Principal’s Report

‘Diversity Our Strength’

Congratulations to our sporting teams that have had a great week in Athletics, Field and Game shooting and Soccer. Our athletics team competed in Shepparton and although we didn’t have a victor in the overall school’s shield, we had a number of students and relay teams experience individual glory, breaking records and heading to the state finals. Our shooters went to Swan Hill and again had a great day but were unable to secure major trophies. Our senior girls’ soccer team however took off the top prize, winning the state final in Melbourne in the Schools Sports Victoria Final. The journey for this team has been quite a long one beating local colleges, then travelling to Bendigo and defeating colleges there, including the highly fancied Bendigo Senior Secondary. On Tuesday the team played and won three games before making the final. A one nil victory at the end of a long day (6 am start) was an outstanding result and the creation of a little bit of history for this College. The College would like to thank all the teachers and parents who have supported this team and continue to support our sporting program.

The College’s Uniform policy was developed by parents, students and College Council on the establishment of the College in 2006. Our policy is on the College website and was developed to meet the needs specific to our school and the curriculum that students undertake at the College. In recent weeks we have seen an increase in students wearing ‘black canvas sneakers’ which are not part of the College uniform. Not only are these sneakers not uniform, in many aspects they don’t meet the requirements around health and safety, particularly in the technology, science and arts areas. The majority of our students wear the black leather (black leather uppers) shoes presented in the policy and we appreciate the support shown by parents in achieving this. College Council and local organisations have donated new shoes for student use and they are being used to place students in the correct uniform. The College needs parents to support the College Council’s policy on uniform to ensure unnecessary time and effort is not wasted on this issue.

Last week we had students from the College support our partner primary schools as they conducted their sports programs and athletics carnivals. I have included parts of emails I have received from Teachers and Principals from the various schools where our students helped out.

Dear Katrina and David,
I just wanted to thank you for the wonderful helpers you sent to us for our Athletics carnival. They were involved, positive and even asked to run in the relay at the end of the day. They were great ambassadors for your school and a great asset for us. Thank you.
Carmel O’Connell, PE Co-ordinator, Echuca Primary School.

Just a short note to thank you for helping us out at our sports today. It is fantastic to see College students at our school in their uniform. Best PR for the school. Amazing the comments made by our parents already. Once again, thanks so much for helping out.
Karl Stenning Principal Echuca South Primary

I just wanted to pass on our gratitude for the wonderful help provided by your students at our sports day on Friday. All staff were very impressed with the students, and they did a tremendous job. The three students I worked with were extremely helpful and fantastic with our young students. I received a number of positive comments about your students throughout the day, and they represented the College extremely well.
Shelly Ferhing, Echuca West Primary
“State Soccer Champions”

The Senior Girls Soccer Team made their own little piece of Echuca College History in Melbourne on Tuesday 3rd September at the State Soccer Centre, Darebin. In fact, they made their own piece of Echuca history. The first soccer team in the Echuca/Moama to win the State Schools Championship! The girls were a mix from across the College (years 8 – 12), many of whom play with the local club or regional clubs and a couple who were just fine sportswomen prepared to be part of the team. The girls began in magnificent conditions rarely seen at Darebin and comprehensively ‘thumped’ Taylors Lakes 5 – 0 in the opening game. Clearly, some self-belief sprouted as talk began of a possible late arrival home? The College then faced up to Lowanna College from Gippsland and with what the State Schools coach described as “your girls played very attractive football properly” they won comfortably 3 – 0. The toughest game in our pool was the last before the final against Canterbury Girls, an elite selective school in Melbourne’s east. As the self-belief continued to grow we scored 2 well crafted goals to qualify for the final which was to be against Ballarat. Despite being deserving favourites the Echuca girls were fatigued after a 6.00am start. The girls did dominate possession but were lacking energy, however, with great courage they focused and early in the second half scored the winner from a goal mouth scramble. Our girls did not immediately appreciate the enormity of their accomplishment but over time they will and deserve the praise to come their way.

