



Phone | 5443 2133
Absence Line | 4433 4911

www.weeroona.vic.edu.au
weeroona.co@education.vic.gov.au

PO Box 566 | BENDIGO | Victoria 3552
383 Napier Street | BENDIGO | Victoria 3550

WCB VISION

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

UPCOMING EVENTS

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 - Noone

Monday to Friday 9:00am - 5:00pm
Saturday 10:00am - 1:00pm

21 Queen Street Bendigo.
(03) 5440 5600

August	
16th	Hope Tour—all students—Sessions 4
19th	Staff professional learning day - No classes for students
22nd	Smile Squad Dental Van onsite for 5 weeks
24th –26th	Year 9 Camp
26th	Wear It Purple Day
September	
6th	Staff professional learning day - No classes for students
15th	Parent/ Student/ Teacher Conference 4pm-8pm
16th	Parent/ Student/ Teacher Conference 9am –1pm No classes for students—Last day of Term 3
October	
3rd	First day of Term 4

CONTACTS

Principal

Jason Bysouth

Assistant Principals

Sarah Trew
Britt Holmberg

Wellbeing Team

Welfare | Julie Nicol
Welfare | Kimberley Priest
Chaplain | Stephanie McDonald
Nurse | Tammy Nancarrow
Occupational Therapist | Megan King

Katyl

Community Leaders
Jack McIntosh
Brooke Nowell

Learning Advisors

L7A Bryan Keely
L7B Trent Bysouth
L8A Michelle Griffin
L8B Marion Stewart
Jayden Jones
L9A Kate Flanders
L9B Meryl Hayes
Julie Perdon
L1A Matthew Reeves

Wannop

Community Leaders
Kellie O'Brien
James Ginnivan

Learning Advisors

W7A Elise Billings
W7B Tanner Rayner
W8A Maddison Morrow
W8 Lucas Cruz-Rocha
W9A Ryan Currie
W9B Casey Williams
W1A Tilley Rose

Merin

Community Leaders
Nadine Harper
Kierny McKemmish

Learning Advisors

M7A Jackie Handley
M7B Elizabeth Nicholson
M8A Kellie Simson
M8B Lucy James
M9A Brian Edebohls
M9B Chris Emond
M1A Christine Edgar
M1B Robyn Turner

Kappen

Community Leaders
Liam Ireland
Karl Winzar

Learning Advisors

K7A Taylah Klemm
K7B Leigh Park
K8A Josh Thurston
K8B Paul Cresswell
K9A Tara Pocklington
K9B Sophie Alford
K1A Sarah Davis
K1B Ben Gardner

FROM THE PRINCIPAL TEAM

This term has been busy. We started the Term with our Year 10 camp to Phillip Island. This was the first time that our Year 10 students have been able to go on a camp for several years. Students engaged in high rope courses, boat rides and penguin watching. A big thankyou to Mr Trent Bysouth on the organisation of the camp and to all students and staff for their participation. In a couple of weeks we look forward to our Year 9 students being able to attend the Melbourne camp.

Our thanks to Mr Greg Barras for organising and running the Australian Maths Competition. We have many students who are passionate about Mathematics, and many inspiring teachers who are helping them to thrive in this area.

This Term has been busy with elective selection evenings for our Year 8, 9, and 10 students. Thank you to Mr Ryan Pollard and all the year 10 advisors who worked with the Bendigo Senior Secondary College staff to help guide students into their VCE subjects for 2023. On Wednesday evening students and families in Year 8 and 9 were invited to come into the College and discuss elective selections. Thank you to all the families and staff that attended this evening and to Ms Christine Edgar for her organisation.

In the coming weeks there are a number of days where students will not be required to attend.

Term 3 Professional Practice Day

Our Term 3 TPP day will be held on Friday 19 August. On this day students will not be required at school.

The professional practice days (PPDs) are an element of the Victorian Government Schools Agreement .

Professional practice days provide teachers with release from their scheduled duties (all duties which would have been otherwise scheduled, including teaching) to focus on the improved delivery of high-quality teaching and learning.

The Victorian Government Schools Agreement 2022, provides teachers with three professional practice days in 2022, two professional practice days in 2023 and one professional practice day in 2024 and beyond.

