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PO Box 566 | BENDIGO | Victoria 3552  
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## WCB VISION

WE CARE ABOUT OUR STUDENTS AT  
WEEROONA COLLEGE BENDIGO AND  
WE HELP THEM TO THRIVE

## UPCOMING EVENTS

Issue No 1

### OPEN HOURS

#### SCHOOL

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

#### OFFICE

Monday – Thursday  
8.15am – 4.15pm  
Friday  
8.15am - 4.00pm

#### UNIFORMS - BOLTONS

Monday to Friday 8:30am - 5:30pm  
Saturday 10:00am - 1:00pm

57 Williamson Street Bendigo.  
(03) 5440 5600

#### February:

15<sup>th</sup> School Swimming Sports- *all students required to attend and encouraged to dress in learning community colours.*

#### March:

11<sup>th</sup> Labour Day Public Holiday (no school)

7<sup>th</sup> Year 7 Immunisations

22<sup>nd</sup> School Athletics – *all students required to attend and encouraged to dress in learning community colours.*

#### April:

4<sup>th</sup> Parent Student Teacher Interviews - 4pm-8pm

5<sup>th</sup> Parent Student Teacher Interviews - 9am-1pm -

*No classes on this day*

5<sup>th</sup> Last Day Term 1

23<sup>rd</sup> 1st Day Term 2

25<sup>th</sup> Anzac Day - Public Holiday (no school)

### CONTACTS

#### PRINCIPAL

Leanne Preece

#### ASSISTANT PRINCIPALS

Jason Bysouth  
Anton Van Maanen (BFLO)

#### WELLBEING TEAM

**Welfare** | Julie Nicol  
**Welfare** | Bridget Chambers  
**Chaplain** | Carl Rusbridge  
**Nurse** | Tammy Nancarrow

#### KATYIL

##### COMMUNITY LEADERS

Jack McIntosh  
Marion Stewart

##### LEARNING ADVISORS

**L7A** Scott Nicholls  
**L7B** Matt Reeves  
**L8A** Meryl Hayes  
**L8B** Michael Wood  
**L9A** Sarah Davis  
**L1A** Brian Edebohls  
**L1B** Nadine Harper

#### WANNOP

##### COMMUNITY LEADERS

Karli Winzar  
James Ginnivan

##### LEARNING ADVISORS

**W7A** Alex Madden  
**W7B** Gabby Sidhu  
**W8A** Mark Adams  
**W8B** Paul Oshea  
**W9A** Monica White  
**W1A** Ryan Currie  
**W1B** Chloe Neath

#### MERIN

##### COMMUNITY LEADERS

Laura Mow  
Trent Bysouth

##### LEARNING ADVISORS

**M7A** Christine Edgar  
**M7B** Simone Godfrey  
**M8A** Carly Whitlock  
**M8B** Sarah Trew  
**M9A** Di Andrea  
**M9B** Jian Luo  
**M1A** Chris Emond

#### KAPPEN

##### COMMUNITY LEADERS

Sophie Alford  
Ryan Pollard

##### LEARNING ADVISORS

**K7A** Bree McKern  
**K7B** Sarah Baldwin  
**K8A** Liam Ireland  
**K9A** Geoff Dempster  
**K9B** Leigh Schroeter  
**K1A** Tara Pocklington

# FROM THE PRINCIPAL

Dear Parents/Carers and Students

Welcome to the 2019 school year at Weeroona College Bendigo. We hope it is a year for you that is rewarding and fulfilling as we begin or continue the partnership in education with your children and your family. It was terrific that so many of you have made arrangements to participate in the Start Up Day conferences and I am sure that you will appreciate the commitment from all WCB staff to personalise the learning for your child/children. Please ensure that you know who your child's Learning Advisor and Learning Community Leaders are and get to know them so that the partnership between home and school is strengthened. For those of you that were not able to attend these important conferences, please make a time to meet with your child's Learning Advisor within the next two weeks.

## WCB Staff

I am pleased to report that we have begun the year with a full complement of staff and I would like to welcome the following new staff.

Ms Sarah Baldwin – teacher of Mathematics

Ms Ros Burnett – Katyii Learning Support

Mr Chris Emond – teacher of Music and Drama and our new performance coordinator

Ms Ying Li – teacher of Chinese

Ms Tammy Nancarrow – School Nurse

Ms Bernadette Reeves – Student Support

Ms Jenna Wanefalea – Wannop Learning Support

Mr Kain White – teacher of Art and Humanities

Mr Michael Wood – teacher of Mathematics

## Every day counts

In the past week I have spoken to all students and our staff about the importance of students getting to school on time, remaining all day and having as few absences as possible. We all want our students to get a great education, and the building blocks for a great education begin with students coming to school each and every day. If students miss school regularly, they miss out on learning the fundamental skills that will set them up for success in the later years of school. There is no safe number of days for missing school – each day a student misses puts them behind, and can affect their educational outcomes. Each missed day is associated with progressively lower achievement in numeracy, writing and reading. **Parents/Carers support your child/children by ensuring that school attendance is a priority.**

## Interested in being a member of the Weeroona College Bendigo School Council?

As the new school year begins, we are looking for a student and parent representatives for our school council.

