

### 2022 Calendar of Events

#### Term 4

#### November

Fri	18 <sup>th</sup>	Year 10 Exams – Day 2
Fri	18 <sup>th</sup>	Year 11 into 12 Step-up Day
Mon	21 <sup>st</sup>	Year 9 Canoe Camp commences
Mon	21 <sup>st</sup>	Year 10 Work Experience commences
Thurs	24 <sup>th</sup>	Years 3 & 4 Charlton Camp
Fri	25 <sup>th</sup>	Years 3 & 4 Charlton Camp
Fri	25 <sup>th</sup>	Year 9 Canoe Camp concludes
Mon	28 <sup>th</sup>	F – 6 Swimming Program commences
Wed	30 <sup>th</sup>	Yr 6 into 7 Information Evening

#### December

Fri	2 <sup>nd</sup>	Year 10 Work Experience concludes
Mon	5 <sup>th</sup>	Year 10 into 11 Step-up Day
Wed	7 <sup>th</sup>	Year 6 into 7 Transition Day
Fri	9 <sup>th</sup>	F – 6 Swimming Program concludes
Sun	11 <sup>th</sup>	Carols by Candlelight at The Rex
Wed	14 <sup>th</sup>	Awards Ceremony at 1.45pm

**Principal**  
**Jamie Daff**

Well done to all our year 12 students on finishing school, it has been an incredibly hard year and you have all done an amazing job. Friday night's formal was a fantastic celebration of your achievement. Thank you to everyone who helped on the night and thank you to Meaghan King for all of her work behind the scenes.

We have camps and work experience coming up in the next week; I hope everyone enjoys these opportunities and you are able to learn from these experiences.

#### Reminder

Can I please ask that at pick up and drop off times you do not park out the front of the NCTTC as this is where the buses pick up and drop off students. It is a safety issue if cars, students and parents are in the way of the buses.

### 2023 Book Lists

Book lists have been distributed to students today - parents/guardians please keep a look out for them!



### This week's SWPBS focus:

## RESPONSIBILITY

### SCHOOL GROUNDS

#### I will

- be SunSmart
- play fair
- return sports equipment
- stay within school boundaries

**Student Wellbeing**  
**Natasha Saunders**

### Support for Carers Program

Information has been received from Northern District Community Health who have commenced a new program to support carers called Support for Carers Program.

There is assistance available for carers, particularly those of school age. Carers can be of any age & give support to a relative or parent who has a disability, mental health problem, medical condition, palliative

or is frail due to age. If you would like further information, please make contact with me & I can provide further information & contact details.

### Partners in Parenting

Please find attached a flyer about a FREE online parenting program being offered by researchers from Monash & Deakin Universities. The program is designed to support parents of teenagers who have difficulty attending school due to anxiety, depression or emotional distress.

Issues with school attendance, & in some cases, school refusal, is a challenging issue for some of our families. This program will not be the sole source of support required; however, it is a sound starting point, which will provide practical strategies & tools.

Please refer to the flyer for eligibility & an outline of what the program includes. I will also share the flyer via Compass. If anyone would like to discuss this further, please do not hesitate to make contact.

### Speech Pathology services

I recently had contact with Jess Curnow, who spent some time supporting the College through the Speech Pathology in Schools Initiative (SPiSI).

Jess has taken up a new role in Adelaide & is no longer involved in the SPiSI, but is well aware that we have long waiting lists in Charlton (& surrounding areas) & understands how frustrating this can be!

Jess made contact to say that she has immediate capacity, **with no waiting list (at present)**, for weekend appointments through telehealth. From time to time, she visits our area & there is the possibility that she may be able to offer occasional face to face appointments (on weekends) also.

If you would like a referral to access Jess' services, please make contact with me at school & I can provide the relevant support.

