

Camperdown Contact

CAMPERDOWN COLLEGE NEWSLETTER

Term 3, Week 10, 15th September 2023

The ISC and SRC celebrated the end of Term 3 with Footy Colours Day today at both campuses.

Students at the Junior Campus were their favourite footy colours for a gold coin donation and participated in some footy themed activities during recess. JSC students organised a special lunch for all students to enjoy. At lunchtime, the annual Year 6 students vs staff/parents football match, which was definitely the highlight of the day. What can we say? Staff are better footballers and the trophy will stay in the staff room!

A diverse range of footy colours appeared at the Senior Campus today with students showcasing their allegiance for teams locally and throughout Australia. Students enjoyed a tradition associated with football – a hotdog and a can of drink. This was so popular that supplies sold out. Students donated a gold coin for wearing their footy colours, with money raised sponsoring Riley Stephenson in her quest to raise funds for the Brain Cancer Centre through her trek in Tasmania.

Darcie Seers and Vicki Angus JSC and SRC Coordinators



SENIOR CAMPUS 03 5593 1617

JUNIOR CAMPUS 03 5593 1438

FROM THE PRINCIPAL'S DESK...



As we approach the end of another term, I would like to express my gratitude to our dedicated staff, our supportive community of parents and caregivers, our incredible students, and the numerous Relief Teachers and Learning Support Staff who have played a crucial role in ensuring the safe and efficient operation of our school during such a busy term. I consider myself incredibly fortunate

to work with such passionate professionals who genuinely prioritise the wellbeing of our students and the excellence of their work.

The students at Camperdown College consistently adhere to the expectation I've set for them: *Working diligently and treating each other with kindness*.

I hope that all our students take some well-deserved time to relax and recharge over the upcoming break. I eagerly anticipate the return to school, fully rejuvenated and just as enthusiastic about the important work to be done to finish the year off. A few important messages:

• Thank you for the extremely high level of effort that went into the Father's Day Breakfast from the Parents & Friends Association. I for one welcomed the opportunity to help serve and be able to interact with most people who attended – albeit for a very short moment, connecting with each of the dads and their children was very valuable to me. It was a great way to put dads faces to students. There

- are definitely some 'look-alikes!' The pancakes were a hit, and very filling.
- The Facebook Page is now live with events, announcements and will slowly grow throughout Term 4 displaying events, activities, and classwork celebrating success. Building trust and setting ground rules are key to a successful launch and thank you to Sophie Hinkley for working in the background to build the page.
- Recruitment at the College is well underway for 2024 staffing shortages across the state have seen teaching degrees become free (this will take years to remedy the shortfall in staff), however we are looking forward to the yearly recruitment drive and welcoming a few more wonderful teachers to Camperdown College in 2024.
- Tutoring Initiative is back for 2024/25 which we are extremely happy about! Needing assistance category students from NAPLAN are to be initially the focus of the initiative and will then expand to other students at the College, even students needing extension.
- School Council continues to work with the Bookaar Cricket Club to develop a smaller oval to the south west of current oval (having no impact on our Mow Down), including construction of cricket nets, and improvements to the grounds. We are very happy with the working relationships we have with the Little Athletics Club who have been refreshing the track and the cricket club. It is great to see the improvements to the fields that are taking place by our co-tenants.

Mr Xavier Davis, Principal

Hats at school: It's time to transition to making sure that students are wearing their hats whilst outdoors. Please encourage your child to find their hat and make sure they have it at school every day. Wearing of hats is compulsory for students in Prep — Year I2 from the beginning of Term 4.

CALENDAROF EVENTS

T3 W10	Friday 15th September	Last day for Term 3 Students in Prep – Year 12 dismissed at 2.15pm	

T4 W1	Monday 2 nd October	First day for Term 4	
	Thursday 5th October	GWR Athletics Ballarat	
	Friday 6 th October	SSV Regional Athletics Carnival Ballarat	
Holidays	Thursday 21st September	Micro Mathematics Virtual Seminar See Compass for details	
T2 W2	Monday 9th October	Lions Eye Tests for Prep and Year 6 students Junior Campus	
	Wednesday 11th October	Parents & Friends Meeting 7pm at the Junior Campus	
	Wednesday 11 th – Friday 13 th October	Year 9 Camp The Grampians	
T4 W3	Tuesday 17th October	Last day of formal classes for Year 12 students	
	Wednesday 18th October	Year 12 Final Assembly and Mystery Bus Trip	
	Wednesday 18th October	School Council Meeting 7pm at the Senior Campus	
	Saturday 21st October	Camperdown College Mow Down Gates open 10am at Frederick Street	
T4 W4	Tuesday 24th October	Year 12 Exams begin	
	Tuesday 24th October	Year 10 Road Smart Interactive Program	
	Friday 27th October	Year 8 Georgraphy Excursion <i>The Twelve Apostles</i>	
	Friday 27 th October	Prep – Year 2 Swimming Program See Compass for details	
T4 W5	Friday 3 rd November	Prep – Year 2 Swimming Program See Compass for details	
T4 W6	Tuesday 7 th November	Melbourne Cup Public Holiday	
	Wednesday 8 th November	Final Year 12 Exam	
	Wednesday 8 th November	Parents & Friends Meeting 7pm at the Junior Campus	
	Thursday 9 th November	Orientation Morning for enrolled 2024 Prep students 9am – 12.30pm	
	Friday 10 th November	Year 5/6 Cricket Terang	

Our Mission:

SENIOR CAMPUS NEWS



Another busy term has passed. I would like to take this opportunity to congratulate all students on their efforts this term. Students have worked very hard to try their hardest and make good choices, lead by fine example, and embrace the challenges that have been offered. The behaviour of the majority of the students has been commendable, both within and outside of the classroom. They have once again shown that they are caring and most tolerant of individual differences.

