WEROONA COLLEGE BENDIGO

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Phone: 5443 2133

weeroona.co@edumail.vic.gov.au
www.weeroona.vic.edu.au
Absence Line | 4433 4911

WCB CONTACTS

Principal | Leanne Preece

Assistant Principals
Helen Tuohey | Jason Bysouth

ZEST College Support Team
Chaplain | Carl Rusbridge
College Nurse | Sarah Warburton

Katyil Leaders
Bree McKern
Sue Pollard

Learning Advisors
L7A Carolyn Jones
L7B Dianne Andrea
L8A Gary Schroeder
L9A Helen Peppinck
L1A Brian Edebohls
L1B Mark Adams

Merin Leaders
Helen Tuohey
Tim McIntyre

Wannop Leaders
Justin Hird
Monica White
Ron Llewelyn

Learning Advisors
W7A Monica White
W8A Tracey Lee
W9A Ben Lee
W9B Chloe Neath
W1A Sarah Smith
W1B Ron Llewelyn

Primary Leaders
Paul Ellis

Learning Advisors
K7A Marion Stewart
K7B James Ginnivan
K8A Erin Pilkington
K8B Amanda Southcombe / Kellie Roberts
K9A David Crowley
K9B Paul O’Shea
K1A Alan Aylward

WCB UPCOMING EVENTS

OCTOBER
21st School Council Meeting (7pm)
30th Bendigo Cup Day

NOVEMBER
22nd Year 10 Exams begin
25th School Council Meeting (7pm)
27th BSSC Orientation Day

DECEMBER
3rd Year 6 Orientation Day – Classes for Year 6 and 7 only.
6th Last Day of 2013 Classes
9th Kick Start Week Begins
10th College Awards Evening
16th Learning Community Activities

JANUARY – 2014
20th Book Collection Day
24th Office Opens
29th Start up Day (pm)
30th Start up Day (am)
31st First Day of School

SCHOOL TIMES
Start 9.00am
Lunch 11.45am - 12.35pm
Recess 1.45pm - 2.05pm
Finish 3.15pm

OFFICE HOURS
Monday – Friday
8.15am – 4.00pm

UNIFORM SHOP HOURS
Tuesday 2.00pm – 5.00pm
Thursday 8.30am – 12.00pm
PRINCIPAL’S REPORT

Last weekend was a fabulous celebration for Weeroona College Bendigo with a past and current staff get together on Saturday evening and then our Open Day on Sunday. Our college had many hundreds of visitors take the opportunity to come and see our terrific school, meet with current staff and students, catch up with past school buddies, attend our official opening by Damian Drum and purchase a copy of our book “53 Years Creating Brilliance” written by Esma Turner with the assistance of staff members Sonya Fergus and Will Holt. We are justifiably proud of our school. Our students and staff work hard to ensure that all our students achieve personal excellence and we enjoyed the opportunity to share our achievements. A big thank you to college council president, Sonia Evans, and all members of college council who assisted at the Saturday morning working bee and all those involved with the planning and preparation for this event.

It seems like yesterday that we started first term and now, with the start of the fourth, end of year planning is well underway. I hope that our students are well aware of the importance of finishing the year as they began, with high expectations of achieving personal excellence. One of the most important of these is attendance. Students that miss school find it very difficult to catch up and they risk falling further behind as the years go by. All students should be aiming for an attendance of above 90% and we celebrate the high attendance of many of our students. Families can do much to support regular attendance of their young people.

Please note: last week we changed over to a new text messaging system and did experience some technical difficulties. We apologise for any inconvenience that this may have caused and we believe it is now up and running as required.

Leanne Preece
Principal

FROM THE ASSISTANT PRINCIPALS

Bring Your Own Device (BYOD) Program for students enrolling into Year 11 at Bendigo Senior Secondary College in 2014

Students who commence a Year 11 program at BSSC in 2014 will be required to supply their own computer device for use at BSSC under a BYOD program. Specific details and information of what will be required will be placed on the BSSC website under the Enrolment heading in coming weeks (prior to the end of October) and will also be distributed in a range of forums.

