

2023 Calendar of Events

Term 1

March

Thurs	2 nd	School Photos
Mon	13 th	Labour Day Public Holiday
Wed	15 th	NAPLAN Testing period Begins Yr 3, 5, 7, & 9
Wed	22 nd	NAPLAN Testing period Ends Yr 3, 5, 7, & 9
Wed	22 nd -24 th	Yr 7-9 Surf Camp
Mon	27 th	College Council Annual General Meeting
Fri	31 st	Yr 5-6 Calder Hot Shots Tennis

April

Tues 4th Parents' Club Meeting @ 9am

May

Thurs 11th Parents' Club Fete

**Principal
Jamie Daff**

Some positive results for the school were advertised in the weekend Herald Sun. With the College ranking 26th in the State for NAPLAN results. This is fantastic news for the school and community. It is a great result for the students as it shows that the commitment they show to their learning doesn't go unnoticed.

I would like to thank two students for the support they have shown towards others in the past week. Both Rhys Gahan and Crystal Rose Murray have gone out of their way to support different students that have needed some extra support. Both of these students did an amazing job supporting students and made these students feel welcome and safe during these times.

**Student Wellbeing
Natasha Saunders**

Catholic Care Victoria (CCV)- Parent programs & workshops

Over the year, CCV run a wide-range of one-off parent programs, as well as lengthier workshops. The delivery is both online & face-to-face & addresses a range of useful topics. Some programs are free, however some attract a cost.

Each term they publish a calendar which will feature on the Parent's Bulletin & it has been posted to Compass. In the past, a number of staff & families have participated in CCV programs & have spoken very highly of them.

Register at: www.catholiccarevic.org.au/register

Tuning in to Kids | 6 Sessions, Tuesdays

For parents with kids aged under 12.

Kids with emotional intelligence have better concentration, make friends more easily & are better able to regulate emotions. In this program you'll learn to help your child understand & manage their feelings.

Tuesdays, 7pm-9pm, 7 Feb - 14 Mar
Online, \$60 (\$30 Concession)

Circle of Security | 6 Sessions, Mondays

For parents with kids aged under 10.

This program is about attachment with your child & will help you better understand your child's emotional world by learning to read emotional needs.

Mondays, 10am-12pm, 6 Feb - 20 Mar
Catholic Care Victoria – Bendigo, \$60 (\$30 Concession)

Bringing Up Great Kids | 6 Sessions, Thurs

For parents with kids aged under 12.

This program uses mindfulness & reflection to help parents examine & improve communication with their children. Through respectful and positive interactions,

parents & carers can support their child's development & positive identity.

Thursdays, 10am-12pm, 9 Feb - 16 Mar
Catholic Care Victoria - Bendigo, \$60 (\$30 Concession)

Our Kids | 6 Sessions, Tuesdays & Thursdays

This program explores how ongoing parental conflict affects children, how you can support your children through changing family relationships as well as how to develop effective communication with your co-parent.

Tuesdays, 6pm-8pm, 21 Feb - 28 Mar
Online
Thursdays, 12:30pm-2:30pm, 23 Feb - 30 Mar
Catholic Care Victoria – Bendigo, \$150 (\$60 Concession)

Knowing Your Teen

Parenting teenagers is not easy, it requires creativity, determination & patience! It is a tough phase for everybody, but you are not alone. Join us to look at the latest research around teenage brain development, discuss peer relationships & gain tips for having a positive relationship with your teen.

Tuesday, 6:30pm-8:30pm, 21 Mar
Catholic Care Victoria – Bendigo, Thursday, 10am-11:30am, 30 Mar, Online, Free

Amaze

Amaze are a peak body for Autistic people and their supporters. The resources relate to gaming, and some links are relevant to both the Autistic community and the neuro-typical community too.

<https://icannetwork.online/> - I CAN run interest groups for young Autistic people, including gaming based groups

<https://www.ioe.org.au/> - Interchange Outer East provide services for people with disabilities, including a gaming group

<https://www.gameaware.com.au/> - GameAware provide mentoring for young gamers and their families around maintaining a healthy balance in their gaming. They have an autism-specific group.

<https://www.taminggaming.com/> - Taming Gaming is a database of video games and board games for parents to use to familiarise themselves with what their children are playing

<https://habitica.com/static/home> - Habitica is an app for mobile that gamifies tasks and goals.

