



Important Dates

NOVEMBER

4TH - 23RD
VCE Exams

11TH -
Remembrance Day

21ST - 23RD
Yr 11 Exams

24TH - 25TH
Yr 10 Exams

24TH -
Yr 12 Graduation
Dinner
Rich River Golf Club

24TH - 27TH
Energy Breakthrough

26TH - 5TH
Cambodia Camp

28TH -
2012 Academic Yr
Starts

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Principal's Report

'Diversity Our Strength'

Considerable effort has gone into ensuring that our End of Year activities for our Year 12s were safe and coordinated. Our Year 12s celebrated the completion of formal classes last week at a breakfast held at the Echuca Hotel, followed by a farewell assembly at the College gym. The assembly was great fun and the highlight was a variety of DVDs produced by the students on a range of very funny events around the College and local community. The Year 12 last day 'dress ups' have become a tradition now as part of their farewell ceremony and this provided some great entertainment for fellow students and parents as each Year 12 student entered the gym for their last 30 seconds of fame. The assembly provided our students with an opportunity to say farewell to the College, teachers and fellow students. It was great to see so many parents attend and this added to a positive atmosphere and the celebratory nature of the assembly. Although formal classes are over for the Year 12 cohort, the hard work is not. VCE examinations started yesterday with the three hour English exam starting at 9 am. The College staff would like to wish our Year 12 students all the best with their exams and all the very best for the future. Just a reminder to Year 12 students and their families that the graduation Dinner will be held at Rich River Golf Club in the Tatalia room Thursday 24th November 6.30pm for dinner at 7pm. Tickets are \$35 per person and are available at our front office until Friday 11th November. Any queries please contact Ms Costin.

Although the examination period has started for our senior students, the rest of the College still has a considerable way to go before the end of the year. The calendar is full of important events and last week saw 20 of our Year 10 students participate in the Beacon Polish program. The program takes students through a series of activities based around personal grooming and good etiquette. The training is put into practice when students participate in a formal luncheon at the end of the program. The Beacon presenters were full of praise for our polite students who really stepped up and embraced the program. Students receive a certificate at the end of the day and we will formally hand these to students at an assembly in the next week or two. I would like to thank the Beacon Foundation and Mrs Morrison from Echuca College for organising this program for our students.

Our preparation for the 2011 RACV 24 Hour Energy Breakthrough at Maryborough on the 24th-27th November has been well underway during this term. The College has again entered two bikes/teams in the race and each week over the last few months our riding teams have been practising after school in preparation for the race. While the track around the College is far flatter than the Maryborough track, time spent in the bike is most important. This year our combined team will see over 30 students and 5 teachers/parents attend the Energy Breakthrough. We wish them all the best in what is always a very exciting weekend.

Early notice to parents and students about the start of our academic year, the examination period for Year 10 and 11 students towards the middle of this month and the

end of year program. Our 2012 Academic Year will start on Monday 28th November and for 2012 VCE students will finish on the Friday 9th December. Students in Years 8, 9 and 10 in 2012 will continue their program until the 16th December. Our Celebration Evening is on Monday 19th December and this is when reports will be issued for all students. Senior students usually collect reports at the Celebration Evening. The last day of school is Thursday the 22nd December.

In Friday's 'Riverine Herald' Echuca College has highlighted two very important programs being conducted this year. In Year 9 our students have participated in a new subject called 'Community' and as a consequence have been involved in some great projects in and around Echuca. Many of our students have been mentoring and working with students from the Echuca Special Development School in a project called 'One and All'. This term students have been involved in projects at the Lost Dogs Home, Wharparilla Lodge, Echuca South PS, Echuca Primary School, Echuca Regional Health and new projects with the Echuca Special Development School. Still with the theme of 'Community' we have 9 students attending the 'Community Leadership Project' at Gnurad Gundidj residential school. Skills developed at the leadership school will be utilised by these students as part of their role in the College's leadership team.

