BAIMBRIDGE COLLEGE

"Baimbridge College is a child safe school"

Issue 10

July 20, 2017

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Upcoming

Thur 27th, Fri 28th & Sat 29th July

Bye Bye Birdie @ the PAC
More info page 5

Wednesday 26 July
VCE Information Evening

7.30PM VCE CENTRE

Tuesday 1st Aug
Years 10, 11 & 12 immunisations

Thursday 3rd August
General Assembly

Thur & Fri 3rd & 4th August
VCE / VCAL Interviews for year 10 & 11 students and parents

Monday 7th August
Sheepvention
Student Free Day

Friday 18th August
Book Week
Art Competition Entries Close

Wed 9th August
Year 9/10 Info Night 7.30, VCE Centre

Steven Garland, Nea Gordon and Patrick McGregor-Rhodes ready to wow you in "Bye Bye Birdie"

Principal's Notes

"Bye Bye Birdie" :

This year the Baimbridge College school production is "Bye Bye Birdie" and it is playing at the Hamilton PAC on Thursday 27, Friday 28 and Saturday 29 July. Tickets are available from the front office at school or at the door on the night before each performance. The play is about a rock and roll star who is about to be conscripted into the army but is going to release a new song called 'One Last Kiss 'in the small town of Sweet Apple Ohio before he goes. It is a great play suitable for all of the family so come along and enjoy a great night out. I look forward to seeing everyone there.

Glenelg Catchment Management Authority Awards:

On the last Thursday of term II, we were invited to the Glenelg Hopkins Catchment Management Authority Awards where Humanities Co-ordinator, Samantha Eales, accepted the Education Award on behalf of Baimbridge College for the learning unit on the Gunditjmara people and their land. Congratulations to Samantha and her faculty members for their initiative and to the members of the Windamarra Co-operative who supported the development and implementation of the project.

Hamilton Business Awards :

On the last Friday of term II the Hamilton District Skills Centre was entered in the Southern Grampians Shire / Telstra Business Achievement Awards and was declared the winner of the Inclusive Business Award for 2017. This is wonderful recognition of the work done by Tony MacGillivray and his team in providing access to vocational education to students from across the district. The centre's committee of management now boasts a broad representation from across the district and enjoys community support in bringing students to the centre to access their studies. A very successful model, the centre continues to expand its offerings and engage students from ever more distant towns in the south west. Congratulations to all involved.

Year 11 and 12 Information Night :

Term III signals the beginning of arrangements for 2018. The first of the information evenings for students going into Year 11 or 12 in 2018 takes place next Wednesday 26th July. It will take place in the VCE Centre on the east campus beginning at 7.30pm. This night will begin a process of consultation and individual guidance that will assist students in their selection of subjects for next year. If you want to know more about VCE, VCAL or VET come along on Wednesday and speak to our teachers personally. See you there.

BAIMBRIDGE COLLEGE

Baimbridge College acknowledges and respects the traditional Gunditjmara custodians of the land.

If you have any concerns please contact:

PRINCIPAL:
Mr Robert Vecchiet

ASSISTANT PRINCIPALS

EAST CAMPUS:
Miss Rosemary Morgan

WEST CAMPUS:
Mr John Hill

YRS 7 - 9 SUB SCHOOL MANAGER:
MR EWAN MACDONALD

Year 7 Co-ordinator:
Mrs Sam Adams

YEAR 8 CO-ORDINATOR:
Mr Alan Thomas

Year 9 Co-ordinators:

Mr John Sly

Yr 10-12 Sub School Manager
Mrs Rachel Rose

Year 10 Co-ordinator:
Mrs Lisa Guegan-Brown

Year 11 Co-ordinator:
Ms Sharon Herreen

Year 12 Co-ordinator
Ms Peta Taylor

VET / VCAL CO-ORDINATOR:
Mr Steven de Man

DEVICE CO-ORDINATOR:
Mr Dean Banfield

STUDENT WELLBEING:
Ms Kelly Taylor

INTEGRATION COORDINATOR:

Mr Roger Lewis

Principal notes (continued)

Vision and Values :
This term we will continue to ask for input into the development of our vision and values for the next 4 years. The input from teachers and students will be passed on to School Council along with those from our Koorie community and the responses we receive from our survey of parents. When the opportunity to give your opinion arises please make your contribution so that the vision and values we adopt are truly representative of our broader school community.

