Weeroona College Bendigo Vision Statement

Students at Weeroona College Bendigo are actively engaged in their learning which is personalized according to their needs and interests. Our students are independent; know what they need to learn and our teachers challenge and support them to achieve personal excellence.
FROM OUR PRINCIPAL

As we near the mid-point of the 2016 school year I wanted to inform you of some of the additional initiatives we have implemented for this year as a result of a boost in funding as part of the state government’s Education State school improvement agenda:

- All year seven and eight students participating in a new subject ‘STEM’ (Science Technology Engineering and Mathematics).
- Year 7 & 8 literacy support for all students through the employment of additional teachers working with each class.
- The introduction of the Weeroona Alternative Timetable (WAT) program for students requiring additional support.
- The employment of a near full time multicultural education assistant to support our new arrival and English as an Additional Language (EAL) students.
- The introduction of an EAL homework program each Wednesday for our Karen students and those in years 4, 5 & 6 at White Hills PS.
- Social and emotional training for 12 year seven boys, one day per week.
- The introduction of Maths Pathways – a personalised learning and assessment program supporting our students to learn at their point of need and assisting our teachers to tailor the learning for each of their students. http://www.mathspathway.com/
- Additional teacher planning time.
- Funding for two teachers to participate in the Bastow Literacy Leadership professional learning program.

Leanne Preece
Principal

FROM THE GENERAL OFFICE

Camps, Sports and Excursion Fund
Those parents with a healthcare or concession card are eligible for the Camps, Sports and Excursions Fund. This amount is $225.00 and can be used for any camps, sports or excursions throughout the school year. Please note this money cannot be used for other school charges.

Application forms must be filled out and returned to the General Office with a copy of your health care or concession card by the end of Term 2. Any applications after this time cannot be processed.

SPORT

Loddon Mallee Cross Country
Well done to Lauren White, Gabby Rusbridge and Maddison Hooke who represented the college at the recent Loddon Mallee Cross Country event held at St Arnaud. Special congratulations to Maddison Hooke who came 3rd in the 16 year old girls division and will now represent the college at the School Sport Victoria Cross Country titles held in Melbourne.

Year 7 & 8 Boys Soccer
Well done to both the boys and girls Year 7 and 8 teams who represented the college at the Sandhurst Division Soccer Championships held at Epsom on Tuesday 7th June. The Year 7 and 8 Girls performed extremely well with great teamwork and cohesion displayed.
The girls made the final but were narrowly defeated. The boy’s team competed well throughout the course of the day with the squad narrowly losing in the Semi Finals. Well done to the Year 9 and 10 Boys who assisted in setting up and umpiring throughout the soccer carnivals.

Year 7 & 8 Girls Netball
The Year 7 and 8 Girls Sandhurst Division Netball Carnival was held at The Golden City Netball complex on Tuesday 7th June. All girls involved had an enjoyable day and competed well. Well done to the girls who helped coach and umpire throughout the course of the carnival.

Loddon Mallee Region Soccer Competition
Well done to the Year 9 and 10 Boys’ Soccer squad who progressed to the Loddon Mallee Stage of the competition. The boys played solid soccer but sadly missed legitimate opportunities in several games and ultimately finished second in the competition.

YEAR 8 KRYAL CASTLE EXCURSION
Year 8 students are undertaking an excursion to Kryal Castle, near Ballarat, on Tuesday 21st June. The visit involves lively, fun and authentic re-enactments, plus activities and presentations that will provide valuable hands on learning experiences.

The bus departs from the WCB bus loop at 7:40am and returns at approximately 3:35pm. The cost is $40.00 payable by Friday 17th June, 2016. If you are eligible, you can apply for the Camps, Sports and Excursions Fund to cover the cost. This can be indicated on the permission slip that students received last week. For further information please contact your child’s Humanities teacher.
SCIENCE NEWS

UniBridges – Get into Genes
Recently Year 10 students attended a full day of activities at the Bendigo campus of La Trobe University. Students spent the day participating in Genetics themed experiments and activities run by post graduate students and staff at the university. The opportunity to speak with staff and students about potential pathways into Science at La Trobe was an invaluable experience and what they learned will be of assistance to their further Science studies.

