

### *Calendar of Events*

#### **TERM 3**

#### **August**

Fri	1 <sup>st</sup>	Yr 5/6 return from Sovereign Hill
Tues	5 <sup>th</sup>	Parents' Club Meeting: 9.00 am
Tuesday	5 <sup>th</sup>	Winter Sports: Years 7 - 12
Wed	6 <sup>th</sup>	VCE Subject Selection Meeting at 7.30 pm in Room 21 ( <i>Please note the change of date</i> )
Fri	8 <sup>th</sup>	'Beyond the School Gate' Yrs 9 – 12
Mon	11 <sup>th</sup>	Prep 2009 Information Night 7.30 pm
Mon	18 <sup>th</sup>	School Council Meeting at 7.30 pm
Tues	19 <sup>th</sup>	VSSSA Badminton Final Yrs 9 & 10
Fri	22 <sup>nd</sup>	VSSSA Badminton Final Yrs 11 & 12
Mon	25 <sup>th</sup>	Cave Hill Creek Camp begins Gr 3/4
Mon	25 <sup>th</sup>	Prep Late Stay
Wed	27 <sup>th</sup>	Cave Hill Creek Camp concludes
Thurs	28 <sup>th</sup>	Careers Expo Yr 10 - Charlton Park

#### **September**

Fri	5 <sup>th</sup>	P – 6 House Athletics
Mon	8 <sup>th</sup>	Yr 9 Grampians Camp commences
Wed	10 <sup>th</sup>	Yr 9 Grampians Camp concludes
Fri	12 <sup>th</sup>	Calder Athletics (P-6) at Boort
Mon	15 <sup>th</sup>	School Council Meeting at 7.30 pm
Wed	17 <sup>th</sup>	Year 3 / 4 Environmental Festival at Wycheproof
Wed	17 <sup>th</sup>	VSSSA Badminton Final Yrs 7/8 Boys
Thurs	18 <sup>th</sup>	VSSSA Badminton Final Yrs 7/8 Girls
Fri	19 <sup>th</sup>	End of Term 3 – 2.30 pm finish

*From the Principal*  
**John Harley**

Dear Parents, Staff and Students

**D**river Ed  
 Our Year 10B students have completed a successful 3 days of instruction this week to conclude our Driver Ed training for the year.

**N**ational Tree Day  
 Thank you to Grade 3/4 students along with 10B Advance class who today have participated in tree planting as part of National Tree Day. The day was organised by Mr Kevin Spence who works closely with our Junior Landcare group.

**SLC** Visit  
 On Wednesday August 13<sup>th</sup> we are to have a visit from 6 Year 12 SLC members from Cheltenham Secondary College in Melbourne. They will travel up on the Tuesday and will be billeted by some of our students. We are developing a program for the Wednesday morning which will include an assembly where they will present a cheque to the school from a fundraising activity their SLC has undertaken as they wanted to support a country school that has been suffering from the drought.

**G**rade 5 and 6 Camp  
 Our Grade 5 and 6 students are currently on their 3 day camp at Sovereign Hill in Ballarat from Wednesday to Friday of this week. We look forward to a report of their camp in an upcoming newsletter.

**VCE** Information Night  
 This evening is coming up next Wednesday August 6<sup>th</sup> and we are encouraging all Year 10 and 11 students and their parents to attend this important information evening as students will shortly after this be asked to make their course selections for 2009.

**P**rep Information Evening  
 This information evening for parents of 2009 Prep children will take place on Monday evening August 11<sup>th</sup> in the P-4 building.

**B**eyond the School Gate  
 This program was conducted 2 years ago and a sub-committee led by Kim Thompson has been working very hard to put together this program for our senior students. It will be conducted on Friday August 8<sup>th</sup>.

**John Harley**  
**Principal**

### Education Maintenance Allowance (EMA)

The Education Maintenance Allowance is provided to assist eligible families with the costs associated with the education of their children. To be eligible for receipt of the EMA you must:

- Be either a parent or guardian of a primary or secondary school student up to the age of 16;
- and**
- Be an eligible beneficiary of a Centrelink pension, allowance or benefit within the meaning of the State Concessions Act 2004 or b a veterans Affairs (TPI) pensioner of be a foster parent.

