IMPORTANT DATES

<table>
<thead>
<tr>
<th>APRIL</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 25th</td>
<td>ANZAC Day</td>
</tr>
<tr>
<td>Monday 28th</td>
<td>Year 7 2015 Information Night</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MAY</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>12th – 16th</td>
<td>Year 10 Work Experience</td>
</tr>
<tr>
<td>13th – 15th</td>
<td>NAPLAN</td>
</tr>
<tr>
<td>Tuesday 13th</td>
<td>School Council 5.30pm</td>
</tr>
</tbody>
</table>

ANZAC Day
Once again Murtoa College students will attend the local ceremonies (Murtoa, Minyip, Rupanyup and Horsham) to lay wreaths as a sign of our respect for those who gave their lives in conflict. Thank you to the students who are representing us at the various ceremonies.

Parenting newsletter: *Parenting teenage daredevils*, attached to the newsletter.

Seeking Feedback
Thank you to all the families who completed the January survey that was mailed out in the transition pack. My apologies for the length of time it has taken me to compile the responses. A number of parents wrote feedback, all of which was helpful, thank you.

As we begin our Self-Evaluation process prior to our formal School Review and setting of our four year goals. I would like to ask all parents to please reflect on the following five points. School council members are also being asked to speak to parents about these points. **At the end of this newsletter is a proforma for your responses** (please ask students to drop them in to the office), but you are welcome to also email your thoughts directly to my email address, as listed below, or to the Murtoa College email address. I would also welcome any personal discussions that parents might wish to have with me.

The questions we are seeking feedback on are:

1. What are the school’s strengths?
2. What are the school’s achievements?
3. What are the school’s future needs?
4. What does Murtoa College stand for?
5. How does Murtoa College currently meet the expectations of the community?

Email responses to day.joanna.j@edumail.vic.gov.au or to murtoaco@edumail.vic.gov.au

Values Awards

<table>
<thead>
<tr>
<th>Year</th>
<th>Honor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foundation</td>
<td>Darcie Telpuk, Respect</td>
</tr>
<tr>
<td></td>
<td>Logan Liao, Cooperation</td>
</tr>
<tr>
<td>Year 1</td>
<td>Cooper McCallum, Responsibility</td>
</tr>
<tr>
<td></td>
<td>Lyla Schultz, Friendliness</td>
</tr>
<tr>
<td>Year 3</td>
<td>Will Gellatly, Respect &amp; Commitment</td>
</tr>
<tr>
<td></td>
<td>Oscar Gawith, Respect &amp; Commitment</td>
</tr>
<tr>
<td>Year 4</td>
<td>Luke Smith, Commitment</td>
</tr>
<tr>
<td></td>
<td>Alyssa Whyte, Excellence &amp; Commitment</td>
</tr>
<tr>
<td>Year 5</td>
<td>Monique Gellatly, Excellence</td>
</tr>
<tr>
<td></td>
<td>Nic Ballagh, Respect, Commitment &amp; Cooperation</td>
</tr>
<tr>
<td>Year 6</td>
<td>Will Dingwall, Commitment</td>
</tr>
</tbody>
</table>
Year 7  |  Shelby Briggs  |  Commitment  
       |  Dominic Bruton |  Excellence  
Year 8  |  Mikayla Buckley |  Enthusiasm and Excellence  
Year 9  |  Jaycob Horvat  |  Honesty  
Year 10 |  Alyce Campbell  |  Responsibility  
Year 11 |  Baillie Batchelor |  Responsibility  

Primary Values

Secondary Values

Secondary Academic - girls

Secondary Academic - boys

Secondary Academic – more than 1 award

Primary Achievement

Athletics – Age Champions

Darcy – Special Award
House Athletics Carnival
Congratulations to Degenhardt on their win at the Athletics. We enjoyed a perfect day weatherwise, after last year’s washout. A huge thank you to all the students, staff, parents and community members who helped to make it such an enjoyable day and to Mrs. Baker especially for all her efforts in getting it all organized. There is a full report later in the newsletter. Onwards to the cross-country!

Reminder: If there are any changes to contact details or medical updates, please ensure you have let the office know.

Murtoa College Year 7 2015 Information Night
Monday 28th April - 7pm
Supper Provided

Please come to find out more about enrolling your child at Murtoa College.

