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 Principal ● Zlatko Pear

Inspirational.

Issue 20: 4th December 2015

Calendar

December

- 4 Parents Club Meeting 9am Staffroom
- 7 Asanti African Music visit and Performance
- 8 Statewide Transition Day
- 11 Last day Canteen is open
- 16 Awards Night 7pm at EMPAC
- 18 Last day of Term -Finish 1pm
- January 2016**
- 28 First Day of Term 1 2016

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A few words from the Principal...

'Friends' Morning Tea

Last Wednesday the 'Friends of Myrtleford P12 College' hosted the college staff for a morning tea to thank them for their commitment to our students and the College community. The food was lovely and plentiful. Thank you to Suzanne and Brendan Cusack from the Buffalo Hotel for donating \$500 to the 'Friends'. These funds will be put to good use with scholarship to support our students.

On behalf of the staff I would like to thank all members of the 'Friends'. The staff really appreciated the acknowledgement and we look forward to the continued support.

Year 7 – 12 Awards Evening

A reminder that the annual Year 7 – 12 Awards Evening will take place on Wednesday 16th December at EMPAC. This is a fantastic event showcasing and celebrating student academic achievement. The evening starts at 7:00pm, I look forward to seeing you there.

Orientation Day

Next Tuesday 8th December will be the State-wide Orientation Day. Our 2016 Prep students will spend most of the day at school. All other students will 'step-up' to their 2016 classes. It is an exciting day because in most cases students will be with their 2016 teachers and classmates. Today all students in Prep to Year 5 were given a letter outlining the class teachers for next year.

Last day of school.

A reminder, that the last day of school for 2015 will be **Friday 18th December**. On that day students will be **dismissed from school at 1:00pm**. Buses will arrive at school at that time to take students home. Classes for 2016 will commence on Thursday 28th January.

Canteen Closure

The College canteen will be closed for the last week of school (Monday 14th – Friday 18th Dec). This means that students will need to bring all their food from home for the last week of school.

....Zlatko Pear

RMIT SCIENCE ROADSHOW



RMIT SCIENCE ROAD SHOW

We had a visit from RMIT Science Road Show last Thursday. Students were involved in a number of interactive experiments exploring simple science principles.

.....Simon Cohen



Myrtleford P12 College

Years 7-12



16th December 2015
7pm at EMPAC

*Students must wear full school uniform.
Supper provided*

Come along and celebrate our students' academic and extra curricular achievements for 2015.

END OF YEAR EXCURSIONS PLANNED FOR THE NEXT TWO WEEKS

Tuesday 8th December – Year 7/8 LEAP Roadshow - Wodonga
Consent due by Monday 7th December – No cost involved

Tuesday 15th December – Year 5/6 Cundy Park Picnic Lunch
Consent not required. Students have been offered the opportunity to order lunch from Ruby's Takeaway.

Tuesday 15th December – Year 7-9 Big Day Out – Albury
Consent due by 10th December – No cost for excursion. Students may bring spending money if they wish.

Wednesday 16th December – Prep-1 Bright Cinema and Splash Park
Consent due by Friday 11th December. No cost involved.

Wednesday 16th December – Year 3/4 Wangaratta Cinema and Bowling
Consent due by 4th December. No cost involved. Students may bring money to purchase from the Cinema Candy Bar.

Thursday 17th December – Year 2-6 Swim Day
Consent due by 10th December - \$5 charge per student.

Many thanks to Parents' Club who have very kindly financed the majority of these excursions.

RDA CHRISTMAS PARTY



Last Tuesday, 24th November, our horse riding students walked down to Cundy Park for their Annual Christmas Party. At the party the children received certificates for their horse riding efforts throughout the year. There was plenty of party food and drink, plus games such as pass the parcel, bows and arrows and bowls. Most importantly there was an appearance from Santa and his big sack of gifts.

Trish Bardoe



UPCOMING COLLEGE EVENT



A TASTE OF AFRICA

Feel the rhythm of the drums, explore the raw energy of the dance and be inspired by the culture in this well rounded, educational incursion program.

Students from Prep-Year 9 will be involved in a series of workshops, including dance and drumming, and an afternoon performance.

Parents and family members are welcome to attend the performance or attend one of the workshops that their child is in.

Period 2: Preps, Grade 1 and 2.

Period 3: Grade 3 and 4.

Period 4: Grade 5 and 6.

Period 5: Year 7 and 8.

Period 6: PERFORMANCE for the whole school

This incursion has been generously funded by the Parents Club.

Coming to
Myrtleford
P12 College on
Monday 7th



Art



With Prep to Year 5 students...



Year 5 students working on Perspective Drawings

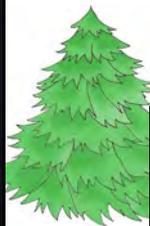
Wow! How the weeks are flying by! We certainly have lots happening in Art...

