



Murrayville Community College



Newsletter

From the Principal

Open Day –

What a wonderful day we had last Friday for our annual Open Day. We were blessed with fantastic sunshine to showcase our college. It was great to have so many visitors, to see the truly excellent learning that happens here every day. Those who joined my tour and were seeing the fantastic facilities either for the first time, or hadn't for a while, were extremely impressed by the diverse range of programs on offer for all of our students. We pride ourselves on being able to cater for the needs of each and every student.

In 2014 we are offering 30 different subjects and programs at VCE (Year 11 and 12) alone.

Dance adds to our diversity and is something that we offer during the week leading up to Open day. It gives the students the opportunity to express their creativity. The quality of all of the dances at the final performance was again fantastic, as were the musical items and the pieces of writing that were read aloud. I felt that the college shone during the performance and was extremely proud of the entire school.

I would like to congratulate Karen Willersdorf on her organisation of the day, and thank all of the staff and students for their efforts, especially the Home Eco and Hospitality students who prepared the pavlovas and custard tarts for dessert.

Special thanks to Kym Kingdon, who prepared the grounds in Peter Sporn's absence and to Kym Kingdon, Kym Hawthorne and Ross Huxtable for cooking the barbeque.

Circa–

The students from years 7, 8 & 9 travelled to Lameroo on Monday night to enjoy a performance that included 61 Acts in 60 minutes. The students and staff marvelled at the way they moved, bent, twisted and flew and were dazzled by their skills. We were so lucky to have a performance that has toured Australia and internationally come almost to our doorstep. By all accounts it was a thoroughly enjoyable night.

Honour Roll -

I accompanied the P-2 students and their teachers Karen Willersdorf and Jeanette Morehouse to the matinee session of 'Honour Roll' on Wednesday. This performance put on by the Pinnaroo Primary School, which pays tribute to our local heroes who have served this country, was outstanding. I congratulate them all, on the amazing effort to pull this huge production together. Our students enjoyed it immensely, especially the dance items.

HPV Murray Bridge –

The grand finale of the HPV super series will be held in Murray Bridge this weekend. The students race for 24 hours from 12 noon Saturday to 12 noon Sunday. The Primary team is very well placed in second position overall going into this race and the secondary team are only slightly further back. I wish them all a good clean race and sincerely hope they can have some thrills and avoid the spills.

A huge thank you, goes to Eryn Wyatt and Ken Menzel for the work that they have put in to get the teams this far. Eryn has spent hours every week

training and preparing the riders and meticulously planning for this race. Ken has also spent a huge amount of time servicing and preparing the cars and all of their parts for the race. Good luck to all of those involved.

End of Term –

It's hard to believe that another term has come and gone, and that for the majority of the students there are only eleven school weeks left of the year - for some a lot less. It has been a very busy but successful term with Camps, Athletics, HPV, Dance, Open Day, Chemistry competitions and more. There are so many opportunities for our students to achieve their personal best and to strive for excellence. I hope that everyone has a relaxing and enjoyable break and those that are travelling return safely. See you next term.

*Natasha Mudie
Principal*

PS ...

Don't forget to put your clocks ahead on the Sunday before school resumes, when Daylight Saving time returns



Bike Education

Our bike rack has been overflowing the last few days as primary students have their bikes (and helmets) checked prior to the issuing of a safety report so repairs can be made during the holidays, if necessary.

Bike Education will take place during lunchtime activities next term, and all bikes and helmets must be compliant prior to taking part.



CANTEEN

Some hot foods will be available at the start of next term, until supplies are exhausted

AVAILABLE MONDAY-FRIDAY

*Wraps / Sandwiches / Rolls
Ham & Cheese or
Chicken & Cheese Hot Rolls*

HOT FOODS next week

MONDAY : Pizza

(Ham & Pineapple or Cheese & Bacon)

Price \$1.60

WEDNESDAY SPECIAL :

Pinnaroo Show Day

FRIDAY :

Sausage Rolls \$2.50

(only larger sausage rolls available)

Party Pies 50¢

Pies / Pasties \$3.50

Sauce 20¢ or 2 for 30¢

**ALL ORDERS ARE TO
BE PLACED BEFORE SCHOOL**

Please - no more than \$5 in your envelope



Ena Lackmann, a librarian from the College's earlier times, was seen checking out the library with current assistant, Bec Oakley, at Open Day last week

PRIMARY GOLD AWARDS

<p>Prep : Lachlan Nuske for the effort and concentration he put into learning his dance</p> <p>1-2 : Lila Oakley for consistently showing kindness and caring</p> <p>Steffinie Ammerlaan for remarkable progress in managing her own behaviour</p> <p>3-4 : Tiana Jenzen for her enthusiasm and commitment to enhancing her reading skills</p> <p>5-6 : Annika Yard & Jaylen Barford for their commitment to learning the 'Fire Wire' dance and performing with enthusiasm</p>	
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OPEN DAY



WHERE are they now?

