### NOVEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>18th</td>
<td>Prep - 8 assembly 9.00 BER Foyer ALL Welcome</td>
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<tr>
<td>18th-22nd</td>
<td>Early Commencement Program for Unit 3 - 2014 continues.</td>
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<td>19th-21st</td>
<td>Year 3/4 Camp to Beechworth</td>
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<tr>
<td>20th</td>
<td>Year 9 CFA crew awards night. 6.30 for a 7pm start</td>
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<td>VET Awards night — Moama Bowling Club</td>
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<tr>
<td>25th</td>
<td>Prep - 8 assembly 9.00 BER Foyer ALL Welcome</td>
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<tr>
<td>25th-28th</td>
<td>Year 11 Surf Camp - Torquay</td>
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<td>25th-29th</td>
<td>Year 7 –10 Exam Week</td>
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<td>29th</td>
<td>Newsletter home</td>
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Above: Our Year 8 Volleyball team are off to the **STATE** finals after winning the Regional competition last week!! **Well Done team!!**

Below: Senior school students attend an eye-opening day with the Army.

Read more on page 8-9.
News from the Principal....

It seems like only yesterday that we were commencing Term 4 and already we are approaching the half way mark of the term. It has been a busy term for students and staff alike.

One of the highlights over the past two weeks has been the considerable growth and improvement we have seen from our senior students in terms of being ready for their external Unit 4 VCE exams. Frankie O’Toole our VCE co-ordinator has consistently spoken about how our students have come to exams prepared and ready with all the required materials, been on time for their exams and generally been prepared to give each exam their best effort. This is clearly a step forward for the College with students actively taking key responsibility for their own learning and preparation for exams. Congratulations to all of our senior students who have sat exams over the past couple of weeks.

Another highlight has been the welcome addition to the College of our 2014 Prep and Year 7 students who have visited and spent time in classrooms this week. On Monday we had our Prep students join the P-2 classroom for an engaging and hands on morning in preparation for their start of school in 2014. It is always a delight to welcome our new Prep students as they enter the College with eyes wide open, ready to learn and full of curiosity. Thursday morning saw our Year 7 students for 2014 join us for a fun filled morning of Science activities. Our new Year 7 students always enjoy the opportunity to work within the specialist classrooms such as Science, Food Technology and Design Technology, that aren’t always available during their P-6 years. We look forward to all our new students and their families joining the College community in 2014. Enrolments are still being taken for all year levels, please feel free to drop in at any time for a College tour and enrolment interview.

Early Commencement and VCE/VCAL Teachers for 2014

On Wednesday 13th November our Year 11 students all stepped up to commence their Semester 1 studies for 2014 as part of our inaugural Early Commencement Program. The aim of the program is to give students a head start on their 2014 subjects and the opportunity to complete the much needed reading and other works over the holiday break. Students will spend 8 days in the early commencement program before completing their 2013 school year with the Year 11 Surf Camp.

Our 2014 Year 12 VCE classes and Early Commencement classes will be led by the following teachers:

- English – Deanne Nobbs
- Psychology – Stacey McMillan
- Business Management – Annette Gould
- Geography – Steve Daws
- Chemistry – Shabhana Edayath
- Food Technology – Jamie Daff
- (2014 teacher yet to be appointed)
- Legal Studies – Annette Gould
- Further Maths – Shabhana Edayath
- Biology – Steve Daws
- Physical Education – Chris Hogan
- Design Technology – Annemaree Klinberg

Over the coming weeks I will provide all families with further information in regards to our teaching staff for 2014 and beyond.

College Council News

College Council met on Monday evening for their November meeting and are pleased to advise that there will be no increase to school charges and levies for 2014. After careful structuring of the 2013 budget College Council are in a position to maintain charge rates without adding extra financial burden to our families. Information via a separate letter to families will be sent out in the coming weeks with all the fine details and how payments for 2014 charges can be made.
College Council have also endorsed the work of staff over the past semester on creating a guaranteed and viable curriculum for the future of all students. The curriculum is now documented with a high degree of rigour and clearly linked to the Australian Curriculum and Victorian Essential Learning Standards where required. 2014 promises to be an exciting year as these documented programs are delivered and enhanced by teachers after feedback from students on their implementation.

