Parenting Insights – Reduce our national sleep debt.

**Black Ranges Cross Country**
A huge thank you to Mrs. Baker and all the staff and students who helped with the Black Ranges Cross Country last Tuesday. It ran like clockwork and the rain held off until the very end. The course was a little muddy but that’s only to be expected at this time of year. Well done to all the students who competed. About 23 students are off to Hamilton for the next stage, congratulations.
**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 7** – Year 1/2/3
- **Week 8** – Year F/1
- **Week 9** – Year 5/6
- **Week 10** – Year 3/4/5

It was a busy week in the primary section last week with two incursions and opportunities for classes to work with visiting schools too. On Monday we were involved in eSports Interactive, on Tuesday we hosted surrounding schools for their turn at eSports Interactive, on Thursday the Royal Flying Doctors Service visited and Friday was casual clothes where the students agreed to donate the funds to the RFDS.

**eSports Interactive**

On Monday we were involved in eSports, an interactive sports exhibit. An electronic screen with multiple sensors was setup in the stadium and a soccer program was loaded which measured the strength and trajectory of the ball. This was a CEP event so we buddied with OLHC on Monday and formed age-based groups to participate in the interactive session and a soccer skills session too. All of the students had a turn at kicking soccer balls at virtual targets, seeing how quickly they could knock them all down.

On Tuesday Minyip, Marnoo and Rupanyup Primary Schools had their turns at experiencing eSports in our stadium. They were also buddied into age-based groups and their remaining students were welcomed into our classrooms for some great activities. It was an exciting couple of days for all involved.

---

**Birthdays**

- 4<sup>th</sup> Jai Sartori-Billman
- 6<sup>th</sup> Noah Horvat
- 7<sup>th</sup> Logan Petering

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**NetSetGo News**

No NetSetGo this Thursday 5<sup>th</sup> June 2014 due to Murtoa College School Social.

Apologies for the late cancellation last week due to the weather, however in future when it is raining, we will be able to access the multipurpose room at OLHC. We will be adding on two extra sessions to make up for these weeks.

Finally...Warracknabeal NetSetGo has approached us to see if we are interested in playing a game on Saturday 7<sup>th</sup> June when Minyip /Murtoa play Warrack Eagles at Warrack. A time is still to be announced but if anyone is interested could you please give me a call on 0428 551 734 this week.

Allyssa Wilson
Royal Flying Doctors Service

On Thursday, Tom Ryan, from the RFDS came to school with a plane simulator – old plane fuselage made into a trailer. He shared stories from the past to present giving students an understanding of how and why the RFDS came to fruition. Students had great discussions with Tom to build upon their knowledge of the RFDS and their valuable role in the community. After the presentation students were able to explore the old plane and see exactly how they operate in emergency situations. It was a valuable, educational and exciting experience.
Primary Awards

Back row: Bridget Botterill, Finley Goodin, Will Saligari, Patrick Schier and Fraser Adler.
Front row: Elijah Berger, Bella Noonan, Nicholas Adler, Ayden Nash and Alyssa Whyte.

Book Club

Issue 4 Book Club brochures were sent home with last week’s newsletter. Orders and money need to be returned to Mrs Reading in the library by Friday June 6th.

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.
The following students have completed the Challenge, whilst many others are only a couple of books away:
Year 9: Denby Lingham
Year 7: Cameron Anderson
Year 5: Nic Ballagh, Breanna Bell,
Year 3: Jorja Gardy, Oscar Gawith
Year 2: Charlie Gawith

Back row: Ryan Hart, Connor Johnson, Clare Whyte and Liam Wheeler.
Front row: Oliver Moore and Jade Saligari.

Back row: Cameron Newell, Regan Bell and Troy Johnson.
Front row: Jenna McCallum and Will Gellatly.
GAT Preparation Sessions
All students who are undertaking a unit 3 VCE subject or the second year of a scored VET program will be required to sit the GAT on Wednesday 11th June. All students should have attended a GAT preparation session. The last of these sessions is occurring next Wed 4th June in room 1 at 9.00am.

Students should be aware of the VCAA examination rules as explained in the GAT pamphlet distributed last week. The GAT is to be held on Wednesday June 11th at the Uniting Church Christian Education Centre. All students should be present by 9.40am.
Any issues see Mr Vague at school.

