PRINCIPAL’S REPORT

As I write this report Years 10 & 11 students are finishing their 2011 classes before beginning their exams next week. We wish them all the best for their exams.

Year 12 students are finishing their exams and we will celebrate their achievements with the Valedictory Dinner next Wednesday evening.

I would also like to wish the Human Powered Vehicle Teams well as they compete in Maryborough next weekend. This is a huge commitment for the students, staff and parents and I look forward to hearing that the competition has been enjoyable and successful.

COLLEGE CAPTAINS 2012

The College has completed the process of electing our College Captains for 2012. I am pleased to announce Captains for 2012 are:

Brittany Gapes
Tristan Walker
Georgie Williams
Brett Williams

The College would like to congratulate our elected Captains and we are sure that we have a great student team to lead us next year. The 2012 College Captains began their new roles by representing the College at Remembrance Day in Drouin.

VCE HEADSTART

Following their exams current Year 10 & 11 students will begin their 2012 Year 11 & 12 classes. Headstart runs from 5 – 9/12. The Headstart program is a very important first step in assisting students in making a transition to the next year level. VCE is a challenging course and students need to be focused and well organised. Time spent in class during this week is beneficial to ensuring students will make good use of the summer break to prepare for next year.

FINISHING THE YEAR WELL.

The year 7 to 9 students are now moving into their final 4 weeks of classes. This is an important time of the semester as staff finalise many assessments including class time tests and exams. It is a time when students need to remain focused. Parents should be seeing increased home study and revision.
MUSIC CONCERT
On December 1st parents will have the opportunity to see the culmination of the hard work of our music students. The Instrumental Music teachers have arranged an entertaining program – mark this one in your calendar.

BON VOYAGE
Mr & Mrs Wainwright and family are about to take off to South America – we wish them a safe and exciting holiday. Mrs Wilson is also taking some well-earned long service leave this term.

THANK YOUS and WELL DONES
Congratulations to Georgia Fisher who has been selected to represent Victoria in the Under 15 Girls Cricket Team. Georgia will travel to Sydney to compete in the National Championships in December.

Well done to students who entertained many young children in the Warragul Youth Theatre pantomime of Goldilocks during the recent school holidays.
Our Drouin Secondary stars were:
Jess Monk – Goldie
Teigan Bliss – Papa Bear
Tegan Booth – Mama Bear
Jess Earl - Gretel

Drouin Secondary was also represented at the Victorian Schools Cycling Championships Gippsland Zone. A great result for all these students:
Cy Monk – 1st U17 Racing Category
Nick Derrick – 2nd U17 Novice Category
Jess Monk – 3rd U15 Novice Category
Ben Perry – 2nd U15 Novice Category
Lachie Crampton- 3rd U15 Novice Category

ATHLETICS
Congratulations to all students who represented the College and Gippsland in the State Finals on the 25th October at the new State Athletics Centre.

Place Getters were:
Emily Webster- High Jump 6th
Tahnae Blight– 1500m 15th
Jarrod Theisz– Triple Jump 3rd
High Jump 7th
Long jump 4th
Javelin 5th

Deb Gentle
(Acting Principal)

Thank you Drouin and District Business Group!

The Drouin and District Business Group have kindly donated $350 towards the Year 9 Hands on learning Program.
The 9HOL program is in its first year and runs to compliment the 8HOL program. The program aims to re-engage boys in education and learning through relevant life topics; there is particular emphasis is on literacy, numeracy and the community.
Karly Edwards

A special thank you to Drouin and District Business Group for their kind donation.
IMPORTANT DATES:

- **Monday 21st November**: Yr 10 & 11 Exams Begin, Unit 4 Exams Finish, 9HOL Salvation Army Excursion
- **Tuesday 22nd November**: College Council Meeting – 7.30pm
- **Wednesday 23rd November**: Valedictory Dinner, Maryborough HPV Event Until Sunday 27th November
- **Tuesday 29th November**: 9HOL Hiking Camp Until Friday 2nd December
- **Thursday 1st December**: VCE Course Selection Interviews (if requested), DSC Music Concert – 7.30pm
- **Monday 5th December**: VCE Head start Until Friday 9th December, Year 7-9 Exams
- **Wednesday 7th December**: Building & Grounds Committee Meeting – 7.30pm, Year 11 Central Australian Tour Info Night – 7.00pm
- **Friday 9th December**: FINAL DAY OF HEADSTART YRS 10 & 11
- **Tuesday 13th December**: Yr 7 2012 Orientation Day
- **Wednesday 14th December**: DSC Band Primary Schools Visits
- **Thursday 15th December**: FINAL CLASSES Yr 7-9
- **Friday 16th December**: Yr 7-9 Activities Program Begins – Beach Day
- **Tuesday 20th December**: Yr 7-9 Activities Program Finishes, Presentation Evening
- **Wednesday 21st December**: College Environment/ Community Day
- **Thursday 22nd December**: FINAL DAY