### **Frequently asked questions.**

**Do I need special experience to be on school council?** No! What you need is an interest in our school and the ability to work cooperatively with others to help shape its future.

**Why is parent membership so important?** Parents on councils provide important viewpoints and have valuable skills that can help shape the direction of the school. Parents who become active on a school council find their involvement satisfying in itself and may also find that their children feel a greater sense of belonging.

If I am interested, what do I do? Download a nomination form from our school website

Parents <https://bit.ly/2Shtk9a>

Students <https://bit.ly/2MTAFFZ>

or collect a copy from our general office, complete and return to the school by 18 February 2019.

Notice of Election and Call for Nominations

An election is to be conducted for members of the School Council of Weeroona College Bendigo. Nomination forms may be obtained from the school/ school website and must be lodged by 4.00 pm on 18/ 02/ 2019.

Following the closing of nominations a list of the nominations received will be posted at the school. The terms of office, membership categories and number of positions in each membership category open for election are as follows:

<b>MEMBERSHIP CATEGORY</b>	<b>TERM OF OFFICE</b>	<b>NUMBER OF POSITIONS</b>
Parent member – full term (2 years)	From the day after the date of the declaration of the poll in 2019 to and inclusive of the date of the declaration of the poll in 2021.	4
Student member – full term (2 years)	From the day after the date of the declaration of the poll in 2019 to and inclusive of the date of the declaration of the poll in 2021.	1
DE&T employee member	From the day after the date of the declaration of the poll in 2019 to and inclusive of the date of the declaration of the poll in 2021.	2

If the number of nominations is less than the number of vacancies, a notice to that effect and calling for further nominations will be posted in a prominent position at school.

*Leanne Preece*

Principal

<b>Weeroona College Bendigo 2019 School Council Election Schedule</b>	
<b>EVENT</b>	<b>DATE</b>
Notice of election and call for nominations via Compass, parent emails and our College website.	Monday 11 February 2019
Closing date for nominations	Monday 18 February 2019
Date by which the list of candidates and nominators will be displayed at our College	Tuesday 19 February 2019
Date by which ballot papers will be prepared and distributed	Wednesday 20 February 2019
Close of ballot	Monday 4 March 2019
Vote count	Monday 4 March 2019
Declaration of poll	Monday 4 March 2019
Council meeting to co-opt Community members (the principal will preside)	Monday 18 March 2019
First council meeting to elect office bearers (the principal will preside)	Monday 18 March 2019

# FROM THE ASSISTANT PRINCIPAL

I would like to take the opportunity welcome all our returning and new members of the Weeroona College Bendigo community back to the start of the 2019 School Year.

I hope that everyone had a restful break and have returned with enthusiasm, optimism and positivity. We began the school year with Start-up day interviews and it was fantastic to meet and greet so many families. Start-up day interviews offer the opportunity for parents to meet the students learning advisors who will play an essential role in support your students to thrive throughout 2019. We began our first day of classes with a whole college assembly, where I spoke to students about the importance of starting the year in a positive manner and the importance of first impressions.

Teachers were back for the first three days of the year, busily getting ready to provide students with the opportunity to learn and improve themselves both academically, personally and socially. Teachers have taken the time to prepare and ensure that they all start in the correct fashion and create the right first impression.

We have all been busy preparing to ensure every student feels that they belong and can thrive here at WCB.

Students can do some very simple things to ensure that they make the right first impression to both teachers and fellow students here at WCB. Families can also play a very important role in supporting them with this.

## **Attendance**

- Students need to be at school every day. It is very difficult to catch up on learning that they miss.
- Students need to arrive at class on time and be ready to start learning at the beginning of each and every session
- This begins with learning advisory every morning. They need to be in their community getting their equipment ready at 8:50am, so that they are in their advisory by 9:00am.
- Turning up to class on time with correct equipment is a fantastic start.
- This means having pens and pencils, books and device. This is a great way to demonstrate that they are here at school ready to learn and do their very best.

## **Uniform**

Being in correct and appropriate uniform is a very easy way for students to make a good first impression.

If students are missing an item of uniform or have an incorrect item the expectation is that, they will exchange and borrow an item from their learning community.

## **Antisocial Behaviour**

In order for students to be successful it is important that I am clear about my and all of your teachers expectations about the types of behaviours that are unacceptable here at WCB. I want to mention 2 key things that we at WCB will not tolerate.

