Above: Mrs Fraser, Mr Moyle & Ms Nobbs with the beginning Public Speakers at St Mary’s Primary School - read more on page 7.

Below: Nikki Harvey providing a manicure to community member, Gail Corner at the recent Rushworth Ladies Pamper Day - read more on page 10

We wish everyone a safe and relaxing holiday break!
**News from the Principal....**

**College Council News**
On Monday evening College Council held their first meeting for the newly elected Council. Our Council members work actively with staff to ensure that we are continuing to work towards improving Rushworth P-12 College and how we support our students and families. Our 2013/14 College Council members are:

- Mica Rosenberg – President
- Kathy Gelsi
- Tracey Bons
- Jenni Rathjen
- Frankie O’Toole
- Julie Vincent – Minute Secretary
- Cass Alexander – Vice President
- Debra Vanderdonk
- Natalie Coton
- Judith West
- Kathryn Bendall
- Brad Moyle – Executive Officer & Treasurer

I would encourage all College community members to utilise our Council members for your improvement ideas and feedback to the College. Council are always happy to investigate new possibilities and review current policies if they are not meeting the needs of our students. Please remember that if you have specific concerns about your child, then these enquiries need to be directed to teaching staff, Kathryn Bendall or myself.

**Parent Teacher Interviews**
Thank you to those many families who have taken the opportunity to join us for Parent Teacher Interviews. Thursday night saw a large number of our families joining us and sharing in the learning journey of our students. We trust that the information provided is useful in supporting your son/daughter to make the most of their educational opportunities. We look forward to the remainder of our College families joining us on Tuesday 26th March to complete our Term 1 Parent Teacher Interviews.

**Student Attendance**
Thank you to those students and parents who are supporting students to make every day of their schooling count. Over the past few weeks we have seen an improvement in the attendance rates of students, particularly our students in P-6. This is clearly setting a great platform for future learning and we encourage you to keep up the great attendance rates. Next week we will be announcing the Term 1 year level winner for our attendance awards.

Sitting alongside this good news though is the disturbing fact that a significant number of our senior students are reporting high levels of absenteeism. Given the focus in senior years of learning content and how to apply this content, attendance at school is essential and for our VCE and VCAL students attendance levels greater than 80% are a must for obtaining their certificates at the end of Year 12. Over the coming weeks we will be arranging individual meeting with parents and students to ascertain what supports can be put in place to improve this scenario.

**Twitter**
As a College we are constantly looking at ways that we can improve or enhance how we communicate with our students, parents and local community. As a result we are embarking on a trial of Twitter as a communication tool. We are aiming to use Twitter to provide you with updates on school events, reminders and to share good news stories. In no way will this trial or tool take away from our existing channels of communication such as the newsletter, letters home, phone calls or face to face conversations. Our Twitter account can be found under @rushworthp12 During this trial phase we ask that you do not post to our twitter account but simply use it as an information source. Information on how to follow our Twitter account is included later in the newsletter. Please feel free to provide me with feedback over the coming weeks after you have seen Twitter in action.

**Last Day of Term 1**
A reminder to all parents that the last day of Term 1 is Thursday 28th March. Students will be dismissed at 2:25pm on this day and buses will operate as normal at this time. On behalf of the College Staff and Council I would like to wish all our readers an enjoyable and safe Easter and school holiday break and we look forward to seeing you all again on Monday 15th April

*Kind regards, Brad Moyle, Principal*
Accessing the Rushworth P-12 College Twitter messages

Visit [www.twitter.com](http://www.twitter.com) - Click “SIGN UP”

When setting up your account and profile you can choose to skip the steps such as “INTERESTS” or “FRIENDS”, etc.

You will be asked to verify your twitter account. This is done by a link that is sent through to the email account you used in the set-up process.

Click the “WHO TO FOLLOW” link in the left hand column of your twitter homepage.

Search for “rushworthp12college”

When you have located the school, click the “FOLLOW” button.

