Camperdown College VCAL students and staff were overwhelmed at the success of the second Mow Down on Saturday 3rd September.

The whole team were overjoyed when VCAL student, Tamara Emery, came first in the College Cup and past student, Brad Hinkley, came first in B class. The remaining College team members, Dominic Smith, Miles O’Conner and Nakeea Parlour also thoroughly enjoyed the day’s racing events. A special mention must go to Ellen Emery and David Bentham-Body for all of their hard work on the gate, face painting and speaking during presentations.

Nakeea Parlour, VCAL Student
From the Principal’s Desk...

Our team of Year 11 and 12 VCAL students well earned the outpouring of congratulations from our own College community and much further afield for their efforts in organising another highly successful Victorian Lawn Mower Racing Association event. The second Camperdown College Mow Down was enjoyed by a large and diverse crowd of spectators and participants, with our students stepping up to the organisational challenge and, with great support from VCAL teachers Sue Maskell, Chris Brooks and Linley Hurrell, seeing the project through to a very successful end. Our Parents & Friends Association once again worked tirelessly to support the event and the VCAL students were also very appreciative of the widespread volunteering efforts of College staff and families. Thank you to everyone who contributed to such an enjoyable and successful day.

Another group of students has recently experienced the satisfaction of a job very well done, with our Year 7 – 10 Victorian State Schools Spectacular dance team contributing to the great success of the 2016 performing arts showcase at Hisense Arena on Saturday. I was very proud of our dedicated dance team and their enjoyment of the experience was evident in their unswerving energy and huge smiles on the day! We are very appreciative of the time and effort invested by organising teacher Annette Timilsina, and thanks are also due to staff helpers Zaaikirah Ticklay, Sue Maskell and Adele Swanson, sponsor Davina Pickles from James H Monk Real Estate, and our always supportive College families. What a wonderful experience for our students!

Our new playground equipment was installed last week while an appreciative audience of Junior Campus students looked on. Weather conditions have not been favourable for the spreading of new soft fall so our students are patiently awaiting their first opportunity to put the colourful new equipment including climbing frames, swing bars and double slide to the test.

On Tuesday 6th September, Corangamite Shire CEO Andrew Mason (pictured right with our Mow Down team) spent the day with as our invited guest, gaining first hand experience of Camperdown College through the Principal for a Day program. Andrew visited a range of primary and secondary classrooms, met the student teams behind the VCAL Mow Down and the Victorian State Schools Spectacular, and enjoyed lunch at the College Cafe prepared and served by our Year 9/10 food elective students.

College families will be aware that School Council has been monitoring the school canteen service over time. Concerns about financial viability and the suitability of the model for our school have grown over time, and the decision has now been made to investigate alternative service models for next year. School Council is exploring options to outsource the provision of lunches in 2017, with local businesses being contacted in this early planning stage. Towards the end of this school year, we will be running down our canteen stocks and we thank you in advance for your understanding if some items are unavailable later in Term 4. We are very appreciative of the efforts of our canteen manager Ros Sullivan in maintaining a service for our students for the longest possible time.

Tonight is the time for our Junior Campus students to shine, with our 2016 Junior Campus concert taking place at the AG Daws Hall. Let’s Get Physical is the theme of the night and our students (and staff!) have been very busy rehearsing. The end of a very successful Term 3 will be celebrated with the public acknowledgement of our students’ learning and achievements at our Junior and Senior Campus celebration assemblies. Families are warmly invited to attend these assemblies and I look forward to seeing you there.

Best wishes to all students, staff and families for a safe, enjoyable and restful holiday break.

Ms Cherie Kilpatrick, Principal

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Calendar of Events

<table>
<thead>
<tr>
<th>Thursday</th>
<th>15th September</th>
<th>Prep – Year 6 Concert in the AG Daws Hall at the Senior Campus Hall from 7pm</th>
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</thead>
<tbody>
<tr>
<td>Friday</td>
<td>16th September</td>
<td>Junior Campus Celebration Assembly from 9am – 10.40am</td>
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<tr>
<td>Friday</td>
<td>16th September</td>
<td>Footy Colours Day at the Junior and Senior Campuses See page 6</td>
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<tr>
<td>Friday</td>
<td>16th September</td>
<td>Last day for Term 3 – 2.30pm dismissal</td>
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<tr>
<td>Monday</td>
<td>3rd October</td>
<td>First day for Term 4</td>
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<tr>
<td>Monday</td>
<td>3rd October</td>
<td>Uniform Shop open from 8.30am – 9.15am and 3.15pm – 4.00pm</td>
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<tr>
<td>Tuesday</td>
<td>4th October</td>
<td>Year 12 Looking After Our Mate</td>
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<td>Wednesday</td>
<td>5th October</td>
<td>Junior Campus Walking School Bus from 8.30am at the Visitor Information Centre</td>
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<tr>
<td>Wednesday</td>
<td>5th October</td>
<td>VCAL Blood Donation</td>
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<td>Friday</td>
<td>7th October</td>
<td>VCAL World Skills Melbourne</td>
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<tr>
<td>Friday</td>
<td>7th October</td>
<td>Greater Western Region Athletics in Ballarat</td>
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<tr>
<td>Sunday</td>
<td>9th October</td>
<td>Year 12 Geography Lecture in Melbourne</td>
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<tr>
<td>Sunday</td>
<td>9th October</td>
<td>Year 12 Psychology Lecture at Brauer College in Warrnambool</td>
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<tr>
<td>Tuesday</td>
<td>11th October</td>
<td>Year 12 Red Frogs</td>
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<tr>
<td>Wednesday</td>
<td>12th October</td>
<td>VCAL Community Meal</td>
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</table>
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 improve their abilities and have embraced the extracurricular opportunities that have been offered. The behaviour of students has been commendable, both within and outside the classroom. They have once again shown that they are caring and most tolerant of individual differences. The students have ensured that they attend school in appropriate uniform and take pride in their appearance. Thank you to parents for supporting all facets of your child’s education.

