

Contacts 2010

**Personal Difficulties
College Support Team:**
Sue Bull
Chaplain: Katie Sargent
College Nurse: Barb Semler
Primary Welfare Officer:
Jamie Roberts

Absences: Sue Jones

**Katylil (A Wing)
Learning Community**
Jason Bysouth / Bree Franks

**Merin (C Wing)
Learning Community**
Leanne Miller / Tim McInnes

**Kappen (Library)
Learning Community**
Sue Pollard / Trent Bysouth

**Wannop (Hall)
Learning Community**
Ron Llewelyn / Paul Ellis

Advisory Teachers:
Merin MBW Ben Waters
MCE Christine Edgar
MCH Christine Henty
MHP Helen Peppink
MJS Christine Henty
MJT Jean Stephens
MKD Karen Dale
MLS Leigh Schroeter
MNC Naomi Ciezki
MRJ Ron James
MSM Shawn McCormick
MTJ Therese Johnston
MTV Tibby Hayward

Katylil LBM Bettina Morrison
LBP Barbara Pelly
LCJ Carolyn Jones
LCN Chloe Neath
LDA Dianne Andrea
LGD Geoff Dempster
LJM Jill McKenzie
LMA Mark Adams
LMR Matthew Reeves
LSB Sue Bull
LTD Terrie Dempster
LTL Tim Lawrence

Wannop WBL Ben Lee
WDC David Crowley
WDM David Morrison-Blunck
WKP Kristen Purden
WMH Meryl Hayes
WMW Monica White
WRJ Raelene Jeffrey
WSS Sarah Smith
WTC Tari Capicchiano
WTL Tracey Lee

Kappen KAA Alan Aylward
KAS Amanda Southcombe
KBE Brian Edebohls
KDS Debbie Shipp
KEP Erin Pilkington
KGS Gary Schroeder
KJG James Ginnivan
KJM John McIntosh
KMG Michelle Griffin
KMM Madeleine Munger
KMS Marion Stewart
KPO Paul O'Shea
KRC Ryan Cumie
KSH Stephen Hocking

School wide issues, emergencies etc
Principal:
Leanne Preece

Assistant Principal:
Helen Tuohy

Weeroona College Bendigo

NEWSLETTER

**383 Napier Street, White Hills 3550
PO Box 566, Bendigo 3552**

Phone: (03) 5443 2133 Fax: (03) 5442 7641

Absence Line: (03) 4433 4911

Email: Weeroona.co@edumail.vic.gov.au

Website: www.weeroona.vic.edu.au

School Times:

Start: 9.00 am

Lunch: 11.46 am—12.34 pm

Recess: 1.47 pm—2.07 pm

Finish: 3.20 pm

Office Hours:

Monday—Thursday

8.15 am—4.15 pm

Friday

8.15 am—4.00 pm

Newsletter No. 6 Friday 30th April, 2010

What's Happening Term 2....

Calendar

May

- 2nd:: BSSC Open Day at Bendigo Senior Secondary College
- 3rd:: Koyal Castle Excursion—K8A, K8B, L8B & W8A
- 3rd:: College Council AGM—6.30 pm
- 5th:: Year 7 & 8 Sports Day
- 6th & 7th:: French Camp
- 10th & 11th:: Outdoor Education Camp
- 13th:: BIMP Showcase—Capital Theatre 7.30 pm. Rehearsal 1 pm—3 pm
- 14th:: Year 9 & 10 Sports Day
- 19th:: 2011 Year 7 Information Evening—7.30 pm
- 24th & 25th:: Outdoor Education Camp
- 27th:: Year 7 Boys Football

June

- 1st:: BDSCSC Cross Country Mitiamo
- 3rd:: Year 8 Boys Football
- 7th:: College Council—7 pm
- 9th:: Year 9 & 10 Boys Football
- 14th:: Queens Birthday Holiday
- 15th:: Immunisations—Yr 7 Girls

PRINCIPAL'S REPORT

The Ultranet is coming

By now you may have heard about the Ultranet and you might be wondering what it is and what impact it will have on education for your child and you. The Ultranet is a student centred electronic learning environment that supports high quality learning and teaching, connects students, teachers and parents and enables efficient knowledge transfer.

