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Calendar of Events

TERM 2

June

Fri	6 th	Pupil Free Day – Staff PD: P-12 & NCCC
Mon	9 th	Queen's Birthday Public Holiday
Wed	11 th	VCE Exams
Thurs	12 th	Pupil Free Day: P -12 Report Writing Day
Thurs	12 th	VCE Exams
Fri	13 th	GAT
Mon	16 th	Year 9 Bogong Camp commences
Mon	16 th	College Council Meeting at 7.30 pm
Wed	18 th	Yr 12s to Paul Kelly presentation
Thur	19 th	SLC Pyjama Party: wear your PJs for a gold coin donation (proceeds to Red Shield Appeal)
Fri	20 th	Year 9 Bogong Camp concludes
Fri	27 th	End of Term 2 – 2.30 pm finish

TERM 3

July

Mon	14 th	Term 3 commences
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*From the Principal
John Harley*

Dear Parents, Staff and Students

Interschool Cross Country

10 of our senior primary students went to Bendigo yesterday for this event. All students tried hard and the results are published later in this newsletter

Primary Winter Sport

Our Grade 3-6 students were involved in these round robin events in Boort on Tuesday. In a change to the organisation of the day students were graded and teams formed from students from each school, so making the competition more even and giving the students a chance to mix and play with students from other schools. It seemed to work well. I was coaching a football team and it certainly worked well in this competition with all players more involved than in previous years. Thank you to the staff and parents who were involved with each sport.

Junior Landcare

The second meeting of the Charlton College Junior Landcare was held at lunchtime yesterday. Kaylene Cossar and Geoff Winsall were in attendance to provide assistance to the group as they develop projects for the future.

Uniform Survey

In last weeks newsletter we sought feedback from parents and at the back of that newsletter there was a survey form that we are asking every family to fill out and return to the office. Please send it in ASAP if you have not already done so.

Pupil Free Day

A reminder that there is a pupil free day tomorrow Friday June 6th. This is a network professional development day dealing with the subject of "understanding poverty".

Report Writing Day

Thursday June 12th is also a pupil free day as teachers work on the Semester 1 reports for all of the students. Reports will go out to parents in the first week of Term 3.

John Harley
Principal



Health Tips



A Good Nights Sleep...

There are many factors that can influence whether you get a good nights sleep or not – and the quality of sleep is just as important as the quantity.

Keep regular hours and routines. Try to go to bed at the same time and get up at the same time every day. This helps set your body clock and accustom itself to a regular pattern. Try and also establish a bedtime 'routine' as this encourages your body to begin to 'turn off' as it associates the same behaviors with bedtime. For example, watch TV until 9:30pm, then brush teeth, go to toilet, get in PJ's and be in bed by 10pm. Read (subject of your choice – though not too stimulating!) until 10:30pm, then lights out!

Use the bed for sleeping only. Our bodies react to association. If you study or watch TV in bed, your body will find it difficult to relax.

Avoid stimulants before bed. This includes chocolate, coffee, tea and soft drinks (they all contain caffeine). They will delay sleep and increase awake times during the night. And whilst alcohol is considered a depressant and may help you fall asleep, it will be short-lived and more likely cause you to wake up throughout the night, thus decreasing the quality.

Avoid bright lights. Use dimmer switches in living rooms and bathrooms in the evening. If it helps to read before sleep, make sure that you use a small wattage bulb to read. A 15-watt bulb should be good enough.

Avoid getting stressed. Having a fight with your parents, arguing with a friend on the phone, looking at the clock in the middle of the night and worrying about getting to sleep can all delay our body's ability to relax. Thus, save the disagreement until the morning (you'll probably find that it's not that big a deal anyway), or resolve it at the time. If you can't sleep for over 30 minutes, do something boring in a dim light until you are sleepy.

Avoid exercise prior to bedtime. Even a relaxing walk around the block can stimulate the body's senses and delay sleep. However exercise is important for improving the quality of the sleep you get, just give yourself enough time to 'wind down' before bed.

Don't go to bed hungry. Ensure you have an adequate evening meal, otherwise you will feel hungry around bedtime. If you haven't, fix yourself a light snack no closer than an hour before bed. If you eat too close to bed-time, your body is too busy trying to digest a meal rather than sleeping.

