IMPORTANT DATES

<table>
<thead>
<tr>
<th>APRIL</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 15th</td>
<td>School Resumes P-12 Assembly 9.00am</td>
</tr>
<tr>
<td>Tuesday 23rd</td>
<td>Parent Teacher Interviews (secondary)</td>
</tr>
<tr>
<td></td>
<td>Primary interviews vary according to year level.</td>
</tr>
<tr>
<td>Thursday 25th</td>
<td>ANZAC Day</td>
</tr>
<tr>
<td>Friday 26th</td>
<td>Primary Cross Country</td>
</tr>
<tr>
<td>29th to 3rd May</td>
<td>Year 10 Work experience</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>MAY</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>10th May</td>
<td>Curriculum Day (pupil free)</td>
</tr>
<tr>
<td>14th to 16th</td>
<td>NAPLAN testing, Yr 3, 5, 7, 9</td>
</tr>
<tr>
<td>Term 2</td>
<td>15th April – 28th June</td>
</tr>
<tr>
<td>Term 3</td>
<td>15th July – 20th September</td>
</tr>
<tr>
<td>Term 4</td>
<td>7th October – 20th December</td>
</tr>
</tbody>
</table>

Remember: You can access the newsletter online at www.murtoasc.vic.gov.au.

Congratulations
Congratulations to Anne Edgerton and Peter Gawith on their marriage in Port Douglas over the holidays. We wish them a lifetime of happiness. It will take a little while before we get used to speaking about Mrs. Gawith this term!

Congratulations and Farewell
Our congratulations to Mr. and Mrs. Shaw who will be leaving us at the end of this week. Mrs. Shaw has been head-hunted for a fantastic teaching Principal’s position on a cattle station in the Northern Territory. She will be responsible for training teachers taking up positions in remote areas and the cattle station has its own 25 metre pool. Mr. Shaw will also work as classroom support.

Mrs. Shaw has done a tremendous amount of work over the past two years refining the curriculum and working with the staff to develop processes to ensure that the primary section has run smoothly. Mrs. Shaw joined us just as we moved into the BER building, with its challenges of open plan learning. We wish Mr. and Mrs. Shaw all the best for this exciting new opportunity and thank them for the hard work they have done over the past two years.

Welcome Back
Welcome back to Ms. Boehm, who is returning on light duties for the next couple of weeks, as her arm heals after she broke it early last term.

Parent-Teacher Interviews
A reminder that Parent-Teacher interviews are being held for secondary students next Tuesday afternoon. Some primary classes have already held parent-teacher interviews, but please contact your classroom teacher if you would like a meeting.

ANZAC Day
Next week it is ANZAC DAY. I would like to encourage all Murtoa College students to attend their local ceremony, where the College will be represented and lay a wreath. We will have representatives at the Murtoa, Minyip, Rupanyup and Horsham ceremonies. It would be wonderful if students chose to wear their uniform also as a sign of respect.
Values Awards

Congratulations to all the students listed below. It is terrific to see so many students being nominated for Values Awards.

Prep
- Johnno Baker: Excellence
- Natalie Sudholz: Cooperation and Friendliness

Year 1/2
- Takumi Ames: Respect
- Connor Johnson: Friendliness

Year 3/4
- Breanna Bell: Excellence
- Darcy Keel: Enthusiasm

Year 5/6
- Lily Horvat: Commitment & Respect
- Lydia Moore: Commitment
- Aiden Hart: Commitment
- Toshi Ames: Excellence

Year 7
- Ashleigh Franklin: Courtesy & Responsibility
- Ashton Hardingham: Responsibility & Cooperation
- Richard Maher: Commitment
- Sheridan Baker: Friendliness
- Bailey Logan: Responsibility & Cooperation

Year 8
- Haylee Slorach: Commitment
- Cassie Dunlop: Co-operation
- Jayden McQueen: Enthusiasm
- Lachlan Wilson: Enthusiasm
- Keegan Fallon: Commitment
- Breanna Russell: Excellence
- Josh Boak: Commitment
- Denby Lingham: Enthusiasm & Responsibility
- Brittany Harris: Enthusiasm & Responsibility

Year 9
- Jess Warrick: Commitment
- Halle Brown: Courtesy
- Hayley Barber: Commitment
- Mikaela Roy: Responsibility & Cooperation

