

Echuca College Newsletter

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Principal's Report

'Power of one -One College, One Team'

I would like to start my report today by congratulating two of our students on their recent achievements. Jacob Campbell was College Captain last year and he has received Swinburne University's Vice-Chancellor's scholarship to study Engineering. The award is in recognition of Jacob's academic achievements in his VCE. Nicholas Castles, this year's College Captain, has been successful in gaining a place in Deakin University's 'Australian Business Week' program conducted in Geelong during the March/April holiday break. Nicholas is one of 60 students from across the state involved in this very prestigious business program. Congratulations to both students on their achievements.

Four weeks into the school year and I'm happy to report that students across all year levels have settled into the College's program and their studies. Our Year 7 students are making a successful transition from primary to secondary school and our Peer Support program has already had a significant impact on the Year 7 students and their transition into College life. At the other end of the student spectrum, our Year 12 students will receive their first Progress Report this week. The Year 12 Progress Report was first introduced last year as an additional source of information to both students and parents/guardians. The report aims to inform students and parents as early as possible about student's performance, attitude and work ethic. It is important that the student and their parents/guardians read this report together and discuss the information provided about on their performance. If appointments with specific subject teachers are required as a result of the information contained in the report then please contact Mrs Gould, Mr Ridge or Mr Ayres.

Last week Year 7 students and their parents were invited to 'meet the teachers evening'. This event is always held after the Year 7 camp so teachers, students and parents can discuss students' transition from primary to secondary school. Again, it was great to meet parents in an informal setting and to have an opportunity to showcase our new facilities and to talk to parents about the College's future plans and the benefits for their children. Parents who were unable to attend the evening and who would like to talk to their child's teachers should contact our Year 7 team of Mrs Burton, Ms Ogden, Ms Butler and Mr Trehwella.

In recent weeks greater attention has been placed on education by the media as a result of the launching of the National Curriculum. From a principal's point of view a greater focus on education by the media and community at any time is a positive thing. Department of Education and Early Childhood Development (DEECD) and its schools are working hard to improve the educational experiences of all our students. Improving students' skills in literacy and numeracy is being tackled at a national and state level and support to do this work is being provided by governments and the Education Departments.

Echuca College has just completed a three year building program and now boasts 'state of the art' facilities for our students to access, supported by an experienced and professional staff. However none of what I have mentioned is of any use if students don't attend school in a regular basis. Ten days absence a year, every year from prep to Year 12, will place a child's learning one and a half years behind children who attend on a regular basis. While absences are falling in some year levels at the College, other year levels (middle years) remain around the state average or above.

Important Dates

March

10th	VCE Drama Excursion Melbourne
10-12th	Yr 11 Outdoor Ed Surf Trip - JanJuc
15th	Barook Shooting Competition
15th - 18th	VCAL Camp
17th	Yr 7 & 10 Immunisations
22nd - 25th	Yr 12 Outdoor Ed Canoeing Trip
26th	Last day Term 1
	April
12th	Start Term 2

When we examine our attendance data it is alarming to reveal that many absences could be avoided. Of equal concern is an attitude within our community that some parts of our curriculum or extra curricula programs are not important and thus there is no need to attend school on the day when these events take place. Many hours and weeks go into the organisation of important events such as the swimming and athletics carnivals and while not every student is a competitor, there is a role for every member of the College community in these events. We are finding that when some special events are organised such as guest speakers or special performances that impact on part of the day's program, students who avoid these events take the whole day off, thus missing classes. The reality is the 'special event' is used as an excuse to justify having a whole day off school.

The College is trialling a new attendance recording system this term for implementation in term 2. We hope that the new system will enable us to contact families immediately once an absence has been recorded, so we can find out why the student is not at school. At the end of the day, no matter what 'high tech' system we employ at the College to record absences, you the parent/guardian are the most important influence on your child's attendance at school. The College needs your support to help us educate your child by making sure that we have someone to learn and work with each day. This is a critical issue for our community.

National Youth Science Forum - Ashleigh Pearce.

In early January, I was one of a lucky 170 who travelled to Canberra for the National Youth Science Forum. I was especially lucky in my travels because instead of travelling on an air-conditioned, comfortable coach; I spent my 6 and a bit hours on an over cramped mini bus. Who needs luxury when you have claustrophobia?