Objectives of the Ultranet

- improve responsiveness to individual learning needs
- provide better information to parents, the school system and Government
- improve efficiency of the learning environment and school administration
- adopt an enterprise approach to intranet development
- exploit previous ICT investments

Key benefits of the Ultranet to the community:

- establish a school environment for the future
- improve the educational outcomes of Victorians
- reduce the administrative burden on teachers and school leaders
- reduce the future cost of education
- improve educational opportunities for regional, rural and remote Victorians

As you can imagine there is a lot for staff to learn and implement so that we are able to use the Ultranet to its full capacity and we have identified members of our leadership team including myself who are involved in professional learning so that we can support our staff. We are due to come 'online' in June so stay tuned for more information as it comes to hand.

College Support Team News

I would like to welcome Mr Phil Walz who has joined our welfare team as a chaplain for one day per week to enhance the work that our team does to support our students and families along our other chaplain, Katie Sargent, school nurse Barbara Semler and student welfare coordinator Sue Bull. It is with regret that we will be farewelling Mr Jamie Roberts who has been working as our primary welfare officer for the last two and a half years. On behalf of the school community I would like to wish Jamie all the best with his new ventures.

Reading in Unusual Places

As we continue to focus on Literacy at Weeroona College Bendigo, I am running a competition for all students and staff where I have invited everyone to submit a digital image of themselves 'reading in an unusual place'. The images will be displayed on our TV screens around the school and there are prizes for each year level. Please encourage your child to participate in this fun activity as we work to highlight the importance of reading for everyone in our learning community.

New school – Stage 2a

Last week Minister Allan announced the successful tenderers, local building company Morey and Hurford, who will be building the remainder of our new school. Ron Llewelyn and many other staff members are to be congratulated for the hours they have put into moving furniture and equipment out of our hall, gymnasium and sheds and finding spaces for everything. If you are looking for the canteen or the uniform shop, these are now situated in the relocatables at the front of the school (not to be confused with those that are on the building site).

NAPLAN

The annual Year, 3, 5, 7 & 9 NAPLAN tests are approaching and will be completed on May 11, 12 & 13. There has been a great deal of publicity around the tests in the last couple of weeks; however the tests will still be conducted by the school.

Afternoon School Town Bus Special – change of arrangements

Please be advised that as of Monday 3rd May 2010 the Afternoon School Town Special that currently picks up inside the school premises will pick up at the front of the school with the other Urban services heading to Huntly and Epsom at the designated bus stop.

The reason for this change is the current Huntly 8 service is becoming inundated with school travellers causing an overloading issue. By making the following change the school town special will pick up students before the Huntly 8 service arrives at your school and thus reducing the overloading issue. Secondly this will also bring forward part of the planned changes in the school bus movement.

The bus drivers will advise the students of the changes, however if you can assist it will be greatly appreciated. Apologies for the short notice on this change but it is an immediate issue that I need to address.

Leanne Preece
Principal

ASSISTANT PRINCIPAL'S REPORT

Immunisations for Year 7 and Year 10 students

Any parents with queries regarding the last round of immunisations on Tuesday 20th April should contact the Immunisation Coordinator - Angela Evans at the Greater City of Bendigo - 54346312.

Follow up dates are - Friday 18th June for Year 7 girls.

Friday 29th October for Year 7 boys & girls.

Helen Tuohy
Assistant Principal

PARENTS' CLUB

Mother's Day Stall

The annual Mother's Day Stall will be held on Friday 7th May for all College students. Wrapped gifts will be priced from \$2 - \$5.

Primary students can purchase at the stall during session 2 and secondary students can purchase at lunchtime.

The stall will be held on the Basketball Court next to the A.T. Dingle Performance Centre.

WCB UNIFORM SHOP HOURS – DOBSONS

• Please note the uniform shop has moved to the portable at the front of the school (far right).

Term 2 SHOP HOURS:

Mon - 2.00 pm – 5.00 pm

Thurs - 8.30 am – 12.00 pm

Layby is available. Some items of second-hand uniforms available.

