Principal’s Report

Next week is the AGM and first meeting of the new College Council. Our March meeting will see some new faces join College Council. Our parent representatives are Helen Williams, Damien Warren, Ross Whelan, Linda Reid, Jenny Candy, Jill Prowse, Gavin Hore and new parent member Mark Robertson. The DEECD representatives are Nicole Case, Karl Stenning and we welcome Rob Strachan and Dan Davidson. We will also have two student representatives on Council from our Student Leadership Team. I would personally like to thank retiring parent representative Mr Bernie Teasdale for his countless hours of work to the Echuca College school council and Echuca High School as well. You have made a huge contribution to the educational needs of our students especially during the building program. I would also like to thank David Mitchell and Cheryl Watson for their valuable input into the school council over the last 2 years as staff representatives.

Echuca College will be holding its ‘Students Information and Discovery Evening’ for prospective students on the Monday 2nd May at 6.30 pm at College Drive in the College gym (just next to the Year 8 Neighbourhood). The evening will begin with a brief introductory session, followed by an opportunity for students and their parents to tour our College. The tour allows students and their parents to experience various components of the Year 7 program and to view our new facilities. An information brochure is being delivered to our partner primary schools for circulation as part of our school visits leading up to the evening. Later in the year students in Grade 6 who have elected to come to Echuca College will be involved in a familiarisation program in term three and our main orientation day will be held in December. If prospective students and their families need any additional information about our College, please don’t hesitate to phone the College or make an appointment with Mr Strachan, Mrs Burton or Ms Adams. We look forward to seeing you at our information evening on the 2nd May.

Over the last 2 weeks we have a number of excursions and camps. Students in Year 11 Outdoor Education attended a Surf Camp to Jan Juc, VCAL students attended a camp to Rubicon Outdoor Education Centre and we have had our Interschool swimming sports in Nathalia where our students performed very well and a group of students represented the school in Lawn Bowls in Bendigo.

Last Thursday I attended the Beacon Foundation Business Breakfast at Radcliffes. I was very proud of our six ambassadors Millie Down, Matthew Bell, Sarah Toll, Cassidy Sellings, Emma Francis and Tyler Lethlean. They represented the College in a very professional manner. Madeline McCluskey of Year 11 spoke at the breakfast about her experience in 2010 as a Beacon Leader. It was very well received by all at the breakfast.

I would like to make special mention of a camp our Year 9 students were involved in last week with students from the Echuca Specialist School. We had 17 Year 9 students who mentored 14 students from the Specialist School at a camp in Queenscliff. Our Year 9 Team Leader, Ms Carlie Jones organised the camp with Mr. Phillip Evans from the One and All Project. The feedback from Carlie and Phillip and all concerned was amazing and has paved the way for more programs of this nature in the future.

A big thank you to Ms Jones for all the work in planning the camp and I would also like to congratulate our Year 9 students for their work with the Specialist school students during the camp.

Finally Ms Robyn MacLean our Assistant Principal has taken up an Acting Principal position at Colbinabbin Primary School for 10 weeks. She commenced at Colbinabbin last Monday 21st March in her new acting position. On behalf of the College community, I would like to wish Robyn all the best for her 10 weeks. Garry Salisbury a very experienced teacher of Year 12 English will be looking after Robyn’s Year 12 English class for the remainder of the term and also sitting in Robyn’s office dealing with any issues that may come up. I would like to personally thank Garry for helping us out for the remainder of the term.
Monday the 21st of March was a cloudy day with the looming threat of rain when 14 Echuca College shooters made their way to Bar-rook. What a day it was, with 70 participants from a number of schools taking on the windy conditions which caused inconsistencies amongst all clays for each shooter. Chloe and Jake found themselves in shoot offs to defend their places and handled the pressure calmly. I would like to congratulate our two new shooters Harry Ogden (10/24) and Ashley Vesty (11/24) who have already proved to be top shooters. Their participation in future school shoots is greatly anticipated.

The results of the day were as follows:
- 1st Senior boys non-member: Matt Webb
- 1st Senior girls: Chloe Shorland
- 3rd Junior boys non-member: Jake Bullock
- 1st Senior boys non-member team: Ashley Vesty, Matt Webb, Michael Young
- 2nd Senior girls team: Amanda Carrington, Chloe Shorland
- 1st Junior boys non-member team: Jake Bullock, James Hogan, Harry Ogden

A HUGE thank you goes to our parents who tirelessly transport their students to these events. I am always grateful to these parents who often take time off work to support their students; I couldn’t do it without you. I would also like to thank Snow and Margaret who are keen shooters and came out to support our kids, even lending their guns.

