

### 2022 Calendar of Events

#### Term 2

#### May

Mon	9 <sup>th</sup>	MIPs appointments with Sue Clay
Tues	10 <sup>th</sup>	NAPLAN – Yrs 3, 5, 7 & 9
Wed	11 <sup>th</sup>	NAPLAN – Yrs 3, 5, 7 & 9
Wed	11 <sup>th</sup>	House Cross Country
Mon	16 <sup>th</sup>	NAPLAN – Yrs 3, 5, 7 & 9
Tues	17 <sup>th</sup>	NAPLAN – Yrs 3, 5, 7 & 9
Wed	18 <sup>th</sup>	NAPLAN – Yrs 3, 5, 7 & 9
Wed	18 <sup>th</sup>	MIPs appointments with Sue Clay
Mon	23 <sup>rd</sup>	NCD Cross Country at St Arnaud
Tues	24 <sup>th</sup>	Yrs 9/10 Youth Health Expo - Birchip
Wed	25 <sup>th</sup>	Curriculum Day – PUPIL FREE
Fri	27 <sup>th</sup>	Calder Winter Sports – Yrs 3 – 6
Tues	31 <sup>st</sup>	LMR Cross Country at St Arnaud
Tues	31 <sup>st</sup>	MIPs appointments with Sue Clay

#### June

Fri	10 <sup>th</sup>	MIPs appointments with Sue Clay
Mon	13 <sup>th</sup>	Queen's Birthday Public Holiday
Wed	15 <sup>th</sup>	MIPs appointments with Sue Clay
Fri	17 <sup>th</sup>	NCTTC Yr 9 'Try a VET' taster day
Mon	20 <sup>th</sup>	Yr 10 Pre Driver Education – Day 1
Tues	21 <sup>st</sup>	Yr 10 Pre Driver Education – Day 2
Wed	22 <sup>nd</sup>	Yr 10 Pre Driver Education – Day 3
Fri	24 <sup>th</sup>	Last day of Term 2 – 2.30pm finish

#### Term 3

#### July

Mon	11 <sup>th</sup>	Term 3 commences
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**Principal**  
**Jamie Daff**

We are still looking for volunteers to join the Parents Club and for students to join the schools SWPBS team - if you are interested in joining either of these teams or you would like to know more about these teams please contact me at the school.

### COVID Reminder

#### Face masks

Face masks, while recommended, are not required in any school setting. This means students in Grades 3 to 6, staff and visitors in primary schools are no longer required to wear face masks.

#### Screening requirements

Students and staff who have tested positive for COVID-19, and have completed their 7-day isolation period, now do not need to undertake rapid antigen test (RAT) screening for 12 weeks after their release from isolation.

#### Household contacts

Students and staff who are household contacts of a COVID-19 case are no longer required to quarantine. They can return to school as long as they undertake rapid antigen tests (RAT) 5 times within their 7-day period and wear face masks indoors if they are aged 8 and above unless they have a valid exemption. If any household contact returns a positive RAT result during this period, they must isolate for 7 days and not attend school.

#### Vaccination requirements for visitors to schools

Parents, carers and other adult visitors (not performing work) are no longer required to show evidence of two doses of COVID-19 vaccine.

### School Council Reminder

The next School Council meeting will be held next Monday May 9<sup>th</sup>; this meeting will be an open event and we are inviting anyone who is interested to come along and see how School Council works. During the meeting I will be presenting the new strategic plan and discussing the findings from the review.

This week's SWPBS focus:

## RESPONSIBILITY

### DIGITAL DEVICES

I will

- bring charged devices to school
- take care of my digital identity and that of others
- report inappropriate use of technology

*Student Wellbeing*  
*Natasha Saunders*



### **Buloke Youth Health Expo 2022**

It's on again! The Buloke Youth Health Expo is bringing together Year 10 students from the five secondary schools in the Buloke Shire on Tuesday 24 May at Birchip Recreation Reserve.

The working group has put together a fantastic program with a focus on health & lifestyle issues faced by young people.

Sessions & presenters include Olympian & Hockeyroo, Sophie Taylor who will tell her story of resilience, we will learn about risks & safety around alcohol & other drugs by the ever-popular Sonya Karras, Professor Elise Facer-Childs, who works with AFL teams, will enlighten us about sleep & performance, & rap artist and mental health fitness guru, Tim O'Donnell will round off the day.

