

## 'Together We Achieve'

6<sup>th</sup> October

No. 30

### 2022 Calendar of Events

#### Term 4

#### October

Fri	7 <sup>th</sup>	Stomp Dance Performance at 9.00am
Fri	14 <sup>th</sup>	Calder Cricket T20: Yrs 5 & 6
Mon	17 <sup>th</sup>	Last day of Year 12 classes
Wed	26 <sup>th</sup>	VCE Exams commence

#### November

Tues	1 <sup>st</sup>	Public Holiday – Melbourne Cup Day
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During the last half of term 3, students were acknowledged for over 646 positive behaviours. This included 161 for the value of respect, 283 for the value of responsibility and 202 for the value of resilience. At our final assembly for term 3 all tokens gained through positive behaviours acknowledged were placed in the box and the lucky person to receive a \$50 newsagency voucher was Oliver M<sup>c</sup>Phee. Continue exhibiting positive behaviours everyone, you may be the lucky winner this term!

*Principal  
Jamie Daff*

I would like to thank the Charlton Community and staff for the support and strength they have given each other during this incredibly hard time. The students have been amazing coming back to school and this would not have happened without the support given during the week leading into school returning. A massive thank from myself and please continue to look after yourself and each other.

**This week's SWPBS focus:**



**RESPONSIBILITY**

**CANTEEN**

I will

- be punctual for canteen duty
- use walking feet
- leave the area clean and tidy



CHARLTON College

## SCHOOL MAGAZINE: STUDENT COMPETITION

*Design the front and back cover of  
the College Myalla!*

**Submit as a digital  
copy to Miss Deason  
by Friday Week 3:  
21/10/22**

Can be -  
photography or  
individual  
designs

### **On-site resources- Friday 7 October**

Christine, a representative from Lifeline (Grief & Loss branch) will be at Charlton College tomorrow (Friday) to support our students, families & staff. Students can call in to chat with Christine at any stage & may opt to go in on their own or with a friend/s. Families can also call up to the College, or if you prefer, we can ask Christine to contact you via phone.

Two useful information sheets have been shared on Compass & they offer advice on how to support adolescents & primary aged children. If you cannot access Compass & would like a copy, please get in touch.

Please do not hesitate to make contact if you require support or have any concerns.

### **ACAP Psychology Clinic services & workshops**

On previous issues of the Parent's Bulletin, I have provided information about ACAPs (Australian College of Applied Professions). It has been great to hear that some families have engaged with their workshops & counselling.

The ACAP Psychology Clinic is 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.

ACAP currently have a [very short waiting list for free telehealth services](#) to young people & adults. Referrals are accepted Australia wide & clients & families from regional & remote areas are welcome to access the free services using Telehealth. People can self-refer to the Clinic- GP/Medicare referral is not required.

To book, refer, or for more information, visit <https://www.acap.edu.au/applied-psychology/psychology/psychology-clinic> send an email to [psychclinic@clinic.acap.edu.au](mailto:psychclinic@clinic.acap.edu.au) or call (02) 8236 8070.

*Free groups beginning in late September/ early October include the following:*

**Art for Happiness:** Creative therapy-based workshop for children aged 5-12- delivered free using telehealth to kids nationwide. Delivered regularly through September-December.

**Dance for Happiness:** Creative therapy-based workshop for children aged 5-12- delivered free

using telehealth to kids nationwide. Delivered regularly through September-December.

**Mindfulness Group (Adults):** 6-week program delivered free using telehealth to people nationwide. Group begins in early October.

**Mindfulness Group (LGBTQ+):** 6-week program delivered free using telehealth to LGBTQ+ Community nationwide. Group begins in mid-October.

**Mindfulness Group (Young People aged 13-17):** 6-week program delivered free using telehealth to young people nationwide. Group begins in Term 4.

**Compassion Based Therapy (Adults):** 3-week program delivered free using telehealth to people nationwide. Group begins in early October.

**Compassion Based Therapy (Women):** 3-week program delivered free using telehealth to women nationwide. Group begins in mid-October.

**Compassion Based Therapy (LGBTQ+):** 3-week program delivered free using telehealth to LGBTQ+ Community nationwide. Group begins in late October.

**Compassion Based Therapy (Young People aged 13-17):** 3-week program delivered free using telehealth to young people nationwide. Group begins in Term 4.

