

Camperdown Contact

CAMPERDOWN COLLEGE NEWSLETTER

Term 4, Week 1, 17th October 2025

GWR ATHLETICS



Camperdown College was well represented at the Greater Western Region Track & Field Championships in Ballarat last week. Senior Campus students shone in fine conditions on Thursday whilst Junior Campus students competed in the wind on Friday. All students competed against strong contenders from across the region and our students displayed determination and team spirit on each day.

Each student gave their best in their respective events and several secured themselves a spot on the podium:

Athena Chivell: 1st 100m, 1st 200m, 3rd Long Jump, 3rd Triple Jump

Shelby Cameron: 3rd Long Jump

Philippa Kempton: 3rd 1500m

Maya Smith: 3rd 1500m

Ekaterina Gunina: 1st 800m, 2nd 100m, 2nd 200m, 3rd Long Jump

Mariia Gunina: 2nd 800m, 2nd Shot Put, 3rd 200m

Zoe Unwin: 1st Triple Jump, 2nd Long Jump

Callen McLachlan: 2nd Triple Jump, 2nd Hurdles

Georgie Harrison: 9th 1500m

Lily Finlayson: 11th 1500m

George Wilkinson: 1st 800m MC, 1st 100m MC, 2nd Shot Put MC

We are especially proud to announce that the 14 Years Girls 4x100m Relay Team consisting of Maddison Fisher, Maya Smith, Jessica Paton and Athena Chivell delivered a fantastic performance, earning a place at the upcoming State Championships along with individual events for Athena, Ekaterina, Zoe, Callen and George. Congratulations to all our students who participated. We look forward to seeing our state representatives compete at the next level and wish them the very best in their events!

Matt Harkin and Grace Lee, Prep – Year 12 Sport Coordinators

SENIOR CAMPUS 03 5593 1617

JUNIOR CAMPUS 03 5593 1438

Website: <http://camperdowncoll.vic.edu.au>

Compass: <https://camperdowncoll-vic.compass.education/>

FROM THE PRINCIPAL'S DESK...

At Camperdown College, the camp program is much more than just a fun outing - it's a vital part of our students' learning journey, offering benefits that reach far beyond the classroom walls. Camps provide unique opportunities for students to develop independence, build resilience, foster teamwork and connect with nature in ways that enhance both their personal and academic growth.

Recognising the importance of these experiences, School Council recently discussed the rising costs associated with running our camps. We remain firmly committed to ensuring these enriching programs continue for all students and will subsidise where possible to support families.

Already this year, students across various year levels have enjoyed memorable camps at Sunnystones in Bacchus Marsh, Cave Hill Creek and Anglesea. These locations offer incredible environments for adventure and learning, helping students to step outside their comfort zones and try new activities.

This week, three groups embarked on exciting new camp experiences:

- Our Year 3/4 students, accompanied by six staff members, spent three days at Camp Angahook in Airey's Inlet. This camp provided an excellent opportunity for students to explore the local beach and bush environment through a range of engaging outdoor activities. Students took part in hut building, the giant swing, bushwalking, a low ropes course and beach Olympics. These challenges not only bring fun but also help students develop problem-solving skills and confidence.
- Over the weekend, six Year 9 students - Max Thomson, Chase Fleming, Quinn Clark, Taylah Bernoth, Gracie Pearce and Charlotte Bennett - set off on their nine week residential leadership program at the School for Student Leadership, Snowy River Campus in Marlo. This

transformative experience nurtures leadership skills and personal growth. Additionally, we welcomed being able to accommodate three late additions to the Gnurad Gundidj Campus in Noorat - Charlotte-Rose Richardson, Lacey Grundmann and Amy Prout - who embraced this opportunity with enthusiasm and are already engaged in their unique program.

Our student leadership programs are always in high demand. Interviews for the 2026 cohort have already been completed and we proudly congratulate Oliver Horspole, Samuel Tolland, Isla Spokes and Amber Wallis on their selection to attend the Alpine Campus at Dinner Plain next year.

Looking ahead, eleven students have confirmed their intention to participate in the Indonesian Study Tour in 2026. This promises to be a valuable cultural and educational opportunity and we will be sending three staff members to accompany and support the group throughout the tour.

In November, our Year 10 students will participate in the Charlton Pre-Driver Education Centre (CHARTSEC) program, which includes an overnight camp at the local caravan park. This program offers excellent preparation for students' future independence and responsibility on the road.

