Family members and the School Community farewell our Year 12 class of 2014 in assembly.

**Principal’s Notes**

**Year 12**:
I would like to congratulate all of our Year 12 students who concluded formal classes yesterday. While we congratulate their achievement in getting to this point in their educational careers I am very aware that this is simply the stepping off point for the next part of their life, whether that means further study or work is their choice. A choice that I hope they are well prepared for. I urge our students to aspire to goals that they may feel are ‘a bit of a stretch’, to work hard to achieve those goals so that, in the future, they can look back with satisfaction at their efforts and their achievements. Good luck to the Class of 2014 – we look forward to hearing of your successes. The first exam is English on the morning of Wednesday 29th October.

**2015 Leaders**:
I mentioned last week that the process for the determination of our school leaders was almost completed. I am pleased to announce that the six students who have been successful are, Miquela Crawford, Jake Burger, Emma Johnson, Katelyn Coon, Barbara Sealy and Aaron Jenkins. During this week staff will be voting to determine our School Captains for 2015 and they will be announced in next week’s newsletter. House Captains for 2015 are yet to be elected as are Music Captains. The first official tasks of the leadership group will include assisting at the Year 12 Dinner tonight and then representing Baimbridge College at Remembrance Day services on the 11th of November.

**Standing Tall Mentoring**:
I have previously mentioned that the 10th anniversary of the Standing Tall Mentoring program at Baimbridge College takes place this year. This wonderful milestone is also being celebrated today with guests of honour being Mrs Jeanette Pritchard the founder of the program and Mr Jeff Handbury who continues to be a generous supporter of this outstanding community based undertaking. I would like to thank and congratulate the committee of management for giving their time to keep the program running for the benefit of the young people of our community. I would also like to sincerely thank all those members of the Hamilton and district community who have so generously given their time to be the ‘significant adult’ in the life of one of our young people. Well done

**Remembrance Day 11/11/14**

Year 8 students will be attending the Memorial Service on Tuesday 11th November, walking from the College at ten twenty. The 2015 School Leaders will also be in attendance in their first official duty for the College. Students will also be selling Poppies on Friday 7th November.
Absence from School:
I was discussing an absence note that had been sent in by a parent today to account for
their child being missing on a recent day. The problem was there was no date on the note
to indicate when it was written, it only used the christian name of the student and the
signature was illegible. It took us a long time to determine who the note was from and
what day it was supposed to be approving as an absence. I have asked form teachers to
add these details to a note before submitting them to the office and I would like to ask
parents to make our job a little easier by adding a date, surname and making their name
readable as well. With a little help from everyone we can make this one task in our school
a little easier to complete. Thank you for your co-operation.

Student Supervision Arrangements:
School Council is in the process of updating a range of school policies at the moment. As
part of this review I have decided that it is timely to remind parents of the student
supervision arrangements we have in place at Baimbridge College – particularly before
and after class times. At the beginning of the day supervision of students begins at 8.20am
at the bus interchange as buses arrive with supervision in the yard beginning at 8.30am.
We recommend that students do not arrive at school before these hours because there
will be no staff rostered on for supervision. At the end of the day staff will supervise the
school crossing at 3.30pm until 3.45pm with supervision at the bus interchange continuing
until 4.00pm when the last bus leaves. Once again we recommend that parents take into
account that staff are not rostered on for supervision after these hours.

Bus Scholarships:
Initial discussions have started for the move to centralised organisation of school bus
travel in term II 2015. We will distribute information to parents as soon as it is made
available by Public Transport Victoria (PTV). While the enforcement of eligibility guidelines
for free bus travel will tightened up, School Council will consider offering special
scholarships to students who would like to come to Baimbridge College but live outside
our catchment. I therefore urge any family with students who would be new to our school
to contact Mr Gilchrist or me before they make final enrolment decisions based on bus
tavel eligibility criteria.