RICHARD McKEE

I attended Murrayville Community College from prep to year 10, continuing my last 3 years of school at Saint Peters College in Adelaide as a boarder. This was a massive change from the farm life and the safe community of Murrayville. Like most other 18 years olds, once I had completed my schooling I didn't have any idea of what I wanted to do. I applied for universities within Adelaide and into Melbourne mostly in fields of physics and mathematics as they had been what I enjoyed at school. I knew I didn't want to be stuck inside behind a desk and when the university offers came out I had been successful in getting into a Bachelor of Applied Science in Surveying. I wasn't completely sure what surveying was so I decided to defer and took a gap year. I moved home back to the farm, completed harvest and seeding season, in between working at the Mondello Potatoes Farm. I set off overseas by myself in mid-2008 where I spent three and a half months working in America at a summer camp in New Hampshire on an island in the middle of Lake Winnepesaukee, teaching everything from skiing and high ropes to archery and sailing. I spent the next 3 months travelling, going from the east coast to the west coast of America, Iceland, United Kingdom, Scotland and throughout Europe. I moved to Melbourne at the start of 2009 to start my University studies. With this move came a new group of friends, a new city and a new challenge. I am now currently in my final year of study and have a part time job in the surveying industry. Everything I have done up until now has been due to continuous support from my family and without them I wouldn't have had the confidence or courage to travel and work abroad, or relocate to another city. Life begins at the end of your comfort zone.





DANCE
DANCE



Chaplaincy Matters



Today students participated in lunchtime games organized by school captains Molly and Ellen and SRC President Randall. They were also given messages about positive body image and had fun in the photo booth. This was part of 'Fresh Faced Friday', a new campaign that aims to ensure the positive body image thoughts and conversations get much more airtime in our lives than the negative, allowing us to have positive body confidence. Well done to our student leaders who have done a great job

in facilitating this.

A parent fact sheet about body image from www.thebutterflyfoundation.org.au is on the following page.

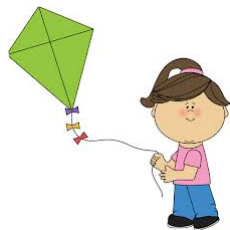


Holidays are here – hope they are safe and relaxing for all.

Found this great list of 'Fun things to do before you turn 12' . . .

Tick as you go ...

1. Climb a tree
2. Build a cubby house
3. Look for fossils in limestone
4. Play Storm the Lantern
5. Skim stones across water
6. Fly a kite you have made
7. Set up a snail race
8. Save an animal
9. Build a raft and float it
10. Make your own hopscotch and play on it
11. Explore in a rock pool
12. Run under the sprinkler
13. Spotlight creatures of the night
14. Help in the garden
15. Play backyard cricket
16. Explore a national park
17. Eat bush tucker
18. Catch an interesting bug and find out what it is
19. Make a mud pie
20. Go yabbying
21. Learn to dive from a diving board
22. Cook on a camp fire
23. Find the Southern Cross in the night sky
24. Grow something you can eat
25. Sleep outside
26. Make a gum leaf whistle
27. Catch a wave
28. Find your way with a map and compass
29. Run around in the rain
30. Learn the Aboriginal names of three animals
31. Try a food you've never had before
32. Find as many kinds of rocks as you can
33. Go camping (even in your backyard)
34. Plant a native tree
35. Play on a Slip 'n Slide
36. Walk on the beach
37. Learn to tie 3 new knots
38. Build sandcastles
39. Find a lake, puddle or wetland and use a magnifying glass to spot the creatures in it
40. Roll down a really big hill



← Lots OF Choices!



Whatever is happening in your family, hope there is time for some rest and quality time together.

Working together for the well being of our young people,

Paul and Barb

Body Image Tips for Parents

Children are very sensitive to messages about body image and appearance from their parents. Often you may not even be aware of the messages your child is hearing from you. Parents can have a very positive impact on the way a child feels about the way they look and their self esteem.

Here are some tips on ways you can be a good body image role model for your child:

Love and accept your own body. This may not be easy but being aware of your attitude towards your own body will help you be conscious of the messages you send to your kids. Try to avoid looking in the mirror and making negative comments about the way you look. If your child sees that you feel comfortable and happy with your body, this can help them feel comfortable in their own skin.

Don't talk about diets. Dieting is the biggest risk factor for an eating disorder. Try to avoid talking about diets, your "naughty" eating habits, or your weight and size. This can give kids the impression that weight and size are highly valued by you and they might feel pressure to look a certain way or be a certain size. Celebrate diversity and emphasise how loved and valued your child is no matter what their weight, shape or size.