Even our youngest students are introduced early to camp experiences. This year, Year 2 students will have a memorable night stay at school in early November, giving them a gentle introduction to the joys and benefits of camping.

In all, these camps enrich our school community by providing diverse learning opportunities that build character, nurture leadership and create lasting memories. We are proud to offer such valuable experiences and look forward to many more adventures ahead.

Ms Vicki Angus, Principal

CALENDAR OF EVENTS

T4 W3	Monday 20 th October	Hooptime Regional Finals <i>Year 3/4 All Stars in Hamilton</i>
	Wednesday 22 nd October	Year 12 Mystery Trip
	Thursday 23 rd October	Scholastic Book Club due <i>Prep – Year 6 students</i>
	Thursday 23 rd October	Pomborneit Cricket Club Clinics <i>Prep – Year 6 students at the Junior Campus</i>
	Thursday 23 rd October	Year 9 Future Me @ Deakin <i>See Compass for more information</i>
	Friday 24 th October	Prep – Year 2 Naroghid Excursion <i>See Compass for more information</i>
T4 W4	Monday 27 th October	Hooptime Regional Finals <i>Year 5/6 All Stars in Hamilton</i>
	Monday 27 th October	Super 8's Cricket (Primary)
	Tuesday 28 th October	Year 12 English Exam
	Friday 31 st October	Year 9 Future Me <i>Day 2</i>
	Friday 31 st October	JSC Pirate Day for Brain Cancer @ Junior Campus <i>More information to come</i>
T4 W5	Monday 3 rd November	Student Free Day <i>Staff Professional Practice Day</i>
	Tuesday 4 th November	Melbourne Cup Public Holiday <i>Students in Prep – Year 12 not required at school</i>
	Thursday 6 th November	State Athletics Carnival (Primary)
	Thursday 6 th November	Year 8 GWR Basketball in Ballarat <i>See Compass for more information</i>
	Thursday 6 th November	Sport & Recreation: Surfing in Melbourne <i>See Compass for more information</i>
	Thursday 6 th November	Year 2 Sleepover <i>More information to come on Compass</i>
	Thursday 6 th – Friday 7 th November	Year 10 Charlton Driving Camp <i>See Compass for more information</i>
T4 W6	Tuesday 11 th November	Sport & Recreation: Surfing in Warrnambool <i>See Compass for more information</i>
	Wednesday 12 th – Friday 14 th November	Year 11 Exams
	Thursday 13 th November	Prep 2026 Orientation Morning from 9.30am <i>More information to come via post</i>
	Thursday 13 th November	Sport & Recreation: 10 Pin Bowling in Colac <i>See Compass for more information</i>
	Friday 14 th November	Junior and Intermediate Cricket

Our Mission:

Camperdown College will provide exemplary teaching and learning programs within excellent facilities which foster school pride, aspiration and persistence to achieve high levels of learning for all students.



Welcome back!

Excitement levels were high last week when we returned after the holidays to our newly renovated spaces in the main building at the Junior Campus. After many weeks of renovations, students returned to their normal classrooms adorned with new paint and carpet making them comfortable and attractive learning spaces. Students and staff have done the most amazing job of working through these renovations and it was lovely to start the term in this manner. We thank our local tradies Mick Kavenagh, Shane Arnold, South West Handyman and Plastering and Choices Flooring Colac, for working days and hours that meant learning was prioritised throughout these renovations.

Year 3/4 Camp:

This week, our Year 3/4 students finally embarked on their camping experience for 2025 after looking forward to this moment for so very long. Excitement levels were high on Monday as students prepared to travel to Airey's Inlet to attend their three day Camp Angahook adventure. The giant swing and lighthouse from the famous *Round the Twist* series were definite highlights amongst the students. A special thank you to Miss Helmore, Miss Cook, Mr Osborne, Mrs Wilde, Sal and Tayla for attending and supporting our students across the three days.

Greater Western Regional Athletics Carnival:

Last Friday, we had five of our students compete at the Greater Western Regional Athletics Carnival in Ballarat after qualifying at our Division Athletics earlier in the year. Lily Finlayson, Georgie Harrison, Callen McLachlan, Zoe Unwin and George Wilkinson did an exceptional job at this level of competition with some very impressive results. Congratulations to Zoe, Callen and George for qualifying for the State Athletics Carnival, and to Lily and Georgie on competing strongly amongst some talented athletes. We are very proud of you all.