Last week, Prep and Year 1 students completed a directed drawing of a reindeer. They used tempera paints to colour their work. I've noticed some classroom teachers have put these on display. Those students not celebrating Christmas also completed directed drawing activities and enjoyed a special sheet where they had to find and colour particular objects.

Year 2 practiced drawing too, this time following directions to complete an elf artwork. These too were brightly coloured and many students were eager to add them to Christmas decorations at home.

Year 3/4 and 5 students continued working on perspective drawings. They could choose between two projects; the first one included drawing a scene of a Christmas window and the second, a close up of decorated pine tree branches. During these activities, students explored techniques such as overlapping and using light and dark shading to create depth to their piece. Below are some photos of Year 5 students working on this project.

Next Wednesday (all day) and Thursday morning, students will rotate around special Christmas craft activities that P-6 teachers have organised. This is a special time that students look forward to. It will be fun to see what treasures the students create!
Mrs Ladeane Lindsay



...light and dark shading to create depth...



1M think about how they can help Mum and Dad at Christmas.....

In class, we have been talking about how we can help mum and dad leading up to the Christmas holidays. The task was to come up with something that the students can do that didn't cost any money, but would really help out our parents. These were their responses. *Mrs Lock*



'Try not to be naughty' – Archer

'Make our bed and open up the blinds' – Lily

'Tidy my room' – Indy

'Help fold the washing' – Ayla

'Set the table for Christmas' – Jordan

'Help put out the washing' – Jarryd

'Do everything around the house' – Jethro

'Don't annoy mum' – Mitchell

'Look after my little brother' – Jack

'Do what your mum says' – Josh

'Set the table at Grandma's house for Christmas' – Hayden

'Doing what my mum tells me to do' – Tyler

'Cleaning my room and everything' – Jalen

'Set the table for Christmas breakfast, lunch and dinner' – Ashlee

'Help them put up the Santa lights in the yard' – Zeke



DEBATING IN YEARS 3 AND 4

This past week, students in 3/4C have been working on debating. The class was split into four teams, debating two different topics: “Students should be given more pocket money” or “Students should be allowed to go to bed later”.



Each topic has two teams arguing for their point of view; the affirmative and opposition teams. The students have worked extremely well together to come up with team catch phrases, make cue cards and help each other write their arguments.



What is Your Opinion?

Next week, the students will be putting their debates on for the Year 2 students who will get to decide who was more convincing. What is your opinion?

Mrs Connors
3/4M



For or Against?

MAKING INDONESIAN BATIK T-SHIRTS

This Term the students have all had great fun learning about one of Indonesia's most highly developed art forms, Batik. The word Batik comes from the word '*ambatik*' which translated means 'a cloth with little dots'. Natural materials such as cotton or silk are used for the cloth, so that it can absorb the wax that is applied in the dye resisting process.

Students had the opportunity to design and create their own T-shirts using a modified version of Batik. First we drew the design on to the T-shirt in grey lead and copied over this using cold wax. Once this had completely dried we painted the T-shirts with a special dye. Once this was dry we were able to hand wash our T-shirt in warm water which dissolved the wax and the beautiful designs emerged. The T-shirts look amazing and everyone had fun making them.

Mrs Kit Cartwright



Batik Art



Comments from 1W students

Meea – *'I liked being able to do any design I wanted on my own T-shirt.'*

Geordie – *'I felt like an artist when I was making my batik T-shirt.'*

Natasha – *'I loved painting a T-shirt I can wear.'*

Cheyanne – *'I love my T-shirt so much more now that it has a beautiful design on it.'*

Ashlee – *'I liked washing the t-shirts and watching the design coming out. It was like magic.'*



HEALTH CORNERwith Rosemary Bunge

DEPRESSION

A recent article written by Lindsay Holmes from the Huffington Post, discusses “sneaky” causes of Depression- one’s that may be a causation that people (and some doctors) often overlook.

She writes:

Depression may be caused from a trauma or external circumstances (although some people’s brain chemistry, hormones and genetic influences may be causation); but there are a few causes that may be surprising:

- **Physical illness:** Dealing with chronic disease such as heart disease or diabetes isn’t only stressful physically, but emotionally as well.
- **Smoking:** A 2015 British study found that smokers were more likely to suffer from anxiety and depression overall than non-smokers.
- **Obsessive social media use:** This is due to some types of media (such as Instagram, Facebook, or blogs) not accurately portraying someone’s ‘real’ reality. Some people will actually find that they will start to compare their life to the ones they see online. This subconscious process is what researchers call "social comparison," and it may lead to feelings of depression.
- **Where you live:** Research shows that people who live in city areas may be more susceptible to mental illness, particularly depression.
- **Diet:** You are what you eat! Research suggests that people who have a poor diet (eating a lot of bad foods such as processed meats, sugars and fats) are more likely to report symptoms of depression.
- **Not enough exercise:** Research shows exercise can boost your mood, and if you are not exercising enough it can be directly linked to a decreased mood.
- **Not enough sleep:** If you are not getting enough sleep you are at risk for chronic conditions like heart disease, and you’re also at risk for emotional discord.
- **Brain inflammation:** Emerging research is finding that depressive symptoms may be due to "neuro-inflammation” of the brain; which is a natural response that the brain uses to protect itself.
- **Not looking after yourself:** If you ignore your own needs and wants, this can actually take a toll on your mental health and leave you feeling drained and depressed.