Human Biology – Rural Health Visit
This week medical students from the Rural Health School visited Weeroona College Bendigo and spent a session with the Human Biology class. The medical students, who all had a rural education background, shared their stories of their pathways towards becoming doctors. The students got to use stethoscopes, measure blood pressure, apply plaster casts to each other and also piece together detailed models of the human body.

WEEROONA WORD WARRIORS

Our debating teams enjoyed some impressive victories during the last round of interschool debating.

The senior team worked hard to prepare their debate on the topic ‘That professional sports should have separate leagues that permit the use of performance enhancing drugs’. Imogen Ford, Adam Button and Pier Green-Hein eloquently outlined their vision of a Sports Plus league and defeated their opposition. For the secret topic ‘That we should make voting in elections optional’, the team came up with some convincing arguments but were narrowly defeated.

Darcy Geddes, Caitlin Jackson and Ellie Veale from the junior team spent many hours researching and preparing their topics - ‘That we should ban internet gambling’ and ‘That schools should provide free meals for their students’. Their teamwork shone through and their formidable arguing skills enabled them to win both debates. Thanks to Mr. Madden for mentoring the team.

Congratulations to Ellie Veale, Caitlin Jackson and Imogen Ford who were all acknowledged as ‘best speakers’ in one of their debates.

SRC PANCAKE DAY

The SRC would like to thank all students who supported our first fundraiser. Pancake day! It has been a huge success, raising over $90.00.

These funds will help us organise further events for the school. So again, the SRC would like to thank everyone who made this possible and bought a yummy snack.
MUSIC

Bendigo Competitions
On Saturday 4th June students of the Bendigo Instrumental Music Program competed at the Bendigo Competitions. Brass, woodwind, percussion and strings students have all been performers at this annual event. Students have worked hard these last months to prepare pieces to a high standard ready for professional critique, travelling to piano rehearsals and honing their skills to give a confident solo performance on stage. On the day they brushed off nerves and performed for all in the Bendigo South East SC Theatre. Some students were performing for the very first time, and a few of the categories were taken out by all BIMP students! Many students were recipients of awards on the day and all can be really proud of their achievements both in excelling the standard of their playing and presenting a professional performance on the day.

Congratulations to Zac Kimberley, Jayla Clark and Favian Winiata-Taylor.

Our Guitar ensemble received a Bronze certificate. The Junior Band won a Bronze Certificate. The Senior Band a Silver Certificate and the String Ensemble received a Bronze Certificate.

Nick Phung came first on Saturday 21st May, in his section at The Bendigo Competitions.. AMEB Grade 3 and 4 section. He also came second in his cello duet later in the day. Well done Nick.

Music Week Announcements
With the BIMP Music Week only a couple of weeks away we are delighted to announce this year’s esteemed Ensemble Conductors.

Grainger Band will have the privilege of working with Ms Sue Bradley. Sue currently teaches tuba and euphonium at Caulfield Grammar School and is known for her guest work at various music camps. Sue holds the degree of Master of Music Studies from the University of Melbourne, and is a Fellow and Licentiate of Trinity College of Music London. Sue performs as a freelance tuba soloist and ensemble player, and is known to smuggle the serpent, ophicleide and cimbasso into the orchestra whenever possible. She also works as a photographer, writer, editor and translator.

Holst Band look forward to the direction of Mr Chris Smith. Chris is the director of several ensembles at St Bernard’s College in Melbourne. He is a conductor renowned for his enthusiasm and passion for music education. Chris has a broad background in music performance and is also a tuba specialist.

Copland Band will be under the baton of Mr Monte Mumford. Monte has an international reputation as a conductor, adjudicator and clinician, contributing regularly to the field of music education and performance studies through conference presentations, publications, professional development offerings, and master classes. He is highly regarded for his musical experience, expertise, passion and effective teaching style. He is in demand as a guest conductor, music education consultant, and adjudicator, providing performance strategies and professional development for music educators, administrators and students alike.

