

St Mary MacKillop

Dignity: The Year of St Joseph
"Treat everyone you meet with dignity." (1 Peter 2:17)

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,

What a week it has been. To hear the news last Friday that we would be learning remotely again for three days, to back to school enjoying the Swimming Carnival. The lockdown caused stress and heartache to many people for many different reasons. Thankfully though, the brief lockdown enabled the state government to know for sure that we were going to remain safe and healthy.

Thank you to all of the staff, students and parents for moving into remote learning so smoothly. I am sure that the way the staff were able to continue the learning for students, their transition in and out of remote learning will not cause too many problems.

The Victorian Government has provided funding to all schools to run a tutoring program for students that may have fallen behind in literacy and numeracy, due to the extended period of remote learning in 2020. Parents will receive letters soon, inviting students to take part. We will then arrange the groups and assign a tutor. It is important that when families accept a place in the tutoring program that you ensure that your child is able to attend the majority of the sessions. Please make contact with Mr Nathan Lane, Deputy Principal Teaching and Learning, if you require more information.

Well done again to Solomon House for winning the Swimming Carnival, and to Woods House for winning the House Spirit. It was a fantastic day at the pool, with students and staff enjoying the wonderful spirit of the day. Tenison House was so close to winning this year, and with some great swimmers coming through Woods House, I can see the grip of Solomon slowly loosening on the Swimming Carnival trophy.

Friday, 19 February, 2021

- Faith Matters
- From the Deputy Principal
- Stay Informed
- Teaching and Learning

ABSENCE NOTIFICATION

PH: 5032 9771

Press 2

FUTURE EVENTS

FEBRUARY

Mon 22nd Senior School
Information Night for
Year 11 & 12 Students
and Parents
6:30pm – 7:30pm

Wed 24th – Fri 26th
Year 7 Camp

Thurs 25th Science & Engineering
Challenge 2021

MARCH

Mon 1st Year 7 Basket Tea

Tues 2nd Swan Hill Region
Swimming Carnival

Wed 3rd Beginning of Year Mass

Thurs 4th Swan Hill Region
Summer Sports

Mon 8th Public Holiday



FROM THE PRINCIPAL

We will need to wait until 2022 to see if Solomon can make it ten in a row. A huge thank you to Mr Chris Joyce, Sports Coordinator, and all of the PE (and others) staff for their planning prior to the day, and the setting up in the early hours of Thursday, to allow the Carnival to go ahead as scheduled.

Sadly, with the three-day lockdown we were unable to celebrate our Ash Wednesday liturgies as we normally would. Thank you to Mrs Alison Wright, Director of Mission, for putting together our Homeroom Liturgy, and to all staff and students for participating in a reverent manner.

Next week our Year 7 students head off on Year 7 Camp to Roses Gap. This is a wonderful opportunity for our newest students to get to know each other better. We have re-scheduled the Year 7 Basket Tea until Monday 1st March. More information will be shared in regard to this next week.

Regards

Michelle Haeusler
Principal

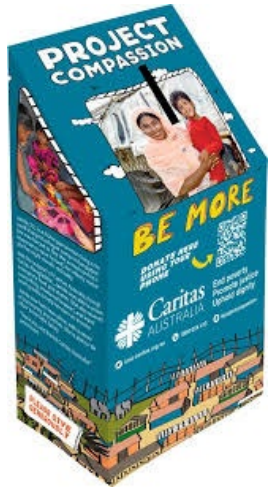
FAITH MATTERS



As a faith community we marked the beginning of LENT with our Ash Wednesday service this week. Through LENT we journey with Jesus who spent 40 days in the wilderness preparing for his mission, and with the Israelite people who spent 40 years in the wilderness on the way from slavery to the Promised Land.

Although we will not receive ashes on our foreheads this year, we are reminded of what the ashes symbolise. This cross of ashes tells all people around us that we are not perfect, and that we know we are not perfect. It also reminds us that we are followers of Jesus and our main job is to serve others just as he did. With God's help we can try to reach out to others with more love and kindness, especially in our own families, our school and in our world and think about how we can be servants to God's people.