**Social Anxiety Group (Adults):** 6-week program delivered free using telehealth to people nationwide. Group begins in early October.

**Social Anxiety for Young People:** 6-week program delivered free using telehealth to young people nationwide. Group begins in Term 4.

**Domestic & Family Violence Recovery Program (Women):** New 6-week program for women who are no longer at acute risk or have survived domestic & family violence. The evidence-based group work program will be delivered remotely via telehealth (Zoom).

### **Catholic Care Victoria- Term 4 program**

Once again, CCV are offering a range of parenting workshops, both online & face-to-face. A flyer featuring the information below will also be shared on Compass.

#### **Multi-session program**

**Tuning in to Kids- For parents with kids aged under 12**

**When:** Mondays, 10 October - 14 Nov

**Sessions:** 6

**Time:** 10:00am-12:00pm

**Cost:** \$60 (\$30 Concession)

**Where:** Online Zoom

### **Tuning in to Teens- For parents with kids aged 12+**

**When:** Thursdays, 13 October - 17 Nov

**Sessions:** 6

**Time:** 9:30am-11:30am

**Cost:** \$60 (\$30 Concession)

**Where:** Online Zoom

### **Circle of Security Term One- For parents with kids aged under 12**

**When:** Term One 2023, dates TBC

**Sessions:** 6

**Time:** TBC

**Cost:** \$60 (\$30 Concession)

**Where:** Online Zoom

### **Our Kids- Post-separation program**

**When:** Tuesdays, 25 October - 29 Nov

**Sessions:** 6

**Time:** 6:00pm-8:00pm

**Cost:** \$60 (\$30 Concession)

**Where:** Online Zoom

### **Our Kids- Post-separation program**

**When:** Thursdays, 27 October - 1 Dec

**Sessions:** 6

**Time:** 12:30pm-2:30pm

**Cost:** \$60 (\$30 Concession)

**Where:** CatholicCare Victoria - Bendigo

### **Single-session workshops**

#### **Helping Kids with Big Emotions- For parents with kids aged 3 to 12**

**When:** Wednesday 12 October

**Time:** 9:00am-11:00am

**Cost:** Free

**Where:** Quarry Hill Primary School

#### **Tech Strategies for Families- For parents with kids aged under 12**

**When:** Tuesday 25 October

**Time:** 10:00am-11:30am

**Cost:** Free

**Where:** Online Zoom

#### **Helping Kids with Big Emotions- For parents with kids aged 3 to 12**

**When:** Tuesday 8 November

**Time:** 9:30am-11:00am

**Cost:** Free

**Where:** St Monica's Primary School

#### **Building Resilience in Kids- For parents with kids aged under 12**

**When:** Tuesday 22 November

**Time:** 10:00am-12:00pm

**Cost:** Free

**Where:** The Old Church on the Hill

#### **Understanding Toddlers- For parents with kids aged under 4**

**When:** Friday 25 November

**Time:** 9:30am-11:30am

**Cost:** Free

**Where:** Swan Hill North Primary School

**Bookings are essential for all programs & workshops.** Head to:

<https://www.catholiccarevic.org.au/directory/services/parenting-programs-and-workshops> for more

information & to make bookings or contact (03) 5438 1300.

**Years F-6 Coordinator**  
**Kim Fitzpatrick**

#### **F-6 Upcoming Events**

- Fri 7<sup>th</sup> Sept – Stomp Dance Performance 9-10.30am
- Fri 14<sup>th</sup> Oct: T20 Cricket Blast Yr 5 & 6
- Mon 31<sup>st</sup> Oct – Charlton Art Show
- Mon 31<sup>st</sup> Oct – F-2 Late Stay
- Tues 1<sup>st</sup> Nov – Melbourne Cup Holiday

#### **F-6 Assembly**

We will hold our first F-6 Assembly for the term at 9am this coming Monday. All parents and friends are invited to attend.

#### **Calder Cricket**



Next Friday students in Years 5 & 6 will participate in the Calder T20 Cricket Blast. Students have been given permission forms to be returned.

#### **Around the classrooms**

##### **Book Tasting**

On Tuesday the 4<sup>th</sup> of October Year 5/6 students took part in a Book Tasting. Students entered a restaurant-like setting (including vases of flowers, tablecloths and place mats on the tables). Each table was set with a stack of books in the centre.



