

St Mary MacKillop

Compassion ~ "Be of good heart" (St Mary MacKillop 1876)

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,

Welcome to the 2020 school year. A special welcome to all of our new students and their families, as well as our new staff. Together with 89 new Year 7 students, this week we welcomed Andie and Hannah (Year 11), Beau and Mitchell (Year 10), Abbey, Ngaire, Jessica and Farirai (Year 9) and Natasha (Year 8). I had informed you of the new staff in a letter prior to the start of the school year, however since that time we have also welcomed Mr Jesse McDonald onto our staff. Mr McDonald will be teaching Humanities and Religious Education.

It has been wonderful being back at school and witnessing the excitement of a new year and new year levels. Last week the Year 12 students participated in the Year 12 Retreat at Halls Gap. The students responded well to the activities and conversations and have shown a great maturity for the year ahead.

All students have begun well, with the majority of students arriving in the correct uniform and with the correct equipment. Please make contact with the school if you are having any trouble with either of these things.

The students have responded well to our request to keep mobile phones locked in lockers, or placing the mobile phone into classroom baskets whilst in the classroom learning environment. It is also great to see students interacting with each other, without the need to be continually connected to social media.

At the end of 2019 a number of Positions of Leadership within the school changed personnel. Please see below for the current Leadership Structure:

Friday, 7 February, 2020

- Faith Matters
- From the Deputy Principal
- Teaching & Learning
- Swimming Carnival
- Year 7 Basket Tea

ABSENCE NOTIFICATION
PH: 5032 9771
Press 2

FUTURE EVENTS

FEBRUARY

Fri 14 th	Beginning of Year Mass
Mon 17 th	Year 7 Basket Tea 6:30pm
Tues 18 th	Swimming Carnival
Wed 27 th	Ash Wednesday
Wed 27 th – Fri 28 th	Year 7 Camp

MARCH

Thurs 5 th	Swan Hill Region Summer Sports
Mon 9 th	Public Holiday
Wed 11 th	Year 11 Retreat
Thurs 12 th	Year 11 & 12 Parent, Student & Teacher Interviews



LEADERSHIP STRUCTURE

Governor/Canonical Administrator

Fr Matthew Thomas

Leadership Team

Principal – Mrs Michelle Haeusler

Deputy Principal – Mrs Catherine Howison

Deputy Principal Teaching and Learning – Mr Nathan Lane

Business Manager – Mr David Rush

Director of Mission – Mrs Alison Wright

Director of Wellbeing – Mrs Mandy McCallum

House Leaders

Solomon - Mr Chris Joyce

Tenison - Miss Jen Salvo

Woods - Mr Joel Murphy

Xavier - Miss Ebonee Gurnett

Curriculum Leaders

Arts – Mr Jeremy Wood

English – Mrs Jane Alderuccio

Health and Physical Education – Mr Luke Crow (Semester 1)/Ms Chelsea Watson
(Semester 2)

Humanities – Mrs Monique Watt

Languages other than English (LOTE) – Maria Salvo

Mathematics – Mr Damian Howison

Religious Education – Mrs Alison Wright

Science – Mrs Jaclyn Clark

Technology – Mrs Monique Watt

Senior School Coordinator – Mrs Suzy Haley

VCAL Coordinator – Mr Tony Haley

VET Coordinator – Mrs Laura Crow

Teaching and Learning

Leader Learning Resources – Mrs Catherine Smith

Leader Learning Diversity – Mrs Sally Op't Hoog

English as an Additional Language Coordinator – Mrs Sheelagh Leary

Staff Professional Development Coordinator – Mrs Maria Salvo

Assessment and Reporting – Mrs Lori Rogers

Other

Transition Coordinator – Mr Damien Hirst

Camp and Activities Coordinator – Mr Damien Hirst

Sport Coordinator – Mr Chris Joyce

School Production Coordinator – Mrs Talia Henderson

FROM THE PRINCIPAL

Child Safety

St Mary MacKillop College is a Child Safe and OHS compliant school. This means that all visitors, volunteers and contractors must sign into the school at the front office, wear the visitor's sticker whilst on the school grounds, and sign out on leaving.

It is important that we keep all of the member of our school safe, and appreciate your support in following this procedure.

We discourage parents/guardians from meeting students at the front gate or fence, or any other area around the school to deliver forgotten equipment or lunches. Please come into the front office and we will gladly ensure that the items are delivered safely to your child.

Australian Democratic Principles Statement

At St Mary MacKillop College we are thankful that we are able to prosper under the principles and practices of a democratic nation and the policy frameworks of both its Federal and State Governments.

We acknowledge that we have the freedom to pursue our religious beliefs and to follow a religious worldwide view that is founded upon those beliefs.

We honour and commit to the fundamental freedoms of speech and association for all Australians so long as those freedoms are not used to subvert the rule of law.

We accept the right of our elected Government and their officers to prescribe certain conditions pertaining to the programs and teaching practices of schools, provided those conditions do not diminish or remove our right to teach in a manner consistent with our declared religious beliefs around which our College operates.

We acknowledge that all persons are entitled to be treated equally before the law and, as far as it lies within our capacity to do so, we will endeavour to treat the members of our community with equity and fairness.

We are committed to living in peace with our fellow Australians irrespective of differences in faith, race or culture. We are committed to the social value of respect for all persons.

The 'Education and Reform Act 2006' requires all education providers to operate in a manner consistent with this set of Australian democratic principles.

In accordance with the Act we will deliver our programs and teaching in a manner that supports and promotes the principles and practice of Australian democracy. This includes a commitment to:

- Elected government
- The rule of law
- Equal rights for all before the law
- Freedom of religion
- Freedom of speech and association
- The values of openness and tolerance

The following processes and resources assist our school to support and promote the principles and practice of Australian democracy in our programs and teaching:

1. School review and principal review processes require our school to present a published vision and mission statement based on the mission or purpose of a Catholic school. By the very nature of Catholic schools, which seek to develop the whole person and to assist students to become active members of the Catholic Church and contributors to the common good of society, these statements acknowledge Australian democratic values.
2. Our school displays a poster of democratic values as required by the Australian Government within the school.
3. The Civics and Citizenship domain of the Victorian Curriculum, which are required to be taught in all Catholic schools, provide students with knowledge, skills and opportunities to understand and practise what it means to be a citizen in a democracy. All students are required to work through the two dimensions of the Civics and Citizen domain:
 - Civic knowledge and understanding
 - Community engagement

FROM THE PRINCIPAL

Allergy Awareness

St Mary MacKillop College has enrolled a number of students that have the potential to have an anaphylactic reaction to nuts, therefore we would prefer that nut products are not brought into the school.

