

Wycheproof P-12 College

A State school established in 1876



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Newsletter 4 - Wednesday, May 3



ANZAC Day



It was fabulous to see such a great community turn out for the 2023 ANZAC Day ceremony down at Centenary Park in Wycheproof on Tuesday 26th April. There were people of all ages at the ceremony, including our School Captains Xavier McKersie and Kate Thompson (pictured above).

It is important that young children show their respect and appreciation for those who sacrificed their lives or served in some capacity during war.

There are many different 'recognition days' that schools can be involved in (for example, World Bicycle Day, Walk to School, National Hug Day, etc).

There are that many, that we could have three special events in every school day, and we still would not cover them all, but the one day that is a non-negotiable, where we expect our students to stop and reflect, is ANZAC Day.

We held our own little ceremony on the Monday at school led by Sharna Bartram (our SRC President) and our Senior Concert Band played pieces of music that were popular during the war.

We have so many great young people who do show profound respect for such an important day, which is as it should be.

Christine McKersie - Principal

2023 DIARY DATES

MAY

Wed	3	Primary Cross Country Bendigo
Thurs	4	Bendigo Writer's Festival Excursion (Yr 4 - 6)
Fri	5	NCD Cross Country - St Arnaud
Thur	11	Calder Winter Sports (Yr 4 - 6)
Fri	12	Quiz Night
Fri	19	Interhouse Cross Country
Fri	19	Comic Art - Regional Arts Victoria (Prep - 9)
Tues	23	Buloke Youth Health Expo (Yr 9/10)

JUNE

Tues	6	LMR X-Country - St Arnaud
Wed	7	Bush Dance
Fri	9	Pupil Free Day
Mon	12	King's Birthday Public Holiday
Thurs	15	GAT
Fri	16	VET Taster Day
Mon - Fri	19 - 23	Work Experience (Yr 10 & 11)
Tues	20	Career Profiling (Yr 9)

WYCHEPROOF P-12 COLLEGE

HOUSE CROSS COUNTRY



Saffin Oval
1.30 - 3pm
Friday, May 19th

All welcome!

Wycheproof P-12 College ~ "Be Your Best"

YEAR 7/8 CAMP - ROSES GAP



Students geared up and ready to go abseiling



Logan



Brayden



Hayley



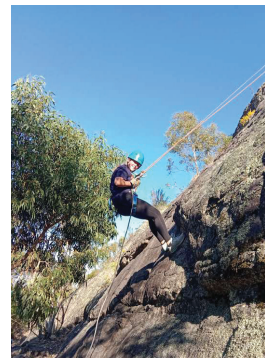
Lana, Kelly & Tessa



Priya



Tessa



Kelly



Only a few managed to stay dry during the canoeing activity!
Brayden, Dane, Zeke, Logan, Kelly, Lana, Tessa, Hayley & Priya



YEAR 7/8 CAMP - ROSES GAP



Kelly



Grace



Zeke & Brayden

During the last week of Term 1, the 7/8 class adventured to Roses Gap.

Upon arrival we set up our cabins, and split into our groups for the week.

During the two days, we experienced abseiling, the giant swing, canoeing, archery, and crate stacking.

A class favourite activity was the giant swing.

All participated, and stepped out of their comfort zone to go to the purple level.

The food was amazing, we were treated to many delicious slices, and desserts during our stay.

A great camp, and experience had by all.

-Year 7/8 class



Priya



Hayley



Year 7/8 students & Mr Duffy reach great heights on the giant swing and the climbing activity. Below right: Bushwalking





Jessie & Kate

**Year 11
Food Studies**



Jacob



Eliza

**Indigenous pita
& pastry chips**

Year 7/8



Grace & Adele



Kiarah

Snickerdoodles



Mitchell & Hayley

**GET ACTIVE FOR
BREAST CANCER
RESEARCH**

Join us on
Sunday, 14 May



**COME AND JOIN IN! THE MOTHER'S DAY
CLASSIC FUN RUN AND WALK IN
WYCHEPROOF ON SUNDAY 14TH MAY,
2023!**

LOCATION: Meet at the front of the Wycheproof Community Resource Centre.

REGISTRATION: Pay by cash or Eftpos at the event. Register no later than 8:30am at the front of the Wycheproof Community Resource Centre.

COST: Adult walk/run \$35.00

Concession walk/run \$30.00

Child walk/run \$20.00

Purchase 4 or more tickets for a 10% discount!

Register online on this link:

<https://www.mothersdayclassic.com.au/register/mothers-day-classic-wycheproof/register>

WARM UP: 8:45am Averyll Loft - Instructor

RACE START: 9:00AM SHARP. Walkers staggered starts after 9:00am.