Once you have signed up and verified you are ready to adjust your settings to follow the school tweets. You can choose to follow the school on your computer, however if you really want the functionality twitter can provide you need to set up mobile notifications.

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**Worthy of Praise**

- Shanae Baldwin - working consistently across all classes to complete school work.
- Daniel West - working consistently across all classes to complete school work.
- 9–12 Attendance awards went to; Brodie Aburrow, Sara Owens, Jak McMillan and Victoria Hourigan. Each received a $5 canteen voucher.
- The Year 7 Class for their respectful behaviour during the Gideon Bible Presentation and their bravery in the face of immunisations.
- Stephanie Lucreziano for excellence in VCAL literacy.
- Phoebe Stewart and Imogen Giffen for their efforts in Public Speaking.
- Luke Zonneveld – for demonstrating outstanding leadership and initiative in supporting a Prep student on the bus.
- Matt Caton - For always trying his best in class. Keep it up!
- For showing keen interest in reading – Brandon Gaertner-Sullivan, Matt Lucreziano, Brodie Halls, Janelle Doolan, Shanae Baldwin, Luke Zonneveld & Chloe Laurie
- For contributing informative information to the Library’s ‘Book Recommendation’ competition – Matthew Caton and Luke Zonneveld
- Sam Horgan, Ryan Young & Madison Kromek for their consistent effort & excellent presentation on their Maths work.
- Nikki Harvey, Stephanie Lucreziano, Amber Lunney & Shantelle Ward for their contribution to the recent community event—Ladies Pamper Day
News from the Assistant Principal....

This weeks focus is MAKING THE MOST OF OPPORTUNITIES

It has been fantastic to see the vast majority of students at Rushworth P-12 College making the most of the opportunities that they are presented with. As I move around the College daily I see most of our students actively engaged with the work prepared by their teachers. This is great to see.

I encourage those students who currently aren’t always doing the right thing to think of the impact their behaviour is having not only on others, but also how it is limiting their future. While schools provide students with academic knowledge we are also preparing our young people to be valuable members of the community. We prepare them for life in the workforce by instilling in them values such as being punctual, doing their best, showing respect to themselves, others and the environment and behaving and speaking appropriately.

At times it is disappointing to see our students not showing respect for our fabulous grounds and gardens. Unfortunately it is common practice for some of our students to throw their rubbish on the ground, rather than place it in a bin. We also find that too many students chew gum and then throw it on the ground or hide it under desks, chairs and other pieces of furniture. I would like to remind parents and students that gum is not permitted at the college.

We are also considering temporarily banning items from sale at the canteen whose packaging is regularly found by the cleaners and our groundsman lying around the yard. At the moment packaging from dim-sims is causing us a lot of concern. There are numerous bins in the college grounds and I encourage all members of our college to put rubbish in the bins provided so that our grounds can continue to be a source of pride for our community.

I wish everyone a safe and happy Easter and a relaxing break from school so that we can start Term Two refreshed and ready for some amazing learning.

Kathryn Bendall
Acting Assistant Principal/Student Welfare

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2012 Aspirations Magazine is now available

Our highly collectable 2012 school magazine has been printed and is ready for sale.

If you would like to purchase a copy, either come in or send along $10.00 to the General Office and we will send you one home.

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LOST PROPERTY

We have quite a lot of clothing in lost property from last year.

There are some spray jackets which look very new but without names. Please come and claim them if they belong to your child.

We will sell them on to other students at a reduced price if they are not collected this term.
P-2 ‘Remembering Lionsville’ Library Display

This term, I am excited to share with you the hard work of Miss Partridge and her P-2 students. Miss Partridge and her class have been learning about ‘families’ for the term. The feature display, relates to a Junior Fiction resource, “Remembering Lionsville’. ‘Remembering Lionsville’ is a colourful aboriginal based story with beautiful artwork by a renowned artist Bronwyn Bancroft. Bronwyn brings to vivid life her family’s oral history and her own childhood memories. The students then portrayed what the story meant to them, using Bronwyn’s artwork as a way to express themselves.