Information Packs are available at your school office
Primary Assembly Time Table for Term 2
Assemblies are held weekly on Thursday afternoon in the Year 1/2/3 classroom and begin at 2:35pm. Any changes to the timetable will be recorded in future newsletters.

Week 1 – Year 5/6
Week 2 – Year 3/4/5
Week 3 – Year 1/2/3
Week 4 – Year F/1
Week 5 – Year 5/6
Week 6 – Year 3/4/5
Week 7 – Year 1/2/3
Week 8 – Year F/1
Week 9 – Year 5/6
Week 10 – Year 3/4/5

Winners of the Primary Easter Raffle
1. Horvat Family
2. Sudholz Family
3. Logan Petering
4. Archie Gawith
5. Carol Magee
6. Chantel Hennessey
7. Laelah Robertson
8. Alex Dean
9. Miss Loratra
10. Dr Day
11. Alexander Crawford
12. Sheryl Jordan
13. Grace Sampson
14. Julie Maxfield
15. Jorja Gardy
16. Jack Dean
17. Sarah Harris
18. Bella Noonan
19. Jake Maher
20. Jack Dean
21. Jan Baker
22. Ken Jende
23. Dennis Martin
24. Luke Howson
25. Wenda Billman
26. Ella Wheeler
27. Horvat Family
28. Nic Ballagh
29. Ryan Hart
30. Jorja Gardy
31. James Hennessey
32. Erin Botterill
33. Connor Johnson
34. Janice Jende
35. Amity McCallum
36. Gaie Wheeler
37. Caitlin Adler

Thank you to all the Parents and Friends who supported this event. Total money raised $761.00
House Athletics Sports 2014

2014 Final Results TEAM SCORES
1st DEGENHARDT 3,028
2nd WATERSO 2,827
3rd MEIER 2,482

CONGRATULATIONS DEGENHARDT HOUSE!

Last year’s TEAM SCORES
1st MEIER 2,864
2nd WATERSO 2,827
3rd DEGENHARDT 2,565

Athletics Age Champions

Congratulations to the following students who won their age group championships for Athletics. These students were presented with their medals at the relay events last week at the Murtoa Oval.

Age champion is calculated on performance in an individual’s age group. If an individual competes in a higher age group their house receives the points but not the individual.

The following students achieved the highest scores in their age groups:

12-13 years boys
Runner up
12-13 years girls
Runner up
14 years boys
Runner up
14 years girls
Runner up
15 years boys
Runner up
15 years girls
Runner up
16 years boys
Runner up
16 years girls
Runner up
17 years boys
Runner up
17 years girls
Runner up
18-20 years boys
Runner up
18-20 years girls
Runner up

Darcy Edgerton
Brayden Rundell
Emmy Dingwall
Bridget Drum
David Horvat
Daniel Drum
Emma Schache
Eadie Garth-Lindsay
Jayden McQueen
Aaron Evans-Halligan
Karina Drum
Jessica Boan
Nick Kelson
Callum McLean
Lauren Drum
Gabrielle Rundell
Baillie Batchelor
Adam Schache
Gemma Morgan
Caitlin McQueen
Geoffrey Bellenger
Tyson Lingham
Claire Ridsdale
Sophie Drum

Degenhardt
Meier
Waterson
Degenhardt
Meier
Waterson
Degenhardt
Meier
Waterson
Degenhardt
Meier
Waterson
Degenhardt
Meier
Waterson
Degenhardt
Meier
Waterson
Degenhardt
Meier
Waterson
Degenhardt
Meier
Waterson
New records

Congratulations to the following athletes who broke records:

<table>
<thead>
<tr>
<th>Age</th>
<th>Gender</th>
<th>Event</th>
<th>Athlete</th>
<th>Old record</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 year</td>
<td>male</td>
<td>100m</td>
<td>Darcy Edgerton</td>
<td>13.35sec</td>
<td>13.63s</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Jacob Gawith (Kara 2006)</td>
</tr>
<tr>
<td>13 year</td>
<td>male</td>
<td>200m</td>
<td>Darcy Edgerton</td>
<td>25.95sec</td>
<td>28.27s</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Andrew Edgerton (Wimmera 2011)</td>
</tr>
<tr>
<td>13 year</td>
<td>male</td>
<td>200m</td>
<td>Nic Kelson</td>
<td>26.36sec</td>
<td>28.04s</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Geoffrey Bellenger (Meier 2012)</td>
</tr>
<tr>
<td>13 year</td>
<td>male</td>
<td>400m</td>
<td>Patrick Newell</td>
<td>1:16.70min</td>
<td>1:17.87min</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Jake Ballagh (Waterson 2009)</td>
</tr>
<tr>
<td>16 year</td>
<td>female</td>
<td>Shot Put</td>
<td>Lauren Drum</td>
<td>8.18m</td>
<td>7.9m</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Amanda Young (Dunmunkle 2010)</td>
</tr>
<tr>
<td>13 year</td>
<td>male</td>
<td>Long Jump</td>
<td>Darcy Edgerton</td>
<td>4.82m</td>
<td>4.68m</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Andrew Edgerton (Wimmera 2011)</td>
</tr>
<tr>
<td>16 year</td>
<td>female</td>
<td>Javelin</td>
<td>Alyce Campbell</td>
<td>25.28m</td>
<td>24.49m</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Amanda Hempill (Dunmunkle 1980)</td>
</tr>
<tr>
<td>13 year</td>
<td>male</td>
<td>Javelin</td>
<td>Darcy Edgerton</td>
<td>39.75m</td>
<td>25.8m</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Geoffrey Bellenger (Marma 2009)</td>
</tr>
<tr>
<td>13 year</td>
<td>male</td>
<td>4x100m Relay</td>
<td>Degenhardt</td>
<td>1:02.50</td>
<td>1:07.37</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Meier (2012)</td>
</tr>
<tr>
<td>14 year</td>
<td>male</td>
<td>4x100m Relay</td>
<td>Degenhardt</td>
<td>1:04.91</td>
<td>1:07.37</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Meier (2012)</td>
</tr>
<tr>
<td>15 year</td>
<td>male</td>
<td>4x100m Relay</td>
<td>Meier</td>
<td>57.06</td>
<td>57.65</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Degenhardt (2012)</td>
</tr>
<tr>
<td>15 year</td>
<td>female</td>
<td>4x100m Relay</td>
<td>Waterson</td>
<td>1:04.26</td>
<td>1:06.93</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Meier (2012)</td>
</tr>
<tr>
<td>16 year</td>
<td>female</td>
<td>4x100m Relay</td>
<td>Waterson</td>
<td>56.63</td>
<td>1:06.97</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Meier (2012)</td>
</tr>
<tr>
<td>18 year</td>
<td>male</td>
<td>4x100m Relay</td>
<td>Degenhardt</td>
<td>52.35</td>
<td>52.81</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Degenhardt (2012)</td>
</tr>
</tbody>
</table>
Newman Award
The Newman Award is presented to Darcy Edgerton for the most outstanding performance at the athletics carnival. Darcy competed in six events winning all six and breaking four records! Well done Darcy.
Special mention must also be made of David Horvat, Jayden McQueen and Gemma Morgan who won all six of their events as well. Great achievement David, Jayden and Gemma.

Outstanding Performers
There were a number of students who competed outside their age groups against much older competitors to help their houses score points. Well done to all those students for their efforts, they form the back bone of their houses and truly display the meaning of dedication and sportsmanship for each house.

Absences
Well done to all students who attended! Any student who did not attend the carnival needs a written note explaining their absence. Involvement and support of school carnivals influences selection in school sporting teams.

House Standards
Before the House Teams are decided all students are expected to try out in the Athletics Standards. Points are given to students based on their participation and performance. 1 point given for an attempt, 2 points awarded if a student is under the standard, three points if they meet the standard and 4 points if they better the standard.

<table>
<thead>
<tr>
<th>House</th>
<th>Boys Points</th>
<th>Girls Points</th>
<th>Points per Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Degenhardt</td>
<td>408</td>
<td>492</td>
<td>14.1</td>
</tr>
<tr>
<td>Waterson</td>
<td>366</td>
<td>365</td>
<td>11.4</td>
</tr>
<tr>
<td>Meier</td>
<td>228</td>
<td>228</td>
<td>11.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Points (number of points)</th>
<th>Divide by Students</th>
<th>Points per Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>Degenhardt</td>
<td>408 (492)</td>
<td>64</td>
<td>14.1</td>
</tr>
<tr>
<td>Waterson</td>
<td>366 (365)</td>
<td>64</td>
<td>11.4</td>
</tr>
<tr>
<td>Meier</td>
<td>228 (510)</td>
<td>67</td>
<td>11.0</td>
</tr>
</tbody>
</table>