### 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

#### 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

**Single-session workshops**

#### 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

- Thurs 17<sup>th</sup> Nov – Kinder Transition 9-10.30am
- Thurs 24<sup>th</sup>-Fri 25<sup>th</sup> Nov – Year 3 & 4 Charlton Camp
- Fri 25<sup>th</sup> Nov – Kinder Transition 9-1pm
- Mon 28<sup>th</sup> Nov – Day 1 Swimming Program

I have enjoyed kick starting my week joining the active counting warm up undertaken by Mrs Fahey and Ms Yap's numeracy groups of a Monday morning. Today we welcomed our 2023 Foundation students for their first orientation day.

### Look who called in to see us!



Yes, Miss Bock and super cute, Amelia. It was wonderful to see them both.

## Students of the Week

**Found-One:** Lily for following instructions.

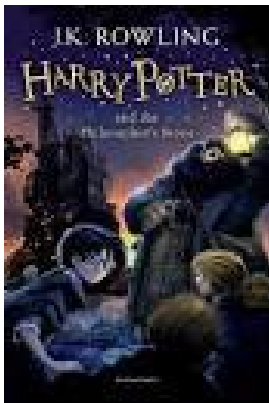


**One-Two Matey:** Archer for listening to feedback and working hard to make changes to his working.



**Three-Four:** Lacey for always having a positive attitude in the classroom.

## Book Recommendation



Tom J recommended Harry Potter and the Chamber of Secrets. The story contains adventure and mystery. It is set at Hogwarts and the Dursley's house. Harry is the main character. In this adventure Voldemort (he who should not be named) opens the chamber of secrets. Tom gives it 5 stars and recommends it for students in years 3 to 7.

## Swimming Program

Our Swimming program is due to begin on Monday 28<sup>th</sup> of November, and everything is ready to go. However, the swimming pool was inundated during the recent flood and may not be ready to go. The program may only run for one week or may take place when school resumes in 2023. Stay tuned for further updates.

## 3-4 Charlton Camp

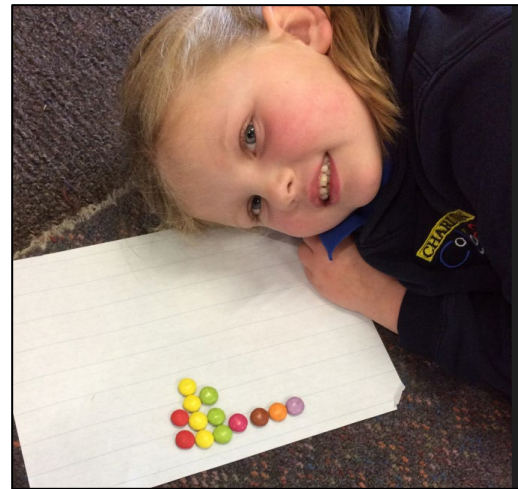
Permission forms have been distributed to all students and we are all prepared to have a couple of wonderful days around our home town of Charlton.

## Around the Classrooms

Miss O'Callaghan's numeracy class have been learning about money. The smiles on their faces indicate that they are pleased to have money in their hands.



The same group have also been using smarties to learn how to graph.



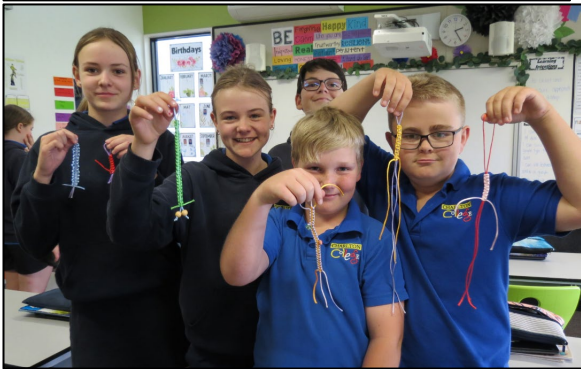
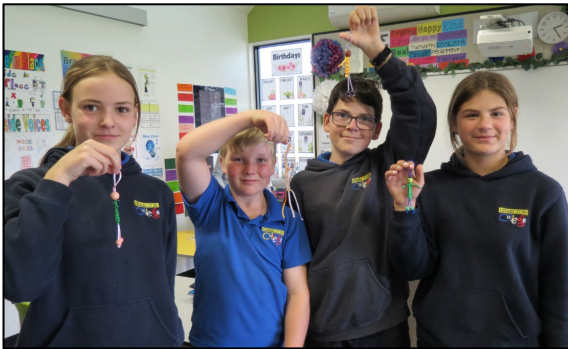
F-2 students undertook an ecolinc session focused on sea creatures. It was the best session yet, with the presenter scuba diving and getting up close and personal with the sea creatures.