Congratulations:

- * Rory Harrison has been selected to participate in the 2023 Junior Uni Camp Koling wada-ngal karrung (*Let us Walk Together* Camp) at Federation University for a week during the holidays.
- * Two Year 10 students were acknowledged for their outstanding performances in netball last week. Shelby Cameron was crowned the Hampden League Under 17 Reserves Best and Fairest and Stella Horspole was

awarded Runner Up Mininera and District Netball Association Under 18 Netball Best and Fairest.

- * Lila Horspole was awarded the Jean Wood Memorial Scholarship to acknowledge her musical talents. Lila performed in front of a panel of judges to be selected for this program.
- * Riley Stephenson is raising funds for brain cancer research by participating in the Point 2 Pinnacle Half Marathon in Tasmania with Carrie's Beanies 4 Brain Cancer in November. Riley is currently training for this event and raising funds. The gold coin donations for wearing footy colours to school today has gone towards her fundraising efforts.
- * Lachlan Baulch won the Sportsperson of the Year for Corangamite Hockey in the Warrnambool Competition.
- * Lacey Grundmann won the Under 12 Best and Fairest at Lismore Football Netball Club.

Visit to Melbourne University:

Bu Jenna accompanied Aregawi Chivell and Oliver Clark to a feedback session about their experiences in the Victorian Young Leaders: Indonesia Virtual Pilot program early this week. Bu Jenna was very impressed with the contributions the students made to this session and I commend them on being excellent ambassadors for our College.

Colac Trinity College Vocal Ensemble:

Year 7/8 students had the pleasure of being entertained by the Colac Trinity College Vocal Ensemble on Wednesday. The students from Year 7-11 performed a range of classic songs in pairs, trios and as a whole group. Their performances were amazing, showcasing great confidence and singing skills. Staff and students were in awe of their talents and feel very fortunate they chose our school to visit.

Parent Teacher Interviews:

Thank you to all parents who attended our Parent Teacher interviews last week. We value the opportunity to discuss progress and work in partnership to get the best out of the students in our care. If you were unable to make it and would like to meet with any teachers please make contact.

Year 12 Revision:

Most course work has been completed for Year 12 subjects and now students must focus on revision content and preparing responses for the exams – Year 12 students should be very busy over the holidays! Students have been given a timetable outlining the revision sessions that have been organised during the holidays and beyond. Thank you to teachers for putting time aside to deliver and organise these valuable sessions.

Celebration Assembly:

Our end of term Celebration Assembly was conducted last week by School Captains, Ruby Walsh and Selvia Suson. This was the last opportunity for the captains to lead a school assembly and for students to hear from Eliza O'Neil (Sport Captain) and Lewani Bateman (Student Voice Captain). I would like to thank the leaders for their contributions, leadership and acknowledge just how much they have blossomed in their roles over the course of the year.

It was wonderful to see many parents join our assembly and share in acknowledging student progress and achievement over the course of the year. Congratulations to the following students who received awards:

Excelling in NAPLAN Reading (Premier's Award): Oliver Clark, Aregawi Chivell, Charlie Londregan, Isaac Coote

Learning Awards:

Ms Angus: Hannah Stevens Miss Dooley: Ismaela Ford Mrs McPhee: Matilda Narik Ms Adams: Bayleigh Quarrell Ms Eckhardt: Georgia Somerville Mr Rock: Levi Coote Mr Ambrose: Nancy Leonard-Pekin Ms French: Oliver Clark, Aregawi Chivell Ms Taylor: Lewani Bateman Mr Attrill: Hamish Collins Mr Geary: Isabelle Huggins Mr Van: Hannah Morrison Mr Bennett: Quinn Clark Ms Guthrie: Addison Shortland Mrs Wood: Jada Mahony Ms Black: Charlotte Bennett Miss Hood: Hannah Stevens Mrs Brooks: Hannah Morrison Ms Jubb: Dain Collins

Mrs Coates: Kain Mitchell Ms Magnusson: Bayleigh Quarrell

Ms Crowle: Hannah Morrison Mrs Maskell: Lily Van Es, Addison Shortland

Grade Point Average awards over 3.5:

Chloe Anderson, Charlotte Bennett, Taylor Bernoth, Elisha Boyd, Charlie Burnett, Quinn Clark, Dain Collins, Jada Elliot, Lola Evans, Chase Fleming, Lacey Grundmann, Reece Hester, Megan Johnson, Gracie Pearce, Max Thomson, Isabella Foster, Sophie Halliday, Grace Hinkley, Matilda Narik, Lila Horspole, Keira Johnston, Philippa Kempton, Nancy Leonard-Pekin, Parker Lewin, Saxxon Pearce, Hannah Robertson, Mercy Rothman, Jack Strauss, Aregawi Chivell, Oliver Clark, Hamish Collins, Lucinda Evans, Rory Harrison, Michael Katsaros, Tulin Meric, Brianna Shields, Dana Wood, Leilah Bateman, Harry Bateman, Thomas Bath, Corey Evans, Stella Horspole, Jada Mahony, Hannah Morrison, Georgie Oborne, Bayleigh Quarrell, Lewis Regan, Lily Van Es,

Sadie Walsh, Olivia Winsall, Callani Winsall, Elyse Cross, Charli Hewish, Isabelle Huggins, Ruby Kempton, Leyla Meric, Brianna Orr, Ebony Pearce, Riley Stephenson, Alexandra Waterfall, Perrie Winsall, Lewani Bateman, Riley Bernoth, Eliza O'Neil, Bella Podger, Hannah Stevens, Selvia Suson and Ruby Walsh.

Australian Geography Competition Awards:

Reece Hester (High Distinction), Dain Collins, Nancy Leonard-Pekin, Jack Strauss (Distinction), Vanessa Johnstone, Patrick Spokes, Brianna Shields, Callani Winsall, Thomas Bath (Credit).

Allendance Awards:

Patrick Wiseman, Megan Johnson, Elisha Boyd, Kayla Loving, Patrick Spokes, Lila Horspole, Sophie Halliday, Codie Teal, Isaac Coote, Zackary Regan, Marlie Teal, Stella Horspole, Hannah Morrison, Bayleigh Quarrell, Aaron Lewis, Leilah Bateman, Ebony Pearce, Perrie Winsall, Eliza O'Neil, Riley Bernoth and Lewani Bateman.

