

# St Mary MacKillop

GENEROSITY: "TRY ALWAYS TO BE GENEROUS:" (1882)

NEWS

## Vision

As partners in Catholic education and open to God's presence, we pursue fullness of life for all.

## Mission

At St Mary MacKillop College we are people who affirm the dignity of every person, who act with respect and compassion, who reverence relationships, who have hearts for generosity and forgiveness.

*We celebrate our Catholic identity.*

*We respect the unique dignity, faith and gifts of each person.*

*We value learning, aspiration and connectedness and we work together to create a positive future.*

## FROM THE PRINCIPAL

Dear Parents, Guardians and Friends,

Spring is well and truly here as we work through days of fluctuating temperatures. Our students have been reminded that as the weather warms up it is the Winter Jacket that should be removed not the jumper. Our students look great in their uniforms when they are worn correctly. We appreciate your support in ensuring that your son/daughter is wearing the correct uniform when they leave home each morning.

I praised the students at assembly today for the wonderful ways that they strive to do their best and work within our community. This week we have held the heats of MacKillop's Got Talent, and we have seen some amazing talent. The Grand Final next Friday will be a must see event. Congratulations to the student led Arts Committee on their efforts in organising this event, as well as MADD (Music, Arts, Dance and Drama) Week next week.

Recently Mrs Alison Wright and I attended a training day in regard to initiating conversations for discernment during this period leading up to the Plenary Council next year. In October 2020, the Catholic Church in Australia will gather for the first Plenary Council to be held since the second Vatican Council. Over the past two years' people across Australia have been provided with the opportunity to have their voices heard about hopes, questions, yearnings and challenges of the Catholic Church in Australia. The response to listening to the 12,457 submission is that the National Themes for Discernment have been inspired.

The National Themes for Discernment are:

- Missionary and Evangelising
- Inclusive, Participatory and Synodal
- Prayerful and Eucharistic
- Humble, Healing and Merciful
- A Joyful, Hope-filled and Servant Community
- Open to Conversion, Renewal and Reform

## INSIDE

Friday, 6 September 2019

- Faith Matters
- From the Deputy Principal
- Well, what a 'Wicked' production!
- World Challenge Cambodia
- Swan Hill Region Athletics

## ABSENCE NOTIFICATION

PH: 5032 9771

Press 2

## FUTURE EVENTS

### SEPTEMBER

Mon 9<sup>th</sup> – Fri 13<sup>th</sup>

MADD Week (Music, Arts, Drama, Dance)