Students took a seat and “sampled” a book from the stack. After checking out the front and back covers, students spent a few minutes browsing through the book to develop their first impressions. They then wrote down their observations. The process was repeated until the students had tasted five books and they then ranked the books in order of their favourites. The students’ favourite books will now be used for their Literature Circle groups.



### Stomp Dance

Each morning this week our students have undertaken Stomp dance sessions. It has been a lot of fun and they are all doing a great job picking up the steps. Maddi’s analogies help heaps! Parents are welcome to join us tomorrow for the presentation dances. They will be held in the F6 building from 9.00 until 10.30am.







Even the VCE students had a go on Tuesday.

**Year 10 Work Experience**

YEAR 10 WORK EXPERIENCE  
STUDENTS PRESENT:

*Charlton College*  
*Color Run*

**Tuesday, Week 3:  
18/10/22**  
**On the oval at  
lunchtime**

**\$5 to enter**  
**All staff, students and  
families welcome!**

**Wear white!**

**Years 10 – 12 Coordinator  
Meaghan King**

**Reminders: Year 12 Students**

**EARLY ENTRY PROGRAMS**

**Federation Uni Early Offer** – Close 12<sup>th</sup> December

**VTAC SEAS and Scholarship Applications** – Close 7<sup>th</sup> October

**CASPer TEST** - <https://takealtus.com/casper/>

Register for one of the following days to sit the test:

Oct 16, 2022 - 11:00 AM AEDT

Nov 13, 2022 - 1:00 PM AEDT

**Youthrive Rural Chances Scholarships (TAFE/Apprenticeships)** - close 21<sup>st</sup> November  
[www.youthrivevictoria.org.au/scholarships/rural-chances/](http://www.youthrivevictoria.org.au/scholarships/rural-chances/)

**YOUTHRIVE RURAL CHANCES (TAFE) SCHOLARSHIPS**



There are at least 10 Rural Chances scholarships valued at \$5000 on offer to assist young people to move away from their hometown or to assist with extensive travel required to complete TAFE (Certificate III or above, including Apprenticeships) training qualifications.

Applications for Rural Chances Scholarships are now open, and close on **November 21<sup>st</sup>, 2022.**

For Further information or to apply Visit:  
[www.youthrivevictoria.org.au/scholarships/rural-chances/](http://www.youthrivevictoria.org.au/scholarships/rural-chances/)

**External scholarships  
Available for students from 10-12**

The department of Education and Training manages a range of scholarships on behalf of various trusts. Please see the links below to find a list of scholarships that are relevant to students in Years 10-12. Any students interested in applying for any given scholarship are welcome to seek advice and proof-reading from Miss King or MIPs coordinator, Sue Clay.

Year 10 students –

<https://www.eduweb.vic.gov.au/scholarships/list.aspx?YearID=11>

Year 11 students –

<https://www.eduweb.vic.gov.au/scholarships/list.aspx?YearID=12>

Year 12 students –

<https://www.eduweb.vic.gov.au/scholarships/list.aspx?YearID=13>

**Fed TAFE | AGRICULTURE COURSES**



**Wednesday 19 October 6:00 pm - 7:00 pm**

**Ballarat, Gillis Street Campus**

High-value, high-margin food products are set to be big business for the Australian economy.

Whether that is with animals, crops or mixed farming, you'll be keen to bring new skills to your family farm or enter one of the many areas in the multi-billion-dollar agriculture industry.

Come to this Information session to find out about tailored training plans, meet your trainers and discuss your ambitions to start working on or run a farm, or even manage your own business.

*Find out more:*

<https://events.federation.edu.au/event/sessions?id=TAFE - Agriculture courses Information Session October 20223006839697>

**goIT Girls-Virtual Work Experience in Tech**



*The goIT Girls program is a free, week-long work experience program aimed at female students in Years 10 and 11. At TCS, we are empowering Australian students with the skills they need to be ready for the workplace of the future.*

Participants will meet senior executives from our company and from our client organisations. These executives will provide insight into the various STEM roles that exist across the business spectrum, with the hope of inspiring a new generation of innovators, problem solvers and technology professionals. The aim is to provide insight into the existence of gender occupational stereotypes in the technology industry in order to challenge and eventually overcome them.