Beginning Lent with its call to fasting, weeping, and mourning may not sound at all appealing to us this year. Since the coronavirus began sweeping across our country almost a year ago, haven't we done enough of that? Perhaps never in our lives have we fasted so much from hugging family members and physically touching our friends, from gathering together in book clubs, choirs, sports arenas, restaurants, and churches. Our country and world are collectively mourning the pandemic's rising death toll, the economic devastation it has created, and the political divisiveness it has spawned. Our hearts have been broken in so many ways this past year that perhaps God isn't calling us to more mourning, weeping, and fasting this Lent. Maybe instead the invitation is to merely return to God with our entire hurting, weary selves.



"The call to experience Lent as a journey of conversion, prayer and sharing of our goods, helps us – as communities and as individuals – to revive the faith that comes from the living Christ, the hope inspired by the breath of the Holy Spirit and the love flowing from the merciful heart of the Father."

Pope Francis

During this time of Lent (through to the end of this term) we will once again support the work of Caritas through collecting money for Project Compassion. The theme of Project Compassion this year is "Be More". Lent is a time when we demonstrate our faith, love and generosity. By contributing to Project Compassion we are demonstrating a simple action of how we can all "be more" for our world. Homeroom teachers will take the small donation boxes to Homeroom each day to collect donations.

Year 12 Retreat

Last Wednesday 10th to Friday 12th February, our Year 12 students travelled to Halls Gap for their Retreat. Through the course of the three days, our students completed activities as a larger group and in a smaller group setting. Activities were sometimes physical and required team work, others were reflective writing individually. I commend all our students (yes, 100% attendance!) on their contributions, willingness to give everything a go and step out of their comfort zones and how they have made real progress in bonding with each other. The feedback I have received has been overwhelmingly positive. My hope now is that they continue to work together, as a whole group, and support each other throughout this year.

Thanks also goes to the staff who attended this year's retreat; Mrs Haley, Mrs Op't Hoog, Miss Salvo, Mr Crow, Mr Murphy, Mr Leary and Fr James who joined us on Thursday.



Alison Wright
Director of Mission



FROM THE DEPUTY PRINCIPAL

Face Masks

One of the advantages and safety measures of wearing a mask is to protect other people. This is absolutely in line with our College values of respect, generosity and reverence. While we personally might think it unnecessary it is now a community expectation and if a person is infected and they don't yet know, wearing masks will reduce the chance of infection being passed on. We have been very fortunate that the number of COVID cases in Swan Hill has remained very, very low, however, that does not mean we should carry on as if things hadn't changed. Small measures such as wearing masks can have a big impact on keeping our community safe.

Staff will be wearing masks in line with the guidelines provided for educational settings. We will continue to expect that students bring their own mask and wear it without having arguments. This is something that we are being asked to do to keep our state and country safe. Parents are asked to provide face masks for their children. We do have a supply but given the enormous strain on this, it is now for emergencies only. There are plenty of affordable options available, both reusable and disposable. If you have trouble sourcing these, please contact me and I can share some resources that will point you in the right direction.

College Community Expectations

The first of our College Community Expectations is 'We are on time and ready to learn.' That might seem straightforward and it is! We expect members of our community to be on time which means they are coming to class on time, before the second bell rather than after it. It means punctuality to meetings that have been arranged, activities that are planned and buses that are booked. It can also mean completing our work in the required time or meeting deadlines for assessment tasks.

Being 'ready to learn' is important too. On the face of things, 'ready to learn' seems to mean I am ready for the lesson. It means having all the things that you need for a class, making sure you have your MacBook charged for class, making sure that you have left your phone behind locked in your locker or that you hand it in at the start of class. These things put us in a good position to learn.

What is also important is to be ready to learn in our mindset. We go into the Learning Environment with a Growth Mindset, that we can learn and we will be able to learn. We work hard to complete work to the best of our abilities and we understand that part of learning is to develop problem solving skills. We don't always understand things the first time and that is okay, we keep working at it from different angles until we do. Ready to learn is about having self-control to put aside distractions and be open to learning. It means learning from mistakes and being willing to do things that are hard rather than avoid them. It also means leaning towards optimism. We know that students learn life skills beyond the classroom tasks, and being on time and ready to learn is an important behaviour, attitude and mindset that transfers into the workplace and into the wider world.

