

'Together We Achieve'

26th May

No. 15

2022 Calendar of Events

Term 2

May

Fri	27 th	Calder Winter Sports – Yrs 3 – 6
Tues	31 st	LMR Cross Country at St Arnaud
Tues	31 st	MIPs appointments with Sue Clay

June

Fri	10 th	PUPIL FREE DAY – Staff Professional Practice
Mon	13 th	PUBLIC HOLIDAY – Queen's Birthday
Wed	15 th	MIPs appointments with Sue Clay
Fri	17 th	NCTTC Yr 9 'Try a VET' taster day
Mon	20 th	Yr 10 Pre Driver Education – Day 1
Tues	21 st	Yr 10 Pre Driver Education – Day 2
Wed	22 nd	Yr 10 Pre Driver Education – Day 3
Fri	24 th	Last day of Term 2 – 2.30pm finish

Term 3

July

Mon	11 th	Term 3 commences
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This week's SWPBS focus:

RESILIENCE

DIGITAL DEVICES

I will

- show patience when my device isn't working correctly
- try to problem solve any digital issues in a calm and logical way

Student Wellbeing
Natasha Saunders

headspace resources



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.

Principal
Jamie Daff

Lucky Attendee

At the whole school assembly last Friday, students who have attended each day of the term to date were acknowledged and Sarah Blair was drawn out as the lucky attendee and received a mystery prize.

Canteen News

Price changes:

Party Pie	\$1.00
Large sausage roll	\$3.50

headspace Bendigo Parent/Carer session: navigating uncertainty and change

headspace National in conjunction with headspace Bendigo are hosting a webinar on Monday 30th May for parents & carers of young people to support their mental health.

The session aims to:

- Strengthen understanding of how young people can be affected by change & uncertainty.
- Build skills & strategies to support young people who are navigating change.
- Identify signs that young people may need additional support.
- Build awareness of local, state & national supports available to young people.

Please refer to the attached flyer for registration details.

headspace group chats

Students & parents/guardians may be interested in headspace's online group chats for young people & for adults supporting young people. Hosted by mental health clinicians & vocational specialists, these chats cover a range of topics & are a great way to find resources & have your questions answered.

Upcoming group chats include:

- **2 June:** what about the siblings? (for adults supporting young people)
- **12 June:** racism... how to respond
- **15 June:** mastering job interviews
- **21 June:** connecting with creativity for your mental health
- **26 June:** celebrating culture

You can find more information, access previous chat transcripts or join an upcoming chat by visiting: <https://headspace.org.au/online-and-phone-support/join-the-community/chats-by-professionals/>

Royal Children's Hospital Centre for Community Health resources- Sleep

<https://blogs.rch.org.au/ccch/2022/05/10/new-bedtime-books-to-teach-healthy-sleep-habits/>



The RCH Centre for Community Health have some excellent resources around sleep, which are appropriate for a range of ages. Resources include bedtime books to encourage healthy sleep habits (Sleep with KIP), a Sleep with Kip website, which offers parents a 90 second 'sleep quiz'. **Visit:** www.sleepwithkip.com/screener & access to a free sleep podcast for parents, covering the importance of sleep at each development stage from babies to teenagers. The podcast covers general evidence-based sleep advice as well as specific sleep topics such as sleep apnoea, snoring & sleep among children with Autism or ADHD. **Visit:** www.sleepwithkip.com/podcast

Years F - 6 Coordinator
Kim Fitzpatrick

F – 6 dates for the calendar

- Fri 27th May – Calder Winter Sports
- Fri 3rd Jun – Footy Clinic
- Fri 10th June – **Pupil Free Day**
- Mon 13th June - QUEENS BIRTHDAY HOLIDAY
- Fri 24th June - Last Day of Term 2

Who can believe, today we are officially into the second half of the term. How time flies!

Whole School Assembly

It was fantastic to celebrate the achievements of the term to date last Friday at the mid-term whole school assembly.

Our Cross Country Winners were announced.

Congratulations to F to 2 winners Don Blair (right) and Cody Jenkyn, and Years 3 to 6 winners Nate Markham and Stella Nicolson.

Students are acknowledged for positive behaviours both verbally and via compass. This term in F6, we have had 40 students acknowledged for positive behaviours to date. As of last Friday,



there were 2 students with 5 acknowledgements, 1 student with 6 acknowledgements and leading the way with 7 acknowledgements and receiving the mid-term award was Tamsyn McGurk (left).