Students that require an EPI PEN as part of their anaphylaxis treatment plan, must have provided an EPI PEN to the school, with the students' name clearly marked on the EPI PEN.

Asthma is also considered an allergy, and parents need to ensure that the school has been provided with an up to date Asthma plan. Phone calls home will be made in the coming weeks to parents of students that have been identified as having Asthma, that have not yet provided a plan to the school.

School Injuries and Insurance

Please note that Parents, Guardians and Carers are responsible for paying the cost of medical treatment for injured students, including any transport costs. We would encourage families to obtain their own health insurance or personal accident insurance, to be covered if a serious injury were to occur.

In the event of an injury at school, or a school event, an ambulance will be called if deemed necessary by the staff members in charge. Please ensure that you have current ambulance cover, as the cost of an ambulance, if called, is the responsibility of the Parents, Guardian or Carer.

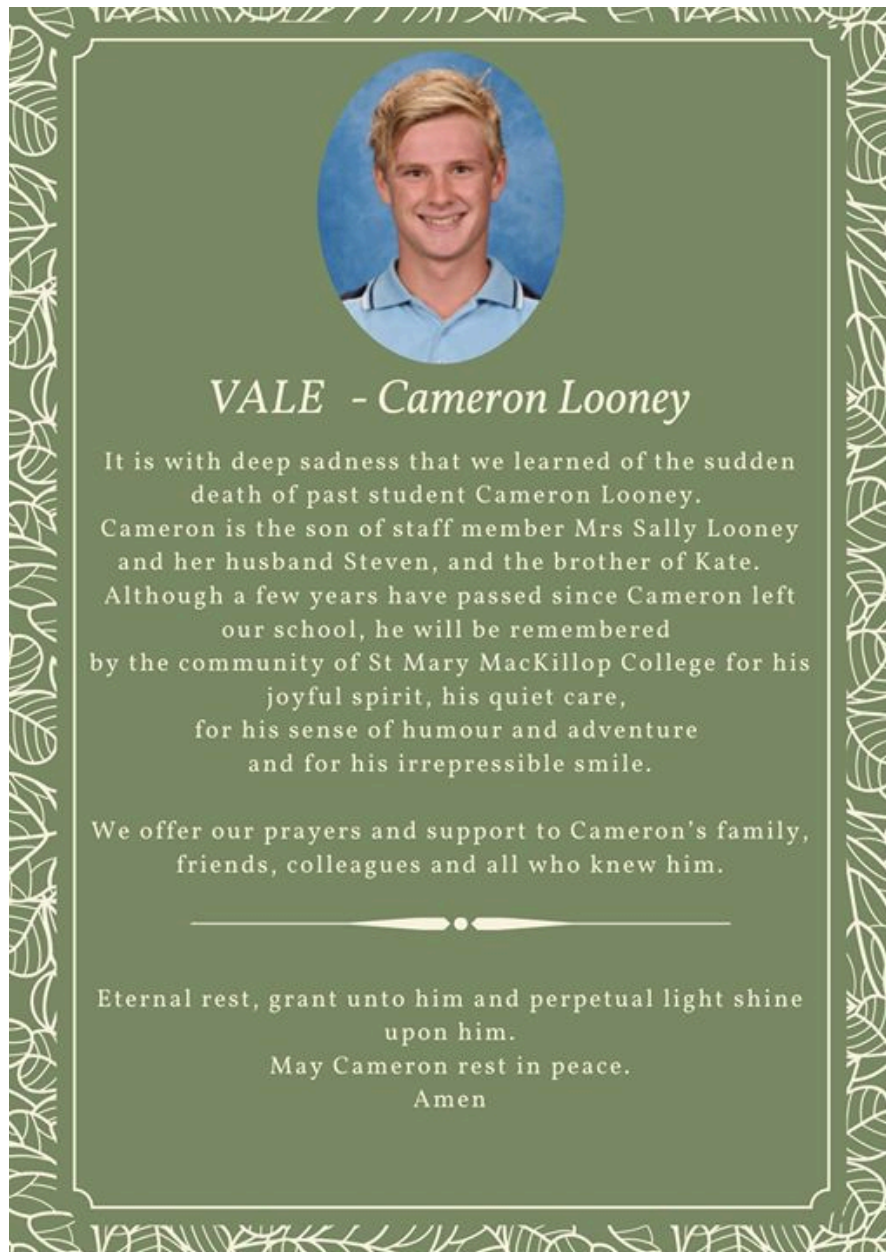
Regards

Michelle Haeusler
Principal

FOOD ALLERGY ALERT!



Someone in this area has food allergies.
Please do your part to keep them safe.



FAITH MATTERS

Our Year 12 students had a different start to the school year with the Retreat being their first experience of the year. The three days together gave them a wonderful opportunity to bond together as a group, before the busyness of the year takes over!

Although it was a little warmer in Halls Gap at this time of year, our students still had the opportunity to fully participate in all scheduled activities, plus those that weren't! The local swimming pool was the choice for most students on Thursday afternoon, or the ice-cream shop!! I would like to take this opportunity to thank all the students who attended and participated in the activities. The conversations and responses I have had with students on returning, have all been very positive.

Thanks also to our senior school coordinator, Mrs Suzy Haley and our four House Leaders Mr Chris Joyce, Mr Joel Murphy, Miss Jen Salvo and Miss Ebonee Gurnett for attending. Most importantly, my thanks to Fr. Matt for his help in organising this retreat and the huge support he offers me.

Alison Wright
Director of Mission



ANNUAL PRIVACY REMINDER

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy.

Please take time to remind yourself of the school's collection statement, found on our website <https://smmc.vic.edu.au/our-community/policies/>.

For more information about privacy, please see our Privacy Policy, also available online at <https://smmc.vic.edu.au/our-community/policies/>.

FROM THE DEPUTY PRINCIPAL

Starting again

We find ourselves at the start of a new year, some of us returning and some of us arriving for the very first time. This presents us with a fresh opportunity to be part of the St Mary MacKillop College Community. There is a lot to be said for belonging to a community and this will mean different things to different people. Over the holidays I have had the time to do a little more reading than usual and have found myself reading the books of Brene Brown who writes about the human yearning to belong.

