OCTOBER
27th VCAL Mountain Bike activity for Year 7
28th VCE English Exam 9.00 - 12.30pm
29th VCE Psychology Exam 9.00 - 11.45am
PIRLS testing for Year 4
30th VCE Further Maths Exam 2.00 - 3.45pm

NOVEMBER
2nd Curriculum Day for staff NO STUDENTS REQUIRED AT SCHOOL
VCE Further Maths Exam 9.00 - 10.45am
3rd Melbourne Cup Day PUBLIC HOLIDAY
4th - 7th Year 11 Exams
4th VCE Math Method Exam 9.00 - 10.15am
VCE Design Teach Exam 11.45 - 1.30pm
VCE Health & HD Exam 3.00 - 5.15pm
5th Newsletter home
** All VCE Exams at the Shire Hall, Rushworth.

Above: The VCAL students were put through their paces at the recent Mock Interviews. See more on page 4.

Below: The CFA students thoroughly enjoyed the practical aspects of their recent excursion to the Wangaratta training ground. See more of their trip on page 5.
News from the Principal....

This week our Year 12 students finished formal classes on Friday afternoon as they start the study period prior to VCE exams beginning. It was fantastic to celebrate this milestone, of completing Year 12 classes, with our College Community on Friday afternoon. Our traditional celebration assembly occurred and students shared their highlights, reflections of their Later Years teachers and received a certificate from our Early Years students. For many of our Year 12 students this assembly is a significant event in their time with us and now an embedded part of our celebrations and culture at the College. Our Year 12 students and their families are also warmly invited to our Year 12 Graduation Dinner, being held in Bendigo on the evening of Friday 20th November.

Year 12 students are encouraged to return to make use of College staff and facilities over the coming weeks for revision and one-to-one support with their current teachers to ensure they are as well prepared as possible for their final examinations. We recommend during this time that all VCE students should be spending up to 6 hours per day preparing for examinations and balancing that with exercise and other relaxation activities. This is a once in a lifetime experience.

Cyber Safety and appropriate use of electronic devices

Protecting your children from harm is just as important online as it is in the real world. As a parent or carer, you can play an important role in helping children have safe and positive experiences online.

The internet offers an exciting world of experiences for children and the whole family. It can be entertaining, educational and rewarding. However, using the internet also involves risks and challenges.

Children might be exposed to content that is sexually explicit, violent, prohibited or even illegal. They may also experience cyber bullying or be at risk from contact by strangers.

Children may - unknowingly or deliberately - share personal information without realising they may be subject to identity theft, or that they are leaving behind content that might not reflect well on them in the future.

By taking an active role in talking with you kids about the risks and answering their questions or concerns about something that they find on the Internet you can help them stay safer online.

This is the link to the stay smart website. It is a great source of advice and information about cyber use and safety online.

Student Attendance

Attendance matters! If you want your son or daughter to excel and achieve at school then it is really important that they are attending school each and every day. The odd day off here and there soon adds up and before long, over several years, your son or daughter may have missed a month, term or half year of schooling. Help us to bring out the best in your children by having them here each and every day, unless of course they are ill.

Each fortnight we will give you a snapshot of our student attendance rates over the previous fortnight. Our goal is to have our P-6 attendance rate above 93% and our 7-12 rate above 90%. Classes that are ahead of their goal each fortnight will be coloured green, those on track coloured yellow and those with room for improvement coloured red. As you can see, we have some awesome attendance rates by our Year P-8 students, keep up the great work.

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<thead>
<tr>
<th>Yr P-2</th>
<th>Yr 3/4</th>
<th>Yr 5/6</th>
<th>Yr 7</th>
<th>Yr 8</th>
<th>Yr 9</th>
<th>Yr 10</th>
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Principal availability for the next two weeks

We often have parents and community members contacting the College to meet with me, to assist families and community members with this we will now publish my fortnightly availability. Please note that this availability is subject to change and intended as a guide to support parents and community members in communicating with the College.

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<thead>
<tr>
<th>Mon 26/10</th>
<th>Tues 27/10</th>
<th>Wed 28/10</th>
<th>Thurs 29/10</th>
<th>Fri 30/10</th>
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<tr>
<td>Unavailable</td>
<td>At school Meetings after</td>
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<td>Melbourne Cup Public Holiday</td>
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Kind regards,
Brad Moyle, Principal

PIRLS Testing

On Thursday 29th October all Grade 4 students will complete two reading tests as part of the International Association for the Evaluation of Educational Achievement (IEA)’s research into reading comprehension.

Australia is one of 50 countries to be involved in this important research that aims to provide international comparative data about how well children read after four years of primary schooling. Thank you to all staff and students involved in this process.