**Congratulations to:**
- Warrnambool District Hockey Association Best Under 15 male player Harry Sumner, Runner up Jack Helmore; Best Under 15 female player Zoe Wilkinson
- Hampden League Under 15 Netball Best and Fairest Runner Up Olivia Henzen
- Camperdown Football Club Under 14 Best & Fairest Charlie Conheady; Most Determined Jack Helmore
- Camperdown Under 14 Netball Best & Fairest Molly Hedrick, Runner Up Olivia Maskell; Spirit of the Magpie Sarah Delwig
- Camperdown Under 16 Netball Coach’s Award Sophie Sumner.

**R U OK?**
Through the efforts of our Student Wellbeing Officer Angela Brown and an enthusiastic crew of Year 9 BRICKs students, staff and students were exposed to the importance of *R U OK? Day* and being aware of how your friends and family are feeling. Students made posters advertising the importance of looking out for each other. Often friends and workmates are the first to notice when something is not quite right and it is important to listen to concerns without judgement and then take time to follow up. The students handed out fresh fruit at recess and cooked a scrumptious barbeque lunch.

**Victorian State Schools Spectacular:**
Congratulations to Year 7 – 10 students on their performances in the Victorian State Schools Spectacular over the weekend. The students danced superbly and showcased in the way that they conducted themselves over the three days just how wonderful the students at Camperdown College are. Thanks must go to Mrs Timilsina for providing the students with this opportunity and for all her excellent organisations.

**Mow Down:**
The VCAL students hosted another very successful Mow Down event on Saturday with participants and spectators travelling far and wide to attend the event. To see all the VCAL students carrying out their duties in a most confident manner was just wonderful. From face painting, taking the gate fees, waving flags at various locations around the track, the students did a fantastic job. Not only did the students work hard on the day but lots of planning and energy went into making this event such a success. To all the VCAL students, Mrs Maskell, Miss Hurrell and Mr Brooks, thank you for all the work that you did behind the scenes to make this event a reality.

**VCE Blockings:**
Final blockings for VCE subjects for 2017 have been published. Students are to hand their final choices into the Office by tomorrow.

**Youth Awards:**
Nominations have closed for the Corangamite Youth Awards and it was pleasing to see that we were able to nominate a number of students for a variety of awards. We wish the following students all the best with their nominations:
- Community Service: Molly Helmore, Lauren McIveen, Alanah Blake
- Community Service Team: VCAL Mow Down Team
- Sport and Recreation: Kurt McDonald
- Visual Arts: Grace Jopling
- Music: Jack Leonard-Pekin, Jordan Watson, Tim Fagan and Otto Leonard-Pekin
- Performing Arts: VSSS Team.

**Year 12 Revision:**
Most course work has been completed for Year 12 subjects and no Year 12 Revision Lectures have been organised during the first week of the holidays and beyond. Thank you to teachers for putting time aside to deliver and organise these valuable sessions.

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td></td>
<td>English</td>
<td>Biology (AM)</td>
<td>Further Maths (AM)</td>
<td>English</td>
<td>Revision Lecture</td>
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<td></td>
<td>8.45am – 12.00pm</td>
<td></td>
<td>PE (PM)</td>
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<tr>
<td><strong>October (Revision Lectures)</strong></td>
<td>Psychology at Brauer College</td>
<td>HH at Warrnambool College</td>
<td>Geography in Melbourne</td>
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**Celebration Assembly:**
Our Celebration of Learning Assembly was held today. Congratulations to the following award recipients:

**Attendance Awards:**
- **VCE (Ms Angus):** Dylan Gravett, Nicholas Jones, Taj Merrett, Devon Coates
- **Year 9/10 (Miss Jubb):** Corey Jolly

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**Excellence ~ Respect ~ Responsibility ~ Caring ~ Honesty**
Junior Campus News

Junior Campus Concert: Let’s Get Physical
Our Junior Campus concert takes to the stage tonight commencing at 7.00pm, at the AG Daws Hall. The students and their class teachers have been practising extremely hard over the past weeks. I can assure you that after witnessing the acts at yesterday’s rehearsal you can be guaranteed a night full of entertainment and laughs. Students are asked to be at the Senior Campus Hall by 6.45pm ready for a 7pm start. I hope to see you all there!

Playground:
There was lots of excitement on Wednesday morning last week when a huge semi-trailer pulled up outside the front gates to unload our new play equipment. After lots of digging, screwing and tightening of bolts, the jigsaw eventually emerged as a vibrant, imaginative play space for our students. Once the soft fall has been spread, the playground will be open for use. On behalf of all Junior Campus staff and students, I would sincerely like to thank all Parents & Friends members for their hard work and dedication to Camperdown College for making this dream become a reality.

Walk to School:
Next term, we will again be implementing Walk to School. Our walking school bus will meet students at 8.30am every Wednesday morning at the Visitor Information Centre (opposite the Clock Tower). By getting involved in Walk to School, our students learn healthy habits, and achieve the sixty minutes of physical activity recommended for children each day. Parents and family members are welcome to join us on our walk to school. Thank you to the Heart of Corangamite for providing funding for this program.

Peace Run:
On Tuesday the global relay Peace Run visited our students and spoke to students about World Peace with a global message of friendship and understanding. Our Year 5/6 students presented their peace posters and students joined in activities with the participants. Our school captains were presented with a plaque for a peace tree and a certificate of participation.

AFL 9’s:
Unfortunately the AFL 9’s round robin that was scheduled for our Year 4 students on Monday had to be cancelled due to inclement weather.

Footy Colours Day:
The Junior School Council invite all Prep – Year 6 students to participate in a footy colours dress-up day tomorrow, for a gold coin donation. Students who have pre-ordered lunch will be treated to a special treat; hot chips! All money raised will be put towards the playground redevelopment.

Members of the Camperdown Football Netball Club will visit our College around 11am and will conduct a mini skills clinic with all our students. At approximately 12pm, the Staff/parents vs Year 6 students football match will commence. If any Year 6 parents would like to take part in the football match, please leave your name with Amy at the Junior Campus Office.

