IMPORTANT DATES

**MARCH**

- Monday 17th: Interim Reports distributed
- Wednesday 19th: Athletics Standards, periods 1-4
- Tuesday 25th: Parent Teacher Interviews
- Friday 28th: Debutante Ball

**APRIL**

- Friday 4th: Athletics Sports – Horsham
  End Term 2, 2.30pm finish
- Tuesday 22nd: Start Term 2
- Friday 25th: ANZAC Day

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**Parenting Insights** - Is your teen sleep deprived? Attached to this newsletter

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**Parent Teacher Interviews next Tuesday**

A reminder to all parents that Parent Teacher Interviews are being held next Tuesday afternoon (and extending to next Thursday afternoon as well for primaries). Education is a partnership between parents, teachers and students. We all want what is best for each student. I would encourage all parents to show support for their children by coming along to the interviews. You will find a “Tips for Parents” sheet later in the newsletter.

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**Congratulations Darcy Edgerton**

Congratulations to Darcy Edgerton who competed in the Australian Junior Athletics Competition at Sydney Olympic Park over the weekend. Darcy competed in the Mens Under 14 Javelin and in the 100m relay which his team won. I’m sure it was a fantastic experience for Darcy.

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**Basketball**

Congratulations to Jake Ballagh, David Horvat, members of the HABA U16 Boys Hornets team who made the Grand Final in Bendigo at the weekend in the State Finals. Unfortunatly, they went down to a strong Benalla team, but a great effort by the boys and the team.

Also all singlets need to be returned to Marie ASAP.

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**Education Maintenance Allowance Cheques**

These have arrived at school. Please come & sign for collection.
Murtoa College Parent Teacher Interviews  
– Tips for parents

Parent Teacher-Interviews are held twice a year at the end of terms 1 and 3, and after parents have received Progress Reports. Parent teacher interviews are an opportunity for parents and teachers to talk together about how to help their student succeed in school. They are very short – usually 5 minutes. It’s important to prepare before the interview to make the best use of that short time. If you feel you need more time with your child’s teacher, it is quite appropriate to schedule another appointment.

1. Prepare

• Read your child’s interim report.

• Make notes about your questions and concerns.

• Talk to your child about the report.

• What do you want to ask the teacher? Make a list.

2. Ask Questions

• Arrive on time. Bring your list of questions. The teacher will review your child’s report card or show you samples of his or her work. Tell the teacher what your child likes and dislikes about school. Let the teacher know if you think there is too much or too little homework.

• Parent-teacher interviews are strictly confidential. Share personal information that might be affecting your child’s progress or behaviour at school (eg family illness, unsettled home life). This information will help the teacher understand your child better.

• Remember that other parents are waiting for their interviews and try to keep to the time allotted.

• Some questions you may like to ask are:
  - What does my child do well?
  - What skills does she or he still need to develop?
  - Is my child receiving extra help? In what subjects?
  - What is your homework policy?
  - How much time should my child be spending on homework?
  - How does my child get along with the other students?
  - How can I help my child at home?
  - What is the best way to contact you if I have more questions?
  - Take notes so that you can share the comments with your child.

3. Follow Up

Talk to your child. Stress the positive things the teacher said. Talk about how you and the teacher are going to help with the things that need to be improved. Follow up with teacher in a couple of weeks if there were specific areas of concern.
Primary News

IMPORTANT DATES

MARCH
Monday 17th Interim Reports distributed
Tuesday 25th Parent Teacher Interviews
Thursday 27th Parent Teacher Interviews cont.

APRIL
Friday 4th End Term 2, 2.30pm finish
Tuesday 22nd Start Term 2
Friday 25th April ANZAC Day

Primary Assembly Time Table for Term 1

Week 8 – Thursday 20th March – Year 3/4/5 Ms Boehm
Week 9 – Thursday 27th March – Year F/1 Mrs Venn
Week 10 – Thursday 3rd April – Year 5/6 Mr Venn

No birthdays this week!