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A reminder to students that all Netbooks need to be returned to the computer centre for reimaging. Year 10 and 11 students need to return their netbooks to the IT Centre by Friday 25th November. Year 7, 8 and 9 students need to return their netbooks to the IT Centre by Friday 16th December. If you are not returning to Drouin Secondary College next year, you need to return your Netbook, charger and case by these same dates or you will be charged the full replacement cost of $589.

You will need to organise to back up the data you wish to keep before handing your Netbook in to be reimaged as computers will be completely wiped in the reimaging process. If you need assistance with this, you can get help from the Computer Centre or from your teachers any time **before** these dates.

If you have any questions about this process, please do not hesitate to contact me or the IT Staff.

Teresa Fanning
Strategic Leader - ICT
fanning.teresa.t@edumail.vic.gov.au
YEAR 11 & 12 TEAM INFORMATION

YR12 VALEDICTORY DINNER; Wednesday 23rd November
The final function for our class of 2011 students will be held at Lardner Park Convention Centre commencing at 7.00pm. Arrangements for the evening are in full swing and an exciting night will be had by all students, their parents and of course our hard working staff.
All outstanding payments need to be made to the General Office ASAP or contact the College Business Manager on 5625 1002 to discuss a payment plan.

YEAR 12 EXAMS
Congratulations to all of the year 11 and 12 students who have sat their final Year 12 Exam/s. All students have conducted themselves admirably and given their best effort during this stressful and demanding time. The College recognises your commitment to your studies and hopes your hard work will be reflected in your ATAR score. Thank you to the Chief Exam Supervisor, Joan Woolnough and her team for their continued diligence and hard work. Well done.

YEAR 11 EXAMS
All students in Year 10 & 11 have received important information about their upcoming examinations. Exams will be conducted for ALL year 10 & 11 subjects under VCAA rules (the same rules that apply for year 12 exams).

General exam information:
- Exam timetables have been distributed to all students. It is the student’s responsibility to read the timetable carefully and highlight their individual exam schedule. In the event of a clash, students should have already seen Mr Sharpe.
- Students are only required to attend school in order to sit their exams. Students attending for an exam must sign in and out at the General Office.
- On a day on which an exam is scheduled, students may attend school for the whole day, provided they use the supervised study space allocated.
- Students are required to wear full school uniform.

Exam Rules - Students must know and follow exam rules:
- Students must arrive at the designated examination room no less than 15 minutes before their scheduled exam.
- Students will be required to sit in their allocated seat consistent with the seating plan posted at their examination room and according to their VCE student number.
- All exams have 10 minutes of reading time. Students may not write during this time.
- Students are not permitted to leave the examination room until the scheduled duration of the exam has elapsed. (Any student who completes their exam early must sit quietly so as not to disrupt other students
- All supervisor instructions must be followed (Regular subject teacher will not supervise the exam).
- Students must stop writing when instructed by your supervisor.
- Students must not communicate with any other student in the exam room – this means no speaking, no gestures, no equipment may be borrowed or shared, etc.

Breach of Rules
Any breach of examination rules will be dealt with consistent with the VCAA Authentication Policy and may result in cancellation of the grade received for the exam.
Attendance at scheduled exams is compulsory. Any absence must be covered by a medical certificate.
COURSE SELECTION PACKAGES FOR 2012
All Year 10 and 11 students received a course selection package on Thursday 17th November. Important information about students commitments for both this year and next year has been included in this package:

- Students subject selections
- Head start timetable
- Booklist
- Course selection interview letter (if required)

COURSE SELECTION INTERVIEWS; Thursday 1ST & Friday 2ND DECEMBER
Selected students will require a course selection interview to finalise their place at the College in 2012. Students requiring an interview will have received a letter in their course selection package. A parent/guardian must accompany the student to this compulsory interview. All interviews will be conducted on Thursday 1ST December between 9.00am and 8.00pm and Friday 2ND December if required. Sign-up sheets have been posted upon collection of course selection packages at the LCC during the exam period or by contacting the College on 5625 1002.