Resource Displays

Currently, there are numerous displays of our wonderful variety of resources. These displays are to encourage your child to be aware of what is available in the Library and to encourage them to try and explore different reading materials. This will help them expand on their interest in reading, reading ability and gain new knowledge.

The displays consist of:

- **Biography**: An account or a study of a person’s life written by another and
- **Autobiography**: Account of a person’s life written by oneself
- **Junior Fiction**
- **Fiction novels with true events**
We also have displays for recently purchased resources, these being: Fiction, Junior Fiction and Non-Fiction. We encourage all students to visit and become familiar with what the College Library has to offer. I also am happy for students to provide information of books they are interested in for future purchases. We like to keep them keen and interested in continuing to pursue their reading!!!

**Library Loans**

All students have a two week loan period. Please assist, by making sure your child is aware of when their chosen resource/s is/are due back. The due date is always reflected on the ‘due date’ slip in the back of the book. I am happy to renew the resource if they have not finished with it.

Please also provide a safe place for your child to keep their resource/s when they take it home. At times, we have students who cannot find or have had their sibling or pet damage the resource.

*Library Manager - Kerri-Anne Nurse*

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**Year 9 Information Night**

This year, the Year 9’s will be attending the Bogong Camp as a compulsory component of their alternative program.

We are requesting all parents and students to attend an information night on **Tuesday 26th March from 4-5pm** (the first hour of the Parent Teacher interview evening), which will also cover elements of the Year 9 program for 2013. This is a fantastic opportunity to find out exactly what your child will be participating in during the year.

Anyone who is unable to attend during this time is welcome to arrange a meeting with Miss Cray and Mr. Hutchison later in the evening. Students who attend with at least one parent will receive a discount on their camp cost.

If you have any queries please don’t hesitate to contact Miss Cray, Mr. Moyle or Mr. Hogan at the College.
Rushworth P-12 shares it’s Public Speaking skills..

Over the last four weeks Ms Nobbs has had the pleasure of running a Beginning Public Speaking Program at St Mary's Primary School. The aim of this program has been to assist students with preparation for public speaking competitions, to improve self confidence and speaking and listening skills. As Transition Coordinator it has also allowed Ms Nobbs to get to know some of our future students better and to make connections between upper primary school and lower secondary. The St Mary's students thoroughly enjoyed their experiences and Ms Nobbs found her pupils to be attentive and hardworking.

Ms Nobbs will continue to work towards competitions with both Rushworth P-12 College Primary students and the students at St Marys.

The Rushworth students have also recently enjoyed spending some time with Ms Nobbs building their own public speaking skills.

Imogen Giffening and Phoebe Stewart are to be commended for their recent assembly performances.

Waranga News

Photography Competition is now underway. Are you passionate about taking Photo’s? Do you consider yourself a budding photographer?

Then why don't you consider entering the Waranga News photographic competition?

There is no specific topic, you are just asked to capture your favourite events or subjects.

Competition closes on 19th April 2013. Winners will be notified on Tuesday 23rd April and announced in the Waranga News on 25th April. First and second place winners will receive an ABC shop voucher.

(The fine print)
You can either take your photos in to the Waranga News office in a digital format or email them to them. You need to select a High resolution format no less than 1 MB. Please limit your entries to a maximum of 5 photos, with captions explaining the content.
Wednesday 20th March saw all of our Year 9 students head out on the first of a series of ‘taster days’ we have planned for them this year.

The first of these was themed around Agriculture & Horticulture as we have a lot going on in this industry locally, and we thought it was time to highlight this to our students.

With fantastic support from David Forbes, Rural Skills Australia, and Anne Trickey, Bev Werner at the Campaspe Cohuna LLEN we organised a wonderful day of activities for our students.

First stop on the big day was the Department of Primary Industries in Tatura, where students were given some key information by guest speakers and then some hands-on activities.

Snow Brand was the next site to visit and students were given a tour through the facility and discovered what they do.

