



Myrtleford P12 College

NEWSLETTER

Myrtleford P12 College

Inspirational.

Prince Street Myrtleford Victoria 3737

P.O. Box 530 Myrtleford Victoria 3736 | P. 03 5752 1174 | F. 03 5751 1174 | E. myrtleford.p12@edumail.vic.gov.au | W. www.myrtlefordp12.vic.edu.au

Principal ● Zlatko Pear

Issue 14: 20th August 2018

Calendar

22 Book Week Parade

22–24 Year 7 Melbourne Camp

24 Year 9/10 TAFE Taster Day- Wodonga

29 Pupil Free Day

29–31 Year 5/6 Snow Experience Camp

September

14 Presentation Ball

19 Performance Night

26 Unit 3/4 Practise exams

Inside this issue:

Wheelchair basketball 2

Myrtleford Lodge visits 3

Junior netball results 4

Rural female student competition 5

In the Community 6

A few words from the Principal

Myrtleford P12 College Variety Performance

Students have started rehearsing for the sixth annual Myrtleford P12 College Variety Performance Evening which will be held at EMPAC on Wednesday 19th September. The students are very excited and have some great acts planned. We look forward to seeing you there for what will be an entertaining and enjoyable evening. You will receive more detailed information in the near future.

Student Free Day and Learning Conferences

A reminder that Wednesday 29th August, will be a student free day. This means that no classes will be running on that day. Staff will spend the morning involved in professional learning and then Parent/Teacher Learning Conferences will commence at 2:00pm and conclude at 6:00pm. Please contact the College if you are having any problems accessing the online booking.

VCE 2019

Our planning for VCE 2019 is well advanced. We have had a series of meetings with Marian College and are close to finalising the subject choices for next year. We are confident that the program we have developed will meet the needs of all senior students in Myrtleford.

NAPLAN Results

NAPLAN results were due to be released this week. As you may have read, this has now been delayed. We will keep you informed of any developments.

.....Zlatko Pear

Myrtleford P12 College is a Child Safe School.

All our Child Safe policies can be accessed on the College website.
<http://www.myrtlefordp12.vic.edu.au>

REMINDER: THE CANTEEN WILL CONTINUE TO BE CLOSED on TUESDAYS and WEDNESDAYS IN TERM 3

This means the students will need to bring all their food and drinks from home on Tuesdays and Wednesdays during Term 3.

WHEELCHAIR BASKETBALL AT THE COLLEGE



The College has been lucky to have Lincoln Budge visit over the past two weeks. MYCAL students and some Year 5 and 6 classes had the opportunity to have a go at playing wheelchair basketball with the specialized equipment that Lincoln brought with him. Lincoln will continue to visit the school next week to provide workshops on wheelchair basketball. Watch in the next newsletter for more photos and information.



An account of the day by two Year 6 students...

Today we had a visit from Lincoln Budge. He was very inspiring and engaged many kids by sharing his story.

He explained about his time in rehab and how he broke his back in an accident. He had to overcome many things such as; no feeling in his legs and feet, getting in and out of bed, driving, taking his dog for a walk, spending time with his friends and family and doing general activities etc. Lincoln has learnt some different sports during rehab like; tennis, basketball and snow and water skiing.

Over the next three weeks, Lincoln will be letting all students experience what it's like to play wheelchair basketball and will be teaching us the rules. He has gone overseas and competed in snow skiing for Australia. He came second twice for best disabled skier.

Lincoln has a strong level of resilience and belief in himself.

Over the weeks we will learn a lot from Lincoln and we will be able to say that we have experienced a day in the life of a wheelchair basketballer.

by Ava and Josh (6L)



HEALTH CORNER...with Adolescent Health Nurse Rosemary Bunge

Busy times visiting Myrtleford Lodge.

Friday the 3rd of August found Grade 5 HS down there for a visit doing portraits of the residents. Much fun and laughter was had and the drawings were beginning to look super. 5 HS will be going down again soon to show the residents their beautiful work.

Fridays the 10th of August 2 H was joined by the Year 9 visitors and four year 8 students got their first introduction to sharing and caring at the Lodge. Grade 2 H read their readers to and then chatted with the residents about their lives. Year 9 visitors showed great initiative visiting with residents they have got to know, doing the kiosk round and transporting patients to the lounge to visit with year 2. It is wonderful to see the growth in confidence of these students and their great ability to care.



