

Wycheproof P-12 College

A State school established in 1876



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www.wyche12.vic.edu.au



Newsletter #1 - Wednesday, February 15

Welcome Back to Term 1 – 2023

What a sensational end we had to 2022 and a great start to 2023. While it was a nervous end to 2022 (with all the rain), farmers were eventually able to harvest, which meant that many of our students were kept very busy with part-time work.

In a school there are many measures of how well our school is performing. Three of the most important measures are:

(1) Are our children healthy (physically, mentally and socially)?

(2) Do our students have the employability skills they need to be successful when they enter the workforce?

(3) Academic results. How do our children compare to others across Australia? Are our programs ensuring that our children develop the literacy and numeracy skills that they should?

Our VCE results last year were excellent. Our Year 12s are like litmus paper. Through their life journeys, we are able to determine if our programs are successful. It is impossible to cover everything in life, but we know in partnership with families, the children that graduate from our school are amazing. You only have to get to know a young person today (at our school) to see the future is bright. That is not to say that everything and every child is perfect. Far from it. We all make mistakes in life. It is how you move on from those mistakes that is important.

To our school teaching staff we welcome only one new face, Ruchita (Ruch) Sharma who will help assist in a number of classes. Most of our staff are part-time and as such will not be here every day. We will be busier than ever and as such we ask that if you do want to speak to a staff member, please come and see us if you have any concerns or your child is unhappy. There are many positives about our school, but the outstanding factor is our students. However, that does not mean we do not need to remind them sometimes about what constitutes respectful behaviours. Please make an appointment though, as every day is extremely busy. This is because ensuring that a quality teaching and learning program is in place is our priority. We are looking forward to a fabulous 2023.

Report continued inside...

Christine McKersie - Principal

2023 DIARY DATES

FEBRUARY

Wed	15	School Photos
Mon	20	NCD Swimming @ St Arnaud
Mon	27	Road Safety Session (Yr 12)

MARCH

Thur	9	NCD Triathlon @ Boort
Mon	13	LABOUR DAY PUBLIC HOLIDAY
Tue	14	LMR Swimming @ Swan Hill
Wed	15	headSpace school visit
Wed-Fri	15-17	NAPLAN
Wed	22	NAPLAN (catch-up)

APRIL

Mon-Thur	3-6	Yr 7/8 Camp
Thur	6	Last Day Term 1 - 2:30pm finish

2023 INTER-HOUSE SWIMMING SPORTS



CONGRATULATIONS
BROADWAY!!!

Wycheproof P-12 College ~ "Be Your Best"

2023 SCHOOL COUNCIL ELECTIONS

Every year at this time, School Council membership comes up for nomination (and if necessary) election/re-election and this year we are seeking five parent members to re-nominate or join our School Council. We thank Donna Egan, Stuart Nicholls, Tony Bartram, Georgina Morrison and Mel Waters for their time on our council and we sincerely hope that they will re-nominate again for another two years. Brett Thompson continues to be our School Council President and we also thank him for his support, advice and direction over the past few years. Brett attends many of our school events, including Valedictory Dinner, which is fabulous as it is always a highlight in our school program and an important occasion to farewell our Year 12s.

There is currently a vacancy in the Community Member Category (School Council can co-opt someone to fill this position or it can remain vacant). Only one DET position is needed to be filled/or re-nomination – Cathy Grant (her two-year term has finished). One of our secondary students (Keely Allan) has finished her two-year term and again we are hoping that Keely considers re-nominating. If there are more nominations than positions, there will be a requirement to have an election. Council is an important body of the school organisation and is responsible for the operations of the school. Nomination forms can be found in our first Newsletter or, please call into the office or, ask your child to bring one home for you.

Nominations for these positions CLOSE on: Thursday, February 23rd at 4 p.m.

	EVENT	DATE
a)	Notice of election and call for nominations	Thursday 2nd February 2023
b)	Closing date for nomination	Thursday 23rd February 2023 at 4pm
c)	Date by which the list of candidates and nominations will be posted	Friday 24 th February
d)	Date by which ballot papers will be prepared and distributed (if needed – that is more nominations received than positions vacant)	On or before Thursday, 2nd March 2023
e)	Close of ballot	Thursday 9 th March, 2023
f)	Vote count	10/3/2023 (Insert a date immediately after the close of ballot – again will only occur if needed)
g)	Declaration of ballot	14/3/2023 (Insert a date immediately after the close of ballot – again will only occur if needed)
h)	Special council meeting to co-opt Community members (the principal will preside)	22/3/2023
i)	First council meeting to elect office bearers (the principal will preside)	22/3/2023

INFORMATION FOR PARENTS

What is a school council and what does it do? All government schools in Victoria have a school council. They are legally formed bodies that are given powers to set the key directions of a school within centrally provided guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides for its students.