Baimbridge College Website (www.baimbridge-co.vic.edu.au):
I would like to remind parents that Baimbridge College has a well maintained website. I
encourage parents to familiarise themselves with the website as it contains a more
comprehensive list of school information than it has in the past.

If there are any questions or concerns I urge parents and guardians to contact myself, our
Assistant Principals Mr John Hill and Miss Rosemary Morgan or the relevant Co-ordinators.

Apologies to Mitch JACKSON who was incorrectly named as Mitch Johnson in last week’s newsletter.

Busting for a Feed

Don’t forget that we are providing breakfast for the students in the West Campus covered way on the following mornings:

Nov 5th - Nov 19th & Dec 3rd
The month of October has been very busy in Sport.

Our track & field athletes, cricketers, tennis players and shooters have all been out and about pursuing their passion for competition in their chosen area.

Congratulations to all who have taken part in healthy activity and represented Baimbridge College in the sports field.

**Track & Field** – Congratulations to Mikayla Beavis for her performances at the recent VSSSA State Athletics finals in Melbourne. Mikayla finished without a medal but achieved some very pleasing performances in four events. She came 4th in the Long Jump, 5th in the 100m, 6th in the Triple Jump and 8th in the High Jump.

**Cricket** – The T20 Bash (Super 8 Cricket) for year 7 & 8 took part last Thursday at Pedrina Park. Approximately 35 teams took part from within the Glenelg Division. The Baimbridge College Year 7 Boys team did well enough in their 3 games to play off in the final against Monivae. However the pressure was overwhelming and unfortunately the boys finished short of the required runs to win. All teams competed in a positive manner and many thanks to Ms Smith for coaching the girls and the following boys for umpiring on the day – James Povey, Jack Goodman and Damian Monoghan.

**Glenelg Division Tennis** – this event was held on Monday 20th October. Baimbridge College was well represented by the following students.

- Junior Girls – Willow Sainsbury
  - Airlie McIntyre
  - Darcy Jackson
- Intermediate Girls – Allie Mills
  - Emily Russell
  - Taylor Shelton-Ramsay
- Junior Boys – Cameron Gellert
  - Sam Hill
  - Luke North
- Intermediate Boys – Lachlan Murphy
  - Deanna Barker
  - Ash Tresidder
  - Sam Tooley
  - Wade McDonald

Congratulations to Willow for winning the A Singles Championship medallion for the day and to all other players for their efforts.

**Minyip Field & Game Shoot** – this event was also held on Monday 20th October with 16 students taking the long trip up North.

It was an early start and late finish with some variable scores for the day. Trish Carter, once again was successful in her chosen field finishing with an impressive sash for 2nd place for the day.

Liam Kavanagh and Michael Langley both shot well for the day with consistent scores.

This is a major event for Field & Game shooters with 421 students taking part from the Western Region of the state. Congratulations to all who participated and special thanks to Mr Travis Coon, Mr David Carter and Ms Sonia Carter for their invaluable help on the day.
6 Tips for Managing Exam Stress

A message for all senior secondary students...

There are five weeks to go before national school exams and if you are starting to get stressed about exam time – this is great news.

Why stress is good...

Experiencing stress before exams is a good thing! Stress causes your adrenaline to pump and allows you to work longer hours and stay on task more.

What to do in the next 5 weeks...

1. Make a plan for the next 5 weeks – do not leave it to chance. Draw up a timetable and stick to it. Place in the important features of your next weeks, meal times, sports practice, church etc and add your study around these. If you can, you may wish to lessen your out of school activities for the next 5 weeks and then you can devote your time to them after the exams.

2. Learn what you don't know – Of all the tips the most important in the last few weeks is to concentrate on learning the information you don't know. Going over what you know is a waste of time – it might make you feel good, however learning, is learning what you don’t know. Pull out your old tests, assignments, practice exam papers and learn the questions you got wrong. This sounds simple, and it can be hard yet is the MOST IMPORTANT tip. Ask your teachers to help clarify confusions, google other teachers lessons or search for study notes online to help.

