

Wycheproof P-12 College

A State school established in 1876



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Newsletter No. 17 - 28th October, 2021

DIARY DATES

OCTOBER

Fri 29 SRC Halloween Dress up Day
Fri 29 Battle of the Bands

NOVEMBER

Mon-Fri 1-5 2022 SRC voting
(during Morning Form assembly)
Tue 2 Melbourne Cup Public Holiday
Fri 5 B&S Sharpening visiting
Wed-Thur 10-11 Yr 9 First Aid
Fri 12 Yr 12 Valedictory Dinner
Wed 17 School Council Meeting
Thur 18 Prep/1 Transition 8:45 -11:30am
Thur 25 Prep/1 Transition 8:45 - 11:30am
Thur 25 Yr 11 Last Day
Fri 26 Pupil Free Day - Report Writing

DECEMBER

Thur 2 Prep/1 Transition Day 8:45am - 2pm
Thur 2 2022 Prep parent meeting 12:15pm
Fri 3 Presentation Day
Fri 3 Yr 10 Last Day
Tue 7 One-Up Day (Prep - Yr 9)
Mon 6 Yr 9 last day @ NCTTC
Fri 10 P-6 Concert
Tue-Wed 15-16 Yr 9 Surf Camp
Thur 16 P-6 Break-up

PRESENTATION DAY

Of course, COVID is altering much of our current programs, but we are mindful that it is still essential to celebrate important milestones. We recently had our Year 12 Assembly at the foot of the World's Smallest Mountain and what a great little ceremony it was. We thank all of our current Year 12 students (Jack Arnel, Amelia Ison and Cameron Mens) for all they have contributed to our school over many years. All three of them are fully prepared to enter the world of being an adult which is a credit to themselves and their families. Due to COVID restrictions we will not be able to have our evening Presentation Night, instead we will be running essentially the same format as last year given that we are not allowed to have visitors, parents, etc on school site. While it has been a challenging year in many ways, it is still vital that we celebrate and recognise the hard work of many of our students.

Christine McKersie - Principal



Esse, Edie & Kayley enjoying the school Mulberry tree.

Students had the opportunity to check out the glittering 2021 Mt Wycheproof Cup up close ahead of this Saturday's 'Derby Day in the Country'. While this year's event is going ahead without spectators, momentum is already building for this iconic community event in 2022. Pictured is the Prep/1 class in front of the new Wycheproof sign.



WYCHEPROOF COMMUNITY RESOURCE CENTRE PRESENTS...

Steampunk on Broadway



Wycheproof P-12 College ~ "Be Your Best"

SQUIZYA CHAMPIONS

Yr 5	Zeke Harrison
Yr 6	Grace McKersie
Yr 7	Jessie Fawcett
Yr 8	Savannah Nicholls

week 4

Studyladder

Inspire Motivate Achieve



Mathletics Hall of Fame

Prep/Yr 1

1. Ryder Harrison	3,940 pts
2. Tyler Harrison	2,690 pts

SILVER TROPHY

Connor McLeod

BRONZE TROPHY

Ryder Harrison

PLATINUM CERTIFICATE

Leeah Harrison

GOLD CERTIFICATE

Tyler Harrison

SILVER CERTIFICATE

Esse Coles
Charlotte Greco
Enda Redmond
Chevy Bartlett

Lunch time activities

Prizes for best dressed in each year level

Halloween Dress up day

Friday 29th of October

Gold Coin Donation

Raising money for Lilly Pritchard to attend
National Youth Science Forum



UPDATE



TERM 4, WEEK 3

Class Growth

Yr Level	Average	Current
5	183%	205%
6	131%	182%
7	70%	89%
8	79%	86%
9	93%	83%
10		

Highest growth this fortnight

Student	Growth
Zeke Harrison	300%
Brayden Tony	467%
Rhett Hogan	167%
Mason Sheahan	200%
Isabelle Mulquiny	200%
Spencer Nicholls	67%

Highest individual average

Student	Growth
Morgan Beattie	228%
Tessa Sheahan	215%
Jessie Fawcett	111%
James Yasa	141%
Isabelle Mulquiny	167%
Dotty Carrigg	112%

Parents and students are reminded that Maths Pathways can be accessed from any location. The percentage score is a reflection of how much growth a student is achieving. Eg. 117% = student is learning at the rate of 1.17 years.

