

# St Mary MacKillop

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

NEWS

INSIDE

## 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,

It is an exciting time of the year in schools, with Year 12s finishing classes and beginning exams and Year 11 students stepping up and applying for leadership positions. It was my great pleasure last Friday to announce the following students as the College Captains for 2020:



Tynan Connellan



Emma Hoare



Amy Jobling



Joshua Sutton

After consultation with staff and students the decision was made this year to move to a team of College Captains, rather than the traditional Captain and Vice-Captain scenario. We have found over the past few years that our Vice-Captains often take on as much responsibility as our Captains, therefore the team was created.

Friday, 1 November 2019

- Faith Matters
- Year 11 Exam Timetable
- Pathways/Careers
- World Challenge Cambodia
- Swan Hill Art Gallery Presents - Big Fish 4

## ABSENCE NOTIFICATION

PH: 5032 9771

Press 2

## FUTURE EVENTS

### NOVEMBER

- |   |  |
|---|--|
| Mon 4 <sup>th</sup>                           | Student Free Day<br>Staff Wellbeing PD |
| Tues 5 <sup>th</sup>                          | Melbourne Cup Public<br>Holiday        |
| Fri 8 <sup>th</sup>                           | Year 11 Final Day                      |
| Mon 11 <sup>th</sup> – Thurs 14 <sup>th</sup> | Year 11 Exam Week                      |
| Mon 11 <sup>th</sup> – Fri 15 <sup>th</sup>   | Senior School Transition<br>Interviews |
| Tues 12 <sup>th</sup> – Fri 15 <sup>th</sup>  | Year 9 Camp                            |
| Thurs 14 <sup>th</sup>                        | Year 7 Immunisations                   |
| Mon 18 <sup>th</sup> – Fri 22 <sup>nd</sup>   | Senior School Transition<br>Interviews |
| Tues 19 <sup>th</sup> – Fri 22 <sup>nd</sup>  | Year 12 2020 Orientation               |

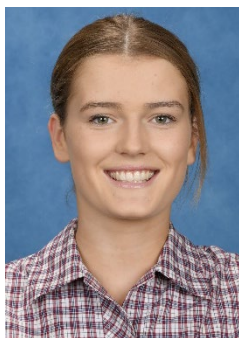


Today we also announced the House Captains for 2020 and they are:

### **Solomon**



Remi Bennett



Sophie Triplett

### **Tenison**



Charlotte Rush



Gurkeerat Khangura

### **Woods**



Bridgette King



Tara Hopkins

### **Xavier**



Grace Farrell



Eve Crowe

All of the students that applied for Leadership positions have done an outstanding job and I am looking forward to working with the whole student leadership team in 2020. Student Committee Captains will be announced in the next newsletter.

### **Save the Date**

The annual College Presentation Night will be held on Monday 9<sup>th</sup> December. All families are welcome to attend. It is always a wonderful night showcasing the wonderful efforts of our students.

### **Michelle Haeusler**

Principal

## **FAITH MATTERS**

Our last full school liturgical celebration was held last week at St. Mary's Church. It was a beautiful Mass and as the nature of it being also the last time our Year 12 students are with us, emotional as well! We said goodbye and good luck to our Year 12s as they begin, for most, the final part of their year – their external exams. Being a parent of a Year 12 student last year, I know the next few weeks may be difficult, but the light can be seen now at the end of the tunnel.

During the last week of the school holidays I was fortunate enough to attend a conference run by the Pastoral Musician's Network. The conference title was "Listen to the Spirit and Sing". The conference was designed to nurture and develop pastoral music ministries in parishes, schools and church communities. Two internationally acclaimed composers and liturgists – Tony Alonso and Diana Macalintal were the keynote speakers. My passion is certainly in the area of music ministry and this conference was a wonderful opportunity for me to be with other music ministers from around Australia and speak and learn from them. Music is a key element of liturgy and I hope to build on from the small community of music ministers we already have both here at school and in our parish.

### **Alison Wright**

Director of Mission



# FINAL DAYS OF YEAR 12 STUDENTS





# FROM THE DEPUTY PRINCIPAL

## **Summer Learning**

This week we have experienced a spike in temperatures and I am sure there is more hot weather to come our way. This can have an impact on student engagement, attitudes, temperament and participation. Research tells us that when temperatures are too hot (or indeed when they are too cold) our brain constantly reminds our body to try to do something about it and because of that, focus can be difficult. There are however a few things that we can do to ensure we can still be learning on a hot day.

