



BAIMBRIDGE COLLEGE

Upcoming Events

Wed 9th March

**Athletics Sports @
Pedrina Park**

Friday 11th March

**GD Senior T20
Cricket**

Monday 14th March

**Labour Day
PUBLIC HOLIDAY**

Wed 16th March

**Baimbridge College
Investiture**

Friday 18th March

**Presentation Ball
GD Athletics
Casterton**

Thursday 24th March

End of Term 1

Monday 11th April

Term 2 commences

Thursday 14th April

**Parent Teacher
Interviews**

Wed 20th April

RSL Badge Selling

Friday 22nd April

**ANZAC Day
Service Assembly**



The Athletics are already underway with the hurdles running at lunchtime Wednesday.

Issue 05

Thursday March 8, 2016

85 Stephen Street, Hamilton 3300

Ph: 0355 722 788 Fax: 0355 725 811

www.baimbridge-co.vic.edu.au

Email: baimbridge.co@edumail.vic.gov.au

Principal's Notes

Presentation Ball :

This year's Presentation Ball is only three weeks away. It is being held on Friday 18th March at the Monivae College Chevalier Centre. Our students have been practising their dancing now for about five weeks on Sunday nights. I look forward to our community coming together for this special function and I have no doubt that there will be just one or two butterflies beginning to appear in some of our Presentation Ball participant's tummys. I would like to thank Mrs Susan Smith and Mr David Fisher who have taken over the organisation of the ball for us this year.

General Assembly :

We got the whole school together for a general assembly on Monday morning this week. This provided a great opportunity to hear from our SRC representatives, hear a run down of our own and the Glenelg district swimming sports, present badges to junior House captains and Peer Support leaders, hear from our wonderful instrumental music students, find out more about the Year 7 camp at Halls Gap and about the Year 9 Ecolink science excursion a couple of weeks ago as well as introduce our Italian exchange student, Lorenzo Gini, to our school. Finally it was announced that we will be performing the school production "Oliver" and students were informed about the ski trip we are holding on the Sheepvention weekend later this year. It is always a delight to hear from our students and celebrate their successes and this assembly was no exception.

Some Basic Guidelines :

I am surprised to need to repeat this following information but will do so to ensure consistent understanding across the school. Students should not leave the school grounds without permission, and importantly Year 11 and 12 students who have private study periods should be using them for study, preparation and homework not leaving early or taking up part time work during school hours. It is a proven fact that time on task assists achievement and that the focus in these final two years of secondary education must be on study if a student is to achieve anything close to their potential.

I will also repeat the information about visible piercings – the school uniform policy only allows for two studs or sleepers in the ears (one in each or two in one) nothing else. Continual breaches of this policy will necessarily result in consequences for failure to cooperate.



BAIMBRIDGE COLLEGE

Principal's Notes Continued

If you have any concerns please contact:

PRINCIPAL:

Mr Robert Vecchiet

ASSISTANT PRINCIPALS

EAST CAMPUS:

Miss Rosemary Morgan

WEST CAMPUS:

Mr John Hill

P—6 CO-ORDINATOR:

Mr John Hill

YRS 7 - 8 CO-ORDINATOR:

MR EWAN MACDONALD

Assist Co-ordinator:

Mr Alan Thomas

YEAR 9 & 10

CO-ORDINATOR:

Mrs Rachel Rose

Assist Co-ordinators:

Mr John Sly &

Mrs Lorraine Liston

Yr 11 & 12

CO-ORDINATOR:

Ms Lyn Collins

Assistant Co-ordinator:

Ms Sharon Herreen

VET / VCAL

CO-ORDINATOR:

Mr Steven de Man

DEVICE CO-ORDINATOR:

Mr Dean Banfield

STUDENT WELLBEING:

Ms Kelly Taylor

Mrs Bernie Cook

INTEGRATION

COORDINATOR:

Mr Roger Lewis

Tours of the School :

While we had our tours of the school last week as part of the transition process I would like to stress that if anyone missed this opportunity they are welcome to make an appointment and I will be pleased to personally show them around the school on a normal school day. In fact I would like to issue an invitation to parents and friends to be shown around Baimbridge College by the principal. Please just phone 55722788.