Year 2H



Year 5HS



Puberty and sex education.

I am keeping busy at the moment with puberty classes for all Year 5 and 6 students and sex education for Year 7. If you have students in these year levels don't forget to check in with them on their knowledge and understanding about what they are learning. Engaging in these conversations is the best way for parents to support and guide their children through puberty and beyond. The resources we use from the education department are Catching on Early and Catching on Later, both can be viewed on the department's website.

Quote of the week: A moment's insight is sometimes worth a life's experience. Oliver Wendell Holmes

HEALTH CORNER...with Adolescent Health Nurse Rosemary Bunge

The Smart Generation – National Alcohol Guidelines Explained

New evidence suggests that young people who drink alcohol before age 18 may be doing permanent damage to their brain. There is also a lot of evidence showing the high risks of accidents, injuries, violence and self-harm among underage drinkers. This evidence was used to develop alcohol guidelines to help parents and teenagers make the best decisions when it comes to drinking.

The National Health and Medical Research Council (NHMRC) alcohol guideline

*For children and young people under 18 years of age, **not drinking** alcohol is the safest option.*

Parents and carers should be advised that children under 15 years are at the greatest risk of harm from drinking and that for this age group, not drinking alcohol is especially important.

For young people aged 15 - 17 years, the safest option is to delay the initiation of drinking for as long as possible.

The Smart Generation Program aims to raise awareness of these alcohol guidelines. To do your part, please talk to your child about the importance of not drinking alcohol before age 18.

For more information about the NHMRC guidelines go to: <http://www.nhmrc.gov.au/your-health/alcohol-guidelines/>

COLLEGE ANNOUNCEMENTS in SPORT

The Year 8 mixed Netball team competed at the Hume Netball championships held at the Barr Reserve in Wangaratta last week. The team competed against four other schools from the Hume Region and were able to win all matches with relative ease. Myrtleford played against Corryong in the Semi Finals and were able to keep the scoreboard tally ticking nicely with Levi Young and Liam Macgowan responsible for the accurate shooting. In the end Myrtleford progressed with ease to the mixed Netball junior final.

The final was Myrtleford versus Galan College. The first half of the game was hotly contested, however, Myrtleford proved too strong all over the court and the scoreboard reflected the dominant display from Myrtleford. The final score was Myrtleford 16 goals to Galan's four goals. Congratulations to the students involved.

Clint Slotegraaf



YOUNG, RURAL & DRIVEN?

Win the opportunity
of a lifetime!

Expand your future and become a youth ambassador by winning an all-expenses paid 'Power Trip' to Canberra! You'll win flights, leadership & public speaking training, mentorship, a behind-the-scenes tour of parliament and meet trailblazing CEOs and politicians!

Exclusively for regional, rural & remote students, at least 15 young women will win!

Q.

Just write 400 words or a 2-minute video addressing:

Life is a roadtrip with twists and turns.
How can we support one another to
navigate the road to gender equality?

Competition opens 24 July 2018,
closes 1 September 2018.
Open to Grade 10 - 12 female
rural students.

*ACT excluded. See our website for Terms
and Conditions, including 'rural' definition.

Power Trip runs from 24 to 28
November 2018.
Aboriginal & Torres Strait
Islander students and Culturally
Linguistically Diverse students
are encouraged to apply.

Learn more and submit your entry via
our website: countrytocanberra.com.au



Follow us:



#C2CGirlsLead

2018 Leadership Competition

IN THE COMMUNITY



Tuning into Kids – is a 5 week parenting program (children 2-10 years) that supports parents to become more aware of their child's emotions and its impact. Parents learn how to develop an ability to label and understand their child's emotions and how to support their child in learning to regulate these emotions.

Wednesday afternoons – 22nd August to 19th September 2018 -1.00pm – 3.00pm
 Venue – Gateway Health, 32 Smith Street, Myrtleford

Bookings Essential – Gerda 0429 984 203 or gerda.schaap@gatewayhealth.org.au

Help us design a LIFE Hub for Albury-Wodonga

A **L**IFELONG **I**NTERGENERATIONAL **F**ACILITY AND **E**DUICATION HUB

The LIFE Hub is a transformative centre for research, education and training to address the future of an ageing population. This world class hub facilitates intergenerational lifelong learning, wellbeing and engagement between older people, university, community and industry



We are asking all members of our community, from older people and parents of school age children to local health and education providers to share their thoughts on the proposed LIFE hub.