Berry Street Training Day 2

Our second day of Berry street training will take place on Tuesday 6 September. As you may remember we had our first day of training during semester 1, following 2 years of postponements. Our first day of training was with the other government secondary schools. Days 2 and 3 will be just WCB staff and day 4 will be back as a collective.

The **Berry Street Education Model** (BSEM) is based on classroom strategies informed by Berry Street's approaches to trauma-informed learning and the science of wellbeing. It has been designed by teachers and education leaders FOR whole school staff.

Day 2 - RELATIONSHIP

Increasing relational capacities in staff and students through attachment principles with specific relationship strategies for difficult to engage young people.

- staff/student connections built on attachment principles of unconditional positive regard and positive emotion
- foundations of safety, tolerance and respect
- teaching social and emotional intelligence
- friendship and teamwork
- strategies to build lasting, strong relationships by increasing positivity rations within relationships.

It has been great to have so many students and staff being fit and well this term for the continuity of learning for our students. To ensure that this continues we ask that all members of our college community follow the below advice.

Face masks

It is strongly recommended by the Victorian Department of Health that face masks are worn in indoor settings, with face masks mandatory for those aged 8 and over who are household contacts and attending school. This is because the wearing of masks is effective in reducing the transmission of COVID-19.

What does this mean in practice for schools?

It is the department's expectation that, through to the end of winter, students aged 8 and over and staff will wear masks when in class, except where removing a mask is necessary for clear communication or when a particular activity requires the removal of a mask.

Masks are not required to be worn outdoors but can be worn when physical distancing is not possible. This expectation should not constrain student participation in the full range of school activities, including music, sport and performances.

Schools are not required or expected to sanction students or staff who do not meet this expectation, but are asked to communicate this expectation to the whole school community and seek their support for this collective effort.

Wearing masks is a simple step we can all take this winter to reduce the number of COVID-19 cases and ensure our schools are as safe as possible.

Exemptions for testing and isolation

The period of time when someone is considered a recently confirmed case and therefore exempt from testing and isolation requirements has been reduced from the previous 12 weeks to 4 weeks.

This means that staff and children who are household contacts of people with COVID-19 are now required to undertake the testing and isolation requirements from 4 weeks after completing isolation with COVID-19. Previously, this exemption period was 12 weeks.

After the 4-week exemption period, students and staff members who are a household contact of a new COVID-19 case, must follow the rules for household contacts, including reporting this to their school.

As part of this they must take 5 rapid antigen tests (RATs) over 7 days and receive negative test results and wear a face mask (if over 8 years old) in indoor spaces.

Families and staff will also have to report being a household contact to their school after this 4-week period.

Jason and Sarah

Principal Team

WCB SPORT

Well done to Kiara Richardson who represented Victoria in Badminton.

Kiara is obviously very talented in her chosen sport and we look forward to watching her progress. Well done Kiara.

-Kiara Richardson representing Victoria in Badminton



SPORTSFORCE ADVANCE

Over the past couple of weeks it has been a busy time in relation to Sportsforce Advance program. 20 girls did a sterling job umpiring and helping to coordinate the Bendigo Primary School Regions Netball Carnival.

Over 35 boys and girls also provided valuable assistance umpiring and assisting on a variety of days at the Bendigo Regional Primary School AFL Football carnivals. All did a terrific job. All involved in these activities were fine ambassadors for the college. Well done.

-Sportsforce Advance students assisting at the Bendigo Regional AFL Football Carnivals



North East Clay Target Competition – WCB Victorious

Thursday 11th August saw a variety of students from the college journey to the Echuca Gun Club to participate in the North East Region Clay Target competition. All students represented the college in a fine manner. Our competitors shot the following: Rebecca Ruedin 11/20, Brian Allen 14/20, Bridie Horsfall 14/20, Mitchell Climas 13/20, Jordan Giudice 14/20 and Chase Avery 18/20.

Chase Avery who shot fantastically was the overall winner of the junior competition. The team result also saw Weeroona College Bendigo as winner of the overall Teams Event. A super effort. Well done to all competitors. Well done a terrific effort by all.



Bite off more than you can chew. Now start chewing.

That's one of the best bits of advice I've ever been given and this statement pretty much sums up Performing Arts at the moment too. I won't go through and list everything we have going on currently, it will chew up too much of my word limit for Performing Arts' newsletter item.