On behalf of College Council I would also like to take the opportunity to recognise and thank David Barton for his support and work at the College over the past 8 years as the College gardener. David has always taken great pride in his work and the presentation of the College and we wish him every happiness in his retirement.

Wishing you all a great fortnight ahead and don’t forget to put your best foot forward whenever you get the chance and make the most of the opportunities that are available.

Kind regards,
Brad Moyle, Principal

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Worthy of Praise

- **Year 8** - following students received their commended certificate for participating in the Consumer Affair Victoria, Film Fest. In the area of Shopping Rights - *Emily Crout and Katie Harrison King*, in the area of Scams - *Lochie Sitters, Ryan Young & Daniel West*, *Monique Silva, Shanae Baldwin, Janelle Doolan & Zoe McIntosh*.

- **Cody Vanderdonk** – For being a very helpful class member during our Asia Celebration Day.

- **All Grade 3/4 students** – For displaying excellent manners and school values when we had parents and grandparents in our classroom for our Asia Celebration Day. Well Done!

- The **Year 8 Volleyball team** on their commitment and dedication. Hard work does pay!

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The College will be holding a Christmas Gift stall on Tuesday 17th December from 9.30am til 1.00pm in the College Hall

This is an opportunity for students to purchase gifts for family and friends.

A variety of gifts will be available ranging from 50c to $5.

(Mark the date on your Calendar now)
Above: Some of our 2014 College Captain nominees represent the College at the recent Remembrance Day ceremony in Rushworth. Pictured with Bill Barlow are Hailey Lemin, Sara Owens, Caitlin Brown and Jack Valent.

Left: Sara Owens, Caitlin Brown, Hailey Lemin and Jack Valent all spoke passionately about Remembrance Day. Well Done!
Rushworth P-12 College were proud to be involved in some small way for the Rushworth Remembrance Day ceremony. Whilst our College Captain candidates and Year 5/6 students were involved with the High St ceremony, the students and staff back at the College observed the occasion with a small but sombre ceremony. Lest We Forget the sacrifices our forbearers, and former students made for our country.

Above: The Year 5/6 class after the Remembrance Day ceremony.

What are the 3/4 students preparing for? Turn the page to find out!
Primary – Year 8 Happenings...

It has been a busy 2 weeks for students in the primary area. The P/1/2’s had a wonderful dinner at school night last Thursday, and really enjoyed the opportunity to be at school and participate in some fun activities outside of their normal school hours. Dean cooked a yummy BBQ for their dinner, and the students went home tired and happy after a fun and busy evening at school.

Last Friday, the 3/4’s were lucky enough to enjoy a special afternoon to celebrate the completion of the inquiry unit of Asia. During this afternoon they cooked and enjoyed some Asian food, and were able to share the work they had completed on this topic with their parents.

The Year 5/6’s attended the Remembrance Day service on Monday, and were great representatives of the school during this ceremony. Another highlight for the Year 6’s has been the Year 7 transition yesterday morning, where the students enjoyed a range of hands on science activities with Ms. E.

Prep—Year 8 Awards

**Prep – 2:**  
*Toni Wright* - For fantastic work in Maths

**Year 3/4:**  
*Matthew Moyle* – For displaying excellent manners and school values during our Asia Celebration Day. Well Done!  
*Tamazin Sacco* – For always using her time productively in class and completing her work to a high standard. Keep up the great work!

