<table>
<thead>
<tr>
<th>AUGUST</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>8th-10th</td>
<td>Waranga Winter Film Festival</td>
</tr>
<tr>
<td>11-15th</td>
<td>National Science Week</td>
</tr>
<tr>
<td>13th</td>
<td>Murray River Culinary Challenge - Regional Final</td>
</tr>
<tr>
<td>15th</td>
<td>2015 Senior subject selections DUE</td>
</tr>
<tr>
<td></td>
<td>‘Fast track’ applications open</td>
</tr>
<tr>
<td>18-22nd</td>
<td>Book Week</td>
</tr>
<tr>
<td>18th</td>
<td>Book Week Celebration Day —</td>
</tr>
<tr>
<td></td>
<td>Come dressed as your favourite Book</td>
</tr>
<tr>
<td></td>
<td>Character.</td>
</tr>
<tr>
<td>21st</td>
<td>Community Reading Day activity for Yr. 3/4</td>
</tr>
<tr>
<td></td>
<td>Men’s Health Night— RFNC 7.30pm</td>
</tr>
<tr>
<td>22nd</td>
<td>Newsletter home</td>
</tr>
<tr>
<td></td>
<td>‘Fast track’ applications close</td>
</tr>
</tbody>
</table>

Above: Tanner Stokes and his mum Sue, explore the options available to him in Year 11, 2015.
Below: Our Year 9 students enjoyed experiencing Engineering at the recent LEAP day at Seymour. Read more on pages 4/5.
News from the Principal....

Later Years Information Night and 2015 Subject Selections

WOW! What a night!

Last week we had the pleasure of hosting a Later Years Information Evening for students who will be undertaking VCE/VCAL and VETiS studies in 2015 and it was great to see so many interested students and their parents in attendance. The evening was a great opportunity to discuss future career and learning pathways and to hear firsthand about the range and quality of subjects and options available here at Rushworth P-12 College. The evening catered for students in Year 9 who may wish to Fast Track VCE subjects or consider a VET subject in Year 10, through to Year 11 students considering their subject choices that will give them the best opportunity of gaining entry to University in their chosen field. Thank you to our staff team for their work in making this evening a great success.

Our Later Years staff are available over the coming days as students finalise their subject requests for 2015, these are due in on Friday 15th August. Stay tuned as we release details of student subject confirmations later in the term.

2015 Enrolments

Do you have a son or daughter starting Prep or Year 7 in 2015? Maybe a family member, friend or relative has?

If so, contact us now to secure a place in either Prep or Year 7 for 2015. We are extremely proud of the opportunities that are available for our students and would encourage you to come in and discuss these with us if you are contemplating enrolment at any year level for 2015.

Murray River Culinary Challenge Regional Final

Next Wednesday 13th August two of our Year 11 students, Jazmyne Weatherhead and Kelly Turgoose will be competing in the Murray River Culinary Challenge, Regional Final being held in Echuca. Our two young ladies will head in to the completion with the knowledge and experiences from 2013 and we wish them every success in obtaining even stronger results this year. No matter what the outcome though, we know the judges are in for a treat. Good luck Jaz and Kelly.
Our Deepest Sympathy

Our deepest sympathy is extended to the Morgan family of Colbinabbin on the recent, tragic and accidental death of Lewis. Lewis, together with his older siblings, were all ex-students of Rushworth P-12 College and on behalf of the College Community we send our condolences to the entire and extended Morgan family. We know the support of your family and community is there behind you in this most difficult of times and we mourn with you on the tragic loss of Lewis.

Students, staff and family members are reminded that the College has a number of services to support our community during times of crisis and shock, please do not hesitate in contacting either Chris Hogan or myself for more information.

Thank you & Be Prepared

Thank you to the 23 out of 40 families that responded to the 2014 Parent Opinion Survey. This survey is conducted annually by the Department of Education, Employment and Early Childhood Development and provides College Council with insight into parent’s views of the College and a starting point for how we can further improve what we do at the College to support students and families. We look forward to having the results back later in the year and sharing these with you.