Learning Awards:

- Ms Angus: Lachlan Bennett – Persistence
- Ms Black: Ethan Coates – Taking feedback onboard
- Miss Bloomfield: Charlie Tickner – Dedication and enthusiasm
- Mr Brooks: Jessica O’Connor – Always prepared to have a go, persistence and innovation
- Mrs Charles: Kristy Parsons – Excellent attitude and results
- Mrs Crowe: Georgia Bailey – Consistent hard worker
- Mrs Guegan-Brown: Denzel Wickenton – Excellence
- Miss Hurrell: Tamara Emery – Leadership and persistence
- Miss Jub: Amelia Kempton – Persisting and striving for excellence
- Mrs Maskell: David Bentham-Body – Leadership
- Ms Mann: Soraya Clark – Determined and consistent effort to develop Art Folio
- Miss McLenann: Caitlin O’Connor – Accepts more and more challenges, persistence
- Mr Rock: Tiana Hinkle – Striving to produce best work on all occasions
- Mrs Smithwick: James O’Neil – Enthusiastic learning; knowledge of programs and pivot presentation
- Ms Taylor: Lauren McIlveen – Always striving to do her best; listening to and acting on feedback
- Mrs Ticklay: Molly Hedrick – Rising to every challenge
- Mrs Timilsina: Jack Helmore – Resilience and persistence.

ICAS Competitions:

<table>
<thead>
<tr>
<th>Writing</th>
<th>Science</th>
<th>Digital Technologies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ruby Bennett (Credit)</td>
<td>Tim Fagan (High Distinction)</td>
<td>Tim Fagan (High Distinction)</td>
</tr>
</tbody>
</table>

Science Award:
Lachlan Bennett and Stacey James: Helping out in the Science Room.

Mow Down Team:
Andrew Anderson, David Bentham-Body, Ellen Emery, Tamara Emery, Miles O’Connor, Nakeea Parlour, Dominic Smith.

Victorian State Schools Spectacular:
Bernadette Bellman, Lara Brown, Tamara Jones, Grace Jopling, Amelia Kempton, Olivia Maskell, Lauren McIlveen, Jessica O’Connor, Kristy Parsons, Meg Pickles, Amie Smith, Sophie Sumner, Lillian Teal, Zoe Wilkinson, Sarah Wright.

Pre-service Teacher:
Thank you to our pre-service teacher Adele Swanson who has been with us for the last six weeks, her enthusiasm and energy has been greatly appreciated. We wish her good luck in her future endeavours.

Vicki Angus, Senior Campus Assistant Principal
Attendance:
I would like to congratulate all students on their attendance this term. After scanning through our attendance data I am very pleased to announce that 38% of our Junior Campus students achieved 98% or more attendance at school in Term 3! This is a fabulous effort for the coldest term of the year; well done!

Students who have achieved 100% attendance for Term 3 (which concluded on Friday 9th September) will be presented with Gold Medal Attendance Awards. Congratulations to the following students on attending school every day during Term 3:

- Kirilee Bell
- Keira Johnston
- Josh Lucas
- Amali Ingham
- Ben Leonard-Pekin
- Lewani Bateman
- Charlotte Bennett
- Philippa Kempton
- Zack Regan
- Xavier Warren
- Jesse Parsons
- Sydney Bateman
- Charlie Burnett
- Fletcher Tolland
- Leilah Bateman
- Harry Bateman
- Harrison Bennett
- Eve Britton
- Mikayla Shaw
- Declan Tickner
- Quinn Clark
- Jordan Kempton
- Jacob Brown
- Lewis Regan
- Kimberly Hocking
- Ian Wilkinson

Celebration of Learning Assembly and Early Dismissal:
Our Celebration of Learning Assembly will commence at 9am tomorrow in the BER Building. Students will be presented with awards for special achievements over the term as well as show-casing some of their learning.

As you are all aware it is the end of the term tomorrow. As is usually the case, classes finish early at 2.30 pm. It has been another busy term at the Junior Campus and it is hard to believe that is has come to an end. We hope that you are able to enjoy the holidays getting out and about with your children and recharging the batteries. See you all on Monday 3rd October ready for a busy but enjoyable term. Don’t forget that Term 4 requires the wearing of wide brimmed hats for any outside activities.

Clare Monk, Junior Campus Assistant Principal

**Junior Campus communication sent to parents this week:**

| J86 | Prep Parent Information |
| J87 | Year 3/4A Concert Item |
| J88 | Junior Campus Concert Reminder |

**Senior Campus communication sent to parents this week:**

Can you help?
Next term we will be looking for a parent volunteer to help in the canteen every Wednesday morning for one hour (9am – 10am), to prepare the fresh fruit for fruit salad. If you are interested in this volunteering opportunity please make contact with either campus office as soon as possible. We are very grateful for the many ways in which our parents help to make Camperdown College a great place to be!

**Tonight Let’s Get Physical Junior Campus Concert**
Thursday 15th September from 7pm
In the AG Daws Hall
@ the Senior Campus

**Student Accident and/or Property Insurance:**
Please note that parents/guardians of students are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs. Similarly, the Department does not hold insurance for personal property brought to schools and it has no capacity to pay for any loss or damage to such property. Parents/guardians can purchase insurance policies from commercial insurers. The Department cannot advise parents/guardians on whether to purchase a student accident policy/ambulance cover, or which policy to purchase.
PIES MUST BE PRE ORDERED
Dear Parents/Guardians,

As the school holidays are approaching, you may have plans to travel on Victoria’s roads. Significant rain is expected to fall over much of Victoria over the next few days, which may result in flooding.

Because of this rainfall, there is an increased risk to those travelling on our roads, and it is possible that houses across the State may be impacted as well.

I urge you to heed the following advice from emergency services:

- You should never drive through floodwater – it only takes about 15 centimetres of water to lose control of your vehicle.
- Drive to the conditions around you and be aware of road hazards such as mud, debris, damaged roads and bridges.
- Roads in your area could be damaged by the bad weather so plan your journey and monitor VicTraffic for road condition updates and any road closures.
- Never swim, walk or play in floodwater, it is dangerous and may contain hazardous debris or toxins.
- If your property is at risk of flooding, please raise belongings onto tables, benches or beds and if you are on a farm, consider moving your livestock to higher ground.
- Remain informed with emergency broadcasters to ensure you are up-to-date with the latest conditions and if possible, make sure your neighbours are aware of the situation.

