



BAIMBRIDGE COLLEGE

Issue 31

Thursday October 16 2014

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Mikayla Beavis, Jacqui Robinson, Stevie Pevitt-Holmes & Steph Granziera in Ballarat, more info pg 6.

Upcoming Events

Thursday Oct 16

Year 7 & 8

Super 8's Cricket

Oct 17 - 28

Years 7 - 10 Exams

Thursday Oct 23

Year 12 Breakfast

Year 12 Assembly

Year 12 Dinner

Wednesday Oct 23

Year 12 Exams

Wednesday Nov 12

Last Day Yr 11

Nov 14 - 20

Year 11 Exams

Wednesday Nov 19

GD Triathlon

Friday Nov 21

VCE 2nd hand

book sale

Yr 11 into Yr 12

study day

Tuesday Nov 25

Prep Transition Day

Nov 29 - Dec 14

Vietnam / Cambodia trip

Principal's Notes

General Assembly :

The whole school enjoyed an assembly on Tuesday morning that focused, as always, on students' talents and achievements. A large group of Year 10 students were presented with their First Aide certificates and we celebrated the achievements of our athletics team that was so successful last Friday, and congratulated those students who have progressed to State level competition next week. SRC representatives Chloe Wilson-Millard and Jake Burger outlined the reasons for Tuesday's casual day and then announced that a new constitution had been put together for the SRC in 2015. We heard musical performances from Mae Udarbe and Mr Cheng and the stage band and then Miss Morgan explained procedures for the imminent examination period for students from Year 7 – 10.

2015 Leader Selection :

Applicants for student leadership positions in 2015 were interviewed by representatives of the staff and student bodies on Friday last week. I must compliment the students who applied for the manner in which they presented themselves to the panel. The recommendations of the panel will be used to reduce the group of applicants to 6 student leaders and then teaching staff will vote to determine the two out of these 6 who will represent Baimbridge College as School Captains in 2015. It is unfortunate that we will be reducing to six this extremely capable group of students but it is also very heartening to see so many such capable young people putting their names forward to be student leaders in their school. I look forward to announcing the results of this process next week.

Year 12 :

The last day of classes for Year 12 will be Wednesday 22nd October with a series of special celebrations of their achievements taking place on Thursday 23rd October. These include a group breakfast, a congratulatory assembly, a luncheon and then the Year 12 Dinner that night. Thursday is set aside to celebrate this milestone in their education and not to spoil memories with silliness and disruption to classes or damage of property. This is a discussion we have had with all Year 12 students at an assembly at the end of last term and with the whole school at the general assembly on Tuesday this week.

We wish all of our students well as they approach their exams and trust that they spend their time wisely so that the revision and study they do over the next few weeks ensures the best results possible from the work they have put in this year.

The first examination, English, takes place on Wednesday 29th October at 9.00am.



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—4 CO-ORDINATOR:

Mr John Hill

MIDDLE SCHOOL

YRS 5 - 8

CO-ORDINATOR:

Mr Scott McFadden

YEAR 9 & 10

CO-ORDINATOR:

Dr Chris Allen

Yr 11 & 12

CO-ORDINATOR:

Ms Lynn Collins

VET / VCAL

CO-ORDINATOR:

Mr Steven de Man

MYDEVICE & NETBOOK

CO-ORDINATOR:

Mrs Kym Dempsey

STUDENT WELLBEING:

Ms Cath McGowan

Exams :

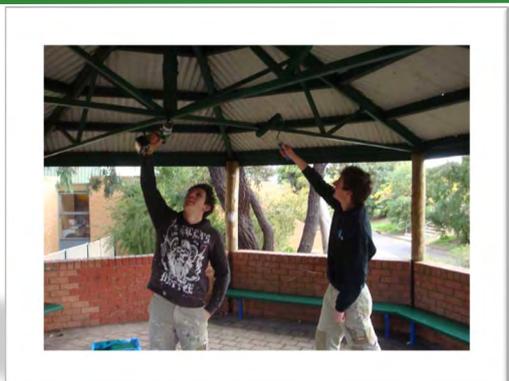
Year 7 – 10 exams begin this Friday 17th October. Students have received their timetables. This examination period is only one of the assessment processes in place for students this term. The examinations DO NOT signal the end of studies for students in 2014. All subjects have further topics to cover after the exams. A student's overall assessment will rely on a combination of assessments during this term including the exams. All students were advised to revise in preparation for exams and were given techniques to assist them in completing their exams at Tuesday's assembly.

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 travel eligibility criteria.



The Fran Tredinnick rotunda upgrade thanks to some of the Certificate students Liam Kaine, Mitch Johnson and teacher Roger Kennett. Well done!