Regional Hooptime:

On Monday next week, our Year 3/4 All Stars Hooptime team, will travel to Hamilton to compete in the Regional Hooptime Finals. A week later, our Year 5/6 All Stars Hooptime team will also complete the same trip, journeying to compete against some strong teams due to their excellent results at our District Hooptime Competition last term. Having both teams qualify for the boys division, is a huge achievement and we wish both teams all the best.

Prep – Year 2 Excursion:

Our Prep – Year 2 students will be embarking on a day excursion to our Naroghid school site next Friday 24th November. This will be a wonderful day out for our students which will see them engaging in many hands-on and exciting experiences in an interesting, imaginative and natural environment. We can't wait to hear how their day goes!

Pirate Day for Brain Cancer:

On Friday 31st October, our Junior School Council will be hosting a pirate day to raise money for the Brain Cancer Centre. Students are asked to dress like a pirate on the day for a gold coin donation. They will be able to purchase party pies along with cannon balls (golf ball size rum balls coated in coconut or 100's & 100's) on the day as they enjoy pirate games ran by our JSC members.

Cricket Clinics:

Next Thursday, all students at the Junior Campus will engage in a cricket clinic to be delivered by our local Pomorneit Cricket Club. Students will be exposed to the game of cricket by exploring batting, bowling, fielding and catching skills and techniques, which promotes team work as well as individual skills. We are looking forward to seeing our students explore this sport under the guidance of some of our local cricket players.

Camperdown Show:

Each year, our school community are big supporters of the local Camperdown Show and this year was no different. Art pieces and poems were entered by many of our students, with a large number experiencing the success of being awarded a first, second or third prize for their work. Students will be acknowledged at assembly next week and it has been exciting hearing many say they saw their piece on display when attending the show on the weekend.

Student Free Day/Public Holiday:

A reminder that students are not required at school on Monday 3rd November with this being a student free day for all students. The following day, Tuesday 4th November, is Melbourne Cup public holiday with students also not required at school. TheirCare will be available for students on Monday if needed.

Year 6 Graduation:

This term is a special one for our Year 6 students as it is their last one at the Junior Campus. Parents and friends of Year 6 students, please make note of the date of Year 6 Graduation being Monday 15th December. More information will be shared as we edge closer to this celebration.

Mrs Jacinta Tolland, Junior Campus Assistant Principal

JUNIOR CAMPUS COMMUNICATION SENT HOME TO PARENTS THIS FORTNIGHT:

J14	Junior Campus Concert	J15	Sunnyside House Music
J16	Year 3/4 Camp & Medical Forms	J17	Dental Van - December

SENIOR CAMPUS COMMUNICATION SENT HOME TO PARENTS THIS FORTNIGHT:

S11	Indonesian Study Tour Deposit	S12	SSL 2026
S13	Year 10 VCE Step Up	S14	Indonesian Study Tour Update



As we step into the final term of 2025, excitement is buzzing throughout the corridors at the Senior Campus. A large part of the eagerness comes from our oldest cohort – our **Year 12 students** are entering their final days of formal classes before embarking on the next chapter. For some, it will be moving into full time work, for others it involves exams and the nervous wait for results. I would like to take a moment to thank teachers who have given up their holiday time to support students in practice exams and revision lectures and for the endless marking, feedback and emotional support they are offering (and support in the form of food and lollies!). To our Year 12 students, I encourage you to enjoy these next couple of weeks and to fully participate (safely) in all the traditions and rites of passages that comes with them. Know that the college is here and will continue to provide the support you need – including being the level, kind voice you need at this time and for those nervous moments ahead. Families are invited to attend the **Final Year 12 Assembly** next Wednesday at 9.15am in the AG Daws Hall. Students completing exams have all been given the individual exam timetable as well, if you require this information again, please reach out to Fiona Crowle.



Last Thursday we sent a strong contingent of competitors to the **Greater Western Region Athletics Carnival**. In true Ballarat fashion, the team battled the wind but came away with many positive stories and notable achievements. Reports of excellent sports-person-ship and great individual milestones have been shared back at school. Twelve students participated, bringing back a total of 18 medals! We will have students, including the Under 14 girls relay team (consisting of Athena Chivell, Maya Smith, Jessica Paton and Maddison Fisher), progressing to State level in Melbourne on Monday 20th October.