Year 10
- Josie Hutchinson: Caring
- Jordan Cox: Commitment
- Gemma Morgan: Commitment
- Caitlyn McQueen: Commitment
- Connor Cobbe: Enthusiasm & Responsibility
- Adam Schache: Responsibility & Cooperation
- Makaelah Robertson: Excellence
- Tarlee Jenkins: Enthusiasm
- Erin Swalwell: Responsibility

Year 12
- Leesa Drum: Enthusiasm and Responsibility
- Rae Gardy: Enthusiasm and Responsibility
Congratulations to the following students who received Academic Achievement Awards

Mikaelah Robertson
Teagan Holmes
Charlie Taylor
Erika Ritosa
Kurtis Schodde
Chloe Rintoule
Olivia Matthews
Jessica Boan
Eadie Garth-Lindsay
Emma Schache
Harris Sudholz
Riley Keel
Ashton Hardingham
Maddison Morgan
Sheridan Baker
Ellen Huebner
Bailey Petering
Ryan Hart
Oliver Moore
Millin Birch
Hayley Sudholz
Clare Whyte
Ayden Nash
We are collecting Woolworths Earn & Learn points

Parenting Magazine
The latest Parenting Magazine can be accessed at the following website www.parentingideas.com.au/Parents/Parenting-Magazine and the latest Insights is attached to the newsletter Helping Kids be Brave. Another useful website is raisingchildren.net.au.

Primary Seats
A big thank you to Mrs. Glenda Adler for completing the mosaic seats that have been installed in the primary courtyard. The primary students also worked on the seats, but Mrs. Adler finished them all off over the summer holidays. The seats have now been installed by Mr. Vague and the VCAL students.

Premier’s Reading Challenge
It’s still not too late to register for the Premier’s Reading Challenge

Primary students completing the challenge are rewarded with a book, while secondary students enjoy a luncheon at the completion of the Challenge. (Secondary students) it is also worth noting that this is the sort of thing that employers like to see on a person’s resume – it shows that a person can commit to a long term goal, AND that they can read something longer than a sentence!

<table>
<thead>
<tr>
<th>Year level</th>
<th>Number of books</th>
<th>Number of books on the Challenge list</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep to 2</td>
<td>30 books</td>
<td>20 or more</td>
</tr>
<tr>
<td>3 to 9</td>
<td>15 books</td>
<td>10 or more</td>
</tr>
<tr>
<td>10</td>
<td>15 books</td>
<td>5 or more</td>
</tr>
</tbody>
</table>

For further information visit the Challenge website: https://www.eduweb.vic.gov.au/vicprc

Our Scholastic Book fair has arrived! We are open in the library from 8.15 am to 5pm daily, or come and join us on Wednesday April 17 any time between 9am and 5.30 pm for a cuppa and a look at the Fair or just to chill out in our library. We now have the cases for two weeks so it winds up on Friday April 26.

All Star Book Parade this Friday, April 19th
To celebrate the Scholastic Book Fair, we are inviting all primary students to come dressed as your favourite book character and meet a very famous book detective!
SPORT 2013

Term 2

Wednesday April 24 P 5-6 House Athletics Relay Catch-up (Murtoa Oval) Friday
May 17 P 5-6 School Cross Country
Thursday May 30 All Day Black Ranges Cross Country (Murtoa)
Wednesday June 19 All Day Region Cross Country (Dimboola)
Monday May 13 All Day Senior AFL Football Group B (Horsham)
Senior Netball Group B (Horsham)
Tuesday June 11 All Day Inter AFL Football Group B (Horsham)
Inter Netball Group B (Horsham)
Tuesday June 25 All Day Girls AFL Football

Term 4

Monday October 7 All Day Black Ranges Athletics (Ararat)
(First day of term 4)

- HOUSE T-SHIRTS
Students are encouraged to purchase a t-shirt in their house colours from the office for $10. They are to be worn for any house competition such as swimming standards, swimming sports, athletics standards, athletics sports & cross country. Students may decorate them if they choose.

- HOUSE ATHLETICS RELAY CATCH-UP Wednesday 24th April
Due to rain, the relays were interrupted on our House Athletic Sports Day. All relays will be run during Periods 5 & 6 on Wednesday 24th April (next week). VCE students are encouraged to attend if possible to assist their teams in the relays.

Age Champions will be presented at the end of the day as well as the winning House and Standards House for Athletics.

Family and friends are welcome to attend.