Malhs Association of Victoria Camp Certificates: Hannah Morrison, Olivia Winsall and Callani Winsall.

Victorian Young Leaders Indonesia Virtual Pilot 2023: Oliver Clark and Aregawi Chivell.

VHAP Cerlificale: Reece Hester.

Charlton Driving School:

Year 10 students enjoyed their trip to Charlton to participate in the driving school at the start of the week. The students crafted their driving skills through day and night time driving and adjusting to different road surfaces. A few students had to hug the stop sign (I am told) for failing to give way!

Ms Vicki Angus, Senior Campus Assistant Principal





Junior Campus Concert:

What a night we had last night at the Junior Campus Concert celebrating 100 Years of Disney! Our students showed that they are a very talented bunch, with each performance putting a big smile on the faces of those fortunate to attend last night. Many students experienced the variety of emotions that present when performing including nervousness, worry, excitement and elation. Despite these highs and lows, students supported each other to ensure they succeeded in making it a night to remember for all involved. It was a night full of celebrations and we say a big well done to all students on their efforts and performances on the night. Thanks to staff for the many rehearsals conducted to prepare our students for this event and to parents for organising the very important costume for each performance. A very big thank you must be given to Mrs Murphy. Mrs Murphy took on the role of organising this very special event this year and she did an exceptional job of executing a wonderful concert. For the many hours of preparation, thank you Mrs Murphy on behalf of all staff,

students and families. A final congratulations to our students. We are so very proud of you all!

Celebration of Learning Assembly:

It was a lovely celebration of a successful Term 3 this morning at our Celebration of Learning Assembly. Whilst classes showcased their collective talents last night at the concert, our Celebration of Learning Assembly today recognised individual achievements with Student of the Term awards presented for each class. These students displayed excellence with their learning with these achievements celebrated in front of our campus community. Congratulations to the following recipients:

Zander Van Dijk	Bede Tune	Isla Bredin	Matty Teal
Campbell Horspole	Indiannal Shortland	Susmita Barua	fletcher Gibbins
Makayla Collins — Wilkinson	ALey Mclachlan	Marianne Suson	Oscar Stephenson
Matilda Stephenson	Nathan Walters	Dustin Walker	

Footy Colours Day:

The end of Term 3 was celebrated in a very fitting way today, with a Footy Colours Day ran by our Junior School Council (JSC) in consultation with our Senior Representative Council (SRC) at our Senior Campus. Students wore their team colours with pride, creating a sea of colours throughout classrooms and in the yard. An event that was an annual celebration prior to COVID-19, our Year 6 students vs Staff/Parents football match, returned today at lunchtime with many parents and staff joining forces to play a football match against our graduating class of Year 6 students. Many laughs, tackles and banter were present, with this being a memory that will stay with all participants for quite some time. Thank you to our JSC and SRC committees for their efforts in organising the event along with Miss Seers. All money raised today will go towards the purchase of new sandpit toys and equipment.

Girls as Leaders in STEM (GALS):

Mrs Murphy, along with Isla Spokes, Abey McLachlan, Sophie Wilson and Emily Wood, have concluded their participation in the Girls as Leaders in STEM (Science, Technology, Engineering and Mathematics) program with Deakin University's School of Education with a launch night at the Lighthouse Theatre in Warrnambool on Wednesday night. The girls enjoyed an afternoon tea with other participants before presenting their project (that has formed a large part of their participation in this program) to an interested audience including their families. It was a privilege to watch the team present their passionate project on Wednesday night. Isla, Abey, Sophie and Emily did a superb job at representing Camperdown College, displaying confidence and enthusiasm throughout their presentation. Congratulations girls on your efforts.

Scholastic Book Fair:

Over the past two weeks, students and families have enjoyed perusing books at our annual Scholastic Book Fair ran by Mrs Murphy in the Junior Campus Library. Many books, and book paraphernalia, were purchased across the two weeks, supporting a love of literature with our students, whilst raising money for our school. We thank families for their generous support of this event. Your support will

help fund further library purchases that all students will benefit from in years to come. Thanks to Mrs Murphy for her organisation and manning of this fair across the two weeks.

Major Raffle:

A reminder that our major raffle is in full swing with tickets selling fast. With a \$10,000 travel voucher as first prize, we remind families to purchase a ticket with ticket books available at the Junior Campus.

Prep – Year 6 Parent Teacher Interviews:

Thank you to all parents who attended Parent Teacher Interviews last week. If you were unable to meet with your child's teacher on the day, we encourage you to make an appointment early next term to support a successful Term 4.

Sounds-Write Open Day:

On Monday, we welcomed 20 principals and teachers to observe phonics teaching at the Junior Campus

in Prep – Year 6 classrooms. Once again, our visitors were so impressed with what they witnessed, which will help them on their school's journey in this essential field to support students to read, write and spell. Thank you to our generous staff for opening their doors to allow other professionals the opportunity to learn and grow.

Victorian High Abilities Program (Term 3):

Congratulations to Charlie Unwin who participated in the Victorian High Abilities Program this term in the area of Literacy. Charlie completed this program on his own, participating in an online class to support and extend his skills with other participants throughout Victoria.



SOUNDS - WRITE

Lions Club Eye Testing:

Early next term, our Prep and Year 6 students will have the opportunity to have their eyes examined by a team of volunteers from the Lions Club. This examination, on **Monday 9th October**, will detect any eye issues that require a follow up appointment with an optometrist. This wonderful service is something that occurs annually for our youngest and oldest students at the Junior Campus. We strongly encourage all parents to provide consent for any student in Prep or Year 6 who isn't under the care of an optometrist. We are so lucky to have our local Lions Club offer this free service to our students. Forms were sent home with students this week.