Year 12 TIS Event
All year 12 students will be attending the Tertiary Information Service event being held at the Careers Expo Tuesday June 24th. Students will leave from school at the end of period 1 and travel to Longerenong to attend the event. Students will have a brief time to check out the expo before returning to school at 1.00pm.

Western Victorian Careers Expo
All year 10 and 11 students will be attending the Western Victorian Careers Expo on Tuesday June 24th. The expo has 71 exhibitors including Tertiary Institutions, Try -a -Trade, an extensive seminar program, apprenticeships and traineeships, and a range of private providers and colleges. This year we will have Chris Humphries "The wildlife man" as seen on the ABC as our special guest presenter. Students will be provided with a list of exhibitors and seminar programs next week. They should plan their day and attend at least 2 seminar programs. This is a great opportunity to investigate career options of all types in the one place. All students will leave at the start of school and return by lunchtime.

Year 11 Work Experience
A final reminder to all year 11 students, all work experience forms and safe at work certificates should be returned to Mr Vague by Thursday June 5th

POSITION VACANT
DUNMUNKLE LODGE INC.
JUNIOR HAND 15 – 16 YEARS OF AGE

Dunmunkle Lodge Inc. is a 36 bed Low Care Aged Care Facility in Minyip.

We are looking for enthusiastic junior staff to join our General Services Team working 21 hours per month starting at 4pm till 7pm working 4 days one week and 3 days the following weeks, then two weeks off on a roster system.

Mandatory Qualifications:
• Food handlers certificate (this can be obtained online)
• Current Police check when over 16 years of age

Desirable
• Willingness to work
• Take directions from domestic staff

This position is for a 12 month period.
Salary and conditions will be in accordance with the appropriate Awards.
For further information and a copy of the position description, please contact Dunmunkle Lodge on 5385 7463.

Applications close 15th June 2014
9B SELF – ASX SHARE MARKET GAME

This semester, as a part of the SELF curriculum, students have been participating in the ASX share market game. They were given a hypothetical $50,000 to play with and had to make decisions that would allow them to make a profit. Quite a number of students were successful in doing so, whereas others learnt about the risk involved in the share market the hard way by losing significant amounts of money. The students enjoyed the hands on approach to what can be a difficult area for adults to navigate, and they should be congratulated on their positive attitude and willingness to participate.

For the past 9 weeks 9B have been participating in the ASX share market game in S.E.L.F. This is an online game based on the live stock market; you start off with $50,000 to spend investing in real companies. You also get the opportunity to sell your shares that can either lead you to a profit or put your total portfolio worth straight down. When I started the game I went straight in and bought hundreds of shares in multiple companies, this lead me to the bottom of the rankings because I had spent so much money, but as my shares were growing higher in value, I was able to rise through the rankings and ended up switching between 1st and 2nd on the leader board with Karina Drum, who went through a similar experience. I have learnt a lot from the share market game, especially those buying shares that are worth a lot is a really risky choice because they can only go down. I also learnt to start looking at the charts to see how steady a company is going. If I were to do this again, I would do a lot more research before I bought shares.

-Saphire Paris 9B
Volleyball Tops & Hoodies Order – Ending Term 2

This year, Volleyball tops and Hoodies 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. Hoodies are an optional part of the uniform.

The tops and jumpers are not just for Volleyball, but can be used in PE classes, Sport days and excursions. Tops and Jumpers will be $45 each 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.

Playing Tops: $45

Hoodies: $45
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<thead>
<tr>
<th>Name</th>
<th>Year Level</th>
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<table>
<thead>
<tr>
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<th>Playing Number</th>
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<td></td>
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<td>1(^{st}) pref:</td>
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<tr>
<td></td>
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<td>2(^{nd}) pref:</td>
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<th>Hooded Jumper (Optional)</th>
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**Total Payable:**
(Must be paid at the office prior to order) $

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**Sport Dates for 2014**

**Term 2**

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<th>Date</th>
<th>Week</th>
<th>Time</th>
<th>Event</th>
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<tr>
<td>Tuesday</td>
<td>June 3</td>
<td>T2 Week 7</td>
<td>All day</td>
<td>Year 8 Girls Netball (Horsham)</td>
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<tr>
<td>Tuesday</td>
<td>June 10</td>
<td>T2 Week 8</td>
<td>All day</td>
<td>Year 8 Boys Football (incl. Year 7 boys) (Horsham)</td>
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<tr>
<td>Friday</td>
<td>June 13</td>
<td>T2 Week 8</td>
<td>All Day</td>
<td>Year 7 Girls Netball (Horsham)</td>
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<td>Region Cross Country (Hamilton)</td>
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**Please note:** Sizes will be confirmed for your child at school by Mr. Argall or Mr. Bray
ATHLETICS 5 STAR AWARDS