Chris Eeles
College Principal

Year 8 News

Melbourne Museum Excursion

On Tuesday we went on an excursion to the Melbourne Museum. We went to learn about the human body and how it works. But we also looked at the dinosaur and the bug exhibits. We watched a movie in IMAX about what our body and what our brain goes through every day. We had a great day and learnt heaps. Mikayla Radley

'The Real Life Game'

All students were assigned an occupation and a relevant salary; Courtney is a career counsellor (\$4080 per month), Allison is a real estate agent (\$4800) and Paige is a book store owner (\$2720). From their earnings they are required to work out how much they would have left of their savings at the end of each year after tax and household spending. With the remaining funds, they have to plan and budget an international holiday; pricing flights, accommodation, annual leave, passports and visas, travel insurance and exchange rates. In addition to this, they need to create an itinerary for their holiday – Courtney is off on a beach and snorkelling trip to Greece, while Allison and Paige plan to check out the reef and beach parties in Vanuatu!

The project encourages students to manage money and think seriously about budgeting for life in the real world... in a fun way!

Running for a good cause

On October 28th Holly Williams (8T1), travelled to Melbourne as part of her amazing fundraising drive for the Murdoch Children's Research Institute (MCRI) to participate in the Foxtel Lap. The Foxtel Lap is an event solely for the promotion of the MCRI where participants run on a treadmill or spin bike continuously for half an hour. Holly went head-to-head with journalist and TV personality Dave Hughes (7pm Project) where she ran 5.2km in the thirty minute time slot. With twenty seconds to change runners, the high-intensity event was a great experience and just another amazing effort by Holly.

Holly has so far raised over \$10,000 through various activities and fundraisers and is committed to the Institute following their support of the Williams' family particularly Holly's older sister, Penny. During an interview with Dave Hughes, the radio presenter promised to match all of Holly's donations received during the event until the end of the week.

All donations are warmly welcomed for what is an incredible effort and a worthwhile charity!

Year 8 Science

There were a few squirmish looks and weak stomachs last fortnight as Year 8 students completed a number of dissections as part of their Science course. The current unit of work, which deals with anatomy and human function led to the dissection of a heart, lung and kidneys. With only one student fainting it was quite a good year. The unit of study is complemented with a trip to the Melbourne Museum and the IMAX to watch 'The Human Body'. Year 8 North went two weeks ago and Year 8 South are looking forward to Thursday's experience.

Year 9 News

My goodness the year is flying – hope you all picked a winner in the Melbourne Cup, alas I didn't thus I'm back at school....

ECHUCA SOUTH PS MENTORS – Thank you to the 15 students who have volunteered to mentor the Grades 3 and 4 students at Echuca South PS on a Wednesday. Our students will assist in the running of the Clubs Program whilst developing their leadership skills and having fun.

ONE & ALL CAMP – Well done to the group of students who have applied to do the 2012 Murray Meander One & All Camp in Queenscliff in March. Interviews will be conducted shortly to finalise the mentors who will get to go on a three day camp with our friends from the Specialist School.

2012 GOLD COAST TRIP – A meeting was conducted last week for students keen on attending the Gold Coast trip at the end of term 3 next year. Students who attended took a letter home to parents. Any parents wishing to obtain more information can contact Mrs Jones, Mr Pearson or Mrs Smith. There will be 45 places for 2012 Year 10 students and 45 places for 2012 Year 9s.

2012 SUBJECTS – Student subjects for next year are in the final stages of being finalised. Students will need to purchase fresh exercise books soon ready for the 2012 Academic Year which will commence in less than four weeks.

2012 PROVISIONAL PROMOTIONS – Letters have been sent home to parents indicating whether their student is at risk of either remaining in Year 9 for 2012 or being placed onto a contract for the first term of 2012. Should parents or students have any concerns, they should contact the Year 9 Team.

GNURAD STUDENTS – From all accounts our six students at Gnurad are having a blast. They had their first expo experience last week – a 50km bike ride and camping experience. I hope they are receiving lots of letters and emails from their friends back at school. Have a great week! The Year 9 Team

Year 12 Celebration Day



It was fabulous to see all the year 12 students in their costumes last Thursday. The breakfast at The Echuca Hotel was a great start to the morning, before a fantastic assembly in the gym. Thanks to all the staff, parents and families who came to be part of the celebration.

Thanks to the College Captains, Millie, Josh, Sarah and Gus for all the work they put into preparing for the assembly and also to Troy who spent hours editing the videos. For a short while it looked like the technology was going to let us down but thanks to all those who assisted in getting the show up and running.

We wish the students well for their final exams which commenced with English on Thursday 3rd November with the final exam being held on Wednesday 23rd November.

The Year 12 Graduation Dinner will be held on Thursday 24th November at Rich River Golf Club.