1. Control the temperature as much as possible. All our classrooms have air conditioning – aren't we lucky!
2. At break times, make sure you are wearing your hat when you are in the sun and sitting in the shade when you can.
3. Utilise the hot weather rooms that are open at lunchtime and are air conditioned!
4. Stay hydrated! Bring a bottle of water to school and into class.

Feeling the heat can also make us lethargic when we get home from school and we can end up watching three episodes of Brooklyn Nine-Nine instead of finishing our Science Report. Freshen up with a quick cool shower, something light to eat and a cold drink before starting your study.

## **Summer Uniform**

Our students should all now be in full Summer Uniform. A reminder that we sometimes have some sticking points in terms of the correct uniform.

- Black socks – have never been part of our uniform and should not be worn.
- Socks should not have logos or writing on them. Our local stores do sell good quality socks in both grey and white that are plain.
- Dresses should be hemmed to no more than 10cm above the knee.
- Hair that touches over the collar of the dress or shirt should be tied back.
- Hats must be carried at both recess and lunch and should be worn in the sun.

The vast majority of our students do wear their uniform really well and this is wonderful. It is disappointing when others opt out.

## **Representing our school**

We are very privileged to have so many opportunities to represent our school. Students are regularly going out into the community to participate in excursions, to play sport, to join groups, to enter competitions, to attend workshops and lectures and to act as representatives of our student body. This is wonderful for our school community, provides great support in our town and also has many benefits for students. It is always important that we take pride in the way we act, interact and present ourselves when we do this. Students are expected always to maintain high standards of presentation and behaviour, both at school and when they are on activities. This extends also to times when students might be travelling to or from school or perhaps when they are shopping after school. Our College Community Expectations set out that 'We respect ourselves, others and our (learning) environment' and that 'We all use appropriate language'. These are solid guidelines for life in society and don't need to be left at the gate when we leave the school grounds. Students should always ensure that they conduct themselves with pride and respect.

**Catherine Howison**  
Deputy Principal



## **VCE Examinations**

Year 12 VCE external examinations commenced on Wednesday 30<sup>th</sup> October and will continue for some students until Wednesday 20<sup>th</sup> November, with the final exam for those that studied Italian or Japanese. I wish all Year 12 students the very best over this time and hope they gain the rewards from their years of learning at St Mary MacKillop College.

Full details of examination timetables, rules and the VCE Navigator are available on the VCAA website <http://www.vcaa.vic.edu.au/Pages/vce/exams/index.aspx>

## **Senior School Transition Interviews for students entering Year 12 in 2020**

These interviews involving parents, students and staff from the St Mary MacKillop College Pathways Team will be held throughout Week 6, 11<sup>th</sup> – 15<sup>th</sup> November. These interviews are considered an important step into Year 12 and aim to provide yet another opportunity to discuss subjects, career pathways and how we can best work together to support each student in their learning.

This is also Year 11 exam week so appointments need to be planned around times students do not have a scheduled exam. Bookings will be made online using the Parent Access Module (PAM) and full details are available on the attached flyer.

## **Senior School Transition Interviews for students entering Year 11 in 2020**

These interviews will be held throughout Week 7, 18<sup>th</sup> – 22<sup>nd</sup> November.

Students accelerating into a VCE subject (i.e. completing a Unit 1/2 VCE subject in Year 10) will also be required to book an interview

Bookings will be made online using the Parent Access Module (PAM) and full details are available on the attached flyer.

## **Year 12 Orientation 19<sup>th</sup> – 22<sup>rd</sup> November 2019**

Students completing Year 12 subjects in 2020 are required to complete an orientation program to ensure they make the best start possible to their final year of secondary schooling. Students completing Year 12 VCAL program will only be required on Tuesday 19<sup>th</sup> November, whereas students completing a VCE Pathway will be required for all four days. **Year 11 students that have accelerated their studies and are completing a Year 12 subject should also attend their classes as well as the Year 12 Organisation session, Lesson 1 Tuesday 19<sup>th</sup>.** Students will be set essential holiday homework and introduced to key concepts specific for each of their selected subjects. **Attendance is compulsory.**

Please contact the Senior School Coordinator, Suzy Haley if you have any questions.