School Council :
At our most recent meeting of School Council at the end of term II we dealt with a proposal to be incorporated into a plan for the rebuilding of Baimbridge College that preserves the original technology wing on the west campus so that the Hamilton District Skills Centre can expand its operation and courses in the years to come. This proposal will be fed in to the architects so that the current plan, published in a previous newsletter, can be amended should the Education Department approve of the request. We also welcome Mr Brad Henderson onto Council as a community member and I am pleased that Mrs Dorothy McLaren from the hospital will also be joining Council as a community member at the next meeting.

Standing Tall :
The annual general meeting of Standing Tall was held late last term and there was a very pleasing turn up if mentors and interested parties in attendance. I was delighted to have Southern Grampians Shire CEO Michael Tudball there to lend his moral support for this fabulous program. We were also very pleased to welcome a number of fresh new faces onto the committee of management. While we are now in a position to offer a very basic version of Standing Tall mentoring in 2018 the pressure is not yet off and we are still seeking financial support to restore the program to financial health. If you are able to help we would be most grateful.

Reports :
As I have written in the past, Year 7 – 10 reports were released for students on Compass at the end of term but will not be the major pieces of written information we used to produce. That is because ongoing feedback is provided during term when learning tasks are set and then assessed by teachers with feedback for students. This means information comes back to parents and students during the term when any problems still have time to be remedied rather than waiting until the unit of work is over. Year 11 and 12 reports were released on Tuesday this week. If you have any questions or concerns please do not hesitate to contact us.

Student Free Day :
As in past years we will be having a student free day on Sheepvention Monday. This year the date will be Monday 7th August. Normal classes will resume the next day on Tuesday 8th August.

Compass :
Our online student management system, Compass, will be enhanced this year. Parents should have their own personal log on which is different to their son or daughter's. The system is accessible anywhere the internet is available on computer, smart phone, tablet or other mobile device. The website is https://baimbridge-co.vic.jdlf.com.au/login.aspx If you require more information accessing the system please contact the school. There is a link on our website to help you should you forget the address.

Robert Vecchiet, Principal

Awards

And the Environmental Achievers Education Award goes to ..... joint winners, Baimbridge College and Hamilton and Alexandra College.

Baimbridge College for the Learning about Gunditjmara Country, promoting greater understanding and awareness of regional Aboriginal culture and the importance of caring for the volcanic landscapes of south west Victoria.

Glenelg Hopkins CMA congratulates both schools and pupils for their wonderful achievements.

The HDSC took out the Inclusive Business Category at the 2017 Telstra Business Awards recently.

Congratulations to the HDSC team for their ethos being recognised within the local community.

Have you checked your child's report???

Parents and carers are reminded that Reports are issued electronically via Compass.

If you experience any issues obtaining reports please contact the school to arrange a print out.

Parents are asked to keep in mind that we run a continuous reporting system in Compass where you can access your child's Learning Task results at any stage of the Semester and that the pdf reports from years 7—10 are a summary of these Learning Tasks. Comments relating to feedback are posted in Compass in the individual Learning Tasks.

VCE / VCAL Reports have now been issued, the same applies for feedback relating to specific Outcomes but a general comment is supplied in Year 11 & 12 reports per subject.

Baimbridge College

proudly presents

Bye Bye Birdie

A MUSICAL COMEDY

Book by MICHAEL STEWART
Music by CHARLES STROUSE
Lyrics by LEE ADAMS

Originally produced by EDWARD PADULA

by arrangement with Hal Leonard Australia Pty Ltd

July 27th to July 29th, 2017

Hamilton Performing Arts Centre (PAC)

Adult $25
Student $17
Aged Concession $15
Family $50
Tickets available at the East Office or at the door.