Information taken from:
www.betterhealthchannel.vic.gov.au

Calder Winter Sports Report

The Calder Winter Sports were held at Boort Park on Tuesday the 3rd June, in sunny weather. The College and St. Joseph's had a great day with all students participating positively. As many schools have small numbers, all of the students were placed into mixed teams and competed in a round robin style competition in Minkey, Netball, Newcombe and Football. Feedback from each sport was very positive and enthusiastic as students were participating, socialising and developing their sporting skills.

Many, many thanks to all the parents from our school and St. Joseph's who gave up their time to assist as coaches, umpires, scorers and support personnel both on the day and in the practice sessions that were held over a number of weeks. Without your help the day could not have gone ahead. Many thanks also to those parents who came along to watch the children play.

I am also grateful to the following staff and students who assisted with the coaching and support both on the day of the sports and/or in the practice sessions:

Mr McKenzie and the Year 11 Work Related Skills students (football practice)

Mr Harley (football coach)

Mr Mundie (Minkey practice)

Mrs Whykes (Minkey coach)

Mrs White (Minkey support person)

Miss Donaldson (Newcomb coach and umpire)

Mrs Maxwell (Newcomb coach)

Bendigo Cross Country - Primary Sports

Ten excited and fit children from Grades 4-6 participated enthusiastically at the Bendigo Race Course yesterday in damp conditions. The students must be congratulated for their positive behaviour and endeavour during the day. Many thanks to Mrs Jenkyn for acting as our 'official' race photographer. Many thanks also to Mrs Dunstan (before she went on maternity leave) and Mrs White for supervising the pre race training sessions.

The results were:

Darcy Lambert - 1st place in red division in the 11 year old boys

Dallas Carlos - 2nd in red division in the 12 year old boys

Gil McKenzie - 3rd in red division in 12 year old boys

Lachlan Holmes-Brown - 9th in red division
11 year old boys

Tessa Fitzpatrick - 8th in red division in 11
year old girls

Karri McKee - 6th in red division in 11 year
old girls

Lewis Epskamp - 133rd in red division in 10
year old boys

Kye Jenkyn - 74th in blue division in 10 year
old boys

Chloe Walsh - 109th in red division in 10
year old girls

Melina Jablonka - 100th in red division in
10 year old girls.

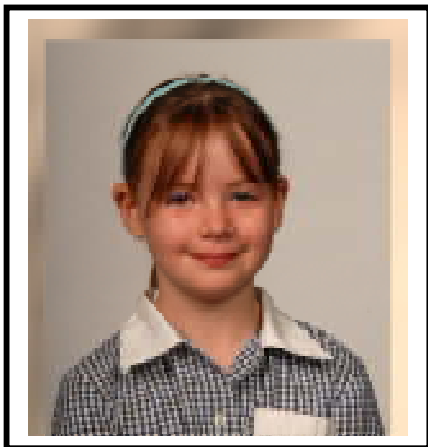


Back: Chloe Walsh, Lachlan Holmes-Brown, Darcy Lambert, Kye Jenkyn, Gil McKenzie, Lewis Epskamp, Karrie McKee
Front: Melina Jablonka, Dallas Carlos, Tessa Fitzpatrick

Years Prep – 4 News

Student of the Week: Stephanie Freestone

Stephanie has an excellent attitude towards school and learning. She applies herself quickly to all tasks and produces work of a high standard.



Values Winners From Last Week: **Steadfastness**

Prep / One: *Hayley Start*

Two: *Emma Campbell*

Three / Four: *Marcus Campbell*

Value For This Week: **Reliability**

Responsible Citizens: Year 3 / 4

Cool Cat: Year 3 / 4

Pupil Free Day

Tomorrow Friday the 6th June is a pupil free day. There will be no school for the students.

Pyjama Party

On Thursday 19th June the P-12 students are holding a casual dress day. Wear your Pyjamas and make a gold coin donation to the Salvos.

Years 5 - 8 News **Judy Stanley, Coordinator**

Late Work

As reports are looming, many teachers have assessment tasks to be completed by students. Much of the class periods are dedicated to instruction with time generally given for tasks to be worked on. As time is limited many of these tasks need to be completed at home. I have included the schools policy on homework for your information.

Middle Years (Years 5 – 8)

Homework will consist mainly of:

- Independent reading on a daily basis.
- Tasks such as continuation of classroom work, projects and assignments, essays and research.
- It is acceptable for teachers to assign unfinished classroom activities as homework tasks.