Junior Campus Renovations:

Our renovations continue with our main toilet block renovation commencing in the second week of the school holidays. All toilets will be fully renovated, with the toilet block reducing in size to support a more comfortable and appropriate toilet area for all students. The remaining space will be converted into much needed storage, with the entire brick building getting a makeover in the process. Our new ramps that have been erected across this term, are reaching their final stages, which is exciting to see.

Trinity College Vocal Ensemble:

On Wednesday, we welcomed the Trinity College Vocal Ensemble who performed for our students. It was a lovely incursion with students appreciating the talent on show by the students that performed.

Art Show:

Our talented Art teachers Mrs Downie and Mrs Nelson showcased the impressive artwork our students have produced this term at our Art Show that was coupled with our Parent

Teacher Interviews last week. Art that showed creative flair and expression, donned the BER building for all parents to see. Traditional weaving skills, sewing, drawing and painting works impressed. It was a lovely way to showcase the art that has been created by our talented students.

Company Compan



Instrumental Music Concert:

Our Instrumental Music students treated family and friends to a Spring Concert last Tuesday night in the BER building. Students both beginning their musical journey and those who have perfected their skills, completed solo pieces for many to enjoy. Our school band also shared some of their musical numbers on the night. Mrs Pugh worked passionately with these students to instil a love of music and we thank her for her efforts both throughout the year and especially on the concert night last week.

I wish all families a relaxing holiday break and look forward to seeing students and families in Term 4.

Mrs Jacinta Tolland

Junior Campus Assistant Principal

Term 3 concludes today, Friday 15th September (Students are dismissed at 2.15pm)
Term 4 begins Monday 2nd October



Twas a night filled with dreams and magic!

What a wonderful night we had celebrating 100 years of Disney at the Junior Campus Concert last night. We had a very talented group of students performing at their very best and overcoming many nerves. Performing in front of a hall filled to the brim with our College community, everyone enjoyed this very special night. All the hard work, rehearsals and bloopers really set the scene, for what was a truly magnificent night.

I would like to say a big thank you to all the students on their performances. Thanks to the staff for giving up time for rehearsals in preparation for this very special event and to the parents for the wonderful costumes in each performance. I am so extremely proud of all the students for making the 2023 100 years of Disney Junior Campus Concert one to remember, and to quote Mickey Mouse:

WHEN WE BELIEVE IN OURSELVES AND OUR FRIENDS AND OUR FAMILIES, WHY THERE IS NOTHING WE CANT DO, WHEN YOU FIND THE DREAM INSIDE YOUR HEART, ANYTHING IS POSSIBLE!



On Wednesday night 13th September, we attended the Girls As Leaders in STEM (GALS) presentation night at the Lighthouse Theatre in Warrnambool which has concluded this program. We read our prepared speech to the audience consisting of fellow GALS participants, parents/guardians, staff and Deaking dignitries. Our speech explained the ideas behind our Sensory Garden that is currently under construction at the Junior Campus. Thanks to the Invergowrie Foundation and Deakin University for sponsoring this program, Mrs Murphy for choosing us and coordinating this program and to Mrs Tolland, Miss Carrigan-Walsh, Mr Oborne and Mr Adams for attending the presentation night. We are looking forward to continuing to work on our garden in Term 4.

Isla Spokes, Sophie Wilson, Abey McLachlan & Emily Wood Girls As Leaders in STEM Participants

JUNIOR CAMPUS COMMUNICATIONS SENT HOME TO PARENTS THIS FORTNIGHT:					
J41	Prep Parent Information	J42	Yar 1/2 Parent Information		
J43	Lions Eye Testing (Prep and Year 6)				

SENIOR CAMPUS COMMUNICATIONS SENT HOME TO PARENTS THIS FORTNIGHT:

S18 Year 12 2024 VCE Rugby Jumpers







The Victorian High Ability Program (VHAP):

The Victorian High-Ability program provides up to 48000 high ability students in Year 5-8 at government schools the opportunity to participate in 10-week online extension and enrichment programs. The virtual program focuses on extending and developing students' mathematic and English abilities.

Congratulations to Reece Hester (right) who completed the VHAP Maths program for Term 3.

Well done to Max Thomson, Lola Evans, Quinn Clark and Dain Collins (all Year 7) who have been selected to complete the VHAP English program for Term 4.

MAV Mathematics Camp:

Well done to Olivia Winsall, Hannah Morrison and Callani Winsall who attended the MAV Mathematics Camp at Melbourne in the first week of the last school holidays. On all accounts it was a fantastic and worthwhile experience.

Victorian Young Leaders (VYL) Indonesian Pilot Program:

Oliver Clark and Aregawi Chivell excelled in their three-week intensive virtual program this term as part of the Indonesian Pilot Program. This past Tuesday 12th September, they attended the follow up session at the University of Melbourne with Jenna French. See page 9 for more information.

BIOLAB Incursion – Victorian Challenge and Enrichment Series:

This past Thursday 14th September, twelve students across Year 8 – 10: Lila Horspole, Mercy Rothman, Vanessa Johnstone, Nancy Leonard – Pekin, Oliver Clark, Aregawi Chivell, Joshua Lucas, Finn Tolland, Lily Van Es, Hannah Morrison, Leilah Bateman and Callani Winsall participated in a BIOLAB incursion as part of the Victorian Challenge and Enrichment Series. Students used cutting edge technologies to screen athletes and maximise individual sporting success by matching genetic profiles to sports performance. They further examined the link between gene products and the impact these have on sporting success.

University of Melbourne Maths & Statistics Research Competition:

Our Year 8 Maths students have been busy this term completing entries for this year's Maths & Statistics Research Competition. Results are yet to be received, however, the work produced by Parker Lewin, Vanessa Johnstone, Nate Castle, Kayla Loving, Breanna Daffy, Shelby Mahony, Sophie Halliday, Lila Horspole and Philippa Kempton is to be commended.

Micro Mathematicians Enrichment Opportunity

A small number of our Year 7/8 Maths students were recently successful in their applications to be involved in a Micro Mathematicians seminar, run by the University of Melbourne. This will occur in the first week of the upcoming school holidays. Students will take part in a variety of online activities across a range of topics designed to promote mathematical investigation at a high level.

