



Myrtleford P12 College

Inspirational.

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Principal ● Zlatko Pear

Issue 16: 18th November 2022

Calendar

November

21 Year 7-11 Headstart

22 School Readiness Program

December

1 Prep-6 Celebration Evening

2 Parents Club Trivia night

5 Feathertop Chalet Camp for Years 7-9

13 State Wide Orientation Day

14 Year 6 Celebration Day at Feathertop Chalet

14 7-12 Awards Evening

20 Last Day of Term
1.30pm Finish

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A few words from the Principal.....Zlatko Pear

Preps 2023

Following a lot of discussions, we have decided that in 2023 we will once again have two stand-alone Prep classes of approximately 13 - 14 students each. We believe that these small class sizes will provide our students with the best possible environment in which to begin their formal schooling. This will also enable our teachers to know the students really well as individuals and as learners. Teachers will be able to work closely with every student to tailor an individualised learning program to build on strengths and develop areas of need.

Our 2023 Prep Myrtle students have already visited the school as part of the 'School Readiness' Program. The program involves a series of visits aimed at making the transition from Kindergarten to Prep as smooth and anxiety free as possible. It also helps us get to know the students before they officially start at 'big school' next year. The visits will continue over the next four weeks. The Transition Program will also include teachers visiting our students at the Kindergarten and will conclude with the State-wide Orientation Day on Tuesday the 13th of December.

Headstart Program

Our Headstart Program will start on Monday 21st November. In order to better engage the students during the final few weeks of the year we have decided that all secondary students will start next year's classes. In most cases they will have their 2023 teachers take the class. The current Year 7 - 9 students will complete the program on Tuesday 13th December. Our Year 10 and 11 students will complete a two week VCE program which will conclude on Thursday 1st December.

Orientation Day

Tuesday 13th December will be the State-wide Orientation Day. Our 2023 Prep students will spend most of the day at school. All other primary students will 'step-up' to their 2023 classes. It is an exciting day because in most cases students will be with their 2023 teachers and classmates.

...Zlatko Pear

Myrtleford P12 College is a Child Safe School.

All our Child Safe policies can be accessed on the College website.
<http://www.myrtlefordp12.vic.edu.au>



YEAR 12 GRADUATION DINNER



On Wednesday evening we held the 2022 Year 12 Graduation Dinner at the Red Stag Restaurant. Year 12 students and their family and friends gathered for a meal to celebrate the end of secondary schooling for these young adults. Congratulations to all the students on completing Year 12.

Around the College...



Grade 2 students created their own Information Reports and read them to the Preps.
Mr Sgambelloni



Congratulations Jake and Aliza

On Wednesday November 2nd, Year 6 students Jake Hodgkin and Aliza Kneebone travelled to Melbourne to compete in the Victorian State Track and Field Championship, representing Myrtleford P12 College. Jake ran in the 800m and came 13th and Aliza ran in the 100m sprint and came 12th. A fantastic achievement from both students, Congratulations!!

Miss Bigger

IMPORTANT CANTEEN NOTICE

OPEN
MONDAY, THURSDAY AND FRIDAY

CLOSED
TUESDAY AND WEDNESDAY

Please remember that students will need to bring food from home on the days the canteen is closed.

See below for some inspiration for healthy school lunches.
There are lots of videos at this link about preparing healthy lunch boxes if you would like to watch.

[Healthy food for school lunch boxes | Raising Children Network](https://healthy-kids.com.au/parents/packing-a-healthy-lunchbox/)

<https://healthy-kids.com.au/parents/packing-a-healthy-lunchbox/>



When packing a lunchbox for your child, you should feel confident that you're providing them with a nutritious supply of food that will get them through the day with the energy they need to function.

Follow this rule to make packing a healthy lunchbox easy:
PACK THE CORE 4 (plus 1 for active and fast growing kids).

What are the CORE 4?

- 1 Main lunch item** – a sandwich, roll, wrap or salad based on grains such as pasta, rice or quinoa.
- 2 Nutritious snack** – choose a snack from the five food groups such as a cold chicken drumstick, crackers with cheese, veggie sticks and hummus, or yoghurt.
- 3 Piece of fresh fruit** – whatever is in season.
- 4 Drink** – always include a water bottle. Add an additional small reduced fat milk drink (less than 300ml) or a 99% fruit juice drink (less than 200ml) once or twice a week.