Many thanks, and have a safe and enjoyable holiday break.

Cherie Kilpatrick, Principal

Once again our Camperdown College mass dance team flourished and excelled, not only during the VSSS performances on Saturday but all the way through the processes of learning choreography, working together as a team, taking on leadership roles, working with highly acclaimed VSSS choreographer Dion Nuka and performing in front of thousands of people at Hisense Arena.

For new students and support staff it is always a big eye opener as to how much effort goes into setting up such an event as well as the roles taken on by all of the different people involved. Our students are always exemplary in their understanding of the professionalism and discipline that is required in such a highly charged environment and willingly adjust to changes and requirements along the way.

This year’s team was made up of students in Year 7 – 10 (pictured right) and they should be applauded for their dedication and commitment to their involvement in this amazing event.

A big thank you needs to go out to this year’s support staff Zaakirah Ticklay, Adele Swanson and Sue Maskell, as well Shelby Papodopolous for making the bussing arrangements for us this year. I think all would agree that it was great to sleep in our own beds each night. Thanks to the Camperdown College School Council for their ongoing support of this program. This support meant that there was no cost to our participating families except for supplying food each day and the optional purchase of the VSSS hoodie, which is fantastic!

Annette Timilsina, VSSS Coordinator
Thank you to all families who have signed up to access information about their child/children via Compass. It is not too late to sign up if you haven’t already done so. Please contact Christine or Amy for details.

At the end of Week 2 in Term 4, the next progress report will be posted on Compass. Printed copies of this report will not be sent home unless requested as they will appear in Compass.

Vicki Angus, Assistant Principal

At the end of the SRC meeting on Wednesday 31st August, all members enthusiastically planted and erected signs in the allotted space for the herbs. This great initiative will provide fresh herbs for food classes and increase the awareness of where our food comes from. Well done to all SRC members (pictured above) on their efforts and Mr Brooks and Mrs Maskell for the signs.

Suzanne Charles, SRC Coordinator

Congratulations to the students who participated in the 2016 National Geography Competition. Camperdown College geographers can once again hold their heads high – their results were exceptional. Congratulations to the following students:

**Participation:**
- Olivia Henzen
- Annabel Lucas
- Ellie Walsh
- Dylan Gravett

**Distinction:**
- Tate Canty
- Billy Conheady
- Thomas Hocking
- Zharia Lawlor

**Credit:**
- Riley Helmore
- Lauren McIlveen
- Jack Hughes

**High Distinction:**
- Jack Helmore
- Zoe Wilkinson
- Zach McKenzie
- Courtney Fenton
- Charlie Lucas
- Taj Merrett
- Bridget Moyle
- Molly Helmore

Suzanne Charles, Geography Coordinator

**Camperdown College Uniform Shop opening hours:**
- Wednesdays from 3.15pm – 4.00pm
- Fridays from 8.30am – 9.15am and 3.15pm – 4.00pm

With the exception of new families, we are unable to open the Uniform Shop outside of these hours.

We thank you for your understanding.

To cater for the change in seasons, the Uniform Shop will be open on the first day of Term 4, Monday 3rd October from 8.30am – 9.15am and 3.15pm – 4.00pm

Our Geographers SHINE again!
**HSSSD Junior Basketball**

Last Thursday 1st September, we had three basketball teams represent the College in the HSSSD Junior Basketball competition. The boys division was held in Terang whilst the girls played in Camperdown. Our Year 7 and Year 8 boys teams had a great day out and were quite competitive, both getting a couple of wins on the board. Our Year 8 girls team had an enjoyable day out and managed to get a win on the scoresheet, which was great. All of our students should be commended on their wonderful behaviour and great display of sportsmanship on the day.

Ashleigh Bloomfield, Year 7 – 12 Sport Coordinator

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**Year 11 History**

Throughout Term 3, Year 11 History students (pictured right) have had the opportunity to participate in two incredible learning experiences. On Thursday 18th August, we were all up early to catch the morning train to Melbourne and attend the Vietnam Veteran’s Day service held at The Shrine of Remembrance. This year was the fiftieth anniversary of the Battle of Long Tan, fought during the Vietnam War – a topic we have covered during our coursework. Our students merged with thousands of others to form the Guard of Honour as the Vietnam Veteran’s marched into the service high-fiving and thanking all of the attendees for coming. We then sat through the remainder of the service, being treated to a fly over of three restored Vietnam War fighter planes before making our way to the station to catch the train home.

Again up early to catch the train on Tuesday 6th September, the students and I headed to Matthew Flinders College in Geelong to participate in the History Council of Victoria’s, History Roadshow. This was an amazing opportunity for the students as they actively engaged in a series of sessions conducted by various historians. The highlight of the day would definitely have been our Twentieth Century History presenter, Professor Joe Siracusa from RMIT University. His prevalent American accent and charismatic persona coupled with his own incredible personal experiences of the Cold War made for a very engaging day which contextualised a lot of the content the students have covered recently. This experience served as amazing revision that the students can utilise in preparation for their end of semester exam.

Lucy Jubb, Year 11 History Teacher

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**Responsible Pet Education**

On Thursday 1st September, Prep – Year 2 students participated in a presentation that educated them on the importance of being responsible around pets, especially dogs, and what behaviour we need to display to ensure this occurs.

Cecilia presented students with scenarios and discussed what we should all do if we are in these situations, including patting somebody else’s dog. Students were also treated to hearing information regarding how we can be responsible pet owners ourselves. Cecilia had her two beagle dogs, Comet and Bronson, with her throughout the talk which the students thoroughly enjoyed.

Jacinta Tolland, Prep – Year 2 Department Leader
The first Victorian Maths Challenge is now open for families to access and enjoy together. It includes activities for students and their families that link maths to real-world situations.

For pre-schoolers, parents can use different activities to introduce their children to maths in real-life settings like the supermarket. For Year 5 – 8 students, there are eight online challenges students can do at home with their families, including building and measuring towers, designing paper planes, strategy games and building floatable craft. The Challenge is open until Tuesday 29th November and you can find it at [http://vmc.global2.vic.edu.au/](http://vmc.global2.vic.edu.au/).

