North Central District Swimming Carnival

On Monday 16\textsuperscript{th} February, 18 students represented the College at the North Central District Swimming Carnival. These students won the opportunity to represent the school after winning their individual event at the School Swimming Carnival.

The day produced some fantastic weather and some very strong competition. Schools competing on the day were Boort, Wyche-proof, St Arnaud, Charlton, Birchip, Donald, Wedderburn, Maryborough and Pyramid Hill.

Competing in a strong field, the 18 students were always in the mix within their races. Congratulations to Abbey Dingwall who won the 16 years Girls Breaststroke (2 100\textsuperscript{th}s of a second off the record) and Jorja Moon (13 years Girls Butterfly), both whom have earned a position in the Loddon Mallee Swimming Carnival to be held in Swan Hill in March. The Swan Hill carnival is one step away from the State Finals. Also congratulations to Jorja Moon (6\textsuperscript{th} Individual Medley) and Jordann Broad (100m breaststroke) who challenged themselves by competing in some long distance events, against much older students.

Students Above: L to R:
Samantha Treacy, Abbey Dingwall, Jorja Moon, Daniel Hercott, Jasmine Lacey, Tess Hampson

Full results on back page of this newsletter.
**Student of the Week**

Student of the Week - P-6 assembly is on Wednesdays, so the Student of the Week will be publicised next week. This year our Year 6 leadership team will be responsible for leading our assemblies each week.

Please be mindful that when your children are ill, they are unable to concentrate and often pass on germs to others, so they need to stay home. However, it is important that all children attend school on a regular basis, so please send them to school even when they don’t feel like coming or want to stay home to help you. Everyday we learn new things and practise what we have already learnt. Staying home means they miss out and don’t feel as if they belong to their group and don’t know what’s happening.

**School Uniform**

If anyone has some spare school polo shirts especially sizes 10, 12, which you don’t need, could you please donate them to school. We need a selection of spare uniforms in case of accidents and at present we are short of polo tops.

**RE Permission Forms**

Please return the permission forms if your child/children will be participating in RE this year.

**Year 6 Students—Important Jobs**

The Year 6 students each year, undertake two important tasks around the school - firstly - emptying the rubbish bins into the hopper - see photo

Secondly - collating the Pyramid Press each week before it is distributed.

They do a great job.

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**Healthy Living**

Today we made a fruity face. We made eyes from sliced kiwi fruit, a nose from banana, a mouth from a slice of orange, ears from apple wedges and spiky hair from cheese.

Thank you to Bu Gould and Tiara for helping name the fruits we used in the Indonesian language.

Riley with his fruity creation

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Parenting Ideas Magazine by Michael Gross follow the link below Magazine from Michael Gross.

Year 7-10 Learning Neighbourhood

Berwick Students to Visit …. Next week!
Wednesday 4th and Thursday 5th March. Traditionally this has been a great chance for our year 9/10 students to make new friends and introduce the city kids to a little of our country lifestyle. All students from Berwick and our Year 9 students will undertake a session of community service on the Thursday. Students will be placed in mixed groups and will visit the Museum, Hostel, Station and the do a litter pick up around the public parks and gardens.

Year 7-8 ‘Mates Camp’
Congratulations to all year 7 and 8 students who have settled into the routines of their classes very quickly. It is great to see that all students are putting their hands up for jobs and participating enthusiastically in all areas. At present staff are busy organising a camp for year 7 and 8 which will focus on team building, self-esteem, friendships and fun. This camp will hopefully take place this term depending upon the availability of appropriate campsites.
More details will be coming soon.

RACV Catering & Waitering
Wednesday 18th March will see a return visit of the RACV Fly the Flag Murray River Tour. This day will see hundreds of British Classics Cars pulling into town to enjoy our hospitality and to let us enjoy their beautiful cars. A group of students from years 7-9 will be involved in welcoming and serving afternoon tea to the visitors. Students will be invited to undertake this community service via a note home next week, to be signed and returned by parents.

Home Work Night
This is a great chance for students to get work done and seek the assistance of staff if they should need it. Students have access to the internet and can undertake their own work in a supportive and friendly after school environment with afternoon tea supplied. This takes the pressure off students who find it difficult to get work completed at home.
Mrs Talbot is available in the mornings from 8.15 onwards in the BER building for anyone who wishes to get work done then. Breakfast will also be available. Students should tell Mrs Talbot if they are planning to come so that food can be arranged.