My mini bus, dubbed by ourselves the party bus and we upheld this by having the loudest arrival to Bergmann College. Bergmann College is a college at the Australian National University and very bravely offered itself as our home for the twelve days the forum ran.

Bergmann was where I formed close friendships with the two groups I was assigned and many other individuals. These friendships would be one of many highlights from NYSF.

As mentioned, I had two groups. A floor group and an interest group. My floor group were the people in my part of the College. We shared a single couch, a few square metres of carpet and one coveted fan. At night, after dinner floor groups would meet in their 'common rooms' and share stories over ice cream. As a floor group we participated in the social events at NYSF – yes science forums have social events – these included science relays and the science disco. Although they were science themed they were unbelievably enjoyable and proved that even nerds can have a LOT of fun. At the disco we were encouraged to dress up, so a few from my floor and myself rampaged discount shops in search of the perfect costume. We found ourselves cupid wings, cap guns and dresses and strutted our stuff as modern day cupids. It is essential to point out that every member of the cupid group wore a dress and we were a co-ed group...

My other group, my interest group was called Doherty. We

were the bio-medicine group and our interests lay in that field. With Doherty I went to the lab visits relating to bio-medicine. On these lab visits, I dissected an eye-ball wearing proper surgical clothing. I created a menthol cream in pharmacy, with instructions to throw a dance party after application. I viewed slides of retinas under microscopes worth in excess of \$300,000. The room I viewed them in had equipment worth well into the millions. I was taken of a guided tour of the 'Pathology Museum' and spent hours with organs in jars. These lab visits were amazing but were only a small portion of NYSF.

Although it was a science forum there was so much more than science. There were several debates on controversial topics that involved the entire forum and their opinion. There were seminars that helped the attendees prepare themselves for the challenges they will face in year 12 and university entry. There were endless opportunities to build on public speaking – something I really loved and of course rotary functions.

Rotary do a lot for NYSF, without them the forum would not be as it is. There were many times at the forum that Rotarians from Canberra and surrounds came and spoke to us, giving an insight into their lives. These functions really boosted our communication skills and pushed us to our networking limits.

This only brushes over the surface of NYSF. I cannot put in words the amazing, eye opening experience that it was for me. A pre conceived notion is that science forums are for nerds who have nothing better to do than go away for 12 days and do a lot of science. Well let me set everyone straight; NYSF is not full of nerds and we did much more than science – can anyone say all night dance parties?? I can only recommend the National Youth Science Forum. I grew a lot in those 12 days and cannot imagine a better way to start my final year of high school.



STUDENTS LATE TO SCHOOL AND LEAVING EARLY

Parents and students are reminded that if a student is late to school requires the student to sign in at the General Office. We would appreciate parents signing the student in or providing the student with a note to explain their lateness. If students are to leave school early parents are asked to provide a note for the student to leave class and the student then must sign out at the General Office.

Year 9 News

Alpine School

We have been receiving lots of emails from our excited Alpine School students. Recently they had their first overnight expedition where they climbed Mt Feathertop – they didn't get lost like that silly politician!! The students did a sensational job carrying 20kg plus backpacks up the mountain! Ouch! Last weekend was the parent visit weekend – I'm sure that the parents and students alike had a terrific time catching up.



Piercings and Uniform

A reminder to all students that they must be in full summer uniform for the duration of Term 1 and broad brimmed hats must be worn at lunchtimes. All facial piercings must be covered or removed whilst at school to meet the OH&S laws. Students who do not cover their piercings will be provided with bandaids to do so.

Incentive Program

Many students are rapidly approaching the achievement of 10 stickers in their College planners. Once they have collected their 10 stickers, they will receive a \$2 canteen voucher and go into the major draw for a shopping voucher. With the term break just around the corner, students will be in with a terrific chance of winning!

Southern 80

Congratulations to Brooke Reinke and Will Groves on their recent efforts at this year's Southern 80. Will placed in all of his events, winning two of them. Brooke wasn't so lucky with her runs but still had a top weekend.