**Year 5/6:**  
*Imojen Giffening* - For working really hard on her narrative writing  
*Bethany Lunney* - For working really hard on her narrative writing

**Year 7:**  
*Paris Lehmann* - For wonderful examples of creative writing  
*Matthew Lange-Richards* - For his enthusiasm towards expository writing

**Year 8:**  
*Jack Horsley* - For his great work on independent inquiry  
*Lochie Sitters* - For his great work on independent inquiry

**Year 3/4:**

**Literacy:** In Literacy, students will be revisiting persuasive texts and the language that is associated with this type of text. We will also be learning about silent letters in words and the different strategies we can use to spell challenging words. In Reading, students will be learning about different comprehension strategies to build literacy and inferred meaning and begin to evaluate texts by drawing on the knowledge attained through reading different texts.

**Numeracy:** In Numeracy, students will be investigating decimals and place value through hands on activities and maths rotations. Students will have the opportunity to experiment with different decimal numbers and how to order these from biggest to smallest and vice versa. In Applied Maths, students will be investigating data through Venn diagrams and two-way tables. Students will collect data, then collate it and present in the form of a diagram or table.
Year 5/6:

Literacy Focus: We will continue to work on writing narratives, with a particular focus on plot extension and character development. We will also be learning about how to make our writing more interesting and engaging for the reader. In reading, we will be working on reading for meaning, and the development of meaning making strategies while reading.

Numeracy Focus: Students will be working on their measurement skills, in particular, the conversion between metric units; for example, L to mL, and understanding of the significance of thousands and thousandths in the metric system.

Year 7:

Literacy Focus: In Year 7 we have been finishing our expository essays on the novel 'Living With Leanne', exploring the way the central character changes through the experiences she has when away from home. We are learning to insert quotes to support the ideas we are expressing in our paragraphs. Next week we will undertake 'On Demand' testing in reading to monitor student development in reading and prepare for our end of semester test which will consist of an expository essay based on our term's novel and a persuasive piece on a topical issue.

Year 8:

Literacy Focus: The Year 8 students have been presenting their reports on their individual inquiries and the class has been enjoying learning about a wide range of subjects. This week we have learned about Africa, the history of the Australian Army, the attacks on the World Trade Centre in 2001 and the history of Whroo. The class is now commencing its final unit of work on the film “What’s Eating Gilbert Grape”.

Asia Celebration Day

A BIG thank-you to those parents who attended the Grade 3/4 Asia Celebration Day. The students thoroughly enjoyed the day with creating arts and crafts from Asian countries, talking in Vietnamese, creating origami houses and assisting in preparing Asian Fried Rice. Students were able to recall facts we had learnt about Asian countries and share their knowledge with the parents and grandparents in the room.

Thanks to all the students who assisted in setting up for the Asia Celebration Day.
On Saturday 9th November a keen and intrepid group of students embarked on an adventure.....

After a visit to our College back in August, the Defence Force recruiting team notified us of a special event, an Open day at their Army Logistic Training centre in Bonegilla, NSW. 15 of our students in Years 9-12 and their parents headed off bright and early Saturday morning to explore the career options available in the Army.

Students had the opportunity on the day to get dressed in uniform and carry packs through exercises, take part, drive one of the latest ADF 4WD vehicles - the G wagon, and even participate in some simulated firing of the F88 Styer rifles.

All of the students who attended the day were bursting with stories on Monday of their individual adventures, and were filled to capacity of the possibilities the Defence Force has to offer career wise. The College would like to thank those parents who attended with their students, but in particular to Wil Lemin who volunteered to drive the bus (that the college provided for the trip). We couldn’t have offered that service without you Wil!
Above left: Gerry Doolan, Carrigan Horsley and Alex Gelsi learnt a lot on the day.

Above right: Elli Bertram and Taylor McCarten took part in many activities.

Left & Below: Students had the opportunity to observe military operations close hand.
SMOKING AND IT’S EFFECTS

Smoking! What a great past-time this habit is!!!

Ok, so imagine breathing in flea powder, nail polish remover and floor cleaner all at the same time. But there’s far more: cigarette smoke contains over 4000 chemicals and 69 of these are known to cause cancer. Even if you don’t smoke you can still get sick from these poisonous chemicals just by breathing in other people’s smoke.

