The Year 9 students have had a great time away at Camp. Read more on page 4/5.
The Primary Basketball challenge was a great success, THANKS Tom Tom and Mr Hogan for organising the event. More on pages 6/7.
News from the Principal....

Senior Students - Revision, Study and Preparation

This time of the year always marks a busy time for our senior students as they work their way through their final School Assessed Coursework or Tasks and thoroughly prepare for the upcoming exam period. All of our senior students are encouraged to make the most of the Term 3 holiday break and create a schedule that gives them some breathing space but also allows them to study, revise and prepare for the work that is ahead of them throughout Term 4. Utilising this time over the holidays to prepare for the Term ahead will pay great dividends and all of our senior students are encouraged to ensure they have regular contact with their teachers over the upcoming month to ensure they are well prepared for their final assessments of the year.

PBIS Mascot

Congratulations to Isabelle Crute for her design and creation of our PBIS logo, Rush the Wallaby. As we roll out our Positive Behaviour Interventions and Supports (PBIS) System in 2015 you will see more of Rush. Rush was the most highly rated of our 8 entries in the mascot competition and really reflects our local community with his gold nugget and miner’s pick.

School Review

At the commencement of Term 4 we welcome independent School Reviewers Mike Rowland and Pam Toose to the College. Mike and Pam will be visiting us on numerous occasions throughout the term and looking at the work we are doing with our students. This will include visiting classrooms and observing the teaching and learning practices that are evident, reviewing school documentation and meeting with members of our College community to explore the realities and perceptions around the work we do in developing learners and leaders for today and the future. This is an outstanding opportunity for the College to examine and review our practices of the past few years for their effectiveness, school wide implementation and rigour, prior to developing a new strategic plan with our community for the period 2015-2018.

Thank you to the parents and students who have completed surveys for us over the past couple of weeks. This information will be collated and included in our self-evaluation and help guide our work for the years ahead, your opinion is greatly appreciated and highly valued.

A very sincere thank you is extended to our staff team who have worked tirelessly over the past six weeks in analysing and reviewing our work of the last three years. The time and effort that has been invested will pay great dividends as we develop a plan for the future that has input from all stakeholders and reflects the aspirations we all hold for the future of our students and the College.

Regular Attendance at school

As we approach the end of Term 3, I would like to take this opportunity to remind students and parents of the importance of regular attendance at school.

Regular attendance in class enables students to enjoy continuity of learning new skills and content in each of their subjects. Students who are regularly absent can often end up with gaps in their learning which can impact on building of new skills and ultimately, future learning.

Students who have high absenteeism can experience a lack of connectedness to school and often find maintaining friendships difficult. There are times when being absent from school is unavoidable due to illness or other very pressing family matters, however, we encourage both students and parents/guardians to ensure that school attending is an important priority and that students attend regularly.

Safe and enjoyable school holiday break

Finally, we wish our College community a safe and enjoyable break from the school routine over the upcoming two weeks and look forward to you re-joining us on Monday 6th October for the commencement of Term 4. Have a great break!

Kind regards, Brad Moyle, Principal
News from College President....

I would like to provide some feedback to our College Community from discussions at our last College Council meeting, in what I hope will become a regular column in our newsletter.

Our Principal, Brad always provides in-depth reports at Council to keep us all updated regarding the key areas of Student Learning, Engagement & Wellbeing and Pathways & Transitions.

One of our main focus areas will be the Priority Review for Term 4 and although we do not have a date yet, one positive aspect, is that our lead reviewer will be Mike Rowland who conducted the College review in 2010. He will be able to share some valuable insights with us regarding our journey over the last four years. Former Regional Network Leader Pam Toose, will be our second reviewer.

It was decided to maintain this year’s student fee structure in 2015. In view of the College’s ageing laptops, next year’s Year 7 & 10 students, will be targeted to bring in their own digital devices (Tablet, Laptop, Chromebook, or Netbook) to facilitate classroom learning. The annual fees and charges for these students, and any others who decide to bring their own devices on a daily basis in 2015, will be waivered. We expect this to be an on-going roll-out, in order to maximize students 21st century learning.

The Building and Grounds Sub-Committee advised that the Stadium Floor to be resurfaced in April 2015, the Stadium Doors will be replaced soon and the painting of the offices and Hall is planned for the Christmas/New Year break.

Thumbs Up!