Grades 5 & 6 got up close and personal to undertake their prodigy activities.



Year 5 and 6 have learnt the Chinese art of knotting to make some wonderful products.



Above: Chace separating the egg yolk from the white.



Above: Noah, Josh and Aria stirring the curry

**Years 7 - 9 Coordinator  
Darcy McCallum**



This week on the menu we had Tempura Fritters with Aioli and Desley's Mum's Curry which was served with Roti. Two of our recipes required us to use a mortar and pestle which we had never seen before! The curry needed spices crushed with the pestle and the aioli had garlic that was ground to a paste. We were surprised how heavy the mortar was. Thank you to Penny and Kate who came in to assist our very busy class! The Tempura fritters were voted as the favourite dish. Enjoy making this very simple, but tasty dish at home! (recipe attached)

### Year 7 News

Year 7 students were recently observed blatantly breaking one of Charlton College's most significant rules. Fortunately, it was all in the name of Science. Using a syringe, they were 'smoking' a cigarette to observe firsthand the residue that results in the consumption of just one cigarette. A filter paper within the syringe turned a brown yellow colour and exuded a very pungent odour. Most students were surprised by the result and agreed that their lungs and throat could be negatively affected by smoking cigarettes. This activity was completed to support the work being undertaken in their Health class.



## Year 9 Canoe Camp

Next week the Yr 9's will be embarking on their Canoe camp journey they have been spending their Sport and PE classes learning how to street and paddle a canoe effectively. Good luck and have fun Yr 9's! Remember don't leave your packing until the last minute!



Whoops!!

**Years 10 – 12 Coordinator  
Meaghan King**

**Year 10 – Work Experience**

The time has come! All of the students' hard work – fundraising, organising work placements, completing forms and calling employers - will now pay off as they embark on their two week work experience in Melbourne, Bendigo or surrounds. On behalf of the staff at Charlton College, we wish them all the best and hope they enjoy the new experiences and opportunities they are yet to face. Stay safe, enjoy yourselves and see you in two weeks!

**Year 12 Formal**

On Friday night last week, our Class of 2022 said their final goodbyes, putting on a great formal evening, attended by teachers and families. Our sincere thanks and congratulations to these fine students for their contributions to the College over their years here. We wish you all the best in following your dreams.



**Reminders: Year 12 Students**

**EARLY ENTRY PROGRAMS**

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

**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/)

**Register for VCE Unit 3 & 4 Results/ATAR**

Monday 12<sup>th</sup> December 2022

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

**Change of Preferences for VTAC Round one offers**

Close 14<sup>th</sup> December 2022 @ 4:00pm

**VTAC 1<sup>st</sup> Round Course Offers**

21<sup>st</sup> December 2022

**VTAC Webinars available**



*This year VTAC is running four webinars to support Year 12 students and parents/guardians with understanding results, change of preference and offers.*

The first two webinars **getting ready for your results - what happens next?** (Monday 5<sup>th</sup> & Monday 8<sup>th</sup> December, 6:00pm – 7:00pm) will focus on providing an in-depth explanation on the process of students receiving their results, changing preferences, and receiving and accepting offers.

**The getting ready for December round - what happens next?** (Monday 12<sup>th</sup> December, 6:00pm – 7:00pm) and **getting ready for January round - what happens next?** (Wednesday 21<sup>st</sup> December, 6:00pm – 7:00pm) webinars will each focus specifically on preparing students on maximising their preferences for both December and January offer rounds to ensure they get the best possible outcome. They will have a focus on Q&A time to allow all questions to be answered.