It was then back on the bus to head to Nagambie with two very special visits to go - Mitchelton Winery & Swettenham Stud (the home of Black Caviar).

At Mitchelton students were taken on a tour of the winery and got to see some of the processes of winemaking in action. They also got an insight into the uniqueness of the winery itself, including the architecturally designed buildings, and the newly developed grounds.

Tim at Swettenham Stud was very keen to show the students through the facility and increase their awareness of the vast range of career opportunities available in the Racing/thoroughbred Industry.

Feedback from staff and students has been very positive and although we know that not all our Year 9’s will want to pursue a career in this industry it gave them all an insight into just what is available locally—we hope to continue that theme throughout the year!

Above Left: The highly automated packing room at Snow Brand.

Above right: Debbie Marsh from CVGT, Shepparton spoke to the students about the vast range of Traineeships/Apprenticeships available in the Industry.
Clockwise: DPI soil research in the paddock, Mitchelton and its unique building, Tim speaking to the students at Swettenham Stud, getting to meet one of the up and coming racers.
Thursday 21st March saw the college support Goulburn Valley Health & Rushworth Community House with the delivery of their combined project - a ‘Ladies Pamper Day’ for the women in our local communities. Rushworth P-12 College were very honoured to be asked to help and the area of expertise the two groups were looking for was with our VET Hairdressing & Beauty students.

In the early planning stages it was thought that these students would be able to use the day to hone the skills they are developing through their TAFE courses, as well as deliver a wonderful experience to many women in the community - and wasn't that the truth!

Nikki Harvey, Amber Lunney, Stephanie Lucreziano & Shantelle Ward (and assisted by former student Mikaela Hanson), pampered the ladies like there was no tomorrow!

These girls worked so hard throughout the day, with minimal breaks, no complaints, and a constant pleasant disposition, to deliver the resounding “most popular” stall at the Shire Hall. Even though the girls experience at this stage in their VET training is minimal, they behaved and responded like true professionals. They along with their families and friends should be so proud of themselves.

College Council President, Mica Rosenberg was one of the fortunate participants and we thank her for the following article.

**VCAL Students Enjoy ‘Hands-On’ at Pamper Day**

I applaud the College’s involvement at the ‘Ladies Pamper Day’ held on Thursday 21 March at the Rushworth Shire Hall. This was a joint initiative of Rushworth Community House and GV Health and was very well attended by ladies of the wider Rushworth Community and from towns as far afield as Stanhope, Kyabram, Murchison, Colbinabbin and Nagambie.

It was a wonderful opportunity to provide some ‘hands-on’ experience for our Year 12 VCAL students who are undertaking their Certificate 3 in Beauty. It also provided a valuable insight for them, into not underestimating how important these careers are in smaller rural communities, where, for many ladies on the land, dealing with issues...
of isolation, stress and long hours of physical work, a little pampering goes a long way.

Our students were on deck all day working tirelessly, as they would in a business environment with appointments. Ladies of all ages queued up for manicures and pedicures for most of the day. I enjoyed my manicure with Steph Lucreziano.

Organiser, Lyn Rumble of Rushworth Community House and Kerrie Raglus also liaised to ensure that Year 9 student and amateur photographer, Blake Rosenberg attended to capture images of the event.

The College can be proud of how well these students acquitted themselves, providing cheerful and professional services.

Thanks goes to Kerrie Raglus for organising, attending and supporting the girls – she was on the run all day keeping them supplied with advice, bowls of warm water & other tricks of the trade. Thanks also to ‘The House’ and GV Health. I am delighted at how well the College is liaising with community groups to ensure our students are given valuable life-long experiences, and an understanding of how vital their involvement within their community is.

Mica Rosenberg
Pamper Day Attendee

Above left: Mikaela Hanson supported the College.

Above right: Shantelle Ward practises her skills with Annette Armstrong.

