Welcome back to school and I hope everyone had a relaxing break at the end of June and in early July. The start to the term has been very positive and students have settled back into the routine of school and study. Uniform is very good with less than 1% of students experiencing difficulty in getting uniform organised for the return of school. Uniform is set by the College Council and is compulsory at Echuca College. The College community would also like to welcome Ms Dixon to our teaching staff for the remainder of the year. Ms Dixon will be teaching English and Humanities subjects and replaces Mr Muller who is taking some well-earned leave.

Term 3 is always a very busy term with our long list of information evenings starting in the next week. Our information sessions are designed to allow students and their parents to ask questions about vocational options and to find out how individual subject and programs may assist students to achieve their career ambitions. Of course many students are not sure about what vocational pathway they want to travel at this stage in their lives, so again it is very important that they attend their particular information session to talk to our teachers about the programs and subjects being offered in 2013. It is important to note that Echuca College provides access to the broadest selection of programs/subjects in the Echuca area and in the six years since the College was established our graduates have been successful in gaining positions in Universities and TAFE courses across Australia, gaining quality apprenticeships and successfully entering the labour market. The College is very proud of the role it plays in supporting students in their career selection and pathway planning.

Information sessions for Echuca College programs will start next week at the College and Vocational Education and Training certificates information sessions will be held at Rich River Golf Club in late July. Once the information sessions are completed, students in Years 9, 10 and 11 will be required to attend course counselling days where their subject selections for 2013 will be discussed with Year Level Co-ordinators and Careers Counsellors. It is important that parents discuss subject selections with their students and all selection sheets must be signed by a parent/guardian before the student can undertake their chosen subjects in 2013.

This year our curriculum booklets are on our website and can be accessed now. Students have access to the curriculum books via their laptops and they need to take the time to read through each of the subjects/programs offered at their year level for 2013.

It is critical that students and parents come to the information evenings with some background knowledge of the subjects/programs available in 2013, so productive questions and discussions take place on the evening and as a result students make informed selections for 2013.

Our VTAC information evening for Year 12 students applying to do further study next year is followed the next day by the ‘Tertiary Information Service’ provided by VTAC (Victorian Tertiary Admissions Centre). Representatives from Universities and TAFE Colleges will be available to speak to Year 12 students about course for 2013 and also provide them with additional information such as ‘Open Days’ dates, accommodation and course entry requirements and important information around having a ‘gap’ year.

Would you like to receive the newsletter via email?

Information Sessions for 2013
24th July – Year 12 2013 Information Night – Cafe Learning & Library.
26th July – Year 10 2013 Information Night – Cafe Learning & Library.
1st August - VTAC Year 12 Information Night – Senior Learning.
2nd August -Tertiary Information Session for Year 12s.

Counselling Days
1st August – Year 9 into 10- 2013 – Year 9 pupil free day.
3rd August – Year 10 into 11 -2013 – Year 10 pupil free day.
13th August – Year 11 into 12-2013- Year 11 pupil free day.
15th August – Year 8 into 9 2013 – Year 8 pupil free day.

Chris Eeles
College Principal

Check out the Echuca College website echucacollege.vic.edu.au for all up to date and current information. The Curriculum books for 2013 are on the website as are all the policies for the College. Access to Newsletters and other current publications are also on the website.

Follow us on

Canteen

With many students to serve, the Canteen Manager needs the help of several people each day to provide lunches and snacks, we are in urgent need of volunteers to help out on a daily basis. We would also appreciate donations of pumpkins, or any vegetables suitable for soup. If you are able to help out please contact our Canteen Manager on 54821133

ROCK EISTEDDFOD OPEN REHEARSALS

Come along and watch your Rock Eisteddfod team’s full dress rehearsals on Friday August 3rd at 4 or 6pm.

INTERESTED IN BEING A PART OF THE ECHUCA CHEER SQUAD?
THERE IS A SPECTATOR BUS GOING TO MELBOURNE ON AUGUST 9TH, see general office for details
**Wellbeing**

**ALCOHOL – TEENAGERS.**
Adolescence is typically a time of experimentation. This reflects Australia’s tolerant approach to alcohol use. Alcohol is one of the most commonly used drugs in Australia. Estimates suggest that around half of the population over the age of 14 years drinks alcohol at least weekly. There is some evidence to suggest parents are so alarmed at the thought of their children using ‘harder’ drugs that alcohol is considered a lesser and more acceptable ‘evil’. Research has shown that children who first use alcohol before age 15 are five times more likely to abuse alcohol than those who first use alcohol at age 21 or older. It has also been found that clearly defined rules about alcohol use and high monitoring of children from 10 years of age results in lower levels of alcohol use and dependence at 21 years. It appears that a good parent–child relationship determines how effective parents are at influencing their child’s use of alcohol. Alcohol use is very risky for young people and the longer children delay alcohol use, the less likely they are to develop any problems associated with it. That is why it is so important to help your child avoid or limit any alcohol use.