Operoo

You will be slowly getting used to saying Operoo instead of CareMonkey. Over the last week Operoo has been the primary method of communication with parents and families regarding changes due to the lockdown. It is a very quick way of getting a message out to our community. Please make sure that you are checking Operoo messages and responding to them. In the app you can set it to notify you automatically so that you don't need to check it every day. Having your child's profile up to date is important and will become increasingly so as we start to go on camps and excursions. If you have any questions about Operoo or you need some assistance, please contact me at school. I can easily sit down with parents and step you through setting up the account.



FROM THE DEPUTY PRINCIPAL

Gratitude

I am very grateful for the way in which staff, students and families responded to the very quick move to online learning. It is wonderful to be in a community where things can happen without a great deal of notice and the response can be so confident and reassuring. There is no doubt that it isn't easy or without challenges but our staff have been magnificent and the provision of teaching and learning has been wonderful. Thank you to our students and families who have entered into the online world with enthusiasm and patience. I suspect that we will return from time to time this year and it is good to know that we are able to do it with the minimum of fuss and the maximum of positivity and confidence.

Catherine Howison

Deputy Principal



Take a book , Read a book , Leave a book

ST MARY MACKILLOP COLLEGE LITTLE FREE LIBRARY

**A Library Committee Initiative since 2019
Located corner of Splatt and McCrae Street.**

For community use

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 Rianne Quaife / Mr Nathan Lane rquaife@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 sleary@mackillopsh.vic.edu.au	Woods 2	Ms Jennifer Salvo jsalvo@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	Mr Jesse McDonald jemcdonald@mackillopsh.vic.edu.au	Woods 5	Mr Damian Howison dhowison@mackillopsh.vic.edu.au
	Tenison House Leader: Ms Jessica Curtis jcurtis@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 Jaclyn Clark / Mrs Catherine Smith jclark@mackillopsh.vic.edu.au 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

TEACHING AND LEARNING

In the blink of an eye we found ourselves back in remote learning for three days this week. I would like to thank our students and families for the positive and resolute way they reacted to the sudden return to online learning. A huge thank you to our teachers for the time they spent preparing classes to deliver online and for their commitment to ensuring continuity in learning.

A school without students is a somewhat empty place and it was delightful to see our students back at school on Thursday and enjoying the swimming carnival. We were blessed with wonderful weather and it was a thoroughly enjoyable day.

We have completed our first three weeks of classes and Term 1 is in full swing. The energy and enthusiasm of the first few weeks of the new school year can never be taken for granted, and the vibrancy of staff reconnecting with each other and their students, as well as our students seeing their friends and teachers again after the summer holiday break, are wonderful memories for us all.

Goal Setting for 2021

The start of the new school year is the perfect opportunity to set some personal learning and wellbeing goals to work towards achieving throughout the year. If you are a student in Years 8 to 12, I hope you have had the opportunity to review your reports from Semester Two last year and identify your areas of strength and areas for improvement. As a new Year 7 student commencing high school, what goals could you set? Could the goal be related to personal organisation and developing a weekly study plan? Perhaps you could think of a subject you struggled a little with in primary school and set a goal to improve in that area this year. When setting your goals, think of the SMART acronym: Specific, Measurable, Achievable, Realistic and Timely.

Dr Carol Dweck is the Lewis and Virginia Eaton Professor of Psychology at Stanford University. I am particularly interested in her research in the area of growth mindset and how goal setting can be seen through a growth mindset lens.

Dr Dweck's research shows we can have either a fixed or growth mindset when it comes to the beliefs about our intelligence and the way we learn. Advances in research has also showed that our brains are much more malleable than we ever knew. This means that through good learning strategies and habits, practice and by asking questions, we can change from having a fixed mindset to a growth mindset, and take on the challenges we face in our learning.