## **Mobile phone use**

Because of student feedback throughout last year, WCB will be implementing some altered regulations regarding mobile phones. As you will now be aware, we have mobile phone pockets in each of the learning spaces. If you must have, your phone in class then in is compulsory that it is stored in the mobile phone pouch at the front of your class. A much better place would be locked in your locker.

If you are found to have your phone on you, I expect that your teacher will challenge you about this and that you will hand it to them or place it in mobile phone pockets (without argument). If this is not the first time, it will be placed at the general office for your parent or carer to come and collect.

## **Language**

The way that way that we communicate with each other is extremely important.

I get disappointed when I am moving around the school and hear students speaking poorly to each other.

I have asked teachers to ensure that students using poor language, which includes swearing, put downs etc. to be challenged and a consequence out in place. This is to help remind students that this is not acceptable and improve the chances of them not behaving this way in the future.

### **Road safety**

With the road works that are taking place around our school, student movement before and after school is very important. I would like students to only cross the road using the traffic lights. For the most part, students have been excellent at doing this, however, I have witnessed and been made aware of some students who are not using the lights and darting between traffic. I would like this to stop.

The information that I shared at the assembly was not intended to be a negative start to the year. Instead, it is was me being really clear about our basic expectations that I have to ensure that all students make a positive start to the 2019 school year and to help ensure that they are clear about what it takes to be successful for the school year.

My job and the job of the teachers is to support students to do their personal best. This means that we will encourage and support them; however, we will also challenge them and implement consequences should they not be meeting the very high expectations that we have of them.

*Jason Bysouth*

Assistant Principal

## **DOCTORS IN SCHOOLS**

### **Doctors in Secondary Schools Program**

At Weeroona College Bendigo, we are fortunate to have a doctor, Rachel (GP) and a practice nurse, Michelle, on site in our specially built facility at the rear of our College, every Tuesday for our students between the hours of 9am -1pm.

The objectives of the program are to:

- make primary health care more accessible to students
- provide assistance to young people to identify and address any health problems early and reduce the pressure on working parents.

Please refer to the program consent and confidentiality policy attached to this newsletter.

Our students are able to make appointments and access this fantastic service by contacting Bridget (Kappen/Wannop) or any of the Wellbeing Staff members in the learning communities.

Students are also able to access 'walk-in' appointments during their lunch break.

Parents are encouraged to attend appointments with their child if possible.

## CONSENT AND CONFIDENTIALITY

### BACKGROUND

The law is clear on consent for medical treatment by a general practitioner (GP), as it relates to minors:

- Students who are not mature minors cannot give consent to their own medical treatment.
- Students who are mature minors can consent to their own medical treatment.
- Mature minors are students who are under the age of 18 years who have sufficient maturity and cognitive and emotional capacity to understand the nature and consequences of seeking and obtaining health care, as determined by the GP.

In the case of the Doctors in Secondary Schools Program, as in ordinary practice in the community, it will be the GP who will assess if a young person is a mature minor with respect to the issue for which they are seeking medical treatment.

For the purposes of this policy, confidentiality refers to the ability of young people to ensure information discussed with the GP within the Doctors in Secondary Schools Program is not shared with others unless it is with the consent of the young person or it is otherwise permitted by the law.

The following exceptions to the duty of confidentiality apply:

- The young person consents to the disclosure.
- The disclosure is necessary to lessen or prevent a serious and imminent threat to any person's life, health, safety or welfare.

#### *Examples:*

- The young person is at imminent risk of harming themselves.
- The young person is at imminent risk of harming others.
- The disclosure is necessary to prevent a serious threat to public health, safety or welfare. For example, the young person has a notifiable disease.
- There is another legal requirement for disclosure.

#### *Examples:*

- The student was, or is at risk, of being a victim of physical, sexual or emotional abuse, and it is

necessary to report to the relevant authorities in order to protect the student from that abuse.

- There is an emergency, and it is necessary to contact the Victoria Police or ambulance services to attend to the emergency.
- The GP has received a subpoena to produce documents in a Court proceeding, and the information and documents are disclosed in order to comply with this obligation.

Families with children at participating schools will be informed about the program at the start of the year, with detailed information sheets to be made available.

### CONSENT POLICY

Under the Victorian Government's policy:

- All parents and carers who have a child at a school participating in the Doctors in Secondary Schools Program will be informed about the program at the beginning of the year with information sheets provided for parents/carers and students.
- Any student who wants to see the GP will be permitted to make an appointment. The GP will decide if the young person is mature enough to provide consent to any medical treatment for the presenting issue.
- In the case of students who are deemed not to be mature minors, the GP would then seek consent from the parent or carer prior to any treatment from the GP.
- In the case of students who are deemed to be mature minors, the student will be able to provide their own consent to the GP consultation and treatment.
- There are many situations where GPs would prefer parents and carers to be involved, and in these cases, the GP will work with the young person to encourage parent or carer involvement.
- If a parent or carer expressly states at the start of a school year or at any time during the school year that the GP in the school should not treat their child then the following procedure will be followed:
  - Generally, all secondary school aged students will be considered mature enough to make a decision to see the GP and the GP will then decide whether the student is a mature minor for the purposes of seeking medical treatment for the presenting issue.