Senior Girls Soccer Team
Jade Allen – Year 9
Maia Hall – Year 9 (1 goal)
Jessie Hardess – Year 11
Andrine Holt-Crossman – Year 9
Roweena Ilsley – Year 11 (1 goal)
Briony Milne – Year 10
Tegan Milne – Year 11 (1 goal)
Jessica Pitts – Year 10 (5 goals)
Kylie Thompson – Year 8
Siobhan Thompson – Year 10
Kayla Arkinstall – Year 11 (Capt.)
Ellie Denson – Year 12
Indre Christy – Year 12 (2 goals)

MVP – Jessica Pitts, Coach – Stewart Cheal
Team Manager – Cameron Prowse-Wilkins
Year 7 Girls Basketball

Our Year 7 girls basketball team went off for battle in the SSV Campaspe competition on Thursday 15th August. Their first game was against a strong St Mary’s team which contained a Shepp rep player who was shooting the lights out. The girls battled hard but were trailing by 3 points with minutes to go. The girls then pulled out one of the greatest wins seen by an Echuca College team. In the last play of the game, Jess Davidson stole the ball from a St Mary’s player, passed to Annie Sampson who dribbled the ball down the court before passing to Amee Hardess who put up a shot which narrowly missed before Sam Mason snatched the rebound and put in the winner with 3 seconds on the clock. Final score 17-16. The girls then played Nathalia and proved far too strong. Khrystal Keil was strong in her rebounds, Jess Smith creative with her ball use and Bec Richardson being a focal point. Final score 22-6. The highly rated St Joseph’s team were the next opponents. Amee and Annie locked down on the opposition’s two strongest players while Lauren Dawes and Jess Davidson provided attacking drive. The entire game was tight with St Joes getting home 9-5. The final game was against Rochester. Jess Smith, Lauren and Khrystal all played strong games and again Echuca College came from behind, this time to force a draw, 17-17. Well played girls, in an even team MPV for the day went to Sam Mason.

Year 7 Boys Basketball

Our Year 7 boys team was light on for basketball experience but full of enthusiasm. Our first game was against St Marys. Conner Brown and Kane Upton were aggressive with their dribbling whilst Asher Jones and Will Harry controlled the rebounds. Echuca College ran out winners 14-4. The next game was against Rochester. Trent Campbell was handling the ball well aided by Caleb Upton and Jamie Wilson. Rochester ran out winners 25-8. The boys showed great teamwork in their next game against Nathalia. Cooper McKenzie was creative with his ball use and Tom Harris showed great defence. Echuca College proved much too strong running out winners 25-8. Our last game was against a strong St Joes team, our boys battling hard with Jamie, Asher and Kane leading the way. We eventually went down 29-6 to finish the day with two wins and two losses. MVP for the day was Trent Campbell.

Intermediate Basketball

The Campaspe interschool basketball competition was held at the Stubberfield centre in Echuca and had a big turn out as 6 schools entered teams. The Intermediate Boys had their toughest match for the day first up against St. Joseph’s College, and with the team a bit rusty early on they struggled to convert in a fast paced game, eventually going down 4-26. The boys then started to hit their straps as the slick skills of Tyler Small, Jack Lees and Connor Miller helped them to control their next two games and win convincingly. They finished second in their pool and went into the play off for third place. The game against St. Mary’s was a one sided affair as Erik Holt Crossman who had been improving all day played his best game and Tyler Small top scoring to take third place for the tournament with a 21-10 win. MVP Tyler Small. The girls Intermediate team was an inexperienced group of players who came determined to do their best. They battled hard all day against some excellent opposition and were unfortunately unable to come away with a win. Courtney Denham was MVP for the day with some great rebounding efforts and an attacking flair. She had support all day from Olivia Connely, Kayla Lear and Amber Harrop who never game up despite some lopsided score lines. Great effort girls.