As previously mentioned, the College is undertaking a DEECD Review later this year as part of the regular cycle of Accountability and Improvement within the Department and College. Over the next couple of weeks we will be sending out a number of surveys for randomly selected families to complete. The surveys will focus on a Safe and Collaborative Culture, Effective Teaching in Every Classroom and Guaranteed and Viable Curriculum. The results will be used by the College and our independent review team to develop an action plan for the years ahead, so please take the opportunity to be involved and provide us with your feedback.

Have a great week ahead and don’t forget to push the positive and celebrate the great things your sons or daughters are achieving.

Kind regards, Brad Moyle, Principal

Now is the time to ENROL your child for 2015.

As EVERY DAY is OPEN DAY at Rushworth P-12 College, contact us to arrange a tour or send you an Information Pack.
Our Rushworth students look pretty engaged in the Engineering activities at Seymour - Robotics was the hit of the day!
Students put Engineering professions under the spotlight

More than 80 middle years students from the Hume and Campaspe regions attended this fabulous LEAP Into Engineering event at Seymour on Thursday July 24th.

Students from Seymour College, St Mary’s College Seymour, Yea HS and Rushworth P-12 College were totally absorbed in the activities delivered on the day.

Over three hours, they were immersed in four very different engineering activities:

- The Curiosity Bot challenge in Electrical and Robotic Engineering
- Crash Testing and Mechatronics
- Biomedical Engineering with Biometric measurement of athletes
- Creating Software Engineering solutions

The diversity of Engineering careers was well explained and the event demonstrators, many of whom were volunteers from the La Trobe University’s Engineering Department, also shared their personal stories of their pathways into Engineering.

The event, hosted by Seymour College, clearly had a significant impact on many students, with their level of engagement reflected in the enthusiastic Q & A session afterwards. They got right down to the nuts and bolts of Engineering with one student’s question from the floor about what an Engineer could expect to earn. It was also obvious that students were now a lot clearer on the benefits of working hard at their English and Maths studies.

The La Trobe University LEAP into...Engineering team did a magnificent job engaging students’ interest and working with the school teaching staff who attended. The comments and compliments directed to the team were all positive and the event clearly raised the aspirations of many students towards higher education pathways and a career in Engineering.
CFA STUDENTS MANAGE INCIDENTS...

On the fifth of August Year 9 CFA students took part in an excursion involving Incident Management practice. We learned about the different levels and aspects of chain of command and put this into practice by having a mock bushfire. We learned how the Incident Management works and how they do their job. We were split into the different jobs such as public relations, logistics, planning, operations and of course we had an Incident controller (THE BOSS!) it was hard at first but we soon learned that you need to be thorough and not muck around and get the job done as quickly as possible.

Year 9 CFA program consistently delivers valuable, ‘real-life’ experiences to our students. Congratulations to Lachie Sitters on your performance as Incident Controller. Well done to Jac Barrett (above right) and Madi Kromek on your specific roles.

Thanks to the volunteers who assist each week to deliver the program.
Year 9 YEP looking at World Challenge..

The Year 9 YEP group are currently undergoing research on a program called World Challenge. This organisation gives students the opportunity to visit a list of countries including Malawi, Costa Rica, Mexico and Fiji. It’s a two year plan leading up to the 3 week overseas camp and we would have to organise fund raising, among other things, for the trip to take place.

Skills we would get from this trip are: communication, negotiation, team work and money management. We would also be expected to organise our own accommodation, food and itinerary and complete a volunteer work while visiting the local villages in the country.

We are very excited and hopeful that this will happen in 2016.

Left: Janelle, Karissa, Shanae, Jess & Emily explore the world map to see where they could perhaps make a difference. We wish them luck!
Prep - Year 8 News...