Zumba in conjunction with Let’s Dance
Offering Zumba classes for both Boys and Girls for two terms with Dee Schier
Commencing the 29 April 2012 for 8 weeks
3.30pm for primary school age
4.30pm for Secondary school age
Cost $40.per term
At the Multipurpose room at OLHC school
Enrolment forms available at SLAAM or schools

Gill Elliot
Assistant Coordinator
Murtoa & District Neighbourhood House
Waterson, Meier and Degenhardt are still fighting for the right to hold that trophy up high in triumph as the best athletic house at Murtoa College for 2013.

Inclement weather shortened the Athletic Sports on the last day of Term One, to make it our quickest Athletic Sports ever! The timing of events was running perfectly for the main track and field events and all individual events had been completed in record time with students swiftly moving from event to event fitting in all jumps, throws and runs as best they could. Those who did not have events to fill worked hard to rake, measure, collect, setup and marshal each track and field event like never before. Staff were busy to make sure results were recorded, students were entered and jobs were completed. Parents cheered, took photos, encouraged and assisted where required to support their students and school – it was a real TEAM EFFORT BY ALL.

The relays were started as a gloomy cloud hovered, fast approaching from the West. “Hurry up, before it rains,” Mrs. Gawith (Mrs. Edgerton) explained to Mrs. Baker who was dithering over the relay instructions. The junior relays began as the first drops fell. Not light sprinkles, but fat, heavy splotches that landed with a thud upon our faces.

“It’s only water!” exclaimed Mrs. Baker to her relay station two students, as they stood there trying to shelter themselves like sheep against each other. The black clouds opened up with an explosion of water, dumping on Dudley Cornell Park like the flood gates of a dam. Mr. Argall came running over, “Do you need me to help?” Help? To ward off the torrent that was to envelope us, yes - I thought. “Can you tarp over the students’ bags under the marquees?” was my only reply. And with that the best that could be done to shelter the backpacks was a mad dash to take the bags and stash them under the verandah of the clubrooms. There was barely enough room for the bodies.

One by one, the relay stations caved under the deluge. Station Four - Bray, had sheltered in the Little Athletics shed while Station One - Vague had tried to take cover under the marquee flailing about in the wind. It was the battle of the wills at stations two and three. Colsey was tough and he stood his ground with his station three students, but he did not have the will and determination of a Sport Coordinator who did not want to finish the sports on this note. No, she had visions of the follow up and work it would take to finish this off at a later date. She wanted it complete, over, done for another year, for the holidays....for her sanity. But alas, the rain kept tumbling like heavy tears from heaven, then through the downpour, station three caved with Colesy in tow. Like a shepherd leading his flock from the flood to higher ground, the teacher and his students staggered back to the shelter. A resigned Baker, soon followed with her own group of relay station two, grateful that they too would not have to stay out in the torrent any longer.

Ah, so the complete finish it was not to be. The dreaded words came from Dr. Day’s mouth, “We have to call it off.” And so, with a sense of incompleteness and regret the sports day was closed. Drenched, soggy bodies were dismissed from the grounds without a result........and now it continues to another day, APRIL 24 at Murtoa Oval. That was the way I saw it on March 28th, 2013.
Parents and Friends

A huge thank you to all the families that donated chocolate and sold raffle tickets, we raised $750. First prize was won by Nathan Gellatly. Well done.

There will be a P&F meeting on Wednesday 24th April at 3.30pm in the prep room.

Mrs Noonan

Dunmunkle Cluster Cross Country

Grades 4/5/6 will participate in the cross country here in Murtoa on Friday 26th April. A note will be sent home from school regarding this.

Students building a free standing structure using only newspaper and masking tape in Term 1.
Volleyball top orders

This year, Volleyball top orders are being taken early to ensure prompt delivery.

If your child is wishing to compete in Volleyball at Murtoa College they must order a top.

The tops are not just for Volleyball, but can be used in PE classes, Sport days and excursions. Made from breathable nylon, they are light and look fantastic!

Tops will be $45 and include the surname on the back. Please see Mr. Argall, Mr. Bray or any of the students involved in the Volleyball Program for sizes.

Tear off slip below and return with $45 to the office

Name: _________________________________________Year Level: ___________

1st Preference Number ______________ 2nd Preference Number: ___________

Paid

☐ Yes

☐ No

Please note: Sizes will be confirmed for your child at school by Mr. Argall or Mr. Bray
Information Session

All parents, guardians and professionals are invited to attend an information session on strategies to raising and building resilience in young people and within families, promoting positive role modelling for adolescents and encouraging confidence and self esteem.