Students who have been present for every day this term were also acknowledged. With all the illness around it has been difficult to attend every day of school, which makes it even more important to attend whenever we are well. We had 11 students from F6 who had attended each day: Nate L, Molly, Eli, Harrison, Lily, Shalmain, Lacey, Marley, Anna, Tamsyn and Stella. These students all went into the lucky attendee draw.

Staff Curriculum Day

On Wednesday staff gained knowledge from guest presenter Anne Luke to better understand and cater for our students to allow them to learn. Many conversations were initiated and staff will continue these conversations into the future.

Calder Winter Sports

Tomorrow, Friday 27th May, the Grade 3, 4, 5 and 6 students will travel to Boort for the winter sports. The children have been placed in mixed school teams in Minkey, Newcombe, Netball, Soccer and Football and play a round robin of games. They will leave school at 9.00 am and return between 2.30 and 3.00 pm for a normal dismissal. Teachers accompanying the group will be Mr Kemp, Mr M^cCallum, Miss Rees, Miss Donaldson and Mrs Fitzpatrick. The day offers great

opportunities to participate with skill and good sportsmanship.



Loddon Mallee Region Cross Country

We wish Stella Nicolson all the very best next Tuesday when she represents the College in the Region Cross Country event in St Arnaud.



This week in SAKG we made Oven baked spring rolls; Asian omelette; Potato tortilla and Beetroot and herb risotto. From the garden we harvested celery, parsley, thyme, spring onions and silverbeet. The risotto required the beetroot to be grated which was Rhys' task. He started off wearing gloves, but found it too hard. He now has pink hands for a few days! Thank you to Andrew for coming in this week to assist. Everything was delicious, but the Oven baked spring rolls narrowly won this week's votes!

Below: Erin, Jordan and Mitchell preparing the spring rolls.





Rhys' pink hands!

Years 7 – 9 Coordinator
Darcy McCallum

NCD Cross Country

Well done to all 29 students who represented the College in St Arnaud last Monday in the NCD Cross Country! The Boys finished 3rd in the overall aggregate and Charlton finished 2nd overall in the standardised scores out of 9 schools. This is a fantastic feat and all runners should be extremely proud of their efforts! Good luck to the 20 runners who have qualified to run in the LMR cross country next Tuesday, once again in St Arnaud.

Results - 5km:

Patrick Sait: 19.44
Angus Johnstone: 20:17
Bailey Dixon: 22:56
Nick Thompson: 19:34
Hugh Sait: 20:03
Fletcher Holmes-Brown: 21:46
Ned Zagame: 21.49
Angus Soulsby: 22:36
Cooper Boyle: 23:04
Elliott Fitzpatrick: 24:04
Michael Olive: 24:12

Results - 3km:

Charlotte Stewart: 18:45
Elise Fitzpatrick: 14.08
Ebony Start: 16:21
Emily Olive: 20:20
Taylah Boyle: 20:31
Mercadiez O'Sullivan: 21:49

Heidi Start: 14:45
Maggie Riley: 17:03
Sarah Blair: 17:27
Taylah Giles: 18:09
Sheena Fitzpatrick: 18:34
Anika Holmes-Brown: 18:39
Reagan Good: 19:00
Leigh Van Boven: 15:45
James Fitzpatrick: 15:57
Jye Roberts: 16:30
Sebastian Zagame: 16:30
Sam Olive: 16:39



**Years 10 – 12 Coordinator
Meaghan King**

Unit 1 exams – Week 7

Students studying a Unit 1 subject will sit exams in Week 7 of this term. These exams will run from Monday 6th to Wednesday 8th June. Students will have exam protocols outlined next week and these will be reiterated in next week’s edition of the Bulletin. All Year 11 students are expected to attend school as per normal during the exam period, using spare exam blocks to study. Year 10 students will attend classes as normal throughout the week, other than when they need to attend an exam. Students are required to wear their school uniform during the exam period. A more detailed copy of the exam timetable will be available on Compass newsfeed soon.

	MONDAY 6 th June	TUESDAY 7 th June	WEDNESDAY 8 th June
BLOCK A 9.00 - 10.40 am	English	Biology Geography	General Mathematics Mathematical Methods Chemistry
RECESS 10.40 - 10.55 am			
BLOCK B 11.00 - 12.40 pm	Study block	Study block	Study block
LUNCH 12.40 - 1.15 pm			
BLOCK C 1.20 - 3.00 pm	HHD Accounting	Psychology Physics	Computing Phys Ed History

Up and coming excursion to Federation University!