Years Prep - 2

Literacy Focus: This week includes learning focusing on the features of persuasive texts and using this knowledge to persuade a partner. Next week we will be constructing texts using software such as word processing programs. For the next few weeks the Prep students will be revising the letters we have already learnt, as well as introducing some common sound blends. Prep students are also learning about the features of a retell and using images to retell events.

Numeracy Focus: This week our numeracy focus for all students has included recognising and describing familiar two and three dimensional shapes, including naming faces, corners and edges. Next week’s focus will include, modelling and using different strategies to solve addition and subtraction programs. These strategies will include bridging ten and counting on.

Megan Flynn

Reading Awards

100 nights: Sera Ratokalau

The primary students have been very busy learning about a range of different topics. The Prep/one/two students are learning about seasons and weather as their inquiry topic while the 3-6 students are investigating the Commonwealth Games and fervently keeping watch on the medal tallies.

Please remember to send a drink bottle to school each day with your child, preferably filled with water. This allows students to quench their thirst effectively without the interruption of going out to get a drink from the bubble taps.

**All students are reminded to bring their containers to school on Food Technology days, as containers are no longer available from the Food Technology department.

Mathletics

Bronze certificates:

Prep - Year 2: Jack Clarke, Bradley Bons, Navi Ratawake, Jackson Stewart and Harry Werner.

Year 3/4: Andrew Robinson, Tamazin Sacco and Matthew Moyle

College Values: RESPECT, Resilience, Excellence, Support, Persistence, Encouragement, Community, Trust.
**Year 3/4**

**Literacy Focus:** In literacy over the next two weeks we will be looking at understanding how to use sound-letter relationships and knowledge of spelling rules, compound words, prefixes, suffixes, morphemes and less common letter combinations – For example: tion.

We will also be looking at that verbs represent different processes (doing, saying, thinking and relating) and that these processes are anchored in time through tense.

**Numeracy Focus:** In numeracy we will be looking at number and place value. We will be focussing on recalling multiplication facts and related division facts. We will be selecting and applying mental strategies to solve division problems.

The following week, we will be looking at using units of measurement. We will be measuring, ordering and comparing objects using familiar metric units of length, mass and capacity.

Another reminder to parents that your child DOES usually have homework, hidden in the bottom of their school bag of course! Please remind students to complete and return this. They also have their nightly reading, which should be completed every night at home. They also usually have individually set homework on www.mathletics.com.au it does look just like games, but these are highly educational, and if your child has access to a computer with internet, they can always complete 30mins of Mathletics 😊

Grade 3/4’s have had a positive start to Term 3! Let’s hope we can keep this level of work up for the rest of the term.

*The Year 3/4 students were working hard on their number activities this week in Maths with Ms McDonald.*

---

**Year 5/6**

**Literacy Focus**

Our Literacy focus for week three and four is to plan, rehearse and deliver presentations for defined audiences and purposes incorporating accurate and sequenced content and multimodal elements. We are focussing on ‘Building Vocabulary Knowledge’ (BVK) to improve our reading comprehension.

During week five our focus will be to understand how the grammatical category of possessives is signaled through apostrophes and how to use apostrophes with common and proper nouns.

**Numeracy Focus**

Our work in Numeracy over the next two weeks will be focussing on the following topics: Geometric reasoning

- Estimate, measure and compare angles using degrees. Construct angles using a protractor
- **Using units of measure**
  - Choose appropriate units of measurement for length, area, volume, capacity and mass

**Inquiry**

Our inquiry focus for Term 3 is the Commonwealth Games and famous athletes.
**Year 7**

**Year 7 Maths Focus:**
The Year 7 Numeracy focus for the next couple of weeks shifts from fractions, percentages and decimals to investigating chance and probability. Our Year 7 students will be involved in a range of interesting investigations to collect data that allows them to analyse the probability of certain outcomes.

**Year 7 English Focus:**
The class has begun reading the novel “The Maze Runner” by James Dashner. This week we will be focusing on the setting and the development of the characters. The class will also have a spelling test on Friday, for this week’s words.

As always, you will need to know how to spell the words, their definitions and an example sentence for each word.

