‘Diversity Our Strength’

Last week I had the privilege of interviewing the candidates for the College Captain positions for 2013. The candidates had a series of questions that they had to respond to during their interview with the Principal Class. All responded in a confident manner and had clearly thought about how they would conduct themselves if elected to the position of College Captain. The candidates delivered their campaign speeches to the Year 11 and some Year 10 students and this was followed by a ballot that day. All candidates were very impressive. Equally impressive was the audience of students who eventually voted on the day. I am happy to announce that our Captains for 2013 are Amelia Down and Brent McGrath and our Vice Captains are Kassidy Sellings and Sam Day. I look forward to working with them next year and the College community wishes them all the best.

Last Tuesday evening Echuca College was invited by the Echuca Harness Racing Club to provide entertainment and a BBQ at their race meeting. The College provided a great BBQ and soft drinks; we were also able to offer a number of items for a monster raffle. Our music students entertained the crowd between races with great performances from Year 7, 8 and VET music classes. The College would like to acknowledge and thank Echuca Harness Racing Club for the support in allowing us to be part of their evening. I also need to thank the students and their parents for coming along and helping out and supporting the event. A special mention to our teachers and staff who worked on the gates, cooked the BBQ, organised the music and who sold raffle tickets. A great team effort by all.

Over the last fortnight the College has been busy with preparations for 2013. This week the College commenced its new ‘Academic Year’ and once again it has been a great success. In the majority of cases student will follow the same timetable day one next year and teachers will be the same. Students can now look forward to 2013 with a greater insight into the year’s study ahead. The 2013 VCE students finish their program on the Friday 7th December and the remaining levels of Years 8, 9 and 10 will finish their programs on the 14th December. The last week of school will see an alternative program put in place for those levels.

Once again it is with great pleasure that I am able to bring to your attention some outstanding student achievements. Last week the Campaspe Cohuna LLEN hosted the ‘VET in Schools Excellence Awards’ at the Moama Bowling Club. Echuca College had 22 students nominated for awards and we had five students receive awards for excellence in their chosen areas. Tom McCluskey Automotive Studies, Alison Cardwell Beauty Studies, Rebecca Cheep Community Services, Teagan Priestley Retail (Café Skills) and Sarah Head for Equine Industry. The winner of the VETis student of the year was our Sarah Head. This is a great achievement for Sarah as she now waits for university offers in January. The College also received notification last week from the University of Melbourne that two of our students had received scholarships into the prestigious ‘Kwong Lee Dow Program’. Grace Day and Zosie Rosato will travel to Melbourne in December to be officially welcomed into the program with other participants, and to meet Professor Kwong Lee Dow. The scholarship Program allows students to participate in a range of activities and enhance their secondary school studies, inspires their career plans and provides an opportunity to interact with the University community.

Next Thursday will see the Australian Education Union take industrial action in the form of a ‘half day strike’. At this stage we have not been informed as to how many teachers will be involved in this action but I will inform our community by Tuesday of next week what processes will need to be put in place for students for Thursday.
This year’s Orientation Day for Grade 6 into Year 7 will be on the 11th December. The College always looks forward to meeting our new students and Orientation Day is always a day of mixed emotions for Grade 6 students; whilst excited about the thought of entering the College, most are uncertain on how this transition will take place. Over the last 12 months Echuca College and its partner primary schools have worked hard at reducing the concerns held by students moving from primary to secondary schooling. Enrolments for 2013 are still open and if families have not enrolled as yet please contact the general office at Echuca College 54821133.

VCE results for our Year 12 students will not be known until Monday 17th December when the VCAA (Victorian Curriculum & Assessment Authority) forward scores to students. VCE certificates and formal documentation will be sent to the College for distribution at the end of the year at our celebration evening on the 18th December. To celebrate their 13 years of education and completion of examinations, the College held its Year 12 Graduation Dinner last Thursday 22nd November at the Moama Bowling Club. The evening provided students, parents, guests and teachers with an opportunity to celebrate the great year that we have experienced and a chance for the students to say their farewells to friends and teachers. It was great to see so many former students attend the evening and many of the staff working at the club were former students, home from university, doing casual work over the holidays. The Class of 2012 was the first intake of Echuca College Year 7s located totally on the College Drive site. I would like to thank the Year 12 organizing team, led by our College Captains, for an outstanding and entertaining evening.