School Council :

The tenure of a number of parent positions on school council end this term. As a result some of our current members have re nominated for the parent category but we are still looking for two more parents to hold positions, one for two years and one for one year. There will also be a one year vacancy for an education department employee that we will be advertised internally amongst the Baimbridge College staff. Once these positions are filled Council will then look at approaching people to fill the community representative positions. I encourage any parents who are interested in being on School Council to contact me. Should we get more nominations than positions we would require an election. Our new council needs to be in place by the end of term I. Nominations for the parent positions close on Friday 4th March.

School Review :

The timeline for our review has been set back as a result of the integrity measures put in place by the education department this year. Originally our review was to be concluded in term I but our external reviewers have been put through very close scrutiny to ensure that there is no conflict of interest and as a result the whole process has been delayed. The education department is very keen to ensure the integrity of the process given the bad press many high ranking officials have received in the last 6 months. I would like to thank all staff, parents and students who have already contributed to our self evaluation and remind everyone that we are still contacting families by phone to get their opinions on school matters.

Labour Day :

Monday 14th March is a public holiday so we have a long weekend just around the corner. Normal classes will resume on Tuesday 15th March

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.

Robert Vecchiet

Principal

Presentation Ball Tickets

Everyone is invited to attend this year's Presentation Ball which is taking place on Friday 18th March at Monivae College. Tickets are available for purchase from the East Office - \$25 adult and \$20 student. The students being presented, as well as their parents, are looking forward to an amazing experience and hope that as many people as possible can share the night with them. Following the presentation of the forty-four students, supper will be served.



Define You Presentation

Tuesday 1st March



On Tuesday, Talia Klein and Grace Cheatly from Geelong presented to our Year 7, 8 and 9 girls around issues such as: Expectations versus Personal Choice, substance abuse, positive body image, social media, self-esteem, values and beliefs, making good choices, self-respect and self-worth, and friendships and relationships.

The purpose of the presentation was to encourage young adolescent girls to explore the importance of self-respect, self-confidence and their ability to create their own perception of individual values and beliefs.

Here is what some of our students thought of the presentation:

“At the end of the Define you presentation, I thought about how helpful and kind Grace and Talia were.

They gave us information that can help us become a wonderful person and they taught us how to cope with tough things”. Emilee 7A

- “I thought the performance the girls put on was very handy and inspiring. They taught us girls how to stay safe around alcohol and lots of helpful tips with being an adolescent”. Erin 9A

- “It was really informative and I personally learnt a lot from it. The skit they did was really funny, but also very interesting”. Keeley 8B

- “ It was really really good. I liked the performance, it was funny! It was really nice to get involved in things”. Jess 8A

- “It was really great to hear from girls who had once been in the same position as us and been through what we are now facing as teenagers”. Danielle 9A

- “I loved the Define you presentation because it showed is that you have don’t have to be a fake person to get a guy to like you or make friends. I also really loved the skit because it was quite funny but at the same time it told us to be yourself”. Emily 7A

-“They taught us a lot about being ourselves and the highlights of being a girl. I loved the performance I thought it was really good and I would like to see them again”. Ruby 8A

- “ I thought the performance was very inspiring and will help us out in the future”. Sinead 9A

- “It was good. I learnt heaps of stuff and it was funny. The play they did was really funny!”. Laura 8B

- “I thought this was a very inspiring experience and we learnt a lot of tips on how to be ourselves and say no to others”. Elizabeth 9A

Define
You



SPORT REPORT – Feb. 2016

Taylor Ramsay- Grady & Rhys Wheeler (Captains – Laver) welcomed to report on the BC House Sports.

Anna Mitchell & Bec Langley give a report on Glenelg Division Swimming Sports.

Congratulations to all – we have 16 students qualified for GWSR Swim Carnival in Ballarat on Wed. 23rd March.

