

'Together We Achieve'

13th October

No. 31

2022 Calendar of Events

Term 4

October

Fri	14 th	Calder Cricket T20: Yrs 5 & 6
Mon	17 th	Last day of Year 12 classes
Wed	26 th	VCE Exams commence

November

Tues	1 st	Public Holiday – Melbourne Cup Day
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*Principal
Jamie Daff*

Roads Flooded


We all realise there is heavy rainfall in our local area which may lead to flooding. Stay safe and please don't take any risks through flood water.

This week's SWPBS focus:

RESILIENCE

CANTEEN

I will
- show patience in line



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

Year 10 Work Experience

Parents and younger siblings are welcome – more the merrier!!



**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!

Student Wellbeing Natasha Saunders

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 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 14th Oct: T20 Cricket Blast Yr 5 & 6
- Mon 31st Oct – Charlton Art Show
- Mon 31st Oct – F-2 Late Stay
- Tues 1st Nov – Melbourne Cup Holiday

Students of the Week



Found-one: Molly for making a great start to term 4.



Year one-two Matey: Eli for being an enthusiastic learner and class participant.



Year three-four: Hudson for persevering with writing sentences.

Reading Awards



Great that students have continued reading over the holidays and into the final term. Our first students to reach 225 nights were acknowledged this week. Those acknowledged Monday were:

75 nights: Josh

100 nights: Nate L

150 nights: Sam

175 nights: Stella

200 nights: Harrison, Tom M, Cody, Tom F

225 nights: Don, Lacey, Tom J, Anna

Book Recommendations



On Monday at assembly, Rhys recommend the Last Kids on Earth. It is about a Zombie apocalypse which started in a science lab. The main characters are Derek, Evie and Clint. Rhys rates it 3 ½ stars.

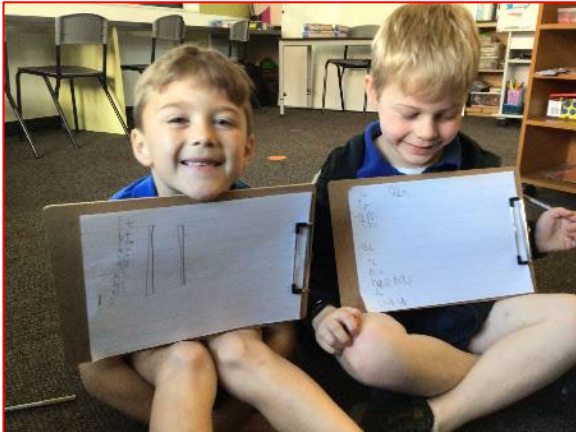
Stomp Dance

It was wonderful on Friday to have such a large contingent present to see students from the College and St Joseph's perform the dances they learnt during the week with Maddi from Stomp Dance. The students did not disappoint. Thanks to all those who attended to create a fabulous atmosphere. A few snaps from the performances are shared below.





Below: Millah and Don are very excited to show the work they did with Lizzie



Years 10 – 12 Coordinator
Meaghan King

Year 12 reminders

EARLY ENTRY PROGRAMS

Federation Uni Early Offer – Close 12th December

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 21st November

www.youthrivevictoria.org.au/scholarships/rural-chances/

Accessing VCE Unit 3&4 results and ATAR

Did you know that you need to register to access your VCE Results (**Unit 3 & 4 Studies only**) and the ATAR (Year 12 students)? Results will be released on

Monday 12th December from 7:00am. It's a good idea to register for this service early so that you are not delayed on the big day.

Click below to register today:

<https://resultsandatar.vic.edu.au>

Important dates for students in Years 10-12

Year 12

Last day of scheduled classes (VCE/VCAL) – Tuesday 18th October.

Celebration day – Thursday 20th October.

VCAA exams – Wednesday 26th October – Wednesday 9th November.

Year 12 Grad Dinner – Friday 11th November

Year 11

Last day of scheduled classes (VCE/VCAL) – Friday 11th November.

Year 11 Exams – Monday 14th November – Wednesday 16th November.

Step Up day – Friday 18th November.

Year 10

Last day of scheduled classes – Tuesday 15th November.

Year 10 Exams – Wednesday 16th

Community News

MENTAL HEALTH MONTH

LOOKING AFTER OURSELVES, OUR FAMILIES, OUR COMMUNITIES



October is Mental Health Month. As we continue to get back to 'normal life' after a couple of crazy years, it's important we all continue taking steps to look after the mental health and wellbeing of both ourselves and those around us. Below are some tips and activity ideas from the Resilience Project.



Gratitude

Draw or tell someone about something that made you feel good today. It could be something as simple as patting a nice dog or as big as winning a running race! Try to do this at the end of every day.



Empathy

Pay attention to the feelings of people around you today. If you notice a friend looking upset, ask them if they'd like to talk about it. If a family member seems a bit stressed, offer to help out. Try to show empathy to at least one person every day.



Mindfulness

Go to a quiet space for five minutes every day, take a few deep breaths and notice what is going on around you. What are five things you can see? Five things you can hear? Five things you can feel? You might like to include smell and taste too.

<https://theresilienceproject.com.au/at-home/>

SMALL TOWNS, BIG DIFFERENCE

THURSDAY 20
OCTOBER 2022
10AM-3PM

Charlton Park,
Calder Highway, Charlton

GUEST PRESENTERS:
Derek Guille (ABC radio)
and Brad McEwan
(Brad McEwan Media)

JOIN US AT A FORUM TO HEAR
HOW SMALL TOWNS HAVE MADE
A BIG DIFFERENCE

through community-owned models, diverse funding
sources, new ways of delivering services, improved
facilities and fabulous events.

Hear about the magic ingredients to success.

DON'T MISS IT!



Brought to you by Mallee Regional Partnership and
Regional Development Victoria



REGIONAL
PARTNERSHIPS
MALLEE

Morning tea and lunch provided

FREE REGISTRATION – PLACE ARE LIMITED.

REGISTER VIA : <https://www.eventbrite.com.au/e/small-towns-big-difference-forum-tickets-419570305077>

For more information, contact Wendy Holland on
0438 433 555 or wendy@communityvibe.com.au