Last night the College launched its 2012 VCE Arts exhibition, opened by former Assistant Principal, now Principal of Echuca South Primary, Mr Karl Stenning. The three day exhibition provides students and teachers with an opportunity to ‘showcase’ creative pieces developed for assessment in the VCE. Echuca College Art Award was presented to Eleanor Denson, a Year 11 student that undertook studies in Studio Art has been the successful recipient of the 2012 Art Prize at the annual Echuca College Art Exhibition. Her piece titled ‘Threads of Light’ was developed after extensive research and enquiry. This artwork was meticulously developed by the painstaking process of removing individual threads in a piece of cloth to create an image. This artwork was then mounted into a light box and illuminated. ‘Threads of Light’ has been submitted to the National Gallery of Victoria for selection for the 2013 Top Arts Exhibition which showcases the best work from students throughout Victoria. I would like to congratulate all exhibitors and their teachers for an outstanding exhibition and thank Mr Stenning for opening our Arts Exhibition for 2012.

Our successful ‘Peer Support’ program for Year 7 students will run for all of first term next year. The focus of the program is to support Year 7 students during the first few months of the year and also to provide a senior student as a friend to talk to if the need arises. Yesterday, 45 Year 11 students were trained as ‘Peer Support’ leaders and while their main function is to support their younger peers, the training is valuable to them as leaders in the College. The leaders and their group meet once a week in term one and during this time complete activities that provide an opportunity for conversations about school, classes and how the transition from primary to secondary school is going. Students will meet at different times each week to avoid missing the same class and at the end of the term all Year 7s and their leaders will meet for a final celebration. The goal of the program is to help Year 7 students to feel comfortable in their new environment and to also make their secondary experience a great experience.

Echuca College has employed four ‘Trainees’ in 2012 – Shakyra Fort, Matt Ivancic, Cameron Oldham and Bradley Mellington. Each Trainee had a very different role within the school and acquired Accredited Certificates. Congratulations! Brad has been a valuable assistant with our sporting program, helping co-ordinate and run events which included cross country, athletics, team sports and student’s general fitness and wellbeing. Shakyra has been assisting the Food Technology Department in the area of operation and food preparation, cleanliness and safety. During this time she has also been assisting in the canteen with food preparation and counter sales. Cameron has been assisting in the Management of Student Laptops in the ICT Department and general network operation. Matt has been instrumental with guitar, deployment of PA Systems in and out of school. He is also the recording studio co-ordinator for VET music. We are very proud of our students and now as colleagues in 2012, they have reinforced our faith in them and the education they received at this school.

On Saturday morning at 10am the College will be holding a clearing sale of old equipment at the maintenance shed next to the Luth Street entrance. All items are surplus to needs and for more information please see our advertisement in the Riverine Herald today and newsletter. I would like to thank staff from Elders and Stock and Real Estate for volunteering their services for the auction.

College Principal
Chris Eeles

Echuca College ‘Trainees’ in 2012
Shakyra Fort, Matt Ivancic, Cameron Oldham and Bradley Mellington. Thank you again for all of your hard work throughout the year.
VET Awards

Campaspe Cohuna LLEN Vet in schools Excellence Awards 2012

Echuca College Finalists

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<thead>
<tr>
<th>Category</th>
<th>Finalists</th>
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<tbody>
<tr>
<td>Applied Fashion Design</td>
<td>Larni Williams</td>
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<tr>
<td>Automotive</td>
<td>Tom Farrell    Tom McCluskey</td>
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<tr>
<td>Beauty</td>
<td>Alison Cardwell</td>
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<tr>
<td>Community Services</td>
<td>Georgia McMurdo Kayla Hore Rebecca Ashwell Rebecca Cheep</td>
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<tr>
<td>Dance</td>
<td>Holly Kornman Lisa Styles</td>
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<tr>
<td>Equine Studies</td>
<td>Sarah Head</td>
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<tr>
<td>Hospitality</td>
<td>Kerith Sims</td>
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<td>Music</td>
<td>Brittany Barnard Brooke Thompson Hayley Barnard Mitchell Spiers</td>
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<tr>
<td>Retail (Café Skills)</td>
<td>Joel Lehmann Matthew Webb Teagan Priestley</td>
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<tr>
<td>Sport &amp; Recreation</td>
<td>Tracey Ogden</td>
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<tr>
<td>School Based Apprentice/Trainee</td>
<td>Daniel Conlan  Lilly Dodds</td>
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Winners of these awards are:

Tom McCluskey / Automotive  Alison Cardwell / Beauty  Rebecca Cheep / Community Services

Sarah Head / Equine Studies & Student of the year.  Teagan Priestley / Retail (Café Skills)
One & All Community Project

Last Sunday Echuca College coordinated four activities at the annual One & All Project's Community Fun Day. The Fun Day aimed to celebrate the diversity within the Echuca-Moama and surrounding districts. Despite the sweltering heat, approximately 2000 people attended the day! The day was full of FREE activities for people of all ages.