Left: Eyelash tinting was one of the services we provided to the ladies of Rushworth & surrounds. Manicures & Pedicures were also provided.
Shine Dance Party at Eastbank featuring Timomatic

Saturday 6 April, 7.30pm
Eastbank Centre, 70 Welsford Street Shepparton

Riverlinks Members $32.90
Non-Members $37.90

Timomatic (aka Tim Omaji) is an actor, singer, dancer, writer, choreographer and all round entertainer who is making his mark on the world music scene.

Please note, tickets available for purchase online are General Admission only (ground floor standing). There are a limited number of seats available for the balcony area on Level One. If you would prefer this option, please contact the Riverlinks Box Office directly (03) 5832 9511 or boxoffice@riverlinksvenues.com.au.

Celebrate Youth Week at Campaspe Regional Library—visit your local Library during Youth Week, 5th to 14th April, 2013—borrow a book and go in the running to WIN a Mini iPad.

Write a review of your favourite book and earn 5 more chances to win!

**It is a condition of entry that the winners name & photo may be published.**

You can find branches of the Campaspe Regional Library at the following venues:

- Echuca - 310 Hare St, ECHUCA 54821997
- Kyabram—Lake Rd, KYABRAM 54812867
- Rochester—Mackay St, ROCHERSTER 54812868
- Rushworth—High ST RUSHWORTH 54812873
- Tongala –Mangan St, TONGALA 54812821

Sunday 7th April 2.30pm at the Echuca Branch—Nerelie Teese will show you how to “Tap into the most powerful app ever created” - Your Brain! Nerelie will be providing a Mind Mapping Workshop. Mind Mapping is useful tool when studying / reviewing work as our VCE students learnt on Tuesday.
Weight Watchers In the Community

Following the resounding success of GV Health, Waranga Campus’, recent participation in Weight Watchers at Work Program, Weight Watchers have agreed to go ahead with a Community Group which is able to meet at the Waranga Campus in a similar fashion to the GV Health staff group meetings. This Weight Watchers group is open for enrolments from **ALL community members** interested in participating in a local group Program.

Weight Watchers Community Group consists of

- Weekly meetings in the comfort and Privacy of GV Health Waranga Facilities, **with a Weight Watchers Consultant in attendance**
- Meetings will commence on a Thursday at 12.00 pm at Waranga Memorial Hospital Dayroom
- On line Support 24/7
- Community members receive the benefit of Weight Watchers At Work Pricing, which is $253.50 for the 13 week Program, price inclusive of online services and support (etools)
- This Program consists of the combination of the Weight Watchers Pro Points program format with the added benefit and support of online support, which is exclusive to Weight Watchers

**This group will commence immediately once we have 12 participants. We have 1 more place to fill to get this group started. There is no limit to the group size.**

Please register your interest to Michele or Robyn at Waranga Community Health Service, phone 5851 8021. This is an exclusive and unique opportunity for Rushworth and District community members to receive the professional support and benefits of which only a corporate program can provide.

Tuesday 19th March, we delivered a practical workshop for our VCE students with Glenn Irvine, Life Coach from MB & M, Shepparton (pictured below). The goal was to provide our VCE students with not only, as many practical resources as possible to assist them with study & revision, but also an insight into how they have developed as learners, helping them to identify what system might suit them best to get the most out of their studies and be happy with their results when they finish school.

Working on Study timetables proved to be a popular activity on the day and the VCE team look forward to working more closely with the students on these early next term.

**Some of the topics covered in the morning session with Glen Irvine (life coach):**

* Performance Blockers
* Emotional Quotient
* Goals
* Learning preferences

* Strategies for success
* Personal mottos
* Self-esteem
* Targets

* Prioritising
* Relaxation techniques
* Study timetables
* Homework expectations

**Some of the topics covered in the afternoon session with Ms O’Toole & Mrs Bendall:**

* What is the GAT
* Study V’s Homework
* Time management

* Why do we sit the GAT
* How to and not to study

**What is a Study Design**

**Study Aids/ Graphic Organisers:**

* Venn diagrams
* Tree diagrams
* Mind maps
* Flash cards

**Frankie O’Toole, Kerrie Raglus**
**VCE team members**
Failing or not performing as well as expected at school, Uni or TAFE can be very stressful, especially if you’ve previously averaged higher marks, or are depending on high results to get into a particular course or profession. Rather than feeling bad about it, try to take some positive action.