PLUS 1 additional snack

Every child is different and depending on their activity level or rate of growth, they may need an additional snack in their lunchbox. If this is the case, we recommend choosing a fifth item from the five food groups first, such as those listed in lunchbox item number 2 (the nutritious snack). This will provide the extra nutrients some kids need.

Occasionally--
For variety and enjoyment it's OK to include an occasional "extra" item in place of this fifth snack option. Extra foods include sweet biscuits, muesli bars, packets of chips, confectionary or dry noodle products. These kinds of items should not make a daily appearance in the lunchbox, but can be added once a week for variety and enjoyment and to teach balance.



always include a water bottle



Try these ideas for a nutritious lunch:

MAIN LUNCH	NUTRITIOUS SNACK	FRUIT	DRINK (In addition to water)	PLUS 1
Chicken, hommus and cucumber sandwich	Reduced fat cheese slices with wholegrain crackers	Apple	Chocolate flavoured reduced fat milk	Air popped popcorn
Ham, reduced fat cream cheese and salad wrap	Sultana snack pack	Fruit salad	Water	Dry breakfast cereal
Pesto pasta salad with chicken and capsicum	Reduced fat yoghurt	Orange	99% fruit juice (200ml or less)	Vegetable sticks with dip
Egg, celery and reduced fat mayonnaise sandwich	Homemade pita chips with hummus	Frozen grapes	Reduced fat plain milk	Tinned fruit in juice
Tuna, corn, lettuce and reduced fat mayonnaise wrap	Reduced fat cheese with crackers	Fruit kebab	Water	Muesli bar (weekly extra)
Ham and sweet corn frittata	Reduced fat custard	Banana	Water	Rice crackers or cakes with dip
Chicken salad with chick peas, baby spinach and pumpkin	Vegetable sticks with dip	Fruit salad	Strawberry flavoured reduced fat milk	Reduced fat yoghurt
Tuna and sweet potato patties	Reduced fat cheese stick	Frozen melon balls	Water	Fruit spice English muffin
Turkey, tomato, spinach and reduced fat cheese sandwich	Avocado, carrot and lettuce rice paper rolls	Apple	Reduced fat plain milk	Reduced fat custard
Sweet chilli chicken and lettuce wrap	Muesli and reduced fat yoghurt	Kiwi fruit and strawberries	99% fruit juice (200ml or less)	Small packet potato chips (weekly extra)



REMEMBER! Always pack an ice-pack or frozen water bottle with your child's lunch. This will help prevent the growth of bacteria and keep it cool until lunch time.

Healthy Kids Association
www.healthy-kids.com.au | p: 02 9876 1300 | e: info@healthy-kids.com.au

LIBRARY NEWS

Premiers Reading Challenge News

I am so proud of the number of students that participated in the Premiers Reading Challenge this year. Many of the classes completed the challenge during class time, and other students worked hard to complete the Challenge on their own time. Congratulations to the many students that completed, and worked to complete the Premiers Reading Challenge. At a morning assembly last week, with the help of the Library Leaders, I presented some award book prizes to the **PRC Champions**, one from each year level. These students not only finished the challenge, but kept reading, challenging themselves even further. Well done Champions!



PRC Champions: Chloe, Liliana, Shreya, Miah, Yawng, Sein Pai and Lily
Book Week Competition Winner: Nia
Library Leaders: Aiden and Damon

I also had the pleasure of awarding a book prize to Nia Lewis, who won the Book Week CBCA Eve Pownall competition. Nia spent many hours searching through the CBCA Award books finding the answers to not only the easy questions, but the Hard and Difficult ones too! Well done Nia, I am sure you learnt many things through your reading.

Billy Simpson's Mini Book Series

Also in the library these past couple of weeks, I have had many visits from a budding author from 3C, Billy Simpson. Billy has been writing a series of mini books called "Bean". He says he was "...inspired by the meme 'Beans'...". The series follows the travels of a bean dude running around the world having fun. He runs into lots of weird things along the way. He is the only bean in the world he lives in, but....author Billy tells me...."wait until Bean 6. It's going to change the world Bean lives in!". Come on into the library and take a look at Billy's mini books.

Billy's favourite book series are: Dog Man, Ninja Kid and Captain Underpants...oh and Bean of course!

....Mrs Morgan





2023 Future Maker Extension Programs

These programs are for students who will be in Year 10 in 2023, and who have participated in the Outdoor School's Future Makers program during the 2022 school year.

