Come and See Echuca College

Do not miss out on the opportunity to see our great school in action. We are conducting tours of a school at times that suit you. Please contact the office on 03 54821133 to make an appointment and see our students at work. Schools can only really be appreciated when in full operation and we encourage all prospective families to come for a tour. Echuca College takes great pride in our students and their achievements, our student growth from Years 7 to 9 is well above state averages. Echuca College offers a large variety of opportunities to all students and cater to the needs of our students. The student is at the centre of all that we do at Echuca College.

Please read some of the feedback we have had from tours already completed;

"Terrific, thorough tour of all buildings and facilities with staff on hand to answer any questions. It was great how there were several time slots available and that children were welcome to come along."

"Staff were enthusiastic and very informative. Love the facilities Echuca College has to offer!! Overall, very satisfied with every aspect of the tour and the school. We will definitely be enrolling our child for 2017."

Important Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>13th May</td>
<td>Orange Day for One and All</td>
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<td></td>
<td>LMR Golf</td>
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<td>Supreme Court Excursion</td>
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<td>16th May</td>
<td>Ivan Honey Parenting Information Session</td>
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<td>SSV Soccer Reschedule</td>
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<td>17th May</td>
<td>SSV Cross Country</td>
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<td>19th May</td>
<td>Dookie Careers Day</td>
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<td>20th May</td>
<td>State Tennis Final</td>
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<td>23rd May</td>
<td>LMR Inter. &amp; Snr Badminton</td>
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<td></td>
<td>LMR Inter. &amp; Snr Soccer</td>
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<td>LMR Snr Hockey</td>
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For an up-to-date list of our calendar, please view it on XUNO or our new APP

Connect to Echuca College

Please visit www.echucacollege.vic.edu.au, or download our App from either the iTunes or Google Play store for current news and events
HAPPY PARENTING
Raising Positive and Empowered Kids

Discover a simple and effective framework to help your children ‘Get Happier’ and get the best out of life! Learn how to reduce the stress of parenting and live your own inspired life. Understand the framework the teachers at this school use to manage and support your children.

MONDAY 16 MAY 2016
7-8PM
ECHUCA COLLEGE

With Ivan Honey

#1 Amazon BestSelling Author, Psychologist and International Human Relations Specialist.

Ivan Honey and Associates Pty Ltd
PO BOX 126 Strathfieldsaye
VIC 3551 Ph: +61 3 5439 5551
www.gethappier.net
On Friday May 6th Echuca College VCE students travelled to Melbourne for a tour of Monash University. The tour centred around what Monash has to offer and what university life is like in Melbourne. Following this, students travelled to the VCE and Careers Expo where students visited hundreds of exhibitors who were showcasing study techniques and resources, university life and job opportunities.

Loddon Mallee Region Tennis

Congratulations to our winning tennis team; Ryan More, Tom Harris, Mitchell Lake and Jack Southern. The boys travelled to Mildura thanks to Jaimie Lake and participated in the Loddon Mallee Region Tennis Championship. The boys won each round and were relying on Tom to win his final match, which he did. The team will now travel to the State Finals in Melbourne on the 20th of May.

Echuca College Launches New App

We have updated our App, please update it now or download it from the Apple store or Google Play. Some of the new features are:

- Live and current Calendar (updated from XUNO) Newsletters Direct links to XUNO, Website & Facebook Site.
- Absence SMS line.
- News feed
- Resources (Canteen menu, maps & other documents) Sports Results and notices (coming soon)

Link:


A Guide for Parents

Social Media (Facebook, Instagram, Snapchat etc) and how to best parent our adolescent kids as it becomes more and more a part of their lives is still a relatively new frontier. The good news is with a little knowledge and some sound advice, parents can make a big difference in guiding teens to keep their online interactions safe and positive whilst avoiding potential pitfalls. View article...

Behaviours and traps young people should avoid

We have introduced a new video series for parents that is packed full of information and ideas on parenting adolescents who are active on social media. Echuca College is providing free access to the online series as part of our commitment to promoting the safe and responsible use of internet-connected devices to students. View article...

Negotiating online access

In the third video from the online video series Adolescents on Social Media: A Guide for Parents, youth worker and cyber safety advocate Jamie Roberts looks at a range of rules and agreements relating to online activity, parents may want to negotiate with adolescents. View article...
Congratulations to Kanyapella for defeating Moira by the narrowest of margins. Perricoota finished in third place with Wharparilla finishing fourth. We had lots of students participate in the event which was great to see. Conditions were perfect for some excellent times and all events were well contested.

View article...

Equestrian Team Challenge 2016

Sarah Hilet (Year 11) and Olivia Burke (year 10) represented Echuca College at the recent North Easter Interschool Equestrian Team Challenge, held at Tatura on April 16th and 17th. Olivia and Sarah were part of the winning team in the composite section, an outstanding effort against schools from across the northeast of Victoria, southern Riverina and northern suburbs of Melbourne.