Stacey McMillan
Acting P-8 Leader

Rushworth P-12 College is a SUNSMART School

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

If you need to you can purchase one from the General Office for $12.
VCAL MOCK INTERVIEWS

Recently, I went for my mock interview at school. I was interviewed by Jac Campbell, Workplace Learning Coordinator from the CCLLEN. It was in Mr Bovell's office at school. I think that the interview helps you to get a feeling for a job interview, so when you go for a job, you're not so nervous. I think it could be very beneficial if you're scared of job interviews. I think that it was not hard and that I would recommend it to anyone that is scared of job interviews.

Sam Brown (pictured right)

On Thursday the 15th I arrived to school all ready for my VCAL mock interview. My appointment time was 10.30am, I arrived at Mr. Bovell's office ready for my interview. Jac Campbell interviewed me.

The interview was beneficial to me because it has given me confidence and has prepared me for a real interview.

Brendan Gatt (pictured below)
CFA trip to Wangaratta Training Ground

On Thursday 8\textsuperscript{th} of October, the Year 9 students departed school at 7:00am to spend the day at the CFA Wangaratta Training Ground participating in scenarios they have trained for over the past 5 months leading up to receiving their certificate.

We first stopped at McDonalds to have some breakfast, we made it there just in time to get a briefing of the day and to be split into 6 groups. The 6 stations/activities we did were the Gas Attack, Fire Extinguishing, Lightning Strike, Smoke House, Car Collision and the Collar Tank. Each group had their first 3 stations in the morning and afterwards had morning tea and went back to continue our last 3 stations.

Once we finished the last activities we were given chicken & chips for lunch and had one last talk with everyone where each school thanked the Wangaratta Training Ground instructors and volunteers for organising the day. Lochie’s favourite activity of the day was the Smoke House because the house was bigger than what we had practiced the Smoke House in last term and that you couldn’t see where you were going. We arrived back at school around 4:00pm to be collected by our parents.

Written by Jorge, Shyann & Lochie
MAGIC MOMENT
FOR TWO STUDENTS

Russell Anderson and Mitchell Coughlan were very fortunate to take up two sponsored positions at the Magic Moments Camp in Sydney back in July. These spots were sponsored equally by the College and The Rushworth & District Community Bank - Mr Bovell has interviewed both students on their experience.

What motivated you to attend the magic moments camp?

It could have something different, something new to do for new experiences. It mentioned leadership, so that was something that we wanted to improve. Being a leader in a group allows you to show people the right things to do and how to solve problems when things go wrong.

Leadership is important to us so that we can take on that kind of role when we’re older: so we know what to do, so we can take over when actions need to be taken instead of having everyone just stand around. We think it is important when you are in a group that there is someone there who is capable and can take charge.

What was it like flying to a different state by yourselves to a place you’ve never been with people you have never met?

It was a good flight to Sydney by ourselves, it was a good experience. Everyone went a bit crazy because all the grads were dancing around and we didn’t know what was happening. When we got to the camp we were just standing there and all the new people didn’t want to talk to other people until after a few hours, but then it changed quickly.

The first day at the airport, people were just talking with their friends or other people they knew who were on the camp last time. When we were on the bus it was quite awkward and everyone was just whispering to each other. On the last day, everyone was talking, we were singing on the bus and yelling and screaming all the way to the airport before we all left.

So getting to know other people on the camp was important and worthwhile, what sort of activities were you given to help you feel more comfortable with each other?

They introduced themselves to us and helped introduce us to other people. They were all really nice people. Every-
one was there to have fun so everyone gave you a chance to say hey and eventually people would get along and become friends. That’s what Magic Moments was like, you knew that pretty much everybody on camp you could get along with. No one was judgemental. Even though there were hundreds of kids through the activities we got to know everyone’s name.

What was the best activity?

The best activity was the board break. Which was writing positive things about your life and negative things on the other side of a plank of pine and then you get into a peak state so that everybody is dancing. When they see that you are in a peak state they call you out to face the negative side of the board and you have to stare at the negative and get through that part of your life, and then they say, “1, 2, 3, commit!”

What is the peak state?

The peak state is about taking in and having a fresh mind of what you have spoken about and not leaving the room bored because you will come back to a bored room. If you leave a room happy and energetic you will come back to a happy and energetic room – and by energetic I mean you are engaged with the people and the place you are in. It was a good strategy to keep you focused when you are tired.

The camp was hard work so you were really tired. You would get to bed at 12am because they really wanted you to make the most of your time. You could get up at 6am for bootcamp or 7am if you wanted to sleep in but there were lots of speakers and activities to fill your day. So everyone was tired but because they would get us into a peak state we would all be happy and engaged when we talked to each other or listened to the speakers.

Being in a peak state is important for everybody, even if you’re not tired, because it helps you socialise with people, listen to what they are saying.