Best of luck to Max Thomson, Reece Hester, Charlotte Bennett, Vanessa Johnstone, Kayla Loving, Nate Castle and Fletcher Tolland who will all be involved in this.

Sarah Brooks, High Ability Practice Leader

COMMUNITY COMMUNI

As part of our elective: Community Connect for Term 3, students completed a community service project either through a direct service at a place or location or through an awareness campaign.

Year 9 students Joshua Lucas, Michael Katsaros, Sybella Gavin and Dana Wood completed five Thursday afternoons at the Junior Campus, whereby they assisted students in Prep, Year 3/4 and 5/6 classes. Luis Maskell and Zackary Regan completed their community service projects over four Thursdays at the Camperdown Library and Camperdown Courthouse respectively. These students demonstrated numerous valuable skills including initiative, independence, time management, and communication. Most importantly, they were able to experience first-hand a sense of belonging to their immediate community.

We extend our thanks to all the staff and students at the Junior Campus, the volunteers at the Camperdown Courthouse and the supervisors at the Camperdown Library who were most welcoming to our Senior Campus students during this time.





Awareness Project - Community Connect Youth Mental Health (Leilah Bateman Year 10)

Mental Health in Youth

Mental Health Conditions

- Depression
- Anxiety
- PTSD
- Eating disorders
- Bipolar Disorder
- Schizophrenia
- OCD

Statistics

- About 1 in 7 children and adolescence aged 4-17 have experience a mental health disorder in Australia
- In 2017-18, an estimated 339,000 young people aged 18-24 experienced high levels of psychological distress.
- In 2019 there were 461 deaths from suicide among young people 15-24. That is 14 per every 100,000 young people.
- In 2015 suicide and self-inflicted injury was the leading cause of the total of burden disease for young people aged 15-24



Impact

Mental health can impact your education, physical health, employment, finance and relationships. Mental health causes distress and can lead to people inflicting harm amongst themselves.



Where to get Support







Sarah Brooks Community Connect Teacher, Term 3

Victorian Young Leaders Indonesian Pilot Program

For three weeks this term. Year 9 students Oliver Clark and Aregawi Chivell took part in the Victorian Young Leaders Indonesian Pilot Program – a High Ability program from the Asia Education Foundation (University of Melbourne) aimed at Year 9 students studying Indonesian. Aregawi and Oliver represented Camperdown College; one of only eleven schools in Victoria selected to participate. Over the three weeks, Oliver and Aregawi took part in Indonesian lessons for two hours every day where they engaged virtually with other Victorian students as well as students from various schools in Indonesia focussing on the theme of physical and mental health. The program culminated with Australian and Indonesian students working collaboratively to produce high calibre bilingual websites on various health topics, which they presented to all students and staff who were involved.

On Tuesday 12th September, Oliver and Aregawi were invited to the University of Melbourne to provide feedback on the Victorian Young Leaders Program. In a round table discussion, their voices were certainly heard, and the program organisers took on their feedback including suggestions on how to improve the VYL Program for the future. The visit to the University of Melbourne also included a guided tour of the Science Gallery facility and the *Dark Matters* exhibition as well as a trip to the main quadrangle of the university and some very useful tertiary pathways advice. Aregawi and Oliver also had the opportunity to meet some of the students involved in the program face-to-face. Both Aregawi and Oliver should be congratulated for being wonderful ambassadors for Camperdown College and for sharing valuable insights into the VYL Program that will benefit future students.

Bu Jenna, Indonesian Teacher







This year's Scholastic Book Fair was a huge success! It has been a busy seven days; so many happy faces enjoying new books and trinkets to keep little minds busy. Our sales totalled \$4410 which means we receive Scholastic rewards to the value of \$1323 to spend on books/Scholastic products for the library/classrooms. A huge thank you to all who were able to come along to help fundraise for Camperdown College.

Lauren Murphy, Junior Campus Librarian



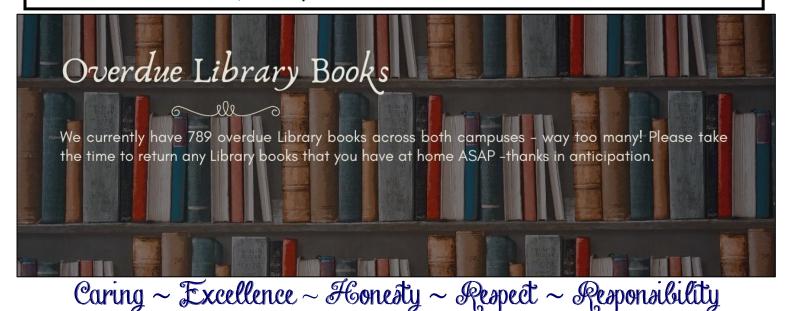
Interschool
Year 7/8

On Wednesday 6th September, Chloe, Megan, Gracie, Charlotte, Charlotte-Rose and Lacey represented Camperdown College as the Year 7 girls' team in interschool basketball. Lila, Philippa, Shelby, Breanna, Hannah, Sophie, Matilda, Keira, Kayla and Grace represented the Year 8 girls' team. They competed against two Mercy Regional College teams and one Terang College team. Even though thet didn't win any games, they still played as a team and had lots of fun. The coaches were Miss Jubb and Mrs McGuane who supported students through each and every game with enthusiasm and encouragement. Students were very grateful they came and helped us throughout the day.

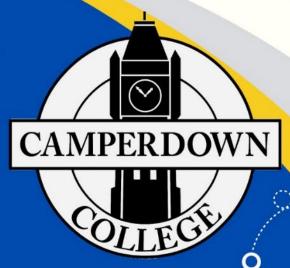
Chloe Anderson, Megan Johnson, Lila Horspole and Philippa Kempton, Year 7/8 Girls

On Wednesday 6th September, Year 8 boys participated in an interschool basketball day. Our first game was against Mercy Regional College, we lost by three points in a close game. The second game was against Terang College. We lost again by a fair margin and lastly, we played Cobden Technical School in a blowout win by 50 points. Everyone on the Year 8 boys team scored some points and tried hard all day. Thanks to Simon and Kathryn for helping us by coaching, umpiring and driving us to Terang. We had a great day.