Interschool Athletics

Forty-six students represented the College in Shepparton on Tuesday in glorious conditions. Despite the team performing very well and participating fully we were unable to retain the overall raw score trophy that the College won last year. There were some great performances with Asher Jones and Charles Lowe winning age group champions. Oscar Reid broke the long jump record, Isaac Warren broke the 100m record and along with Max Ogilvie and Amos Farrell the 4 boys combined to break the 14 years boys 4x100m relay. Fifteen students have now qualified for the Loddon Mallee Region event in the first week of Term 4.
Loddon Mallee Region Qualifiers
Thursday October 10th – Bendigo.
Tessa Mellington 17 girls 1500m, Max Ogilvie 14 boys 1500m, Erik Holt-Crossman 16 boys 1500m & 800m, Asher Jones 13 boys 100m, 200m, shot put & discus, Isaac Warren 14 boys 100m & 200m & relay, Charles Lowe 16 boys 100m, 200m, discus & relay, Kiennan Jones 20 boys 100m & 200m, Elena Grignani 17 girls 800m, Luke Popovic 16 boys relay, Marley Jones 16 boys relay, James Vevers 16 boys relay, Hayden Wentworth 17 boys 200m, Oscar Reid 14 boys 400m, long jump & relay, Max Ogilvie 14 boys relay & triple jump, Amos Farrell 14 boys relay, Adam Southwell 16 boys high jump.

Raw Scores
OVERALL RAW SCORE: 5th, OVERALL HANDICAP SCORES: 6th SENIOR HANDICAP SCORES: 3rd, INTERMEDIATE HANDICAP SCORES: 7th, JUNIOR HANDICAP SCORES: 7th

Shooting
Annual Zone School Students Trapshooting Championships August 8th 2013
On a cold Thursday in August the Echuca College shooting team attended the Annual Zone School Students Trapshooting Championships at the Echuca Gun Club. With a team of 13 we were unaware just how lucky that number would be for us. We had a few shooters new to the team but not new to shooting, as their wonderful ability showed. The highlights of the day were a 10/10 for Dylan Robertson in the first round and a 10/10 for Jake Chandler in the second round. Jake entered a shoot off with three others for 2nd and 3rd place in the senior boys. Even though he only dropped one shot it, it was enough to put him out of the running. It was a great effort to stay focused with the crowd watching. A massive congratulations goes out to Dylan Robertson who won the entire shoot with the outright best score, from 213 shooters, of 19/20. Dylan received a medal and a sash for attaining the High Gun award, as well as securing a place in the Northern Zone championships in Bendigo on Monday the 2nd of September. Our students represented the school with pride and helped to clean up the traps at the end of the day without any prompting. I would like to extend my sincere thank you to ALL the parents who helped out by bringing their students and supporting them throughout the day.

Swan Hill Field and Game Shoot Monday the 2nd of September 2013
For the first time since I’ve had the pleasure of taking our shooting team to different events, we took a drive up the Murray to attend the Swan Hill Field and Game shoot. It was a glorious 27 degree day with a light breeze; perfect shooting conditions. Our 9 shooters enjoyed the course which was the most challenging I have ever seen out of any field and game shoot we have attended over the years. Even though there were some spectacular shots and lots of exciting moments, we did not win any of the places. Aside from this it was a wonderful day with a friendly vibe, and we will certainly be coming back next year! Thank you to our ever supportive parents and to our students who were, again, outstanding representatives for our college.
**EATING DISORDERS**

We don’t know why some older children, particularly adolescents, develop an eating disorder and others don’t. However, many factors might influence an adolescent to develop an unhealthy eating pattern or to become fearful about gaining weight. These factors may be social or environmental, interpersonal, biological or familial. Often, a combination of things may trigger an eating disorder in an otherwise vulnerable person.

- Eating disorders are about feelings, not food.
- Changes in behaviour with food, or feeling unhappy with body shape and size, could signal that a child is having emotional, social or developmental difficulties.
- Children learn by imitating, so parents, teachers and other adults can help prevent eating disorders by setting good examples.