Is the peak state something we could encourage at school? Would it help students and teachers?

If there was a way we could do it effectively I think peak states would be a great thing to have at school. People have to want to do the peak state, it would need to be done class by class. I reckon it would help them put more effort into their work and listen to the teacher and each other.

Probably Marlon Smith. He is a good speaker from America, who talked about his life and what he learned to become an entrepreneur. He spoke about what he thinks children should do to help them get on with their lives and becoming leaders. He had this quote, “Each one reach one, each one teach one.” Which was about speaking with and learning about each other so you know that other people are good people and worth hanging around and you don’t end up hanging around with the wrong people. If you hang around with good people you will become a good person.

Heather Arnold was another great speaker, who talked about not worrying about what others think of you and being happy with who you are. She said that there are always people who are like you that you can connect with, and how you support people who felt alone or bullied.

So you went on camp with the expectation of developing your leadership skills, did the camp deliver on that expectation?

It delivered more than that, more than any of our expectations. I would have been happy to just come out with leadership skills, but we came out with business management skills, fundraising skills, skills to help others, which is part of being a leader being able to help individuals and groups of people. As the camp went on a consistent skill was how to commit to a task so that anything you set out to achieve will be successful.

Russell Anderson, Mitchell Coughlan

& Peter Bovell

College Values : Be Respectful, Be Responsible, Be Resilient
Welcome back to Term 4! How fast the year is flying!

We are on camp Wednesday to Friday - please check the next newsletter for a full report.

Learning Foci:

In Literacy, we have been learning the features of narrative and informative writing and using these features in our writing. Next week we will be writing recounts on our time on camp and practicing making inferences when we are reading.

In Numeracy, we have been learning about counting money and making change. Next week we will be learning about using metric measurements to measure length, mass, capacity, area and volume.

Our Inquiry focus for the next five weeks is focusing on developing social skills and problem solving skills.

Miss Megan Flynn

Please remind your child to read every night and record their reading in their reading diary and bring their reader to school every day.

The more that you read, the more things you will know.
The more that you learn, the more places you’ll go.

-Dr. Seuss
**Year 5/6**

**Award winners in Year 5/6 recently:**

**Lochie Gardner** – For demonstrating Resilience

**Luke Weatherhead** – For consolidating his learning by teaching others.

**Jordann Rodgers** – For demonstrating the 3 R’s of our College.

**Kannika Suksanit** – For exceptional effort and attitude toward her learning.

*Ms Carolyn Fraser*

We also want to thank Alice and Michele from GV Health who came in this week to teach us how to look after our teeth, and how much sugar is actually in some of the drinks we like.

It was a very interesting session 😊

The Prep - Year 2 students were enjoying their Song Room session this week.

Practising hard on the Xylophones—we hope they play for us one day soon.
LITERACY HINTS

The importance of ‘Bedtime Reading’

Reading a story to your child/children at bedtime is important for a number of reasons:

- It helps your child to wind down and settle, which usually makes falling asleep easier.
- It builds a stronger bond between you and your child by providing quality time together.
- It promotes conversation. You have something else in common (a shared experience) and you can talk together about the book.
- It provides an opportunity for your child to hear good book language (which is usually more formal than everyday conversation). Children then use this awareness of formal English to help them to make predictions when reading themselves (Syntax - structure).
- It provides your child with secondary experiences they can take with them when reading other texts (semantics/meaning). This involves making connections (including text to text connections), which help readers to make informed predictions and monitor what is read.

*Bedtime reading is THAT important!*

Sue Bradley, Literacy Coordinator
The Stanhope Cricket Club will be running its Milo in2 cricket program this year beginning on the 29th October.

It will be held at the Stanhope Recreation Reserve Thursday nights from 4:30pm - 5:30pm.

This year it will be run by our English cricketers Ben Chapman and Declan Wilkinson.

Cost will be $75, which includes a heaps of great cricket gear and the end of season break up.

All primary school aged children welcome.

For further information contact club secretary Craig, 0409014854.
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.

Don’t forget….
you can keep in touch with the College regularly via the following Social Media sources.

If you would like us to promote your upcoming event or organisation please email the details to: rushworth.p12@edumail.vic.gov.au

Disclaimer: The Department of Education & Training, 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.

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E: warangamedical@gvhealth

Dr. Joe Swiss
MBBS(FL), ACM, MBHM

Dr. Adel Asaid OAM
MBBS(FL), AMC, FRACGP

Opening Hours:
9am – 5pm
Monday – Friday
Pathology Clinic
9am – 11.30am Wednesdays
Psychologist Judy Mann Every second Wednesday

“Achieving a healthy community is our mission”

✓ Free childhood immunisations at a time that suits you

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