With this in mind, my desire for students at the College throughout 2021 is to approach your studies with a growth mindset. I encourage you to:

- Strive for personal excellence in all that you do and remember that personal excellence looks different to everyone
- Approach challenges in your studies with a growth mindset
- See a challenge as something positive
- Carefully read the feedback teachers provide you for your assessment tasks
- Seek assistance from your teachers when you do not understand something
- Celebrate your personal successes and achievement of your goals

Parent Access Module (PAM)

Have you seen your child's timetable, Learning Area tasks and assessments, attendance data and other key information by logging on to our Parent Access Module (PAM) via the College website?

Our teachers have been busy updating and uploading to PAM the subject course outlines, assessment tasks and approximate due dates for these tasks in Semester One. Some students will be asked to upload their work to the Learning Areas on Simon, our Learning Management System, or to upload to Google Classroom. Google Classroom has become a popular platform for teachers to upload work for their classes, and for students to upload their assessments once completed.

TEACHING AND LEARNING

One of the many advantages of Simon, our Learning Management System, is the ability for continuous online reporting. As soon as a piece of work is corrected, teachers upload the feedback and result for this task to Simon, which can then be accessed by students and parents in real time. Thus, there is no need to wait until the end of the term to access results on the semester report. As feedback on your child's progress in subjects is continually being updated, we encourage you to check for updates and upcoming assessment tasks regularly.

Our Teacher Advisor (TA) program has commenced for the year. This program is an important part of our commitment to supporting students throughout their learning journey. Students will complete a TA interview with their Homeroom teacher throughout the term. This is an opportunity to touch base with the Homeroom teacher and to discuss progress in subjects and any support that might be required, as well as set some goals for learning. Parents of Year 7 students are invited to attend the first TA interview with their child and Homeroom teacher on Thursday 11 March. This is an opportunity to meet your child's Homeroom teacher and to understand how the TA interview process works.

VCE/VCAL Parent Support Guide

Curriculum Leaders and VCE/VCAL teachers have updated the VCE/VCAL parent support guide which contains useful strategies for parents to support their child through the VCE/VCAL years. The updated document for 2021 has now been uploaded to the Parent Access Module (PAM).

International Day of Women and Girls in Science

The International Day of Women and Girls in Science was celebrated on Thursday 11 February. This year's theme is 'Women Scientists at the forefront of the fight against COVID-19'. For further information, please go to: <https://www.un.org/en/observances/women-and-girls-in-science-day>

The 2020 Australia's STEM workforce Report can be found on Australia's Chief Scientist website ([here](#)). The website also contains an interesting infographic that shows Australia has a way to go to achieve gender parity in the university-qualified STEM workforce at 71% male and 29% female.

Safer Internet Day

Safer Internet Day was celebrated on Tuesday 9 February. This year's theme for the day was 'start the chat', where we come together with a shared vision of making online experiences better for everyone. The OECD in their article 'Child safety in the digital age: How education systems can help', says education's role in keeping children safe in the digital age is to equip children with the skills to effectively and ethically navigate the digital environment in order to help them understand the digital risks they face. The link to the article can be found [here](#). We all have a role to play to ensure our students are safe online. As parents and carers, supporting your child to ask for help when they are online is also key to keeping them safe. The Office of the eSafety Commissioner has released a range of resources to help 'start the chat' about online safety. To access these resources and to register for a free webinar, go to <https://www.esafety.gov.au/about-us/events/safer-internet-day-2021>

Does listening to music while studying make you a better student?

Have you ever had a conversation with your child about listening to music while studying? Recently I read an interesting article on this topic. The article can be found at <https://www.studyinternational.com/news/does-listening-to-music-while-studying-make-you-a-better-student/>

We certainly have weathered everything Covid has sent our way so far with resilience. While the ease in restrictions is great to see, we all know the situation is unpredictable and we have seen restrictions change with not much notice. Most importantly as Term 1 continues I wish all members of our community good health during these challenging times.

Nathan Lane

Deputy Principal Teaching and Learning

TEACHING AND LEARNING

An Introduction from our Academic Committee Captain, Grace Scott

What are the key responsibilities of your portfolio? As captains of the Academic Committee we are responsible for overseeing various projects and activities throughout the year which aim to enrich students' relationship with the academic side of school. We also undertake fundamental leadership duties such as speaking at assemblies and being part of the student forum.