Canteen 2017

July 2017

Mon	Tue	Wed	Thu	Fri
17th Sally Wheeler	18th Kerry Goodman	19th Melanie Rhook	20th Lyn Duncan	21st
24th Tracey Sartain	25th Genevieve Lambert	26th	27th Lyn Battista	28th
31st	Aug 1st Lisa McIntyre	2nd	3rd Kerry Price	4th

August 2017

Mon	Tue	Wed	Thu	Fri
	1st Lisa McIntyre	2nd	3rd Kerry Price	4th
7th	8th	9th	10th Vicki Thompson	11th Sara Morgan
14th	15th	16th	17th Heidilee Freeman	18th
21st	22nd	23rd Angela McCreddan	24th Lyn Duncan	25th
28th Sally Wheeler	29th Kerry Goodman	30th	31st Lyn Battista	Sept 1st Kerry Price

If you are able to spare some time to help out in the canteen it is always very much appreciated. We understand that most families are very busy, however, when the workload is shared it is always so much easier for everyone.

Sheepvention Student Inventions Competition

Entry Free

ENTRY FORMS TO BE RECEIVED BY 5pm, Friday 28th July at the Hamilton P & A Society Office, Hamilton Showgrounds, Horner Street, Hamilton or PO Box 276, Hamilton or info@sheepvention.com

Entry /models to be presented for display at Sheepvention by 12pm Sunday 6 August. Enquiries to the P & A Society Office on 03 5572 2563.

Actual inventions or working models may be produced.

AWARDS: Ribbons to be awarded for each placegetter

Best Overall Invention: 1st Trophy & $100, 2nd $50, 3rd $20

Best Innovative Idea: 1st $50, 2nd $30, 3rd $20

Best Working Model or Program: 1st $50, 2nd $30, 3rd $20

Encouragement Award Primary: Trophy-donated by Murray & Anne Menzel

✂ ----------

Class 5 Student Inventions Competition

SCHOOL:_____

STUDENT:_____

PHONE:_____ EMAIL:_____

☐ Prep – Year 6 ☐ Year 7 – 12

INVENTION NAME:_____

BRIEF DESCRIPTION:_____

_____

_____

_____

_____

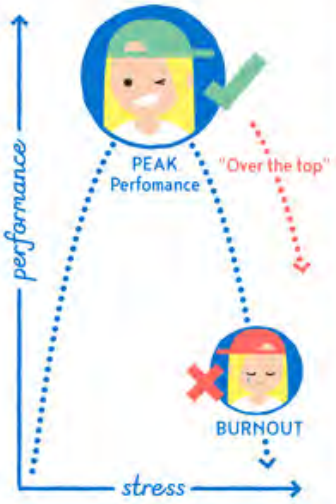
ANY SPECIAL DISPLAY REQUIREMENTS:_____

5 STEPS to STUDY SUCCESS

We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty -minute chunks for the most effective use of your brain.

3 SAY IT OUT LOUD

The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.

4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.

5 SLEEP IS YOUR FRIEND

If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.

REACH OUT.COM

EXAM SLAYING CHECKLIST

NIGHT BEFORE

- ☐ **CHECK** your exam location and start time

- ☐ **DO** a light revision of your notes (don't go overboard)

- ☐ **LAY** out your clothes

- ☐ **SET** your alarm

- ☐ **VISUALISE** yourself being calm and confident in the exam room

- ☐ **GO** to bed early enough to get a good amount of sleep

On THE DAY

- ☐ **EAT** a decent brekky

- ☐ **PACK** your bag

- ☐ **ARRIVE** a little early

- ☐ **AVOID** any people that stress you out

- ☐ **TAKE 2** minutes and practice deep and slow breathing

- ☐ **GET** comfortable in your assigned seat and then get to work

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How to manage your time

The amount of work you get at school or uni can seem daunting, but there are tools and tactics you can use to plan your time. If you set goals, make plans, write notes, limit distractions, make time to chill and get help when you need it, you can get everything done.

So little time...

If you're studying, it can sometimes seem like there's not enough time to do it all, but there are tools you can use to plan your time effectively.

Make plans, score goals

Set out a list of what you want to achieve, and for each item, write down what you'll need to do. Make it manageable and achievable. The idea is not to freak yourself out, but to chart a course to where you want to be. As you work through the list, you'll see yourself approaching and reaching your goals.

Write it down

Write down appointments, notes and ideas in a diary or notebook, and use a wall planner so that important dates (or just planned fun times) don't pass you by.