Last Friday we farewelled nine Year 9 students who have since departed for the School for Student Leadership (SSL). Chase Fleming, Quinn Clark, Max Thomson, Taylah Bernoth, Gracie Pearce and Charlotte Bennett are all in Marlo at the Snowy River Campus, and thanks to a last minute opportunity, Charlotte-Rose Richardson,

Lacey Grundmann and Amy Prout are attending locally in Noorat at the Gnurad Gundidj Campus. We look forward to following their experience and for their contributions to the school upon their return. The remaining Year 9 students have a jam-packed calendar of events including the **Future Me Program** run through Deakin University. All this is off the back of their time skiing on Falls Creek at the end of last term at the **Bogong Outdoor Education camp!**

Amongst the rain showers at the end of last week, two groups of Year 9/10 students demonstrated their civic responsibility and assisted the **Camperdown Show** Committee to set up for the annual event. There were also art works entered in the arts show, following the theme of *Paddock to Pavilion*. As one of her final contributions as School Captain, Jada Mahony was the Show's Youth Ambassador on the day as well. The committee were thrilled to have her support the event in this way.

This week our **Year 11** VCE students completed the last session for the year with **Success Integrated**. This company has been working with various groups throughout the year to provide messages and advice around motivation, studying and helping students consider all their options as they move through school and beyond. The hall usually rocks with the sound of the DJ, as students are encouraged to dig deep and put their best foot forward in their senior years of high school.

Our Year 11 cohort have been invited to apply for the **student leadership positions** of School Captains, SRC President and House Captains for 2026. The positions, tailored using feedback from our current leadership group, provide opportunities for students to step up and take the lead in various aspects of school life. Applications closed Friday morning and the process, including interviews, voting and speeches will follow over the coming weeks. It is hoped the new leadership team can step up once our current Year 12 students leave, providing them with even greater opportunities to start making a difference in their last weeks of school in 2025. Year 10 students have also been provided with the opportunity to apply for some of these positions.

A reminder that in Term 4, all students are required to **wear their hats** in the yard at all break times. New hats can be purchased through the Uniform Shop.

Mrs Sarah Brooks and Ms Katie Taylor, Senior Campus Assistant Principals

**JSC Pirate
FUN DAY
Fri 31 Oct**

More information
to come

**the brain
cancer centre**
MANY MINDS. ONE FOCUS.

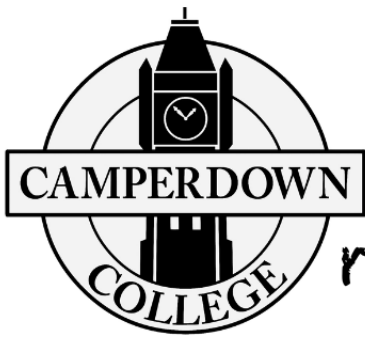
Founded by
Carrie's Beans
4 Brain Cancer



The recent school holidays was the end of an era for our Senior School Captain Stella Horspole who competed at her very last Interschool National Championships in Sydney. Stella earned her spot on Team Vic after representing our college at the State Championships in Borneo Park in April.

Stella's final interschool event was a huge effort and achievement as she is currently studying Year 12 and about to embark on her VCE exams. Stella represented our college in the Senior Show section where she placed 8th in Australia on her horse Northern Ridge Romantic Hero.

Stella has been representing Camperdown College at Interschool State and National Championships since Prep in 2013. She has earned many titles as a student due to her constant hard work and dedication. Well done Stella, staff and students are continually in awe of what you have been able to achieve.



Prep-Year 12 students are required to wear hats from Term 4.

Student Free Day: Monday 3rd November

TheirCare will be available for students on our upcoming Student Free Day, Monday 3rd November. Bookings are now open at www.theircare.com.au. Get in early to avoid disappointment.



