**NOVEMBER**

23rd  SAKG Mini Market  
Morning Tea 10.30 til 12.30

23-25th Year 11 Metro  
Experience Camp

24th  Prep - Year 6  
Inter-harmony  
Festival Excursion

25/26th Year 10 Exams

27th  Last day for Year 11  
students

**DECEMBER**

2nd  Year 9/10 LEAP  
Incursion

3rd  Newsletter home

4th  Xmas Gift stall for  
Primary students  
11.00 - 1.30pm

7th  College Council &  
sub-committees 7pm

8th  State-wide Transition  
Day

Above: On your bikes, get set, GO! Check out the VCAL Mountain Bike event on pages 5 & 6.

Below: CONGRATULATIONS to Gus Meulenmeesters on your VET Finalist Award at the recent CCLLEN VET Awards function last week.
News from the Principal....

It is hard to believe that there are only another four weeks of school before the end of the 2015 school year. Over the past days I have been actively encouraging staff to ensure that they maintain the momentum of 2015 through until the final days of the year when we can all relax and celebrate the achievements of 2015 via our Activity Days. In the meantime though it is business as usual with teachers ensuring that they are teaching from bell to bell and providing students with meaningful and engaging lessons to support their learning. It is equally important that our students are here during this time of the year. Our Year 11 students are busy completing Fast Tracking in preparation for Year 12 in 2016 and will finish their year with a Melbourne Camp late next week. Our Year 10 students are about to embark on end of semester exams and our Year 7-9 students have end of semester testing, all before their Start Up program commences on November 30. This is where all of our Year 7-10 students move up a level and start work on their 2016 curriculum program. Our Primary students continue to do some amazing work in literacy, numeracy and inquiry studies and this will continue through until our College Picnic Day on Wednesday 16th December. Parents, please support us by ensuring your son and daughter is at school during this last month and that they do not miss out on valuable learning opportunities.

Supporting your children to understand traumatic events

Children and young people will have seen and heard about the terrorist attacks that occurred in Paris on Friday 13 November 2015. Out thoughts and prayers go out to those effected, their families and friends. The authorities in France and countries around the world will help to support the people who have been impacted by this event.

Children often worry and know more than we realise. Adults may assume that children are doing okay if they don’t talk or ask questions about what has happened. Sometimes they have questions they may not ask unless we provide the opportunity.

It is wise for you to monitor your child’s exposure to television coverage, print media and social media. Some children and young people will want to talk about the tragic events and try to make sense of what they have both seen and heard. Other children will avoid any discussion around the events and will be reassured by routine and normality.

Remember the importance of routine, sleep, exercise and healthy eating.

There is a range of things you can do to assist your child during events such as this, including:

- Acknowledge that the event was distressing
- Reassure children that they are safe
- Look for signs of distress (e.g. some children/young people might be scared)
- Normalise responses - typical response will range from anger to general upset or sadness
- Maintain a normal routine - keeping the structure at home or at school in place
- Allow children to express feelings as they arise
- Telling stories about how people manage during difficult times can be helpful.
- Separate fact from fiction e.g. children may express fears about unrelated events.
- Plan relaxing activities before bed – talk your child through a gentle relaxation, this might include using soothing music and talking them through relaxing tension in their body or simply reading something to them that induces relaxation (i.e. a favourite book).
- Speak in hopeful terms – children and young people will often take their cues from their parents’ reactions; if you are honest, calm, compassionate and open they will be much more able to trust that they will be okay.

Always remember the value of doing something with children that they like to do such as playing, exercising, being outdoors - have a time during your day to share time with your child.
Enrolments for 2016

We are in the final stages of completing our programs and staffing for 2016, with this information soon to be available to all families. If you are yet to complete enrolments for 2016, I encourage you to drop in and see us so that we can get this completed as soon as possible and ensure a very smooth transition for your son or daughter as they enter Rushworth P-12 College in 2016. Likewise, if your family is relocating or leaving us at the end of 2015, drop in and let us know so that we can support the smooth transition of your son or daughter to a new learning environment.

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. Attendance rates for the period November 2nd – 13th are included below, it would be great to have the support of parents with students in Years 9-11 to lift attendance rates for the final four weeks of the year.

<table>
<thead>
<tr>
<th></th>
<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>
<th>Yr 11</th>
<th>Yr 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 23/11</td>
<td>At school</td>
<td>At school</td>
<td>At school</td>
<td>At school</td>
<td>At school</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Tues 24/11</td>
<td>Meetings after 2</td>
<td>Meetings after 3</td>
<td>At school</td>
<td>At school</td>
<td>At school</td>
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<td></td>
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<tr>
<td>Wed 25/11</td>
<td>At school</td>
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<td>At school</td>
<td>At school</td>
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<tr>
<td>Thurs 26/11</td>
<td>At school</td>
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<td>At school</td>
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<tr>
<td>Fri 27/11</td>
<td>At school</td>
<td>At school</td>
<td>At school</td>
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</tbody>
</table>

Our Year 9-11 students are really encouraged to be at school every day and to lift their attendance rate over 90%. Parents, your support is really needed with these students so please get behind us and support your students to lift their attendance rate for the rest of the year.