Barb Bear MIPS – next visit Wed March 11th
Motivational Media Years - Friday March 13th
Duke of Ed Practice Canoe Camp - Wed 18th March – Friday 20th March
Year 10 Loddon Prison Visit - Tuesday March 24th
Work Experience- Year 10 only - Dates 14th – 18th September (the last week of Term 3)

Change of Contact Details
If you have moved house or changed your mobile or home phone number, could you please let us know.
It is disappointing when calling a parent to receive the message that “this phone is no longer connected” and we have not been given an alternative number.

Absences
A new texting system is being trialled to keep track of student absences. If a student is absent when the morning roll is marked, a text will be sent to the parent advising them that their child is not at school. Parents should then send a return text acknowledging the absence.

School Requisites/Home Eco
Payment for all school requisites including Home Eco for those paying for the term or year, should made as soon as possible please. If you are unsure about what is owing, please contact the office. Parents are able to use EFTPOS (available in the office) or Online Banking for any payments to school.

Banking details are:
BSB 083-693
A/c No. 60880 2159
Please identify your payment when processing.

There are a number of families still to finalise payments for school requisites. Payment may be made by EFTPOS or online.

Homework Night
Thursday Nights
In the Science Room from 3.30—4.30
(Healthy Snack included)
Teacher assistance available
All students from Years 5-10 welcome

Every Day Counts
Missing school can have a major impact on a child’s future – a student missing one day a fortnight will miss four full weeks by the end of the year. By Year 10 they’ll have missed more than a year of school.
**Principal’s News**

**School Council Elections**
Nominations for the vacant Parent representative’s positions on School Council for 2015 closed last Friday 20th February. Congratulations go to Colleen Hampson, Alison Farrar and Travis Gilmore, new parent members on School Council and to those parents that have been returned to School Council, Rowan Broad and Kelly Stewart; and teacher representative Fiona Moon. There is still a vacancy on School Council for one teacher representative. I have extended a further invitation to teachers to nominate for this vacancy.

**Bendigo Health CAMHS & Schools Early Action Program**
As you are aware this year the school has been offered the CASEA-CAMHS & Schools: Early Action Program which involved a professional learning day for all staff and will provide the opportunity for parents of Pre-school to Year 6 children in Term 2 to participate in a free parent program. Kerry Holland and Megan from Bendigo Health CASEA have had two sessions with parents and to date we have 7 parents participating in the program. As there is still room for a few more parents to participate, I would like to extend an invitation to anyone one else that may be interested to come along to the next CASEA meeting which will be held at the school from 2.00 pm to 3.30 pm next Monday 2nd March.

**Youth Advisory Council Meeting**
Our School Captains, Steven Gunther and Daniel Hercott have been invited by the Loddon Shire to participate in the inaugural Youth Advisory Council meeting to be held at the Shire Offices in Serpentine on Friday 27th February. This meeting will provide an excellent opportunity for our Captains to represent their fellow students and provide a student voice. I’m confident that Steven and Daniel will find this meeting most rewarding.

**School Strategic Plan**
Work is continuing on the development of the School Strategic Plan. To start the process, we have drafted a Purpose statement and Values, and Environmental Context of the school, which covers, social, educational, technological and environmental contexts. Our next piece of work is around our Strategic Intent which covers Achievement, Engagement, Wellbeing and Productivity; for which we need to develop Goals, Targets and Key Improvement Strategies. The final part involves developing a 4 Year Planner which focuses on Key Improvement Strategies, Actions and Achievement Milestones.

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**Thought for the Week:**
“*Our business in life is not to get ahead of others, but to get ahead of ourselves.*” – Zig Ziglar

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**North Central District Swimming Results**

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<th>Name</th>
<th>Age</th>
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Did you know?
♦ Patterns of late arrival at school or missing classes are early warning signs
♦ Missing one day of school each week adds up to 2 months missed over a year
♦ Each day absent in high school has an impact on skill development and social connections
♦ Poor attendance may be associated with future unemployment, criminal activity, substance abuse, and poorer health and life expectancy

Some causes of school problems
Some of the more common causes of school problems are underlying learning difficulties or learning disabilities or behavioural or emotional issues. But there are many other reasons why a young person might not be engaging fully in their education.