- Congratulations to Caitlin Brown and Chris Hogan for organising the ‘Ice Bucket Challenge’, it raised $440 for the Cancer Council. Thanks to everyone for their generosity!

- For those parents, students and staff who have accessed the College website recently, you will notice our great new look, thanks to our resident IT guru, Brendan Young. New content will be added all the time, to provide a vibrant information tool.

- It’s great to see a much wider vision for our Transition Program, thanks to Stacey McMillan and Kerrie Raglus. College information is regularly being shared with our feeder schools, and kindergarten.

Congratulations to staff and students who are working hard to improve the positive vibe around the College, reflecting our core value of RESPECT. Great work is being done around coaching, policy structure, and PBIS.

Mica Rosenberg
College Council President

Term 4 is approaching rapidly....time to find the school hats!

ALL staff and students need to wear a hat when outside during Term 4.

Take time over the holidays to find your existing hat or purchase one from the General Office early next term for $12.
Year 9 Rubicon Camp

On Monday September 1st at 9 o’clock, nearly all of the Rushworth P-12 College Year 9 class left for a week of adventure and challenge at the Nayook Camp, 100 km east of Melbourne in the mountains near Mt Baw Baw.

Soon after we arrived, we were separated into 2 groups and we set off on a quick, but steep and slippery bushwalk in the surrounding terrain. After dinner that night, we prepared for Tuesday’s activities; caving and high ropes for Group 1 and rafting on the Upper Yarra for Group 2.

Tuesday was wet and cold, but dressed in the Camp’s excellent protective gear, no-one really felt it.

The cave was not what anyone expected. It was not an open tunnel, but rather a hole in the ground that we slid into and from there crawled, slithered and dragged ourselves for its length.

The high ropes course was very exciting. It took plenty of courage to climb up and walk across wobbling cables, steps, logs and bridges. It was very safe as we wore harnesses and were belayed the whole time. It finished with the ‘Leap of Faith’, which most people did, where we stood on a ledge 10 metres from the ground and then leapt out into the air to try and hit a red ball.

On Wednesday, the Groups swapped activities. But it was a really nice day, so the rafters had sunshine and the high ropes were dry.

Thursday was a surprise day, because it had snowed on Monday and Tuesday above 900 metres, Mt Baw Baw had new snow, so we all set off for a day of cross-country skiing. After a morning of learning the basics, we split into groups; those who wanted to ski to the top of the mountain and those who wanted to ski the lower slopes. Everyone had a great time, even though we all found out how easy it was to fall over – many times!

The last day, Friday was filled with voluntary jobs and then some orienteering. We packed and loaded the bus for the journey home, knowing that we would miss this camp.

A big thanks to the Nayook staff and our teachers, Ms Dupuy and Mr Hutchison, who were brilliant!
Year 9 Rubicon Camp

Learning to ski in the snow, swinging in the treetops or floating down a river rapid - what a camp to remember!
The College recently hosted a Primary Basketball challenge which was a culmination event after Mr Hogan had held several clinics at neighbouring schools the last few terms. The Bendigo Braves players came over and lent a hand on the day which was awesome! By all accounts everybody had a great day, below are a couple of recounts from students who participated:

On the 10th of September 2014, the Basketball Clinic was held. There were five different schools including ours at the Basketball Clinic. There were ten groups, each including at least someone from each school. This is to meet new people and make new friends.

I was put in group seven with a fellow classmate. There were lots of activities but the schedule was tight! The activities included Basketball games, scoring Basketball games, Four Square and Hot Seat. Hot seat was my favourite and I even won once!

At lunch everyone had the pleasure of a well deserved BBQ lunch. It was a hot day but we managed the last task after lunch. It was exhausting but all in all - FUN!!

Julie Habegger

On Wednesday the 10th of September the Primary students from Years 4/5/6 from Colbinabbin. St. Mary’s, Murchison & Dhurringile Primary schools came to Rushworth P-12. We had a 4 hour long basketball clinic. We had numerous basketball activities. We all had a team with a mixture of all schools. The events were in the stadium, on the flexi-pave, on the half court and other areas.

Jasmine Werner

Whilst here at the College Tom Tom called in and visited some other classes - here he is with the Year 3/4 class.
College Values: RESPECT, Resilience, Excellence, Support, Persistence, Encouragement, Community, Trust.

Wonder if the next NBA star is here??
The Prep/One/Two students have had a great term of learning, with lots of exciting extra activities happening during the term.