For more information:

<http://www.outdoorschool.vic.edu.au/extension-programs/2455/>

<p>Summit to Sea</p> <p>Dates: Saturday September 16th to Friday October 6th</p> <p>Cost: \$1800</p> <p>Contact: Jarrod.Quinn@education.vic.gov.au</p>			
<p>CEDA Nepal</p> <p>Dates: Saturday September 16th to Friday October 6th</p> <p>Cost: \$7000 maximum – refund may apply depending on flight costs.</p> <p>Contact: Breanna.kent@education.vic.gov.au</p>			
<p>Kimberley</p> <p>Dates: Wednesday 2nd August to Sunday 20th August</p> <p>Cost: \$5000 maximum – refund may apply depending on flight costs.</p> <p>Contact: Paul.hartley@education.vic.gov.au</p>			
<p>Murray Meander</p> <p>Dates: Saturday September 16th to Saturday September 30th</p> <p>Cost: \$1800</p> <p>Contact: david.gilson@education.vic.gov.au</p>			

Please scan the QR codes to apply

Applications for programs close December 6th 5pm

FUTURE MAKERS CAMP



Year 9 have recently returned from their Future Maker experience. The 15 Mile Creek School, located in the picturesque King Valley hosted our students for 2 weeks...that's right...2 whole weeks! The Future Maker program delivers the

learning capabilities of resilience and collaboration, through experiential learning and guided reflections. The purpose of the program is to develop future ready young people who consider their global footprint, the opportunities before them to make a difference and build their preferred future.



Students were immersed in a rich and unique learning environment that included trips to Lake William Hovell, rafting down the King River, canoeing and camping on Lake Eildon, as well as a host of other outdoor activities on the 15 Mile Creek Campus.



FUTURE MAKERS CAMP



Zero technology meant that they had plenty of time allowing them to explore, discover, be challenged by and enjoy their learning; as well as developing a deeper understanding of their peers.

The dreary weather forecast deterred very few. Students proved their resilience during a very damp Journey section of the camp – most of whom still returned with big smiles. I suspect some very creative awnings were erected along the banks of the lake to keep them dry-ish.

Thank you to all the Myrtleford P12 College staff who assisted in attending this extended camp, and a huge shout out to the 15 Mile Creek staff (Teachers, chefs, cleaners and support crew) who do such an amazing job at hosting our students.

Our Year 9 students made us very proud on this camp – such an awesome bunch of young adults, who showed their caring and curious natures.

Mrs Sanderson



Talking art with Mrs Craftwright

It was fabulous to have the opportunity to exhibit all our student's beautiful masterpieces once again at the Myrtleford Show. We submitted work into most of the categories in the Art Show with many student's work winning first prize, second prize or Highly Commended.

My favourite part is being there on the day and listening to all the lovely comments people have to say about the work we create at school and also seeing so many excited kids dragging family members in to show off their artwork.

All students that won prizes were awarded at a special assembly held at school. We handed out over \$100 in prize money!!!! Congratulations to everyone that entered. It's so important for young artists to see their work being exhibited and enjoyed by so many people.

Kit Cartwright

Here are some reflections from some Grade 3 students.



I am so happy that my weave got Highly Commended at the Myrtleford Show. I am very proud of my weave and very excited that it got that kind of score from the judges. I never thought I would be able to get any place because I'm not much of an artist but I am super proud of myself.

Ruby De La Rue

I am grateful that I came first for my self portrait in the Myrtleford Show. When I went to the show and when I saw my self-portrait had come first, I was so happy and cheerful that I smiled the whole time I was at the show - even when it rained! It was the best day of the year. I am very proud of my artwork.

By Hayley Jennings

VCAL- Business

This term, VCAL students were required to run their own businesses to demonstrate employability skills such as teamwork, organisation, problem solving, literacy/numeracy and more. It was a long project; coming up with a product/ service that would sell, budgeting, shopping for materials, marketing, production trials and reviewing their efforts. All groups had to “give back” to the community and donate 10% of profits to a charity. This money will be going to Black Dog Institute Australia to support mental health research and programs.

Well done to the teams who have made some or LOTS of profit and learned some important lessons to consider for future business endeavours, predominately that SUCCESS reflects effective PREPARATION and INITIATIVE.

- Taylah, Connor, Declan, Will and Nick made candles in repurposed mugs from the Myrtleford Op shop. They learned the importance of marketing properly to sell more products as they made just over \$7 to split between 5 group members.



- Jess provided the teachers with a service to keep them caffeinated and happy by delivering Ruby’s Cafe coffee for a fee. She made over \$30 profit for just three days of recess deliveries.