## **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
5 04/11	Student Free Day		Public Holiday		Mandy McCallum
6 11/11	Damian Howison		Jess Curtis		Ebonee Gurnett
7 18/11	Chris Joyce		Monique Watt		Sally Op't Hoog

**Sally Looney**

Director of Teaching and Learning

## **2019 YEAR 11 VCE SEMESTER 2 EXAMS**

Please be advised that Year 11 exams will run from Monday 11<sup>th</sup> November to Thursday 14<sup>th</sup> November. All Year 11 VCE exams are conducted in the Jubilee Centre. Students must wear their correct school uniform to each exam.

Students are not required to be at school during the exam period unless they have an exam. If they need to remain on the college grounds students must be in the Library. Students in Year 11 VCAL classes should ensure all required outcomes have been completed by the due dates set by their teacher.

**Any students with an exam clash must email Mrs Looney to make alternative arrangements.**  
**Year 11 students completing a Unit 4 Exam must attend the VCE Unit 4 examinations as a priority.**

Please advise Mrs Looney should you have any questions or concerns.

### **Subject Selection Counselling Interviews for all students entering Year 12 in 2020**

Interviews involving parents, students and staff from the St Mary MacKillop College Pathways Team will be held throughout the Year 11 Examination week. Please book your interview time through the Parent Access Module.

	<b>Monday 11<sup>th</sup> November</b>	<b>Tuesday 12<sup>th</sup> November</b>	<b>Wednesday 13<sup>th</sup> November</b>	<b>Thursday 14<sup>th</sup> November</b>
<b>9:00am to 10:45am  (English and Literature finish at 11am)</b>	English  Literature	Psychology	General Maths  Maths Methods	Chemistry  Legal  Visual Communication and Design
<b>BREAK</b>				
<b>1:30pm to 3:15pm</b>	Biology  Business Management	Accounting	Physical Education	Studio Art

## Dear Parents

Senior Student Transition Interviews for students entering Year 12 VCE in 2020 will be held in the Pathways Office on the following dates:

Tuesday November 12 <sup>th</sup>	9:00am – 3:20pm
Wednesday 13 <sup>th</sup> November	9:00am – 3:20pm
Thursday 14 <sup>th</sup> November	9:00am – 1:00pm
Thursday 14 <sup>th</sup> November	3:00pm – 5:40pm
Friday 15 <sup>th</sup> November	9:00am – 3:00pm

Interviews for students entering Year 12 VCAL 2020 will be held in the Pathways Office on:

Monday 11 <sup>th</sup> November	9:00am – 3:20pm
----------------------------------	-----------------

You can now book interviews at times that suit *YOUR FAMILY BEST*.

Login to <http://pam.mackillopsh.vic.edu.au/> and enter through Parent Teacher Interviews to make your booking. Select Pathways Team and book your time.

**BOOKINGS OPEN:** Thursday 31<sup>st</sup> October at 4.00pm

**BOOKINGS CLOSE:** Friday 8<sup>th</sup> November at 3.00pm

**Please check the Year 11 Exam and Unit 4 Exam timetable to ensure students do not have an exam scheduled at the time required for the interview.**

Parents who do not have access to the internet at home, at work, at a friend's house or on their phones, can contact Front Reception on 5032 9771 from 9.00am Friday 1<sup>st</sup> November to make their bookings, or send a note to school with the approximate times required. Interviews are strictly of 20 minutes duration. If you require more time, or a phone interview, please contact Brenda Brady in the Pathways Office to make alternative arrangements.

Parents can change their interview bookings any time prior to the closing date by re-visiting PAM and changing the booking. Parents wishing to change their interview times after the closing date should contact the school.

## Dear Parents

Senior Student Transition Interviews for students entering Year 11 VCE in 2020 will be held in the Pathways Office on the following dates:

Monday 18 <sup>th</sup> November	9:00am – 3:20pm
Tuesday 19 <sup>th</sup> November	9:00am – 3:20pm
Wednesday 20 <sup>th</sup> November	9:00am – 3:20pm
Thursday 21 <sup>st</sup> November	9:00am – 1:00pm
Thursday 21 <sup>st</sup> November	3:00pm – 5:40pm
Friday 22 <sup>nd</sup> November	9:00am – 3:00pm

Interviews for students entering Year 11 VCAL in 2020 will be held in the Front Office on:

Monday 18 <sup>th</sup> November	9:00am – 3:20pm
----------------------------------	-----------------

You can now book interviews at times that suit *YOUR FAMILY BEST*.