Principal availability for the next two weeks

Kind regards,
Brad Moyle, Principal

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.
PBIS Positive Behaviours

The following students have been recognised for displaying one or all of the College’s three expectations, Be Respectful, Be Responsible and Be Resilient recently.

Week 6 (9 November):

<table>
<thead>
<tr>
<th>Winner</th>
<th>Nominated by:</th>
<th>For being:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kannika Suksanit</td>
<td>Ms Braham</td>
<td>Responsible</td>
</tr>
<tr>
<td>Charlie Marshall</td>
<td>Mr Tinning</td>
<td>Responsible</td>
</tr>
<tr>
<td>Mimi Sohd Sazali</td>
<td>Ms Braham</td>
<td>Responsible</td>
</tr>
<tr>
<td>Jack Werner</td>
<td>Mr Hutchison</td>
<td>Responsible</td>
</tr>
<tr>
<td>Charlie Marshall</td>
<td>Mr Tinning</td>
<td>Responsible</td>
</tr>
</tbody>
</table>

Week 7 (17 November):

<table>
<thead>
<tr>
<th>Winner</th>
<th>Nominated by:</th>
<th>For being:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toni Wright</td>
<td>Ms Flynn</td>
<td>Resilient</td>
</tr>
<tr>
<td>Kyra Van Der Elst</td>
<td>Mr Warfe</td>
<td>Responsible</td>
</tr>
<tr>
<td>Maya Barlow</td>
<td>Mr Warfe</td>
<td>Responsible</td>
</tr>
<tr>
<td>Emily Vanderdonk</td>
<td>Mr Warfe</td>
<td>Responsible</td>
</tr>
<tr>
<td>Emily Vanderdonk</td>
<td>Mr Warfe</td>
<td>Responsible</td>
</tr>
</tbody>
</table>

WITH THE WARMER WEATHER UPON US PLEASE HEED THIS TIMELY ADVICE

When you and your children are playing around water it’s important to make sure that both you and they:

- Are aware and prepared for conditions
- Read safety signs to understand dangers
- Swim between the red and yellow flags wherever possible
- Never swim alone

Children 5-14 years should always be in sight

Together we can ensure that Victoria’s coastlines and pools are a safe and fun environment for all Victorians.
On Tuesday the 27 of October the VCAL students who were Sam, Gus, Brendan and Mitchell ran a Mountain bike day at the back of the school on our cross-country running track with the year 7 students. The weather was great. We ran this to do something different, to get all our VCAL competencies and to have a great day.

The activities on the day were time trials and a relay race. The jobs that we did on the day were riding around the track with them to make sure that no one fell off, fixing the bikes and time keeping. My favourite part was riding around the track. The winners were Gabe, Sarah and Harry.

The event was that successful the students want us to run it again next year.

We would like to thank all the students who participated and the teachers who helped supervise.

Special thanks to Dean, Miss Carr and Miss O’Toole for all their special efforts.

Yours sincerely,

Sam Brown
VCAL Student

On Thursday 27 October the Rushworth P-12 VCAL intermediate held a mountain bike race day on the cross country track behind the school. Thanks to the help of Peter Barnes, Frankie O’Toole, Ashley Taylor, Andrew Warfe, Larissa Carr and Dean Jamieson, the day was a success! We held a time trial event, an endurance event and a relay event; the winners were Gabe Schembri, Sarah Lange Richards and Harry Rathjen. Overall it was a fun and interesting day for the Year 7’s and they liked it so much they even asked for it to be run again next year!

Sincerely,

Mitchell Petersen
VCAL Student

Left: Holly Sharples smile says it all, on how much the Year 7 students enjoyed the day.

Above: Kyra, Tanya, Sarah, Holly and Julie all look pretty happy about the recent mountain bike day provided by the VCAL students.

**Turn the page for more pics....
Above: Josh Rexhep get ready to head ‘bush’ for the endurance ride.

Above right: As do his fellow class mates

Right: VCAL Student, Sam Brown keeps watch on the start line for the endurance race.

Below: Ms Carr with Harry Rathjen & Tanya Marshall look excited to ride.
LIBRARY LEARNINGS

New to the College Library - Junior Fiction

Title: My Dog Bigsy
Author/illustrator: Alison Lester
Blurb: Meet my dog Bigsy. He's only small, but everyone knows he's the boss.
Each morning the visits the animals on the farm. Squawk, neigh, quack, moo, baa, oink, cluck, purr, ruff ruff ruff!
What a lot of noise! And all because of Bigsy!