Will Groves – Heading to NZ!

Congratulations to Will Groves who has been selected to represent Australia at the Trans Tasman ski race in New Zealand over the upcoming holidays. Will had a super consistent season in 2009, finishing in the top group of skiers from across Australia. The meet runs for a week over Easter. Good luck Will!

Homework Classes

After school homework classes have commenced for students to access to assist in completing their homework or class work. Maths classes are running every night. Students can see one of the Year 9 Team Leaders to source times and teachers.

Year 9 Team Carlie Jones, Stew Cheal and Dan Davidson

Year 8 News

As part of our year 8 P.E, we have taken a trip to the scenic drive tennis courts, to represent our school and sharpen our skills.

Congratulations to Shaun Atkins, he went to Port Macquarie to represent Victoria playing basketball with the 'Goldminers'. They versed N.S.W, Q.L.D, S.A, N.Z and W.A coming fourth overall. They were sadly defeated in the semi-final by the 'Bushrangers'.

Also a congratulations to the following students who have been nominated for the student leadership group:

Kane Petreath, Adam Scott, Mathew Speight, Rowena Ilsey, Tessa Mellington, Greta Pearson and Isabella Reid.

Good luck to you all.

Year 8 reporters- Emma Binnie, Jessica Bernaldo and Leah Nimmo

Year 7 News

The last couple of weeks have been busy in year 7 with both camp and the welcome barbecue happening.

The camp was fantastic with all of the students happy and getting to know their teachers better. Experiences included tubing down the cold water in the creek, exploring the shops in Bright, fishing for trout, canoeing in the dredge hole, exploring Harrietville, a talent quest and a disco.

We have some very talented students with Caitlin taking out first prize for her singing and Isaac coming a close second with his dancing. The disco was a huge success with Corey 'doing his stuff' as DJ.

Camp staff were very impressed with the behaviour of our students.

The Welcome barbecue was very relaxing and was a good opportunity for families to talk to teachers informally over a sausage or hamburger. A big thanks to all of those families who were able to attend the night.

The students have settled back into regular classes and friendships are changing as they get to know each other better.

Remember that parents are always welcome to contact staff if there are any questions or concerns



Australian Business Week

Nick Castles has been awarded a scholarship valued at \$2000 to represent Echuca College at Australian Business Week in 2010 at the Deakin Management Centre in Geelong. The program will take place during the first term holidays. Nick joins a long list of Echuca College students who have attended this program over the last 15 years. Nick will be one of sixty students from around the state to participate in a range of business activities in a team environment during this residential program.

The Age VCE and Careers Expo

The Age VCE and Careers Expo will take place at Caulfield Racecourse from Friday the 23rd of April to Sunday the 25th of April. This event includes more than 150 exhibitors and a range of VCE lectures.

More information including a list of exhibitors can be found at www.education.theage.com.au. A limited number of free entry tickets are available from Mr Webb at the Careers/Pathways office.

Plumbing Apprenticeship

A Melbourne Plumber is looking to employ two apprentices to work as part of a team in Melbourne. For more details see Mr Webb

Engineering Expo

An Engineering Expo will take place on Thursday the 25th of March at Etihad Stadium, Melbourne from 2pm to 7pm. This event includes over 60 exhibitors, free seminars and showcases the broad field of Engineering. The seminar is free but registration is required. For registration and more details go to www.engineeringexpo.org.au

Year 11 Melbourne Work Experience

Twenty year 11 students are being offered the opportunity to undertake Work Experience in Melbourne from Monday the 3rd to Friday the 7th of May. A detailed letter was distributed to all Year 11 students last week. This is a fantastic opportunity for students to experience work in a career not easily available in rural areas or for students who would like to experience work in a urban environment.

For any questions related to Pathways/Careers please contact Mr Webb or Miss Roberts at Echuca College.

Online Safety

Cyber bullying has created headlines in the news this week. Although cyber bullying happens online, there is often a spill over to other situations where students come face to face with each other, e.g. in classrooms, on the school yard and where students socialize outside of school. Dr. Michael Carr-Gregg was interviewed by ABC's 7:30 report by journalist Kerry O'Brien on Tuesday 16th February 2010, in response to recent incidents. If you missed the "Is bullying in schools on the rise?" item, you can find the link to the vodcast at <http://www.abc.net.au/7.30/vodcast.htm>.

