### APRIL

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>22nd</td>
<td>Prep – 8 Assembly BER Foyer 9.00am ALL WELCOME</td>
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<tr>
<td></td>
<td>Theatre Studies performance of Romeo &amp; Juliet 11.30am at Senior Citizens Rooms</td>
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<tr>
<td>23rd</td>
<td>College Athletic sports Years 5 –12</td>
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<tr>
<td>25th</td>
<td>ANZAC DAY - PUBLIC HOLIDAY</td>
</tr>
<tr>
<td>29th</td>
<td>Prep – 8 Assembly BER Foyer 9.00am ALL WELCOME</td>
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<tr>
<td>29th– 4th</td>
<td>Year 9 Bogong Camp</td>
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<tr>
<td>30th</td>
<td>Prep – 2 Flying Bookworm incursion</td>
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### MAY

<table>
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<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>1st</td>
<td>Primary Interschool Cross Country</td>
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<td>Year 10 “Upload your Future” Excursion to Rochester</td>
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<tr>
<td>2nd</td>
<td>Year 11/12 Excursion to VCE &amp; Careers Expo Melbourne</td>
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<tr>
<td>3rd</td>
<td>Newsletter home</td>
</tr>
<tr>
<td>6th</td>
<td>Prep – 8 Assembly BER Foyer 9.00am</td>
</tr>
</tbody>
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Above: The Prep, One, Two class happily display their finished scarecrow - "Fluffles" who won the Junior category of the Easter Festival Competition. Read more inside.

Below: What’s been happening in the Art room? Read about it on page 8.
News from the Principal....

It gives me great pleasure to welcome our students, staff and community back for the commencement of Term 2, 2013.

Term 1 provided our students with a fantastic start to the year with renewed enthusiasm and vigour evident around the College and all this was achieved throughout a period of industrial action. The good news is that all industrial action has now ceased and staff have an industrial agreement in place through until October 2016. The lifting of industrial bans will allow a number of programs and activities to resume but staff must be congratulated on their efforts throughout Term 1 to ensure a successful start to the year for all students.

Already this term is shaping up to be an extremely busy term for students and staff with many curriculum and extra-curricula activities planned and on offer. Our senior students have celebrated National Youth Week with a breakfast with staff and a day of challenge, support and extension with presenter and former Carlton footballer Glenn Manton. We have our College Athletics carnival coming up next Tuesday and look forward to the involvement of all students in this whole school carnival. Our student leaders will also be representing the College next week at Anzac Day Dawn Services in Rushworth, Murchison, Colbinabbin and Stanhope.

At our whole school assembly on Monday morning I spoke with our students about the importance of our College values and how as individuals each of our students can make a positive impact on the lives of those around them and how they can contribute to continuing to make Rushworth P-12 College a great place to be. Students have been asked to demonstrate our College values on a daily basis, the most significant being the value of respect. Our students are asked to honour the value of respect in three ways, by respecting themselves, respecting those around them and by respecting our College and local community. It is extremely pleasing to report that our students have engaged with our College values and we have seen a considerable improvement in the levels of respect that are demonstrated around the College.

I also spoke to our students about the College values of resilience, encouragement and community. Like all of our readers, throughout life, I have made mistakes and our students here at school will have knock backs or make mistakes and it is the capacity to rebound from these mistakes or the value of resilience that we are encouraging our students to work on this term. The greatest learning’s that can be acquired can often be from those events or circumstances that we do not wish for and I encourage our students and staff to display the resilience that is needed to continue on with their endeavours and to continue to grow as individuals. The values that I spoke about on Monday we have seen in action during this week as the residents and visitors of Boston, USA deal with the unfortunate and fatal bombings that occurred. Our thoughts go out to all those effected and we admire your courage, resilience and sense of community as you encourage and support one another through this traumatic time.

Finally don’t forget that the College has established a Twitter account, www.twitter.com to keep you all informed of our events and happenings. Log on and register and you can find the College news via @rushworthp12

Have a great fortnight ahead and I encourage all our readers to connect with the College and join with our community over the term ahead.

Kind regards, Brad Moyle, Principal
BOLD is conducting an information session on

Anxiety in Older Children and Young Adolescents

This session will be presented by Nerida Hyett who is a local private occupational therapist who works at headspace mental health services and is a lecturer at La Trobe University. This information evening is for families and professional staff.