Back: Will Coutts, B’Elanna Penny-Paditz, Bree Rundell and Nadine Adler.
Front: Noah Coutts, James Elliot and Cameron Whyte.
The Primary SRC have been running weekly events on Wednesdays at lunch time. Last week Eloise, Lydia and Lily organised a drawing competition and Patrick, Cody and Logan held a basketball game. All primary students are welcome to join in any or all of these activities. This week the games of 4 Square will be organised by the SRC.

Primary Parent-Teacher Meetings
Parent-Teacher Meetings will be held on Tuesday 25th and Thursday 27th March. The purpose of these interviews are to discuss your expectations and understandings of your child’s learning abilities, attitudes and behaviours, and the initial teacher observed and assessed progress. This will allow us to formulate a strategic plan for each child and better guide their future learning. Thus, children are not required to attend these interviews. Each parent will be allocated a ten minute meeting time. If there are issues which require a longer time then you will be able to schedule another meeting when it is convenient. We look forward to seeing everyone over the two evenings.

Brad Venn
PARENTS AND FRIENDS

Easter Raffle
We are asking for donations of Easter eggs, chocolate and baskets for the Primary Easter Raffle. All donations need to be back at school by Monday 31st of March (last week of term 1).

All families will be sent home raffle tickets to sell for our annual Easter Raffle, tickets are $1 each. The raffle will be drawn on the last Thursday of school at the Primary assembly.

All money raised from this fundraiser will go towards the creation of a garden bed at the front of school, on the hockey oval.

Meeting
There will be a P&F meeting this Wednesday 19th March at 3.30pm in the Primary BER building.

If you cannot attend the meeting, but are willing to assist with catering could you please complete the form below and return to Mrs Noonan at school.

Name: ..................................................  Contact No: ..................................................

I am happy to assist with catering jobs for the Parents and Friends committee.
Important information for all students & parents

- Standards on Wednesday March 19th, Periods 1-4.
- HATS! All students must be wearing a hat to do the standards. Make sure your hat has your name in it as you may take it off when you are competing. WEAR YOUR OWN SUNSCREEN as well and bring a drink bottle for WATER ONLY.
- If you have a spare broad brimmed hat at home, bring it along to lend to a friend if they forget. Students who don’t have a hat will be given old hats to wear from staff for the day. STUDENTS MUST BE WEARING A HAT FOR STANDARDS.
- Students can come to school in sport uniform only (not casual) and must get changed into proper school uniform at lunch time after standards have finished. Students, who don’t have sport clothes, may wear other shorts and t-shirt but must bring a note explaining this from a parent/guardian. Students may wear their House t-shirt (if they have purchased one) or dress in house colours.
- Students will record the first score in each event. If there is time, then students may have a second or third attempt to better their score.
- Using the standards score sheet, each score will be ranked according to the specific scores for each age group.
- TRACK EVENTS – participation = 1 point better the standard time = 3 points
- FIELD EVENTS – participation = 1 point 3 levels of achievement worth 4, 3 & 2 points
- Students will have 30 minutes at each event. Groups must keep to your own time. DO NOT move on early to the next event, use your spare time to enter your scores, have 2nd & 3rd attempts and slot best students into the house team sheet. Any time left at the end of the session would be best used for having a drink and resting before the next event.
- There will be 7 x 30min sessions for each event.
- Event 1 – 9.00-9.30am Event 4 – 11.00 – 11.30am
- Event 2 – 9.30-10.00am Event 5 - 11.30am-12.00pm
- Event 3 – 10.00-10.30am Event 6 - 12.00-12.30pm
- RECESS - 10.30-11.00am Event 7 - 12.30-12.45pm

- Group at event 8 responsible for pack up of equipment

- House Teams for the Athletics Carnival Program needs to be finalised and given to Joanne Baker by Friday 21st March.
- Students cannot participate in the same event for more than one age group.
- Students can participate in a maximum of 6 individual events plus a relay.
- Age Champions will be calculated based on performance in 6 events.
- House Captains are strongly encouraged to ensure that all students are entered into at least one event.
- Students who know they are not going to the Athletics Sports must send a note explaining their pending absence. ALL STUDENTS ARE EXPECTED TO ATTEND. It is a normal school day.
HOUSE ATHLETICS SPORTS
9.30am-1.30pm Friday 4th April, 2014
DUDLEY CORNELL PARK, HORSHAM

Getting There
Students from Murtoa, Rupanyup, Minyip and Jung will be travelling by school buses to the venue (formerly Horsham North Park). The school will be covering the cost of transporting students to Horsham for the day and it is expected that all students will be attending the sports.