- If the School Program Lead (SPL) decides that the student is not a mature minor, at that time, for the purposes of making an appointment with the GP, the SPL will inform the GP that the parent or carer of that student has not consented to the student attending the GP. If the student seeks to make an appointment with the GP at any future time, the SPL will reconsider whether the student is, at that time, a mature minor for the purposes of making an appointment and any other reasons that the parent or carer has communicated regarding the whether the student can see the GP. The SPL and principal can seek advice from the Legal Division if necessary.
- Where a SPL is in doubt about whether the student is a mature minor for the purposes of making an appointment to see the GP, they should consult with relevant school staff. They must also consult with the GP (without disclosing the student's identity, unless they have consent). In most cases, it will be in the best interests of the student to allow the student to make an appointment and the GP can then make an assessment about maturity for treatment.

### CONFIDENTIALITY POLICY

Under the Victorian Government's policy, the right for a young person's health information to be kept confidential will be respected unless the disclosure is with the consent of the young person or it is otherwise permitted by the law.

In the case of mature minors, the following exceptions to the duty of confidentiality will apply:

- The young person consents to the disclosure.
- The disclosure is necessary to lessen or prevent a serious and imminent threat to any person's life, health, safety or welfare.
- The disclosure is necessary to prevent a serious threat to public health, safety or welfare. For example, the young person has a notifiable disease.
- There is another legal requirement for the disclosure.

In the case of students who are not considered mature minors, the following process will apply:

- Health information will be shared with a parent or carer.
- Health information may be disclosed to a third party if permitted by law or it is with the consent of the parent or carer.

It is also important to note that parents and carers will have access to their child's health information (including date of visit and medical practitioner's name) through Medicare for children under 14 years of age who are listed on their Medicare card, without the consent of the child.

For more information, please visit:

<http://www.education.vic.gov.au/about/programs/health/pages/doctors-secondary-schools.aspx> or

email Doctors in Secondary Schools at: [doctors.in.schools@edumail.vic.gov.au](mailto:doctors.in.schools@edumail.vic.gov.au) with any questions.

# SCHOOL TRAFFIC



## Traffic when collecting students after school.

I would like to take this opportunity to remind parents that they are not to park or enter school grounds in their vehicles when collecting students at the end of the school day. We have had reports of near misses with vehicles reversing out of carparks, entering, and exiting the school grounds. Knight Street is extremely busy and we have had staff on duty after school to try to keep your children safe. We would like your assistance with this by slowing down and refraining from entering the school grounds in your vehicles. To help reduce traffic flow around the school we would like to encourage students to walk, cycle or catch the bus if possible. If you do need to drive, we suggest that you park a little way from the school (eg. Bobs Street) and get your child/children to cross at the traffic lights and walk a little way. For buses, please refer to the map below. Thank-you for your assistance in keeping our children safe.



# ADMINISTRATION

## School Swimming Sports Friday 15<sup>th</sup> February 2019

School Swimming Sports will be held on **Friday the 16<sup>th</sup> February at the Bendigo East Swimming Pool.**

Students are encouraged to wear their community colours with pride and compete in a variety of “In water & Out of water” activities to earn points for their community and hopefully be the winning house overall for the day.

Students are reminded to “Slip Slop Slap Sunscreen, Sunnies and Shade”

Payment and permissions slips are only available on Compass, please ensure full payment and permission slips are completed by Thursday 14<sup>th</sup> February.

### Start of Year -

**Reminder to ALL Students & Parents** that they are required to sign the following forms for 2019:

2019 ICT Acceptable Use Agreement

Premiers Reading Challenge

2019 Permissions (SMS/Email/Publishing of photos)

Immunisation Card (Year 7 Only)

These were in Start Up Day Packs and at Start Up Day Interviews. If you have not yet signed these, please see the Administration Office.

**Diaries & Student Padlocks – are available for purchase at the Administration Office**

### **Conveyance Allowance**

Application forms will be available at the Administration Office from the 29 January 2019, or alternatively our website: [www.weeroona.vic.edu.au](http://www.weeroona.vic.edu.au)

We require a new application for each eligible student (siblings are able to be on the same form), and the **original receipt** of either their ½ year or full year pass.