Michelle Norton, Numeracy Leader

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Our Sporting Schools program aims to increase participation and nurture students’ lifelong love of sport. During Term 3, our students participated in a funastics/gymnastics program after school, coached by Kate Gay from the YMCA in Ballarat. A variety of equipment was used to enhance cardio fitness, agility, strength and balance.

Our sport for Term 4 will be hockey with Michelle Norton. This will take place on a Thursday after school for seven weeks from 3.15pm – 4.30pm from 20th October. Permission forms will be sent home at the start of next term. Please make sure that your child grabs one if they are interested.

So... let’s get active and get involved in playing sport regularly!

Sal Sutterby, Sporting Schools Program Coordinator

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The whole day ran smoothly and from where we were sitting, it looked like everyone was having a great time with their family and friends. We had at least 32 mowers show up for the event, which led to a great day of racing. Camperdown College VCAL students had a ball while racing in their first event. We had a few minor problems, with wheels coming off and the odd crash into a hay bale or another mower but everyone involved was happy to help out.

VCAL students would like to thank everyone for such a successful and enjoyable day. We would also like to thank Parents & Friends, SRC and staff and parents for their assistance, all of our sponsors for their help and donations and VicMow for all their help and support along the way.

Nakeea Parlour, VCAL Student

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Clockwise from top: Gracie Pearce; Nancy Leonard-Pekin; Fletcher Tolland.

Andrew Anderson was amongst those who enjoyed the racing at the Mow Down.
This year, the Year 9 students generously gave up their time to help raise awareness across both campuses for R U OK? Day. R U OK? Day is an annual day that encourages people to check in with their friends and loved ones to ask are you okay?

Year 7 – 12 students were encouraged to wear a splash of yellow with their school uniforms; students were very creative and lots of yellow was on show across the College! The Year 9 students wore bright yellow R U OK? shirts and gave out fruit at recess. At lunchtime, students braved the wind to put on a barbeque and had an information display informing students about mental health and ways they can to look after their own wellbeing and that of their friends.

The students also organised activities to celebrate and raise awareness about R U OK? Day; these included mindful colouring, and R U OK? word searches in the library. There was also a guess the lollies in the jar competition. At the Junior Campus, students organised a colouring competition and lunchtime games. Students donated all money raised to the R U OK? Day organisation.

Angela Brown
Student Wellbeing Officer

Looking for Host Families...

In 2017, Camperdown College is very fortunate to be hosting a language assistant from Indonesia. Suci Maharani, a graduate teacher, will arrive in February and will be working with all Indonesian classes for the whole year. She will complement the Indonesian program by providing students with her native language skills as well as her wealth of knowledge of Indonesian culture.

An added benefit of Suci’s visit is that several Camperdown College families will have the opportunity for a cross cultural exchange by hosting Suci in their homes for an extended period of time (approximately 10 weeks). Host families would receive a financial contribution towards household costs and meals.

Suci is 24 years old. Her hobbies and interests include listening to music, reading online news and travelling to new places. One of her favourite foods is pizza.

If your family is interested in hosting Suci, please complete the form below and return it to the Junior or Senior Campus Office by Friday 16th September. If you have any questions about hosting Suci, please contact Cherie Kilpatrick at the College.

Expression of Interest to Host Language Assistant Suci Maharani

I/we would be interested in hosting Suci Maharani for an extended period of time in 2017.

Family name: ............................................................................................................................................
Preferred time period: ..................................................................................................................................
Contact number: ............................................................................................................................................
Signature: ........................................................................................................................................................

Parents & Friends Silver Challenge

We’re in the final week!

Since the beginning of the year, Camperdown College students, staff and the wider Camperdown community have managed to raise $1,988 first in 5c pieces and then in silver coins. This is a fabulous effort!

The Parents & Friends Silver Challenge will come to a close tomorrow so that we can plan for the fabulous new additions to our Junior Campus Playground!

This week’s silver coins are being tallied tonight and the winning class will be announced at the final Term 3 Junior Campus Assembly tomorrow. They will be awarded their prize of popcorn and slushies early in Term 4. Good luck!

Olivia Henzen and Annabel Lucas (top) were amongst the organisers of R U OK? Day whilst other Year 9 students helped cook a barbeque.
The Parents & Friends Association held yet another successful Father’s Day Breakfast on Friday 2nd September. It was hailed a huge success with lots of dads/special people enjoying bacon and eggs with their children. Many dads started work late, just to be able to enjoy this celebration. A huge thank you must go to the Parents & Friends volunteers who worked hard to coordinate this event and to the mums and staff members who volunteered their time during the morning.

On Tuesday 13th September, six VCAL students travelled to Torquay for an end of term surfing lesson that followed on from work in Literacy and Outdoor Ed. The weather was absolutely terrible, pouring rain and windy. Despite this, the students continued to surf for the full two hours, absolutely loving every minute of it, it was harder to get them out of the water than it was to get them in. It was a great day out!

Linley Hurrell, VCAL Literacy

A big thank you to Simone and Travis Evans, Paula Robertson, Aleena Jenkins, Nicole Bell, Brendan Pekin, Claire Kempton and Sophie Sumner who ably assisted Sharyn Arnold last Monday in our final Term 3 canteen cook up. Many hands made light work, with our volunteers preparing lasagne, fried rice and muffins that are now available for purchase.

Thank you to our Prep – Year 2 families for responding so generously to the call!

Camperdown Amateur Basketball Association Inc.

Skill Development Clinic

Kick off the upcoming basketball season on the right foot by learning some new skills from former NBL player, Dean Brebner.

The clinics will run on Thursdays 1st, 8th and 15th September at the Camperdown Community Stadium from 5pm-6pm. The clinics are being run for primary school aged children only and cost $2 per child per clinic. For further information, contact Narelle Kerr on 0400 376 404.

Don’t forget to bring your basketball!

From left: Fletcher Tolland and Levi Coote at the Father’s Day Stall; Riley and Charlie Burnett with their dad Geoff; Ian and Dave Wilkinson at the Father’s Day Breakfast.
Excellence ~ Respect ~ Responsibility ~ Caring ~ Honesty

Friday 2nd September: Chase Fleming, Pippa Kempton, Ally Collins, Jesse Clark, Kimberley Hocking, Kc Jenkins and Noah Gavin.