Daniel Battista

Lily Kyle

Tom Scott/Sam Tooley/Will Mibus/Dean Langley

Danielle Vankalken/Sophie Robinson/Nea Gordon/Georgia Shepherd

Lachlan Murphy

James Cleaver

Alice Keatley/Taylor Ramsay-Grady/Anna Mitchell/Bec Langley

Athletics – This week Tuesday – Javelin (West Ovals)

Wednesday – Hurdles(Friendlies)

Thursday – Discus(West Ovals)

Friday – 1500m (Friendlies)

BC Athletics is on Wednesday 9th March at Pedrina Park

GD Athletics is on Friday 18th March in Casterton.



Opportunities with Rotary.

There are two Rotary clubs in Hamilton and both clubs provide opportunities for students to expand their horizons by becoming involved in NYSF, The Science Experience and Rotary Youth Exchange. Rotary assists students during the application process for these programs and pays some of the costs associated with attending. If you are interested in any of these opportunities check out the websites and / or see Mrs Ward for further information.

National Youth Science Forum.

This adventure is designed to help students realise the opportunities there are in studying science

Who: - students in year 11 intending to study year 12 in 2017

What: - an opportunity to experience all sorts of scientific experiences that are usually beyond the reach of students in Australia. Activities involve team building lectures from Scientists in the forefront of their field, excursions to places that the average person has no access to.

What will happen at the National Youth Science Forum?

At the NYSF participants:

Live on campus at university for 12 days in January 2016.

Visit laboratories in areas of interest to gain hands-on experience.

Learn how scientific collaboration works.

Go to industry sites to see science, technology, and engineering in practice.

Meet other like-minded students.

Talk to leading academic and industry researchers about their work and career development.

Hear about our funding partners and their work.

Discuss and debate emerging science and its impact on our community.

Form life-long friendships and begin to build professional networks.

Return to home communities and spread the message about the NYSF, its activities, and the importance of science in our everyday lives.

Want more information? Please visit the following website <https://www.nysf.edu.au/>

The ConocoPhillips Science Experience is a fun 3 or 4 days of science activities for Year 9 and 10 students in 2016.

Each program is designed to provide students who have an interest in science with an opportunity to engage in a wide range of fascinating science activities under the guidance of scientists who love their work.

The program takes place in over thirty-five universities and tertiary institutions, within many different laboratories and lecture theatres. Participants perform experiments in the laboratories, meet and hear senior lecturers in the lecture theatres, attend site visits and walk around and experience what it is like to be on the campus of a university or tertiary institution. More than 65,000 students have taken this rare opportunity, up to date.

The program also provides information about further studies in science, technology and engineering. It highlights the wide range of careers that allow students to pursue their interest and abilities in the sciences.

One aspect of the program often commented on by participants is the opportunity to meet and share ideas with students from different schools. Each program includes a BBQ or other social activity.

Interested and want more information, check out the following website. <http://www.scienceexperience.com.au/>

Fords By The Lake

Show 'n' Shine



Sunday 6th March, 2016

Lake Pertobe, Warrnambool

10am-2pm. Trophy presentations at 1pm.

\$5 entry fee for display vehicles. General admission by gold coin donation.

For information phone Jayde 0408 643 150 or email allfordclub@hotmail.com

All Fords welcome to enter.



Paint the Park and Skate Park Grand Final Festival: Youth input needed!

These school holidays, we are looking for local young people to help us plan and deliver a great finale to the South West Skate Series.

If you are between the ages of 11-25 and have an interest in art, skating or event planning, this is a great opportunity for you! We are looking for young people's input and ideas for the following events:

Events:

Saturday March 26th – SWS Skate Final Festival

- | | |
|-------------------------------------|---|
| Street art/ graffiti demonstrations | Food trucks |
| Photo Booth and DJ | Rock Climbing Wall |
| Zombie Face Painting | And of course, the SWRS Skating Grand Final! |



Monday 28th March – Friday 1st April – Paint the Park Project

We will have one or more street artists come to assist local young people like you to brighten up our skate park by covering it in spray paint!