Consequently, parents/guardians are able to access the EMA if they have a valid Health Care card or valid Pension card.

The eligibility criteria must be met as at the first day of Term 3 (14<sup>th</sup> July 2008). The application must be submitted to the school by 1<sup>st</sup> August for the second instalment.

**Parents with continuing eligibility, who are paid the first instalment of 2008 through this school, will not be required to complete a new application for the second instalment.**

They can have feelings of worthlessness or guilt. They lose interest in activities that they usually enjoy. Loss of energy and extreme tiredness occurs. They find concentrating difficult, are unable to make decisions and are slow thinking. Significant changes in sleeping and eating patterns may also be signs of depression. Some people will cry a lot or even feel agitated. When people are suffering from depression they may have morbid thoughts. Some people even feel that it is not worth going on. If someone feels like this, it is important to help them find other ways of seeing their situation.

Sometimes people become depressed in response to something in particular and sometimes depression can occur for no apparent reason. If a young person has had many of these symptoms of depression for more than three weeks, it is important to seek help. Encourage them to talk to you or someone they trust. Find out what is going on in their life to make them feel so bad.

If someone is feeling depressed there are many forms of help available.

- Your local doctor
- East Wimmera Health Service Ph: 5491 1200
- Lifeline Ph: 131 114
- Kids Help Line Ph: 1800 - 55 1800
- Parentline Ph: 132 289
- Child and Adolescent Mental Health Service Ph: 1300 - 363 788
- [www.beyondblue.org.au](http://www.beyondblue.org.au) *Beyondblue is an interactive website about depression. It has an anonymous questionnaire, which allows visitors to rate themselves to determine whether or not they may have depression. It looks at the types, causes, identifying depression and help/resources available.*

Parents and adults can do a range of things to help a young person with depression. One of the most important is to encourage them to have counselling. Listen to them, and try to understand their behaviour. Find out if they are being bullied or harassed at school or other places, as this may be the cause. It is also important to provide boundaries and reasonable limits, be sure to remain consistent. Let them know that you care and that you understand that they are feeling bad. Help them to continue participating in things that they usually enjoy, especially things that link them to their friends. Encourage them to exercise, as this helps release built up emotions, and helps to lift depression. Finally, take good care of yourself and remain positive.

Health  
Tips



## Teenagers and Depression...

A lot has been said in the media about the increasing rate of depression in Australia. Unfortunately it appears to be on the increase in our teenagers and children as well. Prolonged periods of sadness are experienced by around 40% of young people. These periods of sadness make them vulnerable to clinical depression and self-harm.

Everyone feels down or sad at times during their life. If these feelings of sadness and depression don't go away and last for more than a couple of weeks then that person may be depressed. Although it is reasonably common, long periods of depression are not normal for young people. Depression affects the learning, health and social development of the young person.

When someone is depressed, they may feel a range of things including feeling hopeless or helpless, with no sense of enthusiasm or pleasure.

## **Years Prep – 4 News**

### **Student of the Week: Stephanie Freestone**

Stephanie is a high achieving student who is caring and considerate to others.



Values Winners From Last Week: **Courage**

Prep / One: **James Cashin**

Two: **Year 2 Class**

Three / Four: **Year 3 / 4 Class**

Value For This Week: **Caring**

Responsible Citizens: **Year 2**

Cool Cat: **Year Prep/1**

### **2009 Prep Information Night**

On Monday the 11<sup>th</sup> of August the College will be holding a Parent Information night for 2009 Prep parents. Invitations have been sent home to families for this event. We would appreciate your reply being sent to the College by Thursday the 7<sup>th</sup> August. We look forward to meeting you all.

### **Drawing Fun**

Drawing Fun is a lunchtime activity that has been organised by our Year 4 girls. This lunchtime activity will be hosted in Mrs Curnow's classroom starting at around 1.15pm going through to 1.45pm. This activity starts in August and runs for 3 consecutive Thursdays. If we have a large response to this activity will look at running it in class groupings. Thankyou to our Year 4 girls who are organising this event.

