

Wycheproof P-12 College

A State school established in 1876



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Newsletter 7 - Wednesday, July 19

Renewable Energies

Renewable energies are here to stay.

In the middle stages of their schooling, our students start to study energy and what non-renewable and renewable energies are. While some aspects of renewable energy are yet to be designed to be cost effective, their benefits to the environment are what often excites students the most.

At Wycheproof P12 College we have just had some of our solar panels upgraded so that we spend less on electricity (thanks to the support of our School Council members). Our old system was not installed well, and we had multiple issues. We are expecting the new upgrade to be fabulous and more importantly we will be able to track inputs and outputs and discuss this data with our students.

We were excited that a local St Arnaud company (St Arnaud Solar) was contracted by the VSBA (the education building authority) to do this work. In talking about career pathways into solar electricity, Luke spoke about being an electrician living in Melbourne but aspiring for more. He relocated to St Arnaud and now employs five young tradespeople to work with him. We are hoping that this is the future and that we have more young families moving back to/or tree-changing to Nullawil or Wycheproof. The more successful businesses we have in our communities the better for all of us who reside in rural locations.

Such narratives are great to tell our current students about, so we can now sow the seeds of inspiration and innovation in their DNA. Even if they don't come back to live in the country, our students will always remain connected to our communities. This was very evident over the holidays when many ex-students (who now no longer live here) but have young children themselves, encourage their children to 'fill-in' when our teams are short of players.

Why would you want to live anywhere else?

Christine McKersie - Principal



SRC 'ERAS' DRESS UP DAY WINNERS!

Rhett Hogan (90s), Henry Pardella (50s), Chevy Bartlett (70s), Harlan Bartlett (80s), Demi Matheson (00s) & Jewels Barton (60s).

2023 DIARY DATES

JULY

Mon - Wed	24 - 26	Year 5/6 Camp - Sovereign Hill
Fri	28	Inter-house Athletics Carnival

AUGUST

Tues	1	NCD Athletics - Charlton
Wed	2	Public Speaking Competition
Thurs	3	Primary Calder Athletics - Charlton
Fri	4	School nurse visit (primary)
Mon	14	Year 8 NCTTC Orientation
Wed	16	Parent Teacher Interviews
Wed	16	School Council Meeting
Thurs	17	Treasure Island - visiting show
Tue	22	2023 Book Week Dress Up Day

SEPTEMBER

Wed	6	Solos and Supper Concert
Fri	15	SRC Colour Run

WYCHEPROOF P-12 2023 INTER-HOUSE ATHLETICS CARNIVAL



FRIDAY, JULY 28TH

9.30am @ WYCHE REC RESERVE

(Moving to Saffin Oval after lunch)

CALDER vs **BROADWAY**

ALL WELCOME!

Wycheproof P-12 College ~ "Be Your Best"

WHAT'S NEW IN THE LIBRARY...

PRIMARY FICTION

Sunshine on Vinegar

By Karen Comer



Stuck in a new apartment on the eleventh floor and Freya is afraid of lifts.
Stuck in a basketball team where not everyone likes the new star player.
Stuck in a classroom of kids who don't know Freya is a donor-conceived baby.
Stuck just like Audrey in the Skipping Girl sign suspended over the suburb of Abbotsford.
Being the new girl makes Freya feel like a dark cloud on a summer's day. Can she figure out how to belong on Vinegar Street?

SECONDARY FICTION

The Impossible Story of Hannah Kemp

Leone Agnew

Hannah is living a life of shame, dealing with a traumatic accident for which she was responsible. Struggling to come to terms with her guilt, she is ostracised in a community that condemns

her. She deals with this by rebelling and pushing away anyone that offers kindness or seeks to understand her. Crippled by her own guilt and anger, she comes across a mobile library bus where every book is the true story of someone's life, and realizes that judgement of others is usually shallow and uninformed. When she finds her own book....she also finds that her past can reshape her present.