Parker Lewin and Fletcher Tolland, Year 8 Boys



Major Raffle



Parents, students, friends & families...

We need your help to sell tickets!



Only 4,000 available

Make contact to collect your
book/s from the Office

1st Prize:

\$10,000 Travel Voucher - Helloworld Camperdown

2nd Prize:

\$1,000 Accommodation & \$500 Ticketek Vouchers - Helloworld Camperdown & Ticketek Australia

3rd Prize:

\$1,000 Fuel Voucher -BP Australia

Drawn Tuesday 12th December
Winner notified by phone
Results published in
Camperdown Chronicle
PERMIT NUMBER 10243-23



YEAR 10 CHARLTON DRIVING CAMP



On Monday and Tuesday, sixteen Year 10 students travelled to Charlton for the Driver's Ed camp. With tents and sleeping bags packed, we boarded the bus on Monday morning, for the trip to Charlton Traffic Safety Education Centre. Students were lucky enough to experience both day and night and sealed and gravel road driving. They learnt a range of skills including Uturns, parallel parking and reversing. Bayleigh Quarrell's favourite skill to learn was three-point turns and Olivia Winsall's was overtaking.

For some students this was their first time behind the wheel and it was amazing to see their confidence grow over the two days. Hannah Morrison said she enjoyed the camp as it was a great opportunity to learn to drive properly and safely.

A very big thank you to the teachers at CHARTSEC for their encouragement and guidance. Thank you also to Sara Magnusson and Simon Baker for helping to ensure this experience was positive and memorable for all.

Gabrielle Eckhardt Year 10 Teacher





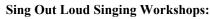
Instrumental music spring concert



Our enthusiastic and dedicated Instrumental Music students performed piano and violin solos and duets to a large audience of families and friends at the Spring Concert on Tuesday 5th September. The concert concluded with the school band playing three pieces, including an African song, *Banuwa*. Congratulations to our wonderful performers!

Fiona Pugh, Instrumental Music Teacher





School holiday singing workshops for primary students with Dermot Tutty, Choral Director at the Victorian College of the Arts Secondary School are on Wednesday 27th September and Thursday 28th September from 10am – 11.30am at the CWA Hall in Terang. The Workshops are \$5 each or two workshops for \$10. **Bookings can be made on www.trybooking.com/events/landing/1113679.**

Some of our Camperdown College students attended the Singing Workshops last year and loved working with Dermot Tutty! Participants will also have the opportunity to perform in the Sing Out Loud Choir on the Terang Colour Festival Stage on Friday 29th September!

Colour Festival Freeza Youth Choir:

There are also FREE Youth Choir Workshops for secondary students from 1.30 pm - 3.30 pm at Terang Courthouse with Dermot Tutty on Wednesday 27^{th} September and Thursday 28^{th} September. Bookings can be made with Corangamite Shire Youth Services.

Fiona Pugh, Instrumental Music Teacher

TENT CHADING YEAD IND & YEAD O

Year 1/2 students were delighted to welcome the entire Year 8 cohort to the Junior Campus on Thursday 7th September for a cross age text sharing activity. Binatang (animals) has been the theme of the Learning Cycle for both Year 8 and Year 1/2 in the Indonesian classroom this term and composing texts has been a task for each group respectively. Year 8 students shared two different texts with students in Year 1/2 – either a children's storybook about animals or a PowerPoint presentation comparing different animals. Year 1/2 students reciprocated with their factual posters about a range of Indonesian animals, which even included some new vocabulary for students in Year 8! Year 1/2 students were impressed with the helpfulness of the Year 8 students when they were sharing and the effort that the older students put into their texts. The Year 8 students gave the Year 1/2 students praise on their accurate Indonesian pronunciation. The experience was a highlight of the term for the Indonesian classrooms and an added bonus was that some Year 2 students were reunited with their past Year 6 Buddies.

MUSIC

Bu Jenna Indonesian Teacher



RRYSTRE

Curriculum and Classroom Strategies

Perry Street Education Model in Action @ the Junior Campus!

If you were to peek inside the Junior Campus, you would certainly feel and see the positive changes and impact that the Berry Street Education Model has had on us all.

So far this year, we have made many additions in our classrooms to support students to feel ready to learn, develop their resilience and their emotional regulation skills. It has been truly amazing to see the impact this has had on our students and the efforts that our staff have gone to, to ensure we are providing an environment that supports all students to have a sense of belonging and a space where they feel recognised, valued and connected.

Have a look at the positive changes we have made in our classrooms!

When the music starts first thing in the morning, all students move into their classrooms and form a calming Welcome Circle. During our Welcome Circles, every class comes together to greet each other with warmth and respect, investigate our school values and discuss ways we can demonstrate these, with some students 'shouting out' and recognising students who have shown these values. Students, with the assistance of their teachers, set expectations for their day around the positive behaviours that they would like to improve upon. Students spend time sharing special personal announcements and learning about special events in the community and worldwide. Our specialist staff have further supported our class Welcome Circles by starting their lessons with a Positive Primer, which has been such a fun-filled way for our students to engage in their specialist classes and then finish with a What Went Well reflection.

Another popular addition to all of our classrooms has been the inclusion of Brain Breaks. These short activities interrupt our learning time in order to support renewed focus and attention. Our students have enjoyed learning about the difference between an escalating and de-escalating brain break which has helped them to identify an appropriate brain break to keep them in the ready to learn stage. If you were to ask our students what their favourite brain break was, I am sure they would eagerly list a few of their favourites. It has been fantastic to see our students listening to their bodies and identifying times where they require a break. They are certainly developing great regulation skills and this will only continue to improve.