Wycheproof P-12 College ~ "Be Your Best"

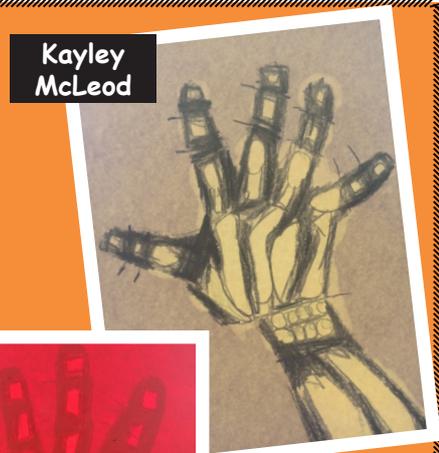
Yr 12 Last Day



Wishing our senior students, Cameron Mens, Jack Arnel & Amelia Ison, all the best for their exams and future endeavours.



Leeah Crawford

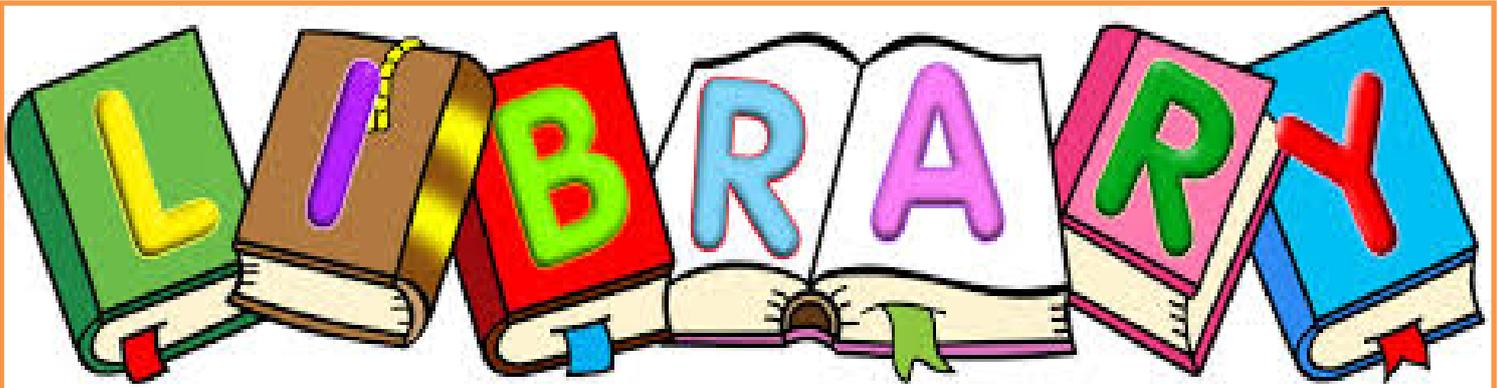


Kayley McLeod



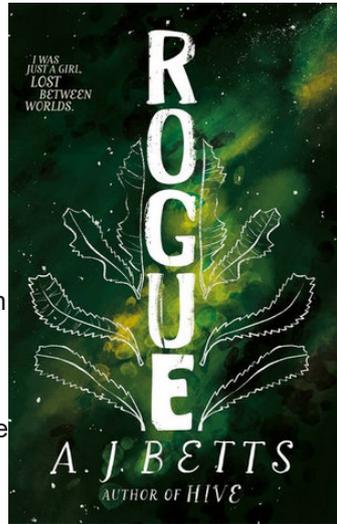
Neive Cotton

The Prep/One class learned about our skeletal system this week and why it is so important. Without our bones we couldn't stand up. We couldn't move. We would just be a big blob. We explored the bones in our hands following along with a Mystery Doug activity and created our very own hand X-ray.



