<table>
<thead>
<tr>
<th>IMPORTANT DATES</th>
<th>August</th>
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<tbody>
<tr>
<td>Tuesday 11&lt;sup&gt;th&lt;/sup&gt;</td>
<td>VCE Biology Trip</td>
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<td></td>
<td>School Council</td>
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<tr>
<td>Wednesday 12&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Year 10 Parent information Session</td>
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<tr>
<td>Thursday 13&lt;sup&gt;th&lt;/sup&gt;</td>
<td>Year 7 &amp; 8 Smoking Education program</td>
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<tr>
<td>Monday 17&lt;sup&gt;th&lt;/sup&gt;</td>
<td>VCE Outdoor Education Camp to Bogong starts</td>
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<tr>
<td>Friday 21&lt;sup&gt;st&lt;/sup&gt;</td>
<td>F-6 Dunmunkle Aths – Minyip</td>
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<tr>
<td></td>
<td>VCE Outdoor Education Camp to Bogong finishes</td>
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Term 3 Week 5

Jason Sleep
Jason Sleep came and spoke to all students in year 5 to 10 last week. As you can see he is an amputee who as a young person took risks that changed his life forever. The talk he gave to the students was amazing and very informative. He discussed the risk taking and decision making, and how these things affect your life. He then got the students into wheel chairs and gave them the chance to experience life as he sees it. Thank you to Mrs Baker for organising this interesting speaker.

Year 9 Bogong Trip
Last week 14 year 9 students and Mrs Baker spent the week at the Bogong Outdoor Education Camp. They learnt a lot about the high country, how to ski and were educated about the sustainable living options available in today’s society. The student’s that attended had a wonderful week and the stories were all positive. Thank you to Mrs Baker for organising the week and helping the students have an experience of a life time. Please see the article later in the newsletter.
Year 10 Parent Information Session – For students going into year 11
A parent information session will be held this Wednesday, August 12 to outline the year 11 educational options available to students in 2016. As mentioned last week the educational environment is continually changing and in the 21st century it is very important that students continue their education as long as possible. This will provide them with a skillset that will increase their employment opportunities. The information session will outline VCE, VET and VCAL options available and will introduce parents to the appropriate staff who will be able to provide assistance and direction throughout their child’s year 11 and 12 schooling. I encourage ALL parents of potential 2016 year 11 students to attend this very important information session.

The week that was! (Week 3 Term 3)

Parent Opinion Surveys
I would like to thank the parents who returned the parent opinion surveys. We value our parent’s opinions of our college! For those parents randomly chosen to do the survey it meant they had to spend time doing the survey and for that I am very thankful. The results will be sent to the college in term 4 and we will use the feedback to improve this wonderful educational institution.

Tony Goodwin
Principal

FROM THE WELLBEING DESK

This Thursday our fearless Peer Support Leaders will host a luncheon for our Year 7 students. This provides a formal opportunity for students to discuss any concerns, questions and suggestions they have. It enables them to talk about their school experiences, what they love about Murtoa College and any improvements or ideas they have. We are looking forward to this fantastic experience!

A reminder that we are halfway through the term and we should ensure that we are taking the time to care for ourselves as well as others. If you need any support, please make sure you have contact with the Wellbeing team or appropriate supports.

Have a wonderful week!

Rach Chapman
(Wellbeing Coordinator)

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<tr>
<th>Class</th>
<th>Subject</th>
<th>Task/Unit</th>
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<tr>
<td>Foundation/One</td>
<td>Physical Education</td>
<td>Throwing and Catching</td>
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Would you like the chance of winning $1 000 and a $25 000 Kitchen Kart for Murtoa College? Keep reading then!

Thanks to a partnership with Get Kids Cooking, AIS and Nestlé Healthy Active Kids Program is giving parents and carers the opportunity to nominate their child’s school to win a Kitchen Kart valued at $25,000. The winning entry also receives $1000 cash to go towards keeping their family healthy and active!

We are asking parents and carers to visit the Healthy Active Kids website and enter Murtoa College in the competition - Enter in 100 words or less, "Why is it important to get your kids cooking?"

Ensure you include the following details on the entry form; Murtoa College, Webb St, Murtoa, VIC, 3390 and Principal – Tony Goodwin.