*A powerful but fantastical novel for ages 13+



"Work placement at The Weekly Times was incredibly interesting as it gave me a new understanding of all the time and specific jobs that go into creating a newspaper. During my time there I interviewed and wrote an article about a 59-year-old netballer, visited a cattle sale and listened to an obsessed truffle farmer. My favourite activity was definitely The Rocky Horror Show. After the show I spotted out one of the actors from the play and all of us girls got a picture with him. It was a blast!" - Amara



Keely Norton & Chrisodoulou



Demi Merri-Bek Maternal Child Health



Eliza Academy Graphics



"My week at work experience consisted of shopping and spending all my money. I enjoyed working at Ascot Saddlery and learning more information about products I can use for my own horses. But I most enjoyed the little coffee dates with Issy over the phone while we both waited to start work." - Paige

2023 Work Experience Week



"I enjoyed my work placement at Port Melbourne Vet as it gave me a good idea for a potential career. My favourite moment in work experience was The Rocky Horror Show. It was completely hilarious and risqué! I also loved shopping, the delicious food and my phone call coffee dates to Paige before work.." - Issy



IMPORTANT NOTICE FOR PARENTS/CAREGIVERS

Wycheproof P12 College's grounds are supervised by school staff from 8.35am until 3.20pm. Outside of these hours, school staff will not be available to supervise students unless special arrangements have been made with school staff.

Students and families are encouraged to regularly read our school policies found on our school website. We thank all our School Council members who spend many hours regularly reviewing our school policies. We invite and welcome feedback relating to these policies and other school procedures.

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.



Mitchell



YEAR 7/8

INTERNATIONAL CUISINE

Kiarah



Zeke



Morgan



Renaye & Kelly



Tessa, Dakota & Lana

Lunchtime feast to celebrate 2023 swimming success



A delicious spread of hot food, fruit and sweets was enjoyed in the multi-purpose room on Tuesday, July 18th to celebrate Wycheproof P-12's successes in the pool in 2023.

From winning three shields and an individual championship at NCD, through to sending a relay team through to the state finals, Wycheproof has had yet another fantastic swim season.

Well done to all students, to Jan and Suzi for their continued dedication to running the summer training squad and a big thank you to Mrs Beattie, the VM students and Trudy for organising the celebratory lunch!



SSV Cross Country State Championships



Hayley, Angus, Keely & Libby at the 2023 Cross Country State Championships.

RESULTS

14yo Girls 3km
Winner's time 12.22 – 97 runners
63rd **Hayley Yasa** 15.35

15yo Girls 3km
Winner's time 12.04 – 90 runners
27th **Libby Thompson** 14.33

15yo Boys 3km
Winner's time 10.32 – 98 runners
63rd **Angus Cowell** 12.30

16yo Girls 3km
Winner's time 12.19 – 93 runners
46th **Keely Allan** 15.13

Wet, wintry conditions meant our four State Cross Country qualifiers had a very heavy and muddy track to contend with at this year's event, held at the Yarra Glen Racecourse east of Melbourne.

Sickness has not been kind over the holidays, but credit to our kids to push through and give it their all even though some of them were feeling pretty average on the day.

Our school has a great culture and our motto to 'Be your Best' ensures our pupils who put in the effort are rewarded with opportunities like this to test themselves against the best in the State.

Well done to Libby 27th, Keely 46th, Angus & Hayley who both finished in 63rd position. The school is very proud of your achievements. Next year we will endeavour to be even fitter, faster and, more importantly, not coughing up a lung.

- Mr Duffy

Wanted!

Ice-cream containers for the Home Economics kitchen. Please drop off containers to the office.

REMINDER

School lunch orders must be placed prior to 10am Mondays, Wednesdays and Fridays via My School Connect. Due to staff shortages, the Bakery is unable to process orders placed after 10am.



Who will you Relay for?

Wycheproof P-12 College Sat 14th Oct 2023

Wycheproof Recreation Reserve

relayforlife.org.au | 1300 65 65 85

Celebrate survivorship. Remember loved ones lost. Fight back against cancer.



MATES PROGRAM DIARY DATES

Friday, July 21st

Lunchtime walk. Meet at the North-side Stadium car park at 1pm.

Wednesday, August 9

Games night & dinner. 6pm - 9pm.

Friday, September 1

Lunchtime walk. Meet at the Stadium carpark at 1pm.

Saturday, October 14

Relay for Life event. 9am - 9pm. Register your teams now via the QR code below

Proudly supporting





Welcoming in Term 3

Well the start to Term 3 has been icy and students probably didn't get a lot of sunshine over the holidays, unless they went to Queensland or other warmer

places, so that means that we have started the term on low health reserves.

With not much in the tank, it is crucial that we try to increase our body's resistance to infections particularly winter viruses. One virus that is getting attention is the Respiratory Syncytial Virus (RSV), one of the viruses for what is called the common cold. It is a very contagious virus and can make asthma worse or lead to serious conditions including pneumonia.

Avoiding winter viruses is the best way to be fit and healthy. And as always, we can do that by eating a diet that is based on fresh vegetables and fruit, having a good sleep routine, exercise or have an active lifestyle and most importantly making sure that you cough into a tissue or sleeve and wash your hands or use hand sanitiser at every opportunity.