When you smoke a cigarette, you breathe in some of the following:
- **tar**, a black, sticky substance that contains many poisonous chemical such as: **ammonia** (found in floor and window cleaner), **toluene** (found in industrial solvents) and **acetone** (found in paint stripper and nail polish remover)
- **nicotine**, the addictive drug in tobacco
- **carbon monoxide**, a poisonous gas that reduces the amount of oxygen taken up by a person’s red blood cells
- **hydrogen cyanide**, the poison used in gas chambers during World War II
- **metals**, including **lead**, **nickel**, **arsenic** (white ant poison) and **cadmium** (used in car batteries)
- **pesticides** such as **methoprene** (found in flea powder). Other chemicals such as **benzene** (found in petrol) and **naphthalene** (found in mothballs) are also in tobacco smoke.

How Much Money Will You Save By Quitting Smoking?

To find out how much money you will save by quitting, first find the number of packs that best represents how much you smoke each day. Then, follow that row to see how much money quitting will save you over the years. (All calculations use a cost of $3.00 per pack. Changes in cigarette prices are not considered in this table.)

<table>
<thead>
<tr>
<th>Number of years quit:</th>
<th>1 Year</th>
<th>5 Years</th>
<th>10 Years</th>
<th>20 Years</th>
<th>30 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Each day, I smoke about</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 pack of cigarettes</td>
<td>$1,095</td>
<td>$5,475</td>
<td>$10,950</td>
<td>$21,900</td>
<td>$32,850</td>
</tr>
<tr>
<td>2 packs of cigarettes</td>
<td>$2,190</td>
<td>$10,950</td>
<td>$21,900</td>
<td>$43,800</td>
<td>$65,700</td>
</tr>
<tr>
<td>3 packs of cigarettes</td>
<td>$3,285</td>
<td>$16,425</td>
<td>$32,850</td>
<td>$65,700</td>
<td>$98,550</td>
</tr>
</tbody>
</table>

For example, if you smoke 2 packs a day...if you quit today, in 20 years you will have saved at least $43,800 by not buying cigarettes.

So what else could you do with all that money?

Take a vacation, buy a car, put a down-payment on a home, go out to dinner more often, send your kids to college, renovate your home, buy a new TV, save for retirement...

To Quit the Use of Tobacco,
Call 1-800-QUIT-NOW

Smoking myths

Myth – Smoking is cool...

NOT COOL:
- Bad breath – not cool
- Hair loss – totally not cool
- Gum disease – gross
- Gasping for breath after walking up the stairs – unattractive
Emphysema – about as uncool as you can get. There really is nothing cool about the effects of smoking

**Myth – It’s not like I’m hurting anyone but myself by smoking...**

**THINK AGAIN:** That’s like saying when you drive a car dangerously you’re only putting yourself in danger. When you smoke, yes, you are harming yourself, but you’re also harming others around you.

How’s that? Well, when people breathe in smoke (from the end of your cigarette or your exhaled breath) it is known as passive smoking or second hand smoke. By smoking around people you are exposing them to unfiltered smoke and thousands of harmful chemicals which could lead to asthma attacks, frequent coughs and respiratory illnesses such as pneumonia or bronchitis. Some non-smokers have developed lung cancer and died as a result of people smoking around them.

**Myth – Lots of people my age smoke...**

**INCORRECT:** Many young people think that smoking among their peers is much more common than it actually is. In fact, in WA, only 1 in 10 school students aged 12 to 17 years smoke regularly, and over 75% of young people have never smoked before.

**Myth – Smoking makes me look mature...**

**BUSTED:** If by ‘mature’ you mean old and wrinkly like a foot that’s been in the bath too long, then you’re right, because people who smoke do age quicker than non smokers – in particular they get those wrinkles around their eyes and mouths sooner. But we think you probably mean ‘grown up’ or ‘sophisticated’, and that’s why it’s busted, because what’s grown up about smoking chemicals and spending money to support an addiction?