Who is on the school council? There are three possible categories of membership:

- A mandated elected Parent category. More than one third of the total members must be from this category. Department of Education and Early Childhood Development (DET) employees can be Parent members at their child's school as long as they are not employed at the school.
 - A mandated elected DET employee category. Members of this category may make up no more than one third of the total membership of school council. The principal of the school is automatically one of these members.
 - An optional Community member category. Its members are appointed by a decision of the council because of their special skills, interests or experiences. DET employees are not eligible to be Community members.
- The term of office for all members is two years. Half the members must retire each year, creating vacancies for the annual school council elections.

Why is Parent membership so important? Parents on school councils provide important viewpoints and have valuable skills that can help shape the direction of the school. Those parents who become active on a school council find their involvement satisfying in itself and may also find that their children feel a greater sense of belonging.

How can you become involved? The most obvious way is to vote in the elections, which are held in Term 1 each year. However, ballots are only held if more people nominate as candidates than there are positions vacant.

In view of this, you might seriously consider:

- standing for election as a member of the school council
- encouraging another person to stand for election.

Do I need special experience to be on school council? No. What you do need is an interest in your child's school and the desire to work in partnership with others to help shape the school's future.

What do you need to do to stand for election? The principal will issue a notice and call for nominations following the commencement of Term 1 each year. All school council elections must be completed by the end of March. If you decide to stand for election, you can arrange for someone to nominate you as a candidate or you can nominate yourself in the Parent category. DET employees whose child is enrolled in a school in which they are not employed are eligible to nominate as parents for the school council where their child is enrolled. Once the nomination form is completed, return it to the principal within the time stated on the notice of election. You will receive a Nomination Form Receipt in the mail following the receipt of your completed nomination. If there are more nominations received than there are vacancies on council, a ballot will be conducted during the two weeks after the call for nominations has closed.

Remember

- Ask at the school for help if you would like to stand for election and are not sure what to do
- Consider standing for election to council this year
- Be sure to vote in the elections (if there is one that occurs at our school – that is, if the number of nominations outnumbers the number of vacancies).

Contact the principal for further information.

2023 PARENT PAYMENT ARRANGEMENTS

Wycheproof P-12 College works in close partnership with parents and the broader school community to provide the best educational opportunities and outcomes for students both inside and outside the classroom. Through this partnership, parents understand that the contribution they make to their children's education, in all its various forms, has an important role in enriching our school's learning and teaching program and improving

educational outcomes. The commitment from parents to contribute, benefits students and results in improved achievement outcomes, wellbeing and engagement in learning. This is why parent contribution is highly valued by the Wycheproof P-12 College school community. Information regarding the 2023 Parent Payment is available on our website; <http://www.wycheproof12.vic.edu.au/> or you can contact the school office - 5493 7409.

2023 YEAR LEVEL COORDINATORS

PREP/1/2	MRS. NIKKI COATSWORTH
YR 3/4	MRS. AMY BOTHERAS
YR 5/6	MISS TARYN SMITH
YR 7/8	MISS GEORGA MUNRO-FOORD
YR 9/10	MISS SUZANNA FAWCETT
YR 11/12	MRS. CLAIRE ISON



Wednesday
15th February

Annual privacy reminder for our school community

Our school collects, uses, discloses and stores student and parent personal information for standard school functions or where permitted by law, as stated in the Schools' Privacy Policy.

Please take time to read our school's collection notice, found on our school website. We ask parents to also review the guidance we provide on how we use Google Workspace for Education safely at the school and what parents can do to further protect their child's information.

If after reviewing the guidance, you have any questions or concerns regarding your child using Google Workspace for Education, please contact the school.

For more information about privacy, refer to: Schools' Privacy Policy — information for parents.

This information is also available in ten community languages:

- * Amharic
- * Arabic
- * Dari
- * Gujarati
- * Mandarin
- * Somali
- * Sudanese
- * Turkish
- * Urdu
- * Vietnamese

NOTICES HOME

Prep - Yr 12

Start of Year Forms

(Enrolment details, annual consent form, digital learning & devices policy, new computer user arrangements)

From: Admin - return ASAP

Yr 7/8 Science

Local Excursion Permission

From: Ms McKersie - return ASAP

Yr 7 & 10 students

Immunisation forms

All cards must be filled out and returned regardless of whether or not you're consenting to immunisation.

From: Admin - return ASAP

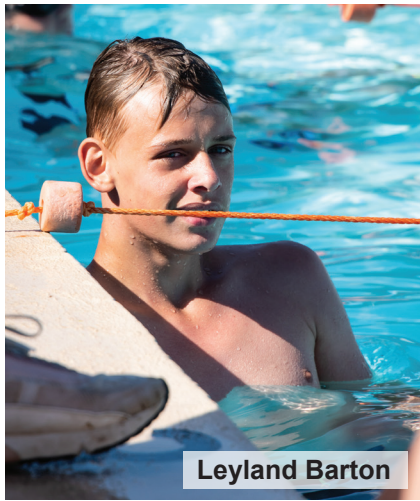
Yr 12 students

Permission slip to go down the street on a Tuesday

From: Mrs Ison - return ASAP



Xavier McKersie & Hunter Connolly



Leyland Barton



Mason Sheahan



Ludah Harrison, Chevy Bartlett & Ever Harrison

2023 INTER-HOUSE SWIMMING SPORTS



Yr 11/12 boys race



Yr 4/5/6 race

2023 Broadway House
Captains Matilda Bish &
Charlie Fawcett.



RESULTS

BROADWAY: 761 PTS
CALDER: 505 PTS



Grace McKersie



Paige Arnel & Kate Thompson



Yr 9/10 girls race



Logan, Locke, Harry,
Angus & Max



Tory & Bella Pollington

Full report (including records broken) in the next newsletter!