Teams of four riders competed in a variety of equestrian events over the weekend, including dressage, show jumping, games, showing and handymount classes with placegetters earning points for their team along the way.

Sarah and Olivia combined with Lucy Nelson (Moama Grammar) and Madelon McDonald (Ballarat Grammar) and consistent performances from all the girls saw them in the winner’s circle on the Sunday evening. Madelon McDonald also took out the Taylor Farley Memorial award for the best performed individual, a great honour and outstanding achievement.

All riders displayed great sportsmanship over the two days and were a credit to themselves and their schools. Well done girls!
Term two is a busy time for year 9-11 students as they consider what future pathways they may follow for 2017 and beyond. This is why careful subject selection is imperative when considering a future pathway and some great resources that can help with the decision making include;

**Victorian Tertiary Admissions Centre (VTAC)** ([http://www.vtac.edu.au/](http://www.vtac.edu.au/))

An important tool for all Year 9-12 students to use if they are considering a tertiary pathway. The VTAC website allows users to read up on all the courses available in Victoria and introduces you to the wonderful world of educational acronyms including SEAS, STAT and ALSET. It is advised that students and parents start looking into this website to view the numerous opportunities and if you have any questions (which you will) please see Mr. Jennings for more information.

Currently our Year 12 students have been searching through the VTAC website and making careful considerations towards their preferred courses. Year 12’s can officially register on the VTAC website on August 1st but it is expected that they keep looking through the available courses. Students can also apply for special consideration (SEAS) by 4th October and scholarships by 14th October. Year 11 & 12 students who just recently attended the careers expo and Monash University gained an invaluable insight into the VTAC process and university life.


“Structured Workplace Learning (SWL) is on-the-job training that allows students to develop their work skills and understand employer expectations. SWL is available to Victorian school students undertaking a VET program as part of their VCE or VCAL studies, including School-based Apprenticeships and Traineeships (SBATs).”

The above website only recently became active but the student response has been excellent and just like the VTAC website please log into it and have a look at what’s available.

**Work Experience**

Echuca College has traditionally encouraged students to undertake Work Experience during school holidays (so it will not disrupt studies) but we currently have a number of students on work sites who have shown a strong desire to enter specific fields of employment. If you are interested in work experience and the process involved, please Chris Jennings in his office (next to the library).
**Wellbeing News - APP reviews: Which apps are right for you?**

**APP news review: Which apps are right for you?**

Mobile apps are tools that can help us make informed decisions about our health. Many of us have used one of the hundreds of health and wellbeing apps available in online app stores. But how effective are these apps?

The Wellbeing team will select App’s for review to inform you of the benefits to achieve a healthier lifestyle.

When choosing an App make sure the app is enjoyable to use, suits your needs, is supported by an organisation you trust, allows you to create and modify your own goals, lets you track your behaviour, shows you how to do an activity, and rewards you when you succeed.

This first App review is used to help young people manage stress, increase resilience and assist in reducing mental health risks later in life.

**SmilingMind**


Mindfulness helps you to relax and enjoy life, and trains your mind so you can cope better and perform under pressure. This tool introduces meditation and mindfulness techniques to reduce mental health risks now and in the future. This training helps you to move through relaxation to resilience.

This App is very adolescent friendly and should be introduced in session by listening to an example recording together. Different sets of meditations are targeted at different age demographics, including: 7-11yrs, 12-15yrs, 16-22yrs, and Adult. Put a Smile on your mind.

**OurPact**


OurPact is a leading parental control app for iPhones, iPads, and iPods that makes it easy for you to set limits on how much time your children are spending on their mobile devices. Create schedules, block all Internet and app use at a moment’s notice or reward them with the allowance feature.

This App helps you balance the risks and rewards of iOS and Android technology for your family, with ease. Parents direct involvement in their children’s mobile habits has proven to be a key factor in children’s healthy approach to technology. Encourage or block all mobile apps and Internet access at your own parental discretion through OurPact’s schedule dashboard or block/allow feature. We encourage families to work together to create balanced schedules that fit each family member’s unique routine.
Community Billboard

TAEKWONDO

Apex Hall, Tuesdays 6 to 7PM
211 Leichhardt Street, Echuca

Korean Martial Art, Olympic Sport, Self Defence, Self Confidence and Fitness

Beginners FREE for Term 2
Ages: 7 to adult

Instructors: David Atkinson 6th Dan
Joshua McIntosh 2nd Dan

Web: www.taekwondo.com.au/Bendigo.html Facebook: Bendigo Taekwondo
Email: bendigo@taekwondo.com.au Ph: 5448 4913