Mon 9<sup>th</sup>

Culinary Challenge Grand Final

Mon 9<sup>th</sup> – Tues 10<sup>th</sup>

Fairfax Workshop 2

Fri 13<sup>th</sup>

MacKillop's Got Talent School Formal 6:30pm

Mon 16<sup>th</sup> – Fri 20<sup>th</sup>

10C Work Experience Week

Mon 16<sup>th</sup> – Thurs 19<sup>th</sup>

Fairfax Camp

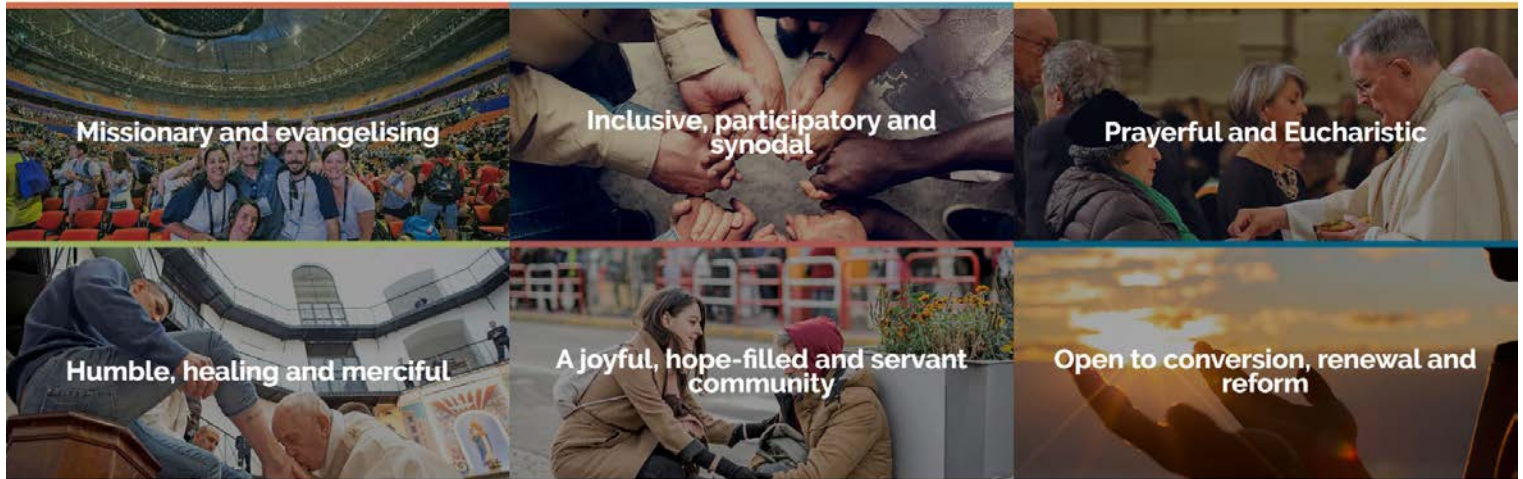
Fri 20<sup>th</sup>

Last Day of Term 3  
School finishes 2.15pm  
Year 12 English Practice Exam



Opportunities to take part in the discernment process will be offered in our Parish. As a school community we will also participate at staff meetings.

It is a very exciting time in our Church History. Let us pray that the voices are heard and change happens.



**Michelle Haeusler**  
Principal

## FAITH MATTERS

### **Religious Education Leaders (REL) conference**

The annual REL conference was recently held in Halls Gap. The theme for the conference this year was "Treasures new and old" – again with a focus on the new Awakenings curriculum.

We have been busy writing new units of work throughout this year using the new curriculum. We continue to revise what and how we teach Religious Education in the school. Our challenge as RE teachers is to *recontextualise* the Catholic faith for the young people in our classes.

### **End of Year Mass**

Our next whole school liturgical celebration will be the End of Year Mass on Tuesday 22<sup>nd</sup> October. Mass will begin at 12:15pm in St Mary's Church. All are welcome to attend. This Mass precedes the Year 12 Final Assembly on this day.

### **Season of Creation (Sept 1 – October 4)**

We have now entered the Season of Creation (Sept 1 – October 4). In his message for Care of Creation this year, Pope Francis encouraged Catholics to make simple changes to their lives so that God's creation is treated with respect.

He encourages everyone to 'make an effort to change' and 'to adopt a simpler and respectful lifestyles'. The real message is for all of us to consider how our daily decisions about food, consumption, transport, use of water, energy and many other material goods can often be thoughtless and harmful.

Let us pray for the care of creation:

*All-powerful God,  
You are present in the whole universe and in the smallest of your creatures.  
You embrace with your tenderness all that exists.  
Pour out upon us the power of your love, that we may protect life and beauty.  
Fill us with peace, that we may live as brothers and sisters, harming no one.  
Touch the hearts of those who look only for gain at the expense of the earth.  
Teach us to discover the worth of each thing, to be filled with awe and contemplation  
To recognize that we are profoundly united with every creature  
As we journey towards your infinite light.  
We thank you for being with us each day.  
Encourage us, we pray, in our struggle for justice, love and peace. Amen.*

**Alison Wright**  
Director of Mission

# FROM THE DEPUTY PRINCIPAL

## **Student Leadership 2020**

This year students and staff have worked together to review and revise the way we elect Student Leaders. This has been a collaborative process and we are very pleased with the new model we have developed for 2020. Next year we will have a team of four Co-Captains. The process of determining that the team involves interested students submitting an application demonstrating their eligibility. Following this, those students who have met the criteria will present a speech to the school community and a vote will take place. This will determine the students who go through to the next stage which is a panel interview. From the interviews, the panel will discern the best team to lead our students.

The criteria are as follows:

- Must have been an active member of a Student Leadership Committee
- Must articulate their active support of School values
- Must demonstrate a commitment to the school through attendance, presentation and participation.

Election of House Captains and Student Leadership Committee Captains will remain the same; students follow an application process and either make a speech for their House or participate in an interview with the Committee Mentor.

Applications for all roles will be available on Friday 13<sup>th</sup> September.

This is an exciting prospect and we are looking forward to our Year 11 students nominating for these leadership roles.

## **School is better when your teenager is there. Every day counts**

Going to school every day is the single most important part of your teenager's education. Students learn new things at school every day – missing school puts them behind. Being away from school for 1 day a fortnight equals missing 1.5 years over 13 years of school.