- You will take place in:
- A guided tour of La Trobe University Albury-Wodonga campus,
 - A presentation about the proposed LIFE Hub,
 - A facilitated group discussion

La Trobe University
 Albury-Wodonga campus
 133 McKoy St, Wodonga
 BUILDING 6 FOYER

Wednesday 15 August 2018
 9am – 12 noon
 (registration from 8.45am)
OR
 1 pm – 4pm
 (registration from 12.45pm)

RSVP:

02 6024 9707
jrc@latrobe.edu.au



Back By Popular Demand

Myrtleford Theatre Troupe presents....

“Forbidden LOVE”



A performance of traditional Italian comedy theatre
Friday 24th August 7.00pm
Roving Canapés & Show- \$25.00
 Delizie Café - 72 Myrtle Street, Myrtleford
 Bookings essential – 5751 1772

MYRTLEFORD AND DISTRICT BASKETBALL ASSOCIATION

Registrations are now open for the upcoming basketball season. Follow this link to the website for registrations.
http://websites.sportstg.com/assoc_page.cgi?client=0-8236-0-424346-0

Andrew McKerral
 President MDBA Ph. 0427512061

1st Myrtleford Scout Hall-Pick my Project



Let's help the local Scout group

<https://pickmyproject.vic.gov.au/rounds/pick-my-project/ideas/1st-myrtleford-scout-hall#.W3IEOf4IMb4.link>

HOMEWORK AND ASSIGNMENTS DUE DATES

DUE DATE	SUBJECT	ASSIGNMENT	TEACHER
PREP O and PREP LM			
Prep Homework to be 10 mins – to practise Jolly Phonics letter sounds, read levelled text and chat about their book.			KOD LLI/PMC
YEAR 1A/H and YEAR 1L			
Reading home reader daily and filling in the diary. Sharing bedtime stories is highly recommended. Reading and then spelling M100W lists Counting: [Whenever time permits] Counting 1-100 by 1's, 2's, 5's, 10's. Recognise and write numbers. Say numbers before and after, 2 more than, 2 less than, 10 more than, 10 less than. Measurement: [As opportunities arise in the daily routine] Telling time to o'clock and then half-past on analogue and digital clocks. Money: Familiarization with coins and notes.			BHO/NAN NLE
YEAR 2H			
Nightly Reading and Book Review Oral Presentation preparation			CHO
YEAR 2L			
Nightly Reading and Book Review Oral Presentation preparation			KLO
YEAR 3M			
Math Mates(both sides), Words Their Way (sorting and writing) and reading.			SMA
YEAR 4W and 4C			
Daily reading 10 mins. Maths Mate weekly. Homework matrix to be completed by end of Term			WWA/CCO
YEAR 5HS and 5B			
Nightly reading (20 minutes), Maths Mates (double-sided page due Friday) Spelling (review in preparation for weekly test)			KHA/ KSA DBI
YEAR 6			
Read every night, Complete Literacy Sheet, Complete Numeracy Sheet, Complete Words Their Way Activity Sheet. All work due on Friday			ALI
YEAR 7			
Every Monday	Maths	Maths Mate Due	SAN
Weekly	English	Spelling words	SAN
YEAR 8			
Tuesday 21st August Tuesday 28th August Tuesday 4th September	Maths	Maths Mate 6 Due Maths Mate 7 Due Maths Mate 8 Due	CPE
YEAR 9			
Wednesdays	Maths	Math Mates Due	JMA
MYCAL			
Ongoing	English	Weekly Spelling words. Test every Friday	SAN
YEAR 10			

PERFORMANCE EVENING 2018

AFTER SCHOOL REHEARSALS

If you have an act for the performance Evening coming up in **Week 10- Wednesday 19th September** - then you need to come down to some rehearsals after school at EMPAC so that we can see your act and give you some feedback!

- Week 6: **Tuesday 21st August 3.30-5 pm** and **Wednesday 22nd August 3.30-5 pm**
- Week 7: **Tuesday 28th August 3.30-5 pm**
- Week 8: **Tuesday 4th September 3.30-5 pm** and **Wednesday 5th September 3.30-5 pm.**
- Week 9: **Tuesday 11th September 3.30-5 pm**
- Week 10: **Performance Week.**

School Banking- every Tuesday!