- Talk to your teachers – If they know you are having problems, they will be more likely to organise extra help, extra time to complete tasks or special consideration when marking.
- Don’t be hard on yourself – Getting lower marks than you hoped for doesn’t mean you are a failure or that you won’t achieve your goals, but rather that you might benefit from improved study habits or reassessing your choices.
- Get help when you need it – If you feel so anxious or depressed about your results that you’re no longer able to enjoy things you used to, it’s a good idea to talk to a trusted adult, like a school counsellor or family friend.

Studying, getting homework and assignments done and sitting exams can be difficult at the best of times, and they feel even harder if you are stressed, anxious or depressed. Developing good study habits, managing your time and dealing with stress as it happens can all help you to stay on top of your study so that it doesn’t get you down.

STUDY HABITS
Good study habits can help you to learn better as well as making sure that you get everything done. A helpful start is having a study area that is well lit and away from noise and other people in the house. If this isn’t possible, it might be better to study at the library. Make sure your desk is tidy and organised – it means you can concentrate on studying and learning, not trying to find where you put something.

Knowing your preferred learning style can help you to remember what you learn. ‘Learning styles’ refer to how you process information. Everybody has different learning styles and it helps to work out which is most useful for you. For example, some people work better using text-based memory tools (like acronyms), while others find visual tools (like mind maps or tree diagrams) more useful.

Even when you want to study, it can be hard not to procrastinate. Procrastination is when you do everything except what you need to do. It’s normal to do this a little, but too much procrastination can just add to your stress and result in you not giving yourself enough time to study. Managing your time and setting realistic goals can be helpful ways to avoid procrastinating and make tasks seem less overwhelming.

Avoiding distractions like phone calls or emails is also a good idea when you are trying to study. It might help to put the answering machine on or get others in the house to take messages for a while. You can always ring people back later.

Regular breaks are also important. Getting up, moving around and away from your desk at least every 50 minutes for 10 minutes makes you concentrate and learn better.

Visit: www.youthbeyondblue.com.au
Info line: 1300 22 4636

Just a reminder that it is NATIONAL YOUTH WEEK 5-14TH APRIL 2013.

We are very fortunate to be able to have Glenn Manton coming to speak with the Year 11 and 12 Students on Thursday 18th April for most of the day. Glenn is a past Carlton and Essendon Player who become a mentor, motivational speaker and is the founder of the White Lion foundation. We were lucky enough to get funding for National Youth Week which has enabled us to have Glenn come and speak with the students. Some of the topics Glenn will cover are: Depression / anxiety, self-esteem, motivation aspirations, reflection.

We kick of the day with a breakfast for all Year 11 and 12 students and staff. More information will be sent home early in Week 1 Term 2. Due to the constraints of the funding requirements and where the National Youth Week falls (school holidays) we have to had to have the day the first week of Term 2.

Whitelion has been supporting highly vulnerable young people for over 12 years, helping them to change their lives. Now operating nationally across four states – Victoria, Tasmania, South Australia and New South Wales – Whitelion’ s unique programs approach has evolved significantly over this time; through evidence informed modelling, practices and continuous improvement, we have been able to deliver the best possible outcomes for the young people we work with. Whitelion works with highly vulnerable young people involved with or at risk of involvement with the Youth Justice and/or Out of Home Care and Leaving Care services in Tasmania, South Australia and Victoria.

Leanne James
Adolescent Health Nurse
Former Student successes;
Last week I was extremely fortunate to attend two Graduation ceremonies, the first was to toast the success of Lani Gilbert who recently completed a Diploma in Specialist Make-Up at Gordon TAFE, Geelong. The ceremony was held in very prestigious surroundings at Costa Hall, Deakin University. Lani was one of 327 students to graduate on the night with a very broad spectrum of courses represented. Congratulations Lani! (picture above).