### **Why it's important**

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. Students develop good habits by going to school every day – habits that are necessary to succeed after school, whether in the workplace or in further study.

Missing school can have a big impact on students academically and socially. It can affect their test results, including VCE & VCAL, and, just as importantly, it can affect their relationships with other students, and lead to social isolation. 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 falling behind in subject topics and assessment tasks, and lead to fewer subject choices and may impact on achievement in years 11 and 12 and post-school pathways.

### **Getting in early**

It's never too late to improve attendance. Even in the middle years, when school can seem the most challenging for students and when attendance rates can be at their lowest, going to school more often can make a big difference. Every day counts.

## **Student Absences**

The main reasons for absence are:

**Sickness** – There are always times when students need to miss school, such as when they're ill. It's vital that they are only away on the days they are genuinely sick, and setting good sleep patterns, eating well and exercising regularly can make a big difference.

**Family holidays** - It's vital that holidays are planned during school holidays where possible, and not during the term. If you are planning to go on holiday during term time, make sure that you talk to your teen's teachers in advance, and work with them to develop an absence learning plan.

**"Day off"** – Think twice before letting your teenager have a "day off" as they could fall behind their classmates – every day counts.



**Truancy** – This is when students choose not to go to school without their parent’s permission or skip out of school during the day. There can be many reasons for truancy; the best way to address this is for the school and parents to work together.

**School refusal** - School refusing children experience significant emotional distress not only when going to school but also at the thought of going to school. They may be absent from school for weeks or even months at a time. School refusal differs from truancy as children generally stay home with the knowledge of the parents and despite their best efforts to encourage their child to go to school.

### If your teenager is away

If for any reason your teenager must miss school, there are things you can do to ensure they don't fall behind:

- Inform the school.
- Contact your teen’s Homeroom Teacher and find out if there is work your teenager needs to do to keep up. PAM is a good way to keep in touch with assessment requirements and emailing teachers can help in making sure work can be sent home if necessary.
- For an extended absence, develop an absence learning plan with your teenager’s teacher and ensure they complete the plan.

We are here to help. If you’re having attendance issues with your teenager, please let the Homeroom Teacher or House Leader know so you can work together to get your teen to school every day.

**Catherine Howison**  
Deputy Principal

## SCHOOL FORMAL

Don't forget to purchase your tickets for the Year 9 to Year 12 School Formal on Friday 13<sup>th</sup> September. It is going to be a wonderful night and all proceeds will go towards The Good Kitchen. Please support our school in supporting our community! Tickets on sale now for \$10 at the Front Office.



## WELLBEING BBQ

Today our Wellbeing Committee provided Year 12 students with a BBQ lunch to show support of all the hard work that they have been doing.



## TEACHING & LEARNING

### After School Homework and Study Help in the Learning Resource Centre (Library)

In an effort to assist students with their homework and develop sound study skills, the staff at St Mary MacKillop College have been rostered into the Learning Resource Centre every Monday – Wednesday from 3:30pm – 4:30pm. We strongly encourage students to utilise this excellent facility, where students can stay after school any day until 4:30pm (except Friday when the Learning Resource Centre closes at 4:00pm).

After School Homework and SAC Supervision				
Week	Monday		Tuesday	Wednesday
9 09/09	Eddie Scholtens		Maria Salvo	Sally Op't Hoog
10 16/09	Rob Waterson		Anna Stewart	Laura Crow

# TEACHING & LEARNING

## Unit 3/4 PRACTICE EXAM TIMETABLE 2019

All students studying a Unit 3 / 4 subject (Year 12 subject) are required to attend Practice Exams in the second week of the school holidays as per the timetable below. Any rescheduling of a practice exam due to timetable clashes or valid personal/work reasons must be requested in writing, with a parent signature, to Mrs Haley, Senior School Coordinator, prior to the holidays.

All students must complete and submit a Practice exam for their subject, even if rescheduled, by 3.15pm Wednesday 2<sup>nd</sup> October.