**ALCOHOL – THE RISKS**
Irresponsible use of alcohol can lead to:
- Binge drinking or drinking too much on a single occasion
- Drink driving
- Unsafe sex
- Impaired brain development
- Injury or death.

**PARENTAL ROLE MODELLING**
Studies have shown that the most influential role models for children are their parents. Children learn by imitation, so it is important that parents demonstrate sensible drinking behaviours. Suggestions include:
- Drink moderately or not at all.
- Don’t drink every time you socialise.
- Never drink and drive.

**WHERE TO GET HELP**

- Your doctor
- Drug Info Tel. 1300 858 584 – for information
- Direct Line Tel. 1800 888 236 – for 24-hour confidential drug and alcohol telephone counselling, information and referral
- Counselling Online – for online counselling and referral
- Family Drug Help – for information and support for people concerned about a relative or friend using drugs Tel. 1300 660 068
- Youth Support and Advocacy Service (YSAS) – for young people aged between 12 and 21 who are experiencing problems related to alcohol and other drugs Tel.1800 014 446

More information can be found in the Better Health Channel, [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) and check out the fact sheet on ‘Alcohol – Teenagers’ or Drug Info, [www.druginfo.adf.org.au](http://www.druginfo.adf.org.au) and look for the fact sheet on ‘Teenagers and Alcohol, a quick guide for parents’.

**Cyber safety - Your Views Are Sought**
The Australian Government is inviting all Australian teachers and parents to join the Teachers and Parents Advisory Group on Cyber safety (TAP).

The TAP is an opportunity for teachers and parents to:
- Share ideas, concerns and solutions on cyber safety issues such as cyber bullying,
- Identity theft, digital footprints and mobile phone safety with their peers;
- Share information with the government about how best to promote current and future programs and how to ensure that future initiatives, such as the cyber safety help button, respond to the needs and concerns of parents and teachers; and
- Provide advice regarding cyber safety initiatives and programs that have been successful in their home, school and/or local community.

Advice from the TAP will be used to inform government cyber safety programs and initiatives aimed at keeping families, especially children, safe online.

TAP members will discuss cyber safety issues via a secure, moderated online forum. Members will be able to access the TAP site, 24 hours a day and seven days a week.

For more information or to nominate contact [tap@dbcde.gov.gov.au](mailto:tap@dbcde.gov.gov.au) or call Kerrie Westcott on 02 6271 7411. At the College direct any queries to Mr. Paul Robinson on 54 82 1133.

**ENTER ‘BackMeUp’ AND TAKE A STAND AGAINST BULLYING**
The Australian Human Rights Commission in partnership with the Australian Communications and Media Authority (ACMA), National Institute of Dramatic Art (NIDA) and Sydney Harbour YHA invite you to participate in the national ‘BackMeUp’ campaign to tackle cyber bullying. BackMeUp is a competition that invites 13-17 year olds to create a short video of less than two minutes on how they would ‘back up’ someone who has been cyber bullied. The competition encourages young people to take positive and safe action if they witness cyberbullying. BackMeUp supporters include Kids Helpline, UNICEF, Alannah and Madeline Foundation, Headspace, Inspire Foundation, Bullying. No Way!, Scouts Australia, Girl Guides Australia, Foundation for Young Australians, Lawstuff, Facebook Australia, Google, Edith Cowan University’s Child Health Promotion Research Centre and the Young and Well Cooperative Research Centre. Videos are featured on Facebook [facebook.com/2012backmeup](http://facebook.com/2012backmeup) and Something in Common [http://somethingincommon.gov.au/backmeup](http://somethingincommon.gov.au/backmeup) for everyone to view and vote on. Ten winners and their parents/guardians will get an all-expenses paid trip to Sydney to spend a week at NIDA creating a professional short film on 24-28 September 2012. Students can also win JB HiFi vouchers weekly! Entries are open until August 15 with the winners announced on 3 September 2012. To get involved today visit [http://somethingincommon.gov.au/backmeup](http://somethingincommon.gov.au/backmeup) or [facebook.com/2012backmeup](http://facebook.com/2012backmeup). For further information and enquiries contact the BackMeUp team on 02 9284 9600 and [backmeup@humanrights.gov.au](mailto:backmeup@humanrights.gov.au) or contact Paul Robinson SWC at the College on 54 821133.
Junior Girls Soccer Team
Jayme Shead, Adelle King, Zoe Thomson, Jade Allen, Bec Nimmo, Maia Hall, Jade Groves, Andrine Holt - Crossman, Tyanah Case, Samantha Begley