Stay home if unwell and ensure Flu and COVID vaccinations are up to date.

For information on how to manage cold viruses in children see the Royal Children's Hospital Kids Health fact sheet and health information website at https://www.rch.org.au/kidsinfo/fact_sheets/respiratory_syncytial_virus_rsv/

E-cigarettes

E-cigarettes remain in the headlines for all the wrong reasons, with more people injured due to battery burns. There is no healthy e-cigarette or vapes as all the chemicals they contain cause lung damage and sooner than that seen in other cigarette use. There is a significant amount of false information available claiming that vaping is safe, but e-liquids are known to contain a variety of dangerous chemicals and can be highly addictive. Bendigo Community Health is starting off a series of 90- minute 'Tough Talks' on Monday 24 July at 5:30 with the first one on the topic of e-cigarette/vaping. Bookings are necessary, to book see : <https://www.eventbrite.com.au/e/tough-talks-vaping-and-how-to-support-young-people-tickets-657390782527>

The online session is for parents, carers, and young people and other concerned community members. Presenters will take questions during the session. And so if you are unsure about e-cigarettes and how to talk to young people or you may be a young person concerned about the adults in your life or your friends, then then this is an essential session for you.

New data from the Cancer Council Victoria shows a huge rise in the percentage of Australian teens using e-cigarettes, 2018-2023.

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 and is in your school to support student health and wellbeing. Wellbeing is for all students. Call in to the Health

Hub office for a confidential chat. I am always interested in student ideas on how to promote good health and wellbeing.

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 headspace provides, or to make a referral, see <https://headspace.org.au/headspace-centres/swan-hill/>

Helping parents

Supporting your child's development, to grow closer and solve problems in a positive way is the goal of the Positive Parenting Program (Triple P). For more information see <https://www.triplep-parenting.net.au>

Food choices are important for all year levels

Eating highly processed food can lead to students being tired, sad, cranky, or unwell. To cut down on single use plastics and other packaging and for healthy lunchbox ideas call in to the Health Hub, or see <https://heas.health.vic.gov.au/schools/healthy-lunchboxes>

Parent's day topic ADHD & Demand Avoidance

Uniting Wimmera, Horsham, will host a day of information and strategies on ADHD and demand avoidance in children and teens, with presenters Rebecca Challoner and Christina Keeble founders of the National PEKE Centres that provide services for neurodiverse children. The topics covered include understanding ADHD and Demand Avoidance, strategies for the home and classroom, understanding defiance, anger and aggression, understanding how children think/feel, effective treatments, and the steps to a diagnosis. This event is free.

Date and time: Sunday 23 July at 10am in Horsham. To book <https://forms.office.com/r/PLTyexXVAJ>

Head lice, nits!

This week we did nit checks, and we are only 98% nit free at Wycheproof P-12 College. This year seems to be one where conditions are favourable and eradicating these annoying pests very difficult. Thank you to parents who are monitoring their children's hair at home, starting treatment and informing the school. Along with the over-the-counter nit treatments daily combing through of conditioner is also advised. If you need more information call into the school nurse office.

Support services & helplines

- ✓ Parentline 132289
- ✓ headspace call back 1800 650 890 or [ehespace www.headspace.org.au](http://www.headspace.org.au)
- ✓ Autism Connect helpline 1300 308 699 or webchat www.amaze.org.au
- ✓ Kids Helpline 1800 551 800



P O E T R Y

Year 7 English

Ode to Pizza

Eat it with pineapple,
Eat it with just cheese.
You can't go wrong!
Anything you like you can put on it.
There are infinite choices,
So how can you not like it.

By Desmond Polzin

Whynot

As I leapt into Whynot,
I met a man that cried a lot.
And when I asked why are you crying,
He said because my goldfish is dying.
So, I ran away but he tried to block,
Then I punched him and decided to
flee from Whynot.