HEADSTART; Monday 5 December ~ Friday 9 December
All year 10 and 11 students studying a VCE course in 2012 will be required to attend their 2012 classes from MONDAY 5TH DECEMBER TO Friday 9TH DECEMBER. Students individual Head-start timetables have been included in their course selection packages. Where possible students will have their teacher for 2012. Students will be required to complete all given tasks during this week and holiday homework. Coursework taught in Head-start will not be revised next year, so it is important for students to be focused and committed to their studies. Students will not require text books for 2012 during Head-start.

VCAL STUDENTS ARE NOT REQUIRED TO ATTEND THE HEAD-START PROGRAM.

YEAR 11 CENTRAL AUSTRALIA TOUR 2012
Planning is well underway for the highlight of the year 11 2012 school year - “A 12 day Central Australia Tour”.
A parent/student Information Evening will be held on Wednesday 7th December starting at 7.00pm in E6/8. Extensive information about the tour will be distributed at this time.

Year 7 to year 8….what to expect

As we head towards the end of 2011 our year 7 students and their parents can expect a few changes in routines and curriculum. In Year 8 our year 7 students will no longer remain in the same class group each day. They will have their classes allocated according to the subject choices that they made in course selection and so the group of students in each one of their subjects will vary through the day.

In many cases the Learning Group and SURFF group (2 periods per week) will remain the same as it was in year 7, and some of the LG teachers will follow their group through. As we are establishing 8H, the Hands on Learning group, one of the current year 7 Learning Groups will be redistributed. The group to be re-distributed will be 7E. This will only affect their LG and SURFF time as students are not together in an LG group at any other times in year 8 and beyond.

Mrs Godwin will continue to be the Year 8 Learning Group leader in 2012. We will give you further information as subjects and LG teachers are finalised.

Heather Daldry
Level 7 Learning Leader
STUDENTS PROGRESS SCORES OVER 85

Students Making Excellent Progress this Semester.

Congratulations to the following students for obtaining a progress score of over 85 on their progress reports. These students are making excellent progress. Progress scores are based on Effort, Behaviour, Organisation and Academic Progress. The names of any student with a progress score of over 85 will be published in the bulletin after each progress report period.