ANZAC DAY SERVICE

ANZAC Day goes beyond the anniversary of the landing on Gallipoli in 1915. It is the day we remember all Australians who served and died in all wars, conflicts, and peacekeeping operations. The spirit of ANZAC, with its human qualities of courage, mateship, and sacrifice, continues to have meaning and relevance today. Last Sunday, ANZAC day, ceremonies are held in towns and cities across Australia to acknowledge the service of our veterans. Weeroona College was represented by 3 SRC students, Rhys I, Sophie C-S and Whensday S who laid a wreath to remember and honor our veterans.



WEEROONA COLLEGE BENDIGO RELAY FOR LIFE TEAM

On Friday 16th and Saturday 17th of April students, teachers, parents and friends attended the Bendigo Relay For Life in an effort to raise funds to carry on the fight against cancer. I think everyone is touched by the sadness surrounding such a terrible disease.

It was very pleasing to see Weeroona College Bendigo enter a team of over 50 participants. Fund raising took place throughout term 1. The SRC organised a trivia night and followed up with a movie night at Eaglehawk Cinemas. Energy Breakthrough teams arranged a BBQ and the whole school assisted in selling raffle tickets. A roster was drawn up and each person was required to walk a minimum of 1 hour at a time. Some decided to stay for the entire event. To support the walkers, our Energy Breakthrough teams rode a stationary trike for the length of the event, covering a distance of 610 kms and collecting donations along the way. Weeroona College Bendigo raised a total of \$1770.00 and received an award for "The Spirit of the Relay", a wonderful effort and one of which to be proud. Special thanks to Monique H who raised a total of \$465.00.

Events like this do not take place without the help and support of staff. For this we thank Miss Karen Dale.

Mark Adams

COLLEGE SUPPORT TEAM

"VERBAL COMBAT"- Cybersafety Tuesday May 4th 2010

As part of our whole college approach to Student Wellbeing, in which we constantly work to enhance student's feelings of safety and personal growth, there will be a drama performance next week by actors from Brainstorm Productions. The production called "Verbal Combat" is a dramatic representation about some of the complex issues surrounding cyber bullying and harassment among our young people. The play is not intended to solve the problem of conflict but makes it clear to students that certain behaviour (such as excluding people, spreading rumours and sending unwanted text messages or emails) is in fact bullying and is therefore not acceptable behaviour. The viewing of this production is an entertaining way to promote discussion and activities in a range of classes.

It is expected that **all students in Years 7 – 10** will be attending the Drama Performance at a cost of \$3.00 per student. Students should bring their money on Monday 3rd May or Tuesday 4th of May and give it to their Advisor. If you have any concerns please contact your child's Advisor, Learning Community Coordinator or the CST Coordinator (Sue Bull).

Sue Bull

Barbara's Space

Hi everyone. This week I have decided to take up the theme of **Body Image**. Positive body image is associated with better physical and emotional health and allows for greater self-acceptance and confidence. Unfortunately Australian research shows that body dissatisfaction is common amongst both primary and secondary school students.

- 71% of adolescent girls want to be thinner despite only a small proportion being over a healthy weight.
- 20% of adolescent boys are dieting to lose weight.

What is really concerning are the negative physical, emotional and mental health effects that are associated with body dissatisfaction in young people. These are: the adoption of unhealthy weight loss practices (e.g. skipping meals, dieting), inadequate nutrition, low self-esteem, depression and an increased risk of developing an eating disorder.

Tips for parents:

In general

- Avoid classifying foods as either 'good' or 'bad'- try:- 'everyday food' and 'sometimes food' instead. Forbidding food may set up cravings and feelings of guilt when these foods are eaten.
- Model eating all foods (especially food such as chocolate etc) slowly with appreciation and in a relaxed guilt free way rather than quickly, secretly and all at once.
- Be aware of not using food as a punishment or overusing food as a reward.
- Avoid giving your adolescent instructions to lose weight, even if you are concerned that they may be coming overweight. Instead encourage the whole family to adopt healthy eating patterns and regular physical activity. If you are really concerned consult a professional who specialises in adolescent weight loss issues.
- Avoid conveying an attitude to your adolescent that says / *will love you more if you lose weight or eat less*. Reassure them that your love for them is not conditional on how they look, what they eat or how much they weigh.