## **Years 5 – 8 News Judy Stanley, Coordinator**

### **Concern with Cold Weather**

I have a bit of a dilemma at the moment with the cold and frosty mornings. There are several students continually arriving at school wearing coloured 'hoodies'. Part of my job is to check and monitor uniform and it has been my practice if a student doesn't have a note, they are given a College jumper to wear. The problem is that students chose not to wear the correct jumper offered and on these mornings I find I can't in good consciousness ask them go without a jumper as the rooms haven't had time to warm up. Parents are asked to assist by putting the student in correct uniform or send a note explaining why they are unable to wear our College uniform.

### **Lunch Passes**

Parents and students are both reminded that lunch passes are required if a child is to have lunch at home. This can be arranged by a note or phone call to the school. Students are not to go home to another student's house for lunch unless a note has been supplied by both that child's parent and the parent of the house going to.

### **Internet Money**

Many children in Grade 5/6 are using their Internet allowance on games and then when we need to use the Internet for school work they are stuck!!

Can parents please re float their child's Internet allowance so that we can do our Internet work!

### **Grade 5-6 Meals on Wheels**

Grade 5-6 parents are required to assist with meals on wheels duty from Sep 1<sup>st</sup> to Sep 4<sup>th</sup>

If you are able to assist please contact the College.



**Is your child in Year 10, 11 or 12?**

**Are you thinking about what they should do after finishing school, or even when they should finish school?**

- Interested in finding out about the benefits that further education has for your child?
- Would you like to understand the costs involved in sending your child to University/TAFE?
- Do you want to know about the accommodation and support available for your child when attending University/TAFE?

If so, come have a cuppa and chat with UB staff, current UB students and their parents to gain valuable information for assisting your child to decide the best option for them.

Location: Charlton College  
Date: Wednesday 20th August  
Time: 7.30pm

### **YEAR 12s attending Open Days Reimbursement Available**

Students attending open days at tertiary institutions or other are able to get some reimbursement for their expenses. This is as a result of drought funding. You need to submit to the College evidence that you have attended the day and then all submissions will be tallied up with reimbursements happening late in the year.

### **IS YOUR CHILD INTERESTED IN SCIENCE AND ENGINEERING?**

The 2009 Australian Student Mineral Venture gives students a chance to experience the mining and associated industries. The cost for this 11day camp is \$385. It will occur Jan 10<sup>th</sup> - 21<sup>st</sup> next year. We had 2 students do this last year & both found it very rewarding. If you want more information, please ask BMcK for the brochure, or visit [www.ausimm.com.au/Content/Default.aspx?ID=157](http://www.ausimm.com.au/Content/Default.aspx?ID=157)

### **VCE SUBJECT SELECTION NIGHT - Wednesday August 6th at 7:30pm in Room 21**

Parents are invited along to a night for the Year 10 students to investigate their options for VCE/VCAL in 2009. This night will help parents and students get a

clearer picture of what they need to do, how they will make selections and how subject offerings will be decided by the College. It is essential any student going into Year 11 attends this night. Year 11s may find the night useful also and any Year 9 students thinking of doing VCE subjects in Year 10 might find the night useful as well. (Speak to BMcK if you have any questions).

### **THE AGE 28<sup>th</sup> July "Future Shock" article error**

I received an email from the Department regarding an error in this article, please read the correction below. This may be of interest even if you did not read the article. If you have any questions on this please get in touch with me.

Education supplement - The Age - Monday 28 July 2008 - **Incorrect answer to Question 5**

In reference to the article in the Age this morning, entitled 'Future shock', VTAC wishes to advise you that under the heading 'Top 10 Questions year 10 students ask/' incorrect information has been published about the use of English studies in the **calculation** of the **ENTER**.

\*The answer to Question 5 is wrong. \* The question asks 'Can I take more than one English subject?'