String Ensembles will have the honour of working with Mr John Noble. John was born in the UK, and arrived in Australia in 1982. He studied music at the University of Melbourne and has been a member of Orchestra Victoria, his current orchestra for 22 years. He has performed with the Melbourne Symphony Orchestra, the Tasmanian Symphony Orchestra and the Australian Philharmonic Orchestra, and has played for 25 years in the Hermitage Trio – a Palm Court Ensemble. He says performing The Ring Cycle has been a career highlight to date.

All woodwind, brass, percussion and string students should have their registration forms into the office now to reserve their place in an ensemble, but if you haven’t places are still available so get in quick!
What is Compass?
Compass is a virtual learning environment where teaching and learning is fully supported by digital means; where students can manage their learning and curriculum pathways, teachers can plan collaboratively, and Parents/Guardians can access improve student outcomes.

Parents/Guardians

3 Reasons to get involved in Compass at WCB!

1. Improved Education: Research shows that parents/carers involvement can help improve the quality of the schools and the outcomes that students achieve. Involvement by parents/careers in the education system pays off in the long term, too: Children stay in school longer and are more likely to continue their education after secondary school.

2. Better behaviour: Kids develop better social skills and show improved behaviour when their parents/carers are involved at school. Studies have also shown that kids are less likely to be disruptive in class and more likely to complete learning tasks and homework when their parents/careers are involved.

3. Increased confidence: When students feel supported at home and school, they develop more positive attitudes about school, have more self-confidence, and place a higher priority on academic achievement. Children of involved parents/careers are more likely to feel that they’re accepted, included, and respected at school.
3 Easy ways to get involved today!

QR CODE?
Quick response (QR) codes are easy to create and have many uses in the classroom and community setting. With the posting of a QR code, you can save time and effort in accessing information by just using their computer's or mobile device's camera. Save yourself time typing in URLs and download a QR Reader. You may have one installed and never have used it. It will work by scanning QR codes on paper, screens and TVs! Download your QR reader app today!

Download the app today!
Google: Compass School Manager or complete one of the following options.

Short URL: https://goo.gl/iSmC64

Short URL: https://goo.gl/9FHGg6

Note: Your username and password was sent out, if forgotten or lost this can be retrieved via the Weeroona College Bendigo website link to Compass.

FOR MORE INFORMATION
James Ginnivan - eLearning Leader
Phone – 5443 2133
Email- ginnivan.james.m@edumail.vic.gov.au
Makerspace Day

On the 6th May 2016 a group of students attended a Makerspace Day at Latrobe University. The day consisted of students displaying projects they had been working on in class to staff that were attending Digitech in the Goldfields - Creators not Consumers conference. The students work consisted of CAD software drawings, 3D printing, Programming, Makey Makey (Electronics). Students were required to explain their projects, with lots of interest and positive feedback from schools around the region.

TECH TIPS - Students and Parents

QR CODE?
Quick response (QR) codes are easy to create and have many uses in the classroom and community setting. With the posting of a QR code, you can save time and effort in accessing information by just using their computer's or mobile device's camera. This bulletin provides links to QR code readers. Save yourself time typing in URLs and download. You may have one installed and never used it. It will work by scanning QR codes on paper, screens and TVs! Download your QR reader app today!

What is compass?
Is a virtual learning environment where teaching and learning is fully supported by digital means; where students can manage their learning and curriculum pathways, teachers can plan collaboratively, and Parents/Carers can access improve student outcomes.

Compass : parents/guardians wanting to be up to date with upcoming school events and your students learning?
WCB Digital Warriors

Download the COMPASS app today!

![Android App on Google Play](https://play.google.com/store/apps/detail?id=com.jdlf.compass&hl=en)
Short URL: https://goo.gl/iSmC64

Short URL: https://goo.gl/9FHGg6

eSmart + Netiquette

Before You Speak

![THINK](https://play.google.com/store/apps/detail?id=com.jdlf.compass&hl=en)

What is Netiquette?