Friday 9th September 2016: Cobi Creely, Eliza O’Neil, Wylie Cole and Mercy Rothman.

Cobden Spring Festival
October 14th - 16th
Street Parade • Sporting Legends • The Mik Maks
Kids’ Rides and Amusements • Food and Market Stalls
Live Music • Duck Race • Busking Competition
Annual Orchid Show • Fun Run/Walk • Mini Trains
Mini Golf • Gum Boot Toss • Pet Parade • Dog Jump
Dairy Park Open Day and Demonstrations • Kids’ Games
SWDRG Mini Rally • Displays • and lots more

A family friendly, “One and All” inclusive event
cobdenspringfestival.com.au, 0412 868 377

Cobden Spring Festival

Duck Race
3PM Saturday
October 15th
Lake Cobden
$5 a duck
from
Martin’s Timber & Hardware

Prize Vouchers
1st $250
2nd $100
3rd $50
PLUS Spot prizes

cobdenspringfestival.com.au - 0412 868 377
CAREER NEWS

Reminders:
- YEAR 12 VICTORIAN TERTIARY ADMISSIONS CENTRE (VTAC) - timely apply's close 29 Sept

1. YEAR 12 NEWS –
- REMINDER: If you are planning to study next year, make sure you have your VTAC course application done by 29 September - see www.vtac.edu.au. Also, remember Special Entry Admissions Scheme (SEAS) applications close on Tuesday 4 October (first week of term 4) so get onto it as soon as possible.
- OFFERS OF PLACES: The first round of offers of places occurs on 18 January, 2017. You can adjust your preferences after each offer round, irrespective of whether you have received an offer of a place already or not. There will be five rounds of offers. Change of preference will close a few days before each round and reopen the day after each round.
- PATHWAYS – Concerned about yourATAR? Universities have pathways into many of their degrees, very useful if you don't achieve a high enough ATAR this year. For example, lower ATAR’s are required at Colleges linked with the university (eg Monash and Deakin Colleges), relevant TAFE courses require a lower or no ATAR, and some universities offer associate degrees requiring lower ATAR’s. More details in the next newsletter.
- AUDITION AND ART FOLIO PREPARATION WORKSHOPS – Hoping for a great audition or art/design folio presentation? Hone your skills/techniques with a Box Hill Institute one-day workshop.
  - Audition skills for musicians: 26 Sept (Whitehorse campus); audition skills for musical theatre: 28 Sept (City campus), see www.boxhill.edu.au/courses/audition-skills-pafas-sc/.
NOTE: Free if applying for a Box Hill Institute music, musical theatre, design or visual arts course. Call 1300 BOX HILL to book.

2. YEAR 10’s INTERESTED IN IT AND ENGINEERING - ENGenuTy is for you. Year 10 girls are invited to spend a day discovering the excitement and creativity of engineering and information technology at Monash. Staff and students will be on hand to present workshops and demonstrations, practical activities and experiments; find new role models in women who work in engineering and IT, and get an insight into the diverse experiences and career paths available. When: 10am-4.30pm, Wed 28 September; Who: Year 10 girls; Where: Monash University Clayton; Register: http://eng.monash.edu.au/engenuity; Email: anna.siassios@monash.edu.

3. THINKING OF STUDYING MARINE BIOLOGY AT DEAKIN UNIVERSITY? From 2017 you will be able to study Marine Biology at either Deakin’s Geelong Waurn Ponds or Warnambool campuses. You will learn about how marine ecosystems function and how organisms interact with their living and non-living environments. There will be hands-on experience through fieldwork in temperate marine environments on the Victorian coast. There will also be opportunities to study tropical marine environments within Australia and overseas. More information see: http://www.deakin.edu.au/course/bachelor-environmental-science-marine-biology

4. CONSIDERING AVIATION?
- Moorabbin Flying Services Open Day; tour the Ground Theory Centre, meet instructors, explore courses, see simulators and aircraft. When: 10am-2pm, Sun 11 Sept; Where: 55 Grange Rd Moorabbin Airport Cheltenham. MFS also has a Become a Pilot for 3 Days Program in the school holidays; Cost: $699.00; Email: admin@mfs.com.au, Ph 9580 8822.
- Lilydale Flying School Open Day - interactive information sessions, career advice, tours, displays and a discounted introductory flying lesson. When: From 12 noon, Sun 11 Sept; Where: 13 Macintyre Lane, Yering; Ph 9739 1211, email info@yyaviation.com.au.
- RMIT Flight Training Day – instructor advice, tours, see the new planes. When: 10am-4pm, Sun 11 Sept; RAAF Williams, Point Cook Base – Bldng 202 Williams Rd, Point Cook. Register: https://www.eventbrite.com.au/e/flight-training-open-day-tickets-26652742069

5. WILLIAM ANGLISS INSTITUTE NEWS – Located in La Trobe St, Melbourne, William Angliss is a specialist centre for food, tourism, hospitality and events courses. William Angliss has been teaching and mentoring students for 75 years. It has modern training facilities, training restaurants and demonstration kitchens ensuring that skills learned occur in a realistic environment. If you wish to apply for a Cert IV, Advanced Diploma or Bachelor Degree at William Angliss, you need to submit a VTAC application. Apply direct to the Institute for all Certificate III courses. International students apply direct to the Institute; see: www_angliss.edu.au/international/how-to-apply.
  - William Angliss is holding an Information Evening where you can get your questions answered. When: 5.30-7.00pm, Wed 21 Sept; Book: www_angliss.edu.au/first.
  - Due to limited places, the Certificate III Aviation (Cabin Crew) interview process is now more selective. Applicants will be invited to attend an interview in late November and must RSVP to the invitation. Interview format: registration and induction; team activities looking for teamwork, initiative, enthusiasm and communication skills; lunch break; panel interview.
  - Beauty Therapy is suspended for 2017.