Please keep an eye out for more shooting events to come.  

Miss Courtney Peters
Lower Mallee Region Swimming Competition

Monday the 21st March our swimmers headed to Swan Hill to compete in the Lower Mallee Region swimming competition. Many of our yr 12s who committed to a whole day off school to compete in only one or two races were successful in not only coming 1st or 2nd in their relays, but also in completing some of their homework throughout the day.

Congratulations to Brad Mellington, Isabella Reid, Libby Pellegrino, Rochelle Daley, Bridget Bedford, Maddy Steel, Bryce Keech, Mitchell Keech, Wade McGrath and Tessa Mellington who will be going to the state swimming later this year.

We really appreciated all the parent support that we received, and a big thank you to all the staff that helped put this day together and came to support the students. Also a thank you to St Joes for sharing the bus with us.

Ben Hall - Sports Coordinator
One & All Camp Queenscliff

On Wednesday the 9th of March (Darcy Russell’s 16th birthday), 17 Echuca College students from yrs 9-11 travelled to Queenscliff to participate in the “One & All Project” camp with 14 students from Echuca Specialist School. We left Echuca Specialist School at 8.30am on Wednesday morning for the 4 and half hour drive down to Queenscliff. Once arriving at YMCA camp, Queenscliff, we settled in and met our buddies. At 2.00pm we went down to the beach for some activities and to get to know each other a bit better.

With some of us clearly interested in the water Flip took us for a tour down the main street and along the Wharf for a look and with the One & All Project supplying all 31 kids with a milkshake yum yum :) After walking around the quiet town of Queenscliff we walked to the wharf to check out the Q 360 viewing tower. The view was amazing. That night we were put into groups of about 5 and were told to make a team flag of what we plan to get out of this camp and how as a group we have come together. We all had our ideas and came up with team names there was the One & All Onslaught, Kings & Queens, 5th Unit, Budgee Smugglers and Team Claw.

The next morning we were woken up at 7am to start a day of great activities. At about 9.30am we set off down to the marine discovery centre for a tour and information session on Port Phillip Bay. This then took us to an exploration of the local rock pools and wildlife. It was great being able to pull some of the creatures out of the rock pools and have our tour guides tell us all about them. It’s amazing what you find in the little spaces of a rock pool.

After a fascinating find in the rock pool we were all very hungry and headed back to the YMCA lodge for some lunch. All of us were looking forward to the afternoon activities. We headed to the beach and one of the YMCA staff took us for some classic beach activities that all left us with sand in our undies. We first played paper, scissors, rock to get a feel of what was to come. But that was nothing the next activity was a relay with a catch. We had to race to a point and write our names in the air with our bottoms. A true classic that was! The human caterpillar was a laugh for all. We were in two large groups and had to sit in a line with our feet out and the person in front holding them. We then had to drag our bottoms in the sand to the end, turn around then come back with everyone over the line. This certainly left us with a rash from all the sand in our undies. A true laugh this was. The winner was then given a fair advantage to start the dig of their hole. The next race was the first person to dig a hole big enough to fit a big orange boy. This was a great fun game some of us getting a bit too excited and digging like dogs. The aim was to cover it and not notice that this giant boy was there. Very tricky but with teamwork and determination it was a great success.

Thursday night being the last night together was great fun. We had a skit challenge evening. This involved seeing Jimmy Deighton in his undies!!! We finished off the evening with a candle ceremony where we all pledged to keep the goals and aims of the One & All Project going – it was quite emotional.

Friday morning...our last morning...it involved the boys trying to prank Flip and Jonesy and waking up both dorms at 5.30am! It turned out to be quite handy as we had a sunrise boat trip around the bay. The cruise was simply beautiful! Watching the sun rise through a few morning showers was so pretty...much prettier than the smelly seals that we saw! They stank! Whilst they poop off their pontoon, they vomit on it!! Ewwww!! We finished off our last day with a treasure hunt around the Queenscliff township. It was a great way to have another milkshake or ice cream in our teams, with our buddies. Unfortunately it then meant leaving Queenscliff for home. Spanna’s sensational driving allowed us to roll into Echuca at about 5.30pm. All of the Echuca College mentors would like to thank their Specialist School buddies, all staff involved, Spanna McConnell from McConnell’s Transport and most importantly – Flip Evans. A sensational three days!! Don’t miss out on attending next year’s camp!!
Parenting Strategies for Adolescents & Alcohol

Parents have a major influence over an adolescent child's attitudes and behaviour, and can help discourage harmful alcohol and drug use. This alert outlines some of the key ways that parents can introduce their children to alcohol, while discouraging early or excessive use.