Applications close: 11 March 2019

### **DATES TO REMEMBER**

#### **February:**

15<sup>th</sup> School Swimming Sports- all students required to attend

#### **March:**

11<sup>th</sup> - Labour Day (no school)

7<sup>th</sup> – Year 7 Immunisations

22<sup>nd</sup> – School Athletics – all students required to attend

#### **April:**

4<sup>th</sup> - Parent Teacher Interviews 4pm -8pm

5<sup>th</sup> - Parent Teacher Interviews 9am-1pm

5<sup>th</sup> - Last Day Term 1

23<sup>rd</sup> - 1st Day Term 2

25<sup>th</sup> - Anzac Day - No School

# VACCINATIONS

## Secondary School vaccinations in 2019

The Secondary School Vaccine Program offers free vaccines to Year 7 and 10 students. These vaccines provide protection against:

- Diphtheria, tetanus and pertussis (whooping cough) – one dose for year 7 students
- Human Papillomavirus (HPV) – two doses for year 7 students
- Meningococcal A,C,W,Y – one dose for year 10 students

Parents/guardians of year 7 and 10 students should look out for the vaccine consent card booklet coming home from school with your child. You need to read the information, complete and return the card regardless of whether your child is being vaccinated at school.

The City of Greater Bendigo immunisation service may contact you about the Secondary School Vaccine Program. Schools are authorised to provide basic parent/guardian contact details to local councils for this purpose. Contact the school by 28 February 2019 if you do not want your contact details given to the City of Greater Bendigo immunisation service.

To learn more about the Secondary School Vaccine Program, the vaccines, the diseases they protect against, or how you can prepare your child for vaccination, go to [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)

Additionally, the Commonwealth government is funding vaccinations for all children under 20 years of age who missed any scheduled vaccines, including a catch up program for Meningococcal ACWY vaccine for adolescents aged 15-19 years of age who have not already received the vaccine in school. If students have missed vaccines, either in childhood or adolescence, and require catch-up vaccines, they should speak with their immunisation provider. (ie. local council or GP).

Bullying is a very serious issue that can have a big impact on anyone. Here at Weeroona College Bendigo we take bullying seriously and work around a relationship based, solution focused response to instances of bullying, in line with department regulations.

Students complete an anonymous survey twice a year to gather their views and experiences with bullying, as we know ensuring bullying does not occur silently is critical.

Please find below an agreed upon definition of what bullying is. This is useful for developing a common language when discussing concerns with our young people.

You can always find more information in our bullying policy, available on our [school website](#), and by visiting <https://bullyingnoway.gov.au>



## What is bullying?

Bullying is when one person (or a group of people) with more power than someone else tries to upset or hurt them. This power can come from being more popular, stronger or part of the group. They might repeatedly try to hurt the person physically, socially isolate them, or say and do mean or humiliating things to them.

Bullying can happen in person or online, and it can be obvious or hidden.

If someone behaves in a mean or aggressive way on one occasion it isn't bullying, even though it is not respectful or acceptable. A fight or disagreement between two people of equal power or status isn't bullying.

Bullying is not OK. It feels awful. You feel like you can't stop it.

You have the right to feel safe.

## Creating Brighter Futures Through Literacy

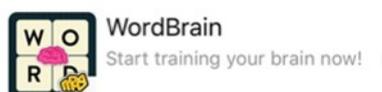
2019 is the year of literacy here at Weeroona College Bendigo. We hope families are making the most of their literacy show bags and taking the opportunity to engage in reading and writing activities at home. Don't forget to challenge each other playing some of the literacy apps featured in the show bag. I wonder what level people are up to on their Wordscapes app?

Don't forget 20 minutes or more of reading at home each night on top of the reading done at school has such a positive effect on young people's learning in many areas. Your reminder magnet from the literacy show bag is hopefully up on your fridge to remind students of this college wide expectation.

Here at school we have started off the year with a focus on building vocabulary in all subjects. A reader's vocabulary for a topic is the building block they use to build further knowledge. It also improves a reader's ability to understand what they are reading.

Some quick and easy strategies to practice literacy at home include:

- Talking about what book your child is reading in class. Ask about the characters. What qualities do they have? What is the 'problem' in the storyline or what challenges must the characters overcome? What predictions can be made about the ending.
- Listen to your young person read.
- Tell stories, and ask your young person to tell you a story.
- Writing the shopping list for the supermarket.
- Writing a letter to someone special.
- Turn on the captions on TV shows
- Add some new words from vocabulary tables from your school books into websites like [www.spellingcity.com](http://www.spellingcity.com) to practice spelling.
- Play literacy apps on your devices



# GLOBAL LEARNING CENTRE

The Global Learning Centre at Weeroona College Bendigo comprises of the library, a book café, a Maker space/media classroom, gallery and the ICT Technical Support Offices. Our primary objective is to support and assist students in maximising their educational outcomes. The GLC is staffed by Lisa Oliver and Ria Waycott and is open before, after and during school hours.