When: Tuesday 7th May
Time: Arrive 7:00pm for a 7:15pm Start
Where: Catholic Education Centre, 120 Hargreaves St Bendigo
Cost: $10 per family
      $35 professional
      $30 for each staff member of a rural school/ more than 5 staff attend from an organisation.

All professional staff will receive a Certificate of Attendance

Complete the registration form located at www.bold.org.au
Enquiries: - email info@bold.org.au

Information: Christine 0437 207 533
Booking: Rachel Wells 5434 3922
Firstly welcome back to Term 2 and what will undoubtedly be a very busy term. We hope you all enjoyed the break over Easter and are now ready to put your best effort into your schooling this term. This week I want to focus on Energy Drinks and why they’re not permitted at school.

**ENERGY DRINKS – WHY NOT AT SCHOOL?**

Energy drinks are generally drinks with high caffeine levels that, according to the manufacturers give the consumer ‘more energy’ than a typical soft drink.

There are a number of these drinks on the market and many of them contain other stimulants such as taurine, as well as vitamins, minerals and other herbal substances.

While caffeine is one of the most commonly consumed substances in the world doctors warn that the extreme levels of caffeine in energy drinks could be linked to a number of diseases including diabetes, heart disease, behavioural problems, tooth decay and poor sleep patterns. This is because although caffeine tolerance varies between individuals, for most people a dose of over 200-300mg, especially if consumed frequently, can cause some of the problems mentioned. Therefore they conclude that the very high caffeine content of energy drinks (sometimes equivalent to 14 cans of common caffeinated soft drinks) makes them unsuitable for children and adolescents.

The other major issue with energy drinks is the amount of sugar they contain. The amount is similar to that found in soft drinks and the commonly held view is that too much sugar is a risk in the obesity epidemic which is occurring in many of Australia’s young people today. Overweight and obesity are risk factors for a number of other diseases including type 2 diabetes and heart disease.

So what does all this mean in relation to Rushworth students? Rushworth students are not permitted to have energy drinks (Mother, Red Bull, V and similar) at school. We do not sell them in the canteen because of their high sugar and caffeine content and students are not permitted to bring them from home, or purchase them down the street, to consume at school. We appreciate the general community supporting us in our endeavour to promote a healthy diet among our students especially while they are at school.

References

http://today.ninemsn.com/healthandbeauty/8256380/energy-drinks-danger
http://www.energyfiend.com/energy-drink-side-effects

**HEADS UP!!!!! ACTIVE AFTER SCHOOL COMMUNITIES FOR PRIMARY STUDENTS – TERM 2, 2013**

Active After School Communities will recommence in Term 2 from Monday 6th May and will run for 7 weeks. This term we will run Fitness Training/Circuit Work on Monday nights with a qualified trainer and Soccer with Mr Daff on Wednesday nights. The sessions start with afternoon tea at 3.30 for 10 minutes followed by one hour of fun and energetic activities. Parents need to collect their children from school at 4.40pm when the sessions have finished.

More information, including a registration form will be sent home with all primary students next week. If you have any queries before then please don’t hesitate to contact Jamie Daff or Kathryn Bendall at the College on 5856 1230.

*Kathryn Bendall
Acting Assistant Principal/Student Welfare*
'Book Recommendation' Winner

We are encouraging students to participate in the College Library’s ‘Book Recommendations’ activity. This involves students to write about a resource they have enjoyed reading. This is then displayed on the exit door of the Library. At the end of each month, the students who participate go into a draw to win a prize.

Last month’s winner was Matthew Caton. He wrote about a novel that is written by Andy Griffiths - ‘The 26th-Storey Tree-house’………..

“Everyone on the book’s cover is used in telling the story. They talked about one of the sharks who ate too much and had to be cut open because it was sick. It go better.

It was funny! I liked the character ‘Terry’ because he looked funny with his inflatable underpants”.

Thank you Matthew for your contribution :)

Mr Men are here!!!!!!!!!!!!!!!!!!!

Students and teachers are excited to have Mr Men Collection now for loaning in the Library. Did you now that there are 46 Mr Men books??

Share in your child’s interest with reading these fun, colourful books and with all books that they bring home. Children learn and gain more interest in reading when a parent takes the time to read the books with them!! A great way to bond!