- ALL STUDENTS MUST RETURN A CONSENT FORM FOR THE HOUSE ATHLETICS SPORTS to the box outside the General Office

Students that require transport to the venue will travel to school as normal (students must be at Murtoa College by 8.30am), and then be transported by school bus to Dudley Cornell Oval. At the conclusion of the sports the buses will return to school prior to the end of the school day which is 2.30pm due to being the last day of term.

- STUDENTS REQUIRING THE BUS TO HORSHAM MUST RETURN A BUS NOTE WITH THEIR CONSENT FORM TO THE BOX AT THE GENERAL OFFICE.
- The bus note can be found at the end of this information

Students who live in Horsham will not need to come to school first; they will need to find their own transport directly to the Dudley Cornell Oval at the start of the school day arriving no later than 9.15am. Horsham students will be dismissed from the oval at the conclusion and will need to be picked up or have a note giving permission to walk home.

Clothing
All students are to wear their sports uniform – students are encouraged to dress up in House colours. Students should also be aware of the weather conditions on the day and dress appropriately – hats, sunscreen, waterproof jacket and change of clothes may all be relevant.

Food
Marie Davis (School Canteen Manager) will be operating a canteen at the venue. Students may bring their own food and water as well as money to purchase items.

Attendance
All students are expected to attend the Athletics Carnival. Rolls will be marked and student participation in this event will be viewed favourably in future sporting team selection and school activities.

Parents
Having the Athletics Sports in Horsham provides a great opportunity for Horsham parents to come to see their students participate. Parents would be advised to bring a chair as seating is limited.

Any parent able to help on the day would be greatly appreciated by contacting Joanne Baker (Sport Coordinator) at school.

If there have been any recent changes in your student’s medical information could you please contact the office to make sure the updated information is recorded prior to the Athletics Sports.
Athletics Carnival Parental Assistance
Parents, family and friends are encouraged to attend to support the day. Volunteers are also welcome to assist with events. Jobs such as raking the long and triple jump pits and measuring jumps and throws are always in need of filling.

If you can help during any of the times listed below could you please return this slip to Joanne Baker ASAP.

I, ________________________________ am able to assist with the athletics carnival during the following time/s (please circle a suitable time)

9.30 - 10.30 10.30 - 11.30 11.30 - 12.30 12.30 – 1.30

BUS NOTE

Student Name: ___________________________ Year: ____________

My student will be taking the bus from Murtoa College to the Athletics Sports at Dudley Cornell Park on Friday 4th March, return.

PARENT SIGNATURE: ___________________________ DATE: ____________

(Please return this note with your consent form to the box at the GENERAL OFFICE by Wed 26th March 2014)
Greater Western Region Senior Girls Tennis

Hollioake Park, Wendouree

Wednesday 12th March, 2014

More Tennis Success

Madeleine McQueen, Caitlin McQueen, Lauren Drum and Gemma Morgan participated at the Greater Western Region Senior Tennis competition at Ballarat last week playing Trinity College Colac and Ballarat High School.

It was a very close competition between the three schools as they fought to take the prize of overall victors.

<table>
<thead>
<tr>
<th>Murtoa College v Trinity College</th>
<th>Murtoa College v Ballarat High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gemma lost 1:4</td>
<td>Gemma won 4:0</td>
</tr>
<tr>
<td>Caitlin won 4:1</td>
<td>Caitlin won 4:1</td>
</tr>
<tr>
<td>Maddy lost 2:4</td>
<td>Maddy lost 0:4</td>
</tr>
<tr>
<td>Lauren won 4:3</td>
<td>Lauren won 4:1</td>
</tr>
<tr>
<td>Gemma &amp; Caitlin lost 2:4</td>
<td>Gemma &amp; Caitlin won 4:1</td>
</tr>
<tr>
<td>Maddy &amp; Lauren lost 3:4</td>
<td>Maddy &amp; Lauren won 4:2</td>
</tr>
<tr>
<td>Murtoa College 2-16 lost to Trinity College 4-20</td>
<td>Murtoa College 5-20 defeated Ballarat High 1-9</td>
</tr>
</tbody>
</table>

Congratulations girls on another amazing effort!