<table>
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<tr>
<th>YEAR 7</th>
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<tr>
<td>Michael COOK 7A</td>
<td>Gerard CHAPLIN 8A</td>
<td>Erin O'BRIEN 9A</td>
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<td>Alanah MURPHY 7B</td>
<td>Thomas MCLEAN 8A</td>
<td>Codey ORGILL 9A</td>
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<td>Stephanie GLASSCOCK 7C</td>
<td>Jessica WALKER 8A</td>
<td>Nathan McCONVILLE 9B</td>
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<td>Kristen TAYLOR 7C</td>
<td>Emma JURATOWITCH 8B</td>
<td>Maddison ANDREWS 9C</td>
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<td>Molly WILSON 7C</td>
<td>Alexia MAAS 8B</td>
<td>Britney EDWARDS 9C</td>
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<td>Clare BENFELL 7D</td>
<td>Tamara LOUGHRIDGE 8C</td>
<td>Bobbie-Lee SEDGMAN 9C</td>
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<td>Samuel STEWART 7D</td>
<td>Brooke PICKERING 8C</td>
<td>Hayley WILDES 9C</td>
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<td>Shae AARTS 7E</td>
<td>Kimberley WARNER 8C</td>
<td>Alice DE BATTISTA 9D</td>
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<td>Natasha BLACKWELL 7E</td>
<td>Kieren HOMA 8E</td>
<td>Aleasha MIHOKOVC 9D</td>
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<td>Katrina GUY 7E</td>
<td>Loryn SYKES 8E</td>
<td>Pawarisa THAIWET 9D</td>
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<td>Ella HENDERSON 7E</td>
<td>Sean BLACKWELL 8F</td>
<td>Taylah BOTT 9E</td>
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<td>Will LUKE 7E</td>
<td>Tahlia BOW 8F</td>
<td>Catherine BOYD 9E</td>
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<td>Peter MASCADRI 7E</td>
<td>Molly SEMPEL 8F</td>
<td>Katherine HOWARD 9E</td>
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<td>Taylah ROBERTS 7E</td>
<td>Kieren HOMA 8E</td>
<td>Gemma PHILLIPS 9E</td>
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<td>Darcy SIEKMAN 7E</td>
<td>Loryn SYKES 8E</td>
<td>Abbey MC NALLY 9F</td>
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<td>Shannon THOONEN 7F</td>
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<td>Cyrus MONK 9F</td>
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<td>Kieran WIADROWSKI 7F</td>
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<td>Elise BARRATT 7G</td>
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<td>Tahnae BLIGHT 7G</td>
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<td>Lisa GRAHAM 7G</td>
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<td>Daniel BLACK-OTTERSPoor</td>
<td>10B Yandy LIANG</td>
<td>11A Jordan DUNLOP</td>
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<td>Todd HICKS</td>
<td>10C Jake MASON</td>
<td>11A Cody MATHEWS</td>
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<td>Jemma RINEHART</td>
<td>10C Brooke WILLIAMS</td>
<td>11A Alana O’DONNELL</td>
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<td>Sharalyn SMITH</td>
<td>10C Dylan FREEMAN</td>
<td>11B Angus SMITH</td>
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<td>Lauren WAINWRIGHT</td>
<td>10C Paige PICKERING</td>
<td>11B Kris WONG</td>
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<td>Scott DALE</td>
<td>10D Kathleen IRWIN</td>
<td>11C Nicola COOPER</td>
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<td>Steven MALLON</td>
<td>10D Cameron PRICE</td>
<td>11C Keshia LEGGETT</td>
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<td>Chloe MIDDLETON</td>
<td>10D Brendan SEALEY</td>
<td>11C Shannon O’DONNELL</td>
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<td>Lauren THOMSON</td>
<td>10D Jackson WADE</td>
<td>11C Marina PELACCHI</td>
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<td>Georgia WIADROWSKI</td>
<td>10D Tristin WALKER</td>
<td>11C Sam PINER</td>
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<td>Leevi CRAWFORD</td>
<td>10E Lukas WILLIG</td>
<td>11C Bridget TUOHY</td>
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<td>Alana CAMERON</td>
<td>10F Madeleine COOK</td>
<td>11D Narelle VAN DER PAS</td>
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<td>Tara EARL</td>
<td>10F Tori HAMILTON</td>
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<td>William EDMONDS</td>
<td>10F Rebecca PORTER</td>
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<td>Harry HEARN</td>
<td>10F Alyce HARRIS</td>
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<td>Grace HENDERSON</td>
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<td>Stephen HOMICKI</td>
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<td>Dylan MCKAY</td>
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<td>Patrick ROBINSON</td>
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<td>Kimberley MARTIN</td>
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Message from Admin...

EMA 2011
There are still a number of EMA cheques that have not been collected. If these cheques have not been picked up by the end of the 15th December 2011 they will be deposited into your child’s school account to be used against outstanding essential charges or to be used for future credit.

EMA 2012
In preparation for next year’s EMA applications forms are now available at the school office. Parents who are eligible with a current Concession card must submit their EMA applications to the office by Friday 24th February 2012. Please note that eligible parents must apply every year until their child turns 16.

School Start Bonus 2012 (SSB)
The School Start Bonus is provided by the Victorian Government to assist low-income families with the costs associated with their child starting Year 7 (or Prep) at a government or non-government school. If you hold a valid Concession card and you have a child starting in Year 7, you may be eligible to receive this one-off $300 payment. To apply, eligible parents need to obtain the EMA/School Start Bonus application form from our office and present a valid Concession Card. Parents will also need to add their bank details as the SSB will be paid by Electronic Funds Transfer (EFT) into their nominated bank account in late January 2012. Applications need to be lodged by 15th December, 2011.

Remembrance Day 2011

Our 2012 College Captains remember our fallen soldiers – Tristin Walker, School Council President Adam Tyson, Brittany Gapes and Georgi Williams. (Brett Williams was not present)

On Friday 11th November “Remembrance Day” our new 2012 College Captains represented Drouin Secondary College at the Epitaph in Drouin laying a wreath to remember the anniversary of the Armistice (peace agreement) which ended the First World War. On the 11th November 1918 at 11 am the guns of the Western Front finally fell silent after four years of warfare. Now at 11am on 11th November we remember those who died or suffered in all wars and armed conflicts to keep our Nation free.