Major Raffle

Tickets \$10

Only 4,000 available
Make contact to collect your
book/s from the Office

1st Prize:

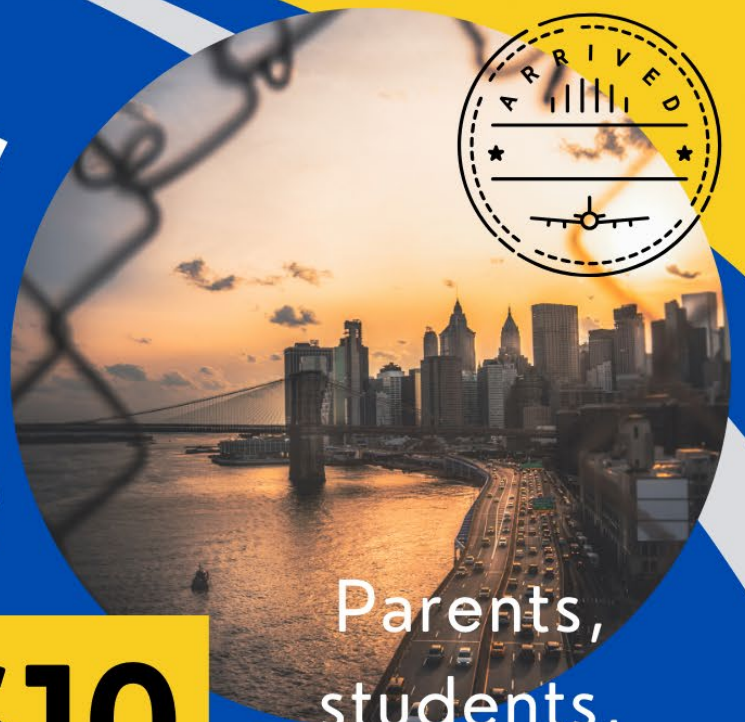
\$10,000 Travel Voucher -
Helloworld Camperdown

2nd Prize:

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

3rd Prize:

\$1,000 Fuel Voucher -
BP Australia



Parents,
students,
friends &
families...

We need your
help to sell
tickets!



Drawn Monday 15th
December
Winner notified
by phone
Results published in
Camperdown
Chronicle
PERMIT NUMBER
10338/25



After a long wait Charlotte Bennett, Gracie Pearce, Taylah Bernoth, Max Thomson, Quinn Clark and Chase Fleming arrived at the Snowy River Campus in Marlo over the weekend, whilst after not so a long wait, Charlotte-Rose Richardson, Amy Prout and Lacey Grundmann made their way to the Gnurad-Gundidj Campus in Glenormiston. These nine adventurous students will spend the remainder of Term 4 at their respective School for Student Leadership campuses, gaining skills in emotional management, collaboration, socialisation, building resilience and respectful relationships. Students will also be devising and planning their Community Learning Project (CLP) where they will work as a close-knit team in 2026 to see this come to fruition.



STATE. HERE WE COME!



Our Year 7/8 hockey team travelled to Warrnambool on Wednesday to compete in the GWR Hockey Finals against Warrnambool College. In beautiful sunny conditions, our team was victorious 3-1. All students played their part, whether it be in defence or attack. Noah Boyd claimed two goals whilst Maisie Cunningham netted one. It was pleasing to see the students who are new to hockey enjoy something new. Our students will now head back to the training track to prepare for the State Championships!

JUNIOR CAMPUS CONCERT

Thurs 18th Sept, 6pm
Senior Campus Hall

What a night we had to conclude last term at the Junior Campus Concert, *Your ticket to Broadway!* Our talented students entertained a very large audience with some exceptionally clever and impressive dances to songs from some very well-known musicals including *Annie*, *Blues Brothers*, *The Wizard of Oz* and *Matilda*. This live performance concluded weeks of practice and preparation in such a spectacular manner. Our Year 5/6 students shone in their skit performances that ensured the scene was set for *Your ticket to Broadway*. Students experienced the variety of emotions that exist with a live performance, including nervousness in the moments leading into their performance and elation at its conclusion. Congratulations to the star performers; our students who shone in both talent and enthusiasm.



Year 9 Camp – Educating for Sustainable Living whilst learning to ski!

Our Year 9 students took their learning outdoors last term, embracing our vision to educate for sustainable living and develop future-ready young adults. Throughout the week in Bogong, students explored alpine environments, built teamwork and resilience, developed critical thinking skills and deepened their understanding of nature and sustainability. Our staff continue to provide opportunities for creating meaningful, hands-on learning experiences that inspire students to connect with nature, their peers and their future.