Talk to your child about the way they feel about the way they look. Encourage your child to talk with you about their feelings. Create space to talk about things on a daily basis including what is happening with their friends. If your child feels safe to talk to you, then they are likely to share feelings about their bodies with you.

Even with the best of intentions, sometimes life throws us a curve ball. It's important to recognise the warning signs of body dissatisfaction and low self esteem as early as possible. There are certain cues you can pick up on in your child once you know what to look for.

Here are some **warning signs** to keep an eye on in your child:

- Withdrawal from social events and activities that they used to enjoy
- A focus on diets, calories, health and particular foods. They might talk about wanting to be healthier or fitter and become obsessive about checking the nutritional content of what they are eating.
- They might become irritable or anxious around dinner time. They may refuse to eat certain foods or whole food groups.
- Complaints about the way they look, e.g. "I'm ugly" or "I'm fat", or negative comments about their abilities, e.g. "I'm hopeless"
- Frequent weight changes or rapid weight loss
- Change in clothing style such as wearing baggy or oversized clothing

If you notice any of these signs in your child it is important to seek help as early as possible. If you want to talk to an experienced counsellor about your own body image issues Butterfly can support you. Call our **Support Line on 1800 ED HOPE (1800 33 4673)** or email us at support@thebutterflyfoundation.org.au



Butterfly
Foundation for Eating Disorders

COLLEGE CALENDAR

Community Notices

20-21/9	HPV Round 4 : Murray Bridge
12/9	Open Day
19/9	End of Term 3 Casual Day - Fresh Face Friday
20-21/9	HPV at Murray Bridge
6/10	Term 4 commences
8/10	Pinnaroo Show
9/10	LM Athletics : Bendigo
31/10	Primary Plays : HPV Fundraiser
4/11	Casual Day
4-7/11	5/6 Camp : Adelaide
14/11	6/7 Cricket Carnival at Lameroo
17-21/11	Years 10 & 11 Exam Week
24-28/11	9/10 Outdoor Ed Camp 11 Maths/English Transition
28/11	Year 11 finish
1-5/12	Whole School Transition
3/12	P-2 to Mildura + Sleepover
8-12/12	7-10 Mt Gambier Camp
17/12	Presentation Night

Enrich Your Home With A WEP Exchange Student

World Education Program is inviting Australian families to experience another culture within their own homes by becoming volunteer host families. Choose a student from Italy, Belgium, France, Switzerland, The Netherlands or South America and get a glimpse into the life of another culture without having to leave the comfort of your home! Our exchange students are just as excited about sharing their own culture and life experiences as they are about being a member of an Australian family. Check out www.wep.org.au



COMMUNITY MEETING

Following on from the "sporting club" meeting there will be another discussion to be held at the Murrayville Hotel at 7.30pm
Wednesday 24th September
2 people from the Lameroo Sports Club will be talking to us about how their club works
All welcome ... Please spread the word!
See you all there
Let's keep our town moving forward!

Mildura Rotary Club

Voyage of Discovery

Youth Leadership Program

At Hattah December 1-4

Fore students aged 16-18

www.rotarynews.info/2/Club/3797/4753



MALLEE FAMILY CARE

35TH BIRTHDAY CELEBRATIONS

Sunday 21st September 11am-2pm
at Jaycee Park, Mildura

Mallee Family Care wishes to thank the community for all its support over the past 35 years.

Free BBQ lunch,
entertainment, face painting,
jumping castle, balloons

BYO chair or a picnic rug

RSVP by 15/9 for catering purposes

Phone 5021 7480 or email

jhawtin@malleefamilycare.com.au

Murrayville Neighbourhood House School Holiday Program

During the holidays there will be craft classes running each Tuesday (23 & 30 September)

11am to 2pm : Cost is \$8 per session, which includes materials to design and make an item to take home, plus lunch

Please call Jacqui on 5095 2205 to confirm, as materials have to be purchased beforehand

Murrayville Netball Club AGM

Wednesday 15th October 2014 - 4pm (Vic time)

At Community Centre

Apologies to Lisa Crane 0418 835 210

Murrayville Dramatic Society

'Daddy's Dyin' - who's got the will?'

by Del Shores

Friday 17 & Saturday 18 October
at 8pm

The only place
SUCCESS
comes before
WORK
is in the
dictionary

COMMUNICATIONS SENT HOME THIS WEEK

(* Return from parents)

1. Yr 11 Biology - excursion to Wyperfeld National Park *
2. VCE Students - Unit 4 revision lectures *

Please check that you have received this information and,
if not, contact the College for

another copy



PINNAROO OPEN GARDEN DAY

Friday 17th October - tickets
from Pinnaroo Post Office

Morning tea, lunch,
afternoon tea provided

Tickets \$25 per person / \$20 pensioner

More info from Jill Nickolls (0427 715 844)

& Jodie Woolford (08 8577 8283)