Anyway, here's the update -

Count Basie Band 10th rehearsal celebration – The Count Basie Band is our Year 7 Band for brass, woodwind and percussion students and they rehearse every Thursday morning from 8:15am. All these students started this band with no experience on their instrument. You read that correctly. They also hadn't played in a band scenario either, which is also a monstrous challenge.

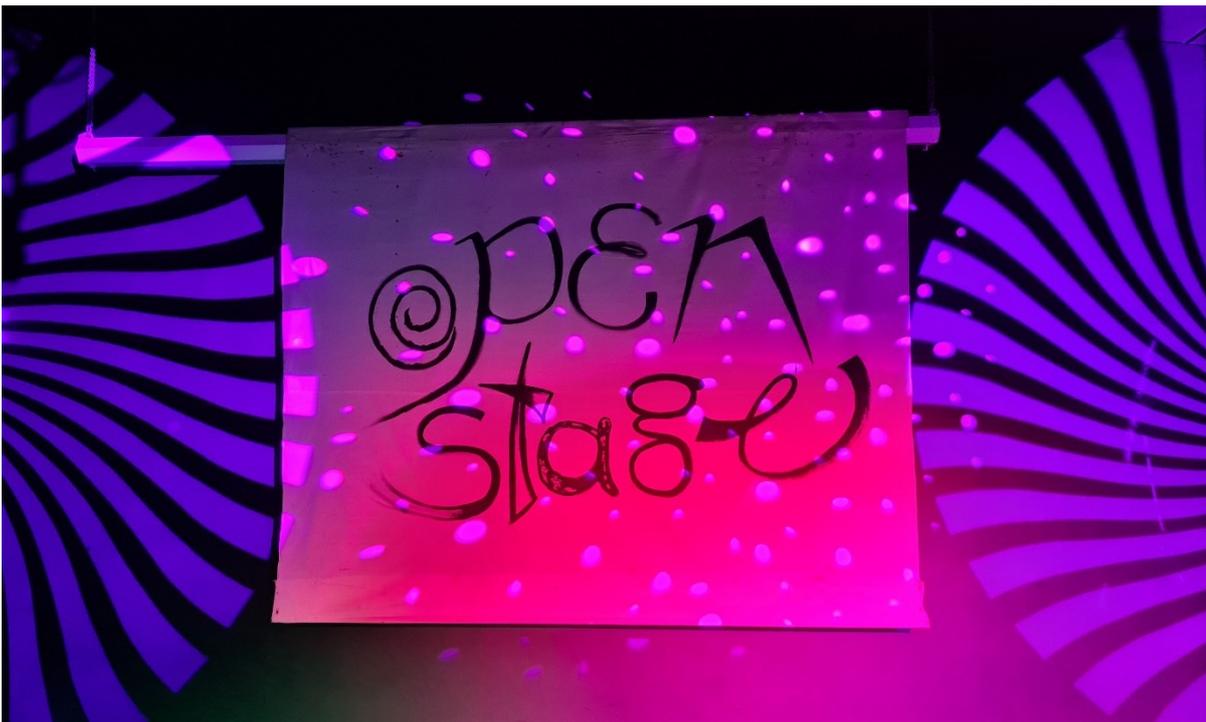
Tomorrow morning will be their 10th rehearsal and they are sounding fantastic! We are hoping to get the Count Basie Band to visit some Primary Schools before the end of Term 3 with the John Williams Band and String Ensemble.

I'm hoping I can get some footage at Thursday's rehearsal to do a comparison of their first rehearsal and the 10th rehearsal.

Open Stage – What's Open Stage? Well that's a long story, but the short version is that Open Stage is a new event the Performing Arts Department is running and it's essentially an Open Mic event.

Are you an actor, comedian, dancer, singer, musician? Also, you don't need to be having lessons at school to perform at Open Stage either, we'd love to have you along and see you on stage performing.

(This is what the stage will actually look like..... How good is that !!!!!)



Advanced Theory classes – Running every Friday morning from 8:30am to the end of advisory, this is a supplement music theory class that also prepares our Year 10 instrumental and music students for Year 11 music studies at a VCE and VET level. Currently students are working on developing their rhythm skills, understanding scales and their interval degrees and developing a sound practice technique based on FOCUS, START SLOWLY, BREAK IT UP and IT'S ALL IN YOUR HEAD. If this sounds like something you're interested in, come and see either Chris or Mr E in the Performing Arts office.

