



Excellence Cooperation Respect Courtesy
 Enthusiasm Responsibility
 Commitment
 Friendliness

The Lizard Link

Honesty
Caring

Murtoa College Newsletter

Principal
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No. 17

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MURTOA COLLEGE IS A CHILD SAFE SCHOOL.

	<p>We acknowledge the Wotjobaluk peoples of the Wimmera region as the traditional custodians of the lands upon which Murtoa College is situated. We pay our respects to their elders – past, present, and emerging – and we acknowledge their deep care of the lands we live on. We also acknowledge that for tens of thousands of years our First Nation's peoples have engaged in – and passed on – excellent teaching and learning practices on the spaces the Murtoa College community learns today.</p>	
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Important Dates

Week 8	Monday 20 th November	Robotics Excursion 7.30am – 5.30pm
Week 8	Wednesday 22 nd November	2024 Yr7 Transition Day Yr 12 Celebration Dinner
Week 9	Tuesday 28 th November	Kinder Transition 9:00am-12:30am
Week 9	Wednesday 29 th November	2024 Yr7 Transition Day
Week 10	Monday 4th December	Professional Practice Day: Pupil Free Day
Week 10	Tuesday 5 th – Friday 8 th Dec	F-6 Swimming Program
Week 10	Thursday 7 th December	F-6 Celebration & Yr6 Graduation 9.15am - Stadium
Week 11	Monday 11 th December	School finishes at 12.45pm Presentation Evening at Marma Lake - time to be confirmed.
Week 11	Tuesday 12 th December	Statewide Transition Day
Week 11	Wednesday 13 th -14 th December	Advance Camp – Celebration Camp
Week 11	Friday 15 th December	School Clean Up day

2023 Presentation Evening

Please note that this year's Presentation Evening will be on **Monday 11th December** at Marma Lake. We will publish more information regarding this event soon.

Dear Families, Students and Staff,

As we enter the last few weeks of Term 4 and the weather warms up, we take the opportunity to remind families and students to ensure they practice safe warm weather protocols, including: (1) Wear a hat when outside during recess and lunch breaks; (2) Put on sunscreen and mosquito repellent prior to leaving home (refer to our last newsletter); (3) bring a water bottle and use to stay hydrated during the day; (4) find a shaded area when outdoors on hot days. We also remind families to promptly call the front office if your child/ren are not attending school on each day that this occurs.



Thunderstorm Asthma: be prepared this pollen season.

Grass pollen season, which typically runs from October to December each year in Victoria, brings an increase in asthma and hay fever symptoms. It also increases the risk of thunderstorm asthma. For people with asthma or hay fever, especially those who experience wheezing or coughing with their hay fever, thunderstorm asthma can be sudden, serious, and even life threatening. During the season, there are some things you can do to prepare and protect yourself and your family:

- If your child has ever had asthma, talk to your doctor about what you can do to help protect them from the risk of thunderstorm asthma this pollen season, including updating your asthma action plan. Taking an asthma preventer properly and regularly is key to preventing asthma, including thunderstorm asthma.
- If your child has hay fever, see your pharmacist or doctor for a hay fever treatment plan and check if you should have an asthma reliever puffer. These are available from a pharmacy without a prescription.
- If your child has hay fever and experiences wheezing and coughing, it is important to make sure they don't also have asthma. Speak to your doctor about an asthma action plan.
- Where possible, avoid being outside during thunderstorms from October to December, especially during the wind gusts that come before the storm. Go inside and close your doors and windows. If you have your air conditioning on, turn it to 'recirculate'.

For more information, speak to your doctor. You can also visit the [Better Health Channel website](#).

High Energy Drinks

A reminder that the College does not permit the consumption of high energy drinks due to the high caffeine and sugar content of several popular brands in the market. Some contain the same amount of caffeine as two to three cups of coffee and as they are drunk cold, deliver caffeine faster than a cup of coffee. This can lead to a sudden peak in energy followed by a crash that can leave the drinker feeling worse than before. The short-term effects of energy drinks include alertness, stimulation of the nervous system and an increased heart rate, while excessive consumption can aggravate symptoms like anxiety, cause insomnia, nausea, vomiting and heart palpitations. As such, we seek family support in not allowing their child to bring high energy drinks to school, including when students are on an excursion.

Secondary School Immunisation Program for 2024

Secondary school immunisations are provided to students to reduce their risk of contracting preventable diseases and some cancers. Health advice regarding immunisations recommends students receive the following:

Year 7

- Diphtheria, tetanus and pertussis (whooping cough) vaccine (one dose)
- Human papillomavirus (HPV) vaccine (one dose).

Year 10

- Meningococcal A, C, W, Y vaccine (one dose).