FINISH: Approx 11:00am **ENQ:** Call the WCRC 5493 7455



Consent

If you haven't caught up with the program *Asking for it!* on SBS, you can see it on that channel's streaming service.

While the program has a focus on consent in relationships and sexual consent, it does investigate other areas in modern life that are tricky when it comes to consent issues such as online or when we have to comply with the larger group because we are in a class or club. It is recommended that if you have teenagers in your family you watch this 3-episode program together and start a conversation about consent and safety. To see the program go to www.sbs.com.au/ondemand/tv-series/asking-for-it.

This all links in with the child safe policies and the curriculum including the Respectful Relationships curriculum of the Department of Education and Wycheproof P-12 College. You will have heard the expression 'it takes a village' and there are some inspiring organisations that provide information and education about children's safety for all of us. If parents, students, or community members need more information see www.bodysafetyaustralia.com.au

Asthma and medical forms

Asthma or illness action management plans signed by a doctor or health professional are mandatory for a student to attend a camp or any school event off-site. Forms have gone out to families and must be returned to school. An annual checkup with your doctor to review medicines is very important for good health outcomes. The asthma or allergy plan should be on the form that has the school logo and the information required by the Department of Education. School Health Support Plans were distributed during Term 1. Please ensure these are signed and returned to school this week.

Wellbeing team: health and mental health support

The Secondary School Nurse program is available to all secondary students and you don't need a referral. The school nurse is employed by the Department of Education. The school nurse is in your school to support student health and wellbeing. Wellbeing is not just mental health and is for all students. Call in to the Health Hub office for a confidential chat or if you are interested in promoting the environment and sustainability there are many activities available at Wycheproof P-12 College.

Chantel White is our school's Mental Health Practitioner. For referrals to Chantel, students can talk to members of the school wellbeing team or their teacher.

headspace Swan Hill provide a service to students at Wycheproof P-12 College. To link in with Celeste Costa phone (03) 4010 7100, or to see online information about the services provided, or to make a referral <https://headspace.org.au/headspace-centres/swan-hill/>

Single use plastics and wraps

Reducing single use plastics and rubbish at school promotes a cleaner environment and is our responsibility as a Resource Smart School. Our food choices can involve food items that are individually wrapped in plastic or foil wrapping which increases our rubbish load and means we are eating highly processed food which can lead to students being tired, melancholy or cranky. For recipes to create snacks and lunches ideal for students of all ages and ideas to cut down on single use plastic and other packaging call in to the Health Hub, or see <https://heas.health.vic.gov.au/schools/healthy-lunchboxes>

Supporting diversity: Autism

The last day of term is always exciting and at the end of Term 1 students supported Hoodie Up Day. This was part of Autism Awareness Week an annual promotion by the peak body AMAZE to improve the wellbeing of Autistic people to show understanding, acceptance and support for the Autistic community. The reason the campaign asks us to wear a hoodie is because some Autistic people experience sensory sensitivities and can become overloaded by stimuli in their environment. Wearing their hoodie up means they can block out bright lights and busy environments which helps calm them.



Amara, Keely and Isabelle put up their hoodies in support of students with autism.



Priya, Hayley, Logan, Jenna and Lana in solidarity with those who have autism.

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

BOOK NOW!



Juliet
THE NEW MUSICAL

Date: Sunday, 4th June, 2023
Venue: Regent Theatre, Melbourne
Matinee Session: 1:00pm
Cost: \$100.00 per person (show & bus)
Transport: Bus leaving from Wycheproof, pick up Charlton then Melbourne & return
To Book: Call the WCRC 5493 7455 asap limited seats.

Proudly subsidised by the Wycheproof Community Resource Centre Inc.

WINTER JACKET ORDERS

KIDS SIZES (4 - 14) - \$73
 ADULT SIZES (S-XL) - \$79

Please contact the office by Friday, May 12.

Wycheproof P-12 College

Bush Dance

1:30pm
 Wednesday, 7th June
 Sports Complex
 Dress: Country clothes

ALL WELCOME

Family members encouraged to come along & join in the fun!