Free upcoming webinar: 'Using Gaming to Support Collaborative Skills and Positive Autistic Identity' featuring Jess Rowlings and Dr Matthew Harrison.

Saturday March 25, 10am – 11.30am

Learn more from Amaze about issues related to video gaming and receive information on the launch of their new guides for parents supporting safe online gaming.

Register via Eventbrite:

<https://www.eventbrite.com.au/e/using-gaming-to-support-collaborative-skills-and-positive-autistic-identity-tickets-407820551247>

Rural Recovery Victoria Program



Rural Recovery Program

Free sessions with a provisional psychologist

Provisional psychologists are psychology students in their final (fifth and sixth) years of study

No mental health treatment plan or referral needed, just book straight in.

Up to 20 sessions via telehealth.

No waiting list.

Available to children, adolescents and adults looking to work on:

- Anxiety
- Low level depression
- Stress
- Grief and loss
- Anger
- Relationships
- Sleep issues

Please go to ruralhealthconnect.com.au and go to the Rural Recovery page and sign up.

We are here to help. Please contact us on 0427 692 377 or info@ruralhealthconnect.com.au.

This project is supported by the Victorian Government.

Rural Health Connect is a social enterprise committed to improving access to mental health services in rural Australia.

Feel Good February

Thank you to all staff and students for jumping into the Feel Good February spirit! Bec and Tom had some sneaky looks into a couple of bags today and are so proud of what students have written to others. Here are a couple of examples, with their recipient's name blacked out just in case they haven't received them yet!

Thanks for doing doubles
cricket with me
and
also
nice
drawings.

~~you~~ you are so
helpful all the
time you
are the
best

I hope you
are kind

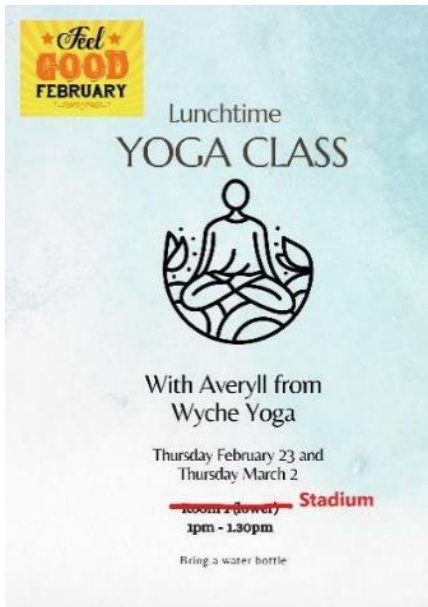
~~I~~ I like how hard working
you are, and you don't give up
if something gets in your way

Thanks for exepcting me
into your classroom, I
know you dont bring in
the same classroom
from your sister

And well done to Miss D's 5/6 class who have brightened up their appreciation station. It looks fantastic!



Don't forget we have Averyll from Wyche Yoga coming for another yoga session tomorrow! We had a great turn out last week. Everyone is welcome to join us at 1pm in the stadium.



Year 1 & 2 Learning Detective of the week: Ned for having a red hot go at writing the word 'lunchbox'.



Year 3 & 4: Tom F for his great enthusiasm and participation in science.

Years F-6 Coordinator
Kim Fitzpatrick

Thurs Mar 2: School Photos
Mar 13: Labour Day Holiday
Mar 15: NAPLAN Testing begins Yrs 3 & 5
Mar 22: NAPLAN Testing ends Yrs 3 & 5
Mar 31: Tennis Hot Shots (Yr 5 & 6)
Apr 6: Last Day Term 1

F-6 Assembly

At assembly on Monday, it was good to hear from some of the year 4 students who have been learning about alliteration.

Star Students

Foundation: Ashton for working so hard on his 'froggy legs' pencil grip.



Year 5 & 6: Marley for having good work habits.



