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'Together We Achieve' PARENTS' BULLETIN – 2021

18th March

No. 7

2021 Calendar of Events

Term 1

March

Fri	19 th	SLC Movie Dress Up
Mon	22 nd	Parents Club AGM at 9.20am
Tues	23 rd	MIPs appointments with Sue Clay
Tues	23 rd	Yrs 8 & 9 Surf Camp commences
Fri	26 th	Yrs 8 & 9 Surf Camp conclude
Mon	29 th	Parents Club AGM at 9.20am
Tues	30 th	Parent/Teacher/Student Conferences

April

Thurs	1 st	Last day of Term 1 – 2.30pm finish SLC BBQ Lunch
Fri	2 nd	Good Friday

Term 2

Mon	19 th	Term 2 commences
Mon	26 th	ANZAC Day school service 9am

Principal
Kelvin Baird

Following feedback in relation to the readability of the Parents Bulletin in Compass, the College will produce a hardcopy to send home with students and also make it available on Compass. Parents wishing not to have a hardcopy, please inform the office.

Email: charlton.co@education.vic.gov.au

Parent/Teacher/Student Interviews, Tuesday 30th March

The Term One Conferences will be conducted in the last week of term on Tuesday 30th March from 3.30 pm to 7.30 pm. Interviews are booked by parents through a

Compass notification which will appear on your dashboard advising you the report cycle is open for bookings. **Bookings will open tomorrow Friday, 19th March.**

For parents that don't have access to the internet and Compass please advise the office on 5491 1280 or send a note to school with the approximate times they require. Interviews are strictly 10 mins and spaces are limited. If you require more time, please contact your teacher directly to make alternative arrangements.

Student Wellbeing
Natasha Saunders

Catholic Care Sandhurst

It's about the kids - Post-separation parenting program

Please refer to the information below for a 5 week program being conducted by Catholic Care Sandhurst. Sessions are being held in person and online (Zoom).



IT'S ABOUT THE KIDS

Post Separation Parenting Program



Is your child exposed to conflict between adults they care about?

This program explores:

- How ongoing parental conflict affects children
- How to support your children through changing family relationships
- How to develop effective communication with your co-parent
- How to move forward towards a co-operative parenting arrangement

5 WEEK PROGRAM - \$20 FOR WHOLE PROGRAM

Term 2, 2021	Dates	Times
	Wednesdays, 21st April - 20th May 2021 <i>(in person at 176-178 McCrae Street, Bendigo)</i>	10.30 - 1.00pm
	Thursdays, 22nd April - 20th May 2021 <i>(Zoom Sessions)</i>	7.00pm - 9.00pm
Term 3, 2021	Dates	Times
	Mondays, 19th July - 16th August 2021 <i>(in person at 176-178 McCrae Street, Bendigo)</i>	12noon - 2.30pm
	Tuesdays, 20th July - 17th August 2021 <i>(Zoom Sessions)</i>	7.00pm - 9.00pm
Term 4, 2021	Dates	Times
	Tuesdays 12th October - 9th November 2021 <i>(Zoom Sessions)</i>	7.00pm - 9.00pm
	Thursdays 14th October - 11th November 2021 <i>(in person at 176-178 McCrae Street, Bendigo)</i>	12noon - 2.30pm

For bookings and enquiries contact reception on 5438 1300

Groups are subject to maximum and minimum numbers determined seven working days prior to the commencement date. Early registration is encouraged

Smile Squad Dental Services

Due to treatments at the current school taking longer than expected, our Smile Squad Dental van visit has been postponed slightly. The commencement date is now expected to be Monday 22nd March. Thank you for your patience!

SLC
Katelyn McIntyre



Breakfast Club Charlton College runs every Monday, Wednesday and Friday morning from 8:40am-9:00am in the SLC kitchen, with the aim to ensure students start the day with a healthy meal, to improve concentration, to help students make friends and strong social connections. EVERYONE IS WELCOME!!

Delivered by the Victorian Government in partnership with Foodbank Victoria, the program provides healthy meals to help students focus better and participate fully in their education. The brain is the most energy-hungry organ in the body. Despite the fact that it weighs just 1.5kg, it steals roughly 25% of the body's energy requirements. It is therefore dependent on a second-to-second supply of energy, which is only provided by the food we eat. Much like a performance car, the brain functions best when it runs on premium fuel (Food for the Brain Foundation).