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:

Oct 22nd - Nov 5th - Nov 19th & Dec 3rd

Year 12 Final Week

Year 12 Parents and guardians will have received numerous letters, Invitations and reply slips this week and the end of last term.

The Year 12 student leaders have been meeting regularly to ensure the program for the day highlights our Class of 2014.

The last day is as follows:

- **9:00am** Year 12 breakfast at the Hamilton and District Skills Centre with activities, final photographs. Students then have permission to leave the College and return at 11:00am in full school uniform for the Final Assembly in the College West Gymnasium.

We acknowledge the Year 12 class of 2014 as role models to the School community and as such, expect Year 12 celebrations to be appropriate, do not disrupt classes and others learning, do not damage property or leave an unduly mess and litter to clean up.

- **11:00am:** Year 12 return to Baimbridge College Gymnasium. Final class of 2014 photograph in full school uniform and run through of assembly.
- **12:00noon:** The Graduation Assembly to which all Year 12 parents are invited, held in the West Gymnasium. A light luncheon will be provided in the VCE Centre at the conclusion of the assembly. The reply slip is to be returned before 20th October
- **7:00pm(seated):** Graduation Dinner in the PAC Supper room.

Lyn Collins

Exams

Year 7 – 10 exams are scheduled from October 17th to 28th inclusive.

The end of year exam period has been brought forward to ensure that adequate feedback is provided before the report writing process begins.

The exam schedule is below.

Students who have exams will be told by their teachers what they must revise for the exam. You can support your child during the exam week by ensuring that:

1. they are at school in good time if they have a morning exam.
2. they have had a healthy breakfast / lunch so that their brains are fed and hydrated ready for thinking!
3. they have had adequate sleep.
4. they have revised and are aware of what information and skills the exam will cover.
5. they have prepared any necessary revision sheets for use in the exams.
6. they have the correct materials for the exam including calculator and dictionary where appropriate

Mrs Kym Dempsey
Teaching and Learning Coordinator

Exam timetable over page

Date	Time	Year Level	Subject	Venue
Friday 17 th October	Periods 1 and 2	7	Maths	Hall
	Periods 3 and 4	8	Science	Hall
	Periods 5 and 6	9	Science	Hall
Monday 20 October	Periods 1 and 2	7	Science	Hall
	Periods 3 and 4	10	English	Hall
	Periods 5 and 6	9	History	Hall
Tuesday 21 October	Periods 1 and 2	10	Maths	Hall
	Periods 3 and 4	9	English	Hall
	Periods 5 and 6	8	English	Hall
Wednesday 22 October	Periods 1 and 2	10	Science	Hall
	Periods 3 and 4	8	History	Hall
	Periods 5 and 6	9	HD	Hall
Thursday 23 October	Periods 1 and 2	10	History	Hall
	Periods 3 and 4	7	History	Hall
	Periods 5 and 6	8	Art	Hall
Friday 24 October				
	Periods 3 and 4	8	Maths	Hall
Monday 27 October				
	Periods 3 and 4	9	Maths	Hall
	Periods 5 and 6	7	English	Hall
Tuesday 28 October	Periods 1 and 2	7	Italian	Hall

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.

- 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.
- 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.
- 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.
- 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.

Highlights of P-4 Camp at Warrnambool.

Warrnambool and Port Fairy were the ideal venues for the recent Junior School, two day camp.

The sea breeze was fresh. Our students were invigorated and enlivened. Their experiences were a rich blend of historical, seafaring education and recreation. Activities were indoor and outdoor, land based and sea based. An icy evening at Flagstaff Hill Sound and Light Show contrasted with a filtering sun peeping through upon a baby whale in the surf.

THE LOCH ARD PEACOCK

At Flagstaff Hill we all saw a peacock. It was not a real peacock. It was a statue. It was in a ship but when the ship sank, the peacock fell out to the bottom of the sea. Somehow the peacock got out of its box and got to shore!! Bec Grade 3

TEN PIN BOWLING

On Tuesday before lunch, we went Ten Pin Bowling. It was fun! When the pins were knocked over it was noisy!

KERABELLE Grade 1

SOUND AND LIGHT SHOW

At the Sound and Light Show there was thunder rumbling. There were people yelling and screaming. The chairs were moving... rocking and bumping. The light show was coming out of a water sprayer! It was loud and scary. It was dark and gloomy!