It's also packed full of educational games, videos, recipes and activities to help kids live a healthy, active life at school and at home. [https://www.healthyactivekids.com.au/](https://www.healthyactivekids.com.au/)

Dates:
Thursday 13th August, St John of God First Aid Training Incursion (Years F-6)
Thursday 20th August, Murtoa College Science Awards
Friday 21st August, Dunmunkle Schools Sports Association F-6 Athletics in Minyip
Friday 28th August, Casual Clothes Day
Friday 18th September, Final Day of Term

Primary News

The Murtoa College Science Awards will be held on Thursday 20th August in the stadium. The students will be participating against their classmates to see who can present the best scientific concept or experiment. We will have prizes for the first, second and third places in each category and invite parents to join us in the stadium at 2:30pm to see the incredible displays and for the award ceremony.

On Wednesday the Year 5 to 10 students were lucky to be involved in an incursion, Wheel Talk with Jason Sleep, a wheelchair athlete. He spoke about the events and poor decisions which led to him being wheelchair bound, but also the exciting life that he still manages to live. It was very informative, but also slightly confronting in regard to Jason’s honesty and accounts of the accidents he’s been involved in.

Dunmunkle Schools Sports Association Athletics will be held in Minyip next Friday 21st August from 9am. A note was sent home last week requesting assistance on an event, so please let us know immediately if this doesn’t suit and we’ll try to arrange
another parent to cover that session. Parents/guardians are responsible for getting their children to and from the athletics and we will not be running buses on the day.

The annual Year 4/5/6 camp details were distributed last week. The students have been invited to attend Urban Camp in Melbourne on December 7th to 9th in the second last week on Term 4. Please be advised that if you applied for the camps and excursions funding, it will be available to cover approximately half of the overall cost. If parents have any queries, please do not hesitate to contact Mrs Noonan or myself.

Mr Brad Venn
Assistant Principal

Students of the Week

Back row: Emily, Logan, Mikaela, Charlie, Anai and Jorja.

Reading Awards

Back row: Emily, Mason, Regan, Will and Bella.
Front row: Josiah.

Primary Assembly Hosting
Week 5 – Year 5/6
Week 6 – Science Awards
Week 7 – Year 3/4
Week 8 – Year 2/3
Week 9 – Year F/1

Birthdays
Monday 10th August – Bridget’s 11th Birthday
Wednesday 12th August – Alyssa’s 11th Birthday
Saturday 15th August – Johnno’s 8th Birthday
Bogong Ski
Bogong Outdoor Education

Last week 14 Year 9 students and teacher Joanne Baker travelled to Bogong Outdoor Centre for a week long Winter Connect camp. This camp centred around experiencing cross country and downhill skiing as well as learning about local, national and international sustainability and environmental issues. We shared the trip with three other schools Hopetoun, Rainbow and Wycheproof.

The bus trip was a long seven hours, so we made the most of getting to know the other students by having a ‘Speed Dating’ session where we spent ten minutes with each other to introduce ourselves. For a start, it was a bit hard to keep the conversation going with people we had just met, but after a few goes, it became easier as we thought of different things to ask each other like favourite footy team, hobbies and music.

To keep us entertained we watched several movies on the way such as Avatar and Cool Runnings, but the change in scenery on the way up the mountain was amazing.

On arrival we were placed in girl and boy dormitories in Fainter Lodge, and put into mixed ski groups of around ten people. The original buildings at the camp were built for the Snowy River dam scheme during the Second World War. It has been a school camp since the early 1950’s and is one of only three camps run by the Education Department.

We started each day early with some motivating morning music (NOT) chosen by the teachers, then either duty activities or exercise. On the Wednesday morning we were greeted with actual snow falling at the Bogong campus, something that was a highlight for many. It was magic having breakfast and watching it snow outside.

The food was amazing with Phil the chef speaking each night about where the produce was sourced from (always locally), and he described how it was made which made us appreciate it even more. We made our own lunches each morning for the day of salad and meat sandwiches or wraps, a home made wholemeal slice and biscuit and as much fruit as we wanted. Nothing was left to waste.

All our left over food was either recycled as a ‘fruit rescue’ which Phil would use in the next night’s dessert or composted. We had a meat free meal as we learnt about the cost to our planet that eating meat is causing. Phil made the most tasty vegetarian lasagne with pureed peas and roasted pumpkin in the layers, a real treat to the taste buds!