1st: Degenhardt Dragons
2nd: Waterson Pirates
3rd: Meier Leprechauns

House Standards
Before the House Teams are decided all students are expected to try out in the Athletics Standards. Points are given to students based on their participation and performance. 1 point given for an attempt, 2 points awarded if a student is under the standard, three points if they meet the standard and 4 points if they better the standard.
Black Ranges Athletics

Students who placed **first in their event and the first FOUR places for 100m events** have automatically been put into the Black Ranges squad to compete at Stawell, Monday 5th May (Week 3 of Term 2). Relay teams have been selected from the 100m events, with the four fastest students qualifying for the team. These students will receive information soon about the Black Ranges Athletics. It will cost $30 to attend, regardless of whether students are travelling with their parents or not. **If a student selected in the squad does not wish to attend, they must see Joanne Baker by April 30 so emergencies can be put into place. If students pull out at the last minute then they will not be permitted to attend any other inter school sport event later on in the year.**

Students please remember to bring your consent form to the GENERAL OFFICE and money **ASAP** (after you get them), for the Black Ranges Athletics at Stawell.

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**THANK YOU...**

I would like to take this opportunity to thank everyone involved in this year’s athletic carnival;

The students: for their participation, sportsmanship and competitive house spirit displayed throughout the day. There were many students involved behind the scenes helping with organisation, set-up and pack-up. For those students who competed outside their age groups to fill up the team for their house, a **huge thank you!**

The House Captains: for organising, encouraging and supporting their teams;

The Dudley Cornell Park Committee and Horsham Little Athletics Club: for accommodating us with their wonderful facility and Little Athletics equipment;

The Staff: for all their assistance, support and encouragement with the planning and running of the Carnival;

Gary Bourke: for his help and assistance in transporting equipment and for the PA system both at the first sports day and for the relay catch-up day;

Marie Davis & Tina Baker: for catering and operating the canteen;

Murtoa College Primary Parents & Friends: for staff catering;

Our bus drivers: Mel Boschen, Bruce Midgely, Peter Shaw & Shaun Bray for getting our students across and back on time and safely;

The parents, families and friends: Janine Eagle, Tess O'Bryan, Dee Schier and other parents and friends for volunteering to help with events, those who came along to support the sports, and those who ensured a good turnout of students on the day.

Joanne Baker
Sport Co-ordinator
**The Premier’s Reading Challenge**
The Challenge is well under way, but it’s still not too late to enter. Students wishing to participate 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](http://www.education.vic.gov.au/about/events/prc)
The Challenge ends on **12 September 2014**.

**Grab Bags**
One way prep and grade 1 students can meet the Challenge is to borrow a ‘Grab’ bag of seven books from the library. It is also a great way to get your child to try different books to the ones they usually choose as the bags contain seven books selected as favorites of previous year’s students, and are usually books from the Challenge. (However you do need to show that you can return your books).

**Book Fair thanks**
Thank you to everyone who contributed to our most successful Book fair yet. Our commission has given us $545 of great new books for our library. The winners of our buyer prizes were $30 Connor (gr 3), $20 Matthes (prep) and $10 Logan H (prep)

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**Anzac Day Ceremonies**

**Murtoa**
The service will be held at Murtoa Memorial Gates at 11:30, though the Anzac Day March will leave from the fire brigade.

**Rupanyup**
Any student who wishes to represent the school in the Anzac Day March is asked to arrive at the Church of England at 9:30 for a 9:45 start. Full school uniform will be required. The service itself will start from about 10am at the Rupanyup Hall.

**Minyip**
Students are asked to arrive at 12:45pm for a 1pm start at the Memorial Gates at Minyip Football Ground.

**Horsham**
The Anzac Day March will begin at 10:30 from Legacy House on Pynsent Street. The ceremony will take place from 11am in Sawyer Park at the Cenotaph (just off Memorial Drive).
## Sport Dates for 2014