Netiquette - the correct or acceptable way of using the Internet.

The 10 Core Rules

- **Rule 1:** Remember the Human
- **Rule 2:** Adhere to the same standards of behavior online that you follow in real life
- **Rule 3:** Know where you are in cyberspace
- **Rule 4:** Respect other people's time and bandwidth
- **Rule 5:** Make yourself look good online
- **Rule 6:** Share expert knowledge
- **Rule 7:** Help keep flame wars under control
- **Rule 8:** Respect other people's privacy
- **Rule 9:** Don't abuse your power
- **Rule 10:** Be forgiving of other people's mistakes
**STEM**
As part of the Yr 7 STEM Digital Technologies Unit - Students have been understanding basic principles to coding in Scratch and learning about Algorithms. Using Makey Makeys they have advanced the Scratch Coding to incorporate touchpad interactivity with everyday objects and in doing have learnt about circuits.

**BSD - Bring A Specified Device -**
Want the security of a warranty. Check out the WCB Portal as another option to cover

Basics
- Windows 10
- 64GB storage space
- 8+ hour battery life

Need further information?

**Bowel Cancer Awareness Month:**

Bowel Cancer Awareness Month is an annual initiative of Bowel Cancer Australia running throughout the month of June (1 - 30 June each year), to raise public awareness of a disease that claims the lives of 77 Australians every week.

Bowel cancer is the third most common type of newly diagnosed cancer in Australia affecting both men and women almost equally and is Australia’s second biggest cancer killer after lung cancer.

But the good news is that bowel cancer is preventable, and if detected early can be successfully treated in 90% of cases.

So being aware of bowel cancer, and the steps to prevent and detect it early, are paramount!!

For further information, head to the the Bowel Cancer Awareness website or see your GP. [http://www.bowelcancerawarenessmonth.org/](http://www.bowelcancerawarenessmonth.org/)

**Colds & Runny Noses:**

Colds, or upper respiratory tract infections, are the most common cause of illness in children and adults. Most colds are caused by a virus.

And as we know, when the cold weather hits we seem to see a lot more students, staff and families with a ‘cold’!

People are in closer contact with each other at this time of year, because they stay indoors, and so are more likely to infect each other. The viruses that cause colds are spread by sneezing, coughing and hand contact.

The actual symptoms will vary from person to person and from illness to illness. Usually, the symptoms will last from a few days to a week or more and the person recovers fully without any ongoing problems.

There is no cure for the common cold. There is no specific treatment that will make the cold go away more quickly.

Symptoms can be relieved in a number of ways:

- Paracetamol can be given in appropriate doses if fever is present.
- Warm drinks will ease a sore throat and dry mouth.
- Nasal drops or spray will ease a blocked nose.
- Lozenges – the cheapest ones from the milk bar are equally as good as the expensive ones from the chemist.
- The best treatment is rest at home!!

**When to see the doctor:**

Virtually all upper respiratory tract infections get better without any specific treatment. See the doctor if the child or adult:

- Refuses to drink fluids
- Vomits frequently
- Complains of intense headache
• Is pale and sleepy
• Has difficulty breathing
• Has a high fever that does not respond to paracetamol
• Shows no improvement in 48 hours
• Shows any other signs that you are worried about.

For further information about colds, please refer to:

http://raisingchildren.net.au/articles/colds.html
http://www.rch.org.au/kidsinfo/fact_sheets/Viral_illnesses/

Mindfulness....

Anxiety is a normal feeling people experience when faced with threat or danger, or when stressed. Basically, when we think something is wrong or that something unpleasant is about to happen, then we feel some level of anxiety.

Anxiety is not all bad. It is a very useful survival instinct. Feelings of persistent high anxiety which are continuing and of extreme discomfort are usually intense and can cause serious mental health problems.