If you have any questions about this great program please contact Katelyn McIntyre, Dora McGeown or Ethan Needs.

END OF TERM BBQ

SLC will be running a BBQ lunch on Thursday 1st April (last day of term) to welcome in the holidays and congratulate all students on a fantastic Term 1. Order forms have been sent home with students today. Money and orders must be back by next Thursday 25th March and handed to Marg or Di at the office. Extra order sheets can also be found at the front office.



Numeracy Coordinator
Kim Fitzpatrick

Foundation Numeracy

In the last couples of weeks, Foundation students have been exploring different 2D shapes and their properties. They looked for shapes in the environment and made the scariest monster ever using 2D shapes. They counted how many shapes they have used to create their monster.



Don and Campbell creating their monsters.



Mary counting the numbers of shapes she used to create her monster.



Eli admiring his monster

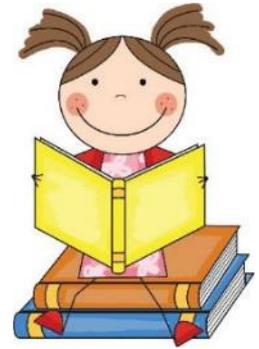
Reading Awards

This week we had more students who reached the 25 night reading mark. Congratulations to:

Tom Judd, Tom McGurk, Chace Hooper-Dixon, Lacey Jenkyn, Sam Cossar, Anna Fitzpatrick, Stella Nicolson, Taylah Giles and James Fitzpatrick.

We also had our first student reach 50 nights and that was Leigh Van Boven.

Great job everyone, keep reading!



Foundation – Year 6 Coordinator
Kim Fitzpatrick

F-6 Upcoming Events:

Mar 19: Class Movie Dress Up Day
Mar 30: Parent/Teacher/Student Conferences
Mar 31: Tennis Hot Shots (3-6)
Apr 1: Last Day Term 1 & SLC BBQ Lunch

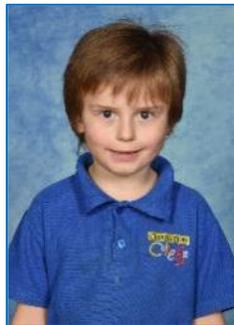
Star Students

Students acknowledged for displaying positive behaviours in F-6 this week are:



Foundation/Year 1: Tom McGurk for trying very hard at all tasks in all subjects.

Year 2: Matthew Elso for always striving to be the best learner he can be.



Year 3 & 4: Marley McGurk for going about her work in a quiet and focused manner.



Year 5 & 6: Ruby Wright for showing confidence and a positive attitude towards her work.



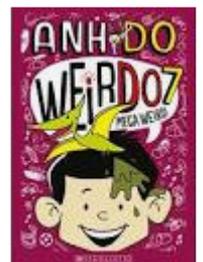
Assembly

Monday's assembly was very busy.



Special guest, Mrs Thompson announced that we have two more students who have been selected in the Victorian High Ability Program. We congratulate James Fitzpatrick and Heidi Start for being selected in the Mathematic program for Term 2. These students have been selected by the Department of Education, using data collected on the students. They will undertake a 10-week online extension and enrichment program with the focus on extending and developing students' mathematics.

Sam Cossar gave a book recommendation to the Primary students. He recommended Weirdo 7 for students in Year 3 and up. It is a book filled with pictures alongside the writing. Without giving the story away, Sam said that they attend a garage sale and find an old T Rex bone. Throughout the book, Weirdo makes funny jokes. This book is part of a series of 15 books.



Also at assembly the Years 5 & 6 students shared their "Show don't tell" writing, including this piece titled Nimun, from James Fitzpatrick.

The cat spat out the nimun in a real hurry. He ran into the hall and up the stairs. My cat began to vomit, yellowish, puss-like liquid. The little green nimun was struggling up the stairs and into MY BEDROOM!!
 "Stay there Fluffy" I said, "I'm gonna give that Nimun a piece of my mind!"

Good Luck

Today Heidi Start is representing the College at the Loddon Valley Region Swimming Carnival. We wish her all the very best and hope she enjoys the experience.