Ready to learn has been an explicit focus in our classes this term. We have been working towards our students feeling ready to learn and understanding what that looks like. Last term, classes were introduced to Ready to Learn Scales, which have assisted our students to identify how they are feeling at any given moment. This quick check in has allowed staff to see whether a positive primer, escalating or deescalating brain break may be needed to support students to feel ready to learn. Students have built upon their Ready to Learn Scales by creating their own class Ready to Learn plan. Students have discussed and listed different emotions and they have explored what they may look like and feel like. Then they have thoughtfully brainstormed different strategies that can support them to regulate those emotions so they can move towards the ready to learn stage.

All our staff and students should be very proud of how well they have engaged and implemented these Berry Street practices which have had such a positive impact already. We truly look forward to seeing this continue.

Victoria Kerr, Junior Campus Berry Street Leader

15th: Luca Unwin, Samuel Van Den Meiracker, Oliver Horspole & Kona Kerr

16th: Oscar Stephenson & Blake Evans

19th: Kaitlyn Pennell & Ceejay Frith

20th: Joseph Gleeson

21st: Aurelia Smith

23rd: Emilia Narik, Onaya Senarath,

Breeana Daffy, Noah Bassett

& Dana Wood

24th: Charli Hewish

25th: Emmett Gladman

& Lana Hamann

30th: Michael Benallack & Mackenzie Borland

2nd: Jordy Teal

4th: Savannah Macleavy,

Thomas Bath &

Rory Swayn

5th: Mabel Beasy

10th: Zoey Felstead

11th: Zander Horan, Aaron

Absolom & Max Carbury

12th: Leilah Bateman









26th: Zhai Deposoy Caring ~ Excellence - Honesty - Respect - Responsibility



Getting started with parental controls in social media, games and apps



TikTok

TikTok is a social media app for creating and sharing short videos. TikTok has a feature called Family Pairing that allows parents to link their Tik Tok account to their teen's account. Family pairing lets parents set controls like how much time their child spends on TikTok, the content they can see and their privacy settings.

Find out more about TikTok's safety settings in the The eSafety Guide or TikTok for parents.

e & Date Muffins year 12 VM students are currently studying a unit on community nd are pronhoting healthy eating and good food choices in lunchboxes within the Camperdown college community.







10 Ingredients

- 1 cup (35g) All Bran cereal
- 2/3 cup (160ml) reduced fat
- 3/4 cup (100g) self-raising
- 2 tsp baking powder
- 1 tsp mixed spice
- 3/4 cup (85g) natural oat
- 1/2 cup (120g) chopped
- 1 Granny Smith apple, peeled and finely chopped
- (+) 1 egg
- ① 1/4 cup (60ml) maple syrup
- Select all ingredients

ADD TO SHOPPING LIST

5 Method Steps

- Preheat oven to 200°C. Line a 12 cup muffin pan with paper cases.

Place All Bran into a small bowl and pour over milk Set aside for 10 minutes.

Sift <u>flour</u>, <u>baking powder</u> and <u>spice</u> together into a bowl. Add oat bran, dates and apple and mix well.

Whisk egg and maple syrup into All Bran and milk mixture. Pour into dry ingredients and mix together quickly using a wooden spoon until just combined. Mixture may be lumpy and does not have to be evenly mixed.

Spoon mixture into paper cases. Bake for about 20 minutes or until golden and cooked through. Cool for 5 minutes before transferring to a wire rack to cool completely

Year 12 VM students recently prepared a healthy lunch for students & staff that consisted of wholegrain chicken & salad wraps. Fruit skewers, weetbix slice & peanut putter & Chia seed bliss balls.



1



FRUIT

FRESH FRUIT

- Banana
- Orange quarters Passionfruit halves (with spoon)
- Watermelon, honeydew rockmelon chunks
- Pineapple chunks
- Grapes
- Plums · Nectarines, peaches,
- Apricots
- Strawberries
- Klwifruit halves (with spoon)
- MIXED FRUIT
- · Fruit salad
- Fruit kebabs DRIED FRUIT

 Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK PACKS/CUPS

In natural juice (not syrup)



VEGETABLES 2

FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans Cucumber sticks
- Celery sticks
- Snow peas Tomatoes (e.g. cherry and
- Roma tomatoes) Mushroom pleces

Can serve with either:

- Hommus
- Tomato salsa
- Beetroot dip
- Natural yoghurt

- Coleslaw and potato salad
- (reduced fat dressing) Mexican bean, tomato,
- lettuce and cheese salad Pesto pasta salad*

BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popporn

SOUP (In small thermos)

- Pumpkin soup Potato and leak soup
- Chicken and corn soup

MILK, YOGHURT 3 AND CHEESE

- Calcium-enriched soy and
- other plant-based milks
- Custard

- Freeze the night before to keep cool during the day
- · Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese Tatziki dip

Can serve with either:

- Fruit
 Wholegrain cereal,
- low in sugar Vegetable sticks
- Rice and corn cakes
 Wholegrain wheat crackers

MEAT OR MEAT 4 ALTERNATIVE

- Tinned tuna or salmon in
- *s*pringwater Lean roast or artilled meats
- (e.g. beef, chicken, kangaroo) Falafel balls
- Lean meat or chicken patties
 Tinned tuna or salmon
- patties Lentil patties
- Lean dell meats
 (e.g. ham, sliverside, chicken)
- Bolled eggs Baked beans (canned)
- Tofu cubes
- Hommus dip
- · Lean meat or chicken Peanut butter*

- Wholearain sandwich, roll.
- pita or wrap bread with salad Rice and corn cakes
- Wholegrain wheat crackersSide salad
- Vegetable frittata
- Skinless chicken drumsticks Savoury muffins or scones (e.a.lean ham, cheese and
- Homemade pizzas with lean roast or deli meats and vegetables

Can serve with:

- Side salad
- Steamed or roasted vegetables

GRAIN AND CEREAL FOOD

MAINS

- Wraps
- Sandwiches
- Rolls Toasted sandwiches

Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and Enalish muffins.