Login to <http://pam.mackillopsh.vic.edu.au/> and enter through Parent Teacher Interviews to make your booking. Select Pathways Team and book your time.

**BOOKINGS OPEN:** Thursday 7<sup>th</sup> November at 4:00pm

**BOOKINGS CLOSE:** Friday 15<sup>th</sup> November at 3:00pm

**NOTE: Parents of students discussing the VCAL option please book interviews for Monday 18<sup>th</sup> at the designated times.**

Parents who don't have access to the internet at home, at work, at a friend's house or on their phones, can contact Front Reception on 5032 9771 from 9.00am on 8th November onwards to make their bookings, or send a note to school with the approximate times required. Interviews are strictly 20 minutes duration. If you require more time, or a phone interview, please contact Brenda Brady in the Pathways Office to make alternative arrangements.

Parents can change their interview bookings any time prior to the closing date by re-visiting the PAM website and changing the booking. Parents wishing to change their interview times after the closing date should contact the school directly on 5032 9771.



# PATHWAYS/CAREERS

We are looking forward to 2020 Senior Student Transition Interviews which commence Monday 11<sup>th</sup> November. We love the opportunity to meet again with parents of students who are about to undertake Year 12 and parents of students as they prepare to enter VCE or VCAL (Year 11). We believe these meetings are invaluable and enjoy hearing about student's future pathway dreams and plans. We look forward to supporting them all next year as they continue their journey at St Mary MacKillop College. This year interviews will be held in the Pathways Office.

## **Year 12 Student Reminders**

### **Tresco Masonic Lodge**

\$3,000 scholarship. Applications must be received by December 24<sup>th</sup>. More information is available from the Pathways Office or the Year 12 Study Centre.

### **Chances for Children**

Chances for Children Tertiary Scholarships are granted to young people undertaking further study or apprenticeship costs. Contact Kim Lavery on 03 5031 7488 for more information.

### **CASPer Test for Teaching Courses**

The next two dates are November 17<sup>th</sup> at 11:00am and December 10<sup>th</sup> at 8:00pm. Students applying to study Education must complete this test to be eligible for Round 1 offers.

### **Full Time Employment Opportunity**

Little Swans Early Learning Centre - 12 month traineeship. This position will commence in December 2019. For further information contact Rob or email your resume to [enquiries@littleswans.com.au](mailto:enquiries@littleswans.com.au)



Apprentice Diesel Mechanic at Swan Hill Truck Service. Applications close November 30. Email your letter and resume to [helen@shts.com.au](mailto:helen@shts.com.au)

Heavy Diesel Mechanic Apprenticeship at Cummins (Swan Hill). To commence in January, 2020. For more information, email Recruitment at [careers.sthpacific@cummins.com](mailto:careers.sthpacific@cummins.com)



Apprentice Chef, Murray Downs Golf and Country Club. Contact Steve Banks for further information or email your application to [steveb@mdclubs.com.au](mailto:steveb@mdclubs.com.au)

## **Year 10 Work Experience Program 2020**

We have started having conversations with Year 9 students about our Work Experience Program. A Work Experience placement provides students with a chance to explore possible pathway options and assists them with future course and career decision making.

It may seem very early to be having this conversation but applications with some very popular places such as The Herald Sun, Melbourne Aquarium, AFL Clubs and several major city hospitals as well as regional hospitals will start offering 2020 places in the near future. In previous years many students organised a placement in Swan Hill, but depending on students' interest and 'who you know' a number of students have ventured to other places throughout Victoria.

All Year 10 students are given an opportunity to participate and undertake a five day placement in an industry of their choice. We hope parents will join us by supporting and encouraging their child and maybe even start to discuss this and consider possible work places.

**Laura Crow and Brenda Brady**

Pathways Team

# WORLD CHALLENGE CAMBODIA

On Thursday 10<sup>th</sup> October Grace Farrell, Bella Howison, Hannah Storer, Olivia Closter, Alex Hall, Mr Joyce and Mrs Howison set off to Melbourne to begin our World Challenge experience. We were able to meet the 8 other challengers from Canberra College and our World Challenge Leader Laura at the airport. We participated in some quick get to know each other games before boarding an 8-hour flight to Singapore, then our next flight which took us to Cambodia's capital city, Phnom Penh.