On Tuesday the 14th of June, the Year 10 and VCE PE students will be heading to Federation University in Ballarat (Mt Helen) to participate in strength and conditioning activities and explore the different energy systems through a variety of testing. It is an amazing opportunity for our students to visit the new multi million dollar sporting facility they have built on the campus.



Student schedule:

- 10am – arrival & welcome
- 10.15am - - 11.10am Activity 1
- 11.15am – 12.10pm Activity 2
- 12.10pm – 12.40pm Lunch
- 12.45pm - 1.40pm Activity 3
- 1.40pm – 1.50pm Farewell & Leave for Charlton.

VCAL Students - World’s Greatest Shave

The VCAL class is running a “World’s Greatest Shave” day to raise money for the Leukemia Foundation. This will happen on Thursday the 16th of June and we will be announcing who will be shaving their heads before then.



COOKIES EVERY TUESDAY

- Selling cookies outside the front of the office.
- Starting on Tuesday the 31st and every Tuesday onwards.

1 x cookie = \$1.50

3 x cookies = \$3.50

Sold outside the office



-VCAL students are running a crazy hair day to fundraise for the Leukemia Foundation. This will take place on

Thursday 9th of June.

-Gold coin donation to dress up with crazy hair and a crazy outfit. All proceeds will be sent to the Leukemia Foundation.

-There are prizes for the craziest hair and craziest outfit. So, dress up for a chance to win!!



Parent webinar

“Supporting your child’s career in the post-pandemic world”

1st June 2022, Wednesday, 4–5 pm

The COVID-19 pandemic has profoundly affected our lives and our careers. It has disrupted education, dealt a major shock to the economy and labour markets, and transformed workplaces through the rapid rise of working from home. The way in which the pandemic has rewritten our future means that career education is more important than ever.

In this webinar, Professor Tristram Hooley provides a framework for thinking about the impact of COVID on young people and how parents and carers can help them to build resilience to the changing employment environment.

To Register visit:

<https://register.gotowebinar.com/register/6301931581477965327>

Swinburn Science Experience

Wed 6th July 2022 8:30am - Fri 8th July 4pm

If you’re in Year 9 or 10 and are excited about science, then you’ll want to read on! Come to our Hawthorn campus to learn and explore STEM through interactive, hands-on workshops and demonstrations.

Explore the universe in virtual reality, conduct experiments in our chemistry labs and explore the applications of the world-class Australian Synchrotron. Our three-day program encourages curiosity and explores the never-ending possibilities of science.

With a focus on real-world applications, you’ll get to:

- meet leaders from the scientific community
- work with innovative technologies in our specialised labs and facilities
- watch out-of-this-world science demonstrations
- participate in hands-on workshops that will challenge and excite.

Join us for our action-packed School holiday July program and see where a career in science can take you.

Find out more:

www.swinburne.edu.au/events/2022/07/science-experience/

Careers in Health and Social Assistance

The health care and social assistance industry is Australia’s largest and fastest growing industry. It

delivers medical and care services, and covers the work of doctors, nurses, health specialists, aged and disabled carers and more. Jobs in this industry are found in a wide range of locations, including hospitals, childcare centres, aged care facilities, pharmacies, laboratories, and the offices of allied health services.

Some examples of jobs in this industry include:

Registered Nurse
Early Childhood Educator
Sonographer
Exercise Physiologist
Community Worker
Aged and Disability Workers
General Practitioner

To explore a wide variety of careers in this industry visit:

www.yourcareer.gov.au/industries/q/health-care-and-social-assistance

ASD Cyber Security and Robotics Work Experience – Canberra ACT

The Australian Signals Directorate (ASD) is the national authority for information security and through its Work Experience Program offers students from Years 11-12 an opportunity to extend their knowledge and skills in science, technology, engineering, and mathematics (STEM), with a focus on information/cyber security. High achieving Year 10 Students with a strong interest in this field are also encouraged to apply and may be considered for a placement.

Interstate students are encouraged to apply – financial assistance may be available.

The placement will run in the School Holidays
19th – 23rd Sept or 26th – 30th Sept. 2022

Applications close 7th August.

For Further information visit:

<https://defencecareers.nga.net.au/cp/?AudienceTypeCode=defenceworkexp>

Year 10 Work Experience

Don't forget about the Tuesday lunches!