**Professional help**

If your adolescent is preoccupied and unhappy with their body, or seems to be developing behaviours like restricting their eating, then professional advice may be helpful. See your doctor for information and referral.

**Where to get help**

- Your doctor
- Your local community health centre
- Dieticians Association of Australia Tel. 1800 812 942
- A psychologist. The Eating Disorder Foundation Victoria Tel. (03) 9885 0318, non-metro Tel. 1300 550 236


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**PARENTS OF CHILDREN WITH TYPE 1 DIABETES**

We are seeking your interest in being part of a support and information group for parents of children with type 1 diabetes in the Echuca/ Moama and surrounding areas.

**Date.** FRIDAY 13TH SEPTEMBER

**Time.** 9.30am

**Where.** AMERICAN HOTEL Location. 239 Hare street Echuca

Come along and meet others who are experiencing similar things to you & your family. To register your interest or for more information, please contact Kaelene 0425759017 or rails1@iprimus.com.au

Donna Robertson CDE or Norma Oliver CDE. Diabetes Education at Echuca, Regional Health Monday – Wednesday

Phone. 5485 5801
**The Echuca Moama Youth Expo - 'Bridging the Gap'**

The Expo is to be held on Friday 13 September at Echuca College Gym from 9.00am -3.15pm. Year 7, 8, 9 & 10 students from Echuca College, Moama Grammar, St Joseph’s College, River City Christian College and Echuca Specialist School will attend the Expo at a scheduled time slot of 45 minutes.

The event, organised by Campaspe Cohuna LLEN in collaboration with the schools, a working party and Beacon, will be an exhibition of the youth, health and welfare services and community groups in the Echuca/Moama area in a market style. There will be music performances and an art exhibition, showcasing our creative and musical talents of our young people, competitions and lots of giveaways.

The purpose of the Expo is to inform our young people of the health, welfare and support networks available to them in their local area and to provide our youth with greater opportunities to be connected to sport and community groups and volunteer programs.

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**MOAMA CRICKET CLUB**

**Junior Registration Day**

Moama Cricket Club will hold a Registration Day for **Milo IN2 Cricket, U12’s, U14’s and U16’s players**.

All existing players are encouraged to register on this date as teams will be capped this season.

The Moama Cricket Club participates in the “Goulburn Murray Cricket Association” which means that players will be required to travel to Moama / Echuca / Kyabram / Tongala / Rochester / Lockington / Colbinabbin, Bunnaloo/Mathoura and also to Stanhope – Rushworth.

**JUNIOR REGISTRATION DAY:**

**Date:** Wednesday 4th September 2013

**Time:** 4.30 pm – 6 pm

**Venue:** Moama Cricket Club [near the nets]  
**Contacts:** Barry Moyle - 0428 709 903 OR by email leamoyle@bigpond.com.au, Megan Fawcett - 0438 104 986 OR by email fawcett5@internode.on.net

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**Junior Registration Night for In2Cricket, Under 12, 14 and 16.**

Echuca Cricket Club will hold registrations for In2Cricket (5-9 y.o’s), U12, U14 and U16 players on Wednesday September 11th from 5.30-6.30pm at the Haw Pavilion, Victoria Park. All existing and new players welcome.

**Registration is important to determine team numbers and for players to be assured of a place in a team!**

The Under 12, 14 and 16 teams participate in the Goulburn Murray Cricket league, competing against sides from Rochester, Echuca, Moama, Stanhope, Tongala, Rushworth and Kyabram.

**Contacts:**

**MILO In2Cricket**  
Adam Jones 0438 299 332

**Under 12/14/16**  
Grant Kemp 0420 926 860

Information, including downloadable registration forms for Under 12, 14 and 16 levels, is available on the club website at http://echuca.vic.cricket.com.au (then click Junior cricket on the left hand menu)