Lunchtime activities include drumming workshops, headspace challenges & games, Rory White & the KIT (Keep in Touch) van, Buloke Library & Borrow Box display & time to talk to the speakers.

Funding has been received through the Buloke Shire, the Australian Government Department of Health, North Central LLEN Engage program & Wycheproof-Sea Lake LDAT.

Details about travel, lunch & what to take will be provided closer to the date!

### **WELLBEING RESOURCES FOR FAMILIES & STUDENTS**

There are many external resources available to support you & your child's wellbeing, sometimes you just need to know where to find them! Here's a few:

#### **Catholic Care Victoria- Regional Parenting workshops & multi-session programs**

##### **Boys Brains (Day session)**

**When:** Thursday 5<sup>th</sup> May  
**Time:** 11.00 am - 1.00 pm  
**Cost:** Free  
**Where:** Online (Zoom)

##### **Boys Brains (Evening session)**

**When:** Thursday 5<sup>th</sup> May  
**Time:** 7.00 pm - 8.30 pm  
**Cost:** Free  
**Where:** Online (Zoom)

##### **Knowing your Teens (Day session)**

**When:** Thursday 9<sup>th</sup> June  
**Time:** 11.00 am-12.30 pm  
**Cost:** Free  
**Where:** Online (Zoom)

##### **It's about the Kids (Post-separation)**

**When:** Tuesdays, 10<sup>th</sup> May- 7<sup>th</sup> June (5 weeks)  
**Time:** 7.00 pm – 9.00 pm  
**Cost:** \$60.00 (\$30.00 concession)  
**Where:** 176-178 McCrae St, Bendigo

##### **It's about the Kids (Post-separation)**

**When:** Thursdays, 12<sup>th</sup> May- 9<sup>th</sup> June (5 weeks)  
**Time:** 11.00 am – 2.30 pm  
**Cost:** \$60.00 (\$30.00 concession)  
**Where:** 176-178 McCrae St, Bendigo

##### **My Kids & Me (Parents with children in out of home care)**

**When:** Mondays, 2<sup>nd</sup> May- 6<sup>th</sup> June (6 weeks)  
**Time:** 11.30 am – 2.00 pm  
**Cost:** \$20.00  
**Where:** 176-178 McCrae St, Bendigo

**Contact:** (03) 5438 1300 for registration  
A flyer with details was shared to Compass last week.

### Headspace Regional Phone Counselling Service

A reminder that the headspace Regional Phone Counselling Service is still available for our secondary students to access. Some students feel more comfortable chatting with someone over the phone rather than face to face & this service provides confidential access to experienced counsellors. A number of our students have utilised this service in the past & have found it very useful. Please see Miss Saunders if you would be interested in receiving more information or arranging a referral.

### ACAP Clinic- free therapy/counselling services

Recently a parent let me know that they had accessed services from ACAP (Australian College of Applied Professions) which I promoted on the Parent's Bulletin last month. It was a timely reminder to promote this service again to our families.

ACAP is a clinic staffed by final year Psychology/Clinical Psychology, Counselling/Psychotherapy & Social Work students on placement & offers a wide range of individual & group therapy options. Students are closely monitored & supervised by experienced senior clinicians & academics.

Services are delivered free (all fees waived in response to the pandemic) & there is currently no waiting list for therapy services to children, young people & adults.

Referrals are accepted Australia wide & services are delivered using Telehealth (Zoom). Face to face service is possible in some locations (Covid permitting). Clients & families from regional & remote areas are very welcome to access services using Telehealth.

People can self-refer to the Clinic & GP/Medicare referral is not required. To book, refer, or for more information, visit [The ACAP Psychology Clinic website](#); send an email or call (02) 8236 8070.

ACAP run some great workshops & therapy groups including: Art for Happiness Group, Mindfulness Based Skills Group Therapy, Self-compassion Therapy Based Workshops & Social Anxiety for Adolescents Group. Please click on the link above or contact Natasha Saunders for further information.