### Term 2

<table>
<thead>
<tr>
<th>Date</th>
<th>Week</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>May 5</td>
<td>T2 Week 3 All day Black Ranges Athletics (Stawell)</td>
</tr>
<tr>
<td>Tuesday</td>
<td>May 6</td>
<td>T2 Week 3 All day Greater Western Region Volleyball (Horsham)</td>
</tr>
<tr>
<td>Thursday</td>
<td>May 8</td>
<td>T2 Week 3 All day Girls Football (Horsham)</td>
</tr>
<tr>
<td>Thursday</td>
<td>May 15</td>
<td>T2 Week 4 All day Senior Girls Netball (Horsham)</td>
</tr>
<tr>
<td>Monday</td>
<td>May 19</td>
<td>T2 Week 5 All day Inter Girls Netball (Horsham)</td>
</tr>
<tr>
<td>Wednesday</td>
<td>May 21</td>
<td>T2 Week 5 P 4 into lunch School Cross Country</td>
</tr>
<tr>
<td>Tuesday</td>
<td>May 27</td>
<td>T2 Week 6 All Day Black Ranges Cross Country (Murtoa)</td>
</tr>
<tr>
<td>Tuesday</td>
<td>June 3</td>
<td>T2 Week 7 All day Year 8 Girls Netball (Horsham)</td>
</tr>
<tr>
<td>Tuesday</td>
<td>June 10</td>
<td>T2 Week 8 All day Year 7 Girls Netball (Horsham)</td>
</tr>
<tr>
<td>Friday</td>
<td>June 13</td>
<td>T2 Week 8 All Day Region Cross Country (Hamilton)</td>
</tr>
</tbody>
</table>

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**MMFNC Football Information**

Training in Murtoa this week

**Under 17’s**
Training Tuesday & Thursday.
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/U 12's**
The Murtoa 2014 Auskick/U12’s season commences this Thursday 24th April at 5pm and will run for approximately 1 hour.
If you have not already registered you can do so on line at aflauskick.com.au.
Packs will be handed out after training Thursday night to all children that have registered and PAID online ONLY.
Depending on our numbers there will be a game for the U12’s this Saturday at Dimboola, more information about this on Thursday night.
Auskick/U12’s Co-ordinator
Nat Johnston 0428852308  
natalie.johnson8@bigpond.com
Healthy Lifestyle Group
Dunmunkle Health Services
Healthy Lifestyle Group
Members & Non-Members most welcome.
RSVP: 53 631 200 by 19/3/2014
We talk about all sorts of health issues and ways to tackle all the stuff we don’t understand. Eg. Diabetes and diet. Asthma and medications. Discussions on alternative therapies-the for’s and against. What’s better for me. Come and see us.
More info: 53631 200.

Missing crutches at Murtoa
Please look around at home and if you have any crutches etc that you have on loan from the CHC. Please return them ASAP so they can be reused over the footy season.
We will sending out invoices for all unreturned items.
If you have any other equipment on loan that is no longer being used, please return them, we would be most grateful.

Activities at the Kindergym Hall for Pre-Schoolers and Infants
A support group for mothers with pre-school children and infants is held each Tuesday during the school term at the Kindergym hall in Market St MINYIP. There is no set program. However, the parents meet to assist their children in learning safe play, texture, heights, different surfaces etc. All interested welcome. For up-to-date information phone Emma Hudson, 53857 216.
Parenting teenage daredevils

Managing teenagers who have a little too much zest for life, diving head first into situations without thinking them through requires an understanding of both their inner and outer worlds, writes Lakshmi Singh.

If you were constantly holding your breath or administering first aid as your child was growing up, you probably were raising one of those thrill-seeking, adrenaline-charged, daredevils who loved to experiment and take risks in order to entertain themselves.

As they approached their teenage years, these risks might have evolved to being more sophisticated than just jumping off the top of a tree or the “look mum, no hands” type of stunts. From binge drinking to irresponsible driving to train surfing, your teenager may be indulging in risky behaviours that may ultimately change the entire family’s life.

The teenage years are some of the most valuable years of a person’s life and can also be the most vulnerable, therefore it is highly important that parents and carers understand what is driving this behaviour and know how to manage these tendencies of their daredevil child.

HORMONES

Andrew Fuller, author of the book ‘Tricky Kids’ (Finch Publishing, $26.95) highlights four hormones that influence a teenager’s ‘mood’. Adrenaline – responsible for generating the feelings of being ‘revved up’ and on a ‘red cordial high’, cortisol – the stress hormone contributing to defensive, exaggerated actions, dopamine – which can create the ‘switched-on, pumped-up state’ and serotonin – the “most powerful antidepressant known to humankind.”