Sleep-deprived, we split into our leadership groups and made our way to our first night's accommodation, spending the rest of the day taking it easy and exploring around the city. While in Phnom Penh we visited the Killing Fields and S21, learning about the Khmer Rouge regime, which impacts the country to this day. We were able to participate in a respectful travelling workshop and got to watch Liv be the first in the group to eat a spider.

After Phnom Penh, we headed down to the coast to spend a few relaxing days in Kampot. We went to the beach in Kep and wandered around local markets trying out fresh octopus and crabs.

From Kampot, we went on an 8-hour bus ride that actually took 12 hours, arriving in Banlung for one night. Here we met our trek guides and set off into the Ratanakiri jungle. Here we spent the next 4 days hiking through the jungle with our packs, completing around 7km each day. We were constantly flicking off leeches and sweating profusely as we pushed through the challenging hike. We slept in hammocks each night at our different camps which were located near beautiful waterfalls that acted as great showers.



After our trek, we returned to Banlung for some well-needed sleep. We spent the next two days exploring Banlung before heading to Kratie. This was the base of the Cambodian Rural Development Fund who organised our community project. We took boats to Koh Dambong, a small island on the Mekong river. Upon arrival, we were warmly welcomed by our wonderful host mums and the families of the island. We spent our first-day having fun with the children on the island, who taught us many handshakes and games to keep us entertained. The next day we had a Khmer lesson, as not one person on the island could speak English. We learnt how to count, and say simple phrases to make communicating a little bit easier. Then we started our project which was to build a toilet for the school on the island. We worked for five hours each day doing jobs such as mixing cement, carrying sand, or constructing the building while Joyco dug his two-metre deep hole. After three days of work, our toilet was complete and we said our goodbyes to the island.

After our Community project, we got in yet another bus and made our way to our final destination, Siem Reap. We spent our last 2 days in the country shopping through the markets and relaxing. We were able to visit the Angkor Wat temples waking up at 4 am to see the sunrise. We also visited the Bayon temple and Ta Prohm temple where 'Tomb Raider' was filmed. On our last night, we organised to visit the Phare Circus and watched in awe throughout the performance. The Phare Circus was founded in 1994 by nine young Cambodian men returning home from a refugee camp after the fall of the Khmer Rouge. At the camp they took drawing classes and found art to be a powerful tool for healing. When they returned home they began offering free drawing classes to street children. Soon they opened a school, eventually offering formal K-12 education and professional arts training in the areas of visual arts theatre, music, dance, and circus. It was amazing!





# WORLD CHALLENGE CAMBODIA

After a long 3 weeks, it was finally time to return back to Australia. We headed to the Siem Reap airport and made our way back home. Arriving in Melbourne on Friday morning, we said our goodbyes to the Canberra College and our expedition leader Laura. Our journey had come to an end and we were on our way back to Swan Hill.

We would like to thank Mrs Howison and Mr Joyce for coming along with us and highly recommend this trip to anyone else who may be interested in exploring another country.