What are the effects of alcohol on adolescents?
Adolescents have a lower physical tolerance to the effects of alcohol than adults. The brain develops rapidly during adolescence and so is more susceptible to damage due to drinking alcohol.

There are also a number of other harms that are more likely for a young person who drinks alcohol. These include physical injuries, violence, depression and social or physical health problems.

The Australian guidelines to reduce health risks from drinking alcohol (www.nhmrc.gov.au/_files_nhmrc/file/publications/synopses/ds10-alcohol.pdf; PDF: 2.3MB) advise that, for anyone under the age of 18, avoiding alcohol is the safest choice.

* Children under 15 years of age are at particular risk of harm from drinking, so at this age abstinence is vital.

* For young people aged 15-17 years, the longer the initiation of drinking is delayed the better.

Why should parents get involved?
The greatest chance to influence an adolescent’s choices about alcohol comes before their first drink. By using strategies that match an adolescent’s unique personality and environment, a parent can prevent, delay or reduce their child’s alcohol consumption.

Parent education and family-based strategies and interventions improve parenting skills, aid family functioning and have shown to be effective in preventing and reducing alcohol-related harm.

What can parents do?
To prevent or delay their children’s use of drugs and alcohol, parents can:
* lead by example and communicate safe drinking patterns to their adolescents.
* listen to their children and plan healthy family activities that provide alternatives to alcohol use.
* create and discuss family rules and expectations.
* communicate with teachers and other community figures to help support the child and create and encourage opportunities for them.
* supervise parties and other social events at home, and maintain contact with organisers of events elsewhere, to monitor the availability of alcohol, safe transport, etc.

Key advice
There is emerging evidence that family-based interventions and parent education are effective strategies in preventing alcohol-related harms among young people. It is recommended that delaying or reducing a child’s alcohol or drug consumption will reduce the risk of related harms.

Each family is unique and it is important to adapt strategies to each family’s circumstances and personalities.

Where to go for support and advice
Parenting strategies: preventing adolescent alcohol misuse (www.parentingstrategies.net): Run by a team of researchers from Orygen Youth Health Research Centre (University of Melbourne; http://rc.oyh.org.au) and Turning Point Alcohol and Drug Centre (Monash University and Eastern Health www.turningpoint.org.au), this website offers a range of parenting strategies for preventing adolescent alcohol misuse.


If you have any queries or would like to discuss the above information further please feel free to contact members of the Welfare Team, Mr Robinson SWC, Chaplains Brooke and Alan or myself at the College. Cheers! Denise Leed, School Nurse
Yr 7 News

This semester, half of the year 7 students are doing extension studies. Extension studies is when students get the opportunity to choose a subject that they are interested in learning more about. There are a large range of subjects to choose from, like fitness, dance, science at work, outdoor life and music. How exciting! We are all having so much fun learning and experiencing new things. I personally have had a fantastic time doing really amazing experiments in science at work. It was a really good idea for our school to offer extension studies because it gives you a taste of other school subjects that our school has to offer that we may want to choose later in our high school years. I am really looking forward to doing more exciting things this semester during extension studies.

Maegan Johnson Year 7 Team Leader

Year 9 News

ONE & ALL CAMP – Congrats to Brenton Case & Zosie Rosato on attending the One & All Camp to Queenscliff with our friends from the Specialist School. More details on the camp are included elsewhere in the newsletter. The students are now coordinating a movie fundraiser to be held in the last week of term.

CENTRAL AUSTRALIA CAMP – Thanks to all students and parents who attended the information evening earlier this month. Any families with questions about the camp should see either Mrs Smith or Mrs Jones.

SCHOOL BOYS FOOTBALL – Congratulations to the many boys who made it to the final cut of the Under 15 Central Murray School boys’ footy team. Special mention to Jayden Williams who made it through to the final squad!

COMMUNITY SUBJECT – Awesome reports coming out of the Community classes where students are well underway in planning their community projects! There are lots of exciting and intelligent ideas coming from their discussions. Stay tuned for the upcoming themed casual day! Rumour has it that Davo is coming as Captain Feathersword....

NAPLAN – Testing days are rapidly approaching (early May) and all classes are busily preparing for the tests. This highlights the important need for students to attend school every day in order to gain a strong grounding for the tasks. Parents with concerns should contact one of the Year 9 Team.

REPORTS – Interim reports are currently being written by classroom teachers. Students should be striving to submit any outstanding work. Reports will be distributed early in term 2.