Title: Bring a Duck
Author: Lesley Gibbes
Illustrator: Sue deGennaro
Blurb: BIRTHDAY PARTY AT MY PLACE. Bring your own duck. Bear has never been to a duck party before! Whatever happens, it's sure to be FANTASTIC, FABULOUS, FEATHER-TICKLING, FUN!

Title: Adelaide's Secret World
Author/illustrator: Elise Hurst
Blurb: Adelaide leads a quiet life in the midst of the city. At night she listens to the song of the stars, but during the day she watches over the others like her: the still ones, the quiet ones, those who dance and dream alone.
Little does Adelaide know that her secret world will soon be transformed into something unexpected and full of joy.

Title: Scarlett Starlet
Author/illustrator: Emma Quay
Blurb: Scarlett loved to dance, and her house was always filled with rhythm.
Her parents would clap along, and Little Jazzy Jo-Jo’s paws would tap-tap-tap in time.
But when Scarlett’s dreams of dancing on a real stage finally come true, will she find her own rhythm? Will she shine like a star?
Celebrating with friends

Schoolies is all about you and your friends having a great time. You’ve been through so much together over the past few years and now your high school days are ending. Here are a few tips on making sure you – and your friends – get the most out of Schoolies.

Watching out for your friends

Be a good friend – don’t leave your mates on their own.
Trust your instincts – if you don’t feel safe you probably aren’t.
Think – drugs and alcohol affect your judgement and stop you thinking clearly.
Mix it up – if you drink alcohol, eat food and drink water between alcoholic drinks.
Think ahead – organise a safe place to meet in case you get separated from friends.
Keys please – drinking and driving don’t mix, not for you and not for your friends.
Stay connected – if you own a mobile phone, keep it on you so you can contact or be contacted by friends, call a cab or call for help if need be.
Mind your P’s – if you are on your red P’s it is illegal to travel with one or more person aged 16 to 22 unless they are a relative.
Drink spiking – always watch your drink being opened or poured, don’t leave drinks unattended, don’t share drinks and don’t accept drinks from strangers. If you are unsure about your drink, don’t drink it.
No means no and silence is not consent – pressuring or forcing someone else into sexual activity is against the law. Someone who is substance affected may not be able to give consent.
Talk it out – speak to an adult you trust: parent, youth worker, GP, nurse, or other health worker, police, family friend or volunteer.
Everybody has the right to have a good time – violence is unacceptable in any form and under any circumstances and in any community in Victoria.
If you experience, see or hear any kind of assault or violence report it to the Police as soon as possible.

Peer pressure

Peer pressure is when you are influenced to do something that you may not usually do because you are worried about what your peers might think. There may be times you feel this pressure from others to drink alcohol or take drugs. You might even pressure someone else without realising.

Here are some suggestions to conquer peer pressure:

Stick with friends who share your interests.
Remember that it’s okay to say ‘no’.
Respect everyone’s choices no matter whether you agree with them or not.
Stand up to peer pressure or help a friend who may be influenced by peer pressure to say ‘no’.

House rules

We all disagree with one another from time to time, and the occasional argument is a normal part of life. Living so closely with your friends during Schoolies and sharing your space during an intense emotional
time is bound to bring up a few conflicts.

Before you head to Schoolies, set up some house rules with your friends.

Respect – always treat your friends’ and housemates’ property with respect. You also need to respect the place you are staying and your neighbours.

Allowing strangers in your house – discuss this rule with your housemates before Schoolies and think carefully before inviting someone back to your house.

Turn it down – make sure you turn down any loud music after 9pm.

Space and privacy – everyone needs their own space to chill, so respect your friends’ decisions.

Money - sort out finances before you go. Work out how much everyone needs to pay for their accommodation and split things fairly.

Start a household kitty – this is useful for things like toilet paper, detergent and basic food.

Helping out– set up a daily roster for things like doing the dishes, taking out the rubbish, cooking and cleaning up. This also speeds up the cleaning up process at the end of your stay.

**Looking after your health**

Remember to drink plenty of water, especially if you’re drinking alcohol or spending a long time out in the sun.

Be aware that alcoholic drinks differ in strength. Familiarise yourself with how many standard drinks are contained within the alcoholic beverages you are consuming.

Be sun smart – slap on SPF 30+ sunscreen every 2 hours, wear a hat and sunnies and catch some shady breaks.

Make sure you have the right ID – fake IDs are illegal. Bottle shops, pubs and night clubs will only accept legal ID.