Until next time, keep on reading!!!!

Library Manager - Kerri-Anne Nurse
Scarecrow makings...

The last week of Term one saw all of our Prep to Year 8 students participate in some Scarecrow making Workshops in an effort to support the Rushworth Easter Festival committee with their inaugural Scarecrow Competition.

Staff, students and community volunteers all gathered during various class times during the week to ‘create’ some very effective, fashionable or scary scarecrows!

A great lot of enthusiasm, excitement and creativity was evident during each of the sessions, and by the end of the school week we had assembled 11 scarecrows to join the Festival crowd on Easter Saturday.

We were fortunate to obtain the services of ABC Gardening Australia researcher and book author, Millie Ross and our own resident garden expert, Louise Costa as guest judges.

The college were very proud to receive a few awards, with winners being acknowledged at our college assembly on the return to school this week.

Winner of the Prep—Year 2 category was “Fluffles the Rabbit”
Winner of the 3 – 6 Category was “Super Stanley William”
Winner of the 7- 9 Category was “White Zombie”

The scariest scarecrow was won by the Year 7 group who created “Hades’ - the grim reaper!

At the end of the day the Scarecrows were auctioned off to the Community and $156.00 was raised for the Easter Festival. Seeing as it was the first time, and crowds had started to disperse, everyone was very happy with the result.

Thanks must go to our community volunteers who came into the college and assisted with the creation of our scarecrows. Carol McMillan, Roelie Gilbert and Rhylie Stockdale gave up there time so willingly. Thanks again to the staff and students for their enthusiasm, gathering of materials and support of the initiative.

The competition certainly raised some interest as part of the Easter Festival and the committee are keen to see the scarecrows feature again in the 2014 Festival. We encourage the community to begin thinking about entering the competition and joining in with the festivities.
The Yr. 9 students have been busy in Term 1 learning about Printmaking. Their first assessment task was to design a stencil, cut it out and silk screen it onto a calico bag or a t-shirt from home. Check out the fantastic results.
VCE Theatre Studies present...

Romeo & Juliet

An interpretation...
Monday 22nd of April at the Rushworth Senior Citizens Clubroom
Only 2 Performances!!
11.30am and 12.30 pm. Each performance will last for 40 minutes
Members of the public are most welcome to attend.
Please support our students in their first public performance.

Woolworths Earn & Learn is on once again and Rushworth P-12 College have registered!

Starting Monday 8th April and ending Sunday 9th June.
Please collect the stickers from the check out after you do your shopping and drop them in the box at the Front office of the College.
We received quite a few new books for our Library last year.
It would be fantastic if we could get even more this year.
We look forward to your support...
What is the Premier’s Reading Challenge?

The Victorian Premiers’ Reading Challenge is a reading challenge held every year, with students participating from early childhood through to Year 10.

The aim of the Challenge is to promote a love of reading. It is not a competition, but a challenge to each student to read, to read more and to read more widely.

How do I participate in the Premiers’ Reading Challenge?

Your focus group teacher will give you a permission form, which will outline what you will need to do to participate in the challenge. These permission forms need to be returned ASAP to allow you to begin the challenge.

How many books do I need to read to meet the Challenge?

<table>
<thead>
<tr>
<th>Year level</th>
<th>Number of books</th>
<th>Number from the Challenge book list</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prep</td>
<td>30 books</td>
<td>20 or more</td>
</tr>
<tr>
<td>Year 1</td>
<td>30 books</td>
<td>20 or more</td>
</tr>
<tr>
<td>Year 2</td>
<td>30 books</td>
<td>20 or more</td>
</tr>
<tr>
<td>Year 3</td>
<td>15 books</td>
<td>10 or more</td>
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<tr>
<td>Year 4</td>
<td>15 books</td>
<td>10 or more</td>
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<tr>
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<td>15 books</td>
<td>10 or more</td>
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<tr>
<td>Year 9</td>
<td>15 books</td>
<td>10 or more</td>
</tr>
<tr>
<td>Year 10</td>
<td>15 books</td>
<td>5 or more</td>
</tr>
</tbody>
</table>

For example: A Grade 4 student will need to read 15 books to meet the challenge, with 10 books being from the “Challenge” list and 5 being “Choice” books.