Before we could leave in the morning rooms were inspected and our floors had to be cleared, beds made and clothes put on the shelves. All students achieved this, so there should be no excuses now for when they are at home!

The evenings were very busy too as we were issued with ski gear for cross country skiing as well as downhill. It was very time consuming having the downhill boots appropriately adjusted for our weight on the right skis. We also had an evening class which focused on our individual sustainable living actions as well as viewing a short film about two Norwegian men who chose to live for a year on a secluded beach littered by rubbish fallen from ships. Their aim was to build shelter from what they found, clean up the litter and have it helicoptered out of there. They did all this while pursuing their love of surfing, snow boarding and paragliding.

Students were also encouraged to ‘switch off’ from their electronic devices for the week, to fully engage in this outdoor experience and to facilitate real social interaction with new people, not just their friends. Meal times were had with Murtoa students sitting amongst the Hopetoun, Rainbow and Wycheproof students so they could make new friends.

The Bogong staff were exceptional as they guided the students through their duties and ski instruction taking great care to support and encourage all. Each student had a BOEC teacher to assist them with their learning objectives and how to follow up on this at home upon return. I hope all families of these students have had sustainability strategies put into place such as: shorter showers, reducing, reusing, recycling waste, creating a compost, using scraps to feed chooks or turning lights off when leaving a room etc.

Ellen Huebner and Marco from Hopetoun were given some ‘air time’ on Alpine Radio where they talked about their week at Bogong. They gave an informative discussion about life as a Murtoa College and Hopetoun College student at the snow. The interview can be found on the BOEC website.
It was fabulous to see the friendships developing between the four schools over the week. The Bogong staff commented that they could not pick the schools apart as the students mixed so well. No doubt social media will be getting a work-out as a result. Sincere thanks to all the students for the way they represented Murtoa College on this camp. They were a pleasure to take out of the school and it made our week so much easier.

Emma Schache
I have never seen snow before and it was an absolutely amazing experience to see it and learn how to ski. It was a fantastic camp and I would recommend it to anyone. The Bogong teachers were really friendly and the campus layout was pretty good too. The snow was soooool beautiful and I would just love to come back to visit it again, even if I didn’t ski, it would be nice to see it all again. You definitely have to listen to the teacher because they are very experienced and if you follow their instructions you will quickly learn how to ski safely and be in control. Overall this camp was one of the best camps I have ever been on.

Jordy Wedemann
I had heaps of fun and I learnt how to ski quite competently. I made some lifelong friends from the other schools. I learnt a bit more about the environment than what I already knew and the impact I have on it. I am going to try to have four minute showers when I am home to save water and power. The snow felt fake because it was soft and it wasn’t like ice. The runs we went on were fast and steep, but really fun. I had quite a few stacks. When I was going down Wombats Ramble, I did the splits while skiing and fell. It really hurt, but I was fine. R] (from Hopetoun), and I got lost for half an hour because we missed the instruction and went left instead of right at the meeting point and then we went down Wombats by ourselves and waited for our instructor to find us! We were at bit scared and frightened but Russ our Bogong teacher was pleased that we stayed in the one spot and waited. We spoke to a Falls Creek official there and he said he would find our group. I would definitely recommend all students go on this trip because it is so much fun and you get to see what the Alpine area is like compared to the Wimmera. I definitely will come back again to Falls Creek with my family or when I do VCE Outdoor Ed.

David Horvat
It was one of the best experiences I have ever had. I would say everyone was very awkward around each other at the beginning of the camp socially, but towards the end all four schools mixed really well. At the start the skiing was difficult to get your head around but after instruction, was pretty easy. I think cross country skiing is relatively underrated because it is a lot different to downhill and you get to see a lot more of the mountain than you do downhill skiing. You are more amongst the environment. The food was amazing! The fact that it was so healthy compared to a lot of other food and yet still so tasty proves that healthy can be delicious too. I learnt that I can make good friends quite easily, and this trip I have made many lifelong friends from Hopetoun, Rainbow and Wychenproof. The teachers and the instructors were really nice and they were very clear about what they wanted us to do which was helpful, I reckon that anyone who has the chance should go on this trip because it so interesting and different compared to other camps. If I could go, I would love to come back again!