School Photos

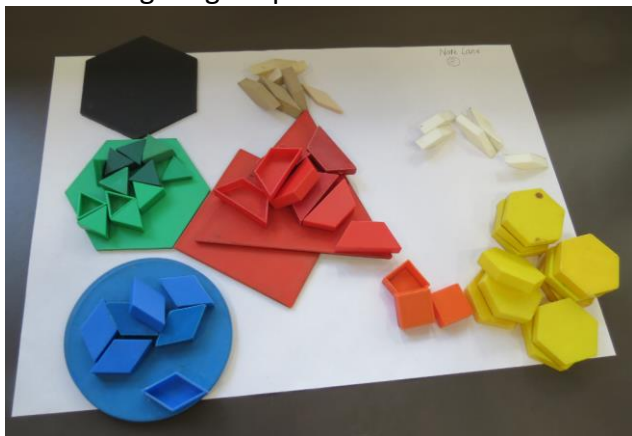


Tomorrow, Thursday, March 2nd the College has School photos. Photos will be taken in the morning. All students are required to wear full school uniform to school including their black shoes.

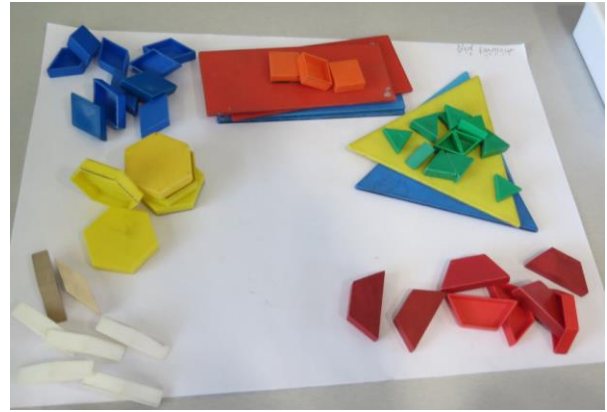
If students could pack their runners and shorts for sport and PE classes please.

Around the classrooms:

The camera seems to have spent more time in the Numeracy classroom this week. These students are investigating shapes.



Nate's work on grouping items with similarities.



Ned used some different rules to group his like items.



Delilah tessellating shapes



Johnathon tessellating shapes



Contributed by the Monkey Mangoes- Sam, Tamsyn and Jacinta.

This week we made Indian Flatbread and Basil Pesto. It was amazing, Grumpy Grapes made the pesto and Monkey Mangoes, Cool Kiwis and

Cantamelons made Indian flat bread. Not many of us thought we would like the pesto dip, but we all got a surprise when we tasted it. It was delicious! The basil was fresh from our garden. We have attached a copy of the recipe on the back of the newsletter. You could try it with pasta or on a pizza base. Enjoy!



Rolling out the flatbread



Indian flatbread and Basil Pesto

Years 7 - 9 Coordinator
Darcy McCallum

The Next up-coming NCD event will be the Triathlon in Boort on the 9th of March. If you are interested in representing Charlton at this event, please see Mr McCallum or Mr Thompson to put your name down!

Years 10 – 12 Coordinator
Meaghan King

School Photograph reminder

A reminder to students and parents that school photos will be taken tomorrow, Thursday 2nd March. Despite it being a VET day, students MUST wear their school uniforms to school. They may change after their photographs have been taken.

Biology practical work

The Year 11 Biology students have been busy undertaking a series of practical activities to investigate cell structure and function.



Dayne and Ezzie



Fletcher



Ebony and Dayne

Work Experience opportunity



Applications for the 2023 AFP Forensics Work Experience Program are now open.

The AFP Forensics Work Experience Program provides high school students in years 10-12 with a greater understanding of a career in forensic science by learning from AFP Forensics specialists.

The one-week program is run twice a year at the AFP Forensics facility in Majura, Canberra for a small number of students.

For more information visit:

<https://jobs.afp.gov.au/work-with-us/afp-forensics-work-experience>

Work Experience opportunity



WEHI is Australia's oldest Medical research institute. Under WEHI's Secondary School Work Experience Program, students will have a unique opportunity to learn about careers in medical research by participating in a five-day program of research activities with our scientific teams.

The program will give students direct experience working in medical research. As well as hands-on experience in the lab, the program also includes group workshops devoted to laboratory skills and safety, research ethics and science communication.

Up to 24 students will be selected for a five-day program: 19th – 23rd June, or 11th – 15th September. The program will take place at the [WEHI Parkville campus](#) in Melbourne.