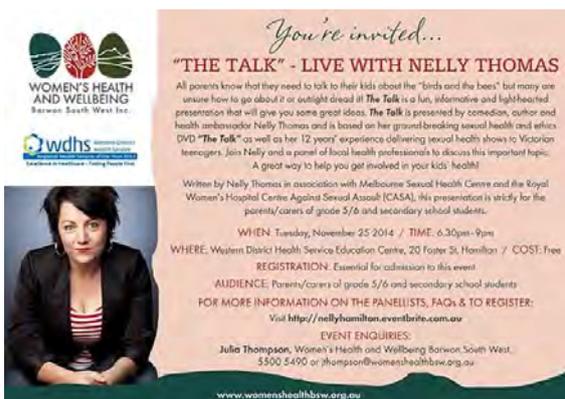
LIL STEWART Grade 4

LAKE PERTOBE

The Maze at Lake Pertobe was AMAZING! It was hard getting out of it without CHEATING. Dane got to the top first! The Flying Fox was the best! JUSTIN BRAY Grade 4

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.



You're invited...

"THE TALK" - LIVE WITH NELLY THOMAS

All parents know that they need to talk to their kids about the "birds and the bees" but many are unsure how to go about it or outright dread it! **The Talk** is a fun, informative and light-hearted presentation that will give you some great ideas. **The Talk** is presented by comedian, author and health ambassador Nelly Thomas and is based on her groundbreaking sexual health and ethics DVD **"The Talk"** as well as her 12 years' experience delivering sexual health shows to Victorian teenagers. Join Nelly and a panel of local health professionals to discuss this important topic. A great way to help you get involved in your kids' health!

Written by Nelly Thomas in association with Melbourne Sexual Health Centre and the Royal Women's Hospital Centre Against Sexual Assault (CASA), this presentation is strictly for the parents/carers of grade 5/6 and secondary school students.

WHEN: Tuesday, November 25 2014 / TIME: 6.30pm - 9pm
WHERE: Western District Health Services Education Centre, 20 Foster St. Hamilton / COST: Free
REGISTRATION: Essential for admission to this event
AUDIENCE: Parents/carers of grade 5/6 and secondary school students
FOR MORE INFORMATION ON THE PANELISTS, FAQs & TO REGISTER:
Visit <http://nellyhamilton.eventbrite.com.au>
EVENT ENQUIRIES:
Julia Thompson, Women's Health and Wellbeing Barwon South West,
5500 54490 or jthompson@womenshealthbarwon.org.au
www.womenshealthbarwon.org.au



Glenthompson / Dunkeld Football Netball Club presents

A night of **BROADWAY** in the bush

DEVON PARK WOOLSHED, DUNKELD
7:30pm for complimentary drink & canapés
Performance begins at 8pm
17th OCTOBER, 2014

Tickets \$35
Available from
Bondan Bank, Dunkeld & C&F, Gray Hamilton
or online <http://www.trybooking.com/102827>

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Author details on the Glenthompson / Dunkeld Football Netball Club Facebook page

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GWSR Aths in Ballarat



24 competitors headed to Ballarat on Friday October 10 with some fantastic results coming out of the day.

Baimbridge came home with 10 medal winners of various rankings from 1st to 3rd, well done.

Many other competitors did Personal Bests and a lot finished *just* outside medal contention.

Enormous thanks to Ms Adams and Ms Swanton for their support to everyone on the day and the

Baimbridge students who were always willing to help out with adjusting hurdles and working on the triple jump.

The results:

Brandon Cunningham	2nd Silver Hurdles
Steph Granziera	2nd Hurdles Relay
Jenna Loats	3rd Hurdles and 2 x 4th placings
Casey Pye	1st Shot Put and 3rd Discus
Sam McIntosh	1st 400m and 3rd 200m
Josh Williams	1st High Jump
Jackie Barker	1st 1500m and 1st Long Jump
Mikayla Beavis	1st 100m, 1st Long Jump, 1st Triple Jump, 1st High Jump and 2nd Relay.
17 & U Relay	2nd - Stevie Pevitt-Holmes, Jacqui Robinson, Mikayla Beavis, Steph Granziera



Casey Pye, Jackie Barker, Sam McIntosh, Josh Williams and Mikayla Beavis now head to Melbourne in the State Finals tomorrow - we wish them the best of luck!

In Term Two, Hamilton's young string players enjoyed an extraordinary opportunity to work with one of Australia's most distinguished violinists, **Helen Ayres**. Helen was brought to Hamilton by the **Port Fairy Spring Music Festival Board** and her time here was spent preparing students to perform in the



concert "Mother Chook's Nursery Book" with the **Seraphim Trio** at the Port Fairy

Spring Music Festival on **10th October** this year. Three of our strings players, **Patrick Nankivell** - Cello, **Patrick McGregor-Rhodes** - Viola and **Nea Gordon** - Violin joined the combined orchestra and performed two pieces in Reardon Theatre, Port Fairy.