Morgan Beattie



Darcy Coles



Connor McLeod



INDIVIDUAL AGE CHAMPIONS

YEAR 3/4

Mason Barton (C) 21 pts
Jewels Barton (B) 21 pts

YEAR 5/6

Harry Humphreys (C) 21 pts
Chevy Bartlett (B) 21 pts

YEAR 7/8

Darcy Coles (C) 47pts
Tessa Sheahan (B) 45pts

YEAR 9/10

Rhett Hogan (B) 35pts
Libby Thompson (B) 49pts

YEAR 11/12

Spencer Nicholls (C) 45pts
Kate Thompson (B) 40 pts

2023 STUDENT LEADERSHIP POSITIONS



School Captains

Kate Thompson & Xavier McKersie



SRC President

Sharna Bartram



Broadway House Captains

Matilda Bish & Charlie Fawcett



Calder House Captains

Isabelle Mulquiny & Paige Arnel



Music Captain

Keely Allan

Wycheproof P-12 College ~ "Be Your Best"

**Code Red Day -
Fire Warning & Emergency Management**

We are a Category 4 School (rating in Emergency Management) which will mean that on a CODE RED DAY our school will be closed. No buses will run. Generally, we will know a couple of days in advance if this is likely to occur, but it will be determined usually by 1pm the day before. No one is to be on-site if that occurs. Even on EXTREME WEATHER DAYS we still need to be very alert as to what is happening.

If a CODE RED DAY is declared we may need to get students out quickly if they are on camp, or, we may need to cancel, or even, keep students there an extra day (if they are supposed to be travelling out that day).

Of course, EXCURSIONS will not take place on a CODE RED DAY and even on an EXTREME WEATHER DAY, we may decide to cancel an excursion. Our climate is changing and becoming hotter, and the wind can be very gusty. Notices will also be sent out via XUNO and hopefully there will be enough warning that we can tell students during the day.

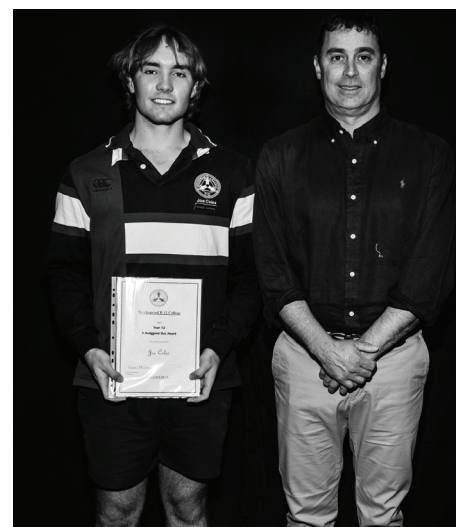
Christine McKersie - Principal

Wanted!

Ice-cream
containers
for the Home
Economics
Kitchen.
Donations
gratefully
accepted -
containers can
be left at the
office.



2022 Dux Joe Coles (centre) spoke to senior students about his VCE journey recently. He is pictured with Xavier McKersie and Kate Thompson, the 2023 Wycheproof P-12 College School Captains.



Joe was awarded Dux by School Council President Brett Thompson at last year's Presentation Night.

Joe shares VCE journey, study tips & tricks

Joe Coles – 2022 Dux of Wycheproof P-12 College – spoke to the Year 9-12 students on Friday, February 3rd about his VCE journey and provided students with a range of useful information.

Joe received an ATAR of 96.25 and is looking forward to studying at Monash University – a double degree in Commerce/Finance, majoring in Accounting.

Throughout his senior schooling, Joe has managed to achieve a balance between his studies, work, sport, music and having a social life.

On average he spent about 3-4 hours a night studying but would allow himself at least an hour to focus on hockey, football or the gym. When completing homework Joe would put his phone away, on silent in order to be efficient with his time.

Joe gave the students some great advice such as 'get your head down and do the work', 'it's only three terms of your life' and 'you do have to sacrifice some things to achieve well'.

He outlined some tips and resources on how to study effectively and advised students to try out some different methods before Year 12. He said he completed a lot of practice exams, self-corrected his own work and read Examiner's reports. Joe encouraged the students to have a goal and be driven.