Homework will generally be between 45 and 90 minutes per day, must be coordinated between teachers to avoid excessive workload, and should not be set during school vacations.

For three quarters of the students this has been achievable, unfortunately we still have nearly a quarter of classes constantly being chased for work. The diaries are being used to record due dates and I ask parents to support their child's learning by checking with their child to see how they are going.

In conjunction with this I am sending a package home to parents to inform them of the procedures we follow in regard to work being set. Sometimes, for a variety of

reasons these deadlines can't be met and so extensions can be requested. The package will explain how and when students can apply for an extension. Also included will be the procedures we follow when work is not handed in, which includes informing parents by a letter with a return slip so you know your child is slipping behind.

I hope this will help both parties work with your child to insure they are getting the most out of their education. If anyone would like to discuss these procedures please contact me at the school.

Years 9 - 12 News
Barry McKenzie, Coordinator

YEAR 10 INTERVIEWS THANKS to the LLEN and the Charlton Valley Resort

For the Year 10B class, the interviews were very successful; students gained a lot from the experience, and all students should have taken a video home to view and analyse themselves. There was also a follow up lesson on Tuesday this week where Sue Hill from the LLEN gave general comments to the class and handed back the assessment they did on each interview. Thjs will be valuable experience for these students and we are very grateful to the LLEN (**Sue Hill, Katherine MacDonald, Julie Jayne & Lizzie Wilde**) for giving up their valuable time, and also to the proprietors of **The Charlton Valley Resort** for the donation of their premises.

YEAR 9 SNOW CAMP

All students should have brought home a note with important information about the snow camp. It is needed back at school urgently (today). Could you please make sure it gets back.

YEAR 12 MID YEAR UNIT 3 EXAMS

If not in exams or SWATVAC, Year 12s should be in normal classes. Students have SWATVAC on the day prior to their exam (not for the GAT).

Wednesday 11 June Biology Exam 1 9:00 am –10:45 am Physics Exam 11:45 am –1:30 pm Accounting Exam 1 2:45 pm –4:30 pm

Thursday 12 June Psychology Exam 9:00 am –10:45 am Chemistry Exam 11:45 am –1:30 pm **Friday 3 June** 10:00 am – 1:15 pm **General Achievement Test (GAT)** Students attend prd 1, 6 & 7

Please check your timetables to be sure you know where you should be and when.

Unit 1 Mid Year EXAMS 2008 Tues June 10th Thurs June 12th

NB Pupil free day will not apply to these students.

Some Year 10s and most Year 11s will have exams.

Students have been given their timetables for these. **Year 11s** are not required at school outside of the exams, but if they are at school, they must be in the Private Study class in the library.

Year 10s will have normal classes except when they have an exam. Results for these exams will be included in Mid Year reports. Year 11 students do not have SWATVAC. All students must remain in exams until the end as practice for Unit 3 exams.

The following subjects have exams

Tuesday: Physical Education/Chemistry/Studio Arts(Tues 9-10:40); English (1:50-3:30)

Wednesday: Bus Man/H&HD (9-10:40); General Maths/Maths Methods (1:50-3:30)

Thursday: Psych/Acc (9-10:40); Physics/Biol (1:50-3:30)

- **VCAL students** will have normal classes during the exams.

GENERAL ACHIEVEMENT TEST Friday 13th June. (Year 12s & some Year 11s)

This test is given to all students attempting a Unit 3-4 sequence, so only affects some Year 11 & 12 students. There will not be SWATVAC for the GAT as it is not possible to study.

Community News

Charlton & District Preschool Kinder Enrollments 2009

Children must be 4 years of age by 30th April 2009. Due date for enrollments is 30th June 2008.

Contact Jenny Stirrup on
5491 2365 or 0431 – 136 888

Junior Golf

Commencing this Sunday, 8th June
10.00 am start – 12 noon
At the Charlton Golf Course
Bring your sticks along.

DEFYING

**THE
DROUGHT**

**Free
FAMILY
DAY**



BYO CHAIR**

SUNDAY 22 JUNE 11 am-4pm

TRAVELLER'S REST PRECINCT CHARLTON

BANDS

Free BBQ - Rock Wall - Jumping Castle
Giveaways

▶ "Similar Situations"

▶ Rob Murray

**★
MC
DAVE LENNON
ABC Radio**

▶ **ABBAration** *featuring ABBA's popular hits*



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