School factors might include:
♦ bullying
♦ disliking, or not feeling connected to, the school culture or environment
♦ disliking school subjects, not liking the choice of subjects, or not feeling challenged by the work
♦ poor school or academic support, especially in relation to heavy workloads
♦ not getting along with teachers or other students at school
♦ competing demands on time, such as extracurricular activities

Personal factors might include:
♦ chronic illness
♦ intellectual or cognitive disability
♦ behavioural or developmental difficulties or disorders
♦ mental health issues such as depression or anxiety
♦ history of abuse and neglect
♦ poor self-concept or self-esteem
♦ poor communication skills
♦ poor social skills
♦ difficulty with listening, concentrating or sitting still.

Family factors might include:
♦ parents who aren’t involved in their child’s education
♦ a home environment that doesn’t or can’t adequately support a young person’s learning
♦ family problems such as relationship breakdowns
♦ competing family or social responsibilities, such as caring for family members, or working outside school hours

How can I get my teenager to school?
Many teenagers seek independence and think they know best. No matter how hard parents try, some students may be reluctant or refuse to go to school. These are some ideas which may assist parents to deal with teenagers and school refusal. Addressing this attendance issues promptly and setting up good patterns in adolescence can lead to future success.
What you can do

Act early

♦ Talk about the importance of showing up to school every day, make that the expectation. Regular attendance at school sets up good behaviours for regular attendance at work.
♦ Help your teenager maintain daily routines such as finishing homework and getting a good night’s sleep. On average, teenagers need 8-9 hours sleep to be healthy and alert. You may also need to monitor their use of the Internet, mobile phone and TV at night to ensure they are not staying up too late or being disturbed while sleeping.
♦ Try not to schedule hair, dental or medical appointments during school hours. Arrange family holidays during scheduled school holidays so that they don’t miss out on classes and feel left behind. If it is necessary to be absent from school for an extended period, arrange with your school for a Student Absence Learning Plan.
♦ Don’t let your teenager stay home unless genuinely sick. Complaints of headaches or stomach aches may be signs of anxiety.
♦ If your teenager wants to stay home to finish an assignment, rather than letting them stay home, expect them to go to school – make attendance the number one priority. Later, you can discuss with them how they can improve their study habits or adjust their schedule.
♦ If your school has an assessment calendar on its website, use this to help your teenager plan their study so that they avoid working late the night before an assignment is due.
♦ Be sure to set a good example – how you meet your commitments impacts on how they will meet theirs.
♦ Talk to your teenager. What are their feelings about school? What interests them at school? Are there any difficult situations? It helps if you open these discussions in a relaxed way so that your teenager knows you are demonstrating concern, not authority.
♦ Try to be aware of your teenager’s social contacts. Peer influence can lead to skipping school, while students without many friends can feel isolated.
♦ Encourage meaningful extracurricular activities that your teenager enjoys, such as sports and clubs, to develop positive relationships and experience success outside of a classroom setting. These activities can help your child feel part of the group, important to the school, and more motivated.
♦ Set clear parameters around part-time work. Make sure that the hours your teenager is working do not impact on their ability to go to school the next day, or interfere with school assessment expectations or exam preparation.
♦ Familiarise yourself with the school’s attendance policy. This can help when trying to reason with teenagers.
♦ Monitor your teenager’s attendance and school performance. Periodically check with their teachers to find out how things are going. If you find it difficult to contact several different teachers by phone, try email. Alternatively, the year level coordinator may be a helpful point of contact in relation to specific issues.
♦ Ask your teenager’s school about what types of flexible or blended learning options they offer.

Remember
You can talk with school staff (such as a teacher, year level coordinator, wellbeing staff, careers staff, assistant principal or principal) to find out what support they can provide to keep your teenager attending and engaged.

USEFUL WEBSITES/CONTACTS

www.raisingchildren.net.au
www.headspace.org.au
www.education.vic.gov.au
www.youthbeyondblue.org.au

www.kidshelp.com.au or phone 1800 55 1800, 24 hours a day, 7 days

Parentline – phone 13 22 89 8.00am to midnight seven days a week