Echuca College takes cyber bullying seriously, and the same consequences will be in place for cyber bullying, as is for other bullying. It is important to note that, just like normal bullying and harassment, cyber bullying is often against the law, and can be referred to the police.

Some tips to keep in mind when dealing with cyber bullying:

1. Parents: Do you know how to help keep your child safe online?

As a parent, you can play an important role in helping your

child to stay safe online, and to have positive experiences when spending time online. You need to be aware of the risks and dangers of unsupervised internet surfing, and of giving out personal information to people online. Talk to young people about the fact they need to be as considerate of other's feelings online as they would be face to face. Parents can guide them in safe online behaviours. For more information, please visit the Cyber Smart website at <http://www.cybersmart.gov.au/Parents.aspx> is a easy-to-access resource produced by the Australian Government. Some topics include digital kids, risks and concerns, how to keep your computer secure, mobile phones, family safety and downloadable resources for parents.

2. Students: Do you know you leave digital footprints every time you go online, or use technology?

A digital footprint is like a map of your technology use, e.g. everyone you have spoken to, every image or comment you have posted, everything you have downloaded, and in most cases, everything you have typed. Digital footprints are almost impossible to erase. When you text images or send emails, post photos online or leave comments on blog pages, these can be saved by anybody, and sent to many other people that you don't even know. Even if you delete comments, photos or blog posts from Facebook or MySpace, these can still be found in the archives of the net, as well as the archived pages of the specific sites. You also have no control over how many people have downloaded or saved those comments, posts and photos. Even one to one IM chat can be public to others, can be recorded or copied.

Technology is great, but it is important to take some care in how you use it.

From the Alannah and Madeline Foundation website at: <http://www.amf.org.au/Leavingatrail>

Feel free to contact the college for a copy of their brochure "Think before you Click"

EXCHANGE STUDENTS IN NEED OF VOLUNTEER HOST FAMILIES

Expand your knowledge of other countries, cultures, languages and cuisines and consider opening your door to an international exchange student.

World Education Program is looking for volunteer host families for International students arriving in July 2010.

If you are interested please contact Nikki Medwell Exchange Administrator World Education Program on 9598 4733 or toll free 1300 884 733.

Full support is offered to all host families by National Office staff and a local WEP representative from your community.

AUSTSWIM COURSE

Will be held on 4th, 5th and 6th June at the centre. The cost is \$345.00. Candidates must be 16 years of age to attend the course. Enrolment forms are available here from the centre. Any enquiries either to Tracey Pearson 5480 2995 at YMCA or Kate Nichols on 0427153591.

Healthy Promoting Communities HPC Project

Currently Echuca College is involved in a Campaspe Shire project titled 'Health Promoting Communities' that is aiming to increase the fruit and vegetable consumption, the physical activity levels and encourage our students to drink more water. Some of the things the project is currently undertaking around the school:

- Year 7 and 8 students will be receiving an Echuca College drink bottle to encourage them to drink more out in the school yard.
- Water coolers will be going into all learning neighbourhoods, providing cool filtered water.
- The year 7's will be involved in a healthy lunch day later in the term and will learn about fresh fruit and vegetables, and what to pack for a healthy school lunch.

Year 9 and 10 students – Surveys

Part of the College's involvement requires Deakin University visiting our College where they will survey and conduct some brief measurements on a group of students to complete our College's part in the project.

This is the final part of the data collection. In the last two years, a random sample of students have been selected and tested to calculate the success of the program. This year that sample will come from among our year 9 and 10 students. We need to survey 300 students, so please read the consent form that has been sent home and return it promptly.

The 'Testing Day' will be held on Thursday 25th March, 2010 during normal class times.

Participation in this testing process is purely voluntary and your son/daughter can withdraw at any point in the process. As coordinator of the College's project, I encourage your child to become involved, to ensure that the project can be a success.

There are prizes available for students who promptly return their paperwork to school. Up for grabs is an iTunes voucher, canteen vouchers, and a gift at the completion of the survey. A box will be placed at the General Office for students to return their forms alternatively; they may choose to submit it to their tutorial group teacher.