WYCHEPROOF P-12 COLLEGE

Quiz Night

FUNDRAISING FOR THE YEAR 11 WORK EXPERIENCE PROGRAM

many prizes to be won
byo food and drinks

\$10 PER PERSON
TABLE OF 8
PHONE 5493 7409 TO BOOK

FRIDAY, 12TH MAY

AT 7:30 PM SHARP | **SHIRE HALL WYCHEPROOF**



Tuning into Teens™ at headspace

EMOTIONALLY INTELLIGENT PARENTING

Learn how to:

- Understand what they're going through at this stage in life
- Understand their emotions
- Manage conflict more effectively
- Communicate more effectively
- Create a closer more connected relationship
- Build on your skills as a parent

Details:
When and where: Six week program commencing Wednesday 3 May (Online; 5-7pm) OR 17 May (Birchip P-12 School; 5-7pm)
 Register: headspace.org.au or 1800 975 115

headspace
 Supporting Young People's Mental Health

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health

Awesome effort at SSV finals

Hunter Connolly, Charlie Fawcett, Xavier McKersie and Spencer Nicholls travelled to the Melbourne Sports & Aquatic Centre to swim in the State Swimming Finals in front of a bumper crowd last week.

Cheered on by two proud Dads in Stuart Nicholls & Chris Duffy who accompanied the lads on the journey to the big smoke, the boys tried their hardest in the final race of the meet to record a solid 8th place finish in the 18-20yo 4 x 50m freestyle relay.

It is a challenge to keep up the pool fitness when our pupils haven't had a swim for 6 weeks due to our local pools being closed for the season.

The boys picked up the obligatory State hoodie as a memento of the occasion and now they will never have to don the goggles and speedos again for their school.



Hunter, Charlie, Xavier & Spencer ready to race in the State Swimming Finals last week.

The boys have done us proud for many years and it was a fitting way to finish off their school swimming careers by making it to the State level. Well done lads.

-Mr Duffy



Year 3/4 Easter Art (Term 1)



Wycheproof P-12 College ~ "Be Your Best"

Star Students

Prep/1/2
Tyler Harrison

Consistent effort on all tasks.

Year 5/6
Ludah Harrison

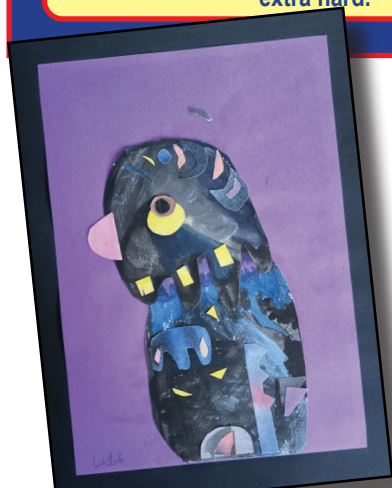
Creating an outstanding piece of artwork in the style of Pete Cromer. Well thought through and planned.

Year 3/4
Enda Redmond

Improving his sight work knowledge and working extra hard.

WEEK

11



In 5/6 art with Miss Smith, students have been studying the work of contemporary Australian artist Pete Cromer. Pete's work is renowned for bursts of colour and textures, all reflected in his bold collages, paintings and sculptures. Pictured left is Ludah Harrison's artwork, a black cockatoo, inspired by Pete's style.



COOKBOOK FUNDRAISER

The Wycheproof Preschool Centre Parents Advisory Group is seeking submissions from members of the Wycheproof community for their 2023 fundraiser - a recipe book. Whether its a family recipe passed down over generations or a tasty treat whipped up in the Thermomix, the PAG is seeking a wide range of tried and tested recipes loved by locals. Please email your recipe along with a short explanation of what makes it special to wycheproofpreschoolpag@gmail.com or drop a printed copy off at the Centre Mon-Wed.

CHARLTON BADMINTON CLUB

The Charlton Badminton Club is encouraging juniors and adults to come along and try out badminton. Juniors: Tuesday 3.30pm. Ladies: Fridays 9.30am. Juniors & adults: Tuesday 7.30pm. Call Rae Heenan on 0437 093 672 for more information.

JUNIOR VACANCY

The Wycheproof IGA has a vacancy for a junior (aged 13 and above). Enquire today by calling Billy on 0423 503 106.

CHESS CLUB

Wycheproof Community Resource Centre is seeking expressions of interest for a chess club. Register by calling 5493 7455.

Registrations Open!

Wycheproof's first ever Relay for Life will be held on Saturday, October 14 and you can now register via the link or QR code below.

Relay for Life is a community fundraising challenge in which friends, families and community members team up to raise funds for the Cancer Council by completing laps around a track over a set number of hours.

The event is being organised by the 2023 MATES Mentoring Program in partnership with our VCE Vocational Major students.

Register by scanning the QR code or by visiting: <https://www.relayforlife.org.au/event/wycheproof-college-2023>

Proudly supporting



STUDENT ABSENCE

The school needs to be notified of a student absence by 10am. A phone call to the school office, note in the student diary or XUNO absence notification noting the reason for their absence, are all acceptable notifications. This is to satisfy the legal requirements of the Department of Education and training.