These included:

- Transition visits to and from Rushworth Kindergarten, these visits included, craft activities, a reptile show, cooking activities and weekly/fortnightly visits from the kinder children who will be in in Prep at Rushworth P-12 next year.
- The education visit from Ambulance Victoria
- The whole school cross-country

Well-done of such a fantastic term everyone!

Megan Flynn
Year 3/4
The Year 3/4 students have been very busy in term 3. In inquiry, we have learnt about The Commonwealth Games, as well as The Human Body. All students have enjoyed learning about both of these topics with hands on activities. Students were highly engaged during both units.

We saw a lot of FANTASTIC costumes on dress up day during book week, Thank you to the parents who helped out with the costumes! During book week, the grade 3’s and 4’s, joined St. Mary’s primary for stories and activities throughout the community.

This was a lot of fun for all students involved! Term 3 has also seen our students involved in the school cross country. Every student involved in this, tried very hard and had a lot of fun!
With students being very exhausted and looking forward to a break, I look forward to seeing them ready for a fresh start in Term 4!

Belinda McDonald

Year 5/6
Term Three has seen some busy times with many new learning experiences and sports activities being enjoyed by all students.

The students have been involved in: the P-12 Cross Country, the Stephanie Alexander Kitchen Garden Mini Market, On Demand Tests, Book Week Activities including Dress Up Parade, activities in the Library and special shared Picnic Lunch, A Bendigo Braves Basketball Clinic with visiting students, Free Dress days for Charity Events, the Ice Bucket Challenge, Enviro Week, the Neon School Social and an opportunity view a massive crane lifting the old N Block buildings out of the middle school grounds onto a convey of low loader trucks.

Carolyn Fraser

Year 7
Well what an end to Term 3 for our Year 7 students, with an excursion to Quantum Victoria on Monday, and a trip to see Maze Runner at the cinemas at Echuca on Thursday! On Monday, our Year 7 students participated in a Kinecting Sports to Maths program at Quantum, where they learnt about mean, median, mode and range based on the scores that they got playing bowling, soccer and track and field events. The students enjoyed the day and were really good representatives of our College on this day. Other highlights of this term for our Year 7 students have included participation in the College Cross Country event, participation in the Junior Winter Sports, as well as many interesting experiences in their regular classroom programs.

We would like to congratulate the Year 7’s on a great Term 3, and encourage them to continue to keep up the great attitude to school that they are demonstrating throughout Term 4! We wish all our Year 7 students and their families a safe and relaxing holiday break and we look forward to seeing you all back in Term 4!

Mr Daws and Mrs Moyle
Year 8

Congratulations to both the Lehmann girls Paris and Kiarrah for working extremely hard to improve their reading results both have made amazing progress well done!

Also, a fantastic term again from Iqa, who has tried extremely hard in everything she tackles and is a wonderful asset to the year 8 class and the Rushworth school and community.

Congratulations to the high standard of work consistently produced by Matthew Lange Richards, Jorge Maxwell, Bradley Ballinger, Danica Dizon, Eqa Sazali, Leah Vanderdonk, Paris Lehmann, Abigail Clarke and the consistent hard work and efforts of Russell Anderson, Nikita Schembri and Kiarrah Lehmann. Well done to all of those students!

Very impressive display on the tennis courts recently with Abigail Clarke, Nikita Schembri and Paris Lehmann practising for the school tennis events early in term 4 showing a wide array of shots (and plenty of giggling) and well supported by ‘moon boot walker’ Kiarrah Lehmann.

Have a safe and happy holiday from The Guru (Ms Klinberg) and Mr. Baker.

READING AWARDS

Ziggy Zonta - 25 nights.
Sienna Ratila - 25 nights.
Jack Clarke - 75 nights.
Tiffany Clark - 100 nights.
Tamikah Clark - 100 nights.
Hannah Price - 100 nights.

Jackson Stewart has been the first student from Prep/One/Two to achieve 200 nights of reading, great work Jackson!

Mathletics

Bronze certificates:
Harry Werner, Ziggy Zonta, Jackson Stewart, Jayden Bloomfield, Tamikah Clark, Kaedyn Emmett, Tiffany Clark, Annalise Boyd, Bradley Bons, and Sera Ratokalau

Silver certificates:
Bradley Bons, Harry Werner and Jackson Stewart.

Jack Clarke received a Mathletics Achievement Award.
**Canteen Lunch Menu Term 4**  
Support your school canteen - upcoming specials!