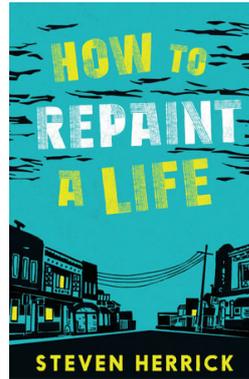
Rogue
by A.J. Betts

In the thrilling conclusion to Hive, Hayley has gone rogue. She's left everything she's ever known – friends, bees, her whole life – because her curiosity was too big to fit within the walls of her underwater home. But what is this new world she's come up to? Has Hayley finally found somewhere she can belong? Or will she have to keep running?



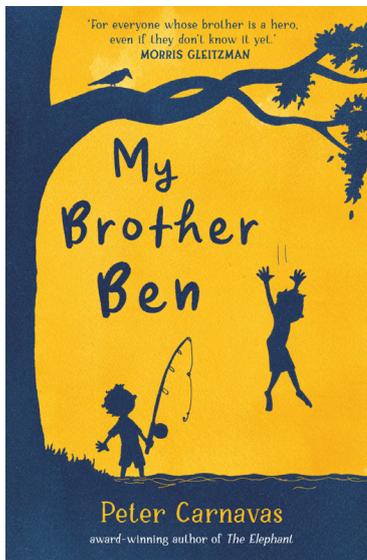
How to Repaint a Life
by Steven Herrick

Isaac is running from his old life when he steps off the bus in a small town. He doesn't plan on sticking around and has nowhere to stay, but a chance encounter offers him a chance to change his story. Whilst running from his old life, Isaac is determined to not let his past define him.



This is beautiful story of friendship, growing up and not being afraid of change.

Sure to be a favourite for readers in Year 9 and up.

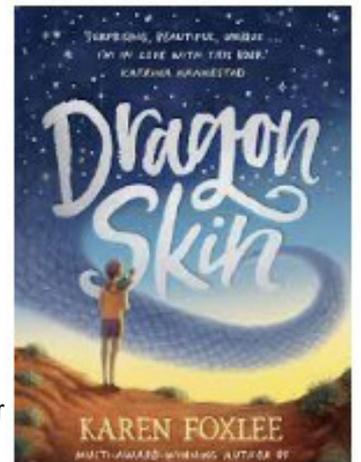


My Brother Ben
by Peter Carnavas

Ben and Luke couldn't be more different but they share the same dream – winning a boat. When Luke catches Ben sneaking out at night, he knows his brother is up to something, but what? A timeless story for upper primary / lower secondary readers of birds and boats and of brotherly love that is bigger than any wedge-tailed eagle.

Dragon Skin
by Karen Foxlee

Pip never wants to go home. It's not the same since her mothers controlling boyfriend moved in. When she finds a half-dead creature at the waterhole, she knows she has to save it and return it to where it came from. But how?

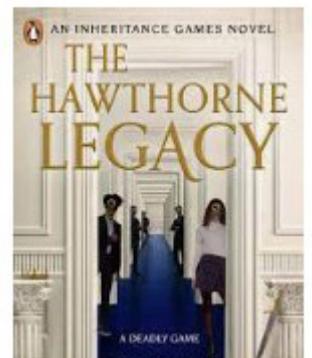


A story of survival, hope, determination, resilience and how to save a dragon, for upper primary readers.