*Registration links can be found here:*

<https://vtac.edu.au/events.html>

**Eligibility for benefits studying TAFE**



Year 12 students, now that School is finished it is a great time to start researching your eligibility for any study/benefits for 2023 study @ TAFE (including Apprentices), Private Providers or University. E.g., Youth Allowance, Rent assistance, Tertiary Access Payment, Low Income Health Care Card etc.

[www.servicesaustralia.gov.au/individuals/students-and-trainees](http://www.servicesaustralia.gov.au/individuals/students-and-trainees)

**Skills priority list – National Skills Commission**

The National Skills Commission recently released its annual [Skills Priority List](#), providing a detailed overview of occupations that are in shortage, both nationally and by state and territory. This year it's available in a handy [interactive digital interface](#), enabling you to filter occupations by State, shortage rating, and by future demand.

*Visit:*

[www.nationalskillscommission.gov.au/topics/skills-priority-list](http://www.nationalskillscommission.gov.au/topics/skills-priority-list)

## Vocational education and training (VET)



VOCATIONAL EDUCATION AND TRAINING

VET is designed to teach you knowledge and specific practical skills to help you in the workplace. It's delivered in a number of ways – through schools, dual sector universities with VET courses, TAFE institutes, private registered training organisations and community colleges.

For further information visit:

<https://myfuture.edu.au/career-articles/vocational-education-and-training>

### Quantum Computing School Summer Camp (Online)

**Mon 16<sup>th</sup> – Fri 20<sup>th</sup> January 2023 9am – 5pm**

Applications open soon for the 2023 SQA Quantum Computing Summer Camp — delivered by Qubit by Qubit (QxQ), a leading educational organisation in quantum, in collaboration with Sydney Quantum Academy (SQA). Held virtually on 16-20 January 2023 with a bonus day in person, the summer camp will be open to Australian high school students (9-12) and recent school leavers. No prior quantum or coding knowledge is required or expected, and there are many full scholarships available! Scholarships are prioritised for students underrepresented in STEM.

<https://sydneyquantum.org/programs/schools/>

### Community News



**Buloke Loddon**  
**TAC L2P PROGRAM**  
**Mentors Wanted**

Would you like to help young people learn to drive?  
Do you have at least two hours per fortnight to spare?

Are you over 21 years old?  
Do you hold a full current driver's licence?

The Buloke Loddon L2P program matches volunteer driver mentors to young learner drivers to assist them in gaining on the road driving experience in a vehicle that is provided through the program - all we need is your time (and interest).

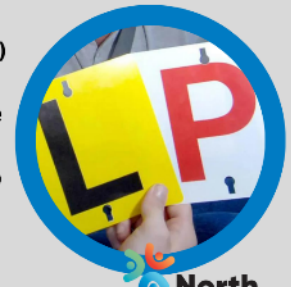
If you are interested, please email [l2p@ncllen.org.au](mailto:l2p@ncllen.org.au) or contact the North Central LLEN on 5491 1144.

**BULOKE  
LODDON**



## Need help getting your P's?

The TAC L2P program helps young learner drivers (16-21) with limited access to supervising driver or vehicle to get on the road with trained mentors available to help them obtain the 120 hours necessary to get their licence.



For more information about this FREE program contact the North Central LLEN on 03 5491 1144 or email [l2p@ncllen.org.au](mailto:l2p@ncllen.org.au)

**North  
Central  
LLEN**



**Charlton and District Preschool Association  
Inc.**

Inc. Assoc. Registration No: A0004156R

### Annual General Meeting

Date: Wednesday 23<sup>rd</sup> November 2022

Time: 7.30pm

Location: Charlton Kindergarten

All welcome

PLEASE RSVP APOLOGIES TO:  
RACHAEL: 0400 042 885 or BREE: 0418 582 155

In accordance with Rule 31(1), a member may appoint another member as his or her proxy to attend, speak and vote on his or her behalf. Please send proxies in writing to Bree McPhee at [charlton.pag@kindergarten.vic.gov.au](mailto:charlton.pag@kindergarten.vic.gov.au) at least 24 hours prior to the commencement of the meeting.