Set your savings goals, redeem your tokens & claim your rewards
Ask your School Co - Ordinators for more details!
Marita De La Rue & Jo McIntyre



LATERAL THINKING PUZZLE

Solution to Issue 13 puzzle: 98 seconds. The last cut separates two lengths so only 49 cuts are needed to get fifty lengths of ribbon.

This week: A woman watched her husband plunge head first down a ravine. She returned home to find him in the kitchen, chopping onions. How is this possible?

Solution in Issue 15
By Lagoon Puzzles 2006

Our fortnightly newsletter is available for your enjoyment:

- **On the Skoolbag app** available on Android and Apple devices. (Where you can also enjoy notifications about school related information, and access to parent forms)
- **On the College website** at <http://www.myrtlefordp12.vic.edu.au/>
- **Via email** (just let the office know and provide a valid email address)
- **By hard copy** on request

Our Sponsors....



Myrtleford Cycle Centre
Everyday Cycling Solutions

59 CLYDE STREET MYRTLEFORD
(03) 5752 1511 / 0407 967 309

FOODWORKS
Supermarket

MYRTLEFORD

01 Myrtle Street
(03) 57521576
myrtleford@forea.foodworks.com.au

OPEN: 7am TO 7pm Mon to Fri
8am to 7pm Sat & Sun
myrtleford.myfoodworks.com.au



CRISP MASSAGE

Sports and Relaxation Massage Therapy
Qualified/Member of AMT

Hayley Crisp
Myrtleford VIC 3737
hayley.l.crisp@gmail.com
0427272777



evolve
ORTHODONTICS

Evolving beautiful smiles...invisibly
Invisalign - straight teeth without
braces
AcceleDent - fast track treatment time
Adults and Children
Specialist Orthodontist Dr John
Brabant
www.evolveorthodontics.com.au



WE PROUDLY
STOCK THE
FULL RANGE OF COLLEGE
UNIFORM

67 Clyde St,
Myrtleford
Ph 57522459
billyandme@outlook.com

VISION ANTENNA & TECH SERVICES
WAYNE TEAKEL

15 Martin Place
Myrtleford Victoria 3737

ARBN: B2137871G
ABN: 33734270050

Antenna Installations
Television Tuning
High Definition Installations
Home Theatre Installations
Home Maintenance

Phone: 03 57521164
Mob: 0427129676
Email: wayne_teaks@hotmail.com



Alpine Valley Homes
M & S Crisp Builders

Mathew 0429 079 269
Simon 0418 214 025

HIA 501471 DBU 4966

TERRY CARTWRIGHT KITCHENS

3 MCGEEHAN CRES MYRTLEFORD 3737
PO BOX 640 MYRTLEFORD 3737

GEOFF MITCHELL
Director

Ph: 03 5752 2301
Fax: 03 5751 1882
Mobile: 0407 681 014
Web: terrycartwrightkitchens.websyte.com.au
Email: cartwrightkitchens@bigpond.com

- Kitchens
- Bathrooms
- Wardrobes
- Wall Units

HEI-TANA FREIGHT

MYRTLEFORD • WANGARATTA • BRIGHT

Owner/Operator - Kane Howell

Phone **0418 577 652**
A/H 03 5752 2531

EMAIL: heitanafreight@gmail.com

art-is-anne
ART SUPPLIES
STUDIO & GALLERY

111 MYRTLE ST
MYRTLEFORD VIC 3737

0408 201 114

WAW credit union

Smart Banking

STEVE & ALISON DALE'S BUTCHERY

89 Standish St
Myrtleford 3737

(03) 5752 1526
AH (03) 5752 1428

STYLE INN
Hair & Beauty

96 Appin Street
Wangaratta
Ph 03 57216076

13 Clyde Street
Myrtleford
Ph 03 57511567

Porepunkah Ski Hire

Gary & Carolyn Monshing

Town Centre, Porepunkah 3740
Ph/Fax: 03 5756 2355
Mobile: 0438 519 217
Email: punkaski@netc.net.au

DARO Business Machines
ALBURY - 490 MACAULEY STREET
WANGARATTA - 17A BAKER STREET

- B/W & Colour Copiers
- Printers Scanners
- Faxes & Projectors
- Copying/laminating
Service & Much More

DARO Canon
OFFICE MACHINE SPECIALIST advanced simplicity™ AUTHORISED DISTRIBUTOR