### F – 6 dates for the calendar

- Tues 10<sup>th</sup> May - NAPLAN – Writing
- Wed 11<sup>th</sup> May - NAPLAN – Reading
- Wed 11<sup>th</sup> May - House Cross Country
- Thurs 12<sup>th</sup> May - Mother's Day Fete
- Mon 16<sup>th</sup> May - NAPLAN – Language Conventions
- Wed 18<sup>th</sup> May - NAPLAN - Numeracy
- Wed 25<sup>th</sup> May - Pupil Free Day
- Fri 27<sup>th</sup> May – Calder Winter Sports

At assembly on Monday it was so great to have the majority of students stand up because they had attended every class during that week. Keep it up everyone, you are all still in the running for the month's Gold Star Attendees!

### Students of the Week



Year 1 & 2: Matey award went to Don Blair for being an attentive listener and following instructions.

Year 3 & 4: Lilymae McPhee for always remaining positive during Number sessions.



### Reading Awards:

It is fabulous that students have continued to read throughout the holidays. Milestone achievers this week were:

25 nights: Shalmain, Mitchell

50 nights: Campbell, Tom M, Eli, Chace, Tom F

75 nights: Archie, Harrison, Wally, Don, Cody, Tom J, Isabella, Lacey.



### Sandhurst Division Cross Country

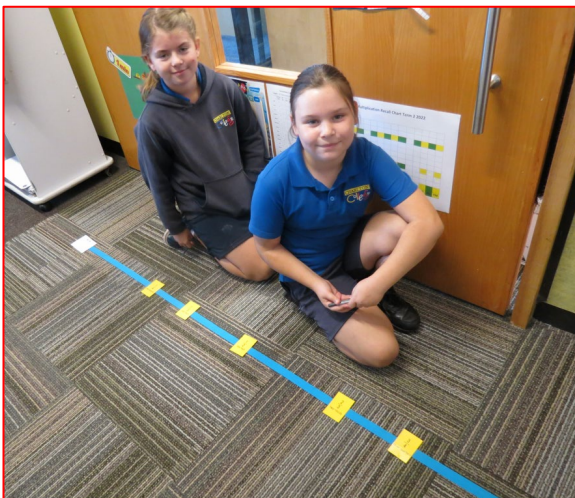
Good luck to our runners who head off to Bendigo to compete tomorrow. We know you will all do your very best and do Charlton College proud.

### Around the Classrooms

Mrs Fitz's Numeracy class is learning about fractions. This week after playing memory, students placed the different fractions on the number line.



*Shalmain explaining where she is placing a fraction on the number line.*



*Marley and Bailey were always one step ahead.*



This week in SAKG we cooked Bread rolls; Eggplant with mince; Zucchini cannelloni stuffed with ricotta and leafy greens as well as Gnocchi with butter and sage sauce. From the garden we harvested parsley, spring onions, eggplant, capsicum, basil and eggs. It was interesting to

learn how to make gnocchi. When kneading the mixture, it resembled pasta dough, however it was mashed potato, flour and egg. It was fun rolling the dough into a 'sausage' and then cutting half centimetre pieces of gnocchi. The overall class favourite were the bread rolls. The recipe is attached to the back of this newsletter. They are easy to make at home! We think the secret to making them taste so good is the honey added to the mixture! Thanks to our 'Vollie' Rachel for giving up her time to help out!



*Stella pouring the potato into the flour to make gnocchi.*



*Our dishes.*

**7-9 Sport: Meatball SEPEP**

Yesterday kicked off Round 1 of the 7-9 Meatball SEPEP. Unfortunately due to cold weather and the threat of rain, we had to take the games inside which saw shortened games being played. All teams competed fiercely and with much excitement. The first game of the day finished with a draw to set up a fantastic session. **The Ladder After Round 1**

Ladder	Wins	Lose	Draw	Points for	Points against	Percentage	Ladder points
Team 1	1	0	1	17	16	106%	6
Team 4	1	0	0	9	4	225%	4
Team 2	0	1	1	16	15	107%	3
Team 3	0	2	0	8	14	57%	2
Team 5	0	1	0	3	4	75%	1

In first we have Team 2 with 6 points, second we have team 4 with a total of 4 points coming in third we have team 1 and team 3 and in last we have team 5.