George Robbins
This trip was really fun and a good experience to organize myself and do things myself. I have learnt a lot about myself and what I can do if I put my mind to it like going down steep hills on skis even though I thought I couldn’t do it – I could! Russ, my Bogong teacher extended me beyond what I thought I could do which was great. I met lots of new friends that I will have for the rest of my life. I learnt that we are producing a lot of greenhouse gases and that we are harming our environment, this makes me want to do something about it on a personal level like having shorter showers or having one meal without meat each week. Meeting new people was a highlight for me and I was surprised by how well we all got on with each other. I would recommend to future students to push themselves to have the best time they can possibly have.

Ellen Huebner
I had a fantastic time and I learnt heaps of stuff like the impact that we have on the environment and we can reduce that impact. I love that we got three days of skiing because it gave us the chance to improve and learn more. I love that it is soooo different to home, such a new experience. The environment, such as the mountains and snow is so different from where we live. We don’t see it very often. It is different as in the structure of our time, we had to take a lot of
responsibility ourselves for making our lunches, clean our areas, setting up and cleaning up after meals etc. The camp would not run if the students did not do these things. The Bogong staff were excellent and super understanding. They pushed us but not too far to exceed our ability. They challenged us in a positive way on the snow and off. I loved meeting new people and I feel that I have made heaps of new friends from the other schools. All up it was a fantastic experience and I want to thank all our teachers who came with.

Eddie Garth-Lindsay
It was really fun and I realized how much effect we have on our planet. It is well worth going to Bogong because it is a one in a lifetime experience. I will never forget when the Rainbow girls and Murtoa girls talked for ages in Emma & Maddi’s room. It was good to get to know the other students and we talked for ages about funny experiences we had had together at the camp. I learnt that I am able to change the way I live to reduce my impact on our planet. I will try and shorten my showers and maybe when it is my turn to cook, prepare a meat free meal every now and then. I would recommend to future students to make as many friends as possible and just enjoy every moment because goes so quick.

Harris Sudholz
This camp was fun and better than I thought it would be because I thought I would be really bad at skiing. I listened to my instructor carefully and took on board their tips and advice on how to improve. Going downhill was quick and fast. On the second day I felt in control more because I had been cross country skiing the day before. Everyone stacking was pretty funny to watch. Joel (Rainbow) ran into Riley then nearly fell down the edge into some trees! I learnt how much of an impact I am making towards Global Warming and I am going to try to turn off heaters and wear more clothes to save power and reduce greenhouse gases. The food tasted really good because everything was locally grown and fresh. The apple juice actually tasted like real apples but it wasn’t as sweet as the juice we buy. I would recommend to future students to mix with the other schools as soon as you can because you will make good friends. It is a very good experience and one I will always remember.

Riley Keel
I really enjoyed my week at Bogong and I want to go back! It is just fun and it is different, it builds up your confidence and you just feel free. You don’t have to really follow anyone and when skiing you can follow your own track and go at your own pace within your group. I recommend all students to go on this camp because it is a great experience. The duties that we had to do were a good idea because it got people used to doing things they may not normally do at home and we were the ones all using the facilities. I didn’t realize that downhill skiing wasn’t as hard as I thought it would be, or how different the runs are. They are more windy and different from each other, not just narrow and straight down. Cross country skiing was hard, but you can’t go as fast because it is mainly flat and it is really hard to snow plough. It takes a lot of energy too! I liked it how the camp was still like school we were still taught things about the environment along the way. It was weird to see so many local school students who were there training for ski racing. This was part of their school sport activities because they live close by. The food was great because it was so fresh and the chef told us what produce he used to make the meal and where all the ingredients were sourced from. The first day my feet were really sore from cross country skiing, but I wasn’t as sore from downhill skiing which was great. I liked JP the Bogong teacher because he was funny with us and let us larize around periodically.

Maddi Morgan
There was fantastic weather and snow at Falls Creek this week! This helped our skiing when there was such good snow and we could also enjoy the scenery around. I learnt how to cross country ski – I had never tried that before. I enjoyed it more than I thought I would but I still liked downhill skiing better. It was nice being able to ski with my friends because I have always been to the snow with my family. I got to make many new friends from the other schools. The camp is very organized, there isn’t much time when we didn’t have anything to do. We learnt a lot about the environment and how living in the Alpine area is very different to where we live. This trip is well worth coming to and it is a good experience to try skiing.