Mr Sanders & Mrs Shirley coordinated the 'Wet Sponge Throwing' contest where a "lucky" volunteer placed their face in the target and everyone threw wet sponges at their heads - undoubtedly the coolest stall of the day!! Mrs Morris & Mrs Van de Zand cooked up a storm in the cupcake decorating tent where children left with a sugar high and a pretty cupcake covered in lollies and sugar - this stall had to be closed early due to the 15 dozen cupcakes being gobbled up so quickly! Ms Peters ran the creatively bedazzled, Indonesian bookmarks, where children grooved to songs whilst creating their own bookmark. Mr Eeles coordinated the Echuca College marquee where he promoted to the community all the wonderful things and students within our school.

Thank you to Mr Spizzica who organised the College's musical performers to play late in the afternoon but unfortunately due to the heat the crowd was small...but boy, did the people miss out?! How talented are the kids at EC?!! Thank you ever so much to the wonderful students who volunteered their services to help with the running of the stalls! We are very lucky to have such generous and caring students within our community! Special mention to Jacqui Davies and her committee for the day's organisation - amazing!

The next initiative for the One & All Project at EC is the upcoming Camp Queenscliff in March!!
Wellbeing

Tips on how to prepare teenagers for situations where others may misuse alcohol

Over 80% of adolescents have used alcohol by the time they are 14 years of age. Over 80% of adolescents have used alcohol by the time they are 14 years of age.\(^*\)

The National Health and Medical Research Council recommends that young people under the age of 15 do not drink any alcohol at all, and that until the age of 18 years the consumption of alcohol should be delayed as long as possible. Many teenagers begin drinking by obtaining alcohol through what is known as Secondary supply, this is where an adult or parent provides alcohol in a private home. Almost 40% of under-age drinkers get alcohol from their parents in this way. The dilemma for many parents is whether or not to allow teenagers to drink while supervised or to turn a blind eye to their experimentation with alcohol. It is important to prepare young people for the times when they will encounter alcohol during social settings, especially parties. Any drinking by adolescents under the age of 18 should be at low risk levels, in a safe environment, and supervised by an adult.

Tips for teaching teenage how to be responsible around alcohol

Give them strategies: As school finishes and the Christmas season fast approaches, many teenagers will be facing situations where alcohol is available at parties. It is important to talk to young people about how to deal with situations that may arise when drinking gets out of hand. Make them aware of the dangers of drinking for the sake of getting drunk. Give them some strategies that will allow them to remove themselves from these situations without causing them embarrassment. Make sure they have an excuse ready if they feel uncomfortable and want to leave. Make it clear that you will come and get them no matter what the circumstances are or how late it is.

Peer Pressure: discuss the pressures they might feel from friends who are trying to encourage them to drink, also the pressures of drinking to impress someone they like at a party. Again suggest some ‘reasons’ they could give for not drinking so that other people are not offended and don't get angry that they are not ‘joining in’, for example they could say that they have already had a drink and that they are pacing themselves or that they are on medication and cannot drink.

Stay safe: talk about how to minimize the harms associated with drinking alcohol while they are out. Encourage them to stay with their friends, not to walk off alone and watch out for people who might try to spike their drinks. Tell them not to put their drinks down but keep hold of them until they have finished. Also make them aware of what a standard drink is and what the recommended safe limit is. It is better they drink slowly and eat during the course of the evening to help slow down the absorption of alcohol into the system.

Drink driving: talk to them about the dangers of getting into a car with someone who has been drinking, even if they are usually a good and trusted friend. Tell them to NEVER get into a car of someone who has been drinking and to NEVER drive themselves. Make a plan in case this situation arises, for example agree to pay for their taxi home or agree that if they phone you will pick them up straight away.