Practising regular mindfulness exercises have shown to significantly reduce the symptoms of anxiety. A mindful approach to anxiety is different to other approaches as it teaches people to notice their thoughts without judgement or without getting ‘caught up’ in them. Practising mindfulness has been scientifically proven to:

- Decrease stress & anxiety
- Develop self-acceptance & confidence
- Decrease worrying thoughts
- Allow compassion and empathy to grow as well as....
- Improve sleep & physical symptoms and to
- Help view experiences positively.

There are many ways to experience ‘mindfulness’. One STRESS BUSTER tip to try is called:

**Counting up to 5.**
1. Focus on your breath – each time you breathe out count up a number starting from 1.
2. Count 1, 2, 3, 5....
3. Start back at 1 when finished or back at 1 if the mind wanders to other thoughts.

For further mindfulness tips or meditation activities you can try the following apps & sites:

https://www.headspace.com/how-it-works
Coo Wee!

Calling indigenous children, aged 8 to 18.
For basketball teams, uniforms $50.
Please phone Amanda or Allan on 54424947
Boys Train Mondays: under 10, 12, 14
Girls Train Tuesdays
Boys Under 16, 18: Wednesday
4 to 5pm at the Eaglehawk YMCA
Games at the Bendigo Stadium.

BDAC
BENDIGO & DISTRICT ABORIGINAL CO-OPERATIVE
Can Saver Plus assist you with high school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Carol Gledhill, your local Saver Plus Coordinator:
(03) 5448 1024 / 0439 935 516
or carol.gledhill@bsl.org.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered across Canberra and the Queanbeyan region by The Smith Family. The program is funded by ANZ and the Australian Government.
Dietary guidelines: children 14-18 years

Daily dietary guidelines for children 14-18 years

Teenagers need a wide variety of healthy foods from the five food groups. How much food teenagers need depends on body size and activity levels.

Teenagers aged 14-18 years should aim for 2 serves of fruit; 5-6 serves of vegies; 3-4 serves of dairy; 7 serves of bread, cereals and grains; and 2-3 serves of meat.

Teens need plenty of water – the cheapest, healthiest and most thirst-quenching drink. They need more water on hot or humid days and if they sweat a lot. Avoid soft drinks, fruit juices, flavoured milk and water, sports drinks, energy drinks, tea and

Food groups: daily serves of fruit, vegetables, cereals and grains

Fruit: 1 serve = 1 medium apple, banana, orange or pear; or 2 small plums, kiwi fruits or apricots; or 1 cup diced or canned fruit (no added sugar).

Vegetables: 1 serve = ½ a medium potato or other starchy vegies (sweet potato, corn); or ½ cup cooked vegies (broccoli, spinach, carrots, pumpkin); or 1 cup green leafy or raw salad veggies; or ½ cup cooked, dried or canned beans or lentils.

Cereal and grains: 1 serve = 1 slice of bread; or ½ cup cooked rice, pasta, noodles, quinoa or polenta; or ½ cup porridge; or ½ cup wheat cereal flakes; or ½ cup muesli; or 1 crumpet, small English muffin or scone.

Food groups: daily serves of dairy, protein, and ‘sometimes’ foods

Dairy: 1 serve = 1 cup (250 ml) milk (reduced fat or calcium-fortified soy milk); or 2 slices cheese; or ¾ cup (200 gm) yoghurt; or ½ cup ricotta cheese.

Meat, fish, poultry, eggs, nuts, legumes: 1 serve = 65 gm cooked lean beef, lamb, veal or pork (weekly max. 455 gm); 80 gm cooked lean chicken or turkey; or 100 gm cooked fish fillet; or 170 gm cooked tofu; or 2 large eggs; or 1 cup cooked lentils, chickpeas or canned beans; or 30 gm peanuts, almonds or sunflower seeds.

‘Sometimes’ foods: foods with high levels of fat, sugar and salt (cakes, biscuits, chips and fried foods) aren’t recommended. You can use a small amount (14–20 gm) of unsaturated spreads or oils for cooking. Children under 18 years should not drink alcohol.

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