\*The correct answer is\*: **Yes, for the purposes of calculating the ENTER, up to three English studies may contribute to the calculation of the ENTER:**

\* a maximum of two English studies may contribute to the primary four

\* the third may contribute 10% as either a fifth or sixth study

### **Country Careers Expo Thursday, 28th August 2008**

*"A Million & One Jobs!"*

*Parents welcome to attend on the day.*

Start time: 10.00 am

at Charlton Sporting Complex

**For more information call:**

**NCLLEN-LCP**

**PH: 5491 1144**

- *Hands on displays*
- *Especially for Year 10 & VCAL students – North Central Region*
- *Training Providers available on the day for direct contact with students*
  - *Lunch provided*
- *Many prizes to be won on the day*

### **WORKCO Apprenticeship and Traineeship Vacancies**

For more information ring Jessica, look in the resources folder of the server, read the noticeboard near the office, or see BMcK

Jessica Tyshing

**WORKCO** Limited Ph: 53 816200 [jessica.tyshing@workco.com.au](mailto:jessica.tyshing@workco.com.au) <http://www.workco.com.au/>

<b>Job Title</b>	<b>Town</b>	<b>Contact</b>	<b>Closing Date</b>
Warehouse Traineeship	Melbourne	Deena Sleiman	15 <sup>th</sup> August 2008
Warehouse Traineeship	Melbourne	Deena Sleiman	15 <sup>th</sup> August 2008
1st Year Apprentice Auto (Light Vehicle) Mechanic	Melbourne	Deena Sleiman	15 <sup>th</sup> August 2008
Apprentice Carpenter	Melbourne	Deena Sleiman	15 <sup>th</sup> August 2008
Apprentice Cabinet Maker	Melbourne	Deena Sleiman	31 <sup>st</sup> July 2008
Automotive Electrical Apprenticeship	Warracknabeal	Kate Clarke	15 <sup>th</sup> August 2008
Horticulture (Parks & Gardens) Apprenticeship	Horsham	Chris Perry	1 <sup>st</sup> August 2008
Bricklaying Apprenticeship	Melbourne	Deena Sleiman	31 <sup>st</sup> July 2008
1 <sup>st</sup> or 2 <sup>nd</sup> Year Apprentice Light Vehicle Mechanic	Melbourne	Deena Sleiman	15 <sup>th</sup> August 2008
Business Traineeship	Horsham	Chris Perry	8 <sup>th</sup> August 2008
Business Administration Traineeship	Horsham	Chris Perry	8 <sup>th</sup> August 2008
Apprentice Diesel Mechanic	Horsham	Brooke Janetzki	18 <sup>th</sup> August 2008
Financial Services Traineeship	Horsham	Shane Cross	15 <sup>th</sup> August 2008

## Community News

### **MIPS TIPS**

#### **Attention Year 10 – 12 students**

**OPEN DAY: La Trobe (Bendigo Campus) – Sunday 3<sup>rd</sup> August:** [www.latrobe.edu.au](http://www.latrobe.edu.au)

**OPEN DAY: Monash – Sunday 3<sup>rd</sup> August:** [www.monash.edu.au](http://www.monash.edu.au)

**OPEN DAY: AUSTRALIAN INSTITUTE OF FITNESS – 24<sup>th</sup> August (Melb)**  
[www.fitness.edu.au](http://www.fitness.edu.au)

Open Day tips again, but this is really important! Attending as many Open Days as you can should be an important part of your career research – even if it's to rule out some options! Becoming familiar with various Campuses and courses as early as you can really does help to simplify decisions regarding your Tertiary Education – and Year 10 is a really good time to start! Take your parents and also remember to ask about Scholarships and accommodation options. For more information on the various information sessions on the day, go to the websites or ask your Careers Teacher or MIPS Coordinator. For a list of Open Days go to the VTAC site.

#### **Charlton Football Ladies Auxiliary Kiosk Roster** 9<sup>th</sup> August V's Boort

**8.30 am:** OPENERS: Lyn Good & Deb Hobbs  
**9.00 am – 1.00 pm:** Lollies/Drinks: Tahnee Perry, Amy Russell & Jenna Jablonka; Pies: Di Roberts & Mel Watts; Chips: Kelly Hobbs

**11.00 am – 2.00 pm:** Alison Tormey, Bri Zagame, Jess Johnson

**1.00 – 5.00 pm:** Lollies/Drinks: Erin Mulquiny & Angela Tatchell, Pies: Annette Padgett & Marg McGrath; Chips: Gill Gretgrix & Alex Laffin