- Pasta dishes Rice, quinoa or cous cous dishes
- Noodle dishes
- Suichi

SAVORY BAKED ITEMS

- Homemade pizzas Wholemeal savoury muffins or scones (e.g. ham, cheese
- and com muffins) Vegetable based muffins Pasta or noodle bake

SWEET BAKED ITEMS

- Wholemeal fruit based muffins
- High fibre, low sugar
- cereal (e.g. muesli) English muffins

SNACKS

- Crackers Crispreads
 Rice cakes
- Corn thins Wholemeal scones
- Pikelets
- Crumpets · Hot cross buns (no Icina)

WATER

• Take a water bottle (for refilling throughout the day)

6

 Freeze overnight to keep foods cool in lunchboxes

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large

Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy

intake and tooth decay



*Check your school's policy regarding the use of nuts and products containing nuts.







We acknowledge the traditional custodians of the land, the Liwura Gundidj people of the Djargurd Wurrung Nation and their connections to land, Sea and community.



The Food!

As the weather has been quite cold for the past couple of Weeks the kids have enjoyed warm ham, cheese and tomato toasties. pasta, nachos along side their fruit and vegetable platter.

Recycled Resources

This week we have been making musical instruments with recycled cardboard boxes and other materials. The kids really love to get creative and flow in these creative activities.

If anyone has cardboard boxes at home they want to get rid of, you're more than welcome to drop them into Their Care!



Holiday Program

We are looking forward to seeing everyone who's booked in for the holiday program next week. Get ready for slime making, movie watching, footy games and much more weird science themed fun!

Holidays:

Before School: 7:00am - 9:00am After School: 3:15pm - 6:00pm

7:00am - 6:00pm

CONTACT HEAD OFFICE

(1300 072 410

info@theircare.com.au

CONTACT SERVICE



1300 072 410



schoolnamehere@theircare.com.au

Terang Progress Association presents...

SING OUT LOUD!

School holiday Singing Workshops for Primary Students, and Adult Pub Choir with Dermot Tutty, Choral Director at the Victorian College of Arts Secondary School

WEDNESDAY, 27 SEPTEMBER -FRIDAY, 29 SEPTEMBER 2023

PRIMARY SINGING WORKSHOPS @ Terang CWA Hall,

The Parade, Terang

Wednesday, 27 and Thursday, 28 September @ 10.00am - 11.30pm

ADULT PUB CHOIR - ALL WELCOME!

@ The Commercial Hotel, Terang @ 7.30pm to 9pm - Wednesday, 27 and Thursday, 28 September.

Participants can sing in the TERANG COLOUR FESTIVAL CHOIR at the Terang Colour Festival on Friday, 29 September. Rehearsal @ 9.30am. Performance @ 11.15am at Terang Colour Festival Stage.

BOOK: TWO Workshops for \$10 OR ONE Workshop for \$5. BOOKINGS: https://www.trybooking.com/CLJLV

QUERIES: Contact Sing Out Loud Organiser, Fiona on 0437 588 785





Join us at the Camperdown Community Stadium this school holidays. Check out our activities program.

22nd Sept

Basketball clinic with Mike McGorm 10am - 12pm



Enquiries

10am - 1pm \$10pp

Nicole Oberin 0437 244 275 nicole.oberin@ corangamite.vic.gov.au

Open hoops / Free play and sports circuit

Open hoops / Free play

and sports circuit All ages welcome

All ages welcome

10am - 1pm

\$10pp



27th Sept

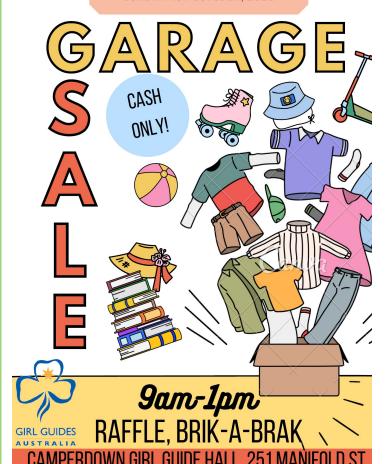
\$20



28th Sept

FREE Cricket Clinic with Pomborneit Cricket Club Session 1* - All Girls Session 2** - Mixed U/15 *10am **11:30am

SUNDAY 1ST OCTOBER, 2023



ALL FUNDS GOING TO CAMPERDOWN GIRL GUIDES

SATURDAY 14TH OCTOBER

DISPLAY YOUR TALENT TO THE COMMUNITY



Draw, paint or sculpt your picture of country life. Prizes awarded to adult, primary, secondary and community groups.

VICTORIAN AGRICULTURALSHOW COMPETITION

Each year VAS has several competitions in cookery, craft and photography which are judged. Winners progress to regional finals.



FOR MORE INFORMATION VISIT CAMPERDOWN SHOWGROUNDS ON FACEBOOK, WEBSITE AND BOOKLET

2023 - 2024 REGISTRATION **NOW OPEN**

MAKE BAKE GROW CREATE EXPO

Show us what you have created

this year, can be anything you

have made, baked,

grown or are proud

to have made.

Visit: https://lavic.com.au/membership/ to register

5-16 YRS OLD **ALL ABILITIES**

CAMPERDOWN

LITTLE ATHLETIC'S

camperdownlittleathletics.com

- long jump
- high jump
- triple jump
- long distance runs
- sprints
- discus
- shot put
- javelin
- · optional training Monday nights

WHEN: FRIDAY NIGHTS FROM 4:15PM 6TH OCTOBER - 1ST MARCH

WHERE: CNR FREDRICK ST & FULLER ST CAMPERDOWN COLLEGE SPORT PRECINCT

COST: \$140 PER CHILD FAMILY DISCOUNT APPLIES 3RD CHILD **ONWARDS**

Contact: Kristy 0408584044 for more information



SCHOOL HOLIDAYS -THURSDAY SEPTEMBER 28th

SESSION 1 - ALL GIRLS CLINIC

10:00am - 11:00am

SESSION 2 - MIXED UNDER 15

11:30am - 12:30pm