Applications are Open Now and close: 5pm Wednesday 15th March 2023

School students who are not able to apply for the Secondary School Work Experience Program may directly contact [WEHI laboratory heads](#) or [heads of our Professional Services](#) teams about undertaking work experience at a mutually convenient time.

For further information visit:

www.wehi.edu.au/education/school-resources/work-experience

The 3 Must-have Enterprise Skills for School Leavers

There are a huge range of skills that students need (enterprise skills comprise more than 25 distinct skill sets like leadership, negotiation, etc.), but if students have these 3 enterprise skills, they'll have the ability to take advantage of opportunities that present themselves in the world of work:

Interpersonal skills

Employers need to have employees that they can converse with about tasks, and young entrepreneurs/self-employed people need to be able to work with a wide range of people, from suppliers to contractors to customers.

Adding to this, we also need collaboration skills – another key enterprise trait, as our ability to work together is critical to us as a society. If you can relate to people, converse well with people, and collaborate with people, you'll easily stand out from a wide field of candidates.

Problem solving

Ask almost any employer and they'll tell you that they're far more likely to employ someone who can quickly learn how to do something, or solve a problem fast, over someone who has 'experience'. This is especially so in the technology industries – as rapid solutions to problems (which this skill focuses on) is becoming far more valuable than tenure or degrees. Problem solving as a skill also ties in the need for creativity and critical thinking, both of which can make an individual highly valuable to an employer.

Time management

The ability for a young person to self-manage might seem like a minor thing, but in a workplace where tasks or projects need to be done to meet a schedule, it will very quickly show up as being a major problem. It starts in school with getting ready on time in the mornings, and doing homework/assignments on time, but in the world of work it means deadlines that can cost a business a significant amount of money or missed opportunity if things aren't done when they should be. So, while this might seem like the simplest of the 3 enterprise skills, being able to manage how and when tasks get done is the foundation of everything else.

Explore the Study Work Grow Job Spotlights database here, highlighting skills required:

<https://studyworkgrow.com.au/job-spotlights/>

Work Experience
Chelsea McCallum and Abby Mulquiny

Expression of Interest - Charlton Long Day Care

The Y-Ballararat has released an online expression of interest form to reassess the Charlton community's needs and ascertain the type of service they may be able to provide.

Families from the wider community who are interested in accessing childcare services at Charlton can access the form here:

<https://forms.office.com/r/1hqbgztbjq>



First Aid for Motorcyclists
com.au
MOTORCYCLE ACCIDENT MANAGEMENT TRAINING

Motorcycle Accident Management Training
Facilitating Nationally recognised VET training and non nationally recognised training in the Motorcycle community



25th March 2023
Kerang, Victoria
Kerang Turf club
Full day training
\$50.00 per person
Funded by Vic Roads & Kerang Neighbourhood house

To book your place or for more information on our courses go to www.fam.com.au

100% Australian owned, operated and nationally recognized



E: info@fam.com.au
First aid for Motorcyclists in partnership with 1SDO RTO41558



SPORTS MEDICINE AUSTRALIA
1963-2023

LEVEL 1 SPORTS TRAINER REACCREDITATION
SUNDAY 5 MARCH | 2:30PM - 5:00PM

COST: \$120

ADDRESS: Wycheproof Narraport Football Club, Calder Highway, Wycheproof VIC

CONTACT: Rhonda Allan, 0427 780 109
rhonda@malleesportsassembly.org.au

REGISTRATION: Scan QR Code or click [HERE](#).




SPORTS MEDICINE AUSTRALIA
1963-2023

LEVEL 1 SPORTS TRAINER REACCREDITATION
SUNDAY 5 MARCH | 8:30AM - 5:00PM

COST: \$285

ADDRESS: Wycheproof Narraport Football Club, Calder Highway, Wycheproof VIC

CONTACT: Rhonda Allan, 0427 780 109
rhonda@malleesportsassembly.org.au

REGISTRATION: Scan QR Code or click [HERE](#).



Basil Pesto

Season: Summer/Autumn

Serves: 30 tastes in the classroom or 4 at home

Fresh from the garden: basil, garlic

Aromatic, emerald pesto is great as a fresh pasta sauce or on pizzas. If you aren't serving your pesto immediately, keep it in sterile glass jars. A layer of olive oil on the top of the pesto will help to keep it fresh. Alternatively, pesto keeps well in the freezer.