Special comment was relayed back to school regarding the girls’ conduct and great sportsmanship on the day. Trinity College and the Black Ranges Divison Coordinator – Neil King, said the girls played in good spirit which was fantastic for all in the competition.

*It is so rewarding to hear such positive comment coming from students representing our school.*

*Very special thanks to Shelley McQueen for again taking and supervising the team for the day.*

Caitlin McQueen, Lauren Drum, Gemma Morgan & Madeleine McQueen

Runner-up winners of the Greater Western Region Senior Girls Tennis 2014
Black Ranges Volleyball 4th March

Congratulations to the 6 teams that competed at the Black Ranges Zone in Volleyball earlier this month. Volleyball is continuing to grow at Murtoa College and this was evident by the competitiveness and total number of teams that were sent.

Congratulations to the Year 9 Boys side who will progress to the Greater Western Zone in May. This team continues to impress and put on a clinic against the Year 10 boys from Horsham College and St. Brigids. They even managed to win against our Year 10 boys showing exactly why they are state finalists and gold medalists at Nationals. If you ever get a chance to watch these boys play, they are truly impressive and it is easy to see why they are one of the best sides in the country.

A special congratulations to the Year 9 girls team as they competed together for the first time. Although they didn’t win, they won 3 sets for the day against some much more experienced opposition proving that they are playing competitive Volleyball and will be a strong team with more practice.

The teams were:

**Intermediate Girls Year 9:** Breanna Russell, Jordan Werry, Cassie Dunlop, Denby Lingham, Haylee Slorach & Denbea McHarry

**Intermediate Boys Year 9:** Joshua Boak, Jayden McQueen, Aaron Evans, Lachlan Wilson, Chris Eagle, Thomas Petering, Lewis Thomas & Hamish Johns

**Intermediate Girls Year 10:** Erika Ritosa, Olivia Matthews, Brittany Nitschke, Jessica Warrick, Jacinta Smith, Hayley Barber & Gabrielle Rundell

**Intermediate Boys Year 10:** Fergus Schier, Joe Gardy, Jake Ballagh, Jack Exell, Corey Chenoweth & Nic Kelso

**Senior Girls Year 11:** Lauren Drum, Gemma Morgan, Jessie Ellis, Isabella Matthews, Maddy McQueen, Caitlin McQueen & Elsie Kingston

**Senior Boys Year 11:** Rob O’Callaghan, Corey Morgan, Connor Marsh, Jye Weyburg, Josh McPhee, Baillie Batchelor & Adam Schache.
Volleyball Victoria State Selections

Congratulations to our three state representatives that were selected in the U17 boys Vic West side. This is a special achievement for Thomas Petering and Aaron Evans as they are still eligible for U16. Congratulations to Fergus Schier who has been selected in the preliminary squad for Vic “Blue”. This is a significant achievement as only the best 10 individuals are selected for the Blue side.

Well done Fergus, Aaron and Thomas. We wish them all the best in their training and competitions as they head towards the Australian Junior Volleyball Championships in Canberra.

On Friday 14th March, a Fit 2 Drive session was provided for our Year 11 students. Students were presented with a number of real scenarios that explored the risks they face on the roads and practical ways they can respond. Students have been asked to complete their own personal plan that requires them to identify at least two strategies that they will use to stay safe and to keep their mates safe. The have also been asked to include in their plan, several things that they could say, as a passenger, if they find themselves in a risky situation.

At the end of the session students identified a number of things that they could do to spread road safety messages within the community.

These included:

✓ Make posters as part of their work in Visual Communication to create and publish key messages for the community. These could be published in the newsletter and on our website.
✓ Write the script for a video (as part of a statewide annual competition). The winning ideas get a prize and are then produced professionally.
✓ Make a road safety video in Media Studies and show at assembly.
✓ Make a group presentation at assembly to pass on key safety strategies to other students.