Gita Walker

DSC HPV

The school HPV team held their inaugural ‘Show Us Your Spirit’ 24hr HPV-a-thon in the last week of October. The team aimed to raise money through sponsorship of riders and how many laps they could complete in the 24hr time period. As part of the 24hr event we held a competition to see who could complete the fastest lap of the Warragul Velodrome. People came from far and wide to see if they could beat the best time set by the STIG, our very own local pro cyclist Kane Walker. Many tried, even our own cycling mad staff Rob Monk and Simon Baxter, those with more delicate egos chose not to take on the challenge. It was not till very late in the night when all was still that Cy Monk did a blistering lap and pipped the STIG’S time. In the 24 hour period the team managed to complete 4631 laps of the velodrome. That is just over 1500kms!!! Well done to all who peddled and all the staff who helped. Thank you to all the local businesses who have supported the school’s HPV team and we will let you know how we go at the 24 hr RACV Energy Breakthrough in Maryborough next week.

Ben Stein
Thank you to the Variety Bash

Students from Drouin Secondary College received bikes from the Variety Bash “Elvis” team. Our own “Hobbo” is part of the “Elvis” car. On Monday 22 August over 285 entrants and officials departed Melbourne for 12 days of fun and fundraising on the 2011 Variety Vic Bash.

This year marks a milestone for the Vic Bash as we celebrate our 21st birthday. Since its beginnings the Bash has travelled over 85,000 km’s and raised in excess of $17 million. This year alone our wonderful entrants raised $1.15 million!

The Bash was originated by entrepreneur and philanthropist Dick Smith in 1985 when he organised a group of people to travel from Sydney to Bourke in Far West New South Wales, and from there to Burketown in Northern Queensland.

Dick wanted to take a few mates for a drive in the outback in old cars and at the same time raise money for charity. He charged everyone to enter, and entrants were able to bribe the officials or be fined. That first event raised $250,000 for Variety and was known as the Bourke to Burketown Bash.

The annual Variety Bash is Australia’s most successful charity motoring event. It is the focal point of fund raising efforts by many hundreds of supporters of Variety, with the money raised helping to empower children who are sick, disadvantaged or have special needs to live, laugh and learn.

In 2010, Variety Victoria celebrated its 20th Bash. Since 1992 the Variety Vic Bash has covered a staggering 80,180 kilometres and has raised over $15 million for children in Victoria. For more information go to the Variety bash website:

http://variety.org.au/VIC/WHATS-ON/Motoring-Events/Bash/

Gita Walker

8HOL Duke Of Ed

The Year 8 Hands on Learning Boys undertook their final expedition for their Duke of Edinburgh Bronze award on the 7th of November. The trip was planned for 3 days hiking and one day surfing however due to weather this did not go to plan. The Boys spent the first day hiking just over 18km from Harmers Haven to Kilcunda, where they set up camp. The heavens opened that night and the next day we had to return to school via a stop off at the Nobbies. On Thursday the Boys undertook a surfing lesson at Inverloch with almost all boys standing up on the board (this being the highlight of the trip for most of them). Friday was an early start with the Boys rising at 5:45am to beat the tide on our walk from Bear Gully to Walkervillie. All in all the Boys showed some great leadership skills and worked together as a team to make decisions regarding navigation and pace.

Jo Brauman
8HOL Coordinator
Lash and Brow Tinting & Waxing accredited course

Interested in a career in Beauty? Not sure where to start? Community College Gippsland have experienced trainers who are offering an opportunity to give students a taste of the Certificate III in Beauty Services. This waxing short course will cover both theory and practice, using strip and hot wax, on eyebrows, bikini, lip, chin, legs and underarms. Students will also learn hair structure and how to apply eyebrow and eyelash tinting all in a working Beauty salon.

Course Duration: 4 sessions, Monday and Tuesday's
Dates: 12th, 13th 19th & 20th December
Time: 9.30am - 3.30pm daily
Cost: $519.00 plus $50 kit
$244.50 (funded) plus $50 kit
Location: McMillan Campus, Warragul

Hospitality Skill Set

This short course will provide you with the skills and knowledge to work in various hospitality setting such as restaurants, hotels and clubs and pubs. Throughout this course you will be learning hands on skills in the Hospitality industry which will help you land that dream job or just enable you to gain part time work to fill in that school holiday break.