Brene is a Research Professor who has spent two decades studying courage, vulnerability, shame, and empathy. One of the things that has struck me when I have been reading her books is her description of what it means to belong. Quite simply Brene describes belonging as being very different from fitting in. She says "*Fitting* in is about assessing a situation and becoming who you need to be to be accepted. *Belonging*, on the other hand, doesn't require us to change who we are; it requires us to be who we are." Our school aims to be a place where all people can truly belong, where they can be who they are and be accepted for that. We have school values that support this because 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 recognise that we are all different, that we all have our own strengths and challenges and that we all have something to contribute to this community. I hope that this year our school community really embraces the theme of Compassion and that every person has a deep and enduring sense that they truly belong.

The new year also presents us with the opportunity to set good habits and adopt a positive attitude for a successful year. Good habits are established over time by being clear about what we are doing and by consistently doing it. For some students this might be homework, for others it might be getting to school on time and for others it might be staying on task in class. As a school we have expectations of all staff and students -

- We are on time and ready to learn.
- We always follow staff instructions.
- We all use appropriate language.
- We respect ourselves, others and our learning environment.
- We are responsible for our own behaviour.

Meeting these expectations ensures that our community is respectful and productive and that every person feels valued and is able to engage in their learning.

Uniform

Our uniform is worn very well by most of our students. There are from time to time a few sticking points though and we seek support from parents and carers in ensuring that all students wear the correct uniform well.

- Black socks are not part of our uniform
- Black runners are not in line with our uniform policy.
- If hair is longer than the bottom of the collar it must be tied back.

This year we will be notifying parents when students are out of uniform via Care Monkey.

Coronavirus

You will be aware that the Coronavirus is now having an impact internationally. Whilst people may feel it is unlikely that this applies to our community, it is always prudent to be aware of good health practices. Attached in this edition of our Newsletter is a Fact Sheet for your information. It is always best practice to wash hands thoroughly, to cover your nose and mouth when you sneeze and to prepare food carefully.

I hope that all students have had a positive start to Term 1 and that they feel very welcome.

Catherine Howison
Deputy Principal



STAY INFORMED



www.facebook.com/SMMCSwanhill



<https://twitter.com/SMMCSwanHill>



Parent Access Module

<https://pam.mackillopsh.vic.edu.au/Login/Default.aspx>

	Solomon House Leader: Mr Chris Joyce cjoyce@mackillopsh.vic.edu.au		Woods House Leader: Mr Joel Murphy jmurphy@mackillopsh.vic.edu.au
Solomon 1	Ms Nella O'Brien / Mr Nathan Lane nobrien@mackillopsh.vic.edu.au nlane@mackillopsh.vic.edu.au	Woods 1	Mr Rob Waterson / Ms Lyndal Robinson rwaterson@mackillopsh.vic.edu.au lrobinson@mackillopsh.vic.edu.au
Solomon 2	Ms Sheelagh Leary / Ms Mandy McCallum sleary@mackillopsh.vic.edu.au mmccallum@mackillopsh.vic.edu.au	Woods 2	Ms Jessica Curtis jcurtis@mackillopsh.vic.edu.au
Solomon 3	Ms Sally Op't Hoog sopthoog@mackillopsh.vic.edu.au	Woods 3	Ms Emma Doherty edoherty@mackillopsh.vic.edu.au
Solomon 4	Mr Mark Leary mleary@mackillopsh.vic.edu.au	Woods 4	Mr Jeremy Wood jwood@mackillopsh.vic.edu.au
Solomon 5	Dr Gibson Jim / Ms Sally Looney gjim@mackillopsh.vic.edu.au slooney@mackillopsh.vic.edu.au	Woods 5	Mr Damian Howison dhowison@mackillopsh.vic.edu.au
	Tenison House Leader: Ms Jen Salvo jsalvo@mackillopsh.vic.edu.au		Xavier House Leader: Ms Ebonee Gurnett egurnett@mackillopsh.vic.edu.au
Tenison 1	Mr Luke Crow lucrow@mackillopsh.vic.edu.au	Xavier 1	Mr Damien Hirst dhirst@mackillopsh.vic.edu.au
Tenison 2	Mr Geoff Hickmott ghickmott@mackillopsh.vic.edu.au	Xavier 2	Ms Francesca Gomez fgomez@mackillopsh.vic.edu.au
Tenison 3	Ms Catherine Smith csmith@mackillopsh.vic.edu.au	Xavier 3	Mr Tony Haley thaley@mackillopsh.vic.edu.au
Tenison 4	Ms Laura Crow lcrow@mackillopsh.vic.edu.au	Xavier 4	Ms Jane Alderuccio jalderuccio@mackillopsh.vic.edu.au
Tenison 5	Mr Eddie Scholtens escholtens@mackillopsh.vic.edu.au	Xavier 5	Ms Suzy Haley shaley@mackillopsh.vic.edu.au

DEPUTY PRINCIPAL TEACHING AND LEARNING

Greetings everyone! My name is Nathan Lane and I have been appointed the Deputy Principal Teaching and Learning at St Mary MacKillop College from 2020. I have a teaching background in Humanities and Japanese, and I am also currently the President of the Japanese Language Teachers' Association of Victoria Inc. (JLTAV).

I come to the College after 3 years at Presentation College Windsor (PCW) where I held the position of Director of Pedagogy and Innovation on the College's Leadership Team. In this role I oversaw the teaching and learning programs at the College. Prior to PCW I spent 15 years at St Columba's College, a Catholic girls' school in Essendon, where I was fortunate to have been given a number of leadership roles. I have a very strong interest and background in curriculum and have many exciting ideas to ensure the curriculum at this college continues to lead the way in being contemporary, exciting and engaging.

I am thrilled to be starting work at St Mary MacKillop College, a highly regarded and renowned Catholic school in the Swan Hill region. I very much look forward to continuing the tradition of Mary MacKillop and the Josephite Sisters in providing a holistic education for your child where we balance striving for academic excellence with developing each student's social and emotional wellbeing and their creative talents.

My favourite quote from Mary MacKillop is 'never see a need without doing something about it'. As young men and women of our future, I am passionate about education and empowering others and nurturing their strengths and talents so they will make a difference in the globalised world in which we live.