**Week 5** - The class will continue reading the novel “The Maze Runner” by James Dashner. This week the focus will be the roles of characters in the story, plot development and theme. Students will also begin exploring the slang of the novel creating a living dictionary of Glader slang. The class will also have a spelling test on Friday, for this week’s words;

**Year 7 English Vocabulary Building Weekly Word List**

<table>
<thead>
<tr>
<th>Term 3 - Week 4 Words</th>
<th>Term 3 - Week 5 Words</th>
</tr>
</thead>
<tbody>
<tr>
<td>affliction</td>
<td>belated</td>
</tr>
<tr>
<td>autonomy</td>
<td>blandishment</td>
</tr>
<tr>
<td>avid</td>
<td>blatant</td>
</tr>
<tr>
<td>auxiliary</td>
<td>connotation</td>
</tr>
<tr>
<td>avarice</td>
<td>construe</td>
</tr>
<tr>
<td>aversion</td>
<td>consternation</td>
</tr>
<tr>
<td>axiom</td>
<td>contentious</td>
</tr>
<tr>
<td>banal</td>
<td>contingent</td>
</tr>
<tr>
<td>Bane</td>
<td>contrite</td>
</tr>
</tbody>
</table>

**Ms Bradley, Declan and Pheobe explore the world in Humanities this week, wonder what they are looking at?**
English: This week in year 8 English, there is a focus on persuasive writing using a number of persuasive devices to enhance the students writing techniques in this style of work. There will also be a spelling test looking at spelling fiends – words that are difficult to spell as well as a number of comprehension pieces. There is also word of the week plus some grammar exercises.

Mathematics: For the next two weeks in Maths, the year 8s will be focussing on how to solve linear equations using algebraic and graphical techniques. They will also be learning how they can check their answers by using the substitution process.

Whilst a lot has been going in in Year 8 English and Maths, the students have also been working on their Design Tech projects. This week we captured Eqa & Robert practice their drilling and sanding skills.

THANK YOU to VCAL student, Shantelle Ward for her initiative and thoughtfulness.

Shantelle and her helpers Jayson Andrews, and Dan Newton baked some lovely fresh sausage rolls this Thursday as a ‘Thank you’ to staff for their efforts at the College.

Brittney Kouroupakis helped Shantelle with the initial planning and taking orders.

Thank you Shantelle, and the rest of your support crew for the yummy sausage rolls - the staff truly appreciated your efforts! 🎉
**Student Awards / Worthy of Praise**

**Year P/1/2:**  
- **Sera Ratokalau** for her positive approach to all learning tasks.  
- **Jackson Stewart** for his willingness to attempt all learning tasks and trying his best in all areas.  
- **Kaedyn Emmett** for demonstrating College values during the Kinder transition visit.  
- **Harry Werner** for demonstrating College values during the Kinder transition visit.

**Year 3/4:**  
- **Myah Zonta**, for her enthusiasm in class.  
- **Matthew Moyle** and **Tamazin Sacco** for their positive attitude towards all tasks.  
  Congratulations to these students!

**Year 5/6:**  
- **Julie Habegger** - Making a great start to Term 3  
- **Tanika Harbridge** - Consistently displaying College Values  
- **Lillian Gelsi** - Consistently making an effort to present her work well

**Year 7:**  
- **Hayden Kenney**: for being persistent in Maths  
- **Brooke Austin**: for showing resilience during the week  
- **Dan Newbiggin**: for trying hard in all areas of his learning  
- **Tysen Cottrell**: for making better choices this term

**Year 8:**  
- Congratulations to students of the week **Bradley Ballinger** and **Russell Anderson** for their efforts both are worthy recipients.

**Year 9 - 12:**  
- **Shantelle Ward, Brittney Kourooupakis, Dan Newton, Jayson Andrews** for planning and cooking sausage rolls for the staff to enjoy.