Zach Leats
I liked how we learnt about the environment as well as skiing. Like how the little things we do adds up to a lot in terms of accumulation of greenhouse gas. The skiing was difficult at first because I haven’t been skiing before but in the end I thought I improved a fair bit which was great. I learnt how to snow plough and do my turns and I learnt how to move past people safely which is the Alpine Code of Responsibility. On the first day it was a really good experience to get to know the people on the bus from the other schools. We did speed dating on the
bus on the way to get to know people faster which was good. Being at Bogong was great because it actually snowed at the camp overnight and during the day which was incredible. I learnt that I can improve by practicing and listening to my instructors for advice on what I might be doing wrong. I learnt that I have to push myself sometimes to get the most out of my experience. I had to put myself out of my comfort zone amongst new people but it was worth it. The funniest thing I remember was on the second day when we were going in for lunch Ellen couldn’t turn properly and went straight when she should have turned. Another funny moment was when I put my foot through the snow and ice into the frozen river, I fell back and I got stuck! I couldn’t move or get myself out, I ended up having to dig around and twist my leg to get out! A few people in my group thought that was really funny! Olivia from Wycheproof lost her ski and ski boot down this massive cliff! She had fallen over and they both fell off! Quinny the Bogong teacher had to ski down and get it for her. This is an experience I will never forget.

Abe Kington
I ran into a tree! I did a turn and tried to slow down to stop but I couldn’t stop in time so I started to fall over and I went over the edge and I caught a tree! I was worried I might fall and break my arm but tree helped me. I thought the whole trip was fun because we could learn how to ski and you can’t do this out where we live in the Wimmera. I loved going down the trails we went down when we were downhill skiing because you have to go a bit faster and down steeper slopes. I learnt that I could pick up skiing relatively quickly and follow on more than what I thought I could. I was pushed out of my comfort zone, for example cross country skiing was more physical than I thought it would be. I would recommend for future students to come to Bogong because you learn a lot about the snow and the environment.

Courtney Campbell
I liked cross country skiing the best because I picked it up fairly quickly and it was a great way to explore the park. Meeting new people was also a highlight because they were funny and nice to talk to. I learnt that I am able to do different skills such as downhill skiing and managing myself in the cold. The food was great because it was something different every night and some of it was different to what we have at home. It was fun and a great experience at trying something different that we have never done before. It was funny when Riley went down this steep hill and crashed into trees. All we could hear was him laughing hysterically. The Bogong teachers were very supportive and knew what our limits were and challenged us when we needed it. Overall I would rate this trip highly because we had so much fun and it was different to all the other camps we go on.

Sheridan Baker
This trip was really good because the food was fantastic and I enjoyed that they still gave me feedback on how I could improve my skiing even though I have done it before. I loved that Russ gave me the chance to go at my own pace (faster) and wait at the bottom for the group and I loved meeting new people because I have learnt so much about them and I have learnt that I have much more in common with them than what I first thought. The Bogong routine was good because it was organized and all the jobs were shared out equally and I liked that it helped us get to know the other students better too. Probably the funniest thing was when I went down a jump and I went to do a hockey stop on cross country skis and ended up falling over the front of the skis in front of everyone! I was so embarrassed! The Bogong teachers were really nice and I enjoyed getting to know them as well. The mini lessons that we had were interesting and I am going to try and not use technology so much when I get home. I would say to future students to make sure you are fit before you go because it is intense work on the slopes!

Richard Maher
When we arrived at Bogong we had to prepare for cross country skiing by fitting our boots and skis. Then we went and had dinner for the first night. It was like a chicken parmigiana with vegetables. It was yummy. The highlight for me was the second day of downhill skiing because that was when we were able to explore more around the different runs. When we were all skiing along, the fast snowboarders that were coming along behind us, made most of us lose our nerve and we nearly crashed into them! I will never forget my face-plant into the snow because it really hurt! We were practicing our turns while holding our skis up and I overbalanced and fell flat on my face! The campus was good because the hospitality they gave us there was great and lots of food if we wanted it. I would recommend all students to go if they are thinking they might because it is an experience you will never forget.
The Intermediate VCAL students have been invited to the Rupanyup Nursing Home to paint one of the fences into a mural of a rural landscape. The students have planned their design and started painting the fence. Painting the fence at the nursing home helps build a friendly and positive relationship with the elderly and the students. By Connor Marsh and James Arber.