DATE	TIME	SUBJECT
<b>Monday, September 30<sup>th</sup></b>	9.00 – 11.15	MATHS METHODS 2 hrs FURTHER MATHS 1.5 hrs
	12.30 – 2.45	PHYSICAL EDUCATION 2 hrs VET SPORT & REC 1.5 hrs
<b>Tuesday, October 1<sup>st</sup></b>	9.00 – 11.45	PHYSICS 2.5 hrs HEALTH & HD 2 hrs ACCOUNTING 2 hrs
	12.30 – 3.15	PSYCHOLOGY 2.5 hrs LITERATURE 2 hrs STUDIO ARTS 1.5 hrs
<b>Wednesday, October 2<sup>nd</sup></b>	9.00 – 11:45	CHEMISTRY 2.5 hrs LEGAL STUDIES 2 hrs VISUAL COMM. 1.5 hrs
	12.30 – 3.15	BIOLOGY 2.5 hrs BUS MANAGEMENT 2 hrs VET HOSPITALITY 1.5 hrs

**Sally Looney**

Director of Teaching and Learning

## **Defence Force Session**

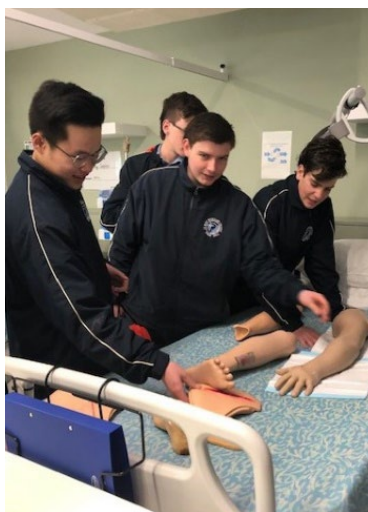
A number of interested students took an opportunity to listen to a Defence Force presentation last Thursday.

Presented by WO2 Harlan Marks SRT – Trades and PO Simon Potter (Navy) the Year 10 and Year 11 students who attend found it to be a very worthwhile session. We are extremely grateful that we were able to arrange for the Defence Force to come to our school so that our students can make informed decisions regarding opportunities available within the Defence Force.



## **SuniTAFE Open Day**

Last week we took two of our Year 10 Pathways class groups to SuniTAFE. They were taken on a guided tour so they could learn more about the numerous courses that are offered locally. Students were able to have a real 'hands on' experience as well as speak to teachers during our visit.



## **Year 10 Deakin University Excursion**

On Wednesday, we took a large group of Year 10's to Deakin University in Geelong. The students were able to choose sessions of interest to them - Forensics / Sport Science / Nursing and Health or Architecture and Building Design. All sessions were informative and some very hands on. We also did very comprehensive tours of both the Waurin Ponds and Waterfront campuses. While it was a long day, we feel sure the students who attended now have a better understanding of these courses.

**Laura Crow and Brenda Brady**  
Pathways Team



# YEAR 10 DEAKIN UNIVERSITY EXCURSION





# WELL, WHAT A 'WICKED' PRODUCTION!

Well, what a 'Wicked' production! This year the team at St Mary MacKillop College put on the huge performance of 'Wicked'. We had an amazing cast and crew of about 40 students who put in a massive amount of effort to make the performance great. 'Wicked' is the background story to the famous movie and play, 'The Wizard of Oz'. Our main character Elphaba was played as a shared role by Phoebe Griffiths and Kate Mullan. Their performance of the role was amazing, with both of them encapsulating the role perfectly. There was no lacking in onstage chemistry, as we had students such as Toni Mia Scalora, Will Garvie, Jordi Bibby, Thea McLoughlan, Declan Myers, Harrison Sawyer, Jethro Edullantes, Bella Howison and Charlotte Rush take to the stage as leads.

This year has been an amazing year for our production team at the College, with wonderful sets amazingly built especially for the play, as well as a fabulous costume team made up of Sandra Scalora and Marlene Myers. Our music this year was particularly special, as we had performers such as Chiaki Green, Alison Wright, Kate Dunstan, Father Matt and our lovely director Talia Henderson making sure the sound was its best possible quality.

As a cast we are very grateful for the effort that has been put into the making of this production and we are happy to report that it was a huge success. There are many other people that we would like to thank, such as our backstage crew, lighting, our VCE culinary class and many others who put in a huge effort to support our production.

On behalf of the cast a big thank you goes out to Mrs Henderson for giving up her free time to encourage us to take the stage. We are incredibly happy to have her as a teacher at this school and cannot wait to see what show she picks for next year!

If you are thinking about joining the production, don't be shy, there are plenty of positions that need to be filled and we can always use another set of hands. Can't wait for next year!