- Tyler and James flipped a beautiful set of bedside drawers to the customer’s design brief and made \$80 profit. Tyler is now enlisting the help of Byron to get another set of drawers ready for sale in the next couple of weeks, so stay tuned.



- Kaidan, Nathan and Cam made platters from red gum that had fallen in Cam’s yard. A clever choice as they only had to purchase food grade lacquer. This made their profit margin large with \$200 sales for the five boards.



...Ms Amber Baker

Year 7 Science

Light Absorption

Year 7 students have been looking at the Earth's resources and investigating non-renewable and renewable fuel sources. This week they did an investigation into why solar panels are black (or dark blue) in colour. They once again identified dependant and independent variables, collected and presented data from their experiments in a graphical format. They worked really well to produce the conclusion that they predicted- dark colours absorb more light energy than light colours.



Year 8 Science

Eye Dissection

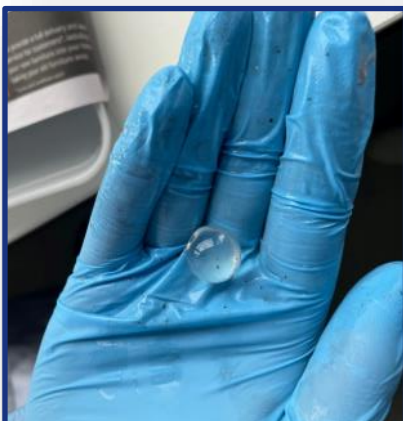
The Year 8 students this term have been exploring Light and Sound. They have performed various experiments to determine how light travels and behaves in different mediums, including refraction, dispersion and how we correct sight problems. This week they were fortunate enough to be able to perform an eye dissection so they could truly understand the path of light and how we see. Recently eye dissections have been hard to do as we struggle to source eye balls, so a big thanks to Kyle at Clyde Street



Butchery for supplying us with the eye balls (enough for every student who wanted to participate) and supporting the students learning at Myrtleford P12 College.



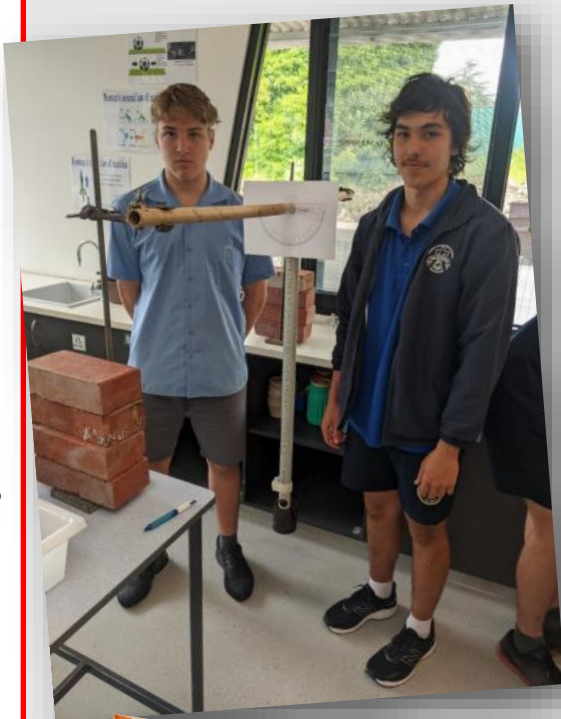
...Ms Gabriel



Year 11 Physics

Students in Year 11 Physics designed their own experiment for their final assessment in the motion unit. They used a simple pendulum to investigate the period of the pendulum, changing either the mass, length or angle of displacement. Students were incredibly creative in the construction of their pendulums!

Ms Mitchell



Year 3 and 4 Feathertop Camp



3C Camp Recounts

Feeling scared, I pulled the yellow rope. WHOOSH! I flew straight back and forth. My heart was rushing way too fast. I could not feel my stomach AT ALL. I also had a massive front wedgie. It was very very scary but yet fun so next time you want to go to camp I might recommend going to Feather top. Also my rating for feather top is 50/100 ok have a great day bye!