Students have also been encouraged to respond to the online survey at f2d.com.au. This website also includes further information for parents and students.

The presenters were sincerely thanked for conducting such a valuable and engaging session.
Black Ranges Swimming
Anzac Park, Warracknabeal
Friday 14th March, 2014

Murtoa wins third place

Murtoa College as a swimming team came third overall at the Black Ranges Division Swimming Carnival at Warracknabeal on Friday. Students from Years 7 to 11 competed in a variety of events including Medley and Freestyle relays.

Students swam their hearts out to remain as competitive as possible in their events to an adoring crowd of parents, friends and family.

Outstanding performances by Lily Williams in 15years girls butterfly and freestyle and the 14years boys freestyle relay team of Daniel Drum, Harris Sudholz, Riley Keel and George Robbins meant their first places earned them a spot at the Greater Western Region Swimming Carnival at Warrnambool this Friday 21st March.

It was a perfect day and the many second and third place positions earned Murtoa third best school overall behind Marion College who won and St Brigid’s College who came in second.

Special thanks goes to Jenny Reading who officiated in time keeping as well as Elizabeth Sennett, Ange and Paul Morgan. They were a fantastic help, which enabled me to manage the team.

It was so lovely to have a large group of parents, friends and family there too, which gave our students quite a cheer squad from the sidelines.

Thank you to Mel Boschen for taking us there in his bus.

Results of all Swimmers

<table>
<thead>
<tr>
<th>Name</th>
<th>Year</th>
<th>Event</th>
<th>Time</th>
<th>Place</th>
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</thead>
<tbody>
<tr>
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<td>15</td>
<td>Freestyle</td>
<td>36.61</td>
<td>4th</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Breaststroke</td>
<td></td>
<td>DQ</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Backstroke</td>
<td>56.15</td>
<td>4th</td>
</tr>
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<td></td>
<td></td>
<td>Butterfly</td>
<td>46.43</td>
<td>2nd</td>
</tr>
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<td>52.13</td>
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<td>42.22</td>
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<td></td>
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<td>50.45</td>
<td>3rd</td>
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<td>Freestyle</td>
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<td>3rd</td>
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<td>3rd</td>
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<td>44.89</td>
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<td>38.22</td>
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<td></td>
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<td>4th</td>
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<td></td>
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<td>53.59</td>
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<td></td>
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<td>14</td>
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<td>34.99</td>
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<td></td>
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<td></td>
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<td>Backstroke</td>
<td>49.90</td>
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<td>Backstroke</td>
<td>48.42</td>
<td>2nd</td>
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<td></td>
<td></td>
<td>Butterfly</td>
<td>50.41</td>
<td>4th</td>
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</tbody>
</table>
Taylor, Georgie 16 years Breaststroke 53.78 2nd
Williams, Lily 15 years Freestyle 34.12 1st
Breaststroke DQ
Backstroke 47.53 3rd
Butterfly 47.98 1st

Medley Relay 15-16 years girls
   Karina Drum, Georgie Taylor, Olivia Matthews, Cassie Dunlop  DQ
Medley Relay 15-16 years boys
   Jayden McQueen, Lachlan Wilson, Jake Ballagh, Kurtis Schodde  DQ
Medley Relay 12-14 years girls
   Emma Schache, Eadie Garth-Lindsay, Maddi Morgan, Sheridan Baker  3:13.54 3rd
Medley Relay 12-14 years boys
   Riley Keel, Harris Sudholz, George Robbins, Daniel Drum  DQ
Medley Relay 17-20 years boys
   Corey Morgan, Connor Marsh, Max Koschmann, Adam Schache  DQ
Freestyle Relay 12-13 years girls
   Bridget Drum, Emmy Dingwall, Lori Young, Laura Robbins  3:14.48 4th
Freestyle Relay 14 years girls
   Maddi Morgan, Emma Schache, Eadie Garth-Lindsay, Sheridan Baker  2:51.72 4th
Freestyle Relay 14 years boys
   Daniel Drum, Riley Keel, Harris Sudholz, George Robbins  2:49.18 1st
Freestyle Relay 15 years girls
   Karina Drum, Georgie Taylor, Olivia Matthews, Cassie Dunlop  DQ
Freestyle Relay 15 years boys
   Jake Ballagh, Jayden McQueen, Kurtis Schodde, Jaycob Horvat  2:39.51 4th
Freestyle Relay 16 years girls
   Olivia Matthews, Georgie Taylor, Karina Drum, Alyce Campbell  2:57.42 2nd
Freestyle Relay 17-20 years boys
   Corey Morgan, Connor Marsh, Max Koschmann, Adam Schache  2:19.53 2nd
DARCY WINS GOLD!

