



PARENTS' BULLETIN – 2009
23rd April **No. 10**

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Calendar of Events

TERM 2 – 2009

Thur	23 rd	Interschool Aths at St Arnaud
Sat	25 th	ANZAC Day
Tues	28 th	Parents' Club Meeting at 7.30 pm

May

Fri	8 th	FETE
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From the Principal
Amanda Hubber

Family School Partners

Family School Partners (Family – School and Community Partnerships Bureau) sends a very valuable electronic newsletter to schools. It contains great information on a range of issues which is useful to school and parents. I highly recommend this newsletter to all parents. It can be accessed at this link: <http://www.familyschool.org.au>

Start of Term 2

It is great to see all students back at school for term 2. This term is usually one where the weather turns cold quite quickly. It is important that all students have their full winter uniform ready to wear as the days get colder and perhaps it may even rain. All students should have adequate warm clothing for this period. Please contact Jenny Ritchie at the College if there are issues with ensuring students have their full uniform.

Change of Leadership Roles

Parents are reminded that Judy Stanley will assume the leadership role for the Prep to 8 year levels; Kim Thompson will take up a role as assistant leader for the 5-8 years. I am pleased to welcome Kim to the leadership team.

ANZAC Ceremony

We will be holding a brief Anzac Ceremony in the courtyard at the College tomorrow at 9.00am. Each sub school will lay a wreath at our flagpole and Marc Law will be playing the trumpet for Reveille and the Last Post. All parents and community members are most welcome to attend.

Education Maintenance Allowance

EMA cheques have arrived at the College and can be signed for and collected from the College Office.

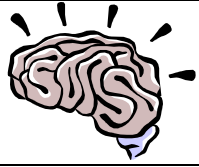
CANTEEN NEWS

The Term 2 canteen menu starts on Monday April 27th. A copy has been sent home today with each student. Please read it carefully as there have been some price changes and new food items have been added. Please note that due to unforeseen circumstances the hamburgers listed on the menu will not be available until further notice. Sorry for any inconvenience.

WANT TO FIND A PLACE FOR YOUR JUNK?

A Year 12 student is looking for items for her Year 12 Studio Arts folio. Your trash may be Holly's treasure! Holly is looking for old items that could be turned into art pieces. Objects such as old cups and saucers, enamel kitchenware, rusty items, picture frames, mechanical parts etc would be useful. Basically any small, old items that you would find lying around in your shed or on your property may be of some use. Please send them into the Art Department or forward them to Holly Mulquiny.

Health Tips



Mental Fitness...

How many of you have had conversations with your friends about how easy it is to forget things? These tips might be useful in improving your mental fitness.

We know that keeping physically active and keeping a healthy diet good for your body, but it is also good for your mind. But the mind itself also benefits from regular "workouts".

Researchers at Stanford University (USA) found that memory loss can be improved by 30-50 per cent simply by doing mental exercises. The brain is like a muscle – if you don't give it regular workouts, it loses tone.

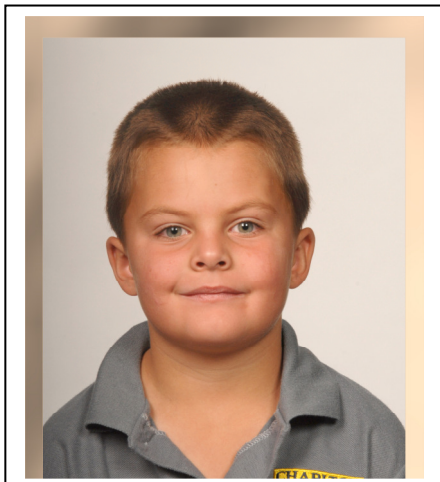
Here are some tips on improving your mental fitness...

1. Keep up your social life and engage in plenty of stimulating conversation.
2. Read newspapers, magazines and books.
3. Play thinking games like Scrabble, cards and Trivial Pursuit.
4. Take a course on a subject that interests you.
5. Cultivate a new hobby.
6. Learn a language.
7. Do crossword puzzles and word games.
8. Play games that challenge the intellect and memory, such as chess.
9. Watch "question and answer" game shows on television and play along with the contestants.
10. Keep stress under control with meditation and regular relaxation. Stress causes an excess of stress hormones in the body (eg: cortisol) which can be harmful to neurones.

Years Prep – 4 News
Judy Stanley, Coordinator

Student of the Week:

Griffin Andrews – is a dedicated, consistent worker who has a positive attitude towards school. He is producing pleasing results in Reading and Writing.



Values Winners From Last Week: *How to be Happy*

Prep / One: **Thomas Rymell**

Two/ Three: **Holly Rymell**

Three / Four: **Wally Townsend**

Value For This Week: **How to Get Along at School**

Dry Rain Water Tanks

This is a reminder to parents that the P-4 rain water tanks are dry and students will need to bring a drink bottle of water to school until we receive some rain.