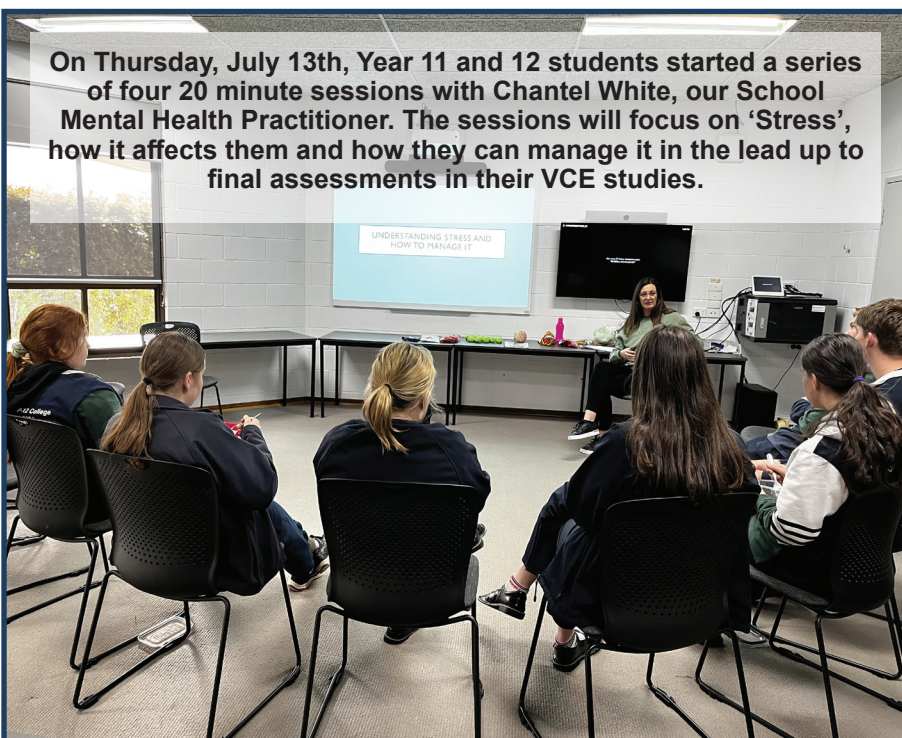
By Logan Pollington

Ode to Michael Jackson

He always sings,
And he always dances,
Whenever he sees his chances.
He dances with the other
Jacksons
The good old faithful Michael
Jackson.

By Zeke Harrison

On Thursday, July 13th, Year 11 and 12 students started a series of four 20 minute sessions with Chantel White, our School Mental Health Practitioner. The sessions will focus on 'Stress', how it affects them and how they can manage it in the lead up to final assessments in their VCE studies.



Some very cute and cuddly little visitors popped in to visit the 3/4 class at the end of Term 2. Jewels and Mason (above) were very proud to show off some of their new pups. Pictured right: Ryder Harrison.



Star Students

WEEK

2

Year 3/4
Charlotte Greco

Contributing great ideas while planning her board game in Maths

P/1/2
Willa Lord
Awesome spelling!

Year 5/6
Chevy Bartlett
Always working so hard in class.



TERM

3



Survey

Wycheproof Community Plan

We are updating our Community Plan but need your input to help make our next plan more inspirational, concise and realistic.

So tell us what you think by completing a short survey asking:

- ☒ What is good about Wycheproof?
- ☒ What would you like to see happen or change in Wycheproof?
- ☒ What do you want to see go into the new plan?



Scan the QR code to go straight to the survey or visit www.surveymonkey.com/r/WycheCommunityPlan:

Hard copies of the survey can also be picked up from or returned to the Resource Centre or Newsagency.
Survey closes on 6 August 2023.



Wyche Alive Inc.



THURSDAY
27 JULY - 31 AUGUST
3:45PM - 4:30PM
WYCHEPROOF
RECREATION RESERVE
\$60.00 FOR 6 WEEKS

For children in 4 year old
kinder to Year 3

All Participants will receive a modified
equipment pack

Register via PlayHQ

<https://www.playhq.com/afl/register/2b8c53>

For further information contact
Amy Botheras on 0413160969

Save the date!

2023
'Solos &
Supper'
Concert

Wed, Sep 6th
Music Room



Notices



Notices

FREE EVENT

Journey through the challenges of bushfires, floods, droughts and cyclones with David Younger, a sought-after, nationally renowned speaker and clinical psychologist. You'll come out the other side ready to take on anything! The event will be held at the Rex Theatre, Charlton at 3pm, July 26.

COOKBOOK FUNDRAISER

Final call for submissions to the Wycheproof Preschool Centre Parents Advisory Group's recipe book. Whether its a family recipe passed down over generations or a tasty treat whipped up in the Thermomix, please email your recipe to wycheproofpreschoolpag@gmail.com or drop a printed copy off at the Centre Mon-Wed ASAP!!!

CALLING BULOKE PARENTS

Buloke parents are being encouraged to take part in a 5 minute survey to help inform the Buloke Shire Council's new Children, Young People & Families Plan. All participants will go in the draw to win a Kollab picnic blanket and cooler bag. Find more info at buloke.vic.gov.au - closing July 28th.

Wycheproof P-12 College ~ "Be Your Best"