A FREE information night for parents and students

Thursday October 30, 2014
from 7.00-8.30 pm

RMIT Hamilton – 200 Ballarat Road
 (light supper provided)

Open to ALL Grade 6 students and their parents/carers

Topics include: What to expect, relationships between school & families, student to student, student to parent and students self-confidence

Guest Speaker: Leigh Bartlett from BATForce

RSVP to your local Primary School by October 23rd to reserve your spot

Further details available from
 Belinda Carroll, Glenelg & Southern Grampians LLEN
 Phone: 5571 9302 or your school's Grade 6 teacher

Proudly Sponsored by Glenelg & Southern Grampians LLEN

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

CONCERNED ABOUT YOUR CHILD'S FEET?
 Western District Health Service's Paediatric Department now has
 appointments available for Paediatric clients

Worried about your
 child's -

- Plantar warts
- Pigeon toed
- Papillomas
- Falling over their own feet

YES – give us a call

SERVICE FEE
 \$13.00 – Concession
 \$25.20 – Non Concession

Please call to arrange an
 appointment for your child
 at Allied Health on
 5551 8349

Hamilton Vitality Fun Run & Marathon

Saturday 8th November 2014
 Start and finish at the Lake Hamilton LEAP Playground

*There's something for everyone at the
 Hamilton Fun Run*

- ⊙ Cash prizes
- ⊙ Youth sports scholarships
- ⊙ Market stalls
- ⊙ Team entries & dress ups
- ⊙ Kids activities
- ⊙ 42 km marathon
- ⊙ 21km ½ marathon
- ⊙ 10km run / walk
- ⊙ 4.2km run / walk
- ⊙ 1.6km run for kids

*Funds raised will purchase vital theatre equipment
 for the Hamilton Base Hospital*

Hamilton Gray Street Primary School's

COUNTRY FAIR
 SATURDAY OCTOBER 25th
 11 - 4pm

2014 COUNTRY FAIR MAJOR COMPETITIONS

Over the school holidays is the perfect time to design and build your very own
 Scarecrow or Billycart or both
 and enter the
 Hamilton (Gray St) Primary School Country Fair

SCARECROW COMPETITION

&

The Best Up-Cycled Country Billy Cart Competition

GREAT PRIZES

1st Prize - \$100 cash, 2nd Prize - \$75 cash, 3rd prize - \$50 cash
 \$10 entry

For more information, conditions and entry forms, please contact the Hamilton (Gray St) Primary
 School on 5571 9295 or email dorman.lesia.m@edumail.vic.gov.au

Scarecrows and Billycarts can be funny, upcycled, traditional,
 country themed, the list is endless.
 Use your imaginations to make your scarecrow or billycart unique!

THE COMPETITIONS ARE OPEN TO EVERYONE.

Register Online
NOW AT
hamiltonfunrun.com

Proudly supported by
 Vitality Health & Fitness, Western District Health Service, Ace Radio, Bank of Melbourne, GMHBA, Iluka Resources,
 Woodrowe Tree Technicians, Grampians Investment Services, Rotary Club of Hamilton, Shire of Southern Grampians,
 JM Ellis & Co, Fox Refrigeration, Lady Bug Nursery, Physio Freedom, Peaches Fruit Market

Canteen Roster

Term 4 2014

DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oct 13 - 17	13 Nicole Teasdale	14 Gill Hiscock	15 Glenys Downes	16 Sally Wheeler	17 Aileen Broadbent
Oct 20- 24	20 Carol Titcombe	21 Vicki Kearney	22 Leanne Warburton	23 Kate Mibus	24 Janelle Tooley
Oct 27- 31	27 Tracey Sartain	28 Genevieve Lambert	29 Glenys Downes	30 Lyn Battista	31 Jo Bennetts
Nov 3- 7	3 Phyllis Speirs	4 MELB CUP HOLIDAY	5 Lynette Purvis	6 Lyn Duncan	7 Kerry Price
Nov 10 - 14	10 Jody Golding	11 Kerry Goodman	12	13 Sally Wheeler	14 Aileen Broadbent
Nov 17- 21	17 Nicole Teasdale	18 Val Peters	19	20 Kate Mibus	21 Janelle Tooley
Nov 24- 28	24 Carol Titcombe	25 Gill Hiscock	26	27 Lyn Battista	28 Jo Bennetts
Dec 1-5	1 Tracey Sartain	2 Genevieve Lambert	3	4	5
Dec 8-12	8	9 Lisa McIntyre & Val Peters	10 CANTEEN	11 CLOSED	12 FOR THIS YEAR

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

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