathletics is adaptive, it responds to your child's individual strengths and weaknesses.
- Students instantly know if they are on the right track and can work through the curriculum at their own pace.
- Animated support guides students through concepts. It is like having a maths tutor 24 hours a day.
- Live Mathletics fosters a stimulating and exciting on-line learning community.
- Creates the perfect link between home and school, results can flow seamlessly.
- Teachers can view your child's progress and adapt their work accordingly

Working at home - Your child will have 24 hour access to Mathletics through the use of a username and password. This has been given to all Year 7 – 10 students. To gain the greatest understanding how Mathletics can benefit your child, we encourage you spend time looking at the program with your child. Please see the Guides link on the Website (bottom of home page)

Year 7-10 teachers have set tasks for their students that are at their level and appropriate for the topics being covered in class. There may be class time to work on these but students are recommended to also use Mathletics at home for revision.

Students without internet access at home can use computers at school during lunchtimes. The Maths Homework Club (after school Wednesday or Friday lunchtime) also has computers that can be used to access Mathletics.

If you have any questions, please do not hesitate to contact your student's Maths teacher.

COLLEGE NEWS

CANTEEN

PRIMARY CAMPUS

AUGUST

Mon	3	Kerrie Graves
Tue	4	Raelene Lewis
Wed	5	Fiona Barnett
Thur	6	Jolie West
Fri	7	Kerrie Campbell

SECONDARY CAMPUS

AUGUST

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

Mon	3	Help Please	Jenny Ryan
Tue	4	Jenny Ryan	Help Please
Wed	5	Help Please	Kerrie Graves
Thur	6	Help Please	Help Please
Fri	7	Louise Lothian	Help Please

Woolworths Earn & Learn 2015

This year we will be participating in the Woolworths Earn & Learn program. Through this program we will be able to get new educational resources for our school and all we need you to do is shop for your groceries at Woolworths.

From Wednesday, 15th July to Tuesday, 8th September we are collecting Woolworths Earn & Learn Stickers. You will get one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco and gift cards). Woolworths Earn & Learn Stickers can be dropped into the Collection Box here at the school or at your local Woolworths.

At the end of the promotion, we will be able to get some great new equipment. The range available is extensive and offers lots of items ideal for our students – including resources for Maths, English, Science and some fantastic fun supplies for Arts & Craft, Sport and for our library. If you'd like to know more visit woolworths.com.au/earnandlearn.

Jeans for Genes Day

Friday, August 7th is Jeans for Genes Day. Please support the day by wearing jeans and bringing a gold coin donation. Funds raised through Jeans for Genes are used directly to support Children's Medical Research Institute's work.

Every dollar makes a difference, so please help by supporting the Children's Medical Research Institute.



School Nurse Corner BEYOND BLUE CHECK-IN APP



Beyondblue's idea for App Aid, *The Checkin App*, was sparked from a current project at *beyondblue*, called Having the Conversation. The app aims at giving young people the skills to have conversations with their friends about mental health.

The app will assist with:

- developing a tailored, step-by-step 'check-in' plan
- reviewing how the conversation went, and give ideas for what to do next, especially if things got tricky
- setting reminders to follow up
- providing links to professional support
- providing words of wisdom from people who've done it before
- giving ideas for how to look after yourself when supporting a friend.

The App also enables *beyondblue* to make sure young people look after their own mental health, by giving them links to services or tips on who to talk to and how they can debrief after having difficult conversations.

The Check-in app

Youthbeyondblue and Melbourne app developers, Two Bulls with the support of the Vodafone Foundation have created The Check-in app. Download it from the [Apple App Store](#) or [Google Play](#).



Who's it for?

Anyone who wants to check in with a friend but is concerned about saying the wrong thing or making the situation worse.

How's it work?

The app takes you through four steps, super easy and super quick, getting you to think about where you might check in, what you might say and how might you support your friend. There is also a section showing you things to consider, such as what if my friend denies there is a problem or what if I say something silly.

After you have had your conversation you can go back into the app and rate how it went. The app will then give you advice on the next steps.

There's also links to where you can get support and tips from young people.

Where do you get it?

It's free to download from [Google Play](#) and the [Apple App Store](#).

What are young people saying about it?

"This app is so incredibly unique and really takes the 'fear' aspect out of having a conversation with a friend about how they are going. It's not an easy conversation to have, and this app provides the building blocks for how you would approach this conversation and reinforces the importance of talking about concerns. It's an interactive and productive app that will give a confidence boost to the people using it in talking about mental illness. I'd recommend it to everyone I know." – blueVoices member, age 18

"I think the app is really well done, and I think it serves a great purpose in guiding that conversation with your friend. I like how you've talked about how lots of actions and reactions are okay, even asking something simple as 'How are you?' or just being there for your friend is still really helpful. Not everyone is confident in having that conversation, and that's okay, because not everyone probably wants to talk about what's on their mind anyways." – blueVoices member, age 22

"I think it would be extremely helpful to people – it covers the common questions and also what to do/suggestions if you don't get the answer that you were expecting." – blueVoices member, age 21.



www.youthbeyondblue.org.au

How to reduce your child's risk of depression and clinical anxiety

Strategies for parents of primary-school aged children

The University of Melbourne, with funding from *beyondblue*, has developed new guidelines for parents to reduce the risk of their children developing depression or anxiety.