Year 8 PHYS ED

with Mr Sachse & Mrs Baker

Term 2, 2014

The Athletics 5-Star Award Scheme is based on personal improvement and its aim is to encourage participation across a range of events. The events for 10-15 year olds are 100m, 200m, 400m, 800m, 1500m, High Jump, Long Jump, Triple Jump, Javelin, Discus and Shot Put.

Students in Year 8 completed a 5 Star Athletics decathlon doing their best in 10 track and field events during Phys Ed this Term. They were placed in teams of four as an ‘olympic team’ to compete against other teams for overall points.

Students were required to co-ordinate each event which meant selecting the correct equipment eg: the right weight shot put for their age, and measure/time that particular event. After completion of an event, students then recorded their results and checked them against a scoring table which allocated points per event according to performances. The better the performance, the greater number of points they were awarded according to the scoring table for their age.

As well as the decathlon, students were encouraged to choose their three best events (either two track and one field event, or two field and one track event) and add up their points. These points were compared to an age group chart for comparison and an appropriate award given if they met the standard score.

Types Of Award

BASIC AWARD

The aggregate score of 3 events decides the award. At least one event must come from each of the track events (runs) and field events (throws and jumps). 3 events must be attempted.

DECATHLON

The aggregate score in 10 events decides the award. At least two runs, two jumps and two throws must be included. 10 events must be attempted.

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<tr>
<th>MALES</th>
<th>Basic Award</th>
<th>Award</th>
<th>1*</th>
<th>2*</th>
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<td>220</td>
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<td>460</td>
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DECATHLON 3 STAR AWARD

David Horvat

DECATHLON 2 STAR AWARD

Aaron McQueen, Riley Keel, Richard Maher, George Robbins, Emma Schache, Jordan Weidemann
DECATHLON 1 STAR AWARD (ABOVE)
Ashton Hardingham, Maddison Morgan, Sheridan Baker

BASIC 4 STAR AWARD (ABOVE)
David Horvat, Richard Maher

(LEFT)
BASIC 3 STAR AWARD
George Robbins, Aaron McQueen

(RIGHT)
BASIC 2 STAR AWARD
Back – Ashton Hardingham, Jasmine Franklin, Riley Keel, Maddi Morgan, Sheridan Baker
Front – Hayden Grace, Ellen Huebner, Emma Schache, Jordan Weidemann

BASIC 1 STAR AWARD (ABOVE)
Ashleigh Franklin, Lachlan Deane, Adam Birch, Mr Sachse (presenter)

WINNING OLYMPIC TEAM – ‘JAMAICA’ (ABOVE)
Hayden Grace, Courtney Campbell, Sheridan Baker, David Horvat

2nd place OLYMPIC TEAM – ‘NEW ZEALAND’ (ABOVE)
Ashton Hardingham, Kiara Hammond-Jak, Austin Bruton, Riley Keel

3rd place OLYMPIC TEAM – ‘CANADA’ (RIGHT)
Mikayla Buckley, Jasmine Franklin, Maddison Morgan, Aaron McQueen
Seven schools in the Black Ranges Division converged on Murtoa last week to compete at this year’s Black Ranges Cross Country. Approximately 220 students combined from Horsham College, St Brigid’s College, Stawell Secondary College, Ararat College, Marian College and Warracknabeal Secondary College ran the 3 or 5 kilometre course around the picturesque Lake Marma and Rabl Park to qualify for the regionals in Hamilton on June 13.

The weather was mild after overnight rain and sticky mud from the back tracks made for an extra challenge on the course. The day would not have occurred without the support of all staff, many of which left their work to assist with the event, and others who remained at school to keep other classes running.

Thank you to the Year 8/9 students, middle school Outdoor Ed students and extra students (you know who you are), who assisted on check points and were invaluable in their roles as well. They all completed their long, boring jobs without complaint.