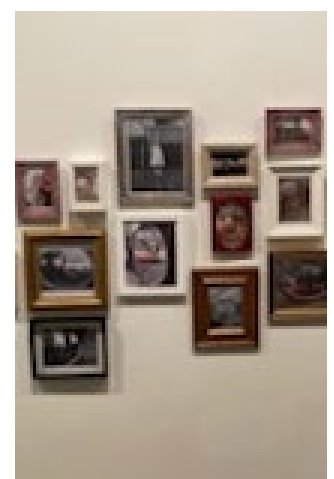
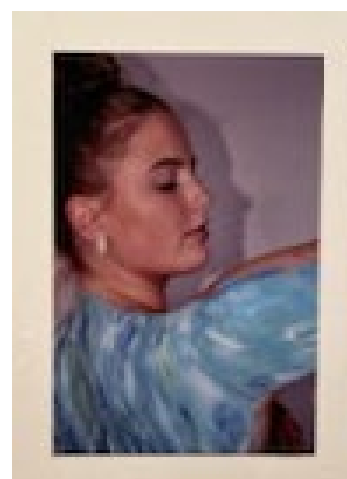
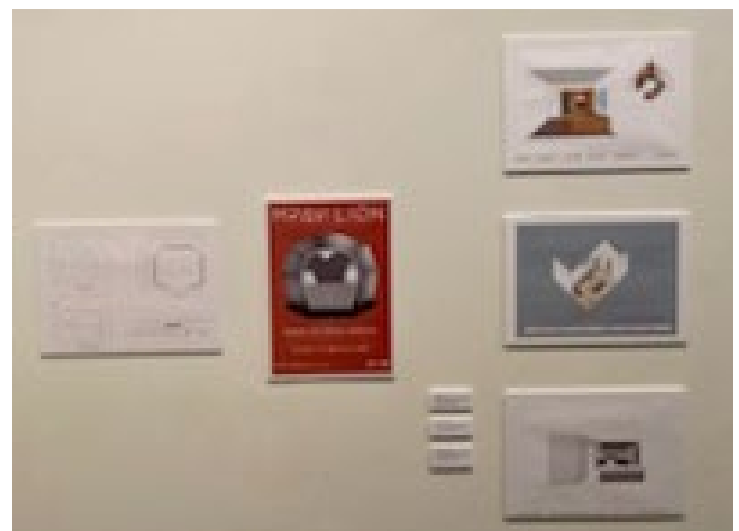
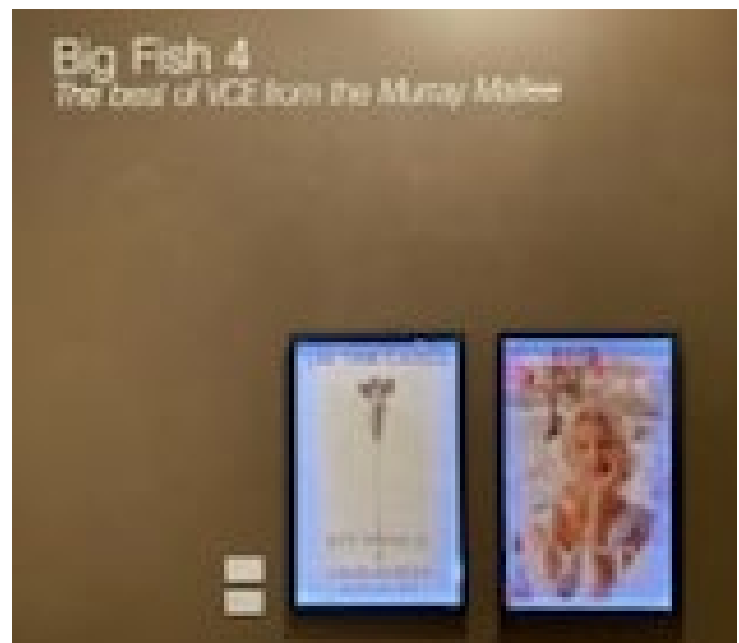
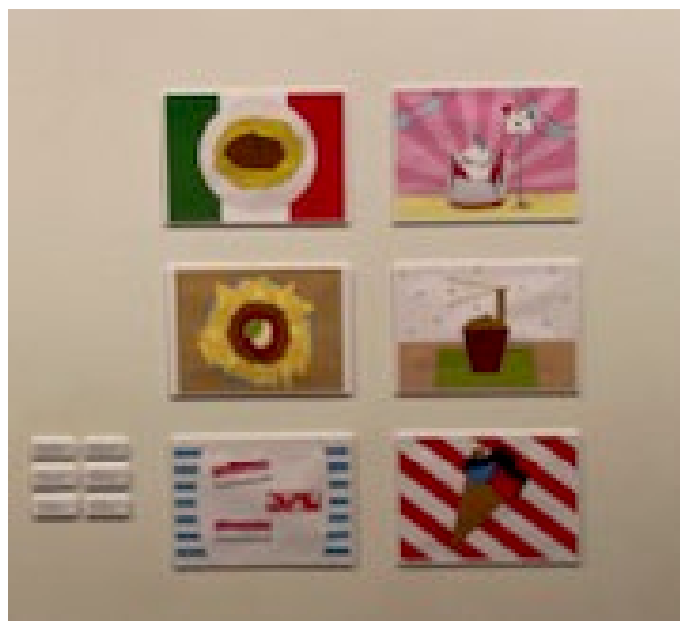
**Grace Farrell and Bella Howison**  
Year 11 Students





# SWAN HILL ART GALLERY PRESENTS - BIG FISH 4

The dynamic and diverse Big Fish returns for its fourth iteration and is currently showcasing outstanding works from VCE students studying Studio Art, Visual Communication and Design and Design Technology. Ten schools in the region have been invited to submit their best works, and I have to add, our St Mary MacKillop College students have featured extensively this year. Our students include; Ryan Bruton (Studio Art), Gemma Goodier (Visual Communication and Design), Ruby Hollingworth (Visual Communication and Design), Nicholas McDowall (Visual Communication and Design), Madison O'Shannassy (Visual Communication and Design), Meg Pumpa (Visual Communication and Design), Georgie Roberts (Visual Communication and Design), Sarah Rogers (Visual Communication and Design), Rachael Sedlacek (Studio Art), and Rory Sheldrick (Visual Communication and Design).