---

**LIBRARY LEARNINGS**

**THE CHILDREN’S BOOK COUNCIL OF AUSTRALIA AWARDS**

**Saturday 16th August to Friday 22nd August, 2014**

“The Children’s Book Council of Australia celebrates and supports Australian authors and illustrators of books for children and young adults, primarily though the Children’s Book of the Year Awards”. The winners of each category will be announced on Saturday 16th of August, 2014 leading into the ‘Children’s Book Week’ that runs from Saturday 16th to Friday 22nd of August, 2014. The theme this year is ‘Connect to Reading’.

**On Monday the 18th of August**, we would like your child/ren to participate by dressing up as their ‘Favourite Book Character’.

Judging of the Best Dressed Favourite Book Character will take place at the front of the Library at:

- **Recess**: 11.00 to 11.15 Years 7 to 12 (judged by primary students)

*College Values: RESPECT, Resilience, Excellence, Support, Persistence, Encouragement, Community, Trust.*
Lunchtime: 1.00 to 1:40 Years prep to 6 and teachers (judged by secondary students)

The criteria for dressing up as ‘Your Favourite Book Character’ is as follows:

- We will be looking for students that are creative by using recycled materials from home
- Likeness to character
- Effort in construction

All students were provided with a letter to take home informing families of this day. If you have not received this letter, then please contact the College on 58561230 and ask to speak the Kerri-Anne :)

These are last of the short listed books that need mentioning prior to Book Week ....

Older Readers
Title: The Sky so Heavy
Author: Claire Zorn
Learn more visit: http://www.goodreads.com/book/show/18169279-the-sky-so-heavy

Early Childhood
Title: Granny Grommet and Me
Author: Dianne Wolfer
Illustrator: Karen Blair
Learn more visit: http://www.goodreads.com/book/show/17256980-granny-grommet-and-me

Picture Book Of the Year
Title: Rules of Summer
Author/Illustrator: Shaun Tan
Learn more visit: http://www.goodreads.com/book/show/18717870-rules-of-summer

Eve Pownall Award for Information Books
Title: Welcome to My Country
Author: Laklak Burarrwanga and Family
Learn more visit: http://www.goodreads.com/book/show/18243964-welcome-to-my-country
Maths Matters

Money is a topic covered in the Maths Curriculum, but it is also a topic that parents can teach at home. Below is a list of goals to help parents teach their children about money.

This information was summarized from the following website: http://life.familyeducation.com

Age 6 to 10:
1. **Identifying money (coins initially and then notes).** Calculating money amounts and different ways to use coins and notes to represent particular amounts—e.g. “Show me $2.50”. “How much do I have in my hand?”
2. **Making change.** Make sure that your child knows how to present enough money to cover a purchase and to count the change.
3. **Being responsible for money.** If your child loses the dollar that was in their pocket, they have to know that it's their loss (you won't replace it).
4. **Understanding that things cost money.** From the food at the supermarket to the petrol in a car, they must learn that nothing is free.
5. **Handling an allowance.** This may include a modest savings plan to pay for things they want.

Age 11 to 13:
1. **Setting up a savings plan.**
2. **Setting up a savings account.**
3. **Giving to charity.** Even if it's only a little money, it's about time to learn about giving to worthy causes.
4. **Shopping wisely.** Children this age may spend time at the mall on their own; they need to know about shopping for value.

Age 14 to 18:
1. **Saving for something special.**
2. **Getting a job.** Nothing teaches about the value of a dollar as fast as working for it.
3. **Learning about investments.**
4. **Understanding what a budget is all about.** Money isn't infinite so they should know how to make a budget and allocate the money they have to spend among the things they need.
5. **Learning about credit cards and other debt.**
6. **Understanding about the different kinds of taxes.**

For more ideas keep an eye out for the ‘Maths Matters’ section in each fortnightly newsletter.

Margaret Turner. Numeracy Support, Rushworth P-12.
Careers Central

Subject Selection process closes soon!
2015 Information booklets have been handed out to all students in Years 9 –11, and include all the information surrounding our VCE, VET and VCAL programs for 2015. Representatives from GOTAFE, Latrobe University & the Defence Forces will be in attendance. VCE and VCAL staff will be available to talk to regarding subjects, programs and the requirements necessary to complete the senior years at school successfully.