Speak to the host: ring the host before the party begins to make sure there will be adequate adult supervision. Find out if they will be supplying alcohol and if everyone is legally allowed to drink. Do not supply alcohol for your young person if there will be people under 18 years old at the party.

Positive feedback: make sure that you give the young person positive feedback when they abide by the agreed rules. If they ring to be picked up from a party where the misuse of alcohol is occurring make sure you let them know you are proud of them and glad they called you – no matter how late it is! Positive feedback increases the chances they will continue to follow the rules later.

Camps

2013 Central Australia Camp

There is only 1 place left for the Central Australia Camp next year. If you are interested in going, please put your name down and pick up some information at the General Office ASAP.

Cambodia 2013 Humanitarian Experience

Echuca College is looking at organising another tour of Cambodia. We would like to build on the relationships established in 2011. Students who travelled to Cambodia in 2011 found it to be an amazing adventure that changed the way they viewed the world. Echuca College believes it is an incredible opportunity for students to participate in a truly humanitarian journey. The trip will take place in late November to early December 2013 for 10 days and will cost approximately $3200. Limited places are available and will be offered to Year 12 students first and then opened to Year 11 students. Please let Mrs Melissa Gould know if you are interested or would like any further information. Expressions of interest close on the 26th of November.

Sports

Benalla Field and Game Shoot 15th October 2013

Monday the 15th of October proved to be a delightful day, both in weather and shooting outcomes. Nineteen students from Echuca College attended the shoot, including seven who had not attended before. With an extra 10 clays added to the round and a new category for the girls, the record three hundred shooters from schools around the state were full of excitement and expectation. The day proved to be successful with high scores from many of our students. During his debut to the Benalla Field and Game shoot Carl Scott achieved 3rd in the new boys category. His shooting was spot on, only dropping a few clays over the two rounds. There is a lot of promise in our new shooters who will certainly be contenders in the shoots to come. Sadly we say goodbye to Matt Webb (year 12), who has been a member of our shooting team for five years. We wish him well with his future and hope he continues to participate in the wonderful sport of clay target shooting. Also, good bye, and good luck, to James Hogan who has been a solid shooter, receiving many awards through the years. We will miss you both but are certain you will be successful on whatever path your future takes you.
WHERE: Echuca College, via Luth Street
WHEN: Saturday 1st December at 10am
Items FOR SALE: 2 x 15m Shipping Containers, One room bungalow, 80 ton Hydraulic Press, Band Saws, Linisar, Pedestal Grinder, Pedestal Sander, Pedestal Buff, Arc Welders, MIG Welders, Edger, Guillotine, Metal Rollers, Box Folders, LPG Ray Pac Boiler, Dust Extractor, Jackal Pump, Pedestal Drill, 25 Fire Extinguishers, Fire Hoses, Removable doors – 6 sections 3m, 2 Gal Hand rails 15m, Assorted welding gauges, Lights, Woolen Spinning Wheels, Woolen Looms, 5 x Data Cabinets, , Natural Gas Stoves, Electric Stove, Assorted saucepans and kitchen utensils, stools, pin boards. Wooden cabinets, 60mm black poly pipe, Pin Boards and lots more. This equipment is out of service compliant, Echuca College takes no responsibility for the working order of the equipment. Strictly cash payment on the day.
www.echucacollege.vic.edu.au or ph: 5482 1133

Surviving Your Adolescents
How to manage and let go of your 13-18 year olds
A FREE, three session program to share with you helpful and well researched ways to effectively manage these turbulent years including;
• What is normal teenage behavior
• How to manage teenage risk-taking
• Ways to improve your relationship, communication, adolescent safety and much more
Tuesday November 27th December 4th & 11th
10am - 12pm followed by light lunch
Rich River Golf Club
24 Lane, Moama
Bookings Essential, please contact:
Phone: (03) 5890 5200
Enquiries: Mikki Amor or Deirdre McCalman
Murray Shire – Interreach Youth Project
Email: mikkia@interreach.com.au

Christmas Toy Drive
Christmas is just around the corner and it’s time to give back to the community. Schools around Echuca now have boxes in them ready to be filled with presents!
Donation boxes can be found at:
• Echuca College
• Echuca East
• Echuca South
• Echuca West
• Echuca Specialist School
Six students from Echuca College are currently attending School for Student Leadership, Snowy River Campus. They are now trying to gather toys to donate to local children who aren’t quite as fortunate as some. Christmas is a time for giving and any donations would be greatly appreciated.