Primary School visits – We’ve had our Rock Bands visiting the surrounding Primary Schools recently and performing to, hopefully, up and coming instrumental and music students. Kewpie Dolls and One Dude and Empress have both been “on tour” to White Hills, Camp Hill and Epsom Primary School making lots of noise and getting a taste for life on the musical road. Both Bands blasted out killer tunes to a very excited bunch of primary school students and answered questions about their experience learning music and the music the love.

We’re hoping to get the John Williams Band, String Ensemble and the Count Basie Band on the WCB Tour Bus so we can continue to inspire the next group of Year 7 instrumental students!



Instrumental lesson fees – I’ll make this short and sweet. Don’t forget to ensure your son/daughters instrumental lesson fees are paid and/or up to date.

Instrumental lesson spaces – With so much talk about instruments, music and performing, hopefully you’re developing an appetite for learning an instrument. Well, you’re in luck! We have plenty of spaces in our instrumental music program if you’re keen and ready to commit.

Come and have a chat with Chris or Mr E and we’ll point you in the right direction.

Have a look at the interview/chat I had with our resident Performing Arts all-rounder, Darcy Ryan.

Thank you for supporting the Performing Arts and I hope to see you at as many events as possible this year. Parents, please feel free to contact me through Weeroona College Bendigo on 5443 2133 or via email at

christopher.blackshaw@education.vic.gov.au .

All the best, Chris.





1) What do you like about your instrument?

I like how the saxophone sounds and how fun the solos are to play

2) What do you love the most about learning to play music?

Finding a song I like and looking it up to see if I can play it.

3) What are your favourite pieces to play right now?

My fast-paced music because I like the sound of them best

4) What music do you listen to at home?

My favourite genre is Rock because I love Queen and other bands like them

5) What are the goals that your teacher has set for you this week?

Brush up on the hardest pieces for my exam this year

6) What do you find most challenging?

Staying in time with the school band sometimes

7) Can you tell us how you succeeded in what you were trying to achieve in your instrumental studies?

Lots and lots of practice!

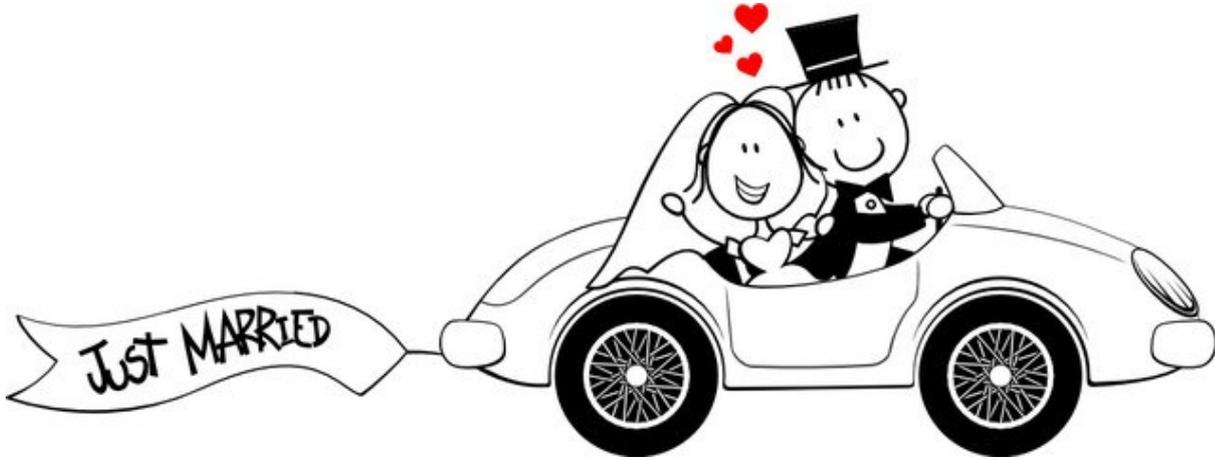
8) When is your next performance?

The Performance Band at Senior will be "the next" performance in week 9, which includes me

9) What would you say to a grade 6 student who wants to sign up for instrumental lessons?

If you sign up it's a big commitment but it's 100% worth it.

College Production 2022 - 'DIMBOOLA'



Weeroona College Bendigo wish to advise the rescheduling of the college's upcoming production 'Dimboola', in light of illnesses and unexpected circumstances.