3. Study in small segments – The best tip is to study for 20 minutes and take a 5 minute break. This is especially useful if motivation is lacking or the content is difficult. During the 5 minute break, ensure you leave the room so your brain knows you are on a break. You might choose to stretch, get some fresh air, do a few star jumps, eat some brain food, drink a glass of water and quickly check your social networking sites. To help keep you on track download the iStudYAlarm available for all smart phones.

4. Eat well – just as an athlete prepares for the big game or race, eating well in the weeks before your exams is imperative. Ensure you eat breakfast each day, as this will help minimise the bad stress. Eat smaller meals throughout the day, rather than big meals (that take a huge amount of energy to digest.) Decrease your sugar and caffeine intake and increase your water consumption. Research shows eating an apple gives longer sustained focus than a cup of coffee.

5. Relax – to manage high stress levels ensure you do something each day to relax. It may be as simple as 10 long slow breaths 2-3 times a day, some slow stretching, gentle swimming or jogging, meditation, yoga or any activity that helps you unwind and relax. Avoid screen time when relaxing as the changing images on the screen often cause your brain to go into a fight/flight state of high alert.

6. Focus on the goal – Four weeks is such a short time in your life so focus on the big picture – the reason you are sitting the exams; to get yourself ahead in life, to get into the course you want next year or whatever your goal is. A helpful activity is to visualise yourself being successful in your exams.
First four days: 6am Monday 27 October 2014 to 11pm Thursday 30 October (Australian Eastern Standard time)

Register (for no cost) at: http://www.straighttothepoint.co/pv/register/

The four one-day topics are Homework, Access, Reporting and BYOD (Bring Your Own Device). The ongoing topic of Funding, an additional topic, will run for the entire four days. There will also be an opportunity for participants to raise other issues.

**DAY 1: Monday 27 October: Homework - how much and when?** Hosted by: Victoria Hall, DEECD & Leanne McCurdy, Parents Victoria

**DAY 2: Tuesday 28 October: Access.** How and why is it important to you for your child to have access to high quality state school education in your local community? Hosted by Catherine Hall, Our Children Our Schools & Elaine Crowle, Parents Victoria

**DAY 3: Wednesday 29 October: Reporting.** What do you really want to know about your child's progress at school? When and how would you prefer to receive this information? Hosted by Kathryn Patford, DEECD & Nicole Sweeney, Parents Victoria

**DAY 4: Thursday 30 October: BYOD (Bring Your Own Device).** BYOD is a fast-growing trend in our schools; how is this working for your family? Hosted by Peter Maggs, DEECD & Sharron Healy, Parents Victoria

**FOUR-DAY ONGOING TOPIC: 27-30 October inclusive: Funding.** What should the government pay for? What, when and how should assistance be provided for disadvantaged students?
Hamilton Vitality Fun Run is proud to offer two scholarships, generously funded by the Rotary Club of Hamilton to the value of $250 each, to inspired school age athletes from the Hamilton area. Scholarships can assist athletes from remote and/or rural areas to pay all or part of the costly expenses associated with competition at local, state, national or even international events, such as accommodation, fuel, uniform, equipment and training.

Application forms are available at the office for the Scholarships, please consider entering, it is a great opportunity to help those who have to pay for your sporting endeavours.
Baimbridge College 2014 Vietnam Cambodia Trip Movie Fundraiser

The Maze Runner

Where:
Hamilton Cinema

When:
Fri 24th Oct 7pm for a 7.30pm start.

Price:
$20 includes ticket, can of drink and popcorn.

Tickets:
Available from the East Campus Office or at the door.

All proceeds will be donated to the schools, orphanages and...
Starting Time 9:00 am. If unable to do duty as rostered please ring 5572 2788

We thank you most sincerely for your help in the Canteen, the school could not provide such a great service for the students without the valuable donation of your time.

The canteen is always in need of volunteers and is very grateful for all that we receive - if you can help out at any time please call Adie on 55 722 788