Rhys “Guz” Johnson in action

Tarlee Jenkins getting it done!

Lots of concentration from Tess Loats
Hello from year 7 Home Economics

We are nearly half way through term three and the year 7s have been cooking up a storm. This term’s menu:

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<tr>
<th>Week</th>
<th>Recipe</th>
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<tr>
<td>1</td>
<td>Safety</td>
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<td>2</td>
<td>Pizza toast and milkshakes</td>
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<td>3</td>
<td>Egg and bacon baskets</td>
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<td>4</td>
<td>Mini apple pies</td>
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<td>5</td>
<td>Cheese triangles</td>
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<tr>
<td>6</td>
<td>Spicy shake n bake chicken w. couscous</td>
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<td>7</td>
<td>Drop scones/ pumpkin scones/ savoury scones</td>
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<tr>
<td>8</td>
<td>Tea Cake</td>
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<tr>
<td>9</td>
<td>Hedgehog and lemon slice</td>
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<tr>
<td>10</td>
<td>Savoury baked potato and butterscotch pudding</td>
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8A – containers Friday 8B – containers Tuesday
Sport Dates for Term 3 & 4, 2015

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<tr>
<th>Term 3</th>
<th>Week</th>
<th>Dates</th>
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<tr>
<td>WEEK 5</td>
<td>Monday</td>
<td>August 10</td>
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<td>Week 7</td>
<td>Tuesday</td>
<td>August 25</td>
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<td>Wednesday</td>
<td>August 26</td>
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<th>Week</th>
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<tr>
<td>WEEK 1</td>
<td>Friday</td>
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<td>WEEK 2</td>
<td>Monday</td>
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<td>WEEK 2</td>
<td>Monday</td>
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<td>WEEK 2</td>
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<td>Monday</td>
<td>October 26</td>
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<td>WEEK 4</td>
<td>Tuesday</td>
<td>October 27</td>
<td>All day</td>
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<td>WEEK 5</td>
<td>Thursday</td>
<td>November 5</td>
<td>All day</td>
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<td>WEEK 10</td>
<td>Sun - Friday</td>
<td>Dec 6 - 11</td>
<td>Whole week</td>
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For more information and details of GWR and State events please refer to SSV website. See below.

www.ssv.vic.edu.au

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.
MMFNC Football/Netball Information

Training in Murtoa

Pie Night on 20th August – Quiz Night after training
Junior Presentation Day – 20th September @ Minyip

Team Photo’s – Link to Web Page - www.picprint.com.au, follow the prompts.

Football

U17's
Well off to Central Park in Stawell we trudged this week but to our surprise the team had other ideas, what we saw was a very committed and determined Burra team hell bent on having a fair dinkum crack, after a bit of a slow start in the first quarter the "machine" clicked into gear , Jake, Ferg, Boaky, Joe and Sam got the ball heading our way and scored 3 goals for the quarter, Cheno was away with the fairies asking the coaching staff on several occasions the same question over and over, during the next half of footy the boys kept on keeping on, Nic was patrolling half back along with Josh P, Keegs, Ryan, Matt, Aaron and Dom. All in all a pleasing effort by all. Well done boys only a couple weeks to go keep up the effort.

Goals; Sam Leith 3, Jake Ballagh 1
Best; Jake Ballagh, Fergus Schier, Josh Boak, Joe Gardy, Sam Leith and Nic Kelson

Derek Cameron 0428 316 319 derekjcameron30@gmail.com
Bruce Gardy 0428 861 922 bgardy@bigpond.com

U14's
Young Burras travelled to Stawell for Saturdays game. Started the game very well and led at the first change, our pressure dropped off in the second allowing Stawell to goal a few times and produce a match winning lead. Second half a much more even affair, a great effort against a much taller team.

Result: MM 4/2/26 Stawell 11/11/77
Goals: Jordan Weyberg, Darcy Edgerton, Aaron Leith, Brayden Rundell
Best: Logan Petering (Minyip Comm Bank) Dom Hateley (Milford Stores) Jordan Weyberg (Bellvue Trading) Darcy Edgerton, Jake Burke

Gavin Young 0417 372 120
Team Manager – Leigh Bell 0427 861 409 bellvale552@gmail.com

Auskick/U 12’s
Training this Thursday at 5pm.
There is no game this week.