If you or someone you know feel as though are experiencing some of these signs and symptoms I would recommend contacting your local GP, Gateway Health - Myrtleford Phone: 03 5731 3500, or Child and Adolescent Mental Health on 5722 4837. www.beyondblue.org.au

Thought for the week:

"Be kinder than necessary because everyone you meet is fighting some kind of battle."



LIBRARY NEWS

Congratulations to those that participated in the Premier's Reading Challenge this year. Students that successfully completed the challenge were recently presented with their certificate by Junior School Captain Isis de Bortoli.

Their names also appear on the Honour List which can be viewed at <http://www.education.vic.gov.au/about/events/prc/Pages/2015honourroll.aspx>

Kath Morgan



Second Hand Book Sales

As the booklists should have been handed in, the Second Hand Sale has finished. If you had any books in the sale please come to the library and collect them, and any money owed to you.

TECH TIPS.....With John O'Bryen
The ABC of Keyboard Shortcuts in WORD..

- CTRL + D** Opens the font preference window
- CTRL + E** Switch a paragraph between centred and left aligned
- CTRL + F** Search

PARENTS CLUB NEWS

The Final Parents Club Meeting for 2015 was held today. The next meeting date will be 9am Friday 5th February 2016 in the Prince Street staffroom..

Please remember that Parents Club has Second Hand Uniforms for sale at the front office, and we accept donations of all uniforms items in good condition.

CANTEEN NEWS



PLEASE NOTE: Friday 11th December is the last day the Canteen will be open for the year.

There will be no Canteen in the final week of school!

IN THE COMMUNITY

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**MYRTLEFORD
LAWN TENNIS CLUB**

**2016
HOT SHOTS
COACHING**

**5 WEEKS
Saturdays
6th Feb-5th March**



**Cost \$30 per child
Details will be in the Myrtleford Times 28th Jan/3 February and on the Club's Website**

www.myrtlefordtennis.com.au

View this newsletter on the Skoolbag App

Available free on both Android and Apple devices.

Also enjoy notifications and reminders with the App!

IN THE COMMUNITY



Grand Opening
 Friday
4 December
 5pm - 7pm
 Cundy Park
 Myrtleford

TONIGHT!

Myrtleford Skate Park

Thanks to the vision and support of the local community, the Victorian State Government and the Alpine Shire Council, the Myrtleford Skate Park upgrade is complete and you are invited to celebrate the grand opening.

ALPINE SHIRE COUNCIL
 Live Entertainment | Sausage Sizzle
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State Government
Victoria

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For more information about how you can be involved, email davisjoe707@gmail.com or call Jenny Corser 5755 0524

the maker's market

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SATURDAY
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 5TH
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7 CHURCH STREET **OLD STONE HALL** ART SPACE + VENUE
www.facebook.com/oldstonehall

Dear Students,
 For the last 3 years I have asked you to donate school items for Lacluta in Timor Leste. I am hoping that you will be as generous this year as you have been so far.

When you empty your locker at the end of your year please collect everything which is still usable and take them all to your school office.

Students in Lacluta still have only a couple of small exercise books and a ball-point pen to take to school. The students are very excited when they receive your pencils, ball point pens, rulers, sharpeners, erasers, protractors, compasses and calculators.

Some of you have also found **exercise books** which are only partly used. You can leave the used pages in these books. Lacluta students are interested to try and understand what you have written. Donate anything you think might be useful but do notice that we no longer take felt pens. They wear out too quickly.

**CAN
 YOU
 HELP?**

Thanks, Barbara Broz
 Friends of Lacluta

**Friends of Lacluta
 looking for unwanted
 School supplies**



Commedia dell 'Arte Drama Workshops

Some of our Year 5, 6 and 7 students have been lucky enough to attend student workshops last Friday 20th at EMPAC. In these workshops they learnt the basics of Commedia dell 'Arte, a style of Italian street theatre that began in the early 16th Century, characterised by its use of masks, improvisation, physical comedy and recognizable character types. A follow up workshop for adults was held on the Saturday. The Theatre Troupe is now looking for interested people to perform Commedia dell 'Arte at La Fiera in 2016.



Please contact MTT Secretary Kath Morgan on myrththeatretroupe@gmail.com or 0400690537 after 4.30pm for more information.

The workshops were provided by the Myrtleford Theatre Troupe Inc. and funded by a grant received from "Into Our Hands Community Foundation".



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