## State Swimming Tiles

Last Thursday Ebony Start swam at the State School Swimming Titles at MSAC in Melbourne. Ebony had a fantastic race swimming her PB time for the 100m Freestyle. Ebony finished a close 5<sup>th</sup> in a tight race. Well done Ebony on a fantastic achievement!



**Years 10 – 12 Coordinator**  
**Meaghan King**

## Uniform reminder

This week, heaters were being cranked up for the first time this year. It was a reminder that students and parents may need to check the availability and fit of winter uniforms. It is important that people remember that tracksuit pants, jeans, non-school jumpers and beanies are examples of items that are NOT in line with the uniform policy, and should not be worn to school. Charlton Football, Netball and hockey hoodies are also not to be worn instead of the Charlton College jumper. We do understand that there can be some delay at this time of year as families attempt to sort out uniforms. If this is the case, students can bring a note from home, which should be passed on to the Teacher Advisor, explaining why they are out of uniform.

## Leadership webinar with Matt Kershaw Tuesday 10<sup>th</sup> May 2022, 5.30 – 6.30 pm

Many people go through their school, career, and personal lives and underestimate their impact on their surroundings. As a result, many people don't consider themselves leaders, and those that do associate leadership with being in a position of power or having extraordinary talents or abilities. Matt is here to challenge that – and help people understand that leadership is within everyone's reach. Leadership is about making change happen, and everyone has the capacity to make their school, their workplace, and their communities better.

## Who is this webinar for?

- Students (Years 10, 11 & 12) with an interest in leadership
- School career advisors
- Parents/guardians

To Register Visit:

[www.eventbrite.com.au/e/leadership-webinar-with-matt-kershaw-tickets-297463771147?aff=ebdsoporgprofile](http://www.eventbrite.com.au/e/leadership-webinar-with-matt-kershaw-tickets-297463771147?aff=ebdsoporgprofile)

## National Skills Commission NERO Data Dashboard



The National Skills Commission (NSC) NERO data dashboard provides data on employment levels, both by job and location.

The NERO dashboard lets you search for your dream job, and then see how employment in that job has changed in different areas.

It's a handy way of easily seeing trends in employment, as well as maybe even predicting future trends. You'll also see a map of Australia that shows you the different growth trends in different regions. Want even more detail? You can select a specific area and view employment trends for just that area too.

You can search 355 occupations across 88 regions in Australia.

Visit:

[www.nationalskillscommission.gov.au/our-work/nero](http://www.nationalskillscommission.gov.au/our-work/nero)

## Jobs for people that love sport

Playing sports isn't just fun and challenging – in addition to keeping fit, you could also develop some great skills that could be useful in life and transferable to your future workplaces.

## Transferable Skills you'll gain from Sport

If you're a sports player, you'll be well aware of the physical skills that you've gained through your practise, training and competing. But have you made the connection between other soft skills that you've also been developing?

- *Teamwork and collaboration*
- *Self-motivation*
- *Leadership*
- *Resilience and working under pressure*
- *Communication*
- *Decisiveness*

- *Time management*
- *Focus and commitment*

These are all valuable skills to have, so it's worth taking some time to assess your strengths and thinking of examples to highlight them, then adding them to your resume.

If you're passionate about sports, regardless of whether you're an elite athlete or not, there are plenty of careers you could think about. You could indulge your love of sports and make the best use of the skills you've developed too.

- *Professional Athlete / Sportsperson*
- *Sporting Coach or Instructor*
- *Talent Scout*
- *Umpire or Referee*
- *Sports Development Officer*
- *PE Teacher*
- *Sports Physiotherapist*
- *Kinesiologist*
- *Sports Psychologist*
- *Personal Trainer*
- *Leisure Centre or Gym Manager*
- *Sports Journalist*
- *TV and Radio Broadcasters*
- *Sports Photographers and Videographers*
- *Marketing Manager*
- *Events Co-ordinator*
- *PR and Communications*
- *Statisticians*
- *Sports Agents*
- *Nutritionist*
- *Facilities Manager*
- *Cheerleaders and Mascots*

To research careers visit:

[www.goodcareersguide.com.au](http://www.goodcareersguide.com.au),  
or [www.myfuture.edu.au](http://www.myfuture.edu.au)

### SLC Updates

#### SLC Leadership experience

This Thursday, the 5<sup>th</sup> of May, selected SLC members will be representing Charlton College at a Leadership workshop. Students will collaborate with three other schools in our area to learn and practice the power of being an effective leader.