- Avoid using extreme weight loss practices yourself, as children are great imitators. Adopting a healthy lifestyle is the best way to manage your weight while also modelling healthy behaviours for your son or daughters.

Sometimes modelling healthy body image to our own sons and daughters can be really difficult as we are also often trapped in the negative body image circle ourselves but it is worth trying not to allow your own sons and daughters to see this. The above information has come from Tip sheets produced by the Body Image and Health Inc.

For more information on eating disorders you can contact the Eating Disorders Foundation on 1300 550 236 or look up their website on www.eatingdisorders.org.au

Have a good week.

Barbara Semler
College Nurse

SPORTS NEWS

BDSCSC Athletics Carnival

Students from Weeroona produced strong results at the recent BDSCSC Athletics carnival which was held at the Latrobe University Athletics Complex, Flora Hill. The students involved displayed great application and organisation. A highlight of the day were the performances of Declan S (16 year boys), Matt C (14 year boys) and Keely H (13 year girls) who were awarded age group champions. A fantastic achievement. Well done.

All competitors from WCB were committed and tried their best. The following students through their strong efforts will now represent Weeroona College Bendigo at the Northern Zone Carnival to be held in Bendigo on Thursday 7th October.

Rhys I (16yr 1500m)
Brenton H (15yr 1500m)
Ruby C (13yr Javelin)
Nathan J (14yr Shot Put)
Kaitlyn B (13yr Discus)
Max S (14yr Javelin)
Sarah N (15yr 200m)
Shelley T (16yr 800m, 1500m)
Grace C (15yr 800m, Long Jump)
Matthew C (14yr 800m, 400m, 1500m)
Joshua D (14yr High Jump)
Stephen R (13yr Triple Jump)
Keely H (13yr Long Jump, Triple Jump, Shot Put)
Tori B (15yr 90m Hurdles)
Declan S (16yr 100m Hurdles, Shot Put, Long Jump, High Jump)
Brayden S (13yr Long Jump, Javelin)



Bill Turner Cup

Thursday 22nd April saw Weeroona College Bendigo take on Bendigo South East College in the first round of the Bill Turner Cup at the Epsom Soccer Complex. The game was played in very warm conditions and played at a fast pace.

Weeroona opened the scoring within the first 3 minutes with a strong striking header from Harry W. This was followed up by another goal from Harry W, who played a very strong game up forward. Half time saw Weeroona 2-0 up.

The second half saw Bendigo South East attack relentlessly, with Weeroona defending in a stout manner. Heaps of unrewarded running and defensive efforts by James C and Josh D were instrumental in Weeroona controlling the game. Although slight in stature Riley H and Brenton H won several important contests throughout the course of the game. A great strike by Nathan P from Bendigo South East with two minutes to go saw anxiety levels collectively rise.

Weeroona braced itself for a final attack from Bendigo South East and displayed great commitment in the final minutes. When the whistle blew Weeroona were ahead 2-1. A great victory from a team stacked with many students playing three years ahead of their age group.

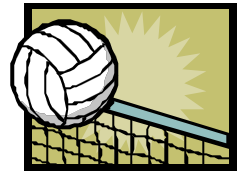
Best players Weeroona - Brenton H, Harry W, Josh D, Riley H, James C.

Goal Scores Weeroona H. Whittle 2,
Bendigo South East- Nathan P 1.

Weeroona now go through to the next round of the prestigious Bill Turner Cup.

Year 7 & 8 Boys Volleyball

Last Wednesday, our Year 7 & 8 Boys volleyball team competed at the Northern Zone finals held in Bendigo. The team made it through to the competition after winning every game and set at the Bendigo level in term 1.



Our first game was a close one against Echuca. The boys won the first set 25-16 and held many chances during the second set to win the game. However, Echuca played very well winning the second set 27-25 and then the third and final set 25-21.

This meant that we had to win our final match two sets to nil against a very strong Chaffey team. This was not to be however, with Chaffey proving far too good for us winning in straight sets 25-11 and 25-17 to take the title and move on to the state finals.