What books can I read?

The number of books you need to read to meet the challenge is listed below. There is a certain amount of “Challenge” books you need to read as well as “Choice” books, where you get to have a choice in the book you read. Your focus group teacher will have a list of the books, which are on the “Challenge” list.
How do I log my reading?

Once permission forms have been returned, I will hand out information regarding how to log your reading online. All focus group teachers will also have information on how students can log in and record their reading.

Timeline for the Premiers’ Reading Challenge

**Term Two:** Premiers’ Reading Challenge begins now and finishes on September 5th, 2013. This means you have all of Term Two and most of Term Three to meet the Challenge.

**Term Three:** Premiers’ Reading Challenge finishes!

Need more information?

Come and see Miss. McIntosh in the Primary Area.

Thanks

Miss. McIntosh

Grade 3/4 Classroom Teacher

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### IMMUNISATIONS

The Shire of Campaspe Immunisation Team visited our school during March 2013 to provide free Chickenpox vaccinations to all Year 7 students, HPV to Year 7 students and Year 9 boys and Tetanus/Diphtheria/Whooping Cough vaccination to all Year 10 students.

Any student who was away from the school on the day of our visits or did not return a consent card may obtain these immunisations from the Shire of Campaspe at our monthly immunisation sessions.

NB. These vaccinations are only offered free from the Government in the specific years.

Session times are available from the College office, or by contacting the Shire of Campaspe on 1300 666 535
Weeroona College Bendigo

Would like to invite you to attend a presentation by

Melinda Tankard Reist

On the sexualisation of girls in the media and popular culture: and what we can do about it. Melinda will also address how pornography is contributing to a distorted view of relationships & sexuality.

On Tuesday 28th May 2013 at the
AT Dingle Performance Centre
Weeroona College Bendigo

Time: 6.15pm for a 6.30pm (sharp) start – 7.30pm
RSVP: May 21st 2013 to weeroona.co@edumail.vic.gov.au
(No door entry on the night)

Melinda Tankard Reist is an author, speaker, media commentator, blogger and advocate for women and girls. She is author/editor of four books including Getting Real: Challenging the Sexualisation of Girls and Big Porn Inc: Exposing the harms of the global pornography industry. Melinda is a columnist with the Melbourne Sunday Herald Sun and is a regular guest on Channel 7’s Sunrise & Morning Show. She has also appeared on ABC Q&A as well as many other TV and radio programs.

Melinda is co-founder of the grassroots campaigning movement, Collective Shout: for a world free of sexploitation. She has been named in the Who’s Who of Australian Women & the World’s Who’s Who of Women.

Cost: $10 per person (money must be paid at the time of booking. No refunds available and no tickets available at the door). For further information contact Sarah Warburton (School Nurse) on 5443 2133.

Name: _________________________________________

Visa □ MasterCard □ Amount: $___________

□□□□□ CCV □□□□

Expiry □□ CCV □□□□

Name on Card: _____________________________
Year 11/12 students to be given opportunity to attend The Age VCE & Careers Expo
The VCE team have decided to provide an opportunity for all of our Year 11 and 12 students to attend The Age VCE & Careers Expo on Thursday 2nd May at the Caulfield Racecourse. The college believes the students will gain some insights into the range of careers available, listen to seminars on specialist careers and attend VCE or Apprenticeship seminars, to enhance their learning's here at the College.

An excursion note with more details will be sent home shortly, but if you require any further details please feel free to contact Chris, Frankie or myself at the College.

Experience Latrobe 2013
Designed especially for Year 10, 11 & 12 students and their parents, Experience Latrobe offers a taste of what it’s like to be a Uni student for the day.

With more sessions than ever before (56 to be exact), a parents suite of programs and lunch and entertainment provided, these events are shaping up to be Latrobe’s biggest of the year—so make sure you secure your place now!

Albury-Wodonga - Friday 21st June
Bendigo - Friday 12th July
Melbourne - Wednesday 10th July
Shepparton - Wednesday 12th to Friday 14th June

Contact Kerrie at Careers Central if you would like a brochure sent home - they are indeed a very worthwhile experience for students and parents alike.