As our Year 12 students near the end of their high school journey, this exhibition provides us with a retrospective on their hard work and their finest achievements. A must-see for the broader community and particularly aspiring arts students.

The exhibition is available from Friday 11<sup>th</sup> October to Sunday 1<sup>st</sup> December 2019.

## READ YOUR NOVELS

# *BE PREPARED FOR YOUR ENGLISH & LITERATURE CLASSES NEXT YEAR!*

Could parents of Years 9-12 students please assist our English staff and encourage your students to make the most of the Summer break and read the required novels for their English & Literature classes next year.

As you can appreciate, class time is dedicated to exploring the characters, themes and ideas in the text. Therefore, students must have read the novel prior to beginning study in order to fully participate in class and to maximise learning. Students not reading the required novel has been a common occurrence in the past and much of the teaching is wasted as the students do not have enough knowledge of the novels to connect the learning to.

Year 7 is the only exception to having the novels read prior to the start of the study. Year 7 read the novels in class. Year 8 must read their first novel – *Across the Barricades* by Joan Lingard – by the beginning of Term 3.

The book-listed novels have been ordered early to enable students to have their novels to read over the Christmas vacation.

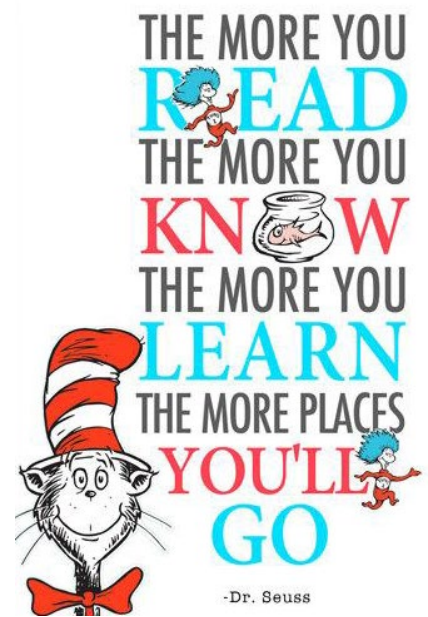
Listed below are the **first novels studied** at Years 9-12 in 2020. These must be read by Day 1:

Year 9 – *The Happiest Refugee* by Ahn Do

Year 10 – *To Kill a Mockingbird* by Harper Lee

Year 11 – *The Messenger* by Markus Zusak

Year 12 – *The Golden Age* by Joan London & *Nine Days* by Toni Jordan



## STATE ATHLETICS

Congratulations to Jordi Bibby and Otto Conlan who competed at the State Athletics on Friday 18<sup>th</sup> October. Both boys performed exceptionally well in their events with Otto just missing a medal in the 12-13 Boys 400m by finishing in 4<sup>th</sup> place and Jordi finished in 6<sup>th</sup> place in the 15 Boys Shot Put.

Otto ran the 400m in the impressive time of 57.92sec (less than a second behind 3<sup>rd</sup> place) and Jordi launched the shot put 12.28m.

Many thanks to the parents of Jordi and Otto for transporting the boys to the event and we hope it was a great experience.



## LOST PROPERTY NOTICE

There are a number of blue school jackets in lost property at Pastoral Care. If you think one of these might be yours, please come to Pastoral Care to claim this.



# SWAN HILL - YAMAGATA STUDENT EXCHANGE 2020



The 2020 Yamagata Exchange Students and Committee would like to express their gratitude to the following businesses, who have very kindly made a donation in goods, cash, or vouchers, in support of the Swan Hill - Yamagata Student Exchange Program.