How to reduce your child's risk of depression and clinical anxiety: Strategies for parents of primary-school aged children is a general set of recommendations that may also be useful for parents whose child is already experiencing some symptoms of depression or anxiety. The University of Melbourne and *beyondblue* recognise that each family is unique, and so parents may need to adapt these strategies to their specific situation.

To view the guidelines, please visit www.parentingstrategies.net/depression

Please note that a similar guide for teenage children is also available at the above link.

Leanne James
School Nurse

COMMUNITY MATTERS



ACCESS ministries *We Are There*

An Invitation

Please accept our invitation to attend the

Annual Chaplaincy Fundraising Dinner

Friday 14th August 2015

at the Kyabram Bocce Club

(Fischer St. Kyabram)

6.30pm Arrival for a 7pm Dinner

Catered 2 course Dinner. Drinks at bar prices.

You are welcome to invite other guests or to organise a table of 10. For catering purposes can you please RSVP to Sue Walley by Monday 10th August.

For Dinner bookings contact

Fab Flowers Florist & Garden. Ph 5852 1738

or by phoning / texting Sue Walley on 0400 565 052

or by emailing fabflowers@bigpond.com

or a Chaplaincy Support Group member

This is a complimentary dinner and an opportunity will be given during the night for a donation to be made to assist us in keeping a Chaplain in the Kyabram P-12 College. The current Chaplain Liz Spicer is funded 50% by fundraising and 50% by the College. No Government money is received for this position. All donations over \$2 are Tax Deductible. Please ensure you supply name & address if you would like a receipt. Thank you.

If you are unable to attend and would like to support our Access Chaplain Liz Spicer at Kyabram P-12 College donations can be direct deposited into the fund account. A receipt will be issued if you email your details to fabflowers@bigpond.com.
Kyabram P-12 College ACCESS Ministries Chaplaincy Support Group BSB : 633108 Account : 110323185



Our Special Guest Speaker is national netball champion, Tegan Philip.

Tegan Caldwell, recently become Tegan Philip, is a netball star for the Melbourne Vixens. She was also part of the successful Commonwealth Games squad who brought home gold from Glasgow 2014.

Perhaps her greatest feat was her best on field performance in the Vixen's 2014 premiership win over Queensland when she shot 30 goals from 33 attempts as goal attack. Brought up in Anglesea, she loves camping, swimming, surfing and animals.



PORTSEA CAMP

Applications are now open for the Teenage Camp in September at The Portsea Camp. Dates Monday 21st September / Friday 25th September.

For teenagers Aged 13 Years / 16 years, cost \$160.00 per child. For further information and application forms please contact AVIS WELLER 5854 6383 / 0409 438 386



Bulletin Board

419 SQN

NOW RECRUITING

Friday 31st July, 6:45pm
Shepparton, VIC

TO REGISTER, CONTACT:
asstadmino.419sqn@aaafc.org.au

AUSTRALIAN AIR FORCE CADETS

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the parenting teenagers course

For those parenting 11-17 year olds

Sessions Cover:

- * Keeping the end in mind
- * Meeting our teenager's needs
- * Setting boundaries
- * Developing emotional health
- * Helping them make good choices

For more details see:

www.relationshipcentral.org



Date: Thursdays starting August 20 for 5 weeks
Time: 7.30 pm – 9.30 pm
Venue: 10-12 Building Kyabram P-12 College
Cost: \$20 per couple \$10 for singles
Contact: Rob Hunter at Kyabram P-12 College
Sch Ph 58512100, Rob Hm 58532660 or Mb 0458660888

COLLEGE CALENDAR

~ July 2015 ~				
Mon	Tue	Wed	Thu	Fri
27	28 Apex Debating Competition - Echuca Moama 6pm	29 Junior Football at Nathalia Arts visit to Bendigo	30 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Year 3/4 Camp to Melbourne</div>	31

~ August 2015 ~				
Mon	Tue	Wed	Thu	Fri
3 Primary Book Club Orders due back Incursion from CAMS for F1 in Schools 11:30-1:30pm	4	5 Regional Football Yr 7, 8 and Intermediate at Swan Hill	6	7 Jeans for Genes Day
10 Secondary Parent Teacher Interviews 4-7pm	11 Yr 7 and Intermediate Basketball at Echuca	12	13 Quantum Excursion Year 5/6 to Melbourne	14
17 Girls Football at Rochester	18 College Council Meeting 7pm	19 Secondary Parent Teacher Interviews 4-7pm	20	21
24 <div style="border: 1px solid black; height: 15px; width: 100%;"></div>	25 <div style="border: 1px solid black; padding: 2px; display: inline-block;">VCE Drama Camp</div>	26 <div style="border: 1px solid black; height: 15px; width: 100%;"></div>	27 Primary Athletics at Kyabram	28 Psychology Zoo Trip
31 Zone Athletics at Shepparton				

Kyabram CLUB



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