Course Duration: 5 sessions - Monday and Tuesdays
Date: 29th Nov, 5th, 12th, 13th & 19th Dec 9.30am - 3.30pm
Cost: $168.00
Location: Warragul, McMillan Campus
71 Warragul-Korumburra Road
with operational venue to be advised.

Hospital Volunteer Experience For Years 11 and 12

Gap Medics are offering an exciting project for our students that are looking to apply for university courses in either medicine, nursing, dentistry or midwifery. We are running a special 2-week programme in Tanzania for Australian students during the January holidays and a 2-week placement in Thailand during the April end of term holidays. The placements are designed for your Year 11 students thinking of applying for a healthcare related degree to offer them much needed hospital work experience before they apply and to see if a career in healthcare appeals to them. It is also open to our Year 12 students who will be looking to apply for healthcare related university courses.

Gap Medics are the leading provider of short-term healthcare work experience placements abroad. We are based in the UK and our programmes are open to all students from around the world.

During weekdays, students will shadow highly skilled doctors in their day-to-day work on a fully-supervised hospital placement. Students will also have the benefit of clinical teaching, safe and secure accommodation in our own students house, food, transfers in Tanzania or Thailand, local orientations, 24/7 support from our teams overseas and in the UK and lots of help with preparations for their trip too.
SCHOOL BUCKET HATS

A REMINDER TO STUDENTS AND PARENTS TERM 4 IS SUNSMART. Students need to have their school buckets hats ready to wear. This term we are being supported by Parents & Friends and Warragul Cinemas. This means cinema vouchers can be won Fridays and random icy poles or slushies will be given to those seen to be doing the right thing. Just remember if you do not wear you school bucket hat on high & extreme UV days you will need to stay in the shaded areas of the school.
Spare hats and sunscreen are available from sick bay.
Preventing skin cancer is always better than finding a cure. Keep a watch on the Bureau of Meteorology UV Index for high and extreme danger days.

DSC New Uniform Shop Opening Times

The new uniform Shop will be open for fittings only on:
Wednesday 23rd & Thursday 24th November, 2011
Times 4 pm – 6 pm. Please ring Buxwear on: 9792 0424 for an appointment.

The new Uniform Shop will be Open for sales from 1st December, 2011 Normal Trading Hours
Tuesdays 8.30am - 10.30am
Thursdays 3.30pm – 6.00pm.

BACK TO SCHOOL TRADING HOURS

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<tr>
<td>Thursday 1st</td>
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<td>Thursday 8th</td>
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<td>3.30pm – 7.00pm</td>
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<td>(Orientation Day)</td>
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<td>Thursday 15th</td>
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<td>Tuesday 20th</td>
<td>8.30am - 10.30pm</td>
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Normal Trading Hours from February 7th 2012

For information about our new College uniform please visit our website: www.drouinvc.vic.edu.au
Attention Yr 10 & 11 students – selling second-hand books

Current Yr 11 students are encouraged to sell their copies of “The Curious Incident of the Dog in the Night-time”. This novel will be studied by Yr 10 English/Advanced English/English Communication students in 2012. After the VCE Unit 2 English exam, students are also encouraged to sell “Macbeth” which will again be studied by Yr 11 students in 2012.

Current Yr 10 students are encouraged to sell their copies of “Romeo & Juliet after sitting their English exam. If interested in purchasing texts second-hand, Year 10 students are also encouraged to purchase “The Curious Incident of the Dog in the Night-time” as soon as possible.

Please check the school website or ask at the Second-Hand Bookstore as to which texts will be used again for elective subjects and can therefore be bought and sold second-hand. A printed list will also be distributed with the 2012 Course Selection Package & Booklist.

Mini-booklists for 2012
Years 9-12

As in previous years, students are required to read their English novels before the beginning of Term 1.

To make this easier, Landmark have organized for mini-booklists listing the English and Literature novels to be distributed to 2012 Years 9 – 12 students.

Students have now received these mini-booklists.
Novels will be distributed/collected before the end of the 2011 school year.

Exercise Books for Mathematics Subjects-
All Levels.

Students turn up to maths with all sorts of exercise books imaginable with which to record their notes and do their class work. Different sizes, bound book or loose leaf and this causes problems for staff and students alike. Staff hand out graph paper and many students lose that work because they do not attach it into their workbooks.