6. HOW DO I GET A JOB? A helpful website has suggestions on how to present yourself, what employers are looking for, and so on. See: www.employment.gov.au/posters-job-seekers.
LOOKING AFTER YOURSELF

STRATEGIES for STUDENTS

Follow these strategies to support your mental health and wellbeing:

- **EXERCISE YOUR MIND**
  Physical exercise is great for our mental health and for our brains. When you’re feeling down, the best thing you might feel like doing is exercising. But studies have suggested that even a small amount, from walking around the block to yoga or cycling, could contribute to improving the symptoms of depression and anxiety and help you feel less stressed.

- **POSITIVE SELF TALK**
  The way we talk to ourselves, that voice inside of our head, has a huge impact on our outlook, our emotions and ultimately on our lives. It might not feel like it, but with practice you can change your self talk. Positive self talk is any thought you think, or any speech you use to tell yourself that uplifts your social, mental, emotional wellbeing and results in improvement. Positive self-talk can be used for greater confidence, a healthier lifestyle and reduced stress and can be a very effective way to prepare yourself for a big test or exam.

- **USE RELAXATION TECHNIQUES TO MANAGE STRESS**
  There are many different relaxation techniques you can use to overcome stress. When you feel like everything is getting too much, remember to breathe deeply. Breathe through your nose for 5 seconds and 5 seconds out and you will find your body relaxes. This can be very helpful to calm your nerves before an exam. Check out the web and app based meditation apps like Headspace for help with breathing and other relaxation techniques.

- **EATING**
  Some studies suggest that when you eat affects your mood. A good balanced diet will make sure you have all the essential nutrients needed for your brain to function well, helping you keep both physically and mentally healthy. You might have noticed that your mood can affect your appetite and food intake. Maintaining a healthy diet and regular food intake can be a way to look after yourself even at times you don’t feel like it. It’s easier to get stuck when you’re feeling low, but eating well and drinking water will actually make it harder to remember and more difficult to get good sleep.

- **CONNECT WITH OTHERS**
  We are social creatures, and our social relationships are really important to our general wellbeing. It is okay to take time out for yourself, but don’t use this as an excuse to keep yourself isolated. When you’re feeling stressed out, overwhelmed or depressed, talk to your friends and family. Asking for help can be really helpful to you through these times.

- **GET SOME SLEEP**
  A good night’s sleep is vital for our mental and emotional wellbeing. Sleep disturbances can increase negative thinking and heighten our stress levels. Try to maintain a regular sleep and wake schedule, use the bedroom for sex, narcolepsy and sleep, and avoid using distracting devices such as a television or a computer when you are in bed.

- **HELP SEEKING**
  A problem can sometimes be too hard to solve alone — or with friends and family — so it’s important to seek professional help. You can use your family doctor, psychologist, nurse, occupational therapist, psychologist, social worker or counsellor. If school you could also talk to a trusted teacher, the Student Wellbeing Coordinator or school counsellor who can provide advice, direct you to the right person if you need further help. Be honest with yourself about what you need support and don’t be afraid to find someone to talk to — it might feel very scary at the start but it gets easier over time.

- **TALK TIME TO STUDY**
  The exam period can be a particularly stressful time, but setting time aside to make sure you’re studying as well as help reduce your stress and anxiety. To reduce exam pressures, think about doing things like planning to have a good balance between social life and study time, plan rewards for after exams, study actively and do past exam papers. Develop and stick to a study routine at home.

- **AVOID ALCOHOL & DRUGS**
  Some people make the mistake of thinking that taking drugs can help them cope in tough times. Drugs, including alcohol, can contribute to or trigger mental health problems in people. Mental illnesses linked to drug use include anxiety, depression, paranoia, panic attacks, and psychosis. And if you’re developing a drug addiction, when you’re trying to study, you’ll be more tired and less focused which could lead to an increase in stress when it comes to exam time.

If you are in need of help, visit [headspace.org.au](http://headspace.org.au).
Log on to [headspace.org.au](http://headspace.org.au) for online support and counselling.
Young people have access to a virtually limitless world so parents should be aware of the risks.

What is inappropriate content?

The internet offers the chance to explore a virtually limitless world without the constraints of the ‘real’ world. Content on the internet is not broken into age or developmentally appropriate areas. Without supervision and guidance, a young child can either unintentionally or purposely find content that is disturbing, explicit or inappropriate.

Just as you would ensure that the books you read to your child are age appropriate and the TV shows they watch are suitable, you should monitor what your child is doing, and where they are going, online.

Most internet users will at some stage come across confronting content online and in the majority of cases this will not cause long-term harm. Problems can arise when this exposure is constant and is not discussed with a parent who can provide a balanced view.

Some specific examples of potentially damaging content for children and teenagers include sites which encourage eating disorders or self-harm. For young people with mental health issues such as depression or an eating disorder, these sites can be damaging as they create an environment where users may normalise behaviour which is harmful (for example encouraging self-harm, or extreme calorie restrictions). Be aware that young people looking for these websites will find them.

Many disturbing websites are not illegal which means that it is up to a parent to monitor and manage. You would not feel safe allowing your child to wander endlessly through a large city, alone and in the middle of the night. The internet is like a large city, full of good and bad and a place that a child needs to be supervised.

The issues of curiosity and exploration are the same for every generation, but the internet means there is far more information which is far more easily accessible. Parents may often have looked up a ‘rude’ word in a dictionary—children today will Google the word instead. Rather than looking up pictures of nude bodies in a biology textbook at the library, today kids can get videos rating online very quickly.

What can I do to protect my child online?

The most important thing you can do is engage in open and honest communication. Use the internet together and make it part of your family’s activities. You do many other activities with your child: walking the dog, going to the movies, and playing in the park—so spend some time online as well. The more you explore together, the more you will learn about their online behaviours and interests.

More options include:

- **Have a home-based ‘Acceptable Use Agreement’**: You have rules in the real world about what your expectations are, you can have similar rules and consequences for the internet.
- **Use an internet filter**: These can be downloaded for free, or purchased from an IT retailer. Remember that sometimes filters fail, and they can be bypassed—for example, by using the neighbour’s unsecured Wi-Fi.
- **Use parental controls**: You may not be aware that most computers, net browsers, tablets, smartphones and gaming consoles have some level of parental control—for example, the ability to block access to certain categories of websites. These are not the default settings, so you must activate them yourself.