Year 7 student, Darcy Edgerton won a gold medal at the Australian Junior Athletics Championships in Sydney on Friday evening. Competing in his first ever national championships, Darcy was very nervous, but equally as excited to be there. Running third – the top bend of the track – Darcy received the baton about 2 metres behind his nearest rival from New South Wales, however he ran a super leg, making up the ground and handing the baton to the final runner, just ahead of New South Wales. The final runner for Victoria ran a sensational final 100m to secure the victory. The boys’ winning time was 48.00 seconds flat, with second place running 48.48seconds. Queensland came third. The boys had only been able to train together twice – once in Melbourne last weekend and again in Sydney before they competed. Darcy then immediately competed in the U14 Javelin on Friday evening, however whether it was the excitement from the gold medal relay, or his nerves – or a combination of both – his best throw was 27.70m which was way short of his PB. He had been throwing around the 35 metre range at training last Wednesday. He finished 12\textsuperscript{th} overall, which is still a wonderful achievement at national level.

Angus See (Ballarat), Daniel Mouratch (Melbourne), Max Pegoli (Melbourne) and Darcy Edgerton.
Australian U14Mens 4 X 100m Champions

Darcy relaxing in the hotel room!
Sport Dates for 2014

Term 1

Friday .................. March 21 .................. All Day .................. Region Swimming (Warrnambool)
Please note change of date above.

Wednesday March 19 P 1-4 Athletic Standards
Friday April 4 All Day Athletic Sports (Horsham)

(Last day of term)

Term 2

Monday May 5 All day Black Ranges Athletics (Stawell)
Tuesday May 6 All day Greater Western Region Volleyball (Horsham)
Wednesday May 21 P 4 into lunch School Cross Country
Tuesday May 27 All Day Black Ranges Cross Country (Murtoa)
Friday June 13 All Day Region Cross Country (Hamilton)

• 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.

The Premier’s Reading Challenge

This is the 10th year of the Challenge which is now officially under way. I have rolled over last years participants, so if you were involved last year you can start entering the books that you have read so far this year. For new students you will need to see Mrs Reading in the library to register. For more information or to logon visit: http://www.education.vic.gov.au/about/events/prc

A fun Challenge Count -Down Calendar is available in the Herald Sun Tuesday 11 March.
The 2014 Challenge ends on 12 September 2014.

Reading Oasis Book Fair

Not long now until our Scholastic book fair begins on Monday March 24th. You will be able to preview the exciting range of recently published children’s books from Friday March 21.

Book Club reminder

Issue 2 Book Club orders and money need to be returned to Mrs Reading in the library by Monday March 17
Parent teacher interviews for all secondary students will take place on **Tuesday March 25th**. Bookings are now available from **4:00pm until 6:30pm** with your student’s teachers.

If you wish to book interviews you can do so now by visiting the school interviews website at the URL shown below.


After entering the event code below you will be guided through the booking process. Bookings can be created and edited until **9:00am on March 25th**.

If you cannot access the school interviews website please contact the general office and they will assist you with the booking process.
The following items are being sold by the SRC to raise money for Epilepsy awareness. Please show your support.

- Ribbons $2
- Wristbands $2
- Badges $5
- Bracelet $5
- Pens $5
- Keyrings $8
- Diamante Badges $10

The place to go to find all information regarding Victorian School Sport. “Save it in your favourites”.