**THESE ARE THE ONLY OPTIONS AVAILABLE FOR LUNCH FOR TERM 4.**  
**RECESS WILL BE AVAILABLE AS USUAL.**

**MONDAY**
Chicken Schnitzel Wrap or Chicken Sweet Chilli Tender Wrap with lettuce and mayo.
FULL: $4.00       HALF: $2.00

**TUESDAY**
Pasta Dish:  **Week 1 special - Chicken Pasta**
SMALL TUB: $3.00       LARGE TUB: $4.00

**WEDNESDAY**
**Salad Sandwich, Wrap or Roll:** Choose one or all salads
SALAD CHOICES: lettuce, tomato, cucumber, beetroot, carrot, capsicum, pineapple
SANDWICH: $3.00       WRAP: $3.50       ROLL: $4.00
ADD: Egg or Cheese for an extra 50 cents
ADD: Chicken or Ham for an extra $1.00

**THURSDAY**
Rice Dish: **Week 1 special - Fried Rice.**
SMALL TUB: $3.00       LARGE: $4.00

**FRIDAY**
BBQ with coleslaw: **Week 1 special - Hamburger in Bread**
Vege Kebabs: $2.00       Sausages: $2.50       Hamburgers: $3.00       Chicken Steaks: $4.00

**WHEN ordered with lunch, ANY drink is reduced by 50cents**

Also Steamed Dim Sims with soy sauce: 80c each are available **ANY DAY.**
Student Awards / Worthy of Praise

Year P/1/2: Jackson Stewart and Tamikah Clark for demonstrating commitment and positive attitude towards their learning.

All members of the Prep/One/Two class for a great term of learning! Well done everyone!

Year 3/4: Matthew Moyle and Dana Rodgers, both for their positive attitude and encouragement on Friday afternoon!

Matthew Moyle and Jason Clarke have also received a special Mathletics award from the CEO of Mathletics Tim Power, for their outstanding achievements on Mathletics this year!

Year 5/6: Sarah Lange-Richards - Presented in recognition of exceptional effort and positive attitude and displaying College Values.

Baxter Russell - Presented in recognition of exceptional effort in making visiting students welcome during Transition.

Cody Vanderdonk - Presented in recognition of exceptional effort in making visiting students welcome during Transition.

Year 7: Jack Risstrom – focusing in D/T and soldering his first decorative metal ring.

Pheobe Stewart - silver soldering in D/T, using a gas torch safely and successfully.

Year 8: Abigail Clarke - completing a major timber product in D/T before due date to a professional standard (fishing gear and fishing rod storage cupboard).

Year 9 - 12: Nathaniel Schembri – working consistently in D/T to complete a major product to a professional standard (outdoor picnic seat and table).

All of the Year 9 kids who went on camp to Nayook were highly praised by staff for their behaviour, participation, team and leadership skills.

Year 11 IT students have participated in Bebra’s online computational thinking challenge last week and achieved an outstanding B grade. Congratulations to : Brandon May, Taylah Bons, Caleb Stokes and Mitchell Peterson for their great effort.

In Pursuit of Health program:

Nikita Schembri for improving her 1minute Sit up results by 22!

Abi Clarke for improving her Max Wall Squat by 50 seconds!

Paris Lehman for improving her Max Wall Squat by 2 minutes!

Mitchell & Patrick Coughlan for running on average 9km per week on the cross country track!

Will Brown for improving his Beep Test results by nearly a whole level!

Jack Werner for improving his Max Push Ups by 20!

College Values: RESPECT, Resilience, Excellence, Support, Persistence, Encouragement, Community, Trust.
Well, September holidays have rolled around so quickly, the weather is certainly being a little contrary! Just a reminder that TERM 4 is compulsory Sun Smart time with all students and staff to comply with the Rushworth P-12 SunSmart policy of wearing sun smart hats!

I hope you all have a fantastic break and be refreshed for the final Term of the year! It is only 99 days, 13 hours, 26 minutes and 20 seconds (at time of writing this) until Christmas! Just thought I would throw that in!!!!!!!

Enjoy your break!!! Stay well, remember the 5 SunSmart tips!

**From September, 5 things to remember**

**Slip! Slop! Slap! Seek! Slide!**

From September, Victoria’s UV levels are on the rise, so it’s time to dust off the sun protection gear and Slip, Slop, Slap, Seek, Slide whenever you are outside. Check the SunSmart UV Alert at sunsmart.com.au or in the weather section of the newspaper to find out the daily UV levels in your area and the local sun protection times.