Years 5 - 8 News
Judy Stanley, Coordinator

Grade 5/6 Parents

Parents are reminded that the lease agreements for the netbook computers should have been signed and first payments received by today. If this has slipped your mind could you please come the office so these agreements can be finalised.

Paddock To Port Exhibition

On Monday the students from Years 7 and 8 attended the Golden Grains Museum to visit the Paddock to Port exhibition. Students enjoyed their time wandering around taking a keen interest in the photos and also the memorabilia from their local area.

The staff would like to thank the hard working members of the museum for making themselves available to talk with the students and in being able to get such an exhibition to provide a visual picture in our town's past.

Years 9 – 12 News
Barry McKenzie, Coordinator

VET STUDENTS

For students to complete their Cert II courses in their VET studies it requires an off campus commitment of two to three hours each week. This is something students who are participating in VET subjects need to realise. Please talk to your child about this and if it is a problem, there is the option of doing an alternative course to complete VCAL, rather than not completing the VET certificate. Some VET subjects have a mandatory work placement (e.g Agriculture 200 hrs on a farming enterprise that matches the stream being studied). If unsure about this, students should ask their teacher.

YEAR 10 WORK EXPERIENCE EASTER EGG RAFFLE

Congratulations to the winner of the raffle, Erica Connor (a relation of the Green family) who won the raffle, I'm sure she had a happy Easter! Thanks to all students and parents who donated chocolates to the raffle, or helped in any way with the selling of tickets. We had many students involved over the week or so prior to Easter.

BALLARAT UNIVERSITY OPEN DAY

Their open day is Sunday 30th August - if your child has any interest in going to this, please plan around the day. I have more information, if you would like to call I can send it home.

Other resources available from UB are on line at Higher Education Handbook www.ballarat.edu.au/handbook On line program finder www.ballarat.edu.au/programfinder

TROTS ROSTER Wednesday 29th April

Kitchen 9-11am McLay Stuart

Kiosk 11-2:30 pm Curry

2:30-6 pm Tormey

MID YEAR EXAM PREPARATION/UNIT 3/4 REVISION

Any students studying VCE Units 3/4 this year might be interested in some FREE lectures in Melbourne. Go to www.tsfx.com.au or ring 9663 3311 for more information or BMcK has some sheets. This information has been made available to the Year 11 & 12s.

Other info for revision in Chemistry, Physics, Biology & Accounting in **Bendigo**. See www.tssm.com.au These courses are later in May (Sunday 31st)

PARENT TEACHER INTERVIEWS

Parents are thanked for their attendance at the parent teacher interviews. Those who spoke to the teacher(s) of their child should have been able to gain information and pass some back to the teacher which will ultimately help to improve their child's education. If you were not able to attend last night, you are always welcome to ring and organ2ise another time that suits both you and the teachers involved.

WORKCO Apprenticeship and

Job Title	Town	Contact	Closing Date
Business Administration Traineeship	Horsham	Chris Perry	01/05/2009
Horticulture/Agriculture Trainee (Glasshouse Assistant)	Horsham	Chris Perry	01/05/2009
1 st or 2 nd Year Apprentice Bricklayer	Melbourne (Moonee Ponds)	Deena Sleiman	21/04/2009

Traineeship Vacancies

For extra info access the server on Resources/JOB VACANCIES, look on the Notice Board in the canteen, or contact **Jessica Tyshing** WORKCO Limited Ph: 53 816200 Email: jessica.tyshing@workco.com.au <http://www.workco.com.au/>

Parents' Club News

HELP NEEDED

Mallee Sports Assembly has asked Parents Club to cater for a breakfast for our Charlton College Year 7-12 Girls (about 80 altogether) on MONDAY 11th MAY. Workers will be required before 8.00 am that morning to pick up food, set up area and serve food.

NAMES REQUIRED BEFORE FRIDAY 17TH MAY.

PHONE: SUE WALSH – 5491 1519 (Home)
0400 073 957 (Mobile)

Community News

Loddon and Buloke Shires present

BALISTIK

Youth Festival
Sunday, 3rd May 2009
at Charlton Football Ground
1.00 to 4.00 pm
(See posters around the school)

Paddock to Port Photographic Exhibition

1st—28th April

***Charlton Golden Grains Museum
1 High Street, Charlton***

Open: 10am—2pm Weekdays

By Appointment:

Weekends & after hours.

Admission \$3

Contact: 5491 6225

Action for World Development

AGM

Monday, 27th April at 8.00 pm

Uniting Church Meeting Room, Halliday Street

Guest Speaker: Sophie McEniry

Sophie went to South Africa in her GAP year to work people affected by Aids. She is returning next month on a scholarship program to continue this work. She will speak about her experiences and what motivated her to go and what she hopes to achieve.

All welcome to attend.

LAST CHANCE FOR CHARLTON SHOW

Public Meeting Convened by Charlton Forum

Tuesday 5th May at 8.00pm

Senior Citizens Club Rooms

The future of the Charlton Show is in your hands

Contact: Geoff Wright 5491 1351

Carolyn Olive 5491 6225