Special thanks to:

- Gary Bourke, for the loan of his PA system again and for his terrific taste in music;
- Frank Pickering for organizing the venue for us;
- Marie Davis for the food and snacks in the canteen;
- Anne Gawith for marking out the course.
### SUMMARY OF RESULTS

#### 13 Boys
- Patrick Newell 18
- Darcy Edgerton 20
- Jordan Delahunty 23
- Jack Pidgeon 24
- Riley Stehn 21
- Jordan Weyberg 22

#### 13 Girls
- Emmy Dingwall 6
- Tasharna Johnson 10
- Madi O'Bryan 32
- Bridget Drum 18
- Chloe Wilson 21
- Laura Robbins 35
- Juliette Flynn 15

#### 14 Boys
- David Horvat 5
- Daniel Drum 10
- Jordan Weidemann 21
- George Robbins 31
- Aaron McQueen 29
- Richard Maher 24

#### 14 Girls
- Courtney Campbell 12
- Maddi Morgan 26
- Karen Spriggs 14
- Bonnie Delahunty 20
- Emma Schache 23
- Sheridan Baker 24

#### 15 Boys
- Kurtis Schodde 11
- Hayden Farlow 3
- Jayden McQueen 14
- Keegan Fallon 17
- Chris Eagle 20
- Lachlan Wilson 18

#### 15 Girls
- Charlotte Newell 12
- Bailey Cox 16
- Chelsey Hutchins 18
- Zoe McQueen 19
- Breanna Russell 20
<table>
<thead>
<tr>
<th>Age</th>
<th>Name</th>
<th>Gender</th>
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<tr>
<td>16</td>
<td>Rhys Johnson</td>
<td>Boys</td>
</tr>
<tr>
<td>17</td>
<td>Jack Exell</td>
<td>Boys</td>
</tr>
<tr>
<td>15</td>
<td>Corey Chenoweth</td>
<td>Boys</td>
</tr>
<tr>
<td>16</td>
<td>Fergus Schier</td>
<td>Boys</td>
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<tr>
<td>10</td>
<td>Ryan Boschen</td>
<td>Boys</td>
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<tr>
<td>16</td>
<td>Alyce Campbell</td>
<td>Girls</td>
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<td>4</td>
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<tr>
<td>17</td>
<td>Max Koschmann</td>
<td>Boys</td>
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<tr>
<td>17</td>
<td>Bella Matthews</td>
<td>Girls</td>
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<tr>
<td>2</td>
<td></td>
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</tr>
<tr>
<td>7</td>
<td>Caitlin McQueen</td>
<td>Girls</td>
</tr>
</tbody>
</table>

- **16 Boys**: Rhys Johnson (17), Jack Exell (15), Corey Chenoweth (7), Fergus Schier (16), Ryan Boschen (10)
- **16 Girls**: Alyce Campbell (4)
- **17 Boys**: Max Koschmann (3)
- **17 Girls**: Bella Matthews (2), Caitlin McQueen (7)
Students listed as qualifying need to contact Joanne Baker to confirm if they will be competing at Regional level.

<table>
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<td><strong>Lake Hamilton</strong></td>
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<td><strong>13 Boys Team Event</strong></td>
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<td>Patrick Newell</td>
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<td>Darcy Edgerton</td>
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<td>Riley Stehn</td>
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<td>Jordan Weyberg</td>
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<td><strong>15 Girls Team Event</strong></td>
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<td><strong>17 Boys</strong></td>
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<td>33</td>
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<td>34</td>
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</tbody>
</table>
MMFNC Football/Netball Information

Training in Minyip this week

Football didn’t have a great day, we did what we could but it wasn’t quite good enough.

All those who attended the Junior Quiz night agreed that it was great, learnt a bit about our illustrious club and had a laugh as well. Next Pie night is in Murtoa July 24th, should we have another Quiz Night or ????

Derek Cameron 0428 316 319, Mark Schache 0429 433 688
markschache@bigpond.com – U17 Team Manager

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

Auskick/U12’s
NO TRAINING this Thursday due to the Murtoa College Social.
Another tough game for the U12’s on Saturday with the Saints coming out the winners. The Minyip Community Bank Award went to Nic Ballagh with the McDonalds Encouragement Awards going to Reece Hammond, Cameron Whyte and Jack Dean. There is a game next Saturday in Warracknabeal. Players are to be at the ground at 9.30am to commence straight after the U14’s.