Year 11 News

It is very exciting time for the current Year 11 students as they become the leaders of the college. The process has begun in electing College Captains and selecting year 12 jumpers for next year. The end of the 2011 academic year is fast approaching and students need to ensure they complete all coursework.

Year 11 exams will be held from Monday 21st – Wednesday 23rd of November.

The 2012 academic year will commence on Monday 28th November. It is compulsory for all students to attend.

i-Dance
Recital

10th
December
at 7.30pm
&
11th
December
at 1pm
Echuca
Paramount
Theatre
Tickets
are on
sale now!

Year 8 Boys Basketball

The Year 8 Echuca College boys Basketball team had a tough road trip up to Mildura for the Loddon Mallee Region finals on the 18th October. The bus left at 4:30am in the morning and the boys did their best to get some sleep to make it through the long day. The competition was a very high standard as expected and Tyler Small really stepped up against tough opposition to lead his team and control the ball down the court with help from Jack Lees. Merbein had too much pace and height for our boys as we went down 38 to 8. In the second game Erik Holt-Crossman had increased his work rate and along with Connor Miller tried to stop the dominance of the tall players from Catholic College Bendigo. The boys fought valiantly and never gave up but lost 50 to 6 to a very good side. Our last game was a lot closer and the boys had a sniff of victory as we went into half time only 2 points down after great efforts from Corey McGrath and again Tyler Small, but the long day caught up with them and another loss followed going down 23 to 6. The boys had a great day and played some great basketball, their fighting spirit and the way they never gave up against tough opposition was something to be admired, so well done boys on a fantastic day.

Intermediate Cricket

On Wednesday 19th October Echuca College faced off against St. Joseph's college in an intermediate cricket match. We won the toss and sent St. Joseph's in to bat. They got off to a fast start before Dylan Taylor made the first break through with a plum LBW decision being made. Curtis Townrow never looked like going out and played a fine knock before being caught on the boundary from a full toss outside off stump from James Deighton after an over of half trackers. Jake Toll and Shaun Haffenden bowled well taking 5 wickets between them but the run rate never slowed and St. Joseph's were bowled out for 188. In reply Jake Toll survived a couple of early chances before getting his eye in and playing some great shots. Brent Mcgrath was showing great form with the bat before being caught LBW by a good ball. With plenty of wickets in hand Echuca looked like they would run over the top of the total no worries but when Jake Toll went out on 75 the runs dried up and the boys could not get bat on ball to keep the run rate going, eventually falling short on 150. Special mention to Jayden Twigg who stood his ground even though his middle stump was down near the boundary somewhere. It was a good day and the boys all did a great job, better luck next year.

Healthy School Lunches

The incidence of overweight and obesity in children and young people in Australia has increased dramatically in recent years, with 1 in 4 children overweight or obese.

This has serious long and short-term health consequences. Excess weight gain in children is usually a result of eating too much food or the wrong type of food, combined with low energy expenditure – doing too little physical activity or being inactive for too much of the day.

Nutrition is particularly important in the childhood years, which are a time of rapid growth and development. Healthy eating and a healthy lifestyle assist children to develop and grow to their potential, thus contributing to optimal educational outcomes and a healthy adult life. Furthermore, nutrition during childhood is also important in preventing lifestyle diseases such as obesity, dental disease, Type 2 Diabetes, hypertension and, in later life, osteoporosis, cardiovascular disease and a range of cancers.

There is an official DEECD Policy on Healthy Food which provides excellent information to support healthy eating which is well worthwhile checking out <http://www.education.vic.gov.au/management/schooloperations/healthycanteen/background/default.htm>

Fast foods are meant to be occasional and not everyday foods. Echuca College Wellbeing Team strongly encourages parents to consider this when planning their teenager's healthy lunch each day. An example of a healthy lunch could include a meat and salad sandwich or roll, a piece of fruit (oranges are in season at the moment, banana prices are coming down, and apples are always a good choice) water is an excellent drink and it's cheap!! The Go For Your Life website has 91 school lunches that help you think outside the box. http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pages/91_school_lunches_that_help_you_think_outside_the_box?open

If you would like more ideas or wish to discuss this further, please feel free to contact me at the College on Wednesday's & Thursday's.