What is your vision as leader of the Academic Committee in 2021? To ensure students have access to a variety of supplementary activities that can enhance their love for school and learning, and that the academic efforts and successes of students are recognised within our school community.

Name one person whom you would like to share a meal with and why? I would love to sit down with Jacinda Ardern and discuss her approach to leading a country in times of crisis and the way she has navigated politics as a woman and mother. I think she is currently a very common role model for young women and I'm sure she'd have some great anecdotes and advice worth hearing.

What are your interests outside of school? Outside of school I spend a fair portion of time at my part-time job. I love the sense of independence I get from earning my own money and I'm glad I have been able to develop a strong work ethic at a relatively young age. Before Covid-19 I was an avid netballer, something I am hoping I will be able to resume this year. I am also currently working with VicSRC to advocate for student-led change within the education system, something very new for me but also something that has proved very worthwhile in terms of networking and experience. I also enjoy reading, writing, cooking and of course socialising with my friends and family.

Spotlight on our Amazing Staff



Name: Lyndal Robinson

How long have you been at SMMC? Since 2012

What is your role at SMMC? Classroom teacher

What makes SMMC special? How warm and inviting the environment is. I've made some very special relationships with all members of the community since I started here.

Which is your House? Woods

What do you enjoy doing outside of school? I love catching up with family and friends, and doing anything outdoors really!



Name: Josie Rovere

How long have you been at SMMC? 14 years

What is your role at SMMC? Student Counsellor

What makes SMMC special? I love the diversity of students at our school, our school values, my fantastic colleges and our beautiful school grounds. I am particularly proud of the wellbeing team I am a part of.

Which is your House? Solomon

What do you enjoy doing outside of school? I love to travel when I can, especially anywhere near the beach, bake, play with Alfie, my Maltese shitzu, and spending time with the people I love the most, my family. Oh and Netflix, I love Netflix!!

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

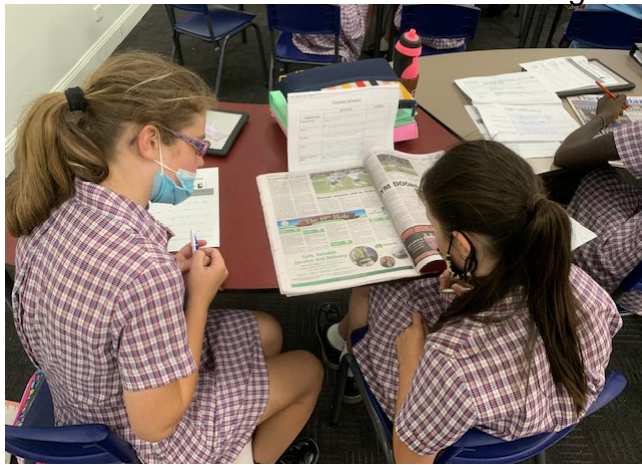
Week	Monday		Tuesday		Wednesday
4 22/02	Suzy Haley		Gemma Harrower		Catherine Smith
5 01/03	Talia Henderson		Michelle Haeusler		Geoff Hickmott
6 08/03	Public Holiday		Damien Hirst		Catherine Howison

TEACHING AND LEARNING

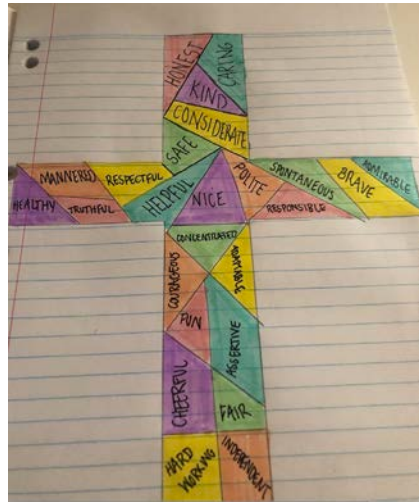
What I learnt today at SMMC...