If you have any ideas that could help, any design suggestions, or if you would just like to be a part of this project, we'd love to hear from you, so please get in contact with us!

Belinda Payne on 55518459 or Belinda.Payne@wdhs.net

Nellie Patterson on 55518450 or Nellie.Patterson@wdhs.net



Dunkeld Consolidated School Stephanie Alexander Kitchen Garden Program presents

Harpist Vocalist Composer Writer Artist

Mary Doumany

One of the most original voices in the Australian Arts Community
Classical Folk Jazz and Contemporary

Saturday 19 March

7.00pm



Sterling Place - Dunkeld Community Centre, Sterling Street, Dunkeld
Classical Trained Harpist and Composer who has performed with Sydney, Melbourne and Queensland Symphony Orchestras



\$35 per person includes Canapés & Drinks

Tickets can be purchased at the

Dunkeld General Store 5577 2418 or Dunkeld Consolidated School 5577 2384

Enquiries: Phone Clare Kennedy 0427 823 308

Proceeds from this performance will help support the SAKG Kitchen Garden Program which aims to introduce young children to the wonderful world of food education: growing and harvesting a productive food garden and a kitchen environment that includes a nurturing place to prepare and share food, as an integral part of the school curriculum.

Proudly Supported by Cloud Mountain Retreat,

Dunkeld Consolidated School, Dunkeld General Store and Dunkeld Community Centre

Join us in celebrating

International Women's Day 2016

Tuesday March 8, 12.30pm to 2pm

Pledge for Parity

The Tim Murray Room
Kantor Music and Performing Arts Centre
The Hamilton and Alexandra College
Chaucer Street

Luncheon with guest speaker **Avril Hogan**

Victorian Rural Women's Award finalist 2014



Avril migrated to Australia from Canada in 2005, starting a market research company from her husband's Choram sheep property that expanded to employ over 20 staff in Hincham.

This young entrepreneur has more than 10 years experience in market research consulting, business strategy, international marketing and business ownership.

Avril's story encourages women in rural and remote areas to seek out career opportunities to strengthen their communities and draws on her experience as a business owner employing and mentoring local women.

Delicious two course lunch prepared by Lindsay Fush \$50

TICKETS online at www.wdhs.net or phone 5551 8540



Canteen Roster

Term 1&2, 2016

March 2016

Mon	Tue	Wed	Thu	Fri
	1 Lisa McIntyre	2 Suzanne Connolly	3 Lyn Duncan	4 Chandra Ball
7 Jody Golding	8 Kerry Goodman	9	10 Lyn Battista	11
14 LABOR DAY	15 Gill Hiscock	16 Melanie Rhook	17 Janelle Tooley	18 Aileen Broadbent
21 Sally Wheeler Sarah Crowe	22 Kerry Price	23 Chandra Ball	24	25

April 2016 Term 2

Mon	Tue	Wed	Thu	Fri
11 Jody Golding	12 Kerry Goodman	13 Leanne Warburton	14 Lyn Duncan	15 Sally Wheeler
18 Kate Mibus	19 Gill Hiscock	20 Melanie Rhook	21 Lyn Battista	22 Kerry Price
25 ANZAC Day	26 Genevieve Lambert	27 Kim Sparrow	28 Janelle Tooley	29 Aileen Broadbent

The canteen is always in need of volunteers, as you can clearly see by the gaps in the above roster we are in need of more assistance. We are very grateful for all that we receive - if you can help out at any time please call Adie on 55 722 788

Starting Time 9:00 am. If unable to do duty as rostered please ring 5572 2788

BAIMBRIDGE COLLEGE ATHLETIC



SPORTS 2016

TRACK EVENTS

Event No.s in (Brackets)