Friday night was more localised, as I attended the Kyabram Community Learning Centres 2012 Graduation Ceremony at the Plaza Theatre.
Several of our students completed certificates last year at KCLC as a part of their VET in schools studies;
Ally Horsley - Cert II Community Services
Jack Parker, Khale Lowden -Cert II Furnishing
Mick Biddiscombe, Sheridan Myers -Cert III Media
Mikaela Hanson - Cert III Beauty & Cert II Nail Technology
Nikki Harvey - Cert II Hairdressing. Nikki was also awarded an Excellence Award on the evening for her commitment to her studies. Congratulations Nikki!

We have also been alerted to the fact that former students Adele Fraser & Samantha Corbett were this week ‘admitted to the bar’, and are now fully licensed practising lawyers. Congratulations Adele & Samantha - you have done yourselves and your families proud!

Kerrie Raglus, Student Pathways
Senior Summer Sports

On Thursday 7th March our years 9-12 students had the opportunity to attend the Senior Summer Sports held in Shepparton and surrounds. We sent seven squads to four different sports including Volleyball, Clay Target Shooting, Golf and Ten Pin Bowling.

All of the students represented the college proudly and are to be congratulated for their behavior on the day.

Lunchtimes in the Stadium

Starting in Term 2, we will be implementing a program to boost our performance in the sports of Basketball and Volleyball. As a result, we will be offering lunchtime coaching sessions in these two sports and inter-house competitions each term on top of the interschool competitions. Stay tuned for more information!

PE Uniform

We are very excited to be finally introducing our new PE uniform to the College community! Our new shirt will be implemented throughout Term 2 with all secondary students expected to be wearing the uniform in PE classes as well as interschool sporting competitions by the end of the Term. Thanks to a generous donation from the Bendigo Bank, all shirts ordered by the end of Term 1 will be reduced in cost to $25. All students should by now have received a brochure and order form which has also been attached to this newsletter. Please return the order form with payment by Wed 27th March so that we can send off orders in time to have the shirts delivered at the beginning of Term 2. For more information, please see the ad on the opposite page.

Amanda Cray,
Sports Coordinator and Head of Health and PE

BELOW: Shots from the Clay Target shooting that were a featured sport on Senior Summer Sports Day recently.
Goulburn Valley Football Umpires Association

UMPIRING AUSTRALIAN RULES FOOTBALL AS A FIELD, GOAL OR BOUNDARY IS A MOST REWARDING EXPERIENCE.

- CHALLENGE
- MONEY ($57 - $170 per game)
- FRIENDSHIP

IF YOU WOULD LIKE TO HAVE A TRY AT UMPIRING PLEASE CALL NOW AND WE WILL SEND AN INFORMATION PACKAGE OUT TO YOU.

sidebott@bigpond.net.au
0419 154097  5831 5121

Kyabram Lawn Tennis Club
Easter Tennis Tournament
Round Robin Doubles, Singles and Mixed.

March 30th, 31st and April 1st
Senior A, B, C events
Juniors 14 and U, 12 and U,
10 and U events

Contact Chris George 58523930

Billabong Ranch School Holiday Camp

Want FUN and RESULTS you can see?
Billabong Ranch School Holiday Camp is a fantastic way to introduce your child to the joys of Horse Riding and all aspects of Horsemanship.

Our experienced instructors cater for first time riders thru to the more experienced (Ages 7-17).
We have a wide variety of gentle natured horses and ponies for your child to enjoy and our itinerary covers many different styles of riding.
School Holiday Camp is held every School Holidays and at just $550 for the week (all inclusive) it’s great value!

Book now for a week full of fun, friends & fantastic memories!
Sun. April 7th (5pm) to Sat. April 13th (10am)

PRESENT THIS COUPON TO RECEIVE 10% OFF THE SUPER PACKAGE AT BILLABONG RANCH OVER THE EASTER BREAK

NEW P.E Uniform...