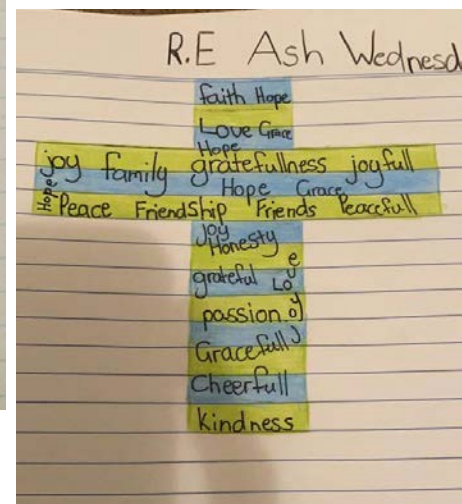
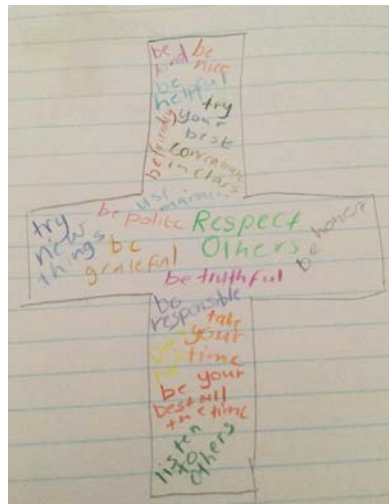
Staff from Cricket Victoria working with some of our VET Sport and Recreation students



Year 8 English students analysing the language used in newspapers



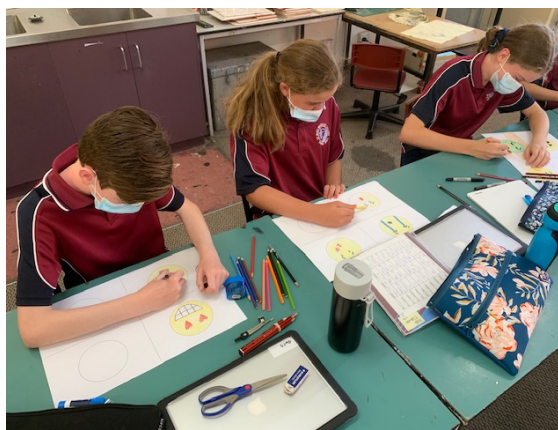
Students in Year 7B Religious Education have been preparing for Lent and Ash Wednesday. In online learning this week, students were asked to decorate a cross, providing positive ways to contribute to our community and become a better person during Lent.



TEACHING AND LEARNING



Year 9 Science students engaging in a problem solving task



Year 7 Art students creating emojis



Year 8 Science representations of cells.

CAMPS, SPORTS AND 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 27 January 2021 or 19 April 2021.

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.

If you applied for the Camp, Sports & Excursions Fund last year at St Mary MacKillop College, you do not need to complete an application form this year unless there has been a change in your family circumstances. You only need to complete an application form if circumstances have changed – e.g. there has been a change in the care arrangement of the student, a change of name or CRN, or a new sibling has commenced at the school and the parent/carer wishes to apply for the CSEF payment for the new sibling.

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.



CAREERS: MEET A SCIENTIST 2021

The Royal Women's Hospital livestreamed a presentation on Thursday 11th February which aimed to inspire our senior girls who are interested in pursuing a career in the biological sciences. The girls heard from four fantastic researchers who specialise in reproductive biology, paediatric physiology, midwifery and neonatal medicine.

Presenters helped our students understand the paths and opportunities available through higher education and beyond, as well as explaining their own journey, their advice and achievements.

A recording of this valuable careers event has been made available to all Year 12 students who were on Retreat at the time and hopefully this will be an annual event that our students will be able to access online in the future.



WANTED

QuickSmart Volunteers

Do you want to be part of a program that helps our students with their Math?

Our QuickSmart Maths Program has proven results and we are in need of more wonderful volunteers from our school community!

If you have spare half an hour to one hour in your week and are keen to help our students with this program, we would love to hear from you!

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 on 5032 9771 or send through an email to sopthoog@mackillopsh.vic.edu.au.