At the GLC, students can:

Borrow books (3 at a time, excluding class texts)

Borrow Netbooks

Participate in activities run at lunchtime in the Makerspace

Join and participate in many of the college's clubs that are run from the space including Book Club.



## Book Club



Each year the library plays host to the college's book club, Books and Bikkies. Book Club meets a few times per term to discuss good reading material, recommend books to order and enjoy first selection of any new resources all while enjoying light refreshments. The first meetings of Book Club for 2019 are as follows:

**Year 7** – Tuesday 12<sup>th</sup> February @ lunchtime in the library

**Years 8-10** – Tuesday 19<sup>th</sup> February @ lunchtime in the library

Any students wishing to attend can bring their lunch with them for an 11.50am start.

## Premiers' Reading Challenge



All students attending Weeroona College Bendigo are enrolled to participate in this very worthwhile challenge. Students from all year levels are asked to read 15 books between February and September. When the official website for The Challenge is up and running students will be issued with a user name and password to record online their reading material throughout the year. More information about The Challenge will be disseminated throughout the year via the newsletter, Facebook, English classes and the library. Alternatively, additional information can be found at:

<https://www.education.vic.gov.au/about/events/prc/Pages/default.aspx>

<https://www.facebook.com/VicPRC/>

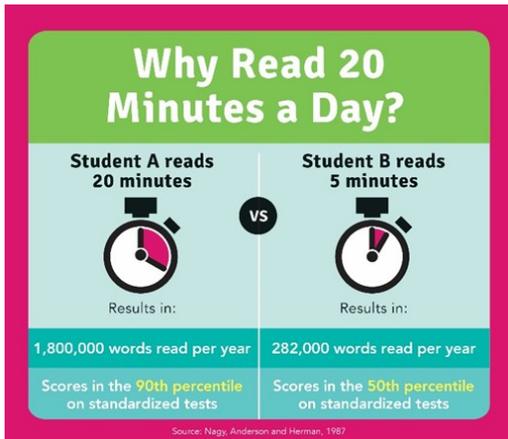
### What does the research say?

#### Read 20 minutes a day!

It is an expectation that all students of WCB will undertake 20 minutes of reading per night at home. This additional reading time can have huge benefits for students such as improving their language and brain development. Hopefully, students have had a chance to visit the library and borrow a book to read in class and at home. When selecting a book be sure that you are choosing a book that is just right for you as per the magnet that was sent home in the literacy show bags on Start Up Day.



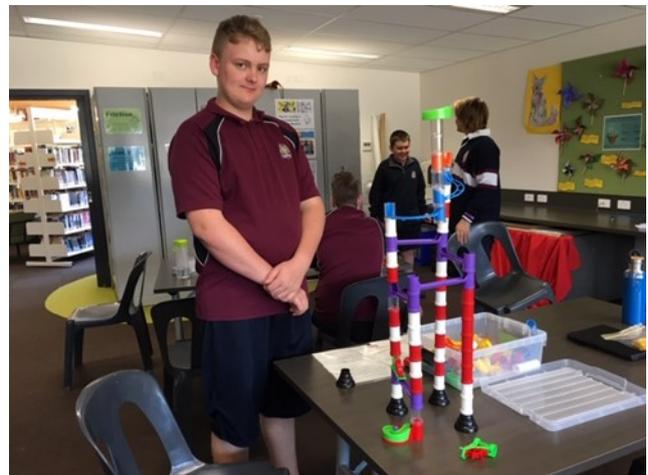
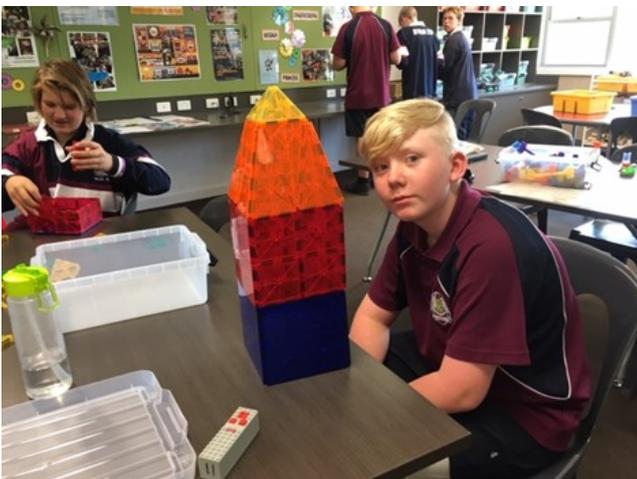
## Donation of materials for the Makerspace



The Makerspace in the GLC operates most lunch and recess times throughout the year and many of the activities that are available for students to participate in require consumable resources. We would greatly appreciate any donations of the following supplies to assist in us running engaging STEAM related activities in 2019:

- Small electrical appliances to pull apart (please no TV's or microwaves due to hazardous materials)
- Lego
- Craft supplies (wool, buttons, scrap material, pom poms, glitter, balloons etc)
- Jewellery making supplies
- Small glass jars and tins

Donations can be taken to the GLC or dropped off at the Administration Office.