Due to some upcoming interruptions, the Year 10s only have TWO Tuesday lunches left! The Year 10 students will be coming into your Advisory classes the week prior to let everyone know what they will be cooking on the following Tuesday. You can also keep an eye out on Compass, the Daily Bulletin and this Newsletter! The two dates will be: Tuesday the 31st of May and Tuesday the 7th of June. Next Tuesday is **NACHOS!! \$5 per serve** – with some extras that you can add yourself! **Payment must accompany your order.**

Year 9 and 10 Parent / Student Work Experience session

Next Wednesday, the 1st of June at 5:30pm, we will be hosting an important session for all parents and students to discuss Work Experience. We encourage all parents and students of these two cohorts to attend, as the following will be discussed:

- Where and when Work Experience occurs
- How much Work Experience will cost
- Students' Work Placements
- What students can do during the middle weekend of work placement
- Fundraising and how much money will need to be raised

Year 9 students and parents are invited to join, as these students will be completing Work Experience next year.

Please send through any apologies to Chelsea:
chelsea.deason@education.vic.gov.au.



AGM NOTICE

CHARLTON LAWN TENNIS CLUB WILL BE HOLDING THEIR AGM ON MONDAY 30th MAY 2022 @ 7.30PM AT THE CHARLTON LAWN TENNIS CLUB CLUBHOUSE

ENQUIRIES/APOLOGIES
TO MICHELLE JENKYN 0439 911 998

**YOUTH
ENGAGEMENT
STRATEGY
INFORMATION
NIGHT**



Come along & hear from current YES members about how you can be a part of making a difference in the lives of local youth.

June 7th, 7:00-7:30pm
Meeting ID: 880 1362 2564
Passcode: 691638

YES is open to all youth aged 16-25. Parents/Guardians welcome to come along & hear too.



Oven-Baked Spring Rolls

Season: Winter/Spring

Makes: 15 large rolls

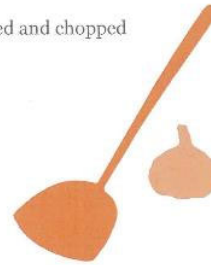
Fresh from the garden: carrot, celery, Chinese cabbage, coriander, garlic, spring onions

Equipment:

metric measuring spoons
clean tea towel
chopping board
cook's knife
bowls – 1 large, 1 small
wok
wok sang
baking tray
pastry brush
serving platters

Ingredients:

2 tbsp sunflower oil, plus 1 tbsp to brush spring rolls
1 garlic clove, peeled and finely chopped
2 cm knob of ginger, finely chopped
3 spring onions, finely chopped
¼ Chinese cabbage, finely shredded and chopped
1 carrot, julienned
1 stalk of celery, finely diced
2 tsp light soy sauce
¾ tsp sugar
¼ tsp salt
½ tsp white pepper
½ tsp oyster sauce
1 tbsp cornflour
1 packet of spring roll wrappers
1 large handful of coriander, finely chopped



What to do:

1. Preheat the oven to 180°C.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Place the wok over high heat.
4. Add oil to the wok with the garlic, ginger and spring onions, and stir for 30 seconds.
5. Add the cabbage, carrot and celery, and continue to cook for a further 3 minutes.
6. Add the soy sauce, sugar, salt, pepper, oyster sauce and cornflour, cook for a further 2 minutes.
7. Transfer the mix to a large bowl and allow to cool for 5 minutes.
8. Place a spring roll wrapper on the bench and add a spoonful of filling diagonally across it.
9. Brush the sides with water to help seal the rolls.
10. Fold the corner closest to you over the filling, then fold in each side. Roll up firmly to enclose the filling.
11. Repeat this process until all the wrappers are used.
12. Place the spring rolls on the baking tray, with gaps in between them so they can brown all over.
13. Brush each roll with a little sunflower oil.
14. Bake for 20 minutes.
15. Sprinkle with coriander and serve with **Dipping Sauce** (page 137).



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The session aims to:

- Strengthen understanding of how young people can be affected by change and uncertainty.
- Build skills and strategies to support young people who are navigating change.
- Identify signs that young people may need additional support.
- Build awareness of local, state, and national supports available to young people.

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

When: Monday 30th May

Where: online via Zoom

How to register

Click here to register via Eventbrite, or copy the URL below into your web browser: <https://bit.ly/3NruxDS>

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar. Please note this webinar will not be recorded.

All those who register will receive a digital information pack after the session that includes key messages as well as links to resources and support services.

Contact:

For more information email:
programsupport@headspace.org.au