**Remember these 5 SunSmart steps**

1. **Slip** on clothing that covers as much skin as possible (no singlet tops)
2. **Slop** on SPF30+ broad spectrum sunscreen (remember to reapply it before going outside)
3. **Slap** on a wide brimmed hat that shades the head, face, neck and ears
4. **Seek** shade
5. **Slide** on some wrap around sunglasses (labelled AS 1067) – if practical

Take extra care during the middle of the day when the sun’s UV levels are most intense.

**A note about vitamin D**

Higher UV levels from September to April mean most Victorians should be able to get the vitamin D they need with a few minutes of sun exposure on the face, arms and hands before 10am or after 3pm each day.

Due to their high level of melanin, children with naturally very dark skin (skin that rarely or never burns) need 3–6 times this exposure level. These children do not normally need to apply sunscreen. This is a decision for their family to make. However SunSmart recommends ALL children wear a hat to protect their eyes and face. If you have any concerns about vitamin D levels talk to your doctor.

For further SunSmart information:

Email: sunsmart@cancervic.org.au
Web: sunsmart.com.au

Leanne James
School Nurse

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Find that school hat on the holidays and BE ready for Term 4!!!
Nine Times Tables Hints:

Write a list of the 9s facts from 1 x 9 to 9 x 9 and their answers. Discuss the patterns in the tens and ones in the answers. There are several patterns, including:

- The number in the ones column is decreasing by one
- The number in the tens column is increasing by one
- The number in the tens column is one less than the number of 9s
- The two digits always add to 9
- The answers have symmetry. The first 2-digit number (18) is the reverse of the last number (81); the second number 2-digit number (27) is the reverse of the second last number (72) and so on.

Some of these observations can be used to work out answers to the 9s facts. For example

- 1x9 - the number in the tens is less than 1(0), and the ones add to 0 to make 9 (9) = 9
- 2x9 - the number in the tens is less than 2 (1), and the number adds to the ones to make 9 (8) = 18
- 3x9 - the number in the tens is less than 3 (2), and the number adds to the ones to make 9 (7) = 27 etc.

Using finger patterns:

Hold out both hands, palms facing towards you. Give each finger a number from 1 to 10, starting with the left thumb. Fold down the finger that represents the number of 9s. The number of tens in the answer is represented by the number of fingers to the left of the folded down finger, and the number of ones is represented by the number of fingers to the right. For example, for 4 x 9, hold down finger number 4 and count the number of fingers on either side.

For ideas about learning more numeracy hints keep an eye out for the ‘Maths Matters’ section in the next newsletter.

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

**SKI INSTRUCTOR - CANADA - GAP YEAR OPTION?**

**Ski instructor internships - final intake for this winter**

EA are down to 5 final places on the popular ski instructor internship program starting late November (this year) in Canada. This is the final recruitment stage with applications closing soon.

The Program is offered in conjunction with top ski resorts and is very popular with school leavers because it provides a guaranteed offer of paid employment, internationally recognised instructing qualifications as well as an early season accommodation, training and orientation package with assistance on flights and travel arrangements.

**Interested students can find out more and see if they qualify by going to the following link:** [Student application form](#). This will also give them online access to an instructor starter kit – with handy information on becoming a ski or snowboard instructor.

**EA are looking for school leavers who:**

* Have a passion for skiing or snowboarding (Low level intermediate to advanced ability welcome)
* Have a willingness to learn through training and working
* Have an interest in travel and adventure
* Are available between December and April (Programs start at the end of November 2014)
* Will be 18 years of age by November 2014
* Are looking for a life changing experience
* Have the financial support to participate (the all-inclusive program costs start at approx. AU$4,000)

**Interested students can see if they qualify online here:** [Student application form](#). This will also provide access to an online instructor starter kit – with handy information on becoming a ski or snowboard instructor.

**Until next edition,**

Kerrie Raglus, Student Pathways

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**gotafe**

**Open Day 2014**

**2PM - 6PM**

**SHEPPARTON 16 OCTOBER**

**WANGARATTA 21 OCTOBER**

**BENALLA 23 OCTOBER**

**SEYMOUR 24 OCTOBER**

[gotafe.vic.edu.au](http://gotafe.vic.edu.au) | 1300 GOTAIFE (468233)
Thankyou Ms Pressley for giving us some great class activities whilst you were here.