Bree McPhee, Secretary, Charlton and District Preschool Association Inc. 03/11/2022



**Partners in  
Parenting**

 **MONASH  
University**



## Is your teenager struggling to attend school due to anxiety, depression or emotional distress?

Be among the first to trial a new online parenting program designed to support parents of teens struggling with school attendance.

Researchers from Monash University and Deakin University are offering parents a **FREE online parenting program** designed to support parents of teenagers who have **difficulty attending school due to anxiety, depression, or emotional distress** (sometimes called 'school refusal', 'school can't', or 'school phobia'). The program is being offered as part of a research trial.

### What's included in the program?

- A parenting self-assessment tool with personalised feedback
- Up to 13 online modules with practical strategies to support your teen's mental health and school attendance
- Complete weekly modules and work towards goals

### Who can take part?

You may be eligible to participate if:

- you are the parent or guardian of a teenager aged 12-18
- live in Australia
- can read, write, and speak in English,
- have regular access to the Internet.

The program is not recommended as a sole source of support for young people experiencing school refusal. We recommend seeking professional support from a mental health or education professional alongside completing this program. Although all parents are able to take part, please also note that the program content is not tailored for parents of teenagers with Autism Spectrum Disorder or intellectual disability.

### What else is involved?

To help us evaluate the program, we'll ask you to complete two online surveys about your parenting and your teen's mental health. We may also invite you to complete an interview about your experience with the program. You'll receive a \$20 gift voucher after completing the second survey, and an additional \$20 gift voucher if you complete an interview.

### FIND OUT MORE:

[pip-ed.web.app](https://pip-ed.web.app)

Contact:  
[med-pip-ed@monash.edu](mailto:med-pip-ed@monash.edu)



This research has been approved by the Monash University Human Research Ethics Committee (ID: 32704).





# Tempura Fritters

**Season:** All

**Serves:** 30 tastes in the classroom  
or 6 at home

**Fresh from the garden:** broccoli, eggs, snow peas or beans, spring onions or onions, sweet potato, zucchini

The fresh vegetables you use for this dish will depend on what you have available in your garden. Use the ingredients listed below as a guide, but have a think about how you can use whatever is in season. Cut up as much as you think you will need for your diners. Serve with your homemade aioli.

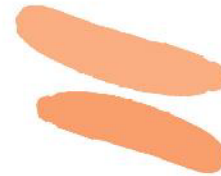
**Note:** The key to tempura batter is to make it thin and loose, not thick and dense – add a little more cold water if you need to. The aioli can be made in the same class by a separate kitchen team.

## Equipment:

metric measuring cup  
clean tea towel  
chopping board  
cook's knife  
pot with steamer and lid  
large bowl  
mixing spoon  
deep frying pan or wok  
slotted spoon  
kitchen paper  
serving plates

## Ingredients:

broccoli, cut into florets  
yolk of 1 egg  
1 cup very cold water  
1 cup plain flour  
2–3 cups canola oil  
snow peas or beans, sliced into 5 cm long strips  
zucchini, sliced into 5 cm long strips  
sweet potato, sliced into 5 cm long strips  
spring onion or onion, sliced into 5 cm long strips  
1 quantity **Aioli**



## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Steam the broccoli for just 2 minutes and allow to cool completely.
3. Combine the egg yolk with the very cold water in the bowl. Stir in the flour until just incorporated – do not over-stir (the batter should be a little lumpy, which makes the tempura crispier).
4. Before service (do not start until all other groups are 15 minutes away from serving otherwise your tempura will go cold and soggy) heat 2–3 cups of oil in the frying pan until a drop of batter cooks immediately.
5. Drop each piece of vegetable into batter and lightly coat. **\*Place very carefully into the hot oil** and cook until golden.
6. Take out with slotted spoon and drain on kitchen paper. Keep going until all vegetables are done.
7. Serve on plates with small bowls of aioli on the side.

\* Adult supervision required.