Our Year 6 girls put on a fantastic show at the GALS Project Launch last term at the Lighthouse Theatre in Warrnambool! The event was full of energy, achievement and celebration. The girls truly shone and their presentation on blue-banded bees was a standout moment. They spoke with confidence, shared some fascinating facts and showed just how much they've learned from this program that began back in July. The night was a wonderful showcase of talent, teamwork and passion as they represented the college with an enormous amount of pride. Well done girls!



Our Year 6 Leaders – Airlly Dwyer, Alexis Bamford, Bentley Currell, Zoe Unwin, Rieley Dempsey and Henry Wilkinson – proudly attended the Student Leaders Congress: Night of Celebration at the Lighthouse Theatre at the end of Term 3. They showcased their project *Camperdown College News* through a documentary and Q&A, highlighting their journey since the initial Leaders Congress Day in Term 1. This project has strengthened their confidence, teamwork and professionalism and we commend them for the dedication and enthusiasm with which they represented Camperdown College.



September

26th: Harriet, Zhai, Athena

28th: Olivia

30th: Michael

October

2nd: Jordy, Alexis

11th: Zander

18th: Kayla

Maison

25th: Laine, Holly, Sydney, Storme

4th: Maya

12th: Ayla, Leilah

19th: Lara, Henry

27th: Magnus

8th: Bailey

15th: Marianne

20th: Opie

28th: Tiarna

10th: Zoey

16th: Philippa

24th: Hamish,

29th Robert

Happy Birthday

JSC SPORTING COLOURS DAY

Friday 19th September
Gold Coin Donation

Sporting Colours Day was held at the Junior Campus on Friday 19th September with all students and staff dressing in their favourite sporting colours to raise funds for our much loved gaga pits. Students enjoyed Zooper Doopers at recess and the annual Year 6 staff/parents vs students footy match took place at lunchtime. There was plenty of chatter as staff, parents and students took to the field for this annual match where white line fever took over. Parents were up against their children in the ruck, staff performed many intercepts and tackles and students tried to outrun their older counterparts. We're not sure who enjoyed the match more; staff, parents or students. A credit to our Year 6 students who handled being beaten by their parents and teachers; in their defence, they did put up a good fight.



On Monday 13th to Wednesday 15th October, Year 3/4 students went to Angahook camp. The long bus drive took 1 and a half hours. We arrived, had lunch and found out who was in our cabins. There were five activity groups and our activities were scattered over the three days of camp. The activities were hut building, the giant swing, archery, low ropes and the rock climbing. We went for a 40-minute walk to the beach and participated in beach Olympics and rock pooling. At meal time, there was always a cabin that did duty group. The food was delicious. We ate bolognaise and chicken schnitzels. Angahook camp was the best camp by a mile!

By Sailor Hargreaves and Emily Amos, Year 3/4 Students

Year 3/4 Camp AngaHook

Caring ~ Excellence – HONESTY – RESPECT - Responsibility

VET & CAREERS WEEKLY Update



Exciting Opportunities & Important Updates!

Please keep an eye on the Events and Opportunities board!

- **Year 9 Future Me Program:**

The program builds important knowledge about the changing world of work and supports students to spark conversations about career exploration and navigation into career pathways.

Friday 17th October – Future Me Session 1 @ Camperdown College

Thursday 23rd October – Future Me Session 2 @ Deakin University

Friday 31st October – Future Me Session 3 @ Camperdown College

- **2026 School Based Apprenticeships – Joinery, Steel and Construction** – if you are interested in this opportunity, please see Mrs Maskell or Miss Wells for more information.

Student Spotlight: Jack Strauss

Jack Strauss has been excelling in his **Certificate II in Automotive Vocational Preparation**, showing strong practical skills and a genuine passion for the automotive industry. Recently, Jack completed his **work experience at Camperdown Auto Services**, where he impressed the team with his enthusiasm, reliability, and growing technical knowledge. Jack is clearly on the right pathway toward becoming a **qualified mechanic** and is already demonstrating the focus and work ethic needed to succeed in this field. We're proud of the amazing progress he's making and can't wait to see where his automotive journey takes him next!

♦ VET & Careers Tip of the Week

Show up like it's your future job — because it is! Whether you're at school, TAFE or on work placement, the way you present yourself matters. Be punctual, wear the correct uniform and bring a positive attitude. Employers often remember effort and reliability more than skill — and many VET students are offered real jobs simply because they stood out for the right reasons!