Hockey Road Show

Yesterday all Primary students were involved in a hockey clinic provided by Hockey Victoria. Former student and local hockey player Xanthe Fitzpatrick along with Wedderburn player, Samantha Giorlando kept the students busy and challenged them with a variety of fun activities with the stick and ball.



Students 'stealing the eggs'



Action galore in the warm up!



Keeping control

Reminder Movie Dress Up Day Tomorrow

Movie Day is on Friday and a parade will take place at 9am. This day involves classes dressing up together as characters from the one movie. Classroom teachers have organised this with the students and communicated any requirements to you.



This week on the menu we had Pumpkin, Silverbeet and Ricotta Lasagne as well as Pear Crumble. Over the past few weeks, each student has had the opportunity to make fresh pasta using the pasta machine. The class has now experienced fresh spaghetti, fettucine and lasagne which have been a huge hit! Everyone loved learning how easy it really is to make.

Hot Potatoes had the task of making the tomato and garlic sauce, making use of the abundance of tomatoes we have grown in our garden. The Flaming Chillies cooked the ricotta, pumpkin and silverbeet sauce for the lasagne layers, while the pasta sheets were made by the Sweet Peas. We were given some delicious pears to use, so the Sassy Strawberries cooked Pear Crumble. As usual, it was all delicious! Pear Crumble narrowly won the vote to appear in this week's newsletter. We hope you enjoy it!



The finished product.

**Years 7 – 9 Coordinator
Darcy McCallum**

Yr 8 & 9 Surf Camp:

Camp is fast approaching and everyone is getting excited! Whilst packing, please do not forget to pack:

- A fitted/Top sheet for a single bed
- Sleeping bag/doona and Pillow/pillow case
- A packed lunch for Tuesday only.

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SLC Dress up day – Reminder for all students to dress up as their class movie tomorrow!!

**Years 10 – 12 Coordinator
Meaghan King**

Year 10 Grampians Camp: 21st – 23rd April

Year 10 Grampians camp notes have been handed out to students; please return these to the office or Darcy McCallum asap. If you have any questions or concerns about the camp please contact Darcy at the College.

Deakin University Campus Tours



Build on the knowledge you'll receive in our online course information events and experience campus life for real by attending a 45-minute campus tour with your family these school holidays. You'll get a firsthand look at our facilities, guided by a current student, and have all your study questions answered. You'll have the option to choose your preferred campus and tailor the areas you visit to the courses that interest you. Not sure what you want to study yet? Our general tour is a great place to start! For those considering living on campus, there will also be an optional residences tour available.

- Melbourne Burwood Campus – Thurs 8th & Tues 13th April
- Geelong Wairn Ponds Campus – Fri 9th & Thurs 15th April
- Geelong Waterfront Campus – Wed 14th April
- Warrnambool Campus – Wed 14th April

For more information visit:

www.deakin.edu.au/about-deakin/events/campus-tours

FOOTY IS BACK!!

AFL starts TONIGHT!! But it's not too late to sign up and join the footy tipping for the year. The link has been emailed to all students and can be found on Compass as well.

It is \$20 for the season, which can be paid to the office, with money raised going to the Year 10 program which helps pay for Work Experience, Pre Driver Ed, Snow Camp etc.

The link for the comp is

https://www.footytips.com.au/comps/Charlton_College_2021&p=3525

Password – 3525

Easter Raffle

Attached is the roster for the selling of Easter raffle tickets. Well done to those that have already completed their shift. There are still a few families that have not given me their eggs yet. Please have these to me ASAP to be added to the hamper.

Date	Names
Saturday 20th March 10:00 - 12:30 pm	Tyler and Will
Friday 26th March 4:00 - 6:00 pm	Lennon and Lochlan
Saturday 27th March 9:00 - 12:30 pm	Bailey, Jacob and Oscar

Fierce Girls Podcasts

From athletes to aviators, scientists to spies. From the deep blue sea to the dark, black skies. Australia is full of girls who dare to do things differently. Adventurous girls. Girls with guts and spirit.

Join the amazing Amy Shark, Yael Stone, Dame Quentin Bryce, Claudia Karvan, Turia Pitt, Stephanie Gilmore, Leah Purcell and more as they tell the inspiring tales of some of Australia's most extraordinary women.