## The Bane of Busyness

Aimee Bloom



'So how are you?'

'I've been really busy.'

'Oh, I know what you mean – me too.'

Being busy has become a form of social currency, and the all-too-common social exchange above is the legal tender with which we buy and trade status. Subconsciously, we tell people: if I am busy, then I am important. If my calendar is full, then I must be in high demand.

However, being busy doesn't necessarily equate to living a rich and fulfilling life. There can be loneliness amidst a full calendar, a lack of purpose in hectic days and an absence of genuine connection in rushed, incidental conversations.

So what could be an antidote to this high-paced, in-demand lifestyle? How can we slow the pace of life without losing our sense of meaning?

In one word – **savouring**.

Hefferon and Boniwell (2011) define savouring as 'the capacity to attend to, appreciate and enhance the positive experiences in one's life.' However, if we're too busy being 'busy', the opportunity might pass us by altogether. In

his [TED talk](#), Brother David Steindl-Rast notes that we often miss opportunities to be grateful because we don't press pause (2013).

By slowing down and enjoying positive moments, no matter how small, we can develop a sense of meaning through our growing sense of gratitude for the good things in life. As [Brené Brown](#) says, 'I don't have to chase extraordinary moments to find happiness - it's right in front of me if I'm paying attention and practicing gratitude' (2011).

So, can we lead a meaningful and satisfying life without filling every moment with an event or a meeting? Research indicates that we can. People who consistently savour tend to be less depressed, more optimistic and have greater life satisfaction (Bryant, 2003; Wood, Heimpel & Michela, 2003).

Among other strategies, researchers Bryant and Veroff (2007) recommend making savouring a daily practice and being open to new experiences that could be savoured. So here are some top research-based tips for pressing pause and savouring life.

*Top Tips for Savouring:*

1. Engage in some mindful eating. Whether this means eating outside rather than at your desk, chewing the number of times your mother told you to, or taking note of flavours and textures as though you're a judge on MasterChef – take time to notice and enjoy the food you're eating.
2. Set yourself a challenge to take a daily photo of something that gives you joy or inspiration and upload it to social media to share with others. It doesn't have to be something picture-perfect – it could be as simple as sunlight pouring through a window. Charlie Scudamore, GGS's Vice Principal enjoys using the [Gratitude 365](#) app, which is a science-based app that can help you to create a digital gratitude journal.
3. Celebrate. Everything. A timely parking spot, less traffic than usual, a colleague's good news or even the opportunity to eat free cake in the lunchroom (mindfully, of course). Celebrations don't have to be classified as annual events. Find the good in every day and take the time to relish it.
4. Recall a past event that brought you great joy. Find a favourite photo in your phone's camera roll, or close your eyes and re-live an uplifting time of encouragement. Better yet, get out a photo album with a friend or loved one and savour a precious, shared moment together.

We're all busy. But we shouldn't look to this as a measure of meaning and purpose in our lives. Sometimes the greatest meaning can be found in the smallest of details. So maybe we need to use some of our time to mindfully enjoy the moment we are actually in right now. Maybe it's time we all actually stopped to smell those roses.

*Carl Rusbridge*

School Chaplain

## WCB SPORT



Welcome all to the New Year. The beginning of the school year is always a busy one in relation to college based sport.

The college Swimming carnival will take place at East Bendigo Swimming Pool on Friday 15<sup>th</sup> February.

It is Important that all students attend these events and complete the appropriate permission forms and costs and follow the compass notifications in relation to meetings and training sessions prior to the event.

### FEBRUARY

Friday 15<sup>th</sup> **WCB Swimming Sports**

(East Bendigo Swimming Pool)

### MARCH

Friday 1<sup>st</sup> - **Sandhurst Division Swimming Carnival**

(Bendigo Aquatic Centre)

Tuesday 12<sup>th</sup> g

Cricket (Yr 7/8 Boys)

Tennis (Yr 7/8 Boys, Yr 7/8 Girls)

Volleyball (Yrs 7/8 Boys, Yrs7/8 Girls)

Tuesday 19<sup>th</sup>

• Volleyball (Yr 9/10 Boys ,Yr 9/10 Girls)

Cricket (Yr 9/10 Boys)

Tennis (Yr 9/10 Boys, Yr 9/10 Girls)

Thursday 21<sup>st</sup>

• Loddon Mallee Swimming Carnival (Swan Hill)