Originally set for August 2022, 'Dimboola' will now perform in **October** on

Tuesday 25th 6.30pm

Wednesday 26th 6.30pm

Thursday 27th 6.30pm

Venue: Bendigo Pottery Reception Centre. 146 Midland Hwy, Epsom.

Tickets have been transferred to the same day you originally booked.

What if I can't attend the new date?

If you are unable to attend your new performance date listed above, email the school to request your full refund on

weeroona.co@education.vic.gov.au

The college and the production team apologise to all those affected by the date changes and thank family and friends for their support and understanding.

Regards,

Mr. Christopher Emond

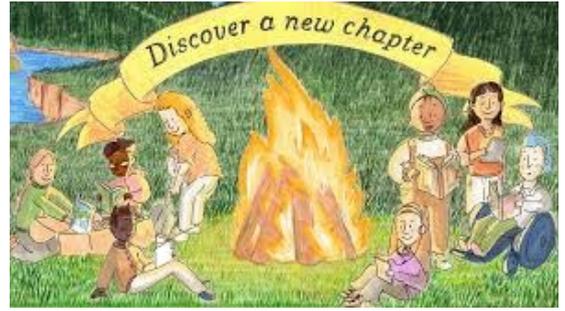
Director – College Productions.

For further information see Mr. Emond in Performing Arts.

GLOBAL LEARNING CENTRE

Premiers' Reading Challenge

All students of WCB are registered to participate in this achievable Challenge. Congratulations to the 52 students who have already successfully finished. These students will receive a certificate from the Office of the Premier and an invitation to a celebratory lunch hosted by the GLC in Term 4. WCB students have recorded a total of 1,827 books on the Challenge App thus far. The Challenge asks students to read 15 books between February 1st and September 2nd, so there is still time to record your reading online.



More information can be found at: <https://www.vic.gov.au/premiers-reading-challenge?Redirect=2>

Alternatively, you can email either librarian on:

Ria.Waycott@education.vic.gov.au

Lisa.Oliver2@education.vic.gov.au



Laptop Lollypop Lollapalooza

During Week 3 of this term, the GLC ran its inaugural Laptop Lollypop Lollapalooza. Advisors checked each morning which students were ready-to-learn by bringing a charged laptop to school. Students who were ready-to-learn every day of the week received a token on Friday which could be swapped for a lollypop and placed in the major prize draw. The GLC distributed well over 100 lollypops on Friday 29th of July. Congratulations to the following students who received major prizes:

Ella Jefferis K7B
Sam McGibbon W7A
Bethany Garratt L9B
Tristan Theobald K7B
Belle Mapperson M7B

GLC Upcoming Events

SRC Sustainability Week – Week 8 (29th-2nd August)

Book Week 'Dreaming With Eyes Open' -Week 10 (12th-16th of September)

Book Club Meeting – Tuesday 13th September @ lunchtime

Circulation Tally

The GLC has loaned out over 12,500 books already this year, which is an amazing figure. Between Independent Reading, READ groups and personal reading, WCB students are reading a wide-variety of quality books. You can visit the GLC before or after school, during lunch and recess or during class (with a pass) to borrow new reading material. With over 34,500 books on our shelves we are bound to have something to interest you.

ENERGY BREAKTHROUGH

Another busy month for the Energy Breakthrough team, we had our first race since the beginning of the pandemic down at Casey Fields at the end of July and it was a great day.

Our junior team Intimidator came first in their category and Pumpkin Vengeance came third. Boomerang unfortunately didn't finish the race due to unforeseen circumstances. Thanks to all the kids involved and to all the parents for all their support for getting the students to the event on the day. A big shout out to our support staff Mr Draper, Miss Rose and Miss Billings as well, lots of time spent after school making the vehicles look perfect for the day.

Now the planning for the big race in Maryborough begins! Lots of work to be done in terms of planning, training and working on our display and presentations with Mr Madden.

The Energy Vehicles elective students and I are working on planning some fundraisers for the school, watch out for more information. Rumours are there may be a pizza day on the horizon!

Thanks again for the sponsors who continue to support the program.

A reminder we're still selling tickets for Scouts Victoria, if you would like to purchase some to support our program please click the following link or scan the QR code below. It would be fantastic if as many parents and friends could share the raffle link from our school Facebook and Instagram.



<https://scoutsvic.raffletix.com.au/weeroonacollege?v=1>

A reminder that tickets are sold for \$2.00 each and \$1.50 of that is returned to us from every sale! First place is a brand new car so click that link!