This advice will include a recommendation of suitable Notebook style devices which students will be encouraged to purchase. We anticipate there being a range of devices which students will be able to choose from. Details of where appropriate devices can be purchased will be provided. We also understand that students may want to use devices other than those which we are recommending to purchase and as such we will provide guidelines as to what other devices might be suitable.

Jason Bysouth
Assistant Principal
WEERONA COLLEGE BENDIGO GARDEN PROJECT

2013 has seen the development of the Weeroona College Bendigo Garden Project. It has been planned and developed by a cohort of students. Their efforts and application has been excellent. We look forward to the garden continuing to develop in future years.

LODDON MALLEE ATHLETICS CARNIVAL

On Thursday 10th October, the Loddon Mallee Athletics carnival was held at the Latrobe University Athletics Complex, Flora Hill. Congratulations to all Weeroona College Bendigo students who competed in events. All made genuine efforts and several individual students produced fantastic results which will see them compete in the School Sport Victoria State Athletics Carnival to be held on Tuesday 22nd October at the State Athletics complex, Albert Park. Below is a breakdown of individuals who produced strong results.

Jordan T - 2nd 15 Year Boys Shot Put
Spain N - 2nd 15 Year Boys 800m
Tallis M - 3rd 15 Year Boys 1500m
Coen C - 2nd 13 Year Boys Shot Put
Ruby C - 2nd 16 Year Girls Shot Put, 3rd Javelin
Gabrielle R - 1st 13 Year Girls 400m
Karly M - 15 Year Girls 1st Discuss, 1st Javelin.
Iliessa S - 1st 15 Year Boys Hurdles
Jordan W - 2nd 13 Year Boys Finals 1500m, Qualification for State Finals.

Again well done to all competitors on your efforts.

MENTAL HEALTH WEEK 2013

Mental Health Week 2013 at Weeroona College Bendigo will be held from Monday 21st October – Friday 25th October. Mental Health Week aims to activate, educate and engage Victorians about mental health. One in four young Australians lives with a mental illness. 75% of mental illness begins before the age of 25.

Mental Health Week is a time dedicated to achieving the best possible health and wellbeing you can. The theme for this year is ‘Celebrate, Connect, Grow’. It’s an opportunity to reflect on the positive things in your life, connecting with people around you (strengthen the relationships you value and make some new friends) and growing as a person by trying new things, learning a new skill or taking up that hobby you’ve been curious about. It’s for everyone, regardless of whether you have experienced a mental illness or not.
Enjoying mental health means having a sense of wellbeing, being able to function during everyday life and feeling confident to rise to a challenge when the opportunity arises. Just like your physical health, there are actions you can take to increase your mental health. Boost your wellbeing and stay mentally healthy by following a few simple steps:

- Connect with others.
- Take time to enjoy.
- Participate and share interests.
- Contribute to your community.
- Take care of yourself.
- Challenge yourself.
- Deal with stress.
- Rest & Refresh.
- Deal with the here & now.
- Ask for HELP.

Throughout the week, the ZEST Wellbeing Team will be holding several activities including a FREE student & staff BBQ (Tuesday 22\textsuperscript{nd} October), lolly jar guessing competitions, information regarding mental health daily, student of the day (from each year level) etc.

If you require further information regarding mental health please refer to the following websites or you can contact the **School Nurse – Sarah Warburton on 54432133.**

www.beyondblue.com
www.reachout.com
www.betterhealth.vic.gov.au
www.sane.org.au
www.headspace.org.au or 1800 55 1800.

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**EX NAVY, ARMY OR AIRFORCE**

Are you ex-navy, army or air force? Then Carry On (Victoria) may be able to help you with education costs if you meet the eligibility criteria. If you have served in the Australian Defence Forces or Allied Forces and you wish to apply for a Secondary Education Grant for 2014, please telephone Carry on (03) 9629 2648 to establish eligibility and request an application form.