I congratulate the class of 2019 on their VCE and VCAL results. I look forward to continuing to raise the academic profile of the College. I wish the class of 2020 all the very best for the year ahead. Remember if you remain focused and determined to succeed throughout the year you will reap the rewards of your efforts at the end of the year. I am always available should you need any support throughout the year.

I sincerely thank the College Leadership Team, staff and students for their very warm welcome to the St Mary MacKillop College community. I am always contactable via email (nlane@mackillopsh.vic.edu.au) or by phone and I very much look forward to becoming a part of the St Mary MacKillop College family and getting to know all the students and their families.

I wish everyone in the College community all the very best for 2020.

TEACHING AND 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
3 10/02	Luke Crow		Emma Doherty		Catherine Smith
4 17/02	Jaclyn Clark		Swimming Carnival		Francesca Gomez
5 24/02	Ebony Dalton		Geoff Hickmott		Tony Haley

Nathan Lane

Deputy Principal Teaching and Learning

PATHWAYS/CAREERS

The door to the Pathways Office is always open and we encourage students from all year levels to come and see us if they have questions about further study options, subject choices or are unsure of their career pathway.

We have a fortnightly class with the Year 12 students and Year 9 students, weekly Pathways classes with Year 10 students and a scheduled class at least once a term to meet with Year 11 students. The Year 9 and Year 10 classes are designed to inspire students to explore pathways options through interests and subjects they enjoy now but to also understand that it is OK if their pathway plans change over time.

We see our key role as advisers, but there are many different areas that are covered through our Office. We support students in all year levels, whether it be subject selection, work experience, University applications or assistance getting into the work force. We want to provide students with as much information as possible and look forward to working with your child while also encouraging them to focus on *their* career development by investing in post school options such as:

- Attending Open Days
- Undertaking work experience
- Reading through university and TAFE course guides
- Volunteering or undertaking community service activities

Parents are encouraged to have regular conversations with their child about career pathway possibilities. It is never too early to start!

Part-time Employment

With many young people leaving Swan Hill for further education options or due to full-time employment, now is a very good time for students seeking part-time work to start dropping off their resume to local businesses – especially Coles and Safeway, Target, McDonalds, KFC, local Café's and retail outlets.

If a local business contacts us regarding vacancies, we always advertise them on the student Bulletin and email students in relevant year levels.

PRIVATE INSTRUMENTAL LESSONS IN 2020

Private instrumental lessons will be offered on Tuesdays from Term 1 in 2020. Students will have the opportunity to learn either piano, violin or voice. If you are interested in participating or would like more information please see Mrs Henderson.

A music tuition registration form must be completed and returned to the Front Office to confirm your enrolment.



QUICKSMART

The QuickSmart Maths program has been running at our school for nine years and has shown dramatic results for the students who have participated. Our program has had such success because the actual course is well set up, our instructors are dedicated and because of wonderful volunteers from our school community. The program will be running again this year and we would love to hear from any interested people who have a spare hour in their week. Training is offered and we are very flexible about times for volunteers to come in. If you are interested, please call Sally Op't Hoog at the school or send through an email to sopthoog@mackillopsh.vic.edu.au.

Thanks,
Sally Op't Hoog
Learning Support Coordinator

SWIMMING CARNIVAL

The College Swimming Carnival is scheduled for Tuesday 18th February. This is always an exciting day on the College calendar, and is a fantastic opportunity for students to display house spirit and involve themselves in a healthy competitive environment.

Swimming events begin at 10:00am and conclude at approximately 2:30pm with the final event of the day the staff vs students relay.

It would be terrific to see as many parents, friends and other family members come along to support the students on this exciting College day.

Chris Joyce
Sports Coordinator

TRANSITION

The 2020 class of Year 7s have adjusted extremely successfully to secondary school life. They have had many changes to cope with such as locks, lockers and room changes each lesson and they have done this in an extremely positive manner. All students have been very resilient and have managed well with these challenges.

Thank you to all families and staff for making the Year 7's transition run smoothly. We congratulate all Year 7s for their mature approach in beginning this new phase in their lives.

We encourage families who have not yet registered on Care Monkey to ensure they are registered and that their child's details are all up to date.

A big welcome also to the 9 new students who have enrolled between Years 8 and 11. This can be a nerve-racking time for them however all have managed to settle in well and it is wonderful to see them making new friends and becoming part of the school community.

Damien Hirst
Transition Coordinator



CAMPS, SPORTS & EXCURSIONS FUND

If you are a valid means tested concession card holder or a temporary foster parent you may be eligible to apply for the Camp, Sports & Excursions Fund (CSEF). Cards are to be current as of 29 January 2020 or 14 April 2020.

The allowance of \$225 (for eligible secondary school students) will be paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child. As part of the Victorian Government's commitment to breaking the link between a student's background and their outcomes, the CSEF helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities that exist beyond the classroom.

For more information, or to request an application form please contact the Front Office on 03 5032 9771, or go to www.education.vic.gov.au/csef to download an application form. Applications must be signed and returned to the Front Office as soon as possible.

BUS INFORMATION

Bus Passes

These are only given in extenuating circumstances. (An example of this would be if the child's parents are away from home and consequently the child is staying at a friend's or relatives home).

If needed, a bus pass can be obtained from the district school bus coordinator at Swan Hill College. Students from St Mary MacKillop College should contact the Bus Coordinator, Mrs Henson in the Front Office, who will request the pass on their behalf. Parent/Guardian contact should be made with the school, in person, by phone or by a dated and signed note, stating the date/s and the reason for the pass.

Passes will not be given to students for recreational purposes such as birthday parties or sporting activities. It is the parents' responsibility to transport children for these activities. Bus numbers are often near capacity and excess numbers could cause overcrowding. Passes will be issued at the discretion of the district school bus coordinator at Swan Hill College, after consultation with the attending school.

No bus passes will be issued after the end of recess, unless in extreme emergency. Passes are to be handed to the bus driver at the time of travel. Bus drivers will not allow a student on the bus without a current appropriate pass.

Bus Safety and Good Behaviour

All students who travel to or from school by bus are reminded of the following:

You are representing St Mary MacKillop College and your best behaviour is required at all times. This includes being seated on buses, not throwing objects, not using inappropriate language and caring for the smaller group of students that may be travelling with you. These requests are all safety issues.