👉 *Small habits today build big opportunities tomorrow.*



NIE National Institute of Education
CAREERS

**FUTURE
DOCTORS
AUSTRALIA**

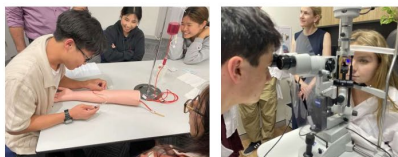
4-DAY INTENSIVE PROGRAM FOR AGES 14-18

An engaging and high-impact 4-day program that provides young people with a unique opportunity to gain medical work experience and industry knowledge in a safe and structured environment.

Meet, spend time, ask questions and learn from senior medical specialists.

Establish new friendships and future networks with likeminded young individuals.

The **Future Doctors Australia (FDA)** program is developed and managed by NIE Careers, a leading provider of career development programs for prospective future medical students. Our mission is to inspire, guide and support the future generation of healthcare professionals to succeed in their studies and beyond.



Program dates and locations

Our programs are conducted in Sydney, Melbourne, Brisbane, Adelaide and Perth. For most up to date information about the dates and locations of the upcoming FDA programs, please refer to the NIE Careers website.

THE FUTURE DOCTORS AUSTRALIA PROGRAM WILL PROVIDE YOU WITH INVALUABLE INSIGHT INTO THE FIELD OF MEDICINE, HELPING YOU UNDERSTAND WHAT IT IS LIKE TO WORK IN HEALTHCARE AND WHAT IS REQUIRED TO BECOME A HEALTHCARE PROFESSIONAL.

Our program is conducted by senior NIE Careers staff alongside highly experienced medical professionals and dedicated medical student mentors. We believe in the power of collaboration and learning from experts in the field. With this in mind, we have carefully selected specialists from four different fields of medicine to be a part of the program.

On Day-2 and Day-3 of the program, participants will have the incredible opportunity to meet these specialists, each bringing their unique expertise and insights to the table. We have curated this diverse lineup to ensure that you receive a comprehensive learning experience and gain immersive skills and knowledge throughout the program.

PROGRAM SCHEDULE:

Day 1 9:00 - 16:30	Day 2 9:00 - 16:30	Day 3 9:00 - 16:30	Day 4 9:00 - 17:30
On Day-1 you will spend time with a current medical student as well as a junior doctor who is currently completing their internship or residency. This day is also packed with various social activities and games, designed to help build up your teamwork skills, presentation, and to test some of your fundamental medical knowledge.	Spend the day with two medical specialists who will be teaching you and answering questions about their respective fields. Each specialist session will also include a practical learning component. 9 am - 12 pm: Medical Specialist session-1 12 pm - 1 pm: Lunch 1 pm - 4 pm: Medical Specialist session-2	Meet two more medical specialists who will be teaching you and answering questions about their respective fields. Each specialist session will also include a practical learning component. 9 am - 12 pm: Medical Specialist session-3 12 pm - 1 pm: Lunch 1 pm - 4 pm: Medical Specialist session-4	9 am - 12 pm: Learn about the selection process into medical and dental faculties. We will be taking a closer look at various admission criteria. 12 pm - 1 pm: Lunch 1 pm - 4 pm: Advanced communication workshop. The workshop is designed to empower you and help boost your self-confidence when communicating and presenting yourself to the outside world. 4 pm - 5:30 pm: Graduation and light dinner.

VENUE & COST:

Our programs are conducted in centralised locations in different cities with access to public transport and hotel accommodation nearby. For more details about the exact venue, please send us an email to admin@niececareers.com.au. The enrollment fee for the Future Doctors Australia program is **AUS\$ 2,490** (includes all activities and meals). FDA programs are capped at 24 attendees per program and all enrollment applications must be submitted via www.niececareers.com.au

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NIE National Institute of Education
CAREERS



**Melbourne
Docklands:
Thursday 15th -
Sunday 18th
January**

<https://www.niececareers.com.au/future-doctors-australia>



Exam time

As Year 12 exams draw closer, it's normal for a range of emotions to surface. Our wellbeing is not something to be put on hold until after the last paper is submitted; it is the foundation that enables us to face challenges effectively. We want to remind our students that the wellbeing team is here to support you every step of the way. Your worth is not defined by a single test, but by your resilience, growth and commitment.