Carry On (Victoria) assists Secondary School students in Year 7-12 with grants for expenses such as fees, books, uniforms, excursions etc.

Children whose parent/s or guardian/s have a need for financial assistance and comply with our eligibility criteria may apply. All grants are income tested and applications should be submitted by 7\textsuperscript{th} November, 2013.

Please contact Helen Tuohney at the college on 5443 2133 if you are eligible and would like some assistance.

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**BENDIGO YMCA**

As we are looking towards the end of the year, it is that time of year when we need to relook at our enrolment forms for the coming year. In 2014 we have made a number of changes to the enrolment form to come in line with the changes in the children services regulations. Every family must complete a new 2014 enrolment form if they are enrolling their child/ren for 2014. This includes families who only make casual bookings. This year with updates of enrolment form no ASC team member or school office will be able to accept the forms. All enrolment forms are to be returned to the YMCA’s Children Services Office at 74-88 Holmes Road Bendigo or emailed to Stephanie.eames@ymca.org.au or bendigo.regional@ymca.org.au. If you would an enrolment form, please email the above email addresses.

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**SQUASH**

**Giggle your way to good health**

You may have already heard about Squash Vic’s innovative female-only learn to play program, affectionately known as ‘Hits & Giggles’. Run over six weeks from Wednesday 30\textsuperscript{th} October, the Bendigo Squash Club ‘Hits & Giggles’ Program introduces women and girls to the sport of Squash in a supportive and judgement free environment that promises a bit of fun as well as fitness. Participants will receive coaching designed to their fitness level and playing abilities all whilst in the company of like-minded women, helping to boost their self-confidence, self-esteem and form new friendships.

For more information or to sign to Hits & Giggles program, visit [www.squashvic.com.au](http://www.squashvic.com.au).

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**WHITE HILLS JUNIOR FOOTBALL CLUB**

**Annual General Meeting**

The Annual General Meeting of the White Hills Junior Football Club will be held on Monday 28\textsuperscript{th} October 2013 commencing at 7.30pm at the clubrooms in Scott Street, White Hills. Everyone welcome.

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**WHITE HILLS BOWLS CLUB**

This is an open invitation to members of the White Hills, Epsom, Ascot and surrounding communities to join in the fun of a ‘Come and Try Day’. Experience is not necessary. All family members welcome. Flat soled shoes if possible. The day will take place on Sunday 20\textsuperscript{th} October at 1:00pm at Bosquet Street, White Hills.
MORE PHOTOS FROM CELEBRATION DAY...
MOVING BEYOND RESILIENCE……TO TRUE GRIT

Hi all, I heard it said recently that we don’t enrol children at school, we enrol families! I think it is a useful way to look at education as we know that children start school not as a blank page, but with all the richness of their experiences and upbringing away from school too. I hope our college can work in partnership with you, the parents and guardians, to provide great educational opportunities and also opportunities to build up the character of our young people.

The information in this article talks about an aspect of character that has often been overlooked in today’s society – persistence, or the term I prefer ‘grit’. The below information has been largely inspired (read: stolen) from an article by Michael Grose which I found on his website (parentingideas.com.au). I hope you find this useful, I thought it hit the mark. Enjoy ☺ Carl Rusbridge – School Chaplain.

“Talent or persistence. Which would you choose for your child?”

Parents naturally want both. Sorry, but that’s not an option.

When pushed most people choose talent over persistence, which in many ways reflects the current thinking around achievement. Intelligence, sporting prowess and ability in whatever it is we value will only get a child or young person so far. They need more than talent to achieve sustained excellence in anything they do. It is the character traits of hard work combined with their ability to stick at a task and see it through that makes all the difference.

Renee has grit

Malcolm Gladwell in his book Outliers, described twenty-something American student Renee, who took 22 minutes to work out a complicated math question. The average student gives up after THREE minutes, preferring to ask for help than work through a problem.