Joe is one of two successful recipients in Victoria that has received a Francis Gregory Scholarship. Xavier McKersie thanked Joe for his insightful talk and wished him all the best for his studies at Monash University.

Year 2/3/4 class



Sharna, Keely & Jacob



Grace



Edie



Trudy, Enda & the 2/3/4 class



Mrs Botheras

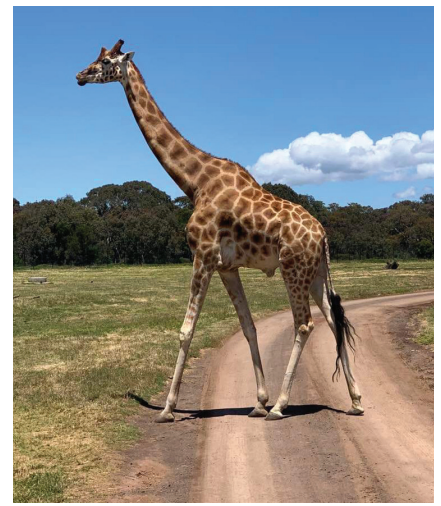
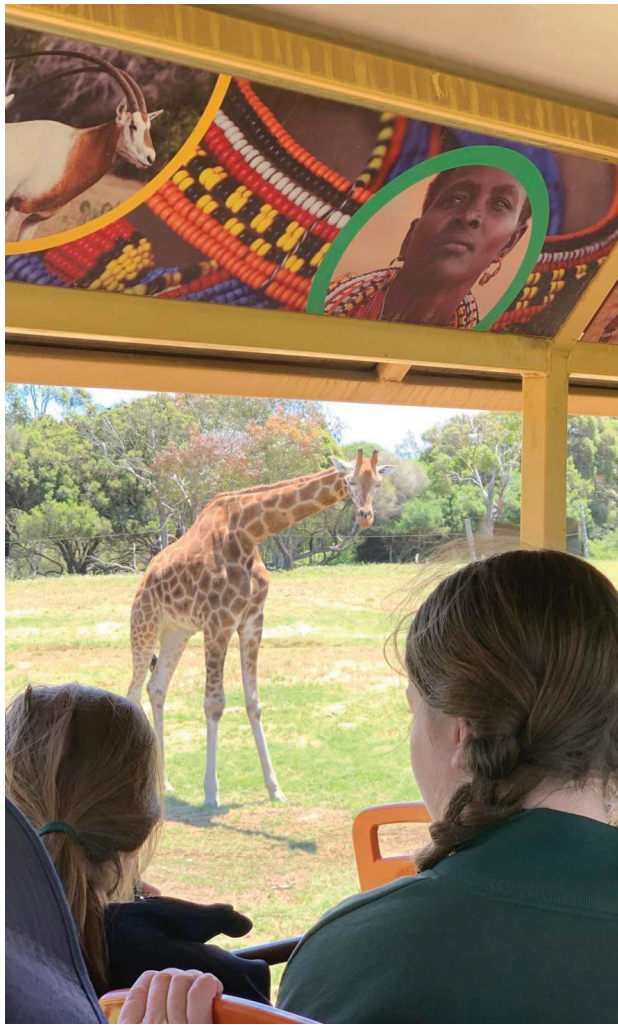


Paddy



Yr 9/10 students





'22 Werribee Zoo Trip

Students from Prep through to Year 10 had a fantastic time on safari at Werribee Zoo at the end of Term 4. Exploring both on foot and aboard the safari bus, students enjoyed observing and learning about some of the world's most endangered species. A highlight for many was a very close encounter with a giraffe on safari!





NEW PREPS



Tex Coles

**Pictured with Dad (Jason),
little sister Billie, big sister
Esse & Mum (Tessa).**

Willa Lord

**Pictured with Mum
(Whitney Boyle)**

NEW FACES.

STAFF



**Ruchita
(Ruch)
Sharma**

**Secondary
Teacher**



**Trudy
Mathieson**

**Office
Admin**



**Kristy
Hetherington**

**Education
Support**



Mental Health Practitioner

The Mental Health Practitioner initiative aims to put qualified mental health professionals in schools to support secondary students, both with 1:1 counselling and group programs, as well as early intervention and health promotion services. This year I will be available for student counselling in-person and via telehealth on Thursdays and Fridays. Parents can refer their Year 7-12 child to the service by contacting their child's Year Level Coordinator or completing a form available at the office. Students can also self-refer by completing the form or dropping into my office.

I will also be running small group workshops throughout the year and providing students and parents with information on a variety of wellbeing and mental health topics.

- Chantel White

Career Pathways Program



Angela Poxon from the North Central LLEN, is the school's Individual Career Pathways Coordinator. Angela is a qualified Career Development Practitioner who visits the school approximately 6-7 full days each term and is available for Career Development appointments with all Students in Years 9-12.

During these career appointments students discuss subject selection, personal strengths, abilities & interests, goal setting, career interests, resumes, work experience opportunities, post school study/work options, etc.