Raising Real People
Creating Resilience

Session Details

Date
Friday 19 April, 2013

Venue
Nhill College
Whitehead Avenue, Nhill

Time
6.45 pm

RSVP for catering purposes
By Wednesday 17 April, 2013

To book your place
Phone 5391 4444 or email youth@hindmarsh.vic.gov.au

The session will be presented by Andrew Fuller, a Clinical Psychologist and Family Therapist Consultant. He is a Fellow of the Department of Psychiatry and the Department of Learning and Educational Development at the University of Melbourne.

How do you create a resilient family? The session will explore the continuity of family connections, strategies on raising and building resilience and how a secure emotional base is crucial for the positive development of young people.

The wellbeing of young people and their families is important. Positive family connections provide protective factors against a range of issues related to health and wellbeing for young people.

Andrew Fuller, offers practical solutions to common problems drawn from parents, their children and his own experience as a family therapist.
MMFNC Football Information

Training in Minyip this week

Under 17’s
The WFL Commission has ‘decreed’ that the away side must wear White Shorts, due to circumstances beyond our control we must comply. Unfortunately there is a cost involved to each player; the club has ordered these through the league supplier at a discount rate. When we have a final cost we will let you know.

Mark Schache 0429 433 688  
markschache@bigpond.com – U17 Team Manager

Under 14’s
Super Coach Wayne Robbins can’t wait for the first bounce this Saturday, game starts at 9.00am so players to be at ground around 8.30am. Barry Ballantine has put his hand up to be team manager, thanks Badge. U14’s DO NOT have to wear White Shorts for away games - business as usual.

Wayne Robbins 0427 857 367  
wnrobbins@optusnet.com.au

Auskick/U 12’s
Auskick/U12’s training starts this Thursday night, 18th at 5pm. Any child wanting to join needs to register and pay online at aflauskick.com.au before then. Auskick packs will be handed out at the end of training to those that are REGISTERED and PAID.
This Saturday, 20th April is the first game of the season vs Horsham Saints at Coughlin Park for the U12’s. Can the players be at the ground by 9.50am so we can hand out jumpers and be ready to play immediately after the U14’s finish their game.
Parents will be required to help out with training on Thursday nights.

Any questions please contact:
Tim Petering 0428 852 322  
timncar@bigpond.com – Auskick Team Manager

YOGA with TRACEY

Term 2: 24th April – 19th June 2013
WEDNESDAYS: 6.30pm – 7.45pm

Multi- Purpose Room, OLHC SCHOOL, Murtoa
COST:  $90 / Conc. $81 (9 week term)
CASUAL RATE: $11 / Conc. $10 (per night)

All ages & levels welcome

ENQUIRIES & BOOKINGS:
Tracey Francisco 0409 356 181

様々 Breathing, Meditation & Relaxation, Monday nights (Horsham)
様々 Term yoga classes also Tue nights in Horsham

Breathing, Meditation & Relaxation

Cost:

$90 / Conc. $81 (9 week term)
$11 / Conc. $10 (per night)

Term yoga classes also Tue nights in Horsham

Parents will be required to help out with training on Thursday nights.
Helping kids be brave

Anxious kids, like worriers and sensitive types, benefit from a parenting style that is empathetic but at the same time empowers them to tackle their fears.

Currently around 11% of children have problems coping with anxiety. Around 3% experience some form of depression.

As reported on the Kidspot website, Macquarie University psychology lecturer Dr Carolyn Schniering has stated that anxiety problems are the most common emotional disorders that children experience.

It’s important to understand that anxiety is not something to be afraid of. As Dr Schniering says, “It’s a normal emotion and an important part of how we engage with the world.”

Experiencing some anxiety in new social situations or some specific situations such as around water is quite normal and, in some regards, healthy. It’s not healthy when anxiousness stops kids doing things they want or are able to do or interferes excessively with their school or pre-school experiences.

Genetics plays a part

Macquarie University research shows that children who display high levels of anxiety from a young age, and who have a parent who is excessively anxious or depressed, are seven to 11 times more likely to develop long-term anxiety.

This finding supports my experience that anxious parents beget anxious kids. But it’s not that simple.