**SOUP:** Kim Fitzpatrick (Pumpkin)  
Deb Hobbs (Vegie)

**SLICE:** Kate Burton

#### **CHARLTON CRICKET CLUB Inc.**

Annual General Meeting

At Oogy's Café

(East Charlton Hotel)

Monday 4<sup>th</sup> August 2008 - 7.30pm

For ALL players, members  
supporters, parents

**Supper & Nibbles  
provided after A.G.M.  
Brendan Gretgrix – Secretary**

#### ***Year 10 Work Experience***

**Roster for Assistants at the Trots –**

**Friday, 8<sup>th</sup> August**

*Charlton Meeting*

**Dining Room at 9.00 am:** Finlay Family  
Finlay Family

**Kiosk: 10.30 pm –** Mora Family  
**2.00 pm –** Roberts-Doughty Family

## Parents Club News

### **Parents' Club Meeting**

Just a reminder to everyone that the next Parents' Club meeting will be held this Tuesday, 5<sup>th</sup> August at 9.00 am in the Library. Please show your support and come along to the meeting – everyone's lives are busy but an hour of your time every now and then to support those in office would be much appreciated.

## **Farming with Pipes Information Sessions**

The Department of Primary Industries is currently running **Farming with Pipes Information Sessions** across the Wimmera.

\*Sessions are for any landholders in the community that are connecting to the pipeline.

### **TOPICS INCLUDE**

- Practical advice for piping your property, from Ron Klemm, Wimmera Aquatrail
- Setting up your pipe system
- Planning for the future so that your pipe system becomes a long-term asset for your property
- How to efficiently reticulate water on your property

### **ABOUT THE SESSIONS**

- Sessions run for 3 hours
- All sessions are free of charge
- Lunch is provided after morning sessions
- Afternoon tea is provided at afternoon sessions
- RSVP not required

### **UPCOMING SESSIONS**

<b>Venue</b>	<b>Date</b>	<b>Time</b>
<b>Wedderburn</b> Rural Transaction Centre	Tuesday 12th August	9am to 12pm
East <b>Charlton</b> Hotel	Tuesday 12th August	2pm to 5pm
<b>Wycheproof</b> Community Resource Centre	Wednesday 13th August	9am to 12pm
<b>Donald</b> Senior Citizen's Club	Wednesday 13th August	2pm to 5pm
<b>Minyip</b> Senior Citizen's Club	Thursday 14th August	9am to 12pm
<b>Rupanyup</b> Senior Citizen's Club	Tuesday 26th August	9am to 12pm
Public Hall, <b>Dadswell's Bridge</b>	Tuesday 26th August	2pm to 5pm

Already in 2008, there have been 23 sessions run across all pipeline supply system areas. The feedback has been very positive and participants have said they highly recommend the sessions for practical and relevant information about piping their properties.

## **Study Tour of Wimmera Mallee Pipeline**

The Department of Primary Industries is running a 1-Day Study Tour for landholders connecting to the Wimmera Mallee Pipeline. The tour is FREE and includes lunch.

Are you connecting to the Wimmera Mallee Pipeline and want to learn from other people's experiences of having a piped water supply? Then come on this 'Farming with Pipes' Study Tour to Nyah West (near Swan Hill).

### **Thursday, 28th AUGUST**

This trip will visit two properties:

**Property 1 - Broadacre Agriculture - wheat and sheep**

**Property 2 - Intensive Agriculture - Olson Game Birds**

These landholders have made the transition to a piped water supply and have lots of advice and stories to share. Learn first hand how they went about planning and implementing an on-farm piping system. Have a look at farm planning maps for a broadacre property. Discuss property management, weed control, pest control, water use and water storage. Ask practical questions about setting up a piped water system on your property from people who have done it before. Sample produce from the Pheasant Farm.

### **Pick-up / Drop-off points**

Marnoo Hotel  
Donald Apex Park  
Charlton Travellers Rest  
Wycheproof Centenary Park

### **RESERVE YOUR SEAT NOW!**

**RSVP: Monday 25th August**

**Phone Lucy Breen, DPI Horsham**

**Ph: 5262 2111**

**Mobile: 0428 - 303 291**