Nat Johnston 0428852308 natalie.johnson8@bigpond.com
Netball

Pie Night on 20th August – Quiz Night after training

Well, we are on the home stretch of our netball season, with only two home & away games remaining before finals kick in, so next two trainings will be in MURTOA, with our game on Saturday being at Ararat then our final game will be at Murtoa against the Warrack Eagles, now, on this last game please be sure to bring a change of clothes, unless your team will be heading to finals as dresses will need to be handed back to your team managers on this day or to Jess Whyte. Thank you all will see you all at training on Thursday 😊😊 Have a great week

13 & Under game was much improved on the last time they played Stawell and the Burras managed to keep Stawell to five goals less. Plenty contesting of the ball was demonstrated by all players making Stawell work hard for their win.

Minyip Murtoa 8 to Stawell 72
Awards went to Hannah Whyte, Cleo Baker and Lily Horvat.

15 & Under B put up a good contest against Stawell working hard with great passages of play for the entire game

Minyip Murtoa 15 to Stawell 27
Bridget Drum, Maddi O’Bryan and Georgia McIntyre won the awards.

15 & Under A sitting one game clear of Stawell on the ladder put in a very polished performance to come away with a great win.

Minyip Murtoa 41 to Stawell 22
Courtney Campbell was best on court, followed by Maddi Morgan and Eadie Garth-Lindsay.

17 & Under. All girls played well in sections with improved scoring.

Minyip Murtoa 20 to Stawell 53
Awards went to Jessica Warrick, Maddison Watts and Montana Petering.

Jess Whyte - 0428 847 381
MMNC Junior Coordinator
“Murtoa Swimming Pool News 2016”

The programme dates for the Vicswim Summer Kidz Program

to operate at the Murtoa Swimming Pool in January 2016 are as follow:

Week 1  4\textsuperscript{th} Jan – 8\textsuperscript{th} Jan 2016
Week 2  11\textsuperscript{th} Jan – 15\textsuperscript{th} Jan 2016
Week 3  18\textsuperscript{th} Jan – 22\textsuperscript{nd} Jan 2016

Further information re enrolments will be out later in the year via The Vicswim Summer Kidz Program.

For further information please contact:
Sonia Schodde  5385 2543
Secretary of the Murtoa Pool Committee

MURTOA COLLEGE - 40 HOUR FAMINE

Friday 14\textsuperscript{th} – 16\textsuperscript{th} August

“SHOW WHAT YOU STAND FOR”

It’s great to see our students get behind worthy causes to help families less fortunate. Chloe Rintoule, a Year 11 student is encouraging other students to participate in the 40 Hour Famine and raise money to help fight global hunger. She has set up a “Team Murtoa” on the 40 Hour Famine website. Students can contribute to the campaign either as an active member, or through donations. The 40 Hour Famine starts on Friday the 14\textsuperscript{th} August and continues through into Sunday 16\textsuperscript{th} August. Students can select what they plan to go without for 40 hours such as a phone, other forms of technology, food, etc. For further detail please log onto the website below, or see Chloe Rintoule.

St John Ambulance will visit our school on Thursday 13th August to deliver **FREE First Aid in Schools** training to our students. Through the First Aid in Schools program, trained St John presenters will lead students from **Foundation to Year 6** through tailored sessions on the importance of First Aid and what to do in the event of an emergency. Our junior students will learn about how to identify when there is an emergency, keeping themselves safe, and how to call for an ambulance. Senior students will learn about delivering CPR (cardiopulmonary resuscitation) and the things they can do to assist in an emergency.


### Fundraising Raffle for St John Ambulance – Signed Carlton FC Football

As a thank you to St John Ambulance we are raffling off a **signed Carlton Football Club AusKick Sherrin** as a fundraiser for them. The football has been signed by Dylan Buckley, Matthew Watson, Sam Rowe, Jason Tutt, Matthew Dick, Zach Tuohy, Andrejs Everitt and Bradley Walsh.

**Tickets are $1** and will be available at the **office**, in **Year Level Assemblies** and from the **Primary Staffroom**. The raffle will be drawn at the Whole School Assembly on Tuesday 25th August, 2015.
Horsham Region 2015
Friday August 21

Featuring Guest Artists
Requiem    Blind Eye
In a digitally literate world of ‘likes’ and social criticism Lakshmi Singh looks at how parents can foster a critical spirit in a constructive, healthy and balanced way.