Talk with your child

Ensure that you regularly talk with your children about their online experiences. Ask them what they have seen or done, and if they have had any problems. If you hear about a site which concerns you, have a look for yourself.

Make sure that you continually reinforce to your children that nothing is so bad that they can’t talk to you about it. Let them know that they should come and tell you when they have any problems online, see something that they know is wrong, or anything that upsets them.

Children often fear telling a parent about an online issue as they think this will result in blocking their access to the computer and internet. Don’t threaten to disconnect your child—this will only cause them to keep online problems hidden from you.

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**COPRICE COBDEN SPRING FESTIVAL**

**Lochard Energy**

**7th Annual FUN RUN / WALK 2016**

**Sunday October 16th**

**WALK – 9am**
Entry Fee. $5.00
Registration 8.00am – 8.30am at Cobden Technical School Gymnasium
Walk Rail Trail, Naroghid - Cobden. Distance 7.5kms
Bus shuttle to start point

**A “Corangamite Fun Run Series” event**

**RUN – 9.30am**
Entry Fee: U/10, U/12, U15, $5.00. Open $10.00
Registration 8.30am – 9.15am at Cobden Technical School Gymnasium.

**Sections Male and Female:**
U/10, U/12, U15 and Open Distance
U/10, U/12: 3.2 Kms
U/15 and Open: 6.0 Kms

First runner to break the 6 km record time of 19m 23s held by Tom Hynes will win $100.00
Registration and entries on day of event Prize value for Walk and Run - $600.00

Entry fees supporting Cobden District Health Services Inc.
For more info: Kevin Duffin, 5595 1638, 0457 650 777

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**YOGA...With Molly**

Thursday October 13th
Camperdown Uniting Church Hall
5.30-7pm
Cost: FREE

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**Eleven eleven**

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**M I Fellowship**

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**South West Healthcare**
Camperdown Little Athletics Centre

Family, Fun and Fitness!

Little Athletics is back again for 2016-2017 for all Girls and Boys, 5 to 15 years of age.

Registration pack collection and Come and Try Night Friday 7th October, 4:30pm.

Competition commences Friday 14th October, 4.15pm for a 4:30 start.

Venue: Aths Track, Fuller/Frederick St (behind Basketball Stadium)

Please register online at www.lavic.com.au and click on Registration to join up (Cost $120 for entire 16/17 season)

For additional information, contact Kathy Hallyburton (Secretary) 0419671300 or Cheryle Conheady (Registrar) 0408523849
Camperdown Amateur Basketball Association Inc.

It's time to register for the upcoming 2016/17 season!

Registrations are being taken online for all grades from now until Friday 9th September. To register, visit the Camperdown Amateur Basketball Association's website and follow the links: (www.foxsportspulse.com/assoc_page.cgi?c=1-10252-0-0-0).

Individual registrations are taken for our Midget and Junior grades whilst we accept both names and teams for our Senior Men & Women’s competitions. If you only submit your name, we will endeavour to find you a team. If you have a team, please email the association your team name and list of players once all players have registered online.

Fees are payable online when you register:
Midgets $75  Juniors $85  Seniors $95
Children must be 7 years of age as at 31st December 2016 to register.

Family discount still available:
If you have three or more family members playing, each player will have court fees for two games paid at the beginning of the season.
If you have any queries or concerns, please contact President Gary O'Neil on 0419 302 436, Secretary Amy Stephenson on 0417 013 962 or Treasurer Mel Micallef on 0408 672 294.

E: caba@tca-online.net.au

South West Dairy
“FREE Family Fun Day”

Come to Cobden to have a FREE family fun day at the Cobden Miniature Railway and Mini Golf Park.
Train rides and Mini Golf will be FREE for dairy farming families.
TV Magician Tim Mason will perform a Magic Show.
Lots of rides and activities for the Kids & Adults
There will also be a FREE BBQ Lunch

WHEN: 10am to 4pm Sunday 18th September
WHERE: Cobden Miniature Railway & Mini Golf Park
COST: FREE for Dairy Farming Families

From September, 5 things to remember
Slip! Slop! Slap! Seek! Slide!

From September, Victoria's UV levels are on the rise, so it's time to dust off the sun protection gear and Slip, Slop, Slap, Seek, Slide wherever you are outside. Check the daily sun protection times - you can find them on the free SunSmart app, online (sunsmart.com.au) in the weather section of newspapers, or as a free SunSmart sticker. If you can't check the sun protection times each day, make sure you use sun protection every day from September to the end of April in Victoria. Don't just wait for hot, sunny days.

Remember these 5 SunSmart steps during the sun protection times, even if it's cool or cloudy:
1. Slip on covering clothing. If you can see skin, UV can reach it. Is your child's skin covered with cool clothing today?
2. Slop on SPF 30 or higher broad-spectrum sunscreen. Apply sunscreen before going outdoors and reapply every two hours. One application is not enough. Has your child had sunscreen applied and reapplied today?
3. Slap on a sun protective hat. The best hat shades the head, face, eyes, ears and neck. Does your child's hat protect all of these areas?
4. Seek shade. Shady spaces keep some of the sun's UV but not all so you still need to wear hats, clothing and sunscreen even in the shade. Does your child have shady places to play?
5. Slide on sunglasses labelled AS 1067? If practical, help protect your child's eyes with sunglasses. Are your child's eyes safe in the sun?

A note about vitamin D
The sun's UV is the best natural source of vitamin D.
From September to April in Victoria, most people need just a few minutes of sun exposure mid-morning or mid-afternoon on most days of the week to help with vitamin D. Even with sunscreen you can still get some vitamin D. Sun safe outdoor play throughout the day should not put your child at risk of low vitamin D.

For further information contact:
SunSmart
Ph: 03 9144 6415
Email: sunsmart@canervic.org.au
Web: sunsmart.com.au

Come along and participate in our Lake 2 Lake fun run and walk. ALL proceeds going to Camperdown Hospital.

SUNDAY 9th October
4km run/walk and 8km run
Registrations 8:15
9 am start
@Camperdown Golf club
$5 entry fee
Prizes to be won
ALL ages recommended
Majors Sponsor