Once in the site, navigate your way using the blue rectangular buttons down the left hand side. You will find; dates, draws, competition conditions, results and photos.

On the ‘Home’ pages you will find a calendar as well as important competition dates and Coordinator contact details.

For the Greater Western Region information:
- Sports Regions
- Greater Western Sports Region
- Greater Western Sports
- (Select the required sport)

For your Division information:
- Sports Regions
- Greater Western Sports Region
- Greater Western Secondary Division
- (Select your Division name)
- (Select ‘Division Name’ Sports)
- (Select the required sport)

Please look at any other relevant pages on the website. You will find the most up to date information on all aspects of School Sport in Victoria.

MFNC Football Information

Practice Match on Friday @ Murtoa under lights vs Noradjuha/Quantong

Training in Murtoa this week and next.

Under 17’s
Training Tuesday & Thursday, practice match for U17 to be confirmed at training.
Any questions:
Derek Cameron 0428 316 319
Mark Schache 0429 433 688
markschache@bigpond.com – U17 Team Manager

Under 14’s
Training on Thursday night, welcome to train with U17’s on Tuesday.
Wayne Robbins 0427 857 367
wnrobbins@optusnet.com.au

Auskick/U12’s
We have had ONE parent put their hand up to take on a position. We need to fill two roles:
Co-Ordinator/Manager
Coach – Thursday night Training & Saturday U12’s

We are looking at starting the Auskick/U12 program on 24th of April, but ONLY if the above positions have been filled. Parents or anybody wanting to be involved in junior development at grass roots level, please contact URGENTLY

Please register your interest with:
Malcom Schier 0429 852 788
malcom@schier.com.au
Is your teenager sleep-deprived?

Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Many teenagers today are sleep deprived because they don’t get enough sleep. They need between nine and 10 hours sleep each night, yet most get about seven or eight hours sleep. Some get less.

Sleep deprivation is akin to jet lag, where they don’t function at their optimum.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children.

Most teens secrete melatonin, which makes them sleepy, around 11.00pm, which makes the time before then a sleepless zone. Children secrete melatonin far earlier than this.

Cortisol, the chemical that wakes them up, is secreted at 8.15am for many teens. It seems the teen brain wants to be asleep just when most have woken up.

One US study found that 20% of teens were asleep in class in the morning, which had catastrophic effects on learning. As a result a number of high schools have delayed the start of school time to accommodate the teen sleep-wake cycle. This enables teens not only to get more sleep but to be at their best (or at least awake) when they are at school.

The results were startling and immediate, including better learning, better behaviour, less fights and fewer kids dropping out of school.

Sleep maximises brain growth, which occurs during adolescence.

Sleep also consolidates learning. Sleep research has shown that the brain practises what it has learned during the day when a young person is asleep. So sufficient sleep consolidates past learning as well as keeps a young person fresh to maximise their future learning.

Sleep experts have noted that children who develop good sleep patterns tend to carry these into adolescence.

Good sleep habits include:

1. Regular bed-times. Kids may fight this, but be regular during the week and let kids stay up a little later on weekends.

2. Have a wind-down time of up to 45 minutes prior to bed. This includes, removing TV and other stimuli, calming children down, and limiting food intake (and caffeine for teens).

3. An established bed-time routine that makes the brain associate behaviours such as cleaning your teeth and reading in bed with sleep.

4. Keeping bedrooms for sleep and not for TV. Bedrooms that resemble caves seem to be recommended.

5. Maximising the three sleep cues of darkness (cave-like bedroom), lowering body temperature (baths can be good for this) and melatonin (work within their cycle).

Better knowledge of the biology of sleep and of sleep patterns, as well as instigating good habits, will go a long way to helping kids and teens get a good night’s sleep.

Sleep tips for teens

1. Allow them to catch up on lost sleep during the weekends.

2. Help your young person schedule their after school activities to free up more time for rest.

3. Discuss ways to limit stimulating activities such as television and computer around bedtime. Encourage restful activities such as reading.

4. Afternoon naps are good ways to recharge their batteries.

5. Make sure they go to bed early each Sunday night to prepare for the coming week.