Visit: www.abc.net.au/radio/programs/fierce-girls/

Outdoor School – Work experience opportunity



Work experience for Secondary School students is available at our campuses. Please note you must be over 15 years of age at the time of placement. Under supervision, students will have a fantastic opportunity to undertake a range of tasks within a program based around outdoor education, outdoor adventure activities and environmental sustainability.

For further information visit:

www.outdoorschool.vic.edu.au/student-teacher-placement-and-work-experience

Victoria Police Jobs



Victoria Police are the primary law enforcement agency in Victoria. There are different areas that you may be interested in pursuing:

- Police Officer
- Protective Services Officer
- Police Custody Officer
- Victorian Public Servant

To view the different roles, careers and recruitment processes take a look at the videos at:

www.youtube.com/results?search_query=victoria+police+recruitment

Job Profile – Chiropractor

Chiropractors diagnose and treat health problems related to the nervous, muscular and skeletal systems, particularly the spine, without the use of drugs or surgery.

Duties & Tasks

- Note down patients' case history details, conduct physical examinations and interpret diagnostic imaging studies such as X-rays
- Adjust patients' spine or other joints to correct joint dysfunctions interfering with proper nervous system control and integration of body function
- Treat patients by adjusting the spinal column to manipulate joints and soft tissues
- Conduct specialised work such as sports chiropractic, paediatrics, diagnostic imaging or various chiropractic techniques
- Give advice about general health matters such as exercise and nutrition
- Perform pre-employment examinations and workplace assessments
- Provide certificates for insurance and work-related purposes.
- Design, review, monitor, assess and evaluate treatment programmes.

- Educate patients, their partners, family and friends in therapeutic procedures, such as home exercises and lifestyle changes, to enhance patients' health and wellbeing.
- Record detailed patient medical histories, treatments delivered and the patients' responses and progress to treatments.
- Plan and discuss effective management of patients' dysfunction.
- Administer a variety of tests to identify and assess physical problems and ailments of patients.
- Refer patients to specialists and liaise with other health professionals in relation to patients' problems, needs and progress.

Related Courses

Bachelor of Health Science/Bachelor of Applied Science (Chiropractic) - RMIT

For further information visit:

www.gooduniversitiesguide.com.au/careers-guide/chiropractor or www.myfuture.edu.au

7-12 Sports Coordinator Damien McIntyre

LMR Swimming – Swan Hill

Good luck to Heidi, Ebony and Jordan start, Angus Johnstone, Jacob Olive and Brayden–Kane Swallow who are competing in Swan Hill today! Over the last four



weeks, students have been attending training sessions during their lunchtimes on Mondays, Wednesdays and Fridays. Students have showed excellent commitment and resilience and we wish them all the best! All results will be uploaded in next week's newsletter.

Parents Club News

Parents Club AGM will now be held on Monday 22nd March at 9.20am.

All new members/parents most welcome.



Community News

CWA Cabaritta
Friday 26th March at 3.00pm
At Charlton College
Enquiries to Bernice Kenny.



**SPORTS
MEDICINE
AUSTRALIA**

LEVEL 1 SPORTS TRAINER

DATE:
SUNDAY MARCH 28, 2021

DETAILS:
8:30AM - 5PM

COST:
\$285

ADDRESS:
DONALD RECREATION CENTRE, 45 HAMMILL STREET
DONALD 3480

CONTACTS:
BEN THOMAS (SMA) - BEN.THOMAS@SMA.ORG.AU
RHONDA ALLAN (MSA) - 0427-780-109

**TO REGISTER YOUR INTEREST FOR THESE COURSES,
PLEASE VISIT [SMA.ORG.AU/COURSE-SEARCH/](https://sma.org.au/course-search/)**



Mallico Sports Assembly

**13 & UNDER NETBALL
TRAINING
STARTS THURSDAY 18TH OF
MARCH
4:30 PM – 5:30 PM**



Register at:

<https://netball.resultsvault.com/common/pages/reg/welcome.aspx?type=1&id=40540&entityid=44711>



REX THEATRE
3001 High St. Clive VIC 3175
T: 03 9491 2333
E: bookings@hellfire.org.au
www.hellfire.org.au

**HOLIDAY FAMILY FUN
with the
SPLASHTEST
DUMMIES**

Tickets \$10 FRIDAY 16 April 2pm

Bookings: <https://events.humanitix.com/splash-test-dummies>

CREATIVE VICTORIA REGIONAL ARTS VICTORIA DUMMIES CORP.