Emergency—Drew Walker, Harriet Nilon

Year 7 Football

In the first game the Echuca College team came up against a much bigger and stronger St Joseph’s team. The backline had a lot of work to do and if it were not for the brilliant efforts of fullback Carl Scott the team would have been down by a lot more. In one of the few forays forward, Max Ogilvie had the chance to kick for goal but unfortunately he missed in what proved to be the only score of the game for Echuca College. Throughout the game there was a lot of chasing opponents done by the team but in the end the best team won, with St Joseph’s winning 14.14.98 to 0.1.1.

In the second game the Echuca College boys thought they had a chance but the St Mary’s team from Nathalia came out blazing, kicking four goals in the first five minutes. The Echuca College team fought back hard and when speedster Liam Gundry scored the first goal, the boys thought they were in with a chance. After a stirring half-time speech from the coach the boys came out on fire. The team peppered the goals and after scoring two quick goals to Oscar Reid and Jake Martin, the team felt they were close. Unfortunately, St Mary’s sealed the win with a late goal. On a positive note, the Echuca College boys outscored St Mary’s in the second half. It was again thanks to fullback Carl Scott keeping the team in the game with his superb defending. All day there was great run from Oscar Reid, Max Ogilvie and good support from Jake Martin, Jamie Hore and little dynamos Ricky Walsh and Liam Gundry. Mr consistent Carl Scott was MVP for the day.

Echuca College Athletics Sports.
Tuesday August 7th at the College.
All students are required to attend and may come in Community colours – Kanyapella (blue), Perricoota (red), Wharparilla (yellow), and Moira (green).
The canteen are running a food stall and the VCAL students will be running a BBQ. Javelin and Discus events are running in the first two weeks of this term.

State Cross Country
Congratulation to Max Ogilvie (44th) and Liam Gundry (49th) in the U13 Boys State Cross Country event. Both boys ran excellent times and the College is very proud of their efforts.

WEP Student Exchange – Memories and Skills for a Lifetime!
Give your child the opportunity to gain international experiences and language skills to kick-start a future career. Along with distinct language benefits, exchange students mature, gain confidence and develop a more worldly approach upon their return to Australia. Experience the wonderful world of WEP!
Choose from over 100 programs to over 20 countries around the world to live and study for a summer, semester or year. Applications are closing at the end of August for programs departing in Jan-Feb 2013. WEP is also offering Early Bird Specials for programs departing in July-Sept 2013! Find out more! Meet WEP staff and returned students! Visit www.wep.org.au and request a free information pack or attend one of WEP’s information evenings or call 1300 884 733 (for the cost of a local call)

WEP Open Day
4 August ’12 / 12-4pm
WEP Office
Suite 2 / 249 Hampton Street
Hampton

WEP Information Evenings
14 August ’12 / 7:30-9pm
Northcote Town Hall
189 High Street
Northcote
28 August ’12 / 7:30-9pm
Kew Court House
188 High Street
Kew

Bush Dance
with
The Celebrated Emu Creek Bush Band
7.30pm – 10pm
Friday, 14 September
Echuca College
Performing Arts Centre
Butcher Street
Tickets at the door
Single: $10  Family: $20
Students & Pensioners: $5
Supper, tea, coffee, water & cordial provided
Prizes for best dressed
Please wear soft heeled shoes
Come along and have a fun night out while supporting Chaplaincy in Echuca Schools

WEP
White Earth Programs
WEP Information Evenings:
14 August ’12 / 7:30-9pm
Northcote Town Hall
189 High Street
Northcote
28 August ’12 / 7:30-9pm
Kew Court House
188 High Street
Kew