If you or someone you know is interested in sponsoring the team please contact me via the school for more information.

Jack McIntosh

Energy Breakthrough Leader



ENERGY BREAKTHROUGH



Pumpkin Vengeance



Boomerang



Whole Team Photo



Intimidator Team Photo





Factsheet Sports drinks

Water is the
best drink to
stay hydrated
when exercising

Sports drinks may damage your teeth if you drink them too often. They can cause tooth decay and tooth erosion.

What are sports drinks?

- Sports drinks are used to rehydrate during or after exercise.
- They are made of water and electrolytes, such as sodium and potassium. Sugar and food acids are also added.
- Non-professional sports people do not need to drink sports drinks after exercising or playing sport.



How to protect your teeth from sports drinks

Choose water to stay hydrated.

If you drink a sports drink,

- do not swish it around or hold it in your mouth before swallowing,
- do not open the drink cap with your teeth, and
- have a drink of water after finishing the sports drink to wash it from your mouth.

Ingredients that can damage teeth:

Sugar

- Drinking too many sugary drinks can cause tooth decay.
- Sugar-free sports drinks are available. They do not include sugar but still include food acids.

Food acids

- Food acids in drinks make the drink acidic. Acids in drinks can lead to tooth erosion.



On average,

**a 600ml sports
drink contains:**



8.5 teaspoons
added sugar
(34 grams)



Acidic
2.7 - 3.14 pH





Tips for brushing teeth

1^{IN} 5
Aussie adults brush only once per day

Brush for two minutes, twice per day; once in the morning and once at night.

Choose a toothbrush with a small head and soft bristles.

Follow the same brushing routine every day. This can help to make sure you reach every tooth.

Hold the toothbrush at a 45-degree angle towards the gums and brush gently in small circles or a back-and-forth motion.

Do not scrub from side to side, this can damage your teeth and gums.

Gently brush the top of your tongue.

After brushing, spit out the toothpaste but do not rinse your mouth with water.



Watch this video for pro tooth brushing tips

Replace your toothbrush

- Once the bristles spread apart and sit outside the plastic base of the toothbrush's head,
- after having a cold, the flu or a sore throat, or
- every three months.

Use a fluoride toothpaste

- Fluoride helps to prevent tooth decay. It can also stop tooth decay from getting worse when it is just starting to develop.
- Both children and adults are recommended to use fluoride toothpaste.
- 'Children's' toothpaste is recommended for kids aged 18 months to 6 years. These toothpastes have less fluoride.
- If you are at high risk of developing tooth decay, your dentist may recommend that you use a high strength fluoride toothpaste.



For more information, scan the QR code or go to teeth.org.au/brushing-teeth

 facebook.com/teeth.org.au
 [@teeth.org.au](https://twitter.com/teeth.org.au)





National Headspace workshops.

In August, WCB was fortunate to have National Headspace run a series of workshops for our year 7, 8 and 9 student groups. There was also a carer information night on information on how to support young people with their mental health.

Year 7's completed the **Let's Talk About It: Mental Health** workshop focusing on Understanding mental health and wellbeing, stigma, managing our stress buckets and ways in which we can support ourselves.

Year 8 & 9's completed the **Standing Strong: Bullying and Mental Health** workshop that assisted students to be able to identify the ways their body and brain react to stress, reviewing how bullying impacts on someone's mental health, activities to help them stand strong and exploring ways to seek support.





11/8/22

Dear Parent/Guardian,

Your young person has been invited to join an I CAN Network mentoring program in 2022!

The I CAN Program is a series of mentoring workshops aiming to develop self-acceptance, self-confidence, belonging, and pride in Autistic and neurodivergent students. They do so by building on students' strengths and encouraging them to support one another in the face of challenges. We develop leadership skills and provide opportunities to use them. More information can be found at <https://icannetwork.online/>

The program at Weeroona College will run for 10 sessions during Semester 2, dates to be confirmed. Each session centres on a theme, including:

- Teamwork
- Interests and Autistic strengths
- Saying 'I CAN'
- Communication
- Planning and Organising

Our groups are inclusive of individual differences and celebrate diversity amongst the students attending. All students are welcome and I CAN Network respects everyone's choices. It is up to students if they wish to share whether they are Autistic or any other individual difference.