5th Annual 'Longview' Open Garden Buckrabanyule

**Sunday 4th April from 10am to 4pm
Fundraiser for BUSHFIRE RELIEF
Admission \$5.00**

**This garden covers a variety of plants with
sculptures, agricultural relics and pathways to
meander with views of the surrounding
farmland.**

Enquiries: Bill Larmour 0407 843 269



2021 NORTH CENTRAL ACADEMY & CLINICS

Clinics - 5 to 12 years old - 4.30pm-5.30pm / Academy - 5.30pm sharp

March 24 – Charlton (Clinic)
March 31 – Sea Lake
April 14 – St Arnaud
April 21 – Donald
April 28 – Boort (Clinic)
May 5 – Birchip
May 12 – TBC
May 19 – Wedderburn
May 26 – Wycheproof
June 2 – Charlton

Development opportunity for the North Central region. Gain extra coaching and development to improve your game.

Held on Wednesday Nights at locations throughout North Central.

Selected academy players receive a playing jumper, hoodie and warm up top as well as the coaching sessions.

\$150 for the Academy program.

Pear Crumble

Season: Autumn/Winter

Serves: 30 tastes in the classroom
or 10 at home

Fresh from the garden: lemons, pears

This is an easy sweet dish that is great in winter. Once you understand how to make a crumble you can do this with any fruit that happens to be in season, and experiment with flavours – perhaps adding nutmeg or star anise – and textures.

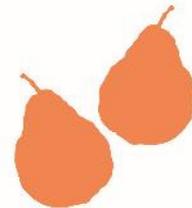
Equipment:

metric measuring scales, jug, cups
and spoon
clean tea towel
chopping board
cook's knife
vegetable peeler
citrus juicer
large saucepan with lid
medium bowl
colander
large baking dish
wooden spoon
2 medium mixing bowls

Ingredients:

500 ml water
juice of a lemon
150 g caster sugar
12 pears, peeled and chopped

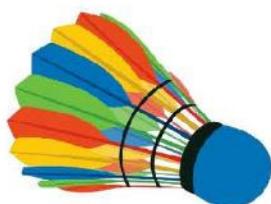
For the topping:
1/3 cup brown sugar
1 tsp baking powder
1 tsp ground ginger or cinnamon
1/2 cup plain flour
2 cups rolled oats
60 g unsalted butter



What to do:

1. Preheat the oven to 220°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Place the water, lemon juice and caster sugar in the saucepan. Bring to a simmer.
4. Drop the pears into the syrup.
5. Put the lid on the saucepan. Turn the heat down to low, and simmer for 7–10 minutes, until tender.
6. Drain the poaching juice off into a bowl (you can use this for future dishes, just store, label and freeze it). Place the fruit in the bottom of the baking dish.
7. To make the topping, mix the sugar, baking powder and ground ginger or cinnamon together in a bowl.
8. In another bowl, add the flour and oats. Crumble the butter into the mix and use your fingers to squeeze the ingredients together and form pea-sized pieces.
9. Toss the flour mixture in with the sugar mixture.
10. Spread the topping over the fruit.
11. Bake for 30 minutes or until topping is golden brown and bubbling at the edges.

Charlton Badminton Club



Juniors – Tuesdays after school

Seniors – Tuesday nights

Ladies – Friday mornings Come, join in, have some fun & be active

When = **Juniors** 13th April at 1:30 pm (school holidays)

Then every Tuesday at 3:15 pm after school

Juniors must be in Grade 3, or turning 9 during 2021

Seniors 6th, 13th April at 7:30 pm for a casual hit

Annual General Meeting 20th April at 7:30 pm, followed by a casual hit

Then every Tuesday night at 7:30 pm

To be eligible to play at night, juniors must be at least 14 years of age

Ladies 19th, 26th March at 10 am

Then starting 23rd April every Friday at 9 am

Children are most welcome

Where = Charlton Stadium, Charlton College, Davies Street

New and previous players all welcome. If you haven't played before, we can help you.

For more information, please ring Brian Heenan 0437 756 672 -

Rebecca Heenan 0407 318 488 Rae Heenan 0437 093 672 or

Bernadette Zagame 0427 582 805

Racquets will be available to use for the start of the season