The former two chemicals are what you want the least of when raising teenagers, says Fuller. “Once a tricky kid gets an adrenaline rush, trying to change her behaviour is a complete waste of time,” he says. Stress from family life, school or peers can also increase cortisol, so it is important for families to provide low levels of stimulation and develop routines to lessen the strain and make their children feel safe from violence, ridicule or humiliation, he adds.

In contrast, dopamine and serotonin are what you want to see more of, says Fuller. Children low in dopamine display tired and lethargic behaviour, which is why they seek out excitement through risky stunts to lift their mood and achieve that ‘pumped-up high,’ explains Fuller.

BOYS vs. GIRLS

The different goals of each gender within their social groups also influence teenagers’ actions, says Parenting Ideas’ own Michael Grose. The focus for girls at this age is often on achieving social success and they may engage in risky behaviour such as alcohol consumption and unprotected sex. He refers to the book ‘Queen Bees & Wannabes’ (Random House, $34.99), where the author Rosalind Wiseman describes girls and their social hierarchies to include a ‘Queen Bee’ and her group of ‘Wannabes’. Most girls are ‘Wannabes’ says Wiseman and are trying to be accepted by the ‘Queen Bee’. This may involve doing all the dirty work just to “please the person who’s standing above her on the social totem pole.”

In comparison, Grose says that boys don’t want to be seen amongst their peers as being foolish. “Boys will look at each other and do what the group does,” he says. This may mean taking risks and pushing boundaries to prove that they are a worthy member of the group.
Furthermore, Grose explains that the Amygdala, commonly known as the reptilian brain – responsible for fostering curiosity and entertaining aggression, is 10% bigger in boys than in girls.

**BRAIN NOT MATURE UNTIL MID-Twenties**

Regardless of the gender, however, Dr. Fiona Martin, principal psychologist at Sydney Child Psychology Centre points out that, the part of the brain that is responsible for impulse control isn’t fully mature until about age 25.

“Risk-taking behaviour is quite normal for teenagers. It is one way they learn about themselves. But, there is a whole spectrum of risks – from learning new tricks on the skateboard to stealing a car and being involved in a high-speed car chase with police following you.”

It is therefore important for parents to help them understand the impact of their actions by setting appropriate ground rules, keeping lines of communication open and discussing the behaviour of good role models, she says.

**LINK TO PSYCHOLOGICAL CONDITIONS**

The extent and severity of risk-taking behaviour could also reveal something about a teenager’s mental health, says Fuller. “The longer tricksy kids stay in one emotional state, the more familiar it becomes to them,” he says. “Middle adolescence (11-17 years) is a peak time for developing depression, and young women are at least twice as likely as young men to develop it.”

If teenagers start displaying strange behaviour like sleeping in odd places, being more generous than usual in giving away personal items or not washing regularly, it is important to step in and seek professional help, says Fuller.
Ovarian Cancer Australia
Mini Market Day
Sausage sizzle provided by Minyip Lions Club

- kate flannery homemade accessories
- kylie o’connor funky blooms & embellishments
- janelle hubble & kristy davidson arborne
- jo hotker pheonix cards
- rachel howson body shop
- lee ann nikkelson lorraine lea linen
- angie cox light & fragrance soy candle
- julie dunmill cute & quirky gifts for all
- kelly woods norwex
- kim sprigg bluebird paper crafts
- donna cameron tupperware
- emma mansfield chocoholics anonymous
- jo thompson nutmeg jo
- janie wilde your inspiration at home
- kasey marnell “it works” body wraps
- julie mcdonald kazsazz
- fiona & dave nuske jumping castle
- jude hatcher intimo
- mandy sturrock
- jade fischer scentsy candles
- jade taylor household stuff

Assortment of items to be raffled on the day. Also present will be David & Fiona Nuske Jumping Castle, Janice Shaw’s donut van and Nicole Clark’s relaxation massage.

Minyip Town Hall April 27th - 2:30pm - 5pm All Welcome
Support your mother/wife/daughter/friend

Contact Katrina Fallon on 0428 857 133 for further information

Graphic Design by Small Business 0428 529 998
Seeking Feedback

The questions we are seeking feedback on are:

1. What are the school’s strengths?

2. What are the school’s achievements?

3. What are the school’s future needs?

4. What does Murtoa College stand for?

5. How does Murtoa College currently meet the expectations of the community?

Email responses to day.joanna.j@edumail.vic.gov.au or to murtoaco@edumail.vic.gov.au or drop this form into the Office