We enjoyed them all!
The Sports Locker

Over the past five weeks we have been lucky enough to have a pre-service teacher from Latrobe University, Bendigo working with our Health/PE/Outdoor Ed department. Tiarne Pressley is a fourth year Physical and Outdoor Ed student and has been taking the Primary, Year 8 and Year 11 PE classes as well as working with Mr Daff’s Year 11 OE class as her final placement. The students have greatly enjoyed their time with Miss Pressley and we wish her all the very best with the completion of her studies and her future career as a teacher!

Inter-House Cross Country

In our end of term assembly it was announced that BROCKLEBANK house won our recent cross country event with a total of 354 points, just 33 points in front of a very competitive McNamara house on 321 points. Once again a huge congratulations to all of the students who participated on the day!

Pictured: Captains Chloe Fisher & Jayden Smith with the winning trophy.

Inter-School Athletics

On Friday 5th September a group of students headed over to Shepparton to compete in the GMDSSV inter school athletics, our students performed exceptionally well with a number of standout performances. Three of our students won their events and will now be competing at the division even in Epping on Friday 10th October, Abi Clarke for Javelin, Mitchell Coughlan for 800m and Matthew Lange-Richards for Javelin and Discus. Matthew Lange-Richards also took out the runner up age group champion for the 14 year old boys. Well done Matt!!

Other Upcoming events

In addition to the Secondary Division Athletics we will have a number of other sporting events take place early next term.

Wednesday 8th October – GMDSSV Year 7 Cricket and Year 8 Tennis

Wednesday 15th October – GMDSSV Year 8 Volleyball

Monday 13th October – Primary Division Athletics. We have three students attending this event, Matthew Caton qualified for the 10yo boys 800m, Tom Jones will compete in the 10yo boys High Jump and Tanika Harbridge will be competing in the 12/13 girls High Jump. Congratulations on qualifying and good luck for the competition!

Monday 13th – Friday 17th October is HEALTH AND PE WEEK! Stay tuned for more information about a range of lunchtime activities and other competitions that we will be running during the week.

Congratulations to all students who have participated in all of our sporting events this term, remember as always to keep active during the holidays with friends and family, it looks like being a great opportunity to get outside and enjoy the ever improving weather!

"True enjoyment comes from activity of the mind and exercise of the body; the two are ever united." - Wilhelm von Humboldt

Amanda Cray

Sports Co-Ordinator

College Values : RESPECT, Resilience, Excellence, Support, Persistence, Encouragement, Community, Trust.
This event is an opportunity for young people to develop their street art skills, and express themselves creatively in a safe, positive, and legal way.

If you are aged between 12 and 21 and would like the chance to perform your art live in front of an audience, please submit your street artwork by tagging your artwork on Instagram using the tag @shepp_y_start and the hashtag #sheppyouthart. You can also email submissions to: sheppystart@yahoo.com.au

Or send it via Facebook: Shepp-Y-Start

Judges will decide on successful applicants, please include your name and number on all submissions. Submissions close Oct 12th.

Event will be held at Oz Tenpin Star Bowl Shepparton
43 Stewart Street, Shepparton, Victoria 3630 from 10am onwards

Shepp-Start is a community project group that aims to provide safe and legal Street Art sites for young artists around the Shepparton Region.

If you would like to contact the team, please phone 0427554503

College Values: RESPECT, Resilience, Excellence, Support, Persistence, Encouragement, Community, Trust.
Dhurringile Primary School
Melbourne Shopping Tour
Saturday 11th October, 2014
Depart Dhurringile School at 6am
Cost - $30 per shopper

(Depending on the number of shoppers this cost may be reduced)

Contact the school on 58266222

Venues
- Fields’ Knitwear
- Richmond Chocolate Factory
- Social Club Books
- Beaches
- Dianna Ferrari
- Raglan Fashion House
- Candy Stripes
- The Christmas Elves
- WH Amads
- Toy Kingdom
- TS14+

Men’s & Ladies knitwear
Chocs, lollies, etc.
Books, Novelties
Men’s Ladies, Children’s clothing
Shoes
Men’s & Ladies clothing
Children’s Clothing
Christmas decorations etc.
Manchester
Toys, games etc.
Ladies clothes

Stanthope Lawn Tennis Club
Junior Tennis 2014
Saturday Competition
PLAYERS WANTED!!!