10-00 → 10-45 100 Metres		12-45 → 1.30 200 Metres	
Under 12s	Girls (181) Boys (182)	Under 12s	Girls (183) Boys (184)
12-13 Years	Girls (51) Boys (52)	12-13 Years	Girls (103) Boys (104)
14 Years	Girls (53) Boys (54)	14 Years	Girls (105) Boys (106)
15 Years	Girls (55) Boys (56)	15 Years	Girls (107) Boys (114)
16 Years	Girls (67) Boys (68)	16 Years	Girls (115) Boys (116)
17 Years	Girls (75) Boys (76)	17 Years	Girls (117) Boys (118)
20 Years	Girls (77) Boys (78)	20 Years	Girls (1250) Boys (126)
10-45 → 11-45 800 Metres		1.30 → 2.15 Relays	
Under 12s	Girls (187) Boys (188)	Under 12s	Girls (189) Boys (190)
12-13 Years	Girls (79) Boys (80)	12-13 Years	Girls (169) Boys (170)
14 Years	Girls (81) Boys (82)	14 Years	Girls (171) Boys (172)
15 Years	Girls (89) Boys (90)	15 Years	Girls (173) Boys (174)
16 Years	Girls (91) Boys (92)	16 Years	Girls (175) Boys (176)
17 Years	Girls (93) Boys (94)	17 Years	Girls (177) Boys (178)
20 Years	Girls (95) Boys (96)	20 Years	Girls (179) Boys (180)
11-45 → 12-45 400 Metres			
Under 12s	Girls (185) Boys (186)		
12-13 Years	Girls (137) Boys (144)		
14 Years	Girls (145) Boys (146)		
15 Years	Girls (147) Boys (148)		
16 Years	Girls (151) Boys (152)		
17 Years	Girls (153) Boys (154)		
20 Years	Girls (155) Boys (156)		

FIELD EVENTS

TIME	PIT 1	PIT 2	PIT 3	PIT 4
10-00 → 10.30				
High Jump	88 Boys 18-20yrs	101 Girls 18-20yrs	111 Boys U17 yrs	121 Girls U17 yrs
Long Jump	150 Boys U16 yrs	85 Girls U16 yrs	123 Girls U15 yrs	
Triple Jump	37 Boys 13&U	50 Girls 13&U	133 Boys U15 yrs	
Shot Put	120 Boys U14 yrs	112 Girls U14 yrs	86 Boys 18-20 yrs	
10-30 → 11.00				
High Jump	60 Boys 13&U	73 Girls 13&U	40 Boys U14 yrs	45 Girls U14 yrs
Long Jump	49 Boys 18-20 yrs	38 Girls 18-20 yrs	71 Girls U17 yrs	
Triple Jump	141 Girls U15 yrs	119 Boys U16 yrs	110 Girls U16 yrs	
Shot Put	149 Boys U15 yrs	99 Girls U15 yrs	28 Girls 18-20 yrs	
11-00 → 11.30				
High Jump	11 Boys U15 yrs	25 Girls U15 yrs	130 Boys U16 yrs	138 Girls U16 yrs
Long Jump	58 Boys U17 yrs	131 Girls U14 yrs	23 Girls 13&U	
Triple Jump	24 Boys U14 yrs	57 Girls 18-20 yrs	87 Boys U17 yrs	
Shot Put	129 Boys 13&U	142 Girls 13&U	46 Girls U17 yrs	
11-30 → 12-00				
High Jump				
Long Jump	97 Boys 13&U	113 Boys U15 yrs	139 Boys U14 yrs	
Triple Jump	72 Boys 18-20 yrs	14 Girls U14 yrs	98 Girls U17 yrs	
Shot Put	74 Boys U16 yrs	59 Girls U16 yrs	39 Boys U17 yrs	

While children are at school many families will have contact with head lice. The information contained here will help you treat and control head lice.

Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

Finding head lice

Many lice do not cause an itch, so you have to **look carefully to find them**.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off.

Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

- Step 1** Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.
- Step 2** Now comb sections of the hair with a fine tooth, head lice comb.
- Step 3** Wipe the conditioner from the comb onto a paper towel or tissue.
- Step 4** Look on the tissue and on the comb for lice and eggs.
- Step 5** Repeat the combing for every part of the head at least four or five times.

If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.