Friday 22<sup>nd</sup> - **Weeroona College Bendigo Athletics Carnival**

**Term 2 begins Tuesday 23rd April**

### APRIL

Tuesday 30<sup>th</sup> - Year 7 Boys Football

### MAY

Wednesday 1<sup>st</sup> - Year 7/8 Girls Football

Friday 3<sup>rd</sup> Weeroona College Bendigo Cross Country

Monday 13<sup>th</sup>

- Netball (Yr 9/10 Girls, A/B Teams)
- Soccer (Yr 9/10 Boys, Yr 9/10 Girls)
- Badminton (Yr 9/10 Boys, Yr 9/10 Girls)

Friday 17<sup>th</sup>

- Sandhurst Division Athletics Carnival (Flora Hill Athletics Complex)

Tuesday 21<sup>st</sup>

- Sandhurst Division Cross Country – Sebastian Harness Racing

*Shawn McCormick*

## ENERGY BREAK THROUGH

On Monday the 4<sup>th</sup> of February, we held our first information session and registration for tryouts,. We will be holding tryouts over the next couple of weeks and they will be held from 3:30-4:30pm at school. If you're interested in trying out for the team or just want to help in the pits or learn more about the sport please contact Mr. McIntosh in Katyil by Wednesday 13<sup>th</sup> of February.

The squad will have a minimum of 40 students

Tryout dates are as follows:

Year 10 – Wednesday 13<sup>th</sup> Feb

Year 9 – Thursday 14th Feb

Year 8 – Monday 8th Feb

Year 7 - Wednesday 20th Feb

For more information please contact me.

*Jack McIntosh*

Energy Breakthrough Leader



## Could \$500 help you with high-school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

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**Email**  
BendigoSP@bsl.org.au  
**Online**  
saverplus.org.au  
Find us on Facebook 



\*many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.anz.gov.au](http://www.anz.gov.au) for more information.



## **HUNTLY FOOTBALL CLUB JUNIORS**

*Affiliated with the Bendigo Junior Football League*

### **INFORMATION & REGISTRATION DAY**

For U16 U14 U12 U10 U9 and Youth Girls

**THURSDAY 14<sup>TH</sup> February 2019**

**4pm to 6pm**

**FREE SAUSAGE SIZZLE**

**HUNTLY FOOTBALL NETBALL CLUB ROOMS**

**GUNGURRU ROAD HUNTLY**

### **AGE GROUPS BELOW WITH D.O.B REQUIREMENTS**

Under 16's 01.01.03 – 31.12.05 inclusive

Under 14's 01.01.05 – 31.12.07 inclusive

Under 12's 01.01.07 – 31.12.09 inclusive

Under 10's 01.01.09 – 31.12.10 inclusive

Under 9's 01.01.10 – 31.12.12 inclusive

Youth Girls

Under 15's 01.01.04 – 31.12.06 inclusive

Under 13's 01.01.06 – 31.12.08 inclusive



# EPSOM FC'S FAMILY FUN DAY

## FEBRUARY 23<sup>rd</sup> 3:30PM – 5:30PM

- For all present, past and future players, aged 5years to 16years.
- Come to Epsom FC's family fun day at Epsom Huntly Recreation Reserve.
- PLENTY OF SOCCER ACTIVITIES FOR THE KIDS!.
- Meet our Junior coordinators; get all the information you need, for the upcoming 2019 season.
- Our sponsor Sportspower will have samples for players to view and order.
- Epsom FC merchandise will be available.

Email the coordinators [juniors@epsomfc.com.au](mailto:juniors@epsomfc.com.au) for more information.



ARE YOUR KIDS  
INTERESTED IN  
PLAYING SOCCER?

COME TO OUR FAMILY  
FUN DAY!

MEET OUR JUNIOR  
COORDINATORS

FIND OUT ALL  
INFORMATION FOR  
THE 2019 SEASON

PLENTY OF SOCCER  
ACTIVITIES FOR THE  
KIDS!

EPSOM FC  
MERCHANDISE  
AVAILABLE

EPSOM FC  
353 Midland Hwy, Huntly, VIC,  
3551

[www.epsomfc.com.au](http://www.epsomfc.com.au)

Email:  
[juniors@epsomfc.com.au](mailto:juniors@epsomfc.com.au)

[www.facebook.com/epsomsoccer](http://www.facebook.com/epsomsoccer)



**RIDE IN THE COUNTRY**  
**RUN IN THE BUSH**  
**FIRST WEEKEND IN MARCH**

[www.bridgetobridge.org.au](http://www.bridgetobridge.org.au)

*The Cohuna Bridge to Bridge is an annual charity event that raises funds for the Cohuna District Hospital.*

**RUNNING**

- Mini miler (1.6km kids)
- 6.5km run/walk
- 12.5km trail run
- Half marathon trail run



**CYCLING**

- 6.5km junior cycle
- 25km cycle
- 50km cycle