No bullying or fighting is ever accepted at the Bus Changeover or on buses. Students who do not adhere to this request can be removed from the buses for between one to ten weeks. This policy is for all schools that use the Government buses in the region and a Principal cannot change this. Once again it is a safety issue and it respects the rights of the majority to travel in a safe environment. Likewise, it is the responsibility of schools to continue to remind all parties of these arrangements.

STUDENT CONVEYANCE ALLOWANCE 2020

Private Car Travel

For a student attending a mainstream school to be granted a conveyance allowance a number of criteria must be met.

1. The campus of the school attended must be located outside the Conveyance Allowance.
2. To be eligible for the Conveyance Allowance a student must be attending their nearest government school or campus appropriate to their year level.
3. Reside 4.8km or more from the school.
4. Be of school age and reside in Victoria.
5. Be enrolled in a school for three or more days a week.

Before completing an application form please read the information about the Conveyance Allowance Program at

<http://www.education.vic.gov.au/school/principals/space/safety/Pages/conveyance.aspx>

Please return completed forms to the office by Friday 21st February.

NSW Transport **Save time. Apply online**

You can now apply online for free school travel in rural and regional NSW instead of using paper forms.

This means you only need to complete one form, even for journeys using more than one bus company.

It's also easier for schools and bus companies, as Transport for NSW now handles the applications.

Who can apply

To be eligible for free school travel, students may need to live a minimum distance from their school:

Years K-2 (Infants)

There's no minimum distance.

Years 3-6 (Primary)

More than 1.6km straight line distance or at least 2.3km walking.

Years 7-12 (Secondary)

More than 2.0km straight line distance or at least 2.9km walking.

Who needs to apply

You only need to apply if the student has never been approved for free school travel before.

However, you need to update student details online if the student:

- is moving from Year 2 to Year 3
- is moving from Year 6 to Year 7
- is changing schools or campuses
- is changing address

How to update your details

If the student has already been approved for school travel and they change addresses, schools or their name changes, or if the student is going into Year 3 or Year 7, you will need to update your details at apps.transport.nsw.gov.au/ssts/update/details

How to apply for free travel for the first time

You can apply for free school travel for next year from the start of Term 4 this year.

Step 1

Once you have enrolled your child at the new school, apply online at transport.nsw.info/school-students giving your home address and telling us which bus company the student needs to travel with between home and school.

Step 2

The school then confirms to us that your details are correct.

Step 3

We will then work on your application. You will get an email confirming if the student is approved for free travel. If so, we will tell your local bus company who may send a school travel pass (if needed) to your school or, in some cases, the bus company will contact you directly about travel arrangements.

A parent or guardian must apply for students aged 15 years and under. Students who are 16 years and over must apply for themselves.

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.

All set for back-to-school lunchboxes

Healthy Lunchbox Week is a Nutrition Australia initiative that aims to inspire parents and carers across Australia to create healthy lunchboxes their children will enjoy.

Be sure to get on board with Nutrition Australia's three top tips for lunchboxes in 2020:

Balance the box

Kids eat around a THIRD of their daily food intake at school. Providing a balanced lunchbox goes a long way in shaping their health and helps kids concentrate and learn better at school. To get the balance right, think food from each of the five food groups.

Here are some great ideas to get started:

- Grain foods - wholegrain crackers, all types of bread, pasta, rice.
- Fruit - fresh whole fruits or cut up and placed in a container, tinned or dried fruit.
- Vegetables - cherry tomatoes, capsicum sticks, snow peas, baby corn spears, salads in sandwiches, wraps or on their own.
- Dairy - UHT plain milk poppers, cheese sticks, or a tub of yogurt.
- Meat and alternatives - cold cuts of lean meat or shredded chicken; tinned fish such as tuna, salmon or sardines; boiled eggs, baked beans, hummus.

Get the kids involved

Kids are more interested in eating food they have been involved in deciding or creating themselves. Children as young as preschool age can help pack their own lunchbox and select from a range of healthy choices on offer. Let them choose their own fruit when shopping and be sure to guide them to the healthier sections of the supermarket when making decisions for the lunchbox. Use the health star rating system to help find the healthier options. A good rule of thumb is to look for products with four or more stars.

Older children can help prepare lunch dishes for the week ahead. Choose from snacks that keep well in an airtight container such as pita crisps, apricot bites or muesli slice. Recipes that can be stored in the freezer include mini muffins, savory scrolls, mini meatballs or chicken nuggets.

For these recipes and more visit: www.healthyhunchboxweek.org

Reduce your waste

Try to choose foods that create less waste and minimize use of single use plastics.

Using reusable containers, drink bottles or lunchboxes will limit litter on the playground and prevent waste going to landfill. Look for reusable lunchboxes and snack containers specifically designed to keep food fresh throughout the school day.

Use air-tight containers for packing cut up fruits or vegetable instead of single use plastic bags.

Place sandwiches in their own sandwich box – not only does it help to keep them fresh; it prevents squished sandwiches ending up in the bottom of the school bag.

Want to Learn More?

Head to the website for a hub of lunchbox tips, recipes, factsheets and inspiration -

www.healthyhunchboxweek.org

Coronavirus

An outbreak of novel coronavirus (2019-nCoV) was detected in Wuhan, Hubei Province, China in late December 2019.

On 1 February 2020, the Australian Government updated advice for people who have recently returned to Australia from mainland China based on the latest and best medical advice.

If you develop symptoms (listed below) within 14 days of leaving anywhere in mainland China or within 14 days of last contact with a confirmed case of novel coronavirus, you should arrange to see your usual doctor for urgent assessment. You should telephone the health clinic or hospital before you arrive and tell them of your travel history or that you have been in contact with a confirmed case of novel coronavirus. Your doctor will liaise with Public Health authorities to manage your care. You must then remain isolated either in your home or a healthcare setting until Public Health authorities inform you that it is safe for you to return to your usual activities.

What is this virus?

Coronaviruses can make humans and animals sick. Some coronaviruses can cause illness similar to the common cold and others can cause more serious diseases, including Severe Acute Respiratory Syndrome (SARS) and Middle East respiratory syndrome (MERS).

The virus seen in mainland China is called 'novel' because it is new. It has not been detected before this outbreak. Most people currently infected live in, or have travelled to mainland China. There have been some cases of 2019-nCoV reported in other countries. It is likely that the virus originally came from an animal, and there is now evidence that it can spread from person-to-person.