Nat Johnston 0428852308
natalie.johnson8@bigpond.com

Netball

13 & Under
13 & Under players continue to improve. They worked the ball well around the court against intense pressure. Great effort by all players
Minyip Murtoa 9 Saints 53
Awards: Hannah Whyte, Maddi O’Bryan and Jessie Delahunty.

15 & Under B
After a slow start the team regrouped and played a strong second half.
Minyip Murtoa 20 to Saints 32
Awards: Haylee Slorach, Alayna Toporzisek and Sarah Castle.

15 & Under A
Saints proved to be a very tough team in the 15A game. Burras managed some good passages of play.
Minyip Murtoa 11 to Saints 45
Awards: Eadie Garth-Lindsay, Bonnie Delahunty and Esther Craig.

17 & Under
Burras remained very determined throughout their game against a very polished Saints team, trying hard until the final whistle.
Minyip Murtoa 15 to Saints 69
Awards: Jessica Warrick, Julia Adams and Brooke Crabtree
SRC School Social

THIS Thursday 5th June
Location: Murtoa College Stadium

Junior Social:
4:30pm to 6:00pm
Theme: What I Want to Be When I Grow Up
$5 per person for juniors
Includes food, music, games and prizes

Senior Social:
7:00pm to 10:00pm
$5 per Person
$10 per Family
Theme: Stereotypes

There will be food and drink available for purchase, but please try to bring small notes or change.

Senior Social Bus Times

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<td>6:45pm</td>
<td>10:45pm</td>
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Return times are approximate only and may be earlier.

Note: Horsham students will be collected and returned to the Catholic Church car park

All other stops will be at Post Offices.
Welcome
Welcome to this edition of the Art is... Layers of Time Festival News.
The Festival begins on Friday night – there's lots of fun in store for everyone!
As well as a packed night of entertainment for Opening Night (Friday 30 May) the Art is... Layers of Time Festival will continue
30 May – 9 June 2014.

Creation Time!
Museum of Land's Past is a stunning visual experience that brings to life the Wimmera landscape through interactive installations, animation and imagined artefacts created by our community.

Invited Erth artist Andrew Blizzard and local artists Mary French and Adelle Rohrshaim are running creative workshops with Primary School students from Horsham North, Rupanyup, Dimboola and Murtos and an elders group at Goolum Goolum.
Thank you to everyone who has been involved – there has been a lot of magic created for everybody to enjoy at the Museum of Land's Past. Please come and have a look at the Museum situated at 9A Firebrace St, Horsham from 30 May – 9 June.

DATES AND TIMES: Opening night Friday 30 May, 6-8pm; Sat 31 to Sun 1, 10am - 2pm; Mon 2 to Fri 6, 12pm - 6pm; Sat 7 to Mon 9, 10am - 4pm.

Art is... Opening Night
Layer up against the cool of the evening and join us on the streets of Horsham for the Opening Night of the Art is... Festival from 5pm on Friday 30 May!

Foot Felix – open-air musical meander through the CBD from 5pm
Art is... Video launch at 7, 9 & 43 Firebrace St
Museum of Land's Past and Official Opening at 9A Firebrace St from 6pm

2014 Layers of Time photographic competition winners announced at 34 Roberts Ave
Intimate performance by Clare Bodditch – Wesley PAC 8.30pm
Program Preview cont...

Festival Family Fun Day
Enjoy music on the grass with sounds from the Itchy Boabs and take part in an Awakeringa music workshop with Johnny Boab's School of Bad Music...

No talent? No skill? No money?
YOU can make music at the School of Bad Music workshop.
Master the electric guitar in a minute, discover the secrets of being a sound artist, learn to play the electric spoons, make music from thin air and join a rock band.
Johnny will lead you in a fun adventure of making musical noise as you create punk, electronic and folk music. It's for anyone of any ability, even real musicians.

(Johnny Boab has spent many years entertaining thousands around the world with music despite making music teachers cry from his lack of ability).

Also, learn about the History of the Wimmera landscape and be astounded by the acrobatic adventures of the Wimmera's Woman's Circus. There is even a chance to create your very own Erth artefact to take home. Bring a picnic or enjoy the family BBQ.
Venue: Sawyer Park

Discover a world of possibilities and experiences.

Why not make a day of it and come and visit the Museum, Photo Competition, Hennish Art Gallery and the Australian Bureau of Worthiness?