A holistic approach to exam readiness:

Exams are a test of more than just knowledge. They require mental endurance and emotional resilience. We encourage you to approach your preparation with a holistic mindset, focusing on balancing your academic demands with essential self-care.

1. Keep a clear head with balanced study:

- **Break down study:** Break down study time into focused 25-minute sessions, followed by short, 5-minute breaks. This technique prevents burnout and keeps your mind fresh.
- **Balance study with hobbies:** Don't let your studies consume your life. Schedule time for hobbies, friends, and relaxation. Remember, a refreshed mind retains information far more effectively than an exhausted one.
- **Create a dedicated study space:** Set up a distraction-free area to help you focus. This could be a desk in your room, a quiet corner of the library, or a park bench.

2. Nourish your mind and body:

- **Fuel with healthy snacks:** A healthy diet is crucial for concentration and energy levels. Stay hydrated and have nutritious snacks on hand to keep your brain performing at its peak.
- **Prioritise sleep:** While it may be tempting to cram all night, quality sleep is vital for consolidating memory and maintaining a positive mood. Aim for a consistent sleep schedule to support your brain's performance.
- **Incorporate movement:** Exercise is a powerful tool for reducing stress and improving overall mood. Whether it's a brisk walk, a gym session with friends, or some stretching, make time for physical activity.

3. Remember the bigger picture:

- **Normalise setbacks:** If an exam doesn't go as planned, it's not the end of the world. Academic buoyancy or the resilience to bounce back from setbacks, is a key skill. Talk to someone you trust—a friend, teacher, or family member—to reframe your approach for the next exam.
- **Know your options:** University is just one of many paths to success. Knowing about alternative routes, like TAFE or non-ATAR entry schemes, can significantly reduce pressure and anxiety.
- **Embrace self-compassion:** Treat yourself with the same kindness you would a good friend. You've worked incredibly hard to get here, and that effort deserves to be acknowledged.

**CAMPERDOWN
CYCLING CLUB INC**

**COME AND
TRY NIGHT**

30/10/2025

5:00 @ Camperdown Saleyards

WHAT TO BRING

- Mountain bike or road bike suitable for riders age. (If needing a bike please contact the club for options)
- Helmet
- Drink bottle
- Suitable exercise clothing. Covered in shoes.

**Must be over 8 years old.
Free 4 week trial available.**

**More information can be found at
Camperdown Cycling facebook page
Email Camperdowncycling@gmail.com**

Caring ~ **Excellence** — HONESTY — **RESPECT** - Responsibility





GET IN THE GAME!

UNDER 13

Join your local team

CAMPERDOWN CRICKET CLUB




JOIN OUR MIXED UNDER 13'S TEAM
TRAININGS 4.30PM THURSDAYS
GAMES MONDAY NIGHTS
COMMENCING OCTOBER

REGISTER:




IMAGINE THE FUN

Join your local team

CAMPERDOWN CRICKET CLUB

8 WEEK PROGRAM
STARTS THURS 16TH OCT
4.30PM - 5.30PM
AGES 5-10
@ LAKES RECREATIONS RESERVE



REGISTER:





WOOLWORTHS CRICKET BLAST

POMBORNEIT CRICKET CLUB

REGISTRATION: WWW.PLAYHQ.COM
SEARCH : POMBORNEIT CRICKET CLUB
WHEN : THURSDAY 20th NOVEMBER 4:30PM - 5:30PM
WHERE : POMBORNEIT RECREATION RESERVE
WHO : GIRLS AND BOYS AGED 4 – 10 YEARS

Join our Pombo BULLS Blast Crew this summer for an action packed 8 weeks of cricket fun.
 Learn the basic skills of cricket through introductory sessions of fun games, drills and activities.
REGISTRATION AND MORE DETAILS - SCAN QR CODE ABOVE

More Information: DAVE MURPHY - 0407 523 513
 BRAD HILLMAN - 0408 513 356
 GRANT PLACE - 0439 864 353
 SAMANTHA COXON - 0459 097 977











FUN IS IN FULL SWING!

Join Woolworths Cricket Blast
 A safe way to have fun and stay active for kids of all abilities.

Bookaar Cricket Club
 Monday, October 20 - Monday, December 8
 Camperdown College Sports Precinct
 3.30pm - 4.30pm
 Enquiries: Stephen Fitzgerald 0427 493 821



SIGN UP TODAY!

PROUDLY PRESENTED BY




Q Play Cricket