- Saturday Spring Summer Comp (KDTA)
- Free coaching available to members
- Thursday night team trainings.
- ALL levels of Juniors catered for
- Fantastic grass courts

Interested??

Then go along to a Family Fun - Registration Night
Friday 19th September 5pm onwards

FREE BBQ

New players and families welcome!
Call/Text Fleur: 0423 379509
E: fleurnurse77@hotmail.com
If you have anything you would like to have published in our College newsletter please email articles to: rushworth.p12@edumail.vic.gov.au

### Billabong Ranch

#### UPCOMING EVENTS:

- **Saddle Club Sleepover & Disco – 20th – 21st September.**
  - Horsemanship for children aged 7 to 17 – Beginners to Advanced riders.
  - Learn how to ride & handle horses safely using our wonderfully trained horses & ponies.
  - Billabong takes pride in their excellent instructors & quality programs that will guide your child through the different levels & disciplines on offer.

- **Horse Riding Holiday Camp – 28th Sept – 4th October.**
  - A whole week full of Horsey FUN for children aged 7 to 17 – Beginners to Advanced riders.
  - Our itinerary caters for boys and girls aged 7 to 17 years, with no prior experience necessary!
  - We pride ourselves on our experienced staff who cater all aspects of horse riding to each child’s abilities and needs. The camp is fully supervised and our senior staff are qualified instructors and trail guides who also compete successfully in a variety of disciplines.

  - **Phone:** 03 5483 5122

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**College Values:** RESPECT, Resilience, Excellence, Support, Persistence, Encouragement, Community, Trust.
Preparing today’s students for tomorrow
Building Resilience

How to help your children successfully face challenges

Q&A with Building Resilience creator Associate Professor Helen Cahill, Deputy Director Youth Research Centre, Graduate School of Education, University of Melbourne

Why is it important to be resilient?
It’s important to be resilient so that you can build a capacity to cope and to persist when faced with challenge. Persistence is the key to learning. If children don’t understand something and quickly give up, they will learn less effectively, so persistence and resilience are key.

What can parents do at home to help children be resilient?
The number one thing is to be a role model, and then to share with their children the techniques they use to help them face a challenge. Parents can talk to their children about techniques they use to cheer themselves up or to calm down. For example, it can be something as simple as helping a child to make a plan when they are feeling overwhelmed. Or it can be talking with them about counting to 10 when they are angry with their siblings.

What does a resilient student look like in primary school?
A student who is able to identify when they can successfully problem-solve and when they can successfully identify the need to seek help. A child in the playground may be disagreeing with a friend about what to play together and they problem-solve by deciding to take turns playing different games. Help-seeking is about asking a teacher, parent or an older child to assist them when they are unsure.

What does a resilient student look like in secondary school?
In secondary school, students should be identifying those critical moments when they should be sharing certain information with their friends or parents to help them face a challenge.

How can secondary-school aged friends help each other to be more resilient?
Teenagers are more likely to turn to their friends for support and it’s important for friends to provide each other with a positive space to discuss problems. Instead of just sounding-off to each other, they can use open-ended problem-solving skills to help them have conversations where they do not feel judged.

To see how your child is being prepared for their future, visit education.vic.gov.au/futureready

Authorised by the Victorian Government, 1 Treasury Place, Melbourne.
When they engage in this kind of interaction, teenagers are in a better position to think about all the possibilities and to choose what's right to do for them. It's important for teenagers to know that asking for help is a strength, not a weakness. It is an act of courage to speak up and ask for help.

If I'm a parent and I don't think my child copes very well with challenges and change, what should I do?

You can provide positive experiences for your child, something as easy as involving them in conversations between you and your friends and neighbours, or encouraging them to participate in group activities such as sport to build connectedness with society. It's important to remind children of times they succeeded at something. For example, a time they used courage or were patient. This encourages a child to build on prior, similar successes.

What is the school's role in building resilience among children?

The school has a number of key roles to play, and the first is about providing a positive environment where students feel safe. Then there is the more explicit curriculum, where teachers teach problem-solving, communication, help-seeking skills and emotional literacy. Then there is the teacher's role in modelling resilience and problem solving skills themselves.

What is the best advice anyone ever gave you about being resilient?

Rather than being explicitly stated, it was more role modelled. In my family, it was very much 'have a go of it.' That was a very strong family message.

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