Please visit www.artswinnemora.com.au for further information.
Expressions of Interest for the Museum of Land’s Past

To whom it may concern,
Over the past 2 months artists and children across the Wimmera area have been making artifacts and displays for the Museum of Land’s Past, a pop-up museum that opens in just over a week at 9A Firebrace St, Horsham as part of Art is… Layers of Time Festival.

We are currently offering exciting opportunities for multiple young people to be ‘invigilators’. The ‘Invigilators’ will act as museum guides, talking to visitors, revealing secrets and encouraging viewers to use their imagination while in the space. We are currently seeking expressions of interest for this role.

We encourage the invigilators to make their own stories and secrets to share. There is no such thing as fact and fiction in this museum so the possibilities are endless. All that is needed is an enjoyment of interacting with people, a good imagination, a good level of responsibility and some free time.

The invigilators will be supported by a minimum of 2 adult volunteers at all times who will be manning the venue through 3hr time slots; the duration of the ‘invigilator shift’ is flexible. There will be unlimited breaks and adults to assist whenever needed.

Museum of Land’s Past Festival Hours: 30 May – 9 June
Opening night Friday 30, 6-8pm
Sat 31 to Sun 1, 10am - 2pm
Mon 2 to Fri 6, 12pm - 6pm
Sat 7 to Mon 9, 10am - 4pm

Lastly, we hope to get all the invigilators and volunteers in the museum for a preview and introduction before the opening. Tuesday 27 May, 5.30pm at 9A Firebrace Street for a chat and a 6pm smoking ceremony. Due to travel restrictions we will also offer the opportunity for ‘invigilators’ to receive their training on the day that they volunteer.

If you are or know of any young people who would like to be an invigilator we would love to hear from you. Please send a short expression of interest email to Amy amyanselmi99@gmail.com that includes:
Name and age of the invigilator applicant
School, grade, class (if applicable)
Available dates and times
Availability for meeting us on the 27th May in Horsham
Any preference to be paired with a classmate/friend (car pooling might be a good option)

If you have any questions please call Amy on 0427 805 353
Thank you and we look forward to seeing you in the Museum of Land’s Past!

Regards,
Kate Finnerty
Festival Director

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Horsham VIC 3400
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www.artis.wimmera.com.au
Reduce our national sleep debt

Many parents underestimate the importance of sleep for children’s learning and well-being. As a community we lack a great deal of knowledge about what’s required to get a good night’s sleep.

Recently I spoke at an overseas conference and said there is no room for lack of sleep, it’s high on the agenda.

Professor Harlene Hayne, head of the Psychology Department at the University of Oregon, revealed that increasing the amount of sleep children receive is one of the most powerful strategies for improving their mental health and well-being.

The talk begins by emphasizing the importance of sleep and establishing that it is crucial for mental health. The link between sleep and mental health is highlighted, as well as the benefits of good sleep habits.

Good sleep habits include:

1. Regular bedtimes. Kids may fight this, but make sure kids keep regular bedtimes during the week and allow them to stay up a little later on weekends. Children need between 10 and 12 hours of sleep each day, while teens need a minimum of nine hours.

2. A 45 minute wind-down time before bed. This includes: removing TV and other stimuli, calming the child down and limiting food intake (and caffeine for teens). The wind-down time informs the body clock that ‘sleeping time’ is near.

3. A bedtime routine. Have a bedtime routine, such as story-reading and teeth-cleaning, that signals psychologically that it is time for sleep. A set routine means that kids can predict. It also means that some children will fight bedtime so you need some good strategies in place to get kids to bed and make sure they stay there.

4. Keeping bedrooms for sleep. Bedrooms that resemble caves are recommended. It gets tricky with mobile phones and other information technology, but it’s smart to keep mobiles and laptops out of bedrooms at sleep-time. This goes for parents too. I’ve noticed most parents sleep in technology-free bedrooms (apart from a clock-radio) yet their kids will have technology-full rooms.

5. Maximize the three sleep cues. These include: darkness (maintaining a cave-like bedroom); lowering body temperature (baths can be good for this); and melatonin (work within their cycle).

With mental health being on the agenda for all Australians and New Zealanders there is no better start than attending to good sleep habits. If your kids get less sleep than they should, check out the five habits above and work on which of these you can adjust to move things in favour of them getting more sleep.