Testing resistance

Head lice products belong in one of the following categories depending on the active compound they contain:

- pyrethrins
- synthetic pyrethroids (permethrin, bioallethrin)
- organophosphates (maldison or malathion)
- herbal with or without natural (non-chemical) pyrethrins.

Insecticide resistance is common, so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice may be resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

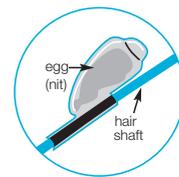
Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

Head lice combs

Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, however, any head lice comb can be used.

Head lice eggs

Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails.



Dead eggs have crumpled sides and hatched eggs look like tiny boiled eggs with their tops cut off.

Regulations

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school or children's service centres after treatment has commenced.

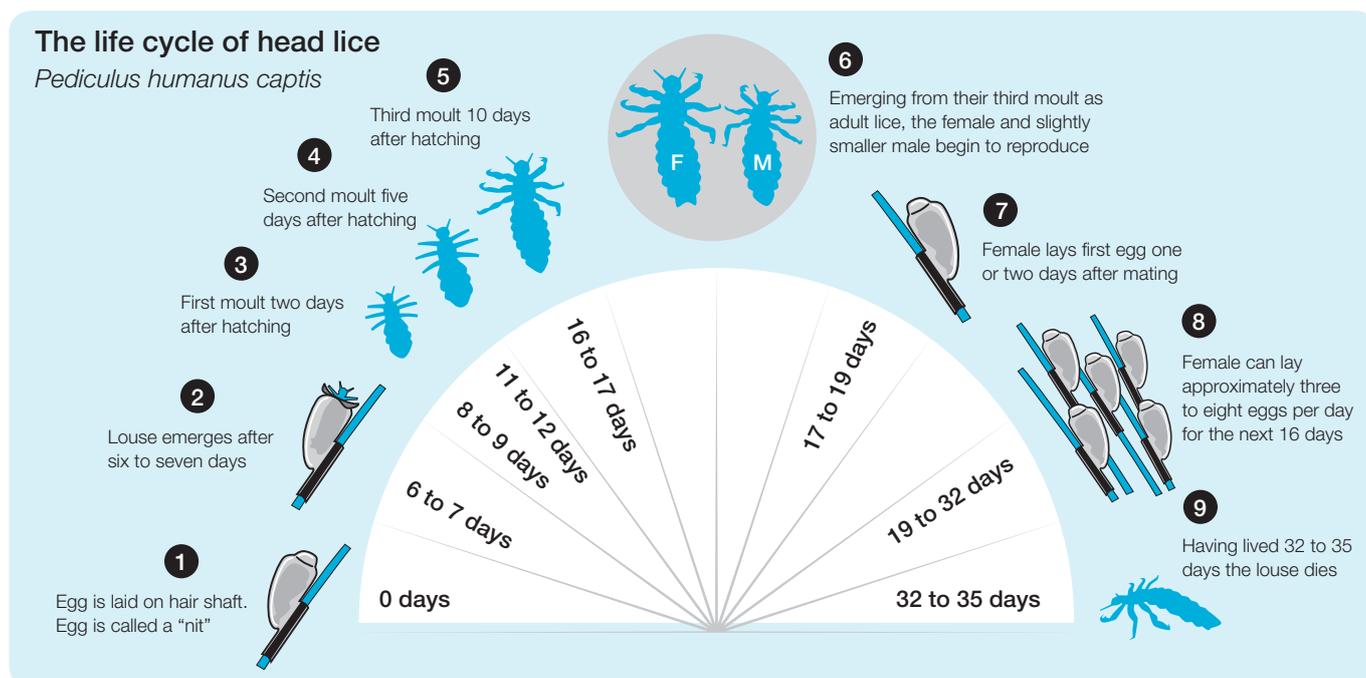
The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

Preventing head lice

Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

Further information

The following website offers further information:
www.health.vic.gov.au/headlice



The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Speare and the team of researchers at, School of Public Health and Tropical Medicine, James Cook University.

Cover concept by students from St Patrick's Primary School, West Geelong. Life cycle diagram courtesy of Nitpickers Qld.
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