Be careful when you swim – never swim, surf or go boating alone, don’t swim after you’ve been drinking or have taken drugs, only swim between the flags and never swim at night

Be aware and prepare before heading into the water – check the weather and read the safety signage to learn about hazards and dangers before entering the water

Boost your vitamins - add a salad to your lunch and dinner to make sure you’re getting lots of fresh veggies. They’re quick and easy to prepare and a great source of vitamins and minerals.

Seek medical attention if you need it - if you or a friend is suffering prolonged pain, headache, bleeding, vomiting, nausea, diarrhoea or fever, don’t wait for it to go away - find a pharmacist, nurse or doctor who can help immediately. In an emergency always call 000.

For more information on staying healthy and looking after your friends, visit the Schoolies website: schoolies.youthcentral.vic.gov.au
**PREP - YEAR 8 News...**

**Year 3/4**

Well done to our most recent award winners!

Class awards: Jason Clarke for his exceptional effort with his story writing, Kyрин Gardner in recognition of his positive attitude on camp, and Jay-Leigh Meguyer in recognition of her hard work and dedication to all learning tasks, and Harry Werner in recognition of exceptional effort this term.

PBIS Awards went to Hannah Price, Toni Wright, Tiffany Clark and Dana Rodgers for displaying the 3R’s of Rushworth P-12 College.

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

**Learning Foci:**

In Literacy, we have been learning the different uses of quotation marks and using on-line texts. Next week we will be learning about how the different language choices in text change according to text audience and purpose.

In Numeracy, we have been learning about finding symmetry in the environment. Next week we will be learning about using collecting, displaying and interpreting data.

Our Inquiry focus for the next five weeks is Recycling and learning about what can be recycled and what it produced from the things that we recycle.

Miss Megan Flynn

**Year 5/6**

Check out the information on the next page, regarding Scholastics Summer Reading Challenge. It would be great for all Primary students to register and take part.

If students do not read over the summer break they will suffer from the ‘Summer Slide’. This is an excellent opportunity to read and to win prizes.

The students in Grade 5 & 6 have registered and are keen to get started from December 1st 2015.

Ms Carolyn Fraser

*Go visit the following website for more information:*  
Keep your eye out for details on the Girgarre Moosic Muster in the next edition of the Newsletter.

Fun for all ages coming up in January 2016.
Community Fund Lift Off
Scholarships

a great $$ start for Year 12s for their next chapter...

There are approximately 5 scholarships to apply for..
Ranging from $5000 to $2000
Closing date Dec 18
Apply via the link below


LITERACY HINTS

One of the skills we encourage in writers is the ability to reread written work with the view to self-correcting the more obvious errors.

All writers need to develop this skill and it is even more important for rapid writers who are so engaged in storyline/content that spelling and punctuation are sometimes sidelined.

Sometimes students use basic dictionaries for checking or they can locate words from around the room. Another strategy is to make several attempts on a note pad and select the one that looks right, thereby developing their visual spelling and checking skills.

As soon as writers share their work with someone else, good spelling and punctuation are very important and it is a courtesy for the writer to have checked their own work prior to sharing it with others.

Sue Bradley, Literacy Coordinator
Richard, Kerri and the Acquisto family invite you to join our School Holiday Horse Riding Camp.
The weeklong camp incorporates many aspects of horse husbandry and practical demonstrations in a country environment. This is a wonderful opportunity for your children to enjoy a week away in a farm atmosphere with a group of like-minded children. Our itinerary caters for boys and girls aged between 7 and 17 years.

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. Senior staff are qualified instructors & trail guides who also compete successfully in a variety of disciplines. At the completion of the weeklong camp each child gives a presentation on their horse and receives a certificate of accomplishment, as a memento.

Activities May Include:
- Grooming & Saddling
- Trail Riding & River Rides
- Flat Work & Dressage Instruction
- Show Jumping, Cattle Work
- Cross Country Jumping Course
- Western Pleasure & Natural Horsemanship
- Mounted Games & Mini Gymkhana
- Archery, Mini Golf & Pool Games
- Campfire Night, Big Screen Movies, Disco, Red Faces AND MUCH MUCH MORE!

Sunday 5.00pm to Saturday 10.00am
$635.00 per child GST inclusive
(Price includes meals, accommodation, activities, horses and instruction.)

- 3rd to 9th of Jan, 2016
- 17th to 23rd of Jan, 2016
- 3rd to 9th of April, 2016
- 3rd to 9th of July, 2016
- 25th Sept to 1st Oct, 2016

BOOK NOW!

Billabong Ranch
PH 03 5483 5122
www.billabongranch.com.au

College Values: Be Respectful, Be Responsible, Be Resilient
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.

Next SAKG Mini Market Morning Tea

Monday 23rd November 10.30 am - 12.30pm

Come along for some great food, relaxing coffee, produce and Goodies.

You may even collect some Christmas Gifts.

P-12 College, Kitchen Deck

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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