OPEN DAYS
NOW is the season for University & TAFE OPEN days. All Year 11 and 12 students will be provided with an OPEN DAY CALENDAR in the next few days. If you would like to request a copy to be sent home via your student please contact me at the College. OPEN DAYS are a valuable resource for students and parents to attend, with most of the learning organisations offering sessions for parents to attend too. For specific information regarding OPEN DAYS please contact me at the College.

Melbourne Career Expo
The Melbourne Career Expo is coming up on the 15th - 17th August. I have several FREE passes for Year 10,11 and 12 students who may be interested in attending.

The event is touted as one of the largest and most comprehensive in Australia. FREE information sessions will run all day with some VCE Subject Specific Lectures being provided.

The FREE passes entitle you to attend at anytime throughout the event:
Friday 15th August 10am –3pm Saturday 16th August 10 am to 4pm
Sunday 17th August 10am to 4pm. Event being held at Melbourne Convention and Exhibition Centre.

Interested in attending? Then please pop into the Careers office.

ASPIRE APPLICATIONS NOW OPEN!

Applications are now open for the Latrobe University— Aspire early admissions program - an initiative that recognises the community service achievements of secondary school students. Latrobe will reward each region’s most community-minded secondary students with a new simple fast-track enrolment scheme.

Applications for all the courses are available now as part of the new Aspire early admissions program.

Local students can apply for a wide selection of courses under the program. They will not only receive an early offer to study in Semester 1, 2015, but also access to a support program which includes VCE/HSC revision lectures, mentor support from a La Trobe University student ambassador and access to our library.

To be considered for Aspire, students must provide a written statement detailing their community involvement - which could be through the school, sports or cultural clubs, or volunteering.

Latrobe will then contact the students' school principal seeking a recommendation.

Applications opened on 1 July 2014 and close on 31 August 2014. Offers will be made to successful applicants as early as September.

Information on how to apply along with a 'How to apply' video is available via the Aspire web page.

Until next edition,
Kerrie Raglus, Student Pathways
School Nurse Corner

Beyond Blue Check-In App

Beyondblue’s idea for App Aid, The Checkin App, was sparked from a current project at beyondblue, called Having the Conversation. The app aims at giving young people the skills to have conversations with their friends about mental health.

The app will assist with:
- developing a tailored, step-by-step ‘check-in’ plan
- reviewing how the conversation went, and give ideas for what to do next, especially if things got tricky
- setting reminders to follow up
- providing links to professional support
- providing words of wisdom from people who’ve done it before
- giving ideas for how to look after yourself when supporting a friend.

The App also enables beyondblue to make sure young people look after their own mental health, by giving them links to services or tips on who to talk to and how they can debrief after having difficult conversations.

The Check-in app

Youthbeyondblue and Melbourne app developers, Two Bulls with the support of the Vodafone Foundation have created The Check-in app. Download it from the Apple App Store or Google Play.

Who’s it for?
Anyone who wants to check in with a friend but is concerned about saying the wrong thing or making the situation worse.

How’s it work?
The app takes you through four steps, super easy and super quick, getting you to think about where you might check in, what you might say and how might you support your friend. There is also a section showing you things to consider, such as what if my friend denies there is a problem or what if I say something silly.

After you have had your conversation you can go back into the app and rate how it went. The app will then give you advice on the next steps. There’s also links to where you can get support and tips from young people.

Where do you get it?
It’s free to download from Google Play and the Apple App Store.
What are young people saying about it?