goIT Girls has 4 focus areas:

- Provide insight into the technology industry
- Challenge gender stereotypes by showcasing women in STEM as role models
- Applying technology knowledge to solve business problems
- Enhancing confidence

Remaining dates for 2022 include:

17 – 20 October

7 – 10 November

28 November – 1 December

*Visit:*

<https://tcsempowers.tcsapps.com/apac/users/goit-girls-home>

**ADF | ADFA Careers Virtual Information Session (online)**



**Monday 10<sup>th</sup> October 12:00 pm - 2:00 pm**

At the Australian Defence Force Academy, you will receive service training while studying for your UNSW degree, and graduate as an Officer in the Australian Defence Force. Join us for a virtual info session to find out how ADFA can change your life.

*Find out more:*

[www.defencejobs.gov.au/events/events-detail/1gzcuzx](http://www.defencejobs.gov.au/events/events-detail/1gzcuzx)

### **Community News**

**Donald Junior Cricket Association  
AGM & Committee Meeting  
Monday October 10th  
6.30pm  
Jeffcott Cricket Club rooms  
All interested parents and players encouraged to attend.**

**If you have a child interested in playing junior cricket for the 2022/23 season, please message your child's name and birth date to  
Xanthi 0407 555 152  
or  
Corey 0488 343 819**



**MT. WYCHEPROOF CUP DAY,  
ART & CRAFT EXHIBITION**  
27TH - 29TH OCTOBER, 2022

**CASH PRIZES!**

**CALLING FOR ENTRIES INSPIRED BY THE THEME:  
COLOURS OF THE CUP**  
ENTRIES DUE BY FRIDAY 21ST OCTOBER, 2022

**CATEGORIES:**  
OPEN | SECONDARY | PRIMARY | RECYCLED | FASHION | PHOTO

FOR MORE INFORMATION & ENTRY FORMS CONTACT THE WCRC ON 5493 7455

PROUDLY BROUGHT TO YOU BY THE WYCHEPROOF COMMUNITY RESOURCE CENTRE &  
MT WYCHEPROOF & DISTRICT RACING CLUB

**GRANNES  
GARDEN  
FESTIVAL**  
Open Garden & Art Celebration  
Sunday  
October 9  
11.00 - 4.00pm

Art Exhibition by acclaimed artist  
**JOHN WOLSELEY**  
*recent works of Rivers and Creeks*

Natural Fabric Art Workshop with  
**MARION MATTHEWS**


**LIVE MUSIC &  
ENTERTAINMENT**  
Dianne Stewart, Fran Thiele & more

**GARDEN TOURS & TALKS**  
with Grannes garden designer Barb  
Reading & Neil Marriott

**LOCAL FOOD  
KIDS ACTIVITIES**  
\$20 entry Kids for free!

 A fundraising event for the  
WAMA Foundation info@wama.net.au

 207 Pomonal Rd,  
Stawell, VIC

**Mt Wycheproof Cup Art & Craft Exhibition**  
**2022 ENTRY FORM**  
THEME: 'COLOURS OF THE CUP'   
Thursday 27<sup>th</sup> October – Sunday 30<sup>th</sup> October 2022

*There are no limits to what you can create or what medium you use, as long as it is in the racing theme! The six categories are: Open, Secondary, Primary, Recycled, Fashion & Photo with great cash prizes to be won!*

**Applicant Details**  
All entries MUST be accompanied by this completed Application form.

Name/Group name:

Category *(please tick)*

Open  
 Recycled  
 Fashion  
 Primary  
 Secondary  
 Photo

School (if applicable)

Contact Number

Email Address


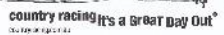
Name of Entry


**Further Information**  
Please provide information about your entry, including what inspired you to create this particular piece, what it represents, what material was used, and where the material came from (see above, school grounds etc). This information will be mounted to accompany your entry at the exhibition.

**Other Information**

- Entries to be submitted to the Wycheproof Community Resource Centre (280 Broadway) by Tuesday 22<sup>nd</sup> October, 2022.
- Official Opening and announcement of section winners on Thursday 27<sup>th</sup> October from 3:00pm at the Wycheproof Shire Hall.

Please contact the Wycheproof Community Resource Centre on 5493 7455 or email [mcrc@wycheproofcra.org.au](mailto:mcrc@wycheproofcra.org.au) for more information.