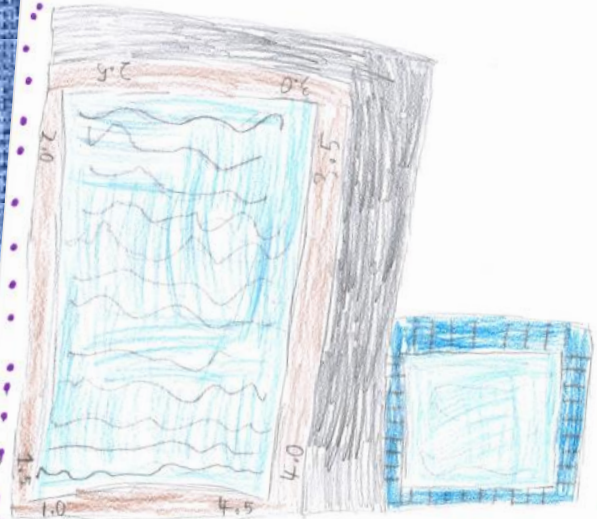


By Billy 3C



Splash! As I jumped in to the cold water, I sank to the bottom of the pool. Then I tried to float on the water but I wasn't light enough to float. I decided to step into the hot tub instead. It was so much fun because the dog, Jack, hopped in the water with us. Then we had lunch.

by Ali. 3C



RAFT BUILDING AT FEATHER TOP CAMP

On camp I was doing the activity Raft building when we were preparing for it we had to go into this little shed and get life jackets.

Then we walked down to the lake and we had pipes and ropes to tie the pipes together. We were splitted into 2 groups and worked together when we were building the raft. We had a discussion and we finally decided on the one that we were going to build it sortove looked a bit like an aeroplane.

We finally finished the boat and Mason, Shyanne, and everyone else got on and we pushed it into the lake but we were screaming at that time I wasn't on yet so I stood there and watched.

We were doing a challenge. If my whole team gets on the raft first then we win but if we don't then we lose. My team ended up winning "yay!".

But I got stuck on the raft then my classmate Shyanne, had to come and pull me in. I was very scared but I got pulled in anyway so it was ok. And when I was pulled in it was raining so I was shivering in the cold when we were walking back.

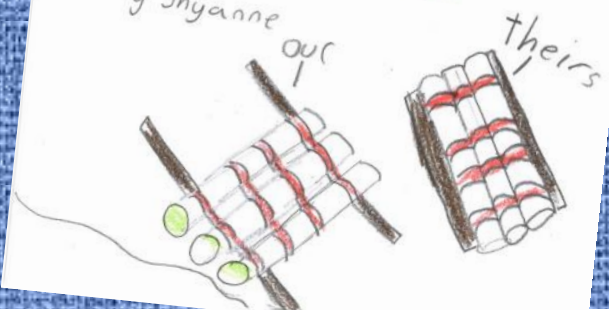
And when I got back I changed straight away and that was pretty much it for raft building after all of that I played with one of the dogs until dinner my writing is done bye!

By Oscar Tran 3c



Splash!Crashing into the freezing cold water, it was hard to noticed what you were stepping on. Me and my team had to build a floating raft. We had did it! We made the perfect raft that could fit all of us. Both teams finally finished but our rafts were nothing alike. They had used their materials super differently to us. 2 Minutes later we WON the raft building competition. But suddenly we notice that Osker was still on our teams raft floating away so eventually me, Ali, Sophie and Mason had to work together to rescue Osker and swim him to shore.

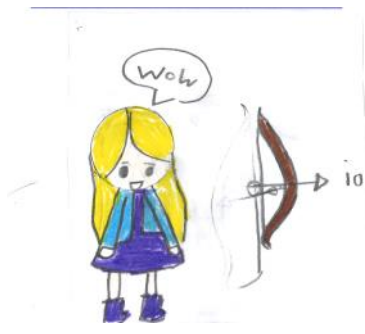
by Shyanne



3C Camp Recounts

Bang! The arrow hit the board as I got a perfect ten. I felt proud of myself. I knew that I could do it again. I was nervous so I grabbed my second arrow. I pulled the string up to my ear (I was still feeling nervous), then I released it. I was feeling as proud as a lion. I got a perfect TEN. I really wanted to do it again so I grabbed a third arrow. I was not nervous anymore so I pulled it all the way up to my ear. I released it and I got ahhhhhh I got a one! (this was my last arrow). As I pulled it up to my ear, then I released it I got a one. But my total score was TWENTY ONE. I LOVE ARCHERY. 3C

[Lakota Curran](#) VISIT THIS LINK



ZZZZZZ, getting pulled up on thick red rope, I was a little bit scared. It was so high up! All of my group looked like tiny ants and the harness always gives you a wedgie. It was so annoying. BOOM! I pulled the thin yellow rope, I was swinging so high and everyone was cheering for me. I couldn't wait for my next turn.