What are the symptoms?

Symptoms include (but are not limited to) fever, cough, sore throat, fatigue and shortness of breath.

How can we help prevent the spread of 2019-nCoV?

Practising good hand and sneeze/cough hygiene is the best defence. Encourage all children and staff to:

- wash their hands often with soap and water before and after eating as well as after attending the toilet;
- avoid contact with others by keeping children home if they are unwell; and
- cough and sneeze into their elbow.

Where can I get more information?

Visit the Australian Government Department of Health homepage at www.health.gov.au.

Call the National Coronavirus Health Information Line on 1800 020 080.



BREAKFAST

Toast or Raisin Toast (2 slices)	\$2.00
Toasted Ham & Cheese Sandwich	\$4.80
Yoghurt	\$2.50
Fresh Fruit / Tubs	\$1.50 - \$3.00

COLD DRINKS

Oak Milk Varieties 300ml	\$2.50
Nippy's Reduced Fat Milk 375ml	\$3.00
Slush Puppies Small / Medium	\$2.30 / \$3.30
Prima Varieties	\$1.20
Nippy's Juice Varieties 350ml	\$3.50
Sugarfree Schweppes Lemon or Lemonade	\$2.50
Sugarfree Sparkling Water Varieties	\$2.00

SNACKS

Biscuits (3 Pack)	.60
Cheese square	\$1.20
Carrot <u>OR</u> Celery Sticks	.60
Red Rock Deli Chips/ Grainwaves	\$2.50
Homemade Cakes & Muffins	\$1.50
Homemade Slices	\$2.50
Rumballs	\$3.00



FROZEN SNACKS

Zings	\$1.00
Icy Twists	\$1.20
Callipo	\$1.20
Paddle Pop	\$1.50
Frozen Yoghurt Varieties	\$2.50
Sugar free zooper dooper	\$1.00

FRUIT

Assorted Fresh Fruit	\$1.50
Fruit Salad Tubs	Large \$3.00 / Small \$1.50
Watermelon Tubs	Large \$3.00 / Small \$1.50
Grapes Tub	\$1.50
Strawberries Tub	\$2.00

DESSERTS

Fruchee	\$2.60
Reduced Fat Yoghurt Varieties	\$2.50
Small Reduced Fat Mousse Varieties	\$2.00
Custard	\$1.50
Jelly	\$1.00

EAT
EVERY
DAY

EAT
SOMETIMES

CHOOSE
CAREFULLY

**LUNCHES MUST BE ORDERED BEFORE SCHOOL
OR AT RECESS AS THERE ARE NO SPARES.**

FOCCACIA/TURKISH BREADS

Ham & Cheese	\$5.50
Chicken & Cheese	\$6.00
Ham, Roasted Capsicum, Cheese, Baby Spinach with Aoli	\$6.50

WARM WRAPS

Sweet Chilli Tenders with Sweet Chilli Sauce & Cheese	\$5.50
BBQ – Plain Tenders with Cheese & BBQ Sauce	\$5.70
Mexican – Plain Tenders, Salsa, Cheese & Sour Cream	\$6.00

BURGERS

Chicken Burger, Cheese, Lettuce & Mayo	\$6.00
Schnitzel Burger, Cheese, Lettuce & Mayo	\$6.00
Schnitzel Burger with the Lot	\$6.80
WITH THE LOT includes Burger (choose from above) & Lettuce, Cheese, Mayo, Tomato, Carrot & Beetroot	

HOT FOODS

Nachos	\$5.50
ADD Light Sour Cream \$0.60	
Grays Pizza	\$3.50
Pizza Singles (Ham & Cheese <u>OR</u> Ham & Pineapple)	\$3.30
Light Pie <u>OR</u> Pepper Steak Pie	\$3.80
Light Sausage Roll	\$3.20
Light Pastie	\$3.80
ADD Tomato Sauce \$0.20	
Toasted Ham & Cheese Sandwich	\$4.80
Toasted Chicken & Cheese Sandwich	\$4.80

SALAD TUBS

Garden Salad Tub – Lettuce, Tomato, Carrot, Cucumber, Capsicum & Cheese	\$5.00
Caesar Salad Tub – Cos Lettuce, Croutons, Bacon, Egg, Parmesan Cheese & Caesar Dressing	\$5.00
Potato Salad – Potato, Spring Onions, Herbs, Bacon & dressing	\$5.80
Pasta Salad – Pasta, Capsicum, Spring Onion, Herbs, Bacon & Dressing	\$5.50

ADD Chicken \$1.50

ADD Mayo 50c



COLD WRAPS

Salad Only - Lettuce, Tomato, Carrot, Cucumber, Capsicum, Cheese & Mayo	\$5.00
ADD Chicken <u>OR</u> Tuna <u>OR</u> Ham	\$1.50 each
Chicken, Lettuce & Mayo	\$5.00
Egg & Lettuce	\$5.00

SANDWICHES & ROLLS

ALL WRAPS AND ROLLS ARE WHOLEGRAIN UNLESS WHITE IS SPECIFIED ON THE LUNCH ORDER. ALL SANDWICHES ARE WHOLEGRAIN--SANDWICHES TOASTED ON REQUEST. 50c--

Salad Only- Lettuce, Tomato, Carrot, Beetroot, Cheese	\$5.00
ADD Chicken <u>OR</u> Tuna <u>OR</u> Ham	\$1.50 each
Egg & Lettuce	\$5.00
Ham & Cheese	\$4.50
Chicken & Cheese	\$4.50
Chicken with Lettuce & Mayo	\$5.50

ALL OF OUR MEALS ARE HOMEMADE WITH REDUCED FAT INGREDIENTS.

*All Year 7 students
and their families are*



**MONDAY 17 FEBRUARY
6:30PM**

JUBILEE CENTRE

Families are asked to please bring their own
Food and Drinks.

The evening will give all families the opportunity
to meet our Principal and Deputy Principals, your
child's House Leader and their Homeroom Teacher.

Access information for our Parent Access Module
(PAM) will also be provided on this night.

We look forward to seeing you at the Basket Tea.