Equipment:

metric measuring scales and cups
grater/fine grater
frying pan
food processor
spatula
serving bowl
sterile glass jars with lids*
(optional)

Ingredients:

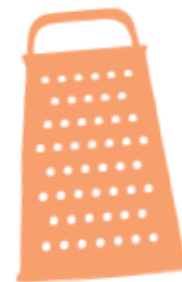
1/2 cup pine nuts (or substitute pepitas or sunflower seeds or half a 400 g can of chickpeas, rinsed and drained)
4 garlic cloves, peeled and chopped
2 cups well-packed basil leaves
120 g parmesan, grated
1/2 cup olive oil
salt, to taste



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Dry-fry the pine nuts (or substitute as suggested in the ingredients list) in the frying pan over a medium heat until golden.
3. Add the garlic to the food processor along with the toasted pine nuts.
4. Process the mix until you have a rough paste.
5. Pluck the basil leaves and discard the stems. Add the leaves to the bowl of the food processor.
6. Place the parmesan in the bowl of the food processor. With the motor running, slowly add the olive oil.
7. Taste for salt and season if necessary.
8. Using the spatula, scrape the pesto into the serving bowl or jars.

* Adult supervision required. To sterilise jars and lids, wash them in hot soapy water, then rinse them in hot water. Place in a stockpot of boiling water for at least 10 minutes. Drain jars upside down on a clean tea towel and dry them thoroughly in a 150°C oven. Remove the jars from the oven and fill while still hot.



REX THEATRE



CHARLTON

30-34 High St Charlton 3525

T: 03 5491 2333

boxoffice@rextheatre.org.au

www.rextheatre.org.au



REX THEATRE

FEBRUARY | MARCH COMING ATTRACTIONS

Movie Prices: General Admission \$12 Members \$10 VIP Members FREE

TAR M Mature themes, coarse language and brief nudity
158 mins Drama | Musical



Sat 25 FEB 8pm
Sun 26 FEB 2pm
Tue 28 FEB 8pm

Todd Field (who directed acclaimed dramas like In the Bedroom and Little Children) writes and directs TÁR, a period drama with Cate Blanchett as an orchestra conductor of a German orchestra at the heights of her career.



CHARLTON FILM FESTIVAL

Fri 3 & Sat 4 March 2023

<https://www.facebook.com/charltonfilmfestival/>

(No movie screening Sun 5 March)

WHAT'S LOVE GOT TO DO WITH IT? M Coarse language and sexual references
109 mins Comedy | Romance



Sat 11 MAR 8pm
Sun 12 MAR 2pm
Tue 14 MAR 8pm

For documentary filmmaker Zoe (Lily James), swiping right to find Mr Right has only delivered bad dates and funny anecdotes, much to her opinionated mother Cath's dismay. For her childhood friend and neighbour Kazim, the answer is to follow his parents' example and opt for an assisted marriage with a bright and beautiful bride from Pakistan. As Zoe films his hopeful journey from London to Lahore to marry a stranger, chosen by his parents, she begins to wonder if she might have something to learn from a different approach to finding love.



THE WHALE M Mature themes, sexual references, coarse language and drug use
117 mins Drama

Sat 18 MAR 8pm
Sun 19 MAR 2pm
Tue 21 MAR 8pm

A reclusive English teacher suffering from severe obesity attempts to reconnect with his estranged teenage daughter for one last chance at redemption.



MAGIC MIKE'S LAST DANCE M Sexualized imagery, sexual references & coarse language
112 mins Romance | Drama

Sat 25 MAR 8pm
Sun 26 MAR 2pm
Tue 28 MAR 8pm

"Magic" Mike Lane takes to the stage again after a lengthy hiatus, following a business deal that went bust, leaving him broke and taking bartender gigs in Florida.

Responsible Service of Alcohol Courses

March 27th: Mildura Workers Bowls Club

March 28th: Swan Hill location TBC

March 29th: Charlton Football Netball Club

March 30th: Kerang Football Netball Club

RSA Course duration: 6:15pm - 10.15pm

\$65 per person, refreshments provided prior to course



To register, please call 0477 960 219, 03 5021 3464, or email lachlan@malleesportsassembly.org.au