By Marley



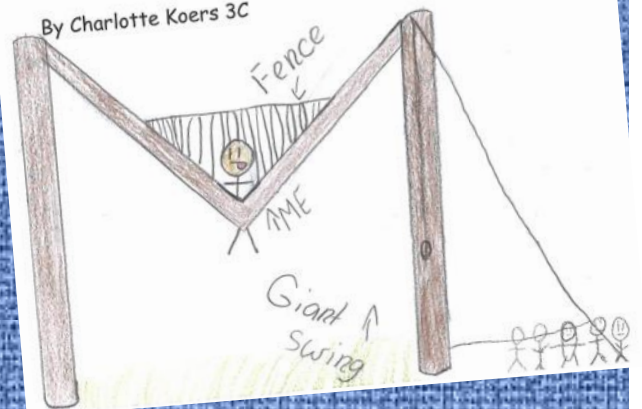
IFor one i thought will die i was GOING UP SO HIGH I SAID STOP I TOOK A BREATH AND I PULLED THE ROPE gently I fell and i felt the wind in my ears i was swinging down and up.



WHOOSH !!! I was dangling in mid air feeling wind go through my hair. I was getting higher and higher every second. Finally, I was at the top so I pulled the black and yellow rope. After that I felt like a bird soaring through the beautiful blue sky. I couldn't scream though because me and my friends Savannah and Olivia all made a bet not to scream. [Btw i didn't scream]

[THE GIANT SWING WAS FABULOUS !!!]

By Charlotte Koers 3C



3C Camp Recounts


My _____ experience

Chit chat! I heard as I reached the top of the branch. I then wondered: "how am I going to get down?" How AM I going to get down?

Then I heard the leader say "Just let go!" I let go of the wood of the branch. I could feel the pressure to go again but it was my own choice. Could I go again?

I kept thinking about it as I landed on the soft bark. Phew! It was finally over. It was scary but fun.

Can you guess the activity?




By Isabel

Whoosh wash as the trees flashed by me I almost hit the top I was so close to the top but I got scared. I looked at the tree and took a deep breath. I got to the top in tree climbing!!! Yay!!! I felt good after that. so I had another turn. I started and got to the top. I jumped down and gave my harness and helmet to Sarah and she had a go.




Logan 3C

Snap! I was going down so fast but it wasn't scary. I was swinging back and forth. I heard wind across my ears and felt cold air on my face. The Giant swing was so fun.



Some recounts from 4FM...

FEATHERTOP CHALET BY ZOE ROBERTS

Up and ready for camp, hair done, bag packed, ready to go! I was so excited to finally get on the bus. It took so long to get there. (Well it felt like a long time!) But we got there and we got settled. Next we got into our groups and we went to our first activity. Our first one was photo orienteering. It was a little boring and the sun made me feel like I was on fire! It was that hot I felt like I was melting.

After that we went to have some lunch then went to our bedrooms. We got our beds made and ready for later that night, then group 5 (my group) went to tree climbing. I got all the way to the top, it was amazing! I loved the middle tree because you got to squeeze the chicken that was hanging on the top. The last thing we did for the day was archery. I got a bullseye! We went back to our bedrooms and it started to rain and then we went to have dinner and dessert. Then for a short night walk and bedtime. Pippa kept me up till 12.00am!

The next morning we got up and were ready to go. After breakfast we had some free time. At 9.00am the first thing for the day my group went to the giant swing. When it was my turn I was scared and I was not ready to scream. I hated the giant swing. I will never go on it again but I had the best fun ever at camp.



Our Trip To Feathertop Chalet (Shamrock Lodge)

By Ava Kneebone

In the morning at 7:30am I woke up and got ready for the day (got changed, brushed hair, etc). At 8:30 I headed to school.

When we got to school, we all met in the classroom blocking the doorway with our bags. At nine o'clock we started to put all of our bags in the two buses and then we headed off to Harrierville where we would start our first activities.

When we arrived, we talked about safety in the rooms and then started our first activities. Some of the activities included Leap of Faith, Giant Swing (the harnesses hurt), Mini Golf, Tree Climbing and Archery (Tree climbing and Archery you have to be pretty skilful to do). After we finished all of our last activities, we had dinner in the dining room where we ate dinner and had cupcakes because it was Tanishka's 10th birthday that day. In the middle of the night Pippa woke up energised and started dancing in the middle of the room and running around for probably an hour or two so everyone only got around three hours of sleep that night besides Miah (she slept the whole night)!

The next day we woke up (exhausted) at around