#### Term 2 dates

SLC dates  
**Term 2**

This year, SLC have decided to develop a 'purpose statement' which will represent and underpin their ideas and events. This year, we hope to:

**Empower collectivism and student voice**

*may* 2022

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Week 2</b>		1	2	3	4	5 SLC Leadership training day 11am - 1:30pm	6 Whole group meeting @ Lunch
<b>Week 3</b>	8	9 SLC Leaders meeting @ Lunch	10	11	12	13 Whole group meeting @ Lunch	14
<b>Week 4</b>	15	16 SLC Leaders meeting @ Lunch	17 Rainbow Day!	18	19	20	21
<b>Week 5</b>	22	23	24	25	26	27	28
<b>Week 6</b>	29	30	31				

JUNE 2022

	SUN	MON	TUE	WED	THU	FRI	SAT
<b>Week 6</b>				1	2	3 Whole group meeting @ Lunch	4
<b>Week 7</b>	5	6 SLC Leaders meeting @ Lunch	7	8	9	10	11
<b>Week 8</b>	12	13	14	15	16	17	18
<b>Week 9</b>	19	20 Whole group meeting @ Lunch	21 SLC Leaders meeting @ Lunch	22	23	24 Last Day of term!	25

#### New SLC tree!

Well done to one of our SLC Leaders: Abby Thompson for setting up our SLC Tree in the secondary school hallway! This tree will represent students' ideas and SLC achievements. Students can also keep a look out for updates on exciting upcoming events!



## Year 10 Work Experience

### Football Tipping updates!

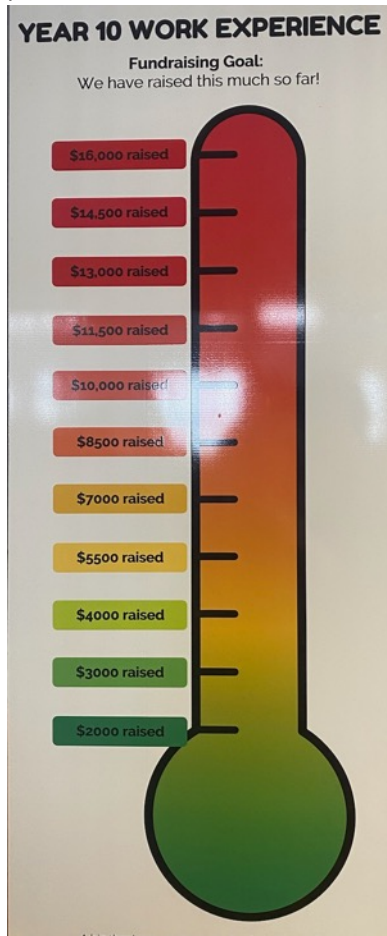
RANK	TIPPER	1	2	3	4	5	6	7	TOTAL SCORE
1	Angus Soulsby	6	6	8	6	7	8	5	46
2	Ernest.Price	6	7	6	5	8	7	5	44
3	Isabel Soulsby	5	6	7	6	7	8	5	44
4	Patrick Soulsby	6	6	7	5	7	7	6	44
5	ESPNFAN7434531105	6	6	7	6	6	8	5	44
6	ALTA Riley	8	6	6	6	6	7	5	44
7	ESPNFAN2814905721	6	5	7	6	6	8	5	43
8	chaise markham	5	5	6	5	7	7	8	43
9	Kentonpark	6	7	4	4	7	8	6	42
10	Nathaniel4987	6	5	5	6	7	7	6	42
11	Ethan Soulsby	5	7	6	6	6	7	5	42
12	Mr Kemp	7	7	5	5	6	7	5	42
13	Darcy_McCallum	7	5	6	5	7	7	5	42
14	matthb	6	5	7	5	7	7	5	42
15	HazandDad	5	5	7	5	5	8	7	42
16	SimonPeck	5	6	6	5	7	8	5	42
17	KingMeaghan	4	7	7	7	6	6	5	42
18	Raquel W	6	5	6	6	6	8	5	42
19	Cooper Boyle	6	6	6	5	6	7	5	41
20	Bezzzza	5	5	6	6	6	8	5	41
21	Kim15	7	3	6	6	7	7	4	40
22	Lachlan HB	8	4	5	4	6	7	6	40
23	TahliRoberts	4	4	6	6	6	7	7	40
24	Elliott Fitzpatrick	4	5	7	6	7	6	5	40
25	Georgia1234567890	6	7	4	3	7	7	6	40
26	Sam Cossar	6	4	5	6	6	8	5	40
27	JoMo2134	4	4	8	6	6	7	5	40
28	Tahlia Casey-White	5	6	4	5	7	7	6	40
29	Butland	6	6	5	5	5	8	5	40
30	elise fitzpatrick	4	7	6	5	6	7	5	40
31	jacob olive	4	6	6	5	7	7	5	40
32	Zuda	5	5	6	6	6	6	6	40
33	East Charlton Hotel	7	7	5	4	5	6	5	39
34	Daff28	5	5	7	3	6	7	6	39
35	Barrakee Tipster	6	7	7	3	7	4	5	39
36	Cob!	6	3	6	4	7	6	6	38
37	Loz53	5	5	6	4	6	7	5	38
38	P.sait	5	6	5	5	6	6	5	38
39	Year ThreeFour	6	7	3	4	5	5	8	38
40	The Hawk 1	4	6	4	5	6	6	6	37