**Charlotte Rush and Bella Howison**  
Cast Members





# WELL, WHAT A 'WICKED' PRODUCTION!





# WORLD CHALLENGE CAMBODIA

On September 19th our five Challengers will leave Swan Hill on their way to a once in a lifetime adventure in Cambodia. From Melbourne, we will join the members of our group from Canberra College and fly to Phnom Penh. There is one night of accommodation booked and from there it is up to the team to organise transport, food and accommodation for our 21 day trip. What a challenge!

During the 21 days we will be going through five phases: acclimatisation, challenge, cultural exploration and project, rest & relaxation. We will travel across Cambodia, beginning in Phnom Penh, travelling to the South Coast to the beach, onto Banlung then by river to Ratanakiri Jungle. After our trek we will move into our project on 3 different island communities in the Mekong River area - Koh Phdao, Koh Dambang, and Koh Preah.

Koh Phdao and Koh Dambang are located in Kratie Province, and Koh Preah is in Stung Treng Province. This is where we will use the funds raised by students and families to support the Cambodia Rural Development Trust. CRDT aims to achieve holistic community development through sustainable livelihoods, income generation, health and sanitation, and improved living conditions. The project aims to tackle all of the communities needs at a grassroots level. This includes developing schools for the children, promoting different ways for the community members to generate income, improving their sanitary facilities, and empowering them to work themselves towards a better future. After some hard work for CRDT we will then travel further on to Siem Reap, our final destination. We will be visiting the Temples of Angkor. As a UNESCO World Heritage site, Angkor is considered to be one of the most significant archaeological sites in South-East Asia extending over approximately 400 square kilometres.



The Angkor Archaeological Park contains the magnificent remains of the different capitals of the Khmer Empire, dating from the 9th to the 15th century. The main temple of Angkor Wat is the largest single religious building in the world, and is certainly the most breathtaking and resplendent of the Angkor sites. It was built in the 12<sup>th</sup> century by King Suryavarman II to honour the Hindu god Vishnu and it exhibits the very pinnacle of Khmer architecture. Visitors can also explore Angkor Thom, which means "the great city" in Khmer and see the Bayon - a multi-storey temple, famous for its carvings depicting scenes from daily life and of important battles. The temple of Ta Prohm was used as a set for the movie Tomb Raider and still looks very much the way most of Angkor must have appeared when Europeans first stumbled upon it - that is, swallowed by the jungle with trees growing out of the ruins!

**We are very excited about our expedition and we hope you follow our adventure on the school Instagram account: @smmcsh**

**A huge thankyou to the whole school community for supporting us in our Community Project.**



# SWAN HILL REGION ATHLETICS CARNIVAL

On Wednesday 28th August, over 100 students represented the College in athletics competition against Swan Hill College, Cohuna Secondary College and Kerang Technical High School. Once again our students participated with enthusiasm and effort and were fantastic representatives of our College. It was a very tight tussle all day, and our College finished in 2nd place, just 10 points behind Swan Hill College.

<b>Final scores:</b>	Swan Hill College	684 pts
	St Mary MacKillop College	674 pts
	Kerang	568 pts
	Cohuna	482 pts

## Age Champions:

Congratulations to the following students on winning Age Champion:

12-13yr boys	Otto Conlan
15 boys	Max Dow
16 boys	Joseph Mammone

## 1st placings:

Congratulations to the following students who won individual "A" events and have qualified to compete at the LMR finals in Bendigo.

Event	Name	Event	Name
13 Boys 100m	Otto Conlan	13 Boys 400m	Otto Conlan
13 Boys 1500m	Rory Vial	13 Boys Triple Jump	Otto Conlan
13 Boys High Jump	William Rush	13 Boys Long Jump	Otto Conlan
13 Girls Shot-Put	Tess Meney	14 Boys 100m	Charlie Hill
14 Boys High Jump	Liam Farnsworth	14 Girls Discus	Jetah Keighran
14 Girls 100m	Milla Scott	14 Girls Shot-Put	Arlee Bennett
14 Girls 400m	Chloe O'Reilly	15 Boys Shot Put	Jordi Bibby
15 Boys 100m	Max Dow	15 Boys 200m	Max Dow
15 Boys 800m	Jason Gillbee	15 Boys Javelin	Quinn Grey
15 Boys High Jump	Darcy Farrell	15 Boys Long Jump	Max Dow
15 Boys Triple Jump	Max Dow	15 Girls Discus	Talahiva Nimo
15 Girls Javelin	Emily Button	15 Girls Shot Put	Emily Button
16 Boys Discus	Joseph Mammone	16 Girls Shot Put	Ruby Kelly-Guthrie
16 Girls 1500m	Hannah Morton	17 Boys Javelin	Corey Grey
17 Girls 200m	Tara Hopkins	17 Girls 800m	Meg Pumpa
17 Girls Triple Jump	Eve Crowe	20 Boys Long Jump	Jacob King
20 Girls Long Jump	Chelsea Tofful	20 Girls Discus	Dayna Kelly-Guthrie
20 Girls Triple Jump	Chelsea Tofful	20 Girls 200m	Dayna Kelly-Guthrie
20 Girls Shot Put	Dayna Kelly-Guthrie	13 Boys Relay Team	
14 Girls Relay Team		15 Boys Relay Team	
16 Girls Relay Team		20 Girls Relay Team	