EAT MOVE SMILE: SWAN HILL DISTRICT HEALTH

As we get back into the routine of work and school following summer holidays easy to prepare breakfast options are an excellent help for those of us rushing out and about.

Bircher Muesli

This simple overnight muesli is an adaption from a recipe in the latest Delicious magazine (Feb 2021) and can be made the night before!

Serves 2 (just double or half to meet your needs)

1 cup rolled oats
1 red apple, grated or finely diced
½ cup apple juice (unsweetened)
½ cup natural yogurt (or your favourite yogurt)
Sprinkle of cinnamon
Mix together, cover and pop in the fridge overnight.

Serve (half mixture in each of two bowls) with a simple strawberry puree (blend a handful of strawberries), fresh fruit, extra yogurt, and some roasted nuts such as pecans, almonds or hazelnuts, alternatively add some seeds or coconut. Add a little low fat milk as well if desired.



Smoothie Bowl



1 cup frozen berries or any frozen fruit
1 cup yoghurt
¼ cup low fat milk, or for desired consistency
Blend together

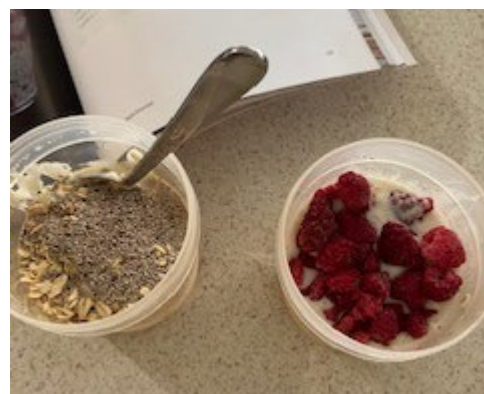
Add to bowls, half on side along with some Granola, shredded coconut, chia seeds, nuts and fresh berries!

Easy and delicious

Overnight Oats

Being organised in the morning is always a challenge - so do what you can the night before! Easy overnight oats make for a yummy breakfast you can grab and go.

Ingredients
1/3 cup milk
1/3 cup yoghurt
1/3 cup rolled oats
2 tsp honey
1 tsp vanilla extract
2 tablespoons chia seeds
1/3 cup frozen berries
Method



Mix together the milk, yoghurt, oats, honey, vanilla extract and chia seeds in a container or bowl. Top with berries and let soak in the fridge overnight.

eat. move. smile.
fruit & veg more often together



**Swan Hill
District Health**
Connected Care. Best Experience.

YOUNG WRITERS AWARD

SWAN HILL REGIONAL LIBRARY



The Young Writers Award Writing Competition is an exciting opportunity for Prep to Year 10 and multi-class school children across the Swan Hill district.

The competition is devised to inspire pupils to write a narrative piece of no more than 500 words for primary students and 800 words for secondary students. Typed entries are to be submitted on a single A4 piece of paper. Simple illustrations are allowed.

This year's theme is 'Move'. A writing prompt is printed overleaf if needed.

Schools are invited to submit up to five entries for each category listed below, based on a set criteria. Multi-class entries are unlimited.

Categories include: **Grade Prep, Grade 1/2, Grade 3/4, Grade 5/6, Year 7/8, Year 9/10 and Multi-class (those students who receive PSD funding).**

Prizes will be awarded to shortlisted entries and the winner in each of the seven categories.

Students from the Swan Hill Secondary College senior literature class will shortlist entries in each section.

Winners will be announced at a presentation to be held at the library during Children's Week (week four of term four), on Wednesday, 27 October 2021 at 7pm.

Shortlisted entries will be on display at Swan Hill library during November and Robinvale library during December.

Entries must include students name, grade and school and be delivered to Swan Hill Regional Library no later than Friday, 27 August 2021.

For more information, please contact Kellie at kcarlo@swanhill.vic.gov.au or phone the library on 5036 2480.

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 (27th January 2021) or term two (19th April 2021).

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 2021 closes on 25th June 2021.

CSEF payments cannot be claimed retrospectively for prior years.

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

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 while sports teach teamwork, discipline and leadership. All are a 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 CSEF visit:

<https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year 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 this year.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.