**The age of entitlement**
Parents have always wanted the best for kids, but taking the “you deserve the best, this/he/she is not good enough” mentality a bit too far can also be detrimental, says parenting and education expert Ronit Baras.

“There are a number of ways in which parents can foster a critical spirit in their children,” says Baras. “Parents need to set a good example by being critical of their own actions and challenges. They need to teach their children to weigh the pros and cons of a situation and then make an informed decision.”

**Readily accessible forums to dish out criticism**
It is no secret that Millennials are more digitally literate than the rest of us. With most having access to their own mobile phone, laptop and social media accounts, the stage through which they can communicate with others is wide and always available.

“Social media encourages us to be more vocal about criticism. So instead of just judging people quietly, in our mind, we can do it aloud, behind the safety and anonymity of a computer screen,” says Dr. Nayate.
The privacy that social media affords also brings to the fore a trait that Baras calls a “brain fart”.

“In my program we consider it a “brain fart” when you do not consider others or the outcome of what you say and only want to say it, at all cost,” she says.

She believes the problem is intensified in a society that values external standards and imposes them on the education system through set metrics. “Teachers use marks, tests [and] they flush with standards and rules and this is far away from teaching critical thinking. So, no wonder kids are learning that everything in their life needs to be judged.”

From teacher review sites to specialist groups and threads on social media forums, kids today can critique anything about their school, programs or individual people, making up their mind whether something makes the cut or not.

A culture that accepts criticism

With the prominence and popularity of reality TV shows comes the hard truth that our culture is now one of judgement and criticism.

“People are evaluated on the basis of what they’re missing, how they’re not good enough or worthy enough, and what’s ‘wrong’ with them,” says Dr. Nayate.

To compound the situation, today’s society is more geared towards materialism and capitalism, she says.

With the aim of being ‘better’, ‘richer’ and ‘more successful’ comes the habit to indulge in self-criticism, another trigger for engaging in a dialog centred around “I am better than this guy because …” or “I am so hopeless at this compared to ….”

Self-criticism is the first step towards judgement of others. We can only judge others if we’re somehow judgemental of ourselves,” says Dr. Nayate.

Striking a balance

So, how do we turn all this ‘judgement’ into something that is more considered, evaluated and more respectful of the people and practices involved in the process?

By understanding the difference between informed decision-making or critical thinking and straight judgement, says Baras.

“Critical thinking is when we present kids with options and teach them to evaluate and consider the advantages and disadvantages between options. Criticism/judgment is considering yourself above others and rating them based on your own individual standard.”

The good news is that critical thinking skills can be developed without being critical of others says Dr. Nayate.

“It’s about adopting an attitude of openness and healthy curiosity. Just like a three year old who always asks “why” - the child isn’t doing it out of judgement or maliciousness, it’s simply a raw desire to learn more about the world.”

While critical thinking skills depend on the maturity of the child, Dr. Nayate believes parents can nudge kids in the right direction by role modelling it:

1 Verbalise the thought-process involved in everyday decisions – for example: choosing healthier food options (“When I eat fries, I feel a bit sick in the stomach, and the next day I get a headache from all the salt and grease. And then I feel sluggish and lazy, and I just want to sit around at home all day instead of going to the playground with you.”)

2 Assist with decisions and evaluations – implement this as a two-step process, she advises: first, acknowledge kids when they have demonstrated critical thinking. For example: “that was a good decision to do your homework before you went to your friend’s house. That way, you can really have fun and you don’t need to rush to get home”. Secondly, help them assess whether the decision they made was because they accept an idea or because it came from a person they accept. As an example, many teenagers tend to accept information as credible when it comes from their peers or celebrities more so than their parents.

3 Help them put their higher values in perspective – while some children may value hard work or aim for certain levels of achievement, they would also value acceptance, connection with others, happiness, fun and adventure, she says. For example, a child who values health and fitness highly might override them in favour of other values like fitting in with their peers who smoke and thus take up that habit. Encourage them to see when decisions are made based on what we value, rather than on impulse or what feels good at that moment.

Sources:
• Tim Elmore’s blog on ‘Curing a critical spirit in students’ - http://growingleaders.com/blog/curing-critical-spirit-students/
• Time magazine article ‘Millenials: The Me Me Me Generation’ - http://time.com/247/millenials-the-me-me-me-generation/