“This app is so incredibly unique and really takes the ‘fear’ aspect out of having a conversation with a friend about how they are going. It’s not an easy conversation to have, and this app provides the building blocks for how you would approach this conversation and reinforces the importance of talking about concerns. It’s an interactive and productive app that will give a confidence boost to the people using it in talking about mental illness. I’d recommend it to everyone I know.” – blueVoices member, age 18

“I think the app is really well done, and I think it serves a great purpose in guiding that conversation with your friend. I like how you’ve talked about how lots of actions and reactions are okay, even asking something simple as ‘How are you?’ or just being there for your friend is still really helpful. Not everyone is confident in having that conversation, and that’s okay, because not everyone probably wants to talk about what’s on their mind anyways.” – blueVoices member, age 22

“I think it would be extremely helpful to people – it covers the common questions and also what to do/suggestions if you don’t get the answer that you were expecting.” – blueVoices member, age 21

www.youthbeyondblue.org.au

Leanne James
School Nurse Educator

Brandon May & Kristie Crute were busy working on titrations with Mr Barnes in Chemistry this week.
PRESENT
THE
PRIMARY
SCHOOLS
BASKETBALL
CHALLENGE

WEDNESDAY THE 10TH OF SEPTEMBER
AT RUSHWORTH P-12 COLLEGE
10AM UNTIL 2:30PM - BBQ LUNCH SUPPLIED.

GRADE 4-5-6 STUDENTS FROM
ST MARY’S - MURCHISON - COLBINABBIN - RUSHWORTH
STANHOPE - HARSTON - TOOLAMBA - GIRGARRE - DHURRINGILE
WILL ALL BE INVITED TO COME ALONG!
PARENTS AND FRIENDS ARE ALSO WELCOME TO COME ALONG FOR SUPPORT

PLUS, OUR GOOD FRIENDS FROM THE BENDIGO BRAVES BASKETBALL TEAM
WILL BE THERE TO PAY US A VISIT AND HELP OUT ON THE DAY!

College Values: RESPECT, Resilience, Excellence, Support, Persistence, Encouragement, Community, Trust.
The Sports Locker

**GMDSSV Junior Football**

Wednesday 16th July saw our Year 7&8 boys head to the Mooroopna Rec Reserve to compete in the GMDSSV Junior Football competition. The boys participated well showing some great teamwork and sportsmanship and with standout performances from Wade Brown and Matthew Lange-Richards. Congratulations to all of the boys who went along on the day and a big thank-you to Mr Daff and Jeremy Lambden.

**In Pursuit of Health**

‘In Pursuit of Health’ has started with a bang again this term with a number of students working with our Sports Trainee, Jeremy Lambden one session a week on their personal fitness goals.

Our students have a variety of goals this term including improving general fitness, improving cardiovascular endurance, improving core strength and having the muscular strength to slam dunk a ball.

**New Toys**

We have been fortunate to purchase two GPS/HR tracking monitors in the Health/PE/Sport department. These devices have been used by our ‘In Pursuit of Health’ students as well as some PE classes to track distance, time, speed, heart rate, calories, intensity, altitude and pace. Students are able to track their performance and assess their improvement using these devices and they have proven to be very valuable to our sport/PE program.

**P-12 Cross Country**

The P-12 Cross Country is coming up on the 25th August, starting at 2pm. All students will be encouraged to participate. Each child will be earning point for their respective sports house. Parents welcome to come along and support their students.

A reminder as always to enjoy getting out and active with your loved ones!

*“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”*

- John F. Kennedy

Amanda Cray
Sports Coordinator
Junior Stadium Netball/Bring It On! Netball

Indoor Netball Kyabram Sports Centre

Programs starting Wednesday 13th August – 6 weeks

Come and join a team for a 6 week netball challenge.

Learn skills from coach Fleur Nurse, then put it all into practice playing matches against each other with umpires that assist in your learning.

11 & Under - Time 5.00 – 6.00pm 6 weeks $45
9 & Under - Time 4.00 – 5.00 6 weeks $45

Mini Net (ages 5 – 9) still currently running with Bring It On! Netball (skills training with Fleur) together with Learn As You Play games with assisting umpires (Kylie).

Please text Kylie Hutchings 0419 998190 or Fleur Nurse 0432379509 for registration.