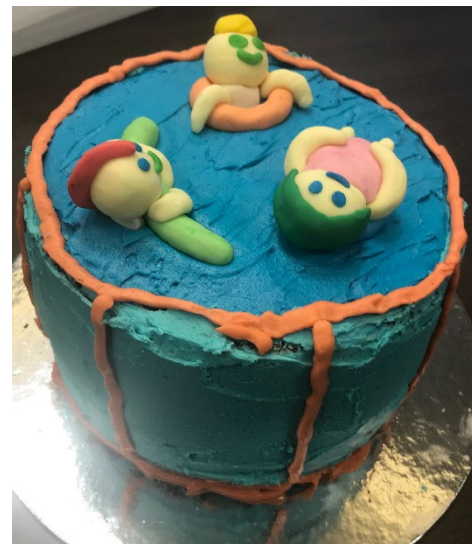
山形市  
Yamagata City

Doey's Meats	19 Brown Street
Fashion Affair	220-222 Campbell Street
Frankie and Co Clothing	244 Campbell Street
Jilarty Gelato Bar & Café	233 Campbell Street
Swan Hill Off Road	1 Nyah Rd
K2 Hair Studio	36 McCallum Street
Swan Hill Stockfeeds	150 Karinie Street

Supporting these businesses is a great way to thank them!

## FOOD FOR ENTERTAINING

Mrs McCallum's Food for Entertaining class completed their cake decorating task as part of their birthday party assessment on Tuesday 29<sup>th</sup> October.



## SOCIAL JUSTICE COMMITTEE

Today members of our Social Justice Committee gifted every year 12 student with a "Wellbeing Survival" kit containing items to help get them through the coming weeks. In the kit was a bible verse from Jeremiah 29:11 "For I know the plans I have for you, declares the lord, plans to prosper you not to harm you, plans to give you hope and a future"





# 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 3

21<sup>st</sup> – 25<sup>th</sup> October

move.  
more often

### Walk to School

Walk to School has been taking place throughout the month of October – Have you been choosing an active journey to school with your kids this month? Luckily, there's still time! Walk to School month doesn't finish until the 1<sup>st</sup> November, so make the most of the warmer weather and get active on the way to school!

Walk to School is a great opportunity to get active and enjoy spring! We understand not all students can walk to school so here are some other options:

- Pick a drop off point near your school such as a park, car park, oval, and walk the rest of the way
- Park your car further away to drop the kids off
- Walk a few laps of the oval before class starts
- 

**When walking to school remember to always STOP, LOOK and LISTEN before crossing the road and use school crossings where possible.**

## Week 4

28<sup>th</sup> – 1<sup>st</sup> November

eat.  
fruit & veg

### How Nude is your food?

Nude food encourages people to eat foods that are not packaged and/or processed, in line with the motto "healthy body + healthy planet". It encourages people to buy products in bulk and then pack them in reusable containers, or to strip your snacks right back and snack on fruits and vegetables. This week, set yourself a challenge to make your children's lunchboxes as 'nude' as possible, and if you take lunch to work – try and cut out any single use plastic packaging.



# *Europe Art, History & Culture Trip 2020 Raffle*

**ONLY \$1 PER TICKET**

## **1<sup>st</sup> Prize**

Variety of gift vouchers including \$120 voucher from Java Spice, item of jewellery from Aspire Jewellery, and much more.

## **2<sup>nd</sup> Prize**

Variety of gift vouchers including \$50 H Homewares voucher, item of jewellery from Aspire Jewellery, and much more.

## **3<sup>rd</sup> Prize**

4.5kg Toblerone Bar



# SWAN HILL LAWN TENNIS & CROQUET CLUB



## TWILIGHT CROQUET – JUNIORS & SENIOR WELCOME

**Time:** 5:45pm for 6:00pm start until 7:30pm

**When:** Friday 25th October 2019 and continues until 6<sup>th</sup> December 2019

**Where:** Ken Harrison Reserve, Yana St, Swan Hill

**Cost:** \$8.00 – includes playing fees and light supper

Equipment supplied – wear comfortable clothes and sneakers

For further information please contact

Julie Barber 50 376766





***Have you finished year 12 and are wondering what next?***

***Have you have been out of the workforce for a while and would like to update your skills?***

SuniTAFE are holding an information evening where you can find out about the wide range of courses offered at SuniTAFE, Swan Hill

**Join us at 6.30pm on Thursday 14th November for an information evening**

Teachers and enrolment staff will be available to answer any questions

For more information, please call the Swan Hill Campus on 5036 0220 or visit our campus at 64 Sea Lake-Swan Hill Road, Swan Hill

**Free TAFE for  
priority courses**

Eligibility criteria apply. Free TAFE on selected courses only.  
Other fees and charges may apply. See [freetafe.vic.gov.au](http://freetafe.vic.gov.au)