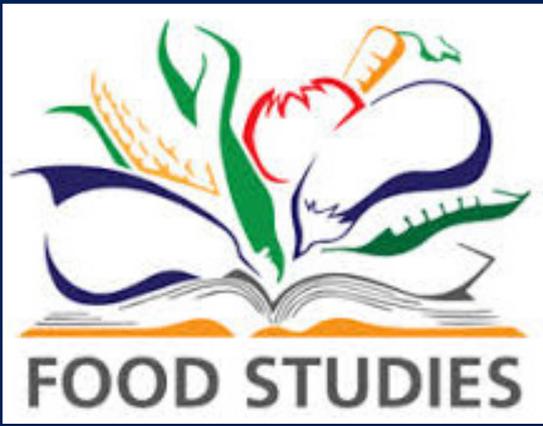
The Hawthorne Legacy
by Jennifer Lynn Barnes

The madly anticipated sequel to The Inheritance Games is equally as thrilling and action packed. Avery is still searching for clues as to why Tobias Hawthorne left his entire fortune to her, a virtual stranger, rather than his own family. As the mystery grows and the plot thickens, Avery is pulled in different directions by the charismatic Hawthorne sons.

With nonstop action, family intrigue, jet-setting romance and billions of dollars hanging in the balance, this will thrill fans of the prequel and new readers alike.



VCE



Year 11 Food Studies;
**DESIGN BRIEF;
PASTA OR RICE
DISH**

Alex: One pot
creamy mushroom
pasta



Hayley: Fettucine
Alfredo



Talia: Prawn Fried
Rice



Louisa: Italian Tuna
Pasta Bake

Jack Arnel, Cameron Mens and Amelia Ison were joined for lunch at the Bakery by Mr Bath & Mrs Ison on completion of their school English lessons forever!



Wycheproof P-12 College ~ "Be Your Best"

YR 10

Home Economics

Sponge Rolls

Alex



Hunter



Talia



Charlie



Xavier



Sienna



Kate



Spencer





Mood and diet are tightly linked

A focus of the last week of Mental Health Month, October, was on the strong link between mood (depression and anxiety) and food.

In a presentation by Prof Felice Jacka, Deakin University, some startling statistics were reported:

- Less than 0.5% of children in Australia eat the recommended daily amount of fruit and vegetables in the Australian guidelines.
- Most children have seven serves of ultra-processed or 'junk' food every day.
- A diet based on fresh foods, with a large amount of vegetables and grains, can decrease a person's risk of developing depression by 30%.

Professor Jacka has researched and published studies for around 20 years and has a lot of information including recipes on the Food and Mood website <https://foodandmoodcentre.com.au/resources/>.

There is also research linking angry mood to a diet high in processed food, and our ability to learn relies on a healthy diet.

If you wish to learn more there is a free, three-week online course available on the Food and Mood website www.futurelearn.com/courses/food-and-moods

One common myth when there is talk about changing from a processed or junk food diet to a fresh food diet is the cost. Prof. Jacka reports that her research shows that a vegetable based diet can be cheaper as the use of frozen and tinned vegetables cost less but also reduce waste. Recommended foods for the budget conscious are below.

Protein	AND	Cereals and Starchy Vegetables	AND	Vegetables
Tinned sardines 		with wholegrain biscuits 		plus avocado, tomato and cucumber 
Tinned salmon 		with tinned chickpeas 		and salad 
Tinned tuna 		plus instant brown or basmati rice 		with tinned corn, peas and beetroot 
Egg 		on wholemeal toast 		with avocado, tomato and mushrooms 
Supermarket rotisserie chicken (skin removed) 		with couscous 		and frozen vegetables 

There are many resources about food, nutrition and lunchbox ideas in the Health Hub. Call in to the Health Hub for more information.

Exams and stress

Top tips for maintaining calm at exam times are really very simple: eat well, sleep well and take time to exercise and relax from study.

Planning and organisation is key. Make sure you set out a planner that has your study times in 30 minute chunks with a 10 minute break in between, see the Pomodoro technique and ways to stop procrastination in the Secondary School Wellbeing classroom google class code y26jj3s. There are other articles with study tips and some brain break music also in the classroom.