Each student has a Career Pathways Plan that is updated after each appointment, and these reports are available to the students and their parents or guardians through Xuno.

Students are expected to see Angela on regular occasions throughout Years 9-12.

Appointments are organised through the class teachers

www.ncllen.org.au/careers-education-partnership.html

3 Things to Think About When Looking for Work Experience



If you've been looking for work experience, you might be having some trouble knowing whether or not a placement is right for you. Here are some tips that can help you narrow down your options and make the right choice.

Think outside the box!

You might already know exactly where you want to do your work experience. But sometimes it's not always possible to get exactly what you want.

Say you'd like to work at a zoo one day, so you look for work experience at a zoo nearby, but their placements are all taken – or there are no zoos where you live. What next?

Well, you could always do a placement somewhere similar, where you'll be doing similar tasks and gaining valuable skills. Think about other places you might be able to work with animals – at a local shelter, at a vet's office, or even with animal management at the local council. Just because your dream option won't work doesn't mean there aren't tons of other valuable opportunities out there.

Do some research!

Before you commit to a work experience placement, it's always good if you can have a chat with your potential employer to get a feel for the place and what to expect.

Make sure you know exactly what is expected of you, such as what time you need to show up and what you need to wear or bring with you.

If a placement runs over a set date, make sure you can fully commit to it.

As a work experience student, you should never be expected to do work that a paid employee would be doing. Most of your day will involve shadowing, asking questions, or working on mock projects or exercises. If you have concerns, speak with a senior employee or manager, or get in touch with your school. If you need to you can also visit: www.fairwork.gov.au.

Looking for work experience?

If you're looking for more work experience opportunities, take a look here:

<https://studyworkgrow.com.au/work-experience/>



Attention: Year 12 Students



ANU Tuckwell Scholarship Program

Open: March 1, 2023

Closes: April 3, 2023

Value: \$24,700 AUD per year

<https://tuckwell.anu.edu.au/>



University of Melbourne Hansen Scholarship

Open: February 3, 2023

Closes: March 30, 2023

Value: Up to \$108,000 AUD

<https://scholarships.unimelb.edu.au/awards/hansen-scholarship>

Angela Poxon 

Careers and Pathways

Email: a.poxon@ncllen.org.au



Adele

Logan & Grace

Saeed

Year 7/8
HONEY JOYS



HEALTHY LUNCHBOX WEEK

5TH - 11TH FEBRUARY 2023

Eating healthy foods helps us go about our day with more ease and energy.

However for many families, increasing food prices, pester pressure from the processed food industry and the busy morning rush means packing a nutritious and fuelling lunch box can be overwhelming.

Here are some easy reminders to make lunch packing more enjoyable:



Look after the budget by buying fruit and vegetables that are in season, use supermarket catalogues to shop the specials, buy in bulk.



Involve the whole family in lunch box preparation - including packing their own lunchboxes and helping with tasks in the kitchen and shops.



Where possible, put sandwiches and other items in reusable containers. This uses less packaging and creates less rubbish. Remember to name containers so they find their way home again!



Remember, making changes won't all happen overnight! Set achievable goals, like starting with one small change a week and build from there.



Looking for some recipe inspiration? Check out these websites!

[Healthy Lunchbox Week](#) [Cook Well Eat Well](#)
[Healthy Eating Advisory Service](#)

Healthy Lunchbox Week is an initiative of Nutrition Australia that aims to inspire families to create healthy and enjoyable lunchboxes. Source: <https://www.healthy-lunchbox-week.org.au/>

FOR A HEALTHY LUNCHBOX

PICK & MIX SOMETHING FROM EACH GROUP **1-6!**

FRUIT 1

FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

MIXED FRUIT

- Fruit salad
- Fruit kebabs

DRIED FRUIT

- Dried fruit, nut, popcorn mixes*

TINNED FRUIT/SNACK PACKS/CUPS

- In natural juice (not syrup)

MEAT AND ALTERNATIVES 4

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, silverside, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hummus dip
- Lean meat or chicken kebab sticks
- Peanut butter*

Can serve with:

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

Can serve with:

- Side salad

VEGETABLES 2

FRESH CRUNCHY VEGIES

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

Can serve with either:

- Hummus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

SALADS

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

BAKED ITEMS

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

GRAIN AND CAREAL FOOD 5

MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

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

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

SAVORY BAKED ITEMS

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

SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins
- SNACKS
- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crisps
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets

MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

Tip:

- Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

Can serve with either:

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

WATER 6

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

Tip:

- Freeze overnight to keep foods cool in lunchboxes

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

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



WHAT'S NEW IN THE LIBRARY...