To overcome these issues we have changed the booklist item to a grid book of 96 pages. This will allow students to do all graph related work on their book pages. Many of the maths topics need diagrams drawn by the students and grids will allow students to work to a much neater standard than in a lined book.

NOTICE FROM THE LIBRARY

Parents, could you please assist students in returning books?
Books are available for loan on a two week borrowing basis. After this, they need to be returned or re borrowed.

Please note that books significantly overdue are charged to family accounts so that replacement copies can be purchased for others to borrow.

Thank you to the majority of students who have been great at returning borrowed books.
N.B. All Year 10 and 11 students should have returned their library books prior to the end-of-year exams.
ARE ENERGY DRINKS A GOOD CHOICE?

It has been observed around the school, of late, students consuming large amounts of energy drinks, which is a concern as a lot of students are ignorant to the dangers of energy drinks, and their excessive consumption. Energy drinks, have been around since at least the 1960’s, with other drinks such as Lucozade being around in other forms since the 20’s. These drinks, are sometimes confused with sports drinks. Unlike Sports drinks, designed to assist with rehydration, energy drinks are advertised to “Boost Energy!” by a list of fancy vitamins and stimulates, shying away from the fact the main source of energy in energy drinks is derived straight from caffeine and sugar.

A Texan Medical University study in 2010 reported that energy drinks contain more Caffeine than a strong cup of black coffee. This excess of caffeine can cause effects such as;

- nervousness,
- irritability,
- sleeplessness,
- abnormal heart rates,
- increased blood pressure,
- pupil dilation,
- seizures.

Your body’s natural defence against this is to flush all this excess sugar and caffeine out, resulting in excessive urination resulting in dehydration.

In the worst cases this can result in, mania, strokes and sudden death.

Long term problems such as diabetes, cardiac abnormalities, and behaviour problems are commonly linked to consumption of ‘energy drinks’.

As a result of all this, they have been banned in numerous towns across the UK, and were banned in France for a period.

It is advised that you avoid such drinks as they will affect your results at school, and can cause severe health problems, but if you must, do so in moderation. Try and avoid drinking more than one a day.

Daniel Boyd
Year 11 VCAL. Community Project 2011

Asthma in Spring: Keep a Spring in their Step!

Spring is in the air and bringing with it warmer weather, which can make it a difficult time for all people that experience hay fever symptoms, as plants release pollens into the air. Hay fever is very common complaint during spring, and between 60-80% of people with asthma also experience hay fever.

- Pollen is a trigger for hay fever and asthma, particularly on a windy day or during thunderstorms
- Someone with asthma may experience worsening symptoms due to their hay fever
- Hay fever can make asthma harder to control
- Treating hay fever symptoms with anti-histamine tablets or nasal sprays has benefits to asthma control
- Plants often release pollen in the morning, and as a result hay fever may be worse between 5am and 10am

There are some simple and effective methods to help your child or teenager manage their asthma during spring:

- Be aware if they experience hay fever or pollen as an asthma trigger
- If they have been prescribed a preventer or combination medication for their asthma, ensure that the medication is being used as prescribed (some may take more than a week of regular use to take full effect)
- Ensure you have provided their school/preschool with an updated Asthma Action Plan (AAP) to follow in the event of an asthma attack
- Ensure they have access to their own reliever asthma medication, or blue/grey ‘puffer’, along with a spacer at all times, and they are aware of how to use the medication appropriately
- Ensure they can recognise when they are experiencing asthma symptoms and know what to do to manage their asthma
- Be aware of high/extreme pollen days by checking the daily pollen count and forecast on the home page of the Asthma Foundation of Victoria website: www.asthma.org.au

For further information, please contact the Asthma Foundation of Victoria on 1800 645 130 or email schools@asthma.org.au
This school now has the ability to email family statements. If you would like to receive your statement, by email in 2012 please return the completed permission slip below.

If you would prefer to continue to receive your statements by mail, please ignore this request.

STATEMENT OF INTENDED PURPOSE: Should you wish to receive your statement online, the email and any attachments will be confidential and will be intended solely for the information of the individual to who it is addressed.

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FAMILY STATEMENTS – Email Option

Parent/Guardian Name: ________________________________________________________

Students (& year level) ________________________________________________________

___________________________________________________________________________

Yes, I agree to receive my statements via email.

Parent/Guardian Signature ____________________________________________________

Date _______________________________________________