Looking after yourself at exam time includes:

- Getting at least 8 hours sleep each night, or if you work late into the night, sleep 9 hours every third night. Remember sleep is important for memory and getting enough sleep will mean you are alert when you do your exam.
- Eat well by avoiding 'junk' foods that bring on a sudden burst of energy that doesn't last long and leaves you feeling worn-out. Make sure you eat fresh fruit, vegetables, cereals, grains, nuts and protein which are all needed for brain and energy levels.
- Cut back on energy drinks as they can increase nervousness. Keep hydrated and drink water instead.
- Use your study breaks to reward yourself by resting or doing relaxation activities like deep breathing, yoga, a short mindfulness meditation, or listen to music.

Keep up COVID precautions

While at school, and when out and about, you need to be socially distancing and keeping up precautions around coughing and sneezing. Make sure you wash your hands regularly and use hand sanitiser in between times. Wearing masks is an easy way to keep yourself and others safe. Make sure the mask fits well covering your nose and chin. Reusable masks should be washed after each use. For resources or information call in to the Health Hub.

Support services & helplines

- ✓ Parentline 132289
- ✓ headspace call back 1800 650 890
- ✓ eheadspace www.headspace.org.au
- ✓ Autism Connect helpline 1300 308 699 or webchat www.amaze.org.au
- ✓ Kids Helpline 1800 551 800

CALDER WINS 2021 HOUSE MUSIC



Joe Coles & Taya Bartram - 2021 Calder House captains

Students, after very little face-to-face practise time, were battling for the 2021 'Inter-house Music Champions' title. The whole school gathered on the lawn in front of the music rooms on Wednesday 27th October at lunch time. A judging panel was assembled; Georga, Mr Bath & Miss Smith. There were some excellent items showcasing the musical talent of Wycheproof P12 College's students. It was really great to see so many of the school involved in the house Chior and house Ensembles. After the points were tallied, it was evident that Broadway could not break the drought and the Interhouse music trophy still only has one name on it after 5 years - CALDER who won by 1 point again! Well done everyone!



WYCHEPROOF COMMUNITY RESOURCE CENTRE: Ph: 5493 7455 - e: mwrc@bigpond.net.au - 280 Broadway.
STEAMPUNK ON BROADWAY: The artworks are now on display! This Covid-Safe version of the Mt Wycheproof Cup, Art & Craft Exhibition features a fantastic array of creations from community members of all ages. Head along to WCRC & the window beside the Wycheproof Pharmacy to check them out. Winners of each category to be announced in the coming week.

WYCHEPROOF EARLY LEARNING CENTRE: Ph: 03 4311 1500 - e: yeym.enrolments@ymca.org.au
3 & 4 YEAR OLD KINDER: Enrolments now open. (to attend 3 year old program your child must turn 3 before April 30th 2022) Information and enrolment links can be found on the webpage: <https://earlyyears.ymca.org.au/Centres/Enrolments/Pages/default.aspx> or phone Ballarat Early Years Management on 03 4311 1500.

POSITION VACANT: Wycheproof Preschool Play Centre are seeking a Cleaner (8 hrs/week) with attention to detail to support the health and safety of the children. If interested further details can be found on the website: <https://yballarat.org.au/careers/> (job id: KW73) or by contacting Narelle Bubb on 0490 914 948, email: narelle.bubb@ymca.org.au

MARLBRO HOUSE: 290 Broadway. Ph: 5493 7577 - e: marlbrohouse@gmail.com
ANNUAL CHRISTMAS SHOPPING EVENT: 10am - 5pm book in for a private shopping experience (group size up to 10). 5pm-8pm open for late night shopping. COVID safe drinks and nibbles provided.

KARATE IN CHARLTON: St. Andrews Church Hall, Halliday St. Charlton.
WEEKLY TRAINING: 6pm Monday nights during the school year. First lesson is free. All ages and all abilities welcome. Training with Shihan Lance McInnes. For more information contact Lance Mob: 0438 768 412