# CLAY TARGET SHOOTING

On Monday 2<sup>nd</sup> September our Clay Target Team travelled to Mellool for the Swan Hill Field and Game School Persons Shoot. Our team consisted of 11 very keen shooters; Lleyton McLean, Ryan Archard, Nathan Johns, Jana Stemmer, Tom Miller, Patrick Oliver, Liam Cumming, Ethan Fitzpatrick, Bailey Mimmo, Blake Wilckens and Jalen Keam, who could not wait to get off the bus to display their shooting skills on the simulated field and game course. After nominating, our two squads were sent to their shooting grounds. It was a beautiful sunny and calm day, perfect for shooting clay targets. At the first station shooters were given one sighter target and then two single barrel targets over six stations for a total of twelve targets. After a short break the second round of twelve targets were shot on a different course to complete the competition.

At the end of competition, three of our shooters were on equal scores with other shooters in their respective grades which meant they then competed in a shoot off to determine a winner. After the shoot offs and all places were finalised, trophies were distributed at the presentation.

Ryan Archard shot very well again shooting 20/24 and was winner of the Senior Boys Members grade and Tom Miller with 17/24 was second in the Senior Boys Non-Members grade. Nathan Johns 14/24 was third in Senior Boys Non-Members. Patrick Oliver 15/24 was third in Junior Boys Non-Members. Jana Stemmer in her last shoot for the college shot 9/24 to come second in Senior Girls Non-Members. Our team also won the overall team event for the day.

Other shooters to perform well on the day were Lleyton McLean 16/24, Blake Wilckens 12/24 and Liam Cumming who shot on one leg but still managed to shoot 8/24 targets.

If there are any junior students who would like to become involved in the Clay Target Team, please make contact with Mr Scholtens and he will let you know what is involved.





# ITALIAN EXCHANGE STUDENT

This year, our exchange student from our sister school in Giaveno was Alessandra Vanzelli. Alessandra arrived in Australia on the 15<sup>th</sup> of August and was hosted by Year 10 student Natalia Smith in Tooleybuc.

Alessandra has experienced a wide range of activities in the short three weeks she remained here, such as Kyabram Fauna Park, AFL game (Geelong vs. Carlton), The Great Ocean Road, and the cities of Melbourne and Geelong. Alessandra returned home on Thursday 5<sup>th</sup> September to begin her final year of high school. She described her stay here as “amazing” and hopes to return one day.

We wish Alessandra success for her final year of her studies and I would like to thank the Smith family for allowing her to experience so much in such a short stay.

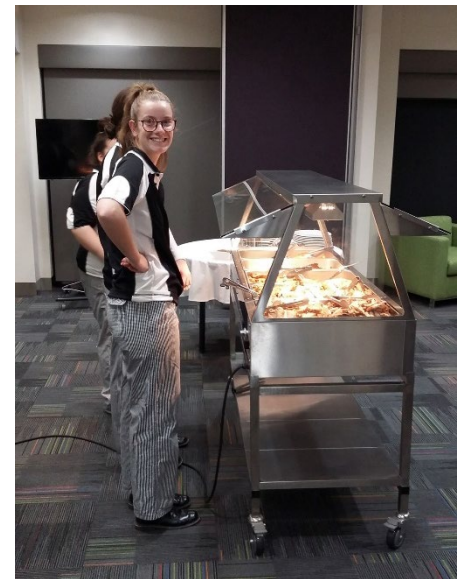
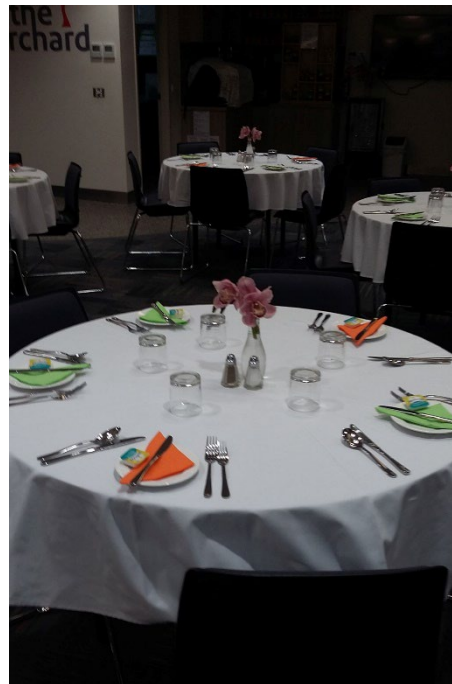
**Maria Salvo**