**Charlton Basketball Club**

Basketball is back!  
Come and try basketball in Charlton on  
Monday 10<sup>th</sup> & 17<sup>th</sup> October.  
On these nights there will be Social Basketball  
with the goal to organise a competition starting  
the 24<sup>th</sup> of October.

Aussie Hoops (Preschool – Yr2) – 3:30 –  
4:15pm – Parents will be needed to assist with  
activities.

Juniors (Yr 3 – Yr 9) – 4:15-5:15pm  
Seniors Men's & Women's (Yr 10+) - 6pm  
On Monday 10<sup>th</sup>, players will be shown how to  
register and will need to be fully registered by  
the 17<sup>th</sup> to play.

Please send questions and expressions of interest  
to: Darcy McCallum – 0428123900  
Briony Zagame – 0417978218  
Troy Heenan – 0431813344

See you Monday!!

# JOIN THE BELLES



## **Girls Only T20 Cricket Competition**

**Girls aged 11 to 17**

Season starting Late October 30

Games played Sundays 9.30am to 12.00pm

8 a side, hard ball, full equipment cricket competition.  
Have fun play alongside friends and make new friends!

Contact Kim Fitzpatrick

0429 020 366 or email [wimmeragiriscricket@gmail.com](mailto:wimmeragiriscricket@gmail.com)



# Charlton College Canteen Menu

Term 4 2022

All lunch order money to be in a clearly labelled paper bag and handed in at the start of the day.



## Sandwiches / Wraps

(Sandwiches - White / Wholemeal)

*(Rolls – add 50 cents)*

Vegemite	\$2.50
Cheese	\$3.50
Ham	\$3.50
Cheese & Tomato	\$4.00
Ham & Cheese	\$4.00
Ham, Cheese & Tomato	\$4.50
Egg & Lettuce	\$4.80
Chicken, Cheese, Lettuce & Mayo	\$5.00
Salad*	\$5.50
Ham/Tuna/Roast Chicken & Salad	\$5.80

\*Salad: cheese, lettuce, cucumber, tomato, carrot & beetroot  
Tomato sauce, soy sauce and mayo also available



## Toasted Sandwiches / Focaccias

*(Focaccia - add \$1.00)*

Toasted Cheese	\$4.00
Cheese & Tomato	\$4.50
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$5.00
Chicken, Cheese & Tomato	\$5.00

\*Sandwiches from home toasted \$0.40 each

## Hot Food

Steamed Dim Sim	\$1.30
Pizza – Ham & Cheese	\$3.80
Pizza – Ham, Cheese & Pineapple	\$4.00
Roast Chicken Roll	\$5.00
With gravy <b>OR</b> cheese	\$5.50
With gravy <b>AND</b> cheese	\$6.00

## Bakery

Party Pie	\$1.00
Sausage roll - small	\$2.00
Sausage roll – large	\$3.50
Plain pie	\$4.80

The Green Heart – these foods are part  
of our Healthy Choice Menu.



## TERM 4 SPECIALS

Roast chicken **OR** Tuna Salad \$6.00  
(lettuce, tomato, cucumber, carrot, cheese & Caesar dressing)

**Available until sold out:**

Chicken Fried Rice – small	\$4.00
- large	\$6.00

## Recess Only

Pizza Muffin	\$1.50
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## Snacks

Popcorn	\$0.30
Crackers	\$0.80
Custard Cup	\$1.00
Gingerbread Kid	\$1.00
Jelly Cup	\$1.00
Nutella	\$1.00
Banana Bread	\$1.50
Choc chip biscuit	\$2.00

## Drinks

Water 600ml	\$2.00
Focus Water 350ml (4 x fruity flavours)	\$1.80
Nippy's Milk 250ml	\$2.20
(Strawberry, Coffee, Chocolate)	
Nippy's Milk 375ml	\$3.00
(Strawberry, Coffee, Chocolate, Honeycomb)	
Fruit Juice	\$3.00
(Apple, Orange, Tropical, Pineapple, Apple & Black Currant)	

## From the Freezer

Zooper Dooper	\$0.80
Kabluey	\$1.00
Lemonade Icy Twist	\$1.20
Mini Calippo	\$1.20
Paddle Pop	\$2.00
(Chocolate, Rainbow, Banana)	