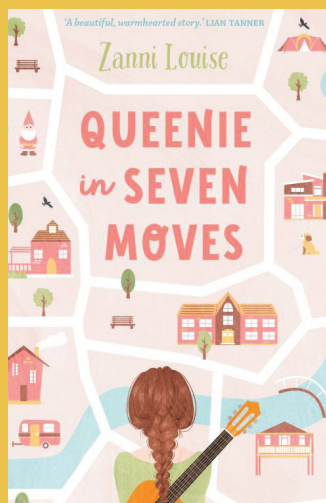
PRIMARY FICTION

Queenie in Seven Moves

Zanni Louise

How can you find a place to belong when you cannot find a place to live?

Moving house seven times in seven weeks may sound like fun but when your new homes include a nursing home, a caravan, and a tent - not quite the comforts you have been accustomed to - the reality is very different. Drifting away from friends, trying to find time to write music and trying to work out what is going on with her mother who is acting all weird and secretive, simply adds to the obstacles Queenie has to overcome on her journey of discovery and acceptance as she heads into high school.



Tumblegrass

Kate Constable

Thirteen year old Rowan is helping her older sister Ash paint her bedroom when she discovers a mysterious ring that transports them both back in time to 1999. To a party being held in the very same house!

With the help of her magical neighbour Verity, Rowan must find the courage to travel back through the history of the house. But can she find everything she needs to rescue Ash before her sister disappears forever?



SECONDARY FICTION

Two Can Play That Game

By Leanne Yong

A novel not just for gamers, this story centres around a competition between two young gaming enthusiasts to win a ticket to an exclusive Art of Game Design workshop. For Sam it is the chance to learn from the experts and showcase her own game design, and maybe win a sponsorship. For Jay, it would be a present for his talented art and gaming enthusiast brother Ansen. With both Sam determined to win and Jay prepared to resort to some questionable deodorant-bombing tactics to do so, can Sam discover that when her dream is under threat, is there more than one way to win?

A gently enemies-to-lovers romance for readers 13+



Fritz and Kurt

By Jeremy Dronfield

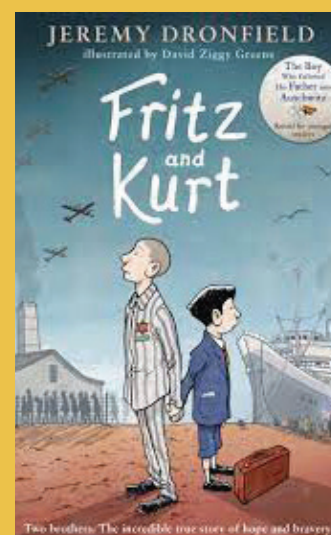
When everything is taken away from you, love and courage are all you have left. In 1938, the Nazis come to Vienna. They hate anyone who is different, especially Jewish people.

Fritz and Kurt are Jewish and that puts them in terrible danger.

Fritz, along with his father, is taken to a Nazi prison camp, a terrible place, full of fear. When his father is sent to a certain death, Fritz can't face losing his beloved Papa. He chooses to go with him and fight for survival.

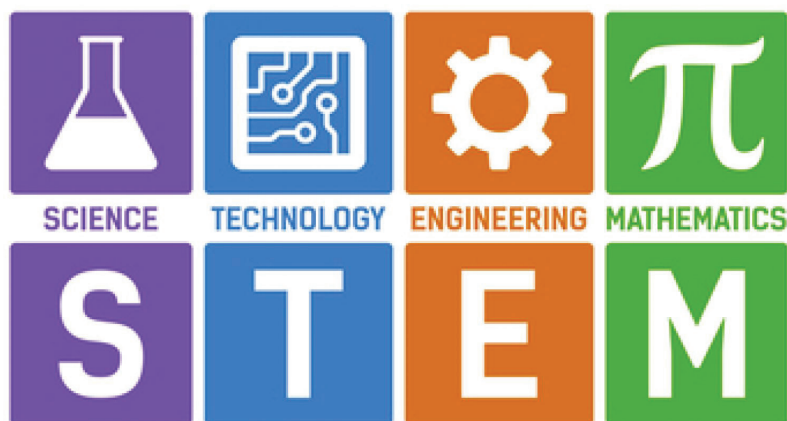
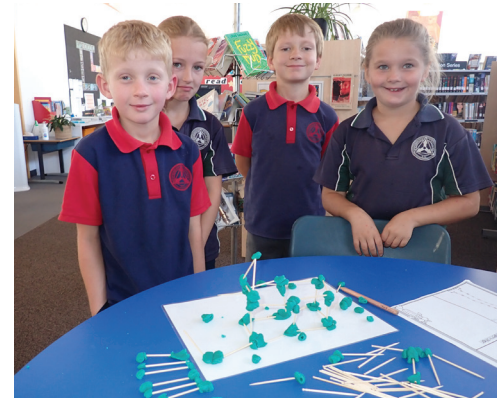
Meanwhile, brother Kurt must go on a frightening journey all alone, to seek safety on the far side of the world.

In this extraordinary true story, Fritz and Kurt must face unimaginable hardships, and the two brothers wonder if they will return home.