Some children are simply more prone to experiencing excessive anxiety than others. These kids are typically classified as worriers, shy types and more sensitive souls who wear their hearts on their sleeves. (I’ve parented one of these types and I learned first-hand that some situations they experienced needed to be handled with some parental care and attention!)

I want to stress that these children are not necessarily going to experience debilitating anxiety. However, they do benefit from a parenting style that is sympathetic while empowering them to tackle their fears.

It’s worth noting that if you yourself are overly anxious or experiencing depression, then self-care needs to be your first priority before you can assist your kids.

When should I worry?

Dr Schniering says, “As a rule of thumb, parents should be more concerned if the fears or worries they experience become excessive and their child is unable to deal with every day life.”

I would also add that when children become overwhelmed by their fears it may be time to seek professional help. A first port of call may be a General Practitioner or your child’s school. (Our research shows that parents are more likely to seek help from their child’s school than their GP; however, my experience has been that local doctors often have a good handle on these issues as well as knowledge of local providers.)

Helpful parenting practices

Before looking at helpful practices, let’s quickly list some practices that are unhelpful for parenting anxious kids:

- Fixing kids’ problems.
  Jumping in too soon only increases anxiety and doesn’t enable kids to build their capabilities.

- Allowing avoidance.
  Letting kids escape new or fearful situations validates their fears.

- A ‘get over it’ attitude.
  There’s a difference between “You can do this!” and “For goodness sake, get over it!” The latter often comes from parent impatience and stress.
Dear Parents

Secondary Parent-Teacher interviews will be held between **4.00pm – 6:30pm** on **Tuesday 23rd April 2013**. You can now book interviews for the times that suit **YOU**. Go to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and follow these simple instructions.

**BOOKINGS START ON** Monday 15th April **AT 3PM**

**BOOKINGS CLOSE ON** Tuesday 23rd April **AT 9AM**

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**Go to** [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and enter THIS school code.
Then follow the 3 simple steps.

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When you click **finish**, your interview timetable will be emailed to you automatically - **check your junk mail folder** if you do not receive your email immediately.

You can return to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) at any time, and change your interviews - until bookings close.

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For parents that don’t have internet access, please ring Murtoa College on 5385 2381 and bookings can be made for you. Interviews are strictly 5 mins if you require more time, please contact your teacher directly and make alternative arrangements. It is also advisable to leave time between interviews to get to the next teacher.

If there are no suitable times available on the schedule for a specific teacher, parents will need to contact the classroom teacher directly to arrange an alternative interview time outside of the allocated schedule. Parents can change their interview times any time prior to the closing date, by re-visiting the [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) website, and using the code 5KHEM. Parents wishing to change their interview times after the closing date should contact the school directly on: 5385 2381.
**Monster garage sale**

**Sunday 21st April**

9am - 1pm

Rusty & Sam’s 2 Duncan St, Murtoa

**also**

Trailer of Wood raffle for the kinder will be drawn at 12pm

**BEDS**

Bedding

**CLOTHING**

**Furniture**

**What's on offer**

<table>
<thead>
<tr>
<th>Category</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 x Single beds</td>
<td>Linen, Pictures / prints / frames</td>
</tr>
<tr>
<td>Dinner set</td>
<td>Chest of drawers</td>
</tr>
<tr>
<td>Toaster</td>
<td>Towel racks</td>
</tr>
<tr>
<td>Kettle</td>
<td>Old records</td>
</tr>
<tr>
<td>Sandwich maker</td>
<td>Linen basket</td>
</tr>
<tr>
<td>Pots / pans</td>
<td>Baby bath, Vases</td>
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<tr>
<td>Towels / tea towels</td>
<td>Bowls, Glasses / mugs</td>
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<tr>
<td></td>
<td>Chrystal, TV and set top box</td>
</tr>
<tr>
<td></td>
<td>Doona cover / doona / pillows incl. European</td>
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<tr>
<td></td>
<td>Kitchen utensils</td>
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<tr>
<td></td>
<td>Chrystral</td>
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<tr>
<td></td>
<td>Kitchen items, accessories (hand bags,</td>
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<tr>
<td></td>
<td>purses, etc)</td>
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<tr>
<td></td>
<td>Kid's toys</td>
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<tr>
<td></td>
<td>Wooden cradle</td>
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</tbody>
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**Donations of goods prior to sale are most welcome!**

Please email details of goods to: Sam: hamish.gawith@bigpond.com

All proceeds to Murtoa Kindergarten