Renee is unusual as she persisted for 22 minutes until she got the solution. The funny thing is, is that she doesn’t describe herself as a good math student. But she is highly successful at Math. Grit rather than pure math talent are her forte.

Character matters

Academic skills by themselves aren’t enough for children to succeed over the long journey. Many recent studies have found that character not cognitive ability is the single most reliable determinant of how a person’s life will turn out.

These traits include the inclination to persist at a boring task (grit); the ability to delay gratification (self-control) and the tendency to follow through with a plan (conscientiousness), which are invaluable traits at school, in the workplace and in life in general.

Character is forged under difficulty

The key character traits of grit, self-control and conscientiousness are forged under hardship and duress. This makes our current propensity to over protect and over indulge kids problematic. When kids continually experience easy success we set them up for failure because when they finally face up to difficult situations many lack the capacity to push through the tough times.

Encouraging kids to step out of their comfort zones and take learning and social risks is a massive challenge at the moment. It’s critical that we challenge children and young people to attempt activities where failure is a significant option, overcoming set-backs and pushing through difficulties is how character is formed.

Parents can actively promote grit and persistence in kids by making character part of their family’s brand. They can focus on character in conversations. They can share experiences where character paid off for them in their lives. They can discuss how character contributes to excellence and success in everyday life including at work, at school and in the sporting field. Character and its many components can become part of your family story regardless of the age of your children.
Who makes you PROUD?

City of Greater Bendigo Citizen and Young Citizen of the Year Awards
2014 Nomination form

Important information

Eligibility
• Nominees must be Australian Citizens living in the Greater Bendigo municipality.
• Nominees for Young Citizen of the Year must be under 25 years of age on 26 January 2014.

Conditions of entry
• Nominations must be attached to this official form and all entries must be received by the City of Greater Bendigo by 5pm Friday 29 November 2013.
• Supporting information and material submitted remains the property of the City of Greater Bendigo.
• Self nominations will not be accepted.
• Two referees must be supplied.

Lodging your nomination
Nominations must be received by 5pm Friday 29 November 2013.
Post your nomination marked attention to:
Civic Events Unit
City of Greater Bendigo
PO Box 733
Bendigo VIC 3552
or
Deliver your nomination to one of our Customer Service Centres in Bendigo or Heathcote.
The Citizen and Young Citizen of the Year will be formally acknowledged at the Australia Day celebrations 26 January 2014.
The judge’s decision is final and no correspondence will be entered into.

PO Box 733, Bendigo Vic 3552
T 03 5434 6000
F 03 5434 6200
TTY 03 5434 6460
Email requests@bendigo.vic.gov.au
Web www.bendigo.vic.gov.au

COVER IMAGE:
Amethyst Downing and Linda Beilharz were named the City of Greater Bendigo Young Citizen and Citizen of the Year for 2013.
Introduction
Do you know someone who goes above and beyond to help make Greater Bendigo a better place to live? Show your appreciation by nominating them for the City of Greater Bendigo Citizen or Young Citizen of the Year Awards.

Why not nominate them and show your appreciation for their hard work?

The Citizen and Young Citizen of the Year will have demonstrated through their hard work and dedication that they:
• provide a significant contribution to the Greater Bendigo community;
• demonstrate outstanding leadership and/or are a role model for other community members or organisations;
• excel in arts and culture, regional development/business, charity/humanitarian services, science and technology, sport and recreation, the environment or emergency services;
• make contributions to the community on a voluntary basis or have exceeded the normal requirements of their paid work.

Nomination Form
Please read the important information on the back of this form before completing this section.