**Effects of smoking on the sexual organs**

The effects of tobacco smoke on the **male body** include:
- Lower sperm count
- Higher percentage of deformed sperm
- Genetic damage to sperm
- Impotence, which may be due to the effects of smoking on blood flow and damage to the blood vessels of the penis.

The effects of tobacco smoke on the **female body** include:
- Reduced fertility
- Menstrual cycle irregularities or absence of menstruation
- Menopause reached one or two years earlier
- Increased risk of cancer of the cervix
- Greatly increased risk of stroke and heart attack if the smoker is aged over 35 years and taking the oral contraceptive pill.


*If any students need help quitting call in and see me.*

Leanne James
School Nurse Educator
Portsea Camp

Application forms are now available for the Portsea Camp.

Dates 11th—17th January 2014.
Cost $312.00, children aged 9–12 years.

For further details contact
Avis Weller 58 546 383 / 0409438386

Newsletter 2014

The College are currently reviewing how we will disseminate our College news for the 2014 school year, and we would like to gauge your response before we make a decision.

The options we are proposing include:

- Emailing home the newsletter on a fortnightly basis (NO PRINTING)
- Printing once per term - A College Highlights mini magazine and posting home.
- Compiling a once a week - one page flyer of the highlights of the week, emailing home.

Please tick ✓ the option/s that you prefer and send this slip back to the general office by Monday 2nd December 2013.

Please feel free to contact Kerrie Raglus at the College if you have any ideas.

Name: ________________________________________________

Email address: ________________________________________
Sports Report

Our Year 8 Girls Volleyball team competed at the Hume Region Competition on Thursday the 7th November and were victorious for the second year in a row.

The girls played three matches on the day winning in straight sets against both Corryong and Yea before taking out a very tight match against Galen to emerge as the overall winners of the competition.

The team will now be participating in a training day camp at the College on Monday 18th November when we will be lucky enough to host a junior coach from Melbourne for the day before heading to the State Finals at the Melbourne Sports and Aquatic Centre on Tuesday the 26th November.

Congratulations girls and good luck!!

Amanda Cray, Sports Coordinator.

Above: The girls in celebration mode after their win, pose for a special photo to send to former coach, Mr Barnes, letting him know of the win!

Left: Rushworth P-12 College team and the Galen team await the all important announcement on who was going to STATE FINALS - WE ARE!!!!!!

A reminder to families and students that Term 4 is a SunSmart Term.
All students at the College will need to adhere to our SunSmart Policy and wear a hat when outside the classrooms.

Please support your child to ensure they have a hat to be Sunsmart
Still willing to accept any donations of straw, manure, seeds, small garden tools to replenish our stocks. Contact Kerrie at the College on 58 561 230

If you have anything you would like to have published in our college newsletter please email articles to: rushworth.p12@edumail.vic.gov.au

KidZcrapers Community Festival

“See it, touch it, try it, do it!” This award winning community festival provides fabulous experiences at little or no cost.

There is a huge range of fun activities catering for all ages including Farmer Darryl’s animal farm, roving entertainers, a magician, The Scientwists, Animals of Oz, push cart challenge, hands on activities, face painting, live local music and dance and LOTS more!

Don’t spend a fortune; just spend some quality time with your kids! Food and drinks available.

WHAT: KidZcrapers Festival
WHEN: Sunday November 17th 2013 10am - 3pm
ENTRY: Gold coin donation
WHERE: Grounds of Rochester Primary School.

Check us out on Facebook (‘KidZcrapers’) for more info

FOR SALE

1 pair of Nike Free 5.0+ Runners
Brand New, Never Worn
In Slate/Black/Yellow Style
Size 9 US Mens
$100

Contact Brendan Young at the College if your are interested.
Rushworth P-12 College

Community Bush Dance

Featuring: Paddy’s Wombat Bush Band

The staff and students of Rushworth P-12 College invite you to come and celebrate the completion of the 2013 school year with us.

Date: Thursday 19th December

Time: 12-3 pm

Students will be running a sausage sizzle to provide lunch for all guests.

Please RSVP with approximate numbers by Friday 6th December