Should you have any further questions, please do not hesitate to contact me at the College.

Brooke Bowles Echuca College HPC Coordinator

TESTING DATE: Thursday 25th March

Yellow consent FORM TO BE RETURNED BY: Monday 22nd March

Maths Homework Sessions,

Located in the Maths/Science Centre
Monday and Thursday Lunchtime
(1 - 1.30pm)

Tuesday and Wednesday Afterschool
(3.30 - 4.30pm)

Year 11 Report - These are the Days of our Lives

2010 ECHUCA COLLEGE DEBUTANT BALL

Last week I met with a number of Year 11 girls who are interested in participating in this year's Echuca College Debutant Ball.

As a School Council Event, the Debutant Ball is dependent on School Council approval and significant Parent involvement.

The first step is the formation of an organising committee. This committee will require representatives from School Council, Staff, Parents and Students.

I call for interested parents to attend a meeting at the College on Wednesday the 10th of March at 4pm where a management committee will be formed.

The meeting will be held in the Senior Learning Area.

PEER SUPPORT SNAP SHOTS

Co operative learning – Year 11 and year 7 students participate in group discussions and take notes about points of interest.



STUDY TIP - After school tutoring sessions are now available use them regularly!

Keep up the good work everyone, Year 11 Team.

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www.echucacollege.vic.edu.au/newsletter/
and subscribe.

On Monday February 15th our Echuca College Swimming Sports were held at the YMCA swimming pool, Echuca. It was a fantastic day that saw many records broken and personal bests achieved. Congratulations to all students who attended and participated on the day. It was fantastic to see so many enthusiastic competitors who were willing to take part and represent their community. The following students broke records on the day; Brock Norwood, Isabella Reid, Mitchell Keech, Brad Mellington and Emily Begley. The Moira U17 Girls Relay team also broke the freestyle relay record.

A big thank you must also go out to all staff members who helped out on the day and also to parents who came to support the carnival. The individual age group champions were awarded to:

U13 Female Champion: Isabella Reid
U13 Male Champion: Corey McGrath
U14 Female Champion: Tessa Mellington
U14 Male Champion: Daniel Burrill
U15 Female Champion: Greta Pearson
U15 Male Champion: James Deighton
U16 Female Champion: Rachel Whelan
U16 Male Champion: Bryce Keech
U17 Female Champion: Libby Pellegrino
U17 Male Champion: Brock Norwood
U21 Female Champion: Zara Pearson
U21 Male Champion: Charles Vagg



Students from left to right: Libby Pelligrino, Daniel Burril, James Deighton, Rachel Whelan, Isabella Reid, Bryce Keech, Greta Pearson, Charles Vagg, Corey McGrath, Tessa Mellington, Brock Norwood and Zara Pearson.

After a very close finish, Kanyapella was awarded the Community Championship shield, followed by Moira. Wharparilla came third and Pericoota fourth. Well done to all competitors and good luck to those who are moving on to the next stage at the Interschool Swimming Sports. Regards, Miss Foy and Miss McGurk Echuca College Sports Co-ordinators

Wellbeing News

Salt Youth at the College

Salt Youth is a local Youth Group that is focused at inspiring teenagers with a message to get a dream, set goals and make good choices. Local young adults and teenagers volunteer to be a positive voice to their peers. We tackle the number one youth issue with young people at the moment which is binge drinking, there are also other issues that are leading young people down a destructive paths. ie. Experimentation of drugs and in more & more cases leading to substance abuse; our aim is to partner together with local youth groups, youth workers & schools to combat these issues, and see teenagers reach their potential.

Salt Youth run a number of programs at Echuca College. For the younger students it is 40 minutes of fun, loud, games and prizes. For the senior students we offer the opportunity of a cafe where students can come and have a drink and a talk.

Salt Youth started their 2010 programs this week and will run weekly until the end of the year.

Year 7 – Wednesday lunchtime in the small gym

Year 8 & 9 – Thursday lunchtime in the small gym

Year 10, 11& 12 – Friday lunchtime in the cafeteria.