Limit distractions

The internet is pretty great, right? We agree. But with instant messaging, social networks and email, it provides a heap of ways to procrastinate and distract yourself. Limit your time chatting and fooling about to your breaks, and shut down these distractions while you're studying. The same goes for talking and messaging on your phone. You'll get a lot more done.

Take breaks

If you plan study into every single minute you've got, you'll probably end up stressed and unhappy. Make sure you've got time to do things you like that relax you. Whether it's sports, video games, music or anything else, don't let it go just because you're studying.

If you need help, get it

Time-management is a skill. Like any skill, some people are better at it than others. If you're struggling with it, talk to someone who can help – teachers, friends, family, lecturers and counsellors.

5 apps for beating exam stress

1. My Study Life

This app is kinda like a digital diary, and it's designed to help you keep on top of due dates and study schedules. It's totally free, and can be used to track deadlines: just input an assignment name and the date that it's due, and the app will remind you as often as you like. Best of all, it can synch up across a whole bunch of devices – and is even accessible offline, so it won't chew up all your data.

2. ReachOut Breathe

You know that terrible, tight sensation you get in your chest whenever you start to feel anxious? It's caused by stress affecting your breathing, creating exactly the kind of pain that the ReachOut Breathe app is designed to help you with The free app helps you to slow and maintain your breathing, while also measuring your heart rate. As a result, it's not only good for exam time; it's useful for dealing with stress in general.

3. Habitbull

One of the hardest things to do when preparing for exams is getting into a good study routine. It's just so easy to get distracted by the internet, friends, your phone or games. After all, you've got stacks of time! No need to rush studying, is there? But before you know it, you're cramming the night before a test rather than preparing for it weeks in advance.

Enter Habitbull. A motivational app, Habitbull allows you to track and input good habits, even giving you a score based on how well you're keeping up with routines. It's great for noticing patterns in your behaviour, too: maybe there are specific days when you're more alert than others, or maybe you tend to work better on the weekends rather than on school nights.

4. Recharge

When you're studying hard for an exam, often the first thing to go out the window is your sleep cycle. You stay up late, you wake up early… And even if you're not spending all night studying, you're spending all night thinking about studying, which is just as disruptive.

Recharge can help with that. The app helps track your sleep schedule, gives you some activities to do in the morning to get the blood pumping, allows you to track your mood, and – maybe best of all – comes with a super-loud, super-effective wake-up alarm.

5. Pause

Mindfulness – an anxiety-calming skill that helps you monitor worried thoughts – is a hard thing to master. Practising mindfulness doesn't have to be boring. In fact, Pause, a free app, has been designed to turn mindfulness into a kind of game.

Pause gets you to focus on small blobs as they fly across the screen while calming music plays. This might make it sound simple, but that's because it's meant to be. By getting you to focus on very basic shapes, Pause can increase your concentration, slow your breathing, and generally calm you down if you're feeling stressed.

Information for Parents

Parents and carers play a vital role in supporting their teenagers through exam time. However, it can be difficult to know how best to support a teenager to manage their stress. It's important to let parents know of the tools and support available to them to help them help their teenager.

We've developed newsletter copy to engage parents in student wellbeing throughout exam time. You can include this copy in your school newsletter, social media channels and website. You can also help parents by printing the fact sheets from the links below and circulating them at school events where parents are in attendance.

Help your teenager to beat exam stress

It's normal for teenagers to feel stressed out in the lead up to exams, particularly those teenagers in year 12. Your teenager may feel anxious about just one or two exams, or every exam may cause them increased stress.

Stress around exam time doesn't impact only on the person sitting the exams; it can also be difficult for the whole family. It's important to learn how to support your teenager during exam time, in order to help them manage their stress and to reduce any tension at home.

ReachOut Parents has over 140 fact sheets and practical tools. Here are a few that will help you to support your teenager with exam stress:

- 7 tips for helping your teenager manage exam stress
- A parent's survival guide to year 12
- How your teenager can manage distractions
- A parent's story about beating exam stress

For more evidence-based practical support and tips on mental health and wellbeing issues for parents, head on over to ReachOut.com/Parents.

The service also provides an online community forum so that parents can connect with each other to share experiences in an anonymous, supportive space.