Category of Nomination
☐ Citizen of the Year  ☐ Young Citizen of the Year
(under 25 years of age at 26 January 2014)

Details of the nominee (person being nominated for an award)
Full name:
Position/organisation:
Address:
Postcode:
Telephone:  (BH)  (AH)
Email:
Age/DOB:
The age/DOB is:  ☐ Exact  ☐ Estimate  ☐ Unknown

Details of the nominator (you might be contacted for further information)
Full name:
Position/organisation:
Address:
Postcode:
Telephone:  (BH)  (AH)
Email:

I have read and accept the important information on the back (or as applicable) of this form.
Nominator’s signature:

Is the nominee aware of the nomination?  ☐ Yes  ☐ No

Areas of excellence (tick as many as apply)
☐ Emergency services  ☐ Charity/humanitarian
☐ Sport and recreation  ☐ Arts and culture
☐ Regional development/business  ☐ The environment
☐ Science and technology  ☐ Other

Selection Criteria (please provide a minimum of 100 words, and maximum of 250 words for each of the below.)
1. Tell us about your nominee (background and reason for nomination)
2. Outline their achievements
3. How has the nominee demonstrated excellence in their field and to the community?
4. Have they won any previous awards?
5. Additional information - include copies of certificates, awards, photos, newspaper clippings, newsletters etc. that support your nomination (please supply copies only)

Details for two Referees (these people may be contacted for more information). Please indicate two people who are familiar with the nominee’s achievements and who will act as referees for the nominee.

Referee 1
Full name:  
Address:  
Postcode:  
Telephone:  (BH)  (AH)

Referee 2
Full name:  
Address:  
Postcode:  
Telephone:  (BH)  (AH)
Bendigo Grand Prix/Victorian Open Road Cycling Championships
November 8 -10, 2013

PROGRAM OF EVENTS:

FRIDAY, NOVEMBER 8: (Emu Creek)

10.00 a.m. City of Greater Bendigo Women’s Time Trial 24.6 kms
12 noon City of Greater Bendigo Men’s Time Trial 30 kms

SATURDAY, NOVEMBER 9: (Spring Gully)

8.30 a.m. Rising Sun Hotel Women’s Road Race 79 kms
12.30 p.m. Bendigo Advertiser Men’s Road Race 142.2 kms

SUNDAY, NOVEMBER 10: (Bendigo CBD)

12.45 p.m. Coates Hire Women’s Criterium 25.5 kms (30 laps)
2.30 p.m. Symes Motors Nissan Men’s Criterium 34 kms (40 laps)

PRE-RACE ACTIVITIES SUNDAY:

11.15 a.m. Human Powered Vehicle Demonstration 30 minutes
12noon Bendigo Cycling Club Junior Criterium 20 laps
1.45 p.m. Bendigo Highland Pipe Band 30 minutes
TERM FOUR

CONNECT YOUTH TERM 4
ALL NIGHT 7-9:30 PM
AT 35 SOLOMON STREET EAST BENDIGO
$2 DONATION
UNLESS OTHERWISE SPECIFIED

WWW.CONNECTCHURCH.COM.AU
5441 3133
CONNECTYOUTBENDIGO
35 SOLOMON STREET
CONNECT YOUTH
WWW.CONNECTCHURCH.COM.AU
TERM 4

FRIDAY 11TH, OCTOBER
BLOCK PARTY:

FRIDAY 18TH, OCTOBER
GI JOE/JANE:

FRIDAY 25TH, OCTOBER
BIG BROTHER

FRIDAY 1ST, NOVEMBER
ZOMBIE APOCOLYPSE:

FRIDAY 8TH, NOVEMBER
COMBINED SPORTS NIGHT:
$5 CHARGE
1-3 WATERSON COURT GOLDEN SQUARE

FRIDAY 15TH, NOVEMBER
DINNER PARTY:
$5 CHARGE

FRIDAY 22ND, NOVEMBER
LETS GET RIDICULOUS:

FRIDAY 29TH, NOVEMBER
SOCIAL MEDIA MADNESS:

FRIDAY 6TH, DECEMBER
SCA VINERS:

FRIDAY 13TH, DECEMBER
FORMAL BREAK UP:
$10 CHARGE