How much is smoking REALLY costing you?

Youth Tobacco Free Day (YTFD), Friday 19 March 2010, is an annual event of the Australian Network on Young People and Tobacco that aims to raise awareness of tobacco as a health and social issue among young people aged 10 to 25 years in Australia.

This year, YTFD aims to highlight the cost of smoking and encourage young people to think about other things they could spend their money on. "With prices averaging around \$13.50 a packet, a heavy smoker can see almost \$5,000 going up in smoke every year", said YTFD spokesperson, Ms Vanessa Beal.

"We want young people to see; smoking is costing you by leaving you with less money for other things, but it's also costing you your looks, your fitness and your social life", Ms Beal said.

"Tobacco kills around 15,000 Australians every year, and most of these deaths will occur in people who started smoking before the age of 18 years", Ms Beal said. "We want young people to question what the point of smoking is, when it comes at a high cost and without a single benefit". To mark YTFD, young people are invited to visit www.OxyGen.org.au to find out "how much smoking is really costing you"? There are over 40 great prizes to be won including signed gear from the Hilltop Hoods, iTunes vouchers and gift cards to your favourite clothing store simply by playing Scary Maths and registering your contact details on www.OxyGen.org.au before 16 April 2010. Young people are also encouraged to cast their vote on www.OxyGen.org.au on whether increasing cigarette prices to \$20.00 a packet, would encourage them to quit smoking or prevent them from taking up smoking. Results will be published on OxyGen.

For more information, visit www.OxyGen.org.au or see the school nurse, Denise or anyone from the Wellbeing Team.

MOAMA-ECHUCA SOCCER ASSOCIATION 2010 SEASON

Registrations Dates

March 10th Jack Eddy 4:00pm to 6:30pm
March 11th Jack Eddy 4:00pm to 6:30pm
March 17th Fonterra Stadium 4:00pm to 6:00pm
March 20th Jack Eddy 9:00am to 12noon

FEES: Under 6 to Under 11 \$ 99.00
Under 12 to Open \$125.00

Open Includes all School Aged Children
Grassroots Coaching Information Sessions will also be held
For Parents wanting to be involved with the game.
March 10th & 11th at Jack Eddy Oval from 6:00 to 7:30pm
Contact Dave Coward for more details on 0400 266 571

FREE TO GOOD HOME

1 x adult male rabbit. Black and white in colour. Hutch included. Sad to see go – will deliver locally. 0409 824 682.

WANTED – garden seeds and cuttings to grow and then use to beautify the College gardens. For further info see Mrs Jones, Mr Trehwella or Mr Davidson.

UMPIRING – A CHALLENGING CAREER

The Goulburn Valley Football Umpires Association cordially invites everyone to have a go at umpiring this football season.

You may be a student who wants to earn a few extra dollars whilst trying to keep healthy and fit; you will be surprised how enjoyable umpiring can be.

Umpiring is for everyone. Age and gender are no barrier; we currently have almost a dozen girls on our panel, who really enjoy themselves.

The sport of umpiring will raise your fitness and raise your personal prestige in the community; because despite all the hype about "umpire abuse", football people in Clubs, really do respect the efforts of Umpires.

You don't have to come to Shepparton every week for training either, the Association now has training tracks in a number of towns to save expensive travelling and time; and you can even train by yourself, if you live remote from a venue.

You will be coached and supported whilst you are learning in the early matches and then receive written feedback sheets from the coaching panel to help you improve and enjoy your games.

You will be registered with the AFL, who supply your outfit and provide ongoing support which culminates in a Certificate presentation at the MCG at the end of the season.

It is not necessary to be available every week either; an 'availability book' allows you to comfortably plan umpiring around your personal life. Your studies are very important to the GVFUA and we encourage you to make them your top priority; consequently availability and appointments can be altered to meet your needs. Many of our Umpires go on to universities in Melbourne and find the money they earn, very handy.

If you would like to have a go at Boundary, Goal or Field umpiring, please call the GVFUA Recruitment Officer, Greg Sidebottom on 5832 9353 (w), 5831 5121 (h) or 0419 154097, who will send out some information to help get you going and determine the nearest training venue to your home.