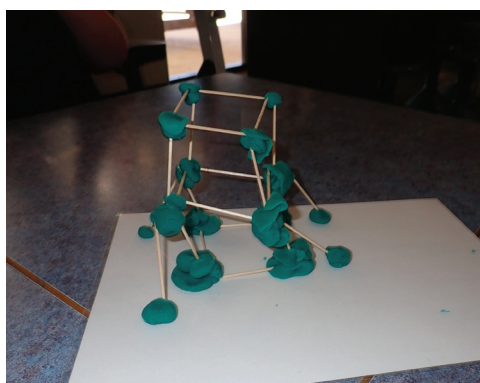
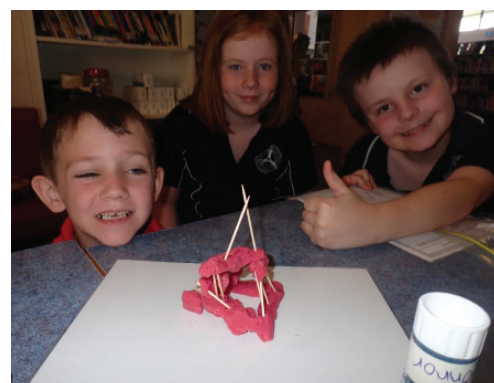
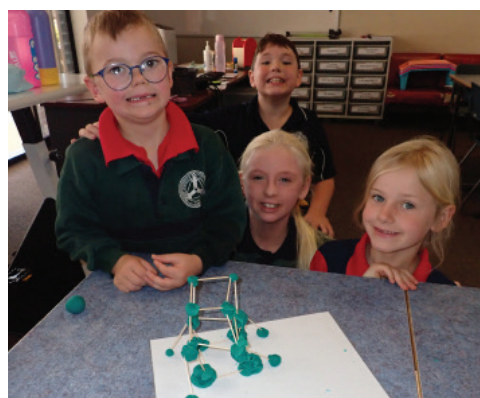
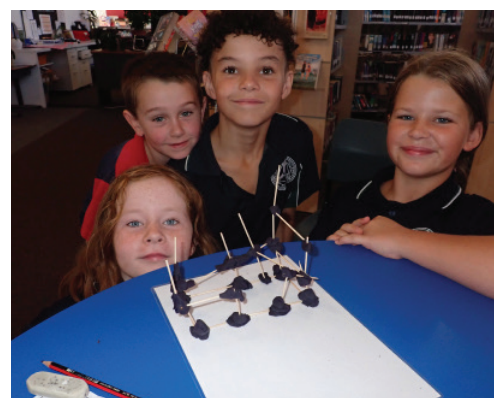




WEEK
1



P-6 students worked in small groups to plan, build and reflect on a tower made from just toothpicks and playdough in STEM during Week 1 and 2. After some trial and error in Week 1, students went on to create some more successful towers in Week 2.





Being back at school after holidays can take some getting used to. We may need to get to wake up earlier but still get our 8 to 9 hours of sleep at night. School bags need to be packed

and lunch prepared daily. At this time routine is very important.

Parenting guru, Dr Justin Coulson provides some return to school advice and top tips for a smoother school start:

- Get kids involved in the organisation process
- Talk positively about school
- Talk about how they are feeling
- Maintain a consistent routine at home

Nit check

Our headlice check for the start of the 2023 school year returned 98% headlice free. Well done, but be alert they are around. We do nit checks at school once or, if needed, twice a term but we need families to be vigilant with checking children's hair regularly. Using conditioner and a nit comb is recommended and if necessary use an over the counter treatment as per instructions.

Kids Eat Well

Kids Eat Well, or KEW, is a Vic Health initiative that is supported by Buloke Shire Council and East Wimmera Health Service. Wycheproof P-12 College signed on to the program late last year. KEW promotes fresh food options and reduced food waste and rubbish from packaging. There are many tip sheets and online resources to help parents and students choose healthy fresh food options for recess snacks and lunch. There are also many options for reusable lunch boxes to minimise single use plastic. KEW applies to primary and secondary school students and offers tips on fundraising options that don't involve fried or sugary foods. We know that fresh food particularly fresh vegetables and fruit increases energy and concentration leading to enhanced mood and learning. For more information call in to the health hub or for healthy lunchbox ideas see <https://heas.health.vic.gov.au/schools/healthy-lunchboxes>

Health action plans

Now is the time to get those health action plans back to school. Asthma and other action plans are required for school camps and excursions. It is also recommended for children with a diagnosis of asthma, anaphylaxis or other illness to have an annual health review with your doctor. It is important to start the year with a current action and care plan provided to the school so that we can provide the best care for students. If you need an asthma or allergy form to take to your doctor, please call in to the office.