For a variety of reasons, there are many students in years 7 to 12 who may have missed these important vaccines. This puts students at an increased risk of illness. If your child missed out on their school-based vaccinations, please speak to your GP or local council immunisation service about how they can catch up. To check if your child is due for any vaccines, refer to their immunisation history statement on the Australian Immunisation Register, using your MyGov account. If your child is aged over 14, they may need to access their immunisation history statement themselves, through their own MyGov account or the Medicare mobile app.

New HPV vaccination resources to assist young people with disability.

Young people with disability should have the same access to preventive healthcare and immunisations as everyone else. Vaccinations can be stressful, and there are sometimes unique barriers for people with disability.

Cancer Council Victoria, in consultation with Murdoch Children's Research Institute and Scope Australia, has developed the following resources for parents and carers to improve the vaccination experience for young people with disability:

- [Help your child with disability get the HPV vaccine](#) (fact sheet)

· [Supporting your child with a disability with vaccination](#) (videos)

· [Preparing for school vaccinations \(social story\)](#)

Encouraging Positive Conversations about School with your Child/ren

Significant adults in our children's lives can work in partnership with our College to have a positive impact on your child/ren's achievements. To assist parents/carers/guardian's efforts to be involved in conversations about their child's/children's learning on a regular basis, researchers advise asking child/ren questions that ask your child to think more deeply about the question they are being asked about their day at school. Questions you could ask include:

- What have you learned today that might be useful in the immediate future and/or for a lifetime?
- What have you completed today that makes you feel particularly proud?
- What was the best thing about this week at school (apart from seeing your friends)?
- Can you think of a time today when you went out of your way to be helpful to someone?
- What is the most demanding or challenging experience you had today?
- Can you think of a time today when you were especially enthused? What made you feel this way?
- Ask your child/ren to rate their day on a score of 1 to 10. If they say 4 or 5 out of ten, ask what do we need to do to get them to a 7 or 8 out of ten?

Thanks so much everyone,

Dr Bec Carter - Principal



Scholastic Book Fair

We have an exciting selection of books to browse, with many new releases such as 'Bad Guys' and 'Diary of a Wimpy Kid' volumes 18, as well as 'The 169 Storey Treehouse'. Favourite new picture book? It was a draw between "Baa Baa Black Belt" and "Miss Understood." Both will be excellent new additions to our library. There is still plenty of time to pop in and view the offerings. The Fair concludes on **Monday November 27**. The library is open from 8.30am – 4.15pm.

All sales earn the school commission to purchase books for our school, with vouchers to be won to spend at the fair.

Scholastic Book Club Issue 8

This is the final Book Club for the year and your final chance to make purchases for Christmas. Why has this been sent home with the Book Fair running at the same time? They have a different selection of kits and books, although if books they offer are at a cheaper price than the Fair we will price match them.

Orders for this need to be completed by **Wednesday 29th November**.

Overdues

There are also a lot of books that have been overdue in excess of 6 months. Please check under beds, in books shelves and return these so we do not have to waste our budget replacing old titles – especially when there are so many exciting new ones to choose from!

F - 6 NEWS

Important dates to remember for Term 4:

Week 9: 28 th Nov	Kinder Transition 9:00am- 12:30pm
Week 10: 4th December	Professional Practice Day: Pupil Free Day
Week 11: 12 th Dec	State wide Transition Day
14 th Dec	Presentation Evening

Foundation Transition

On the 17th and 28th of November we welcome next year's Foundation students to our school. The children will be involved in lots of different activities and get to experience what school will be like in readiness for next year.

Grade 6s Transition to Year 7

On Wednesday 22nd of November, from 9:30-2:30 Grade 6 students will be involved in a transition day into Year 7. Students will be involved in a range of different activities and getting to know the teachers, as well as meeting students from other schools who will be joining us next year. We look forward to hearing all about their time as year 7 students.

F-6 Celebration and Grade 6 Graduation

We would like to invite families to join us for our F-6 Celebration and Grade 6 Graduation. It will be held on the 7th of December from 9:15 am in the stadium. Please come and celebrate the year that was for our F-6 students. All students will be performing the songs they have been learning in music. Furthermore, we will celebrate the Grade 6s and their primary school journey.

State-wide Transition:

On the 12th of December all students will be involved in the Statewide Transition. On this day students will move to their new classes and meet their teachers for next year. This will include the new Foundation students for next year and the Grade 6s stepping into Year 7 for the day.

Values and Reading Awards

Due to the week that was there was no assembly. Therefore, we will have our assembly next week as per normal. Remember to record your nights reading into your diaries for reading awards.

GWM Water Poster Competition

Students participated in the GWM Water poster competition. They created a poster on the 2023 theme of 'United by Water'. More than 350 posters were received from across the region. Well done to Henry J, Bentleigh W, Addison C, Matilda F and Lyra R who received honourable mentions for their posters. Students received a Phil the bucket filled prizes for their efforts.