Curriculum Leader LOTE



## VET HOSPITALITY

On Wednesday the VET Hospitality students catered for 30 guests at a Lions Club dinner. The students provided a two course meal of roast meats and an assortment of desserts.



## LOST PROPERTY

There are a large number of lost property items (PE jumpers and blue winter jackets) unclaimed in the Pastoral Care Centre. If you have lost an item recently, please be sure and check if it is here.

Your stuff misses YOU too.



# QUIT FOR CAMBODIA

The quilt to raise money for the Cambodian children is finished!

The students helped make the hexie flowers and Mrs Op't Hoog put it together. The backing fabric was donated by Coco Leahy. The quilt was professionally quilted to hold it all together - it's a gem!  
And it could be yours!



Tickets are just \$2 and so far we have raised over \$1,000 to assist with projects in Cambodia; building toilets (many families are without toilet facilities), concreting the floor for a school, and building pig pens and chicken coops. How amazing will it be!

The raffle will be drawn on Friday 13<sup>th</sup> September so don't miss out on your chance to win.

Thanks to all who have supported this worthwhile cause.



## DOG KENNELS FOR SALE

Our 1<sup>st</sup> Year VET Building & Construction students have completed their dog kennels and they are ready for sale. There is one large, two medium and two small kennels available with the sizes listed below. The small kennels are only \$100, medium \$125 and the large kennels are \$150.

Sizes:

Small – 740mm long x 450mm wide x 700mm high (top of gable)

Medium – 900mm long x 600mm wide x 840mm high (top of gable)

Large – 1000mm long x 700mm wide x 1030 high (top of gable)

All kennels are supplied with treated pine weather board walls, colour bond roof and 18mm thick ply bottom.



## THE LITTLE FREE LIBRARY IS NOW OPEN!

The Little Free Library is accessible from the front of the Technology Centre, corner of McCrae and Splatt Street. Members of the public are urged to access this and please spread the word to your fellow visitors or travellers.

All we ask is that you abide by our motto,

***Take A Book, Read A Book, Leave A Book.***

Donations are also very welcome as we will continue to stock the free library as books are taken. It would be wonderful to get an influx of fiction books from the wider community to keep it fully operational. Any donations can be delivered to the front office at St Mary MacKillop College.

Happy Reading!





# eat. move. smile.

fruit & veg      more often      together

Think about these three words to help your child (and yourself) be their most healthy and happy

**Eat** more fruit and veggies

**Move** more often

**Smile** with friends, family and neighbours.

Getting good nutrition, good levels of physical activity and interacting with other kids and adults are important factors in the growth, learning and health of children.

## Week 7

26<sup>th</sup> – 30<sup>th</sup> August

smile.  
together

### Sleep Tips!

A lack of sleep can significantly affect one's ability to receive new information and to access previously learned information – making sleep essential for our school students and their learning outcomes. It is not just the length of your sleep, but the quality that is important too. Here are some tips to improve you and your children's sleep:

- Limit screens in the bedroom for at least an hour before bed. The light from a phone/computer/tablet can disrupt your body's sleep cycle and prevent you from falling asleep.
- Have a good routine. Having a regular routine around bedtime gets your body ready for bed and sleep and so you are more likely to fall asleep quickly.
- Exercise to sleep. If you have been doing plenty of exercise throughout the day your body will be more ready to fall asleep.