Most students will have received a brochure from Ms Cray regarding the new PE shirts. Orders are coming in quickly. Don’t miss your opportunity to secure yours at the subsidised price of $25, thanks to generous support from the Rushworth & District Bendigo Bank.

Mr Embroidery will be on-site Tuesday 26th March - 9.15 to 10.15am to assist with fittings (of ALL uniform).
If you would like more information or haven't seen the brochure contact the College.
Disclaimer
The Department of Education & Early Childhood Development, and Rushworth P-12 College do not endorse the products or services of any private advertiser. No responsibility is accepted by the Department or College for the accuracy of information contained in advertisements.

Uniform
Representatives from Mister Embroidery will be at the school on **Wednesday 27th March** between 9:15 and 9:45 for fittings and orders of both the new PE Uniform shirt and other items of school uniform.

If you are planning to visit Mister Embroidery in the holidays please be aware that they will be closed during the first week (**March 29- April 7**).
If you buy the line that the promotion of resilience is in the best interests of kids then check out the following common parenting mistakes that reduce children’s resilience.

**Robber # 1:**
Fight all their battles for them
Nothing wrong with going into bat when kids struggle or meet with difficulty inside or outside school but make sure this is the last resort, not the first option.

- **Resilience notion # 1:** Give kids the opportunity to develop their own resourcefulness.

**Robber # 2:**
Make their problem, your problem
Sometimes parents can take too much responsibility for issues that are really up to children to work out or decide. Here’s a clue if you are wondering what I am talking about: a jumper is something a mother puts on her son when she is cold!

- **Resilience notion # 2:** Make their problem, their problem.

**Robber # 3:**
Give kids too much voice
In this era of giving children a voice it is easy to go overboard and allow them too much of a say in what happens to them. Kids often take the easy option to avoid hard or unpleasant situations.

- **Resilience notion # 3:** Make decisions for kids and expect them to adjust and cope.

**Robber # 4:**
Put unrealistic or relentless pressure on kids to perform
Expectations about success and achievement are important. Too low and kids will meet them. Too high and kids can give up. Too much and kids can experience anxiety.

- **Resilience notion # 4:** Keep expectations in line with children’s abilities and don’t put excessive pressure on them.

**Robber # 5:**
Let kids give in too easily
Resilient learners link success with effort. They don’t give up because they don’t like a teacher or when confronted with multi-step or more complex activities. Similarly they don’t bail out of a sporting term half way through the season because the team is not winning or they are not enjoying it.

- **Resilience notion # 5:** Encourage kids to complete what they have started even if the results aren’t perfect.

**Robber # 6:**
Neglect to develop independence
Don’t wait until they are teenagers to develop the skills of independent living. Start early and promote a broad skill set so that they can look after themselves if you are not around.

- **Resilience notion # 6:** Don’t routinely do for kids what they can do for themselves.

**Robber # 7:**
Rescue kids from challenging or stretch situations
There are many times kids are put in situations that are outside their comfort zones for a time. For instance, giving a talk, singing at the school concert or going on school camp may be challenges for some kids. They are all situations that kids usually cope with so show your confidence in them and skill them up rather than opt for avoidance.

- **Resilience notion # 7:** Overcoming challenges enables kids to grow and improve.

Sometimes the manageable hardships that children experience such as a friend moving away, not being invited to a party or completing a difficult school project are fabulous learning opportunities. They help kids to stretch and grow. Dealing with them effectively also teaches kids that they are capable of coping when they meet some of life’s curve balls.
And that is a huge lesson to learn at any age.

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<table>
<thead>
<tr>
<th>Activity</th>
<th>Details</th>
<th>Venue</th>
<th>Date &amp; Time</th>
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<tbody>
<tr>
<td>Easter Hunt</td>
<td>Storytime &amp; Easter Hunt</td>
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<td>Make your own Library Bag</td>
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<td>Age 7 plus</td>
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<td>Booking Essential</td>
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