41	Charlton Yr 9 Legends	6	6	5	4	3	7	6	37
42	KimThommo	4	5	5	5	6	6	6	37
43	CDeason	4	5	5	5	6	7	5	37
44	Voltaire's Child	4	8	4	5	5	5	6	37
45	Angus Johnstone	4	5	8	6	5	3	6	37
46	michael olive	5	4	3	5	7	7	6	37
47	Smedster	4	5	5	5	5	8	5	37
48	Shane Fitz	3	5	6	6	6	5	5	36
49	Maddison Fitzpatrick	4	3	6	6	7	6	4	36
50	Jye Roberts	4	6	5	6	5	4	6	36
51	Ebomb22	6	5	5	4	5	6	4	35
52	Zali H	6	4	4	3	5	7	6	35
53	BallaratBound	4	3	7	5	6	6	4	35
54	pOppy	6	6	4	4	3	5	7	35
55	Briony Zagame	6	3	4	6	5	5	5	34
56	Emmy nelson	6	5	4	5	3	5	6	34
57	mercadiez	6	6	2	5	3	5	6	33
58	ajay markham	6	5	5	4	3	5	5	33
59	James Fitzpatrick	5	5	5	4	3	5	5	32
60	Mr Kemp's TA group	5	5	2	7	3	5	5	32
61	Bazz McK	5	4	2	5	5	5	5	31
62	Fletcher Holmes-Brown	4	5	6	3	3	5	5	31
63	Andrew Nadia Macks	7	5	2	3	3	5	5	30
64	Miss Deason's TA group	4	5	2	5	3	5	5	29
65	murphymcgeown	2	4	5	6	3	5	4	29
66	Charlie Zagame	7	4	2	3	3	5	5	29
67	Spud2016	2	6	5	3	5	4	4	29
68	beau2048	6	5	3	3	3	5	3	28
69	Ned Zagame	5	4	2	3	3	5	5	27
70	Nick A Thompson	4	5	2	3	3	5	5	27
71	ChelseaDeason	4	6	2	3	3	5	4	27
72	James.Fitzpatrick	4	5	2	3	3	5	5	27
73	Villi Clan	4	5	2	3	3	5	5	27
74	Seb Zagame	3	5	2	3	3	5	5	26
75	Mason Heenan	4	3	2	3	3	5	5	25



## Fundraising updates

Thank you, Hayden and Miss Nicholls for organising our new fundraising tally. So far, the Year 10's have worked to raise **\$2843.30**. Thank you to everyone who had donated, brought a raffle ticket and participated in our events so far!