Mozzies

There is increased concern about mosquito borne viruses. To keep the mozzies at bay, make sure lawns are mown and there is no water pooling in gardens or around pot plants, use a mosquito repellent, wear light coloured clothes, long pants and long sleeve top are recommended. If you are wanting information about the safety of mosquito repellent for children see the Royal Children's Hospital Fact Sheet at https://www.rch.org.au/kidsinfo/fact_sheets/Insect_repellents_guidelines_for_safe_use/

Schools have new rules on single use plastics

On 1 February 2023 the Victorian government brought in new rules around single use plastics and the Department of Education has rolled out new policies on all single use plastics. These policies apply to the following single-use plastic items made from conventional, degradable or compostable plastics:

- drinking straws
- cutlery including knives, forks, spoons, chopsticks, sporks, splades and food picks
- plates
- drink stirrers and sticks
- cotton bud sticks.
- food service items and drink containers made from expanded polystyrene.

For more information, see the fact sheet <https://www.vic.gov.au/sites/default/files/2022-11/Single-use-plastics-Ban-factsheet.pdf>

Opportunities to volunteer

Secondary school students have some great opportunities to volunteer and looking to the future add to their resume. **Meals on Wheels:** Wycheproof P-12 is rostered on alternating Tuesdays and Thursdays and students from Years 9 to 12 are invited to participate. If enough students on the roster commitment is twice a term. **Youth reference group:** headspace Swan Hill is inviting young people aged 15 years and older to have their voice heard as part of a youth advisory group looking at issues that affect young people in the Mallee including health and social inclusion which can be as simple as lobbying or planning for improved public transport, as an example. Information and application forms are available in the Heath Hub or see the flyers in given out in assemblies this week.

Support services & helplines

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



BRIGHT SPARKS CLUB

The Drop-In Centre is open Tuesdays from 12pm-5pm. Back for another year of fun, information and carer support. We welcome all our Drop-In Centre and Bright Sparks Club Members. For further information contact Andrea Smith on 0428 935 275.

MENTOR DRIVERS WANTED

Would you like to help young people learn how to drive? Do you have at least two hours per fortnight to spare? Are you over the age of 21 & hold a full current driver's licence? The Buloke Loddon L2P Program matches volunteer driver mentors to young learner drivers to assist them in gaining driving experience in a vehicle provided through the program. A training session for mentors will be held on Sunday, February 26 at Wycheproof between 10am - 3pm. If you are interested, contact the North Central LLEN on (03) 5491 1144.

BOOKS & FUN

Families with children aged 0-5 are invited to come along and join in various activities, reading, singing and informal play with other children at a free activity group. Wycheproof Books and Fun is held Thursdays from 10.30am - 11.30am. For more information call facilitator Kelly on 0487 459 772.

YOUTH PARTICIPATION TRAINING

A training session for anyone that works with young people including teachers, sports coaches, activity providers and volunteers. Discuss the fundamental benefits of youth engagement and how to embed the voice of young people within your activities. The chance to share stories and workshop any challenges you're currently facing. 5pm - 8pm (dinner provided) Wednesday, March 29 at NDCH Kerang. Bookings via www.trybooking.com/CFVOJ

GENEALOGY COURSE

Curious to find out who you are? Wycheproof Community Resource Centre is running a course in March that will help you begin researching your family tree online. The sessions will be held from 10am - noon on Tuesday, March 7 and Tuesday, March 14. Cost is \$20 and includes 8 modules and a workbook to keep. More info available by calling (03) 5493 7455.

LEVEL 1 SPORTS TRAINER COURSE

Is your club prepared for the 2023 season? Do you require more qualified Level 1 Sports Trainers? Now is the chance to have your volunteers skilled up, ready for the season. Facilitated by Sports Medicine Australia, the course will be held at the Wycheproof-Narraport Football Club on Sunday, March 5. The cost is \$285 for the full Level 1 course (8.30am - 5pm) and \$120 for reaccreditation (2.30pm - 5pm). Local contact: Rhonda Allan, Mallee Sports Assembly, on 0427 780 109.

FIRST AID & CPR TRAINING

Dawn Ferrier of Talk Smart Training is running First aid and CPR training at Wycheproof Community Resource Centre on Monday, February 20. CPR update: \$85, Provide First Aid: \$175 and Provide Emergency First Aid in an education/care setting: \$195. Contact WCRC to book on (03) 5493 7455. Online training to be completed prior to face-to-face session.

PRIMARY PRODUCER INFORMATION SESSION

Primary producers are invited to a FREE weather and protein market outlook featuring Channel 7's Jane Bunn and JBS's Steven Chapman and Steve Geary. 12pm - 2pm, February 23 and 24, at the Wycheproof Town Hall. BBQ lunch provided.

POSITION AVAILABLE

Mount Wycheproof Motor Inn has a position available for a cleaner. 10 - 15 hrs a week, 8.30am start, weekdays only. Phone Kelly on 5493 7224 for more information.

FIRST AID FOR MOTORCYCLISTS

Motorcycle Accident Management Training will be held at Kerang Turf Club on March 25. The cost is \$50 per person. To book, visit www.fafm.com.au. This full-day course is funded by Vic Roads and Kerang Neighbourhood House.