Bunnings Sausage Sizzle

SATURDAY 15 FEBRUARY
9am to 4pm

Can You Already Smell the Sausage Sizzling.
Spread The Word To Family And Friends To
Come On Down For A Snag

Support our students attending the 2020
Art, Culture & History Tour

FINANCIAL ASSISTANCE INFORMATION FOR PARENTS

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CAMPS, SPORTS & EXCURSIONS FUND (CSEF)

School camps provide children with inspiring experiences in the great outdoors, excursions encourage a deeper understanding of how the world works and sports teach teamwork, discipline and leadership. All are part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about the CSEF visit www.education.vic.gov.au/csef

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef

If you applied for the CSEF at your child's school in 2019, you do not need to complete an application form in 2020 unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools in 2020 or you did not apply in 2019.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing at the school in 2020.

Check with the school office if you are unsure.



CAMPS, SPORTS AND EXCURSIONS FUND (CSEF) APPLICATION FORM

School Name

School REF ID

Parent/legal guardian details

Surname _____

First name _____

Address _____

Town/suburb _____ State _____ Postcode _____

Contact number _____

Centrelink pensioner concession **OR** Health care card number (CRN)

- - - **OR**

☐ Foster parent* **OR** ☐ Veterans affairs pensioner (Gold Card)**

*Foster Parents must provide a copy of the temporary care order letter from the Department of Health and Human Services (DHHS).

**Applicants must provide a copy of the Veteran Affairs Gold card

Student details

Child's surname	Child's first name	Student ID	Date of birth (dd/mm/yyyy)	Year level

I authorise the Department of Education and Training (DET) to use Centrelink Confirmation eServices to perform an enquiry of my Centrelink customer details and concession card status in order to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Australian Government Department of Human Services (DHS) to provide the results of that enquiry to DET.

I understand that:

- DHS will use information I have provided to DET to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to DET personal information including my name, address, payment and concession card type and status.
- this consent, once signed, remains valid while my child is enrolled at a registered Victorian school unless I withdraw it by contacting the school.
- I can obtain proof of my circumstances/details from DHS and provide it to DET so that my eligibility for the Camps, Sports and Excursions Fund can be determined.
- if I withdraw my consent or do not alternatively provide proof of my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DET.
- information regarding my eligibility for the Camps, Sports and Excursions Fund may be disclosed to the Victorian Department of Health and Human Services and /or State Schools Relief for the purpose of evaluating concession card services or confirming eligibility for assistance.

You are able to request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child's school.

Signature of applicant _____

Date ____ / ____ / ____

CSEF ELIGIBILITY

Below is the criteria used to determine a student's eligibility for the Camps, Sports and Excursions Fund (CSEF).

Criteria 1 – Eligibility

To be eligible* for the fund, a parent or legal guardian of a student attending a registered Government or non-government Victorian primary or secondary school must:

- on the first day of Term one, or;
 - on the first day of Term two.
- a) Be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, be a holder of Veterans Affairs Gold Card or be an eligible Centrelink Health Care Card (HCC) or Pensioner Concession Card (PCC) holder, OR
- b) Be a temporary foster parent, and;
- c) Submit an application to the school by the due date.

* A special consideration eligibility category also exists. For more information, see:

www.education.vic.gov.au/about/programs/Pages/csef.aspx

Parents who receive a Carer Allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with one of (a) or (b) above.

Criteria 2 - Be of school age and attend school in Victoria

School is compulsory for all Victorian children aged between six and 17 years of age inclusive.

For the purposes of CSEF, students may be eligible for assistance if they attend a Victorian registered primary or secondary school. Typically, these students are aged between five and 18 years inclusive.

CSEF is not payable to students attending pre-school, kindergarten, home schooled, or TAFE.

Eligibility Date

For concession card holders CSEF eligibility will be subject to the parent/legal guardian's concession card being successfully validated with Centrelink on the first day of either term one (28 January 2020) or term two (14 April 2020).

PAYMENT AMOUNTS

CSEF payment amount

The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

- Primary school student rate: \$125 per year.
- Secondary school student rate: \$225 per year.

The CSEF is paid directly to your child's school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

For ungraded students, the rate payable is determined by the student's date of birth. For more information, see:

www.education.vic.gov.au/about/programs/Pages/csef.aspx

Year 7 government school students who are CSEF recipients are also eligible for a uniform voucher. Secondary schools are required to make applications on behalf of parents so please register your interest at the school.

HOW TO COMPLETE THE APPLICATION FORM

NOTE: ALL SECTIONS MUST BE COMPLETED BY PARENT/LEGAL GUARDIAN

1. Complete the PARENT/LEGAL GUARDIAN DETAILS section.

Make sure that the Surname, First Name, and Customer Reference Number (CRN) details match those on your concession card. You will also need to provide your concession card to the school.

If you are claiming as a Foster Parent or a Veteran Affairs Pensioner, you will need to provide a copy of documentation confirming your status as a temporary Foster Parent or provide your Veterans Affairs Pensioner Gold card to the school.

2. Complete the STUDENT/S DETAILS section for students at this school.
3. Sign and date the form and return it to the school office as soon as possible. The CSEF program for 2020 closes on 26 June, 2020.

CSEF payments cannot be claimed retrospectively for prior years.

Queries relating to CSEF eligibility and payments should be directed to the school.



2020 Youthspective photography competition

If you're aged between 12 and 18, submit up to three photos that best represent this year's theme: **EAT**

Prizes include:

15-18 years Judges Choice Award: GoPro HERO7 White Action Video Camera - includes 1 year product care - valued at \$350

15-18 years People's Choice Award: \$50 Harvey Norman voucher

12-14 years Judges Choice Award: 12 month subscription for Adobe Photoshop - valued at \$180

12-14 years People's Choice Award: \$50 Harvey Norman voucher

Send your entries to library@swanhill.vic.gov.au and include image titles, your name, age and contact number. Conditions of entry can be found at www.library.swanhill.vic.gov.au.

Entries must be received by 5pm Friday, 13 March 2020.

Voting for the People's Choice Award starts Monday, 16 March and finishes on Monday, 23 March 2020.

Prize winners will be notified by Tuesday, 24 March 2020.

The Winners Presentation will be held at the Novo Youth Awards at the Swan Hill Town Hall Performing Arts & Conference Centre on Wednesday, 8 April 2020 at 7pm.

YOUTHSPECTIVE 2020 GUIDELINES

In 2020 we are excited to announce the tenth Youtherspective Photography Competition and invite young people from across our region to enter **three** of their best photographs.

The theme for the competition is: **EAT**

Your photograph can be of anything you consider best depicts the theme.