## Community News



NATIONAL RECONCILIATION WEEK 27TH APRIL - 3RD MAY



# Story Time

WITH MARGARET-ANNE WRIGHT

**TUESDAY 31ST MAY @ 10.30AM**

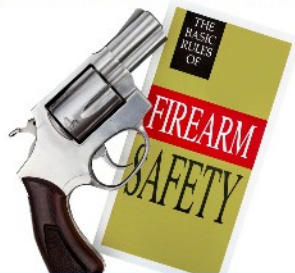
**AT THE CHARLTON LIBRARY (SHIRE HALL)**

COME ALONG AND LISTEN TO MARGARET-ANNE READ SOME GREAT INDIGENOUS PICTURE BOOKS AND ENJOY SOME COLOURING SHEETS WHILE THE ADULTS HAVE A CUPPA TO CELEBRATE NATIONAL RECONCILIATION WEEK.



**BE BRAVE. MAKE CHANGE.**  
NATIONAL RECONCILIATION WEEK 2022

**CHARLTON NEIGHBOURHOOD HOUSE**



# FIREARMS

## SAFETY TRAINING COURSE

ARE YOU LOOKING TO GET YOUR GUN LICENSE? WELL LOOK NO FURTHER, WE ARE RUNNING THE COURSE ON:

**WEDNESDAY 11TH MAY**  
**7PM-9PM**  
**@ CHARLTON EAST HOTEL**  
**COST: FREE**

WE ARE LUCKY ENOUGH TO BE ABLE TO OFFER THIS COURSE FOR FREE, SO DON'T MISS THIS AMAZING OPPORTUNITY



SPOTS ARE LIMITED!  
TO SECURE YOUR SPOT VISIT OUR WEBSITE:  
[HTTPS://WWW.CHARLTONNH.ORG.AU/](https://www.charltonnh.org.au/)  
PHONE US: 0473759456 OR POP INTO THE HOUSE



CHARLTON NEIGHBOURHOOD HOUSE

# 'GET TO KNOW YOUR NEIGHBOURHOOD' BUS TRIP

NEIGHBOURHOOD HOUSE WEEK 9TH-15TH MAY

**WEDNESDAY 11TH MAY**

BUS DEPARTS FROM TRAVELLERS REST

10.30AM - 12.00PM BUS TRIP

12.00PM - 1.00PM LIGHT LUNCH

TOUR OF CHARLTON GUIDED BY CAROLYN OLIVE  
(A MIX OF HISTORY, LANDMARKS AND UPCOMING DEVELOPMENTS)  
FINISHING WITH A LIGHT LUNCH AT THE CRICKET CLUB

HOTEL

**COST: \$15**



BOOKINGS CLOSE ON THURSDAY 5TH MAY  
TO SECURE YOUR SPOT CONTACT US ON 0473759456 OR VISIT THE NEIGHBOURHOOD HOUSE

## CHARLTON NEIGHBOURHOOD HOUSE

### Weekly gentle indoor exercise classes

for body and mental health.

Hosted by Nicola Kirk



- ✓ Cardiovascular fitness
- ✓ Increase lung capacity
- ✓ Strength, flexibility and balance
- ✓ Tailored for individual needs
- ✓ Improve mood

**MONDAYS 9-10AM**  
**CHARLTON SENIOR CITIZENS ROOMS**

Commencing May 2, 2022

12 week session block

Cost \$60



Bookings via Phone: 0473 759 456  
website: [www.charltonnh.org.au](http://www.charltonnh.org.au)  
OR Pop into the Neighbourhood house