ALTERNATE LEARNING PROGRAM – Congratulations to Ms Rolfe and her boys on the sensational job they are doing at the Rotary Park in the lead up to the Steam Festival. The boys also catered for a teacher lunch recently, cooking up a storm of noodle boxes followed with scones, jam and cream! Simply delicious!!

BASKETBALL STARS – Well done to Greta Pearson who refereed at the recent One & All Stars Basketball match at the Fonterra Centre. Special mention to Mrs Jones who played in the All Stars Celebrity match and whilst she made a real goose of herself – she had a ball!!

STICKER PROGRAM – Almost 60 tickets into the end of term draw. Have you cashed in your stickers yet? The end of term draw is rapidly approaching.

TRIVIA – No winner from last edition’s newsletter question – will we get a response from this question? Who was the last AFL Brownlow Medallist winner to not play in the Grand Final in the year they won their medal? First correct response to Mrs Jones scores an entry in the end of term draw and another prize....

Yr 7 News

Congratulations to
the Moama Woman’s Soccer Team consisting of Milly Denson, Erryn Flynn, Ellie Denson, Tegan Milne, Roweena Ilsley, Kayla Arkinsall, who after 3 matches and a final won the Lighting Cup on Saturday the 19th of March.

One & All Basketball All Stars Match

Flip Evans, on behalf of the One & All Project, would like to publicly thank all members of the Echuca College community for their involvement in Saturday 19th March exhibition basketball match.

The willingness of so many members of the College community to actively involve themselves in roles such as scoring, refereeing, supporting, photographing, video taping or even playing is a real credit to us all! Exact figures on funds raised throughout the evening is yet to be finalised but thank you again for being so willing to support such a worthy cause.

For those interested, our local member of parliament, Paul Weller, strained both hamstrings in the game but he still gets our vote for being entertaining! Father Tink, Moama’s Catholic Priest, refused to pray for the referees after a couple of supposed rough calls, whilst our very own Krystelle Lloyd and Mrs Jones were on the winning team! Those that attended had an absolute blast – here’s to seeing it up and running again in 2012!
ECHUCA COLLEGE ROCK EISTEDDFOD 2011 UPDATE

Rock Eisteddfod rehearsals are well underway with rehearsals during lunch times, after school on Monday and Wednesdays, as well as some rehearsals in dance class.

We have a terrific bunch of students preparing for the team this year, all working very hard to perfect their movements, characters, dramatic styles and so on.

Leaders Elli, Larni and Rachel have been working overtime to create some awesome costumes for students to wear, as well as the design of our own Echuca College Rock Eisteddfod T-shirts well done girls!

Just a quick reminder for parents to send back their ‘assistance’ letters, so that we can get the production of the costumes and props underway, as well as our fundraising committee.

Next week will see the commencement of student awards, so stay tuned for that in the next newsletter!

Jacqui Kornmann - Rock Eisteddfod Coordinator
Are you, looking after me?

Do you have a nationally recognised Childcare qualification?
Was your training subsidised by the Victorian Government?
Were you trained by Childcare Industry Specialists?
Was your training individually tailored and delivered?

OK then, you must have trained with edvet.

Certificate III & Diploma of Children’s Services Courses Open Now
Start Anytime, Flexible Delivery, Access Gov Funding*, Optional Classes Friday & Saturday mornings
*eligibility may apply

For a no obligation chat, contact: Wendy Shorthouse, edvET—Vocational Training Manager
T: 03 54821133 M: 0439 097 077 E: shorthouse.wendy@edcuml.edcuml.vic.gov.au

**BEACON**

ECHUCA MOAMA BEACON FOUNDATION

presents a

CAREERS INFORMATION EVENING

focusing on the

HEALTH SECTOR

Year 10 students interested in pursuing a career in the Health sector are invited to listen to and speak with our guest presenters -

DISABILITY SERVICES – Elaine Hamilton
MENTAL HEALTH SERVICES – Paul Thorpe
VICTORIA UNIVERSITY – Helen Ryan
ECHUCA REGIONAL HEALTH – John Carey
CCLEN – Anne Trickey

Be there!

Date: Wednesday 30th March
Time: 7.00pm – 8.00pm
Venue: Moama Bowling Club (The Venue Room)
RSVP: Steve Gale Executive Officer (0422) 606 773
Email: beaconem@impulse.net.au
ALL WELCOME – BOOKINGS ESSENTIAL!

---

**ONE & ALL PROJECT MOVIE NIGHT - RIO**

Thursday 7 April 2011 at 6.15pm for supper. Screening commences at 7pm.
Adults $15pp Under 14 $12pp – includes supper and movie. Tickets available from Mrs Jones, One & All Camp Mentors or College office.
Check out the trailer at www.riothemovie.com.au