Our boys tried hard all day and should be proud of their efforts. All players contributed in a positive manner and tried their best. A great facet of our play was our ability to work together and support each other. It was also great to see the excellent parental support on the day which was appreciated by the team and myself. I would also like to thank Matthew B, Alex H, Sophie McE and Declan S for umpiring and scoring on both days.

Our team consisted of: Josh D, Mark B, Tom C, Bryce C, Nathan J, To To Lay N, Shannon T, Matthew C, & Isaac H.

Ben Waters

Upcoming Sports Dates

MAY

Wednesday 5th May – Year 7 & 8 Sports Day- Netball, Soccer and Badminton.

Friday 14th May – Netball (Yrs 9&10, A&B Teams)
Soccer (Yrs 9&10 Boys, Yrs 9&10 Girls)
Badminton (Yrs 9&10 Boys, Yrs 9&10 Girls)

Thursday 27th May – Years 7 Boys Football

JUNE

Tuesday 1st June – Cross Country (Mitiamo- East Loddon)

Thursday 3rd June – Yr 8 Boys Football

Wednesday 9th June – Yrs 9&10 Boys Football

Thursday 17th June – Northern Zone Cross Country

Shawn McCormick
Sports Coordinator



PARENTS CAN MAKE A DIFFERENCE

A new study in Britain has found that telling your parents about being bullied – and parents then reporting the bullying – really does make a difference.

When children tell their parents as well as their teacher that they are being bullied, it is more likely that the bullying will stop. And, by the age of 16, those young people whose parents had reported them being bullied when they were 14 were almost twice as likely not to still be bullied at age 16 compared to those had not told their parents.

So reporting bullying does help to stop it occurring.

Another piece of good news is that bullying declines as children grow older. Bullying is much more prevalent in younger age groups and decreases markedly as children approach the age of 16.

Types of bullying

The most common type of bullying at all ages is name calling and cyber-bullying, followed by being threatened with violence, being socially excluded and being subjected to actual violence. The least common type of bullying was found to be being forced to hand over money or possessions.

Risk factors

The highest risk factors for being bullied are having a special educational need, having a caring responsibility, having a disability or having spent a period of time in social services care.

Young people with a disability are more likely than those without a disability to be called names or be excluded from friendship groups at all ages.

Overall, girls are more likely than boys to be bullied at ages 14 and 15. Name calling is a much more common type of bullying between girls than between boys as is being excluded from friendship groups. Boys are much more likely than girls to have their money or possessions taken, to be threatened with violence or to be a victim of actual violence. White young people are significantly more likely to report being bullied overall than ethnic minorities.

Attainment

Young people who have been bullied at the ages of 14 or 15 have a significantly lower achievement record than those who haven't been bullied.

The outlook for victims

Bullying can have long-term effects on education and employment. Young people who have been bullied are less likely to be in full time school at the age of 16 than those who haven't been bullied. Young people who have been bullied are less likely to be in employment, education or training than those who have not been bullied.

Acknowledgement: The Characteristics of Bullying Victims in Schools by the National Centre for Social Research. Further information about this research can be obtained from Tammy Campbell, Schools Analysis and Research Division, tammy.campbell@dcsf.gsi.gov.uk

CROSS COUNTRY

Cross Country is open to anyone, it can be a sport the whole family can get involved in and it's your choice of the level of commitment and personal goals you want to achieve.

What: Weeroona College Bendigo is offering a program for all students wishing to give Cross Country a try this year. For those students who are not involved in Saturday sports anymore, those who want to improve their general fitness and health or those who just want to try something new. This is for you!!

When: Most Saturdays 1.30pm - 4.30pm
(The season commenced on Saturday 16th April 2010)

Distances: 500m, 1km, 3km & longer runs for more advanced athletes.

Cost: **Full Season**
Junior (Under 20) \$15
Open Age \$30
Family (No limit on family) \$60

Transport: Bus \$2 - Weeroona College Bendigo bus (seats 23) leaves the school grounds at 1.15pm and returns to the College after races and presentations at approx. 4.30pm.

Attire: A good pair of running shoes, shorts, singlet or T-shirt, drink bottle and something to put on after you run.

Next: If you are interested contact either Ms Purden or Ivan Kitt at Weeroona College Bendigo on ph 54432133.

www.ymcaharriers.com.au