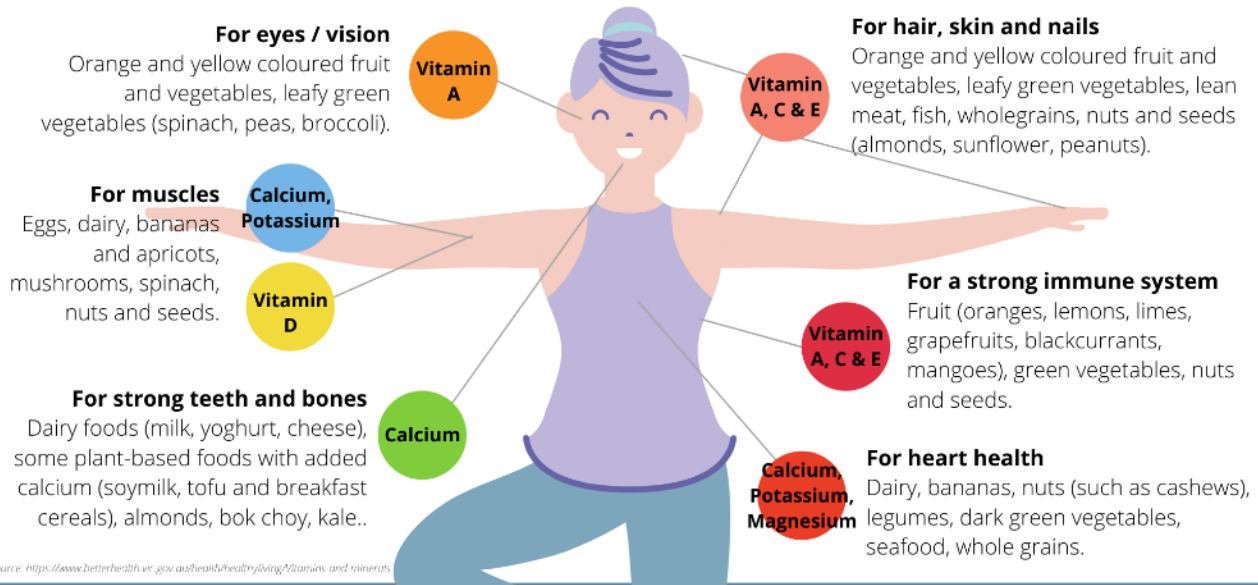
# VITAMINS & MINERALS

FOR HEALTHY SKIN, SMILES, BONES, EYES, MUSCLES



**Health Promotion**  
EAST WIMMERA HEALTH SERVICE

Vitamins and minerals are a form of nutrient that our bodies need and use to keep us healthy, fight off sickness, make us strong and keep our bodies functioning well. Below are some key vitamins and minerals our bodies need and some of the foods they are found in.



Source: <https://www.betterhealth.vic.gov.au/health/healthyliving/Vitamins-and-minerals>

You're invited to our Scholastic  
**BOOK FAIR**  
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Date	May 9 <sup>th</sup> - 19 <sup>th</sup> Mon-Thur	Time	3pm to 4pm
Place	Library		- 2 weeks.

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## Basic Bread – Rolls

**Season:** All

**Makes:** 2 loaves or 30 rolls

**Fresh from the garden:** rosemary

### Equipment:

metric measuring scales, large jug and spoons  
mixing bowls – 1 small, 1 large  
wooden spoon  
pastry brush  
clean tea towel  
spoon  
oven mitts  
baking tray and baking paper

### Ingredients:

600 ml warm water  
2 tbsp honey (can substitute with molasses)  
800 g plain flour  
200 g whole-wheat flour  
2 tsp salt  
14 g instant dry yeast  
vegetable oil, for oiling bowl  
sea salt  
rosemary sprigs, sesame seeds  
or other mixed seeds  
100 ml milk

### What to do:

1. Combine the water and honey in the small bowl and stir to dissolve the honey.
2. Tip the flour into the large mixing bowl and add the salt and yeast. Stir once or twice with the wooden spoon. Make a well in the centre.
3. Pour the water and honey mixture into the well.
4. Stir to mix the flour and water to a heavy dough.
5. Sprinkle a little flour over the bench, your hands and the dough.
6. Tip out the dough and use your hands to squash it all together into one lump.
7. Knead the dough for 5 minutes, adding extra flour if it feels sticky. Place dough into an oiled bowl, cover it with a tea towel and leave it for at least 30 minutes in a warm spot (not too hot), to double in size.
8. Preheat the oven to 200°C.
9. Punch the dough down once to release the air, then knead for 30 seconds.
10. Divide dough into 30 pieces. Shape each piece into a ball or knot, brush with milk and decorate with rosemary and sea salt or mixed seeds. Place it on a lined baking tray. Leave the shaped dough in a warm place again for 20 minutes. You should see that it has risen.
11. Put the tray in the oven and bake for 20–25 minutes.
12. **\*Wearing oven mitts on both hands, carefully take the tray out of the oven.**
13. Wait at least 10 minutes before serving warm.

\*Adult supervision required



