BAIMBRIDGE COLLEGE

Issue 32

Thursday October 23 2014

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

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

Upcoming Events

Thursday Oct 23

Year 12 Breakfast
Year 12 Assembly
Year 12 Dinner

Wednesday Oct 23
Year 12 Exams

Friday Nov 7
Poppy Selling in CBD

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

Tuesday Dec 9

Orientation Day Grade 6

Year 7 2015 Information Evening 5.30 pm West Gym

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.

BAIMBRIDGE COLLEGE

Principal's Notes Continued

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 travel 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

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

Sport Report

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

Junior Boys – Cameron Gellert
Sam Hill
Luke North

Intermediate Girls – Allie Mills
Emily Russell
Taylor Shelton-Ramsay
Deanna Barker

Intermediate Boys – Lachlan Murphy
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.

Handling Exam Stress Years 7 - 10 Exam Timetable

Date	Time	Year Level	Subject	Venue
Friday 17th 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.
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 caffiene intake and increase your water comsumption. 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.

Parents Victoria Online Conference

October 2014 & May 2015

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

ILUKA + YOU = ACHIEVEMENT

Apprentice Mechanical Technician
Hamilton

ILUKA RESOURCES is a major participant in the global mineral sands sector and is involved in the exploration, project management, operations and marketing of titanium based products and zircon. Headquartered in Perth, we have existing operations in Western Australia, Victoria, South Australia and the USA.

Iluka Resources Limited is currently seeking a suitable candidate for an Apprentice Mechanical Technician. The position is based at our Mineral Separation Plant in Hamilton, Victoria.

Iluka will offer the successful candidate:

- A diverse range of experience in mining and processing;
- A mentor program to ensure support in the workplace;
- Study support;
- A competitive salary.

You will offer Iluka:

- A flexible and committed approach to work;
- Enthusiasm and a desire to learn;
- A commitment to carrying out tasks in accordance with established Iluka standards, including safety and environmental procedures.

Applications should include:

- A copy of final year reports from the last two years of school;
- Details of pre-apprenticeship or pre-vocational course progress;
- Information relating to previous employment or work experience;
- Other relevant information such as interests, participation in sport and community involvement.

The successful candidate must have completed Year 12 of secondary school with decent Mathematics and English grades. They must work well in a team and have a methodical attitude toward work. It is preferred the candidate has a drivers licence.

To apply for this role, please forward your electronic application to HRMurrayBasin@iluka.com stating the position title in the subject line. Confidential enquiries can be directed to Aaron Trotter, Maintenance Coordinator on (03) 5551 2356.

Applications close: 30 November 2014

"We seek to attract and retain the best people while building and maintaining a diverse, sustainable and high achieving workforce. We strive to provide a safe workplace that is free from harassment and discrimination and respect and encourage diversity in a workforce that reflects our communities."

ILUKA

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?

Year 12 Final Assembly

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.

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

WOMEN'S HEALTH AND WELLBEING
Barwon South West Inc.

wdhs

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 ground-breaking 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 Service 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 PANELLISTS, FAQs & TO REGISTER:
Visit http://nellyhamilton.eventbrite.com.au
EVENT ENQUIRIES:
Julia Thompson, Women's Health and Wellbeing Barwon South West.
5500 5490 or jthompson@womenshealthbsw.org.au

www.womenshealthbsw.org.au

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.leesa.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.

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

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

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 Teas-dale	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