## Week 8

2<sup>nd</sup> – 6<sup>th</sup> September

move.  
more often

### Tips for limiting screen time

- Before the TV is switched on or the screen handed over, stop and think – could my child spend the time being active instead and have some screen time later on?
- Sit down and discuss with your child some limits on screen time. Some ideas are:
  - If there is a specific program that your child wants to watch, turn the TV off once it is finished. Alternatively, record the program and watch it together later
  - No more than 2 hours a day of screen time and not during daylight hours when they could be outside and active
  - All jobs need to be completed before screen time
  - Use tokens daily for screen time so children learn to self-regulate their own screen time. E.g. 2x 20min TV tokens, 1x 15min iPad token. Children can choose within reason when to use them. Once they are used, that is it for the day.
- TV's, computers, iPads, and phones are for common areas of the home, not bedrooms.

Have a list of active indoor and outdoor games or activities for your children, so you can suggest alternatives to watching/playing on screens.



**PROGRAM OF EVENTS**

# **FAIRFAX FESTIVAL**

# **2 0 1 9**

**FREE ADMISSION  
FOR ALL!**



**16th - 19th  
September**

# **2019**





# FAIRFAX FESTIVAL 2019



## Monday 16th

### **Bar'd Work Presents: The Twelfth Night.**

6pm. Doors 5:30pm. Lower Murray Inn, Pioneer Settlement

Fast, funny and irreverent Shakespeare -  
this troupe of actors will have you dying with laughter!

## Tuesday 17th

### **Songs in the Key of Fairfax, ft. Ginger and Tonic**

7pm. Swan Hill Town Hall

Come along for a night of singing, music and laughter,  
as we transform the town hall into a giant jukebox of tunes.

## Wednesday 18th

### **Alcegis**

7pm. Swan Hill Regional Art Gallery

Join us for an evening of performance and storytelling,  
with this electric reading of playwright Kat Kats' adaptation of  
Euripides' Alcegis.

## Thursday 19th

### **The Main Event**

7pm. Swan Hill Town Hall

The culmination of this year's Fairfax Youth Initiative,  
featuring the trailer launch of "Shift F Feels" -  
a new Australian film, shot in Tooleybuc.





# ST MARY'S PRIMARY SCHOOL CENTENARY 1919-2019

St Mary's Primary School has reached its 100<sup>th</sup> Anniversary of Catholic Primary Education in Swan Hill.

To commemorate this huge milestone, we are excited to announce the publication of a new website containing photos, school registers, clips, past publications and information from both High St and Murlong St schools.

The website is a work in progress and will be updated as we receive more contributions to the history.

**[www.smswanhill100years.com](http://www.smswanhill100years.com)**

Further Celebrations for the Centenary will take place in November, there will be more information to follow at a later date.



If you have any photos, information, old stories or anecdotes from either schools could you please contact Susan Domaille at school (03)50332541 Email: [sdomaille@smswanhill.catholic.edu.au](mailto:sdomaille@smswanhill.catholic.edu.au)





# BCG MAIN FIELD DAY

WEDNESDAY 11 SEPTEMBER 2019

**When:** 9am to 4pm

Breakfast available from 8.15am

**Where:** BCG main research site,  
Sunraysia Hwy (9km west of Birchip)

**Cost:** BCG members - free

Non-members - \$50

## Topics

- Getting the most out of adjuvants
- Seeder technology performance in optimising canola establishment
- Vetch and pulse varieties and disease update
- Nitrogen management and novel methods of application
- Cereal varieties and disease update
- Precision agriculture technology
- New legume pastures to benefit mixed farmers
- Appropriate canola variety selection
- Grazing sheep on standing crops post-flowering
- Climate and soil moisture update
- Green Peach Aphid insecticide resistance update
- Top tips for canola profitability
- Grain storage plans for 2019 harvest
- Barley grass management
- Soil biology's contribution to soil structure and nitrogen use efficiency
- Getting the most out of precision agriculture
- Improving grain farmers environment to operate
- Grain marketing

## Contact Us

03 5492 2787

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# SECOND COMING

WRITTEN BY  
ANDREW R. KELLY

DIRECTED BY  
PAUL FERGUS MORRIS &  
ANDREW HONDROMATIDIS

**OCTOBER**  
**22ND, 24TH, 25TH,**  
**26TH - 7.30PM**  
**20TH - 2PM (MATINEE)**

**SWAN HILL MEMORIAL HALL**  
**47 MCRAE STREET**  
**SWAN HILL, VICTORIA**

**TICKETS**  
**SWAN HILL INFO CENTRE**  
**(03) 5036 2444**  
**SWANHILLONLINE.COM**