Next Steps

We would like to invite your family to our Information Session to find out more about our program.

Date: Thursday 18 August
Time: 5-6pm
Location:

Please let your school contact know if you are able to attend this session.

Weeroona College school contact: Megan King T. 5443 2133 Megan.King2@education.vic.gov.au

We're very excited about the possibilities the I CAN program holds for local young people on the Spectrum. We really want to see your school community benefit from embracing Autism and connecting our young people with great pathways.

Thank you for your interest. Please do not hesitate to get in touch if you have any questions. Your local contact from I CAN Network is the Regional Management Team, Northern Victoria. They can be contacted at northernvictoria@icannetwork.com.au.

Yours faithfully,

A handwritten signature in black ink, appearing to read "Chris Varney".

Chris Varney
Chief Enabling Officer, I CAN Network Ltd

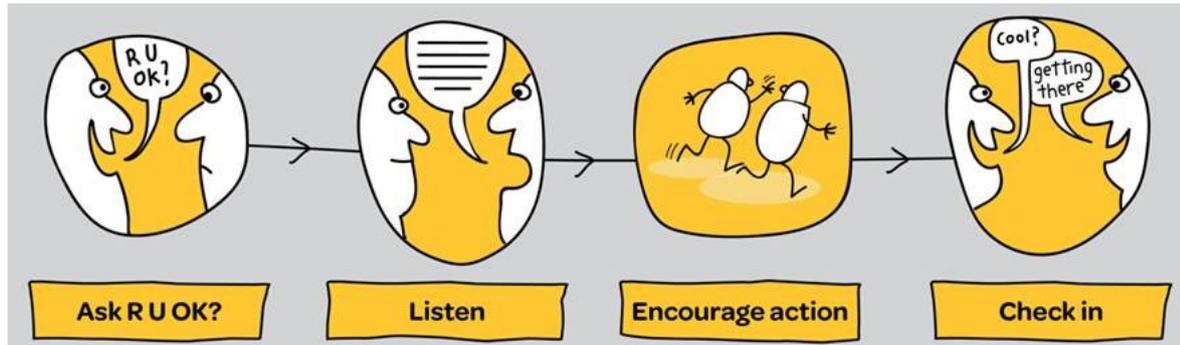
R U OK Day @ WCB

WCB will be raising awareness around R U OK Day, a national day of action educating people on how to check in with loved ones/friends/colleagues; starting meaningful conversations.

The event will be held on the 5th September 2022 during both advisory and lunch time. This will be a whole school event.

Free lunch and interactive activities.

WCB will be supporting and welcoming Headspace and Bendigo Community Health also for student engagement during lunchtime.



Wear It Purple Day 26 August 2022

Wear It Purple Day (WIPD) is aimed at promoting a supportive, safe, empowering and inclusive environment for rainbow young people.

Throughout the week of the 22nd of August, there will be various activities to promote WIPD, including **Friday 26th August** where students can wear **ONE ITEM** that is purple. Please note: This is **NOT** a casual clothes day but an opportunity for students to show support and inclusion by **wearing one item that is purple**.

We are looking forward to celebrating the day with students and hope that they continue to practice kindness, respect and inclusion.



BENDIGO JUNIOR SUMMER SEASON GIRLS & BOYS

SUMMER SEASON

KICKING OFF 5TH & 6TH OF OCTOBER

20 WEEK SEASON INCLUDING FINALS
\$280 PER PLAYER FEE

VENUE: FUTSAL INSTITUTE BENDIGO
62 HATTAM STREET, GOLDEN SQUARE



Fun Friendly Futsal Fitness

FOR INFO CONTACT
AIDAN - 0427 519 250



PLAY CRICKET WITH THE DRAGONS!

BOYS AND GIRLS AGED BETWEEN FIVE AND 18 ARE ALL WELCOME AT THE SANDHURST CRICKET CLUB THIS SUMMER.

YOU'LL GET ACCESS TO GREAT COACHING, A SUPPORTIVE AND INCLUSIVE ATMOSPHERE, AND MAKE SOME LIFELONG FRIENDS.

LOCATED AT THE BEAUTIFUL BENDIGO DISTRICT RSL OVAL AT LAKE WEEROONA.

PAUL HENDERSON
0428 177 314

PETER LENAGHAN
0409 514 393

@sandhurstcc

REGISTER TO PLAY TODAY