Photographs must be your original work, no Photoshop– so think outside the square, surprise us with your ingenuity, and have fun creating!

There are two age group categories: Judges Choice 12-14 years and Judges Choice 15-18 years as well as a People's Choice Award in both age groups.

Please note your age as of the closing date for voting which is 4pm Monday, 23 March 2020.

CONDITIONS OF ENTRY

Photographs must be submitted via email to library@swanhill.vic.gov.au.

Emails **must** include: photograph/s, the photographer's name, age (see above), the title of the entry and a daytime phone number.

You may enter up to **3** photographs.

Colour or black and white images are acceptable.

Your entry must be certified as being original and unaided work and any source imagery must be indicated at the time of entry. Please note that one signature from a teacher will be sufficient to cover all entries from a school.

All entries must be submitted by 4pm Friday, 13 March 2020.

Judging will be conducted by local photographer, Glen Whitelaw in conjunction with NOVO Youth Council.

The judge's decision is final.

People's Choice voting, in both age categories, will take place on the Swan Hill Regional Library's Facebook page. One 'like' will equal one vote. The picture with the most 'likes' wins. The closing date for voting will be 4pm Monday, 23 March 2020.

Photographs of the winners together with their names and ages may be used in publicity where the parents or guardians of the winners have given their consent.

The rules of the competition may not be changed or modified and will be strictly applied.

All personal information supplied will be used solely for the administration and management of the Swan Hill Regional Library Youtherspective Photography Competition.

Winning images may be selected for use in print or on the internet for Swan Hill Rural City Council and local publications.

The prize for the 15-18 years category is a GoPro HERO7 Silver 4k Action Video Camera - includes 1 year product care - valued at \$350.

The People's Choice prize for 15-18 years is a \$50 Harvey Norman voucher.

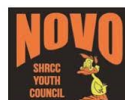
The prize for the 12-14 years category is a \$150 iTunes or Google Play card valued at \$150.

The prize for the 12-14 years People's Choice award is a \$50 Harvey Norman voucher.

Winners will be announced and presentations made at the Novo Youth Awards at the Swan Hill Town Hall Performing Arts & Conference Centre on Wednesday, 8 April 2020 at 7pm

Winning entries will be displayed at Swan Hill Regional Art Gallery following the presentation until 10 May 2020.

Thank you to our sponsors: NOVO Youth Council & FREEZA



SWIM

BIKE

RUN

2020 VOYAGE FITNESS RIVERSIDE TRI



VOYAGE
fitness

SATURDAY 15TH AND SUNDAY 16TH FEBRUARY
MINI TWILIGHT TRI ON SATURDAY 15TH FEBRUARY FROM 5PM
RIVERSIDE PARK SWAN HILL

SWIM, RIDE & RUN ALONG THE SCENIC MURRAY RIVER & PIONEER SETTLEMENT.
ALL AGES & FITNESS LEVELS WELCOME. START & FINISH AT RIVERSIDE PARK, SWAN HILL.

24KM BIKE RIDE

Scenic Ride
Raising Awareness
and Funds for
Chances for Children

SATURDAY

MINI TRI

7yrs+
50m Swim
2km Ride
800m Run

SATURDAY

SPRINT TRI

Individual/Team
500m Swim
20km Ride
5km Run

SUNDAY

SHORT TRI

Individual/Team
200m Swim
12.5km Ride
2.5km Run

SUNDAY

5KM, 15KM & 21KM FUN RUN

Run or Walk
Pram & Family
Friendly Course
No Pets Allowed

SUNDAY



TRAFFIC &
CONTRACTING

THE
BEAUTY
SPOT.



Central Mallee
Osteopathy

The Guardian

REGISTER ONLINE www.riversidetri.com.au



A portion of entry fees will go to the Swan Hill Outdoor Pool



2020 FEMALE FOOTBALL SEASON LAUNCH

Thursday 27th February

6.30 PM START

Swan Hill Club – Swan Hill

All Players Parents Welcome to come along!

Ages 13 – OPEN

Interested in Playing Football!

Keen to understand what is available in the Region!

Meet people and talk about Female Football in the Region and how it works!

What career pathways are available and what support is available!

Its our great game and a game for everyone!!!

Never say Never!





2020 MONDAY CLASSES - start Mon 3rd Feb
@ Swan Hill Senior Citizens Building, Curlewis St

TIME	NAME OF CLASS	AGE GROUP use as a guide only	DANCE STYLES
9.45 - 10.30am	LITTLE JUNIORS	2-5 yrs old	Movement/Dance
3.45 - 4.45	JAZZ & TAP JUNIORS	Prep - Grade 2	Jazz/Tap
4.45 - 6.15	TRIPLE COMBO INTERS	Grades 3 -6	Jazz/Tap/Musical Theatre
6.15 - 7.45	TRIPLE COMBO SENIORS	Year 7+	Jazz/Tap/Musical Theatre

2020 THURSDAY CLASSES - start Thurs 6th Feb
@ Swan Hill Senior Citizens Building, Curlewis St

TIME	NAME OF CLASS	AGE GROUP use as a guide only	DANCE STYLES
3.45 - 4.30	SPECIAL DANCE -for students with learning or physical disabilities	ALL SCHOOL LEVELS	Creative Dance
4.30 - 5.30	INTER HIP HOP	Primary School Age	Hip Hop
5.30 - 6.30	SENIOR HIP HOP	Year 7 +	Hip Hop
6.30 - 7.30	SENIOR CONTEMPORARY	Year 7 +	Contemporary Dance

For Enrolments Or Enquirers Please Contact Miss Natasha

natasha@strikeaposedancestudio.com

0407 520 263

Facebook.com/strikeaposedancestudio



**TXT 'EXCHANGE' TO
0428 246 633
FOR A FREE INFO PACK!**

WEP STUDENT EXCHANGE

AT A GLANCE:

- Choose from over 25 countries
- Attend school overseas
- Live with a local host family
- Learn about yourself and the world around you
- Make international friendships
- Learn a language
- Make memories to last a lifetime!

**SCHOLARSHIPS
NOW AVAILABLE!**



**"THIS HAS BEEN THE MOST
AMAZING ADVENTURE, THERE ARE
NO WORDS!" CAITLIN, CANADA**

WEP.ORG.AU

INFO@WEP.ORG.AU

1300 884 733