Cheers! Denise Leed, School Nurse

State Athletics Report

Last Tuesday Siobhan Thompson and Isabella Reid competed in the State Final at the new Albert Park Athletics Centre in Melbourne. Siobhan performed magnificently to win a silver medal in the Girls 14 Years Javelin. Congratulations. Isabella ran a very good time in the Girls 14 Years 1500m and finished 10th. Well done girls. Mr David Pearson.



Beacon Polish Program

Twenty three Year 10 students participated in the recent Beacon Polish Day on Wednesday, 26th October. They included; Aaron Henery, Tamika Fry, Christina Monro, Gaby Avis, Jennah Drummond, Teagan Priestley, Alannah Richardson, Sarah Watson, Andrew Hunter, Aaron Katzer, Ashley Vesty, Cody Anderson, Matt Bell, Scott Kane, Rebecca Colvin, Luke Hams, Shanae Duus, Joesph Sanford, Jackson Henshaw, Troy West, Casey Dobson, Rebecca Ashwell and Brittany Turner.

Designed to help students with work ready skills and confidence, the polish program covered public speaking, positive body language, good old fashioned manners, etiquette, grooming and interview skills.

Presenters Guy and Kate took the students through a series of practical hands on workshops throughout the day and the students put their knowledge into good use by hosting guests over a luncheon at the school. The lunch was organised by Year 11 Food Technology students.

The presenters were very impressed with the student's politeness and level of participation. They raved about the lunch and how well the students presented themselves when talking to the local business people during the lunch.

Sandy Morrison – Beacon Coordinator



Cow for Cambodia

Year 11 Student Sarah Head donated a steer that she had raised from a poddy calf to be auctioned. Sarah organised with local agents for the sale of the steer to be free of commission. Sarah also had the opportunity to speak at the sale yards and explain to all attendees the importance of this sale. The crowd was very receptive to Sarah's cause and she raised an amazing \$686 all of which she has donated to the "Cambodia Experience".

Our students travelling to Cambodia leave on the 26th of November and have raised over \$10000. All funds raised will be used to support the organisations visited by students including the Future Light Orphanage where our Student Leadership Team sponsors two orphaned children. We have also organised to meet many of the "Wish Lists" provided by the various orphanages including the supply of 150 bikes with helmets, 250 uniforms and shoes, meals for 350 students along with various other much needed supplies.

All the students would like to Thank the community for the support shown throughout the year.



Community & College Notices



ROTARY CLUB OF ROCHESTER

Incorporated NO. A0021076T



Supported by
Shepparton Big Boar Riders & Bendigo Boundary Riders

Presents

A DISPLAY OF MOTOR CYCLES INCLUDING HARLEY DAVIDSONS & HISTORICAL VEHICLES/ENGINES

AUCTION OF GOODS at 12.30pm.

Donation of suitable goods would be appreciated.
All proceeds to Rochester Flood Relief through the Rotary Club of Rochester.

SUNDAY

6th NOVEMBER

11.00am - 3.00pm

Rochester Recreation Reserve

Entry by a gold coin donation

BBQ food available.



For more information call
Secretary of Rotary Club Bryan Griffiths 0428315467
Big Boar Riders Merv Wild 0418146408

CANTEEN ROSTER

Mon 7th Nov
Simone Hore
Tues 8th
Janette Diery
Wed 9th
Help Needed
Thurs 10th
Help Needed
Fri 11th
Help Needed
Mon 14th
Sharon Edwards
Tues 15th
Christine McLean
Wed 16th
Help Needed
Thurs 17th
Help Needed
Fri 18th
Kaye Davey
Help Needed

If any parents are able to help at
anytime please contact Jeanette
on
03 54821133.

2011 Echuca Moama
mini ARTS FESTIVAL

Paint Wars
Poetry
Short Stories
Belly Dancing
Art Exhibition
Photography
Mosaics
Workshops
Dancing
Music

Embracing local arts

Sunday November 12
10am - 7pm
In and around the uniling church
here street, echuca
0438802964

SUNNYLOT FESTIVAL
17TH DECEMBER 2011
ALL AGES MUSIC FESTIVAL
MOAMA RECREATION OVAL

evermore \$67.50
sparkadia
benny walker
oxford collective
better than the wizards
fox road

find us on

Moama Recreation Oval
Gates open at 3:30pm
STRICTLY NO PASS-OUTS
All ages event
Wet Area: 18+ Only (No B.Y.O.)

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