JMC Academy OPEN DAYS
Saturday 18th May 2013, Saturday 24th August 2013

Your creative future starts today
• Tour the campus and facilities
• Course information sessions
• Short film and animation screenings
• Live music performances
• Recording studio demonstrations
• Meet current students and view their projects
• Subject selection advice

Kerrie Raglus, Student Pathways
Sports Report

Term 2 will once again be filled with lots of exciting opportunities for our students to get involved in a whole range of sports related activities!

We are kicking off the term with our House Athletics Carnival on Tuesday 23rd May, this year we will once again have all of our students from Prep-12 involved and as always, parents and guardians are most welcome to attend.

As well as our traditional athletic events, this year we will be incorporating a number of additional competitions for everyone to get involved in. These will include novelty races such as a three legged race, egg and spoon race and a sack race. Students will also have the opportunity to participate in “Minute to Win It” activities and a whole school fashion parade, tug of war and ‘Harlem Shake’ battle.

We look forward to seeing all of our students dressed to impressed and keen to have a great day!

Training opportunities

During Term 2 we will be implementing a number of opportunities for students to get involved in sports training at lunchtimes with Volleyball, Basketball and Cross Country training being offered throughout the term. Interested students should keep listening to the bulletin for further information.

Other Upcoming Events:

⇒ Wednesday 1st May          Grade 5&6 Interschool Cross Country
⇒ Friday 10th May            Grade 3 - 6 Interschool Athletics
⇒ Tuesday 21st May           GMDSSV Senior Winter Sports (Years 9-12)
⇒ Thursday 30th May           GMDSSV Interschool Cross Country (Secondary)
⇒ Tuesday 18th June          GMDSSV Junior Winter Sports (Years 7-8)

Finally a note on our new PE uniform. We are expecting the new shirts to arrive in week 2 and the Bendigo Bank has generously offered to continue subsidising the cost of each students’ first shirt, orders can still be placed through the school. Although we have ordered some extras in various sizes, some orders may incur extra waiting time.

These shirts will be implemented throughout Term 2 and it will be expected that all students have this shirt by the beginning of Term 3.

A reminder that the College PE uniform consists of:

- Maroon polo shirt with College logo (or red polo for Term 2 only)
- Black sports shorts or tracksuit pants (leggings are not acceptable)
- White socks
- Non-marking sports footwear

*The College Jumper can be worn if needed for extra warmth.*

Amanda Cray, PE Coordinator
Lunchtime training in Volleyball, Cross Country & Basketball coming soon..

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.

If you would like more information or haven't seen the brochure contact the College.
Proudly supporting Rushworth P-12 College

We’re supporting you and your community

Call in and see us at
23 High Street,
Rushworth
or phone
5856 2122.

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.

At the Bendigo it starts with U.

Bendigo Bank

BABYSITTER WANTED
An opportunity is available for a caring and sensible individual to look after a 15 month old each Tuesday and Thursday afternoon, 3:30 – 5:00pm at the College.

If you are interested in this paid opportunity ($10 / hour cash) please drop in to the College Office and speak to Brad.

An exquisite Mother's Day gift.

Spoil Mum this Mother’s Day, and enjoy a delicious lunch of savoury and sweet dishes, inspired by Japanese culinary traditions in the form of a traditional high tea! Whilst adults taste oysters with sake sorbet, gyoza pork dumplings and soya bean poached salmon amongst other dishes, children can enjoy tempura salmon and vegetables and yakitori skewers along with sweet Japanese pastries for all to share.

Be entertained by the beautiful sounds of Shakuhachi, the Japanese flute, with a performance by Anne Norman who will take you on a theatrical journey about the history of tea and the Japanese tea ceremony after experiencing The Golden Age of Colour Prints: Ukiyo-e from the Museum of Fine Arts, Boston, the Australian exclusive exhibition that can only be seen in Shepparton.

Included in your ticket is:
- A beautiful Japanese inspired high tea/lunch
- An exquisite ceramic tea bowl hand-made by artist Angie Russi
- A ticket to view The Golden Age of Colour Prints and
- Copy of the exhibition catalogue

Date: Sunday 12 May
Time: 11am to 1pm
Cost: Adults $80, children under 12 years $45 (bookings essential) Tickets can be purchased from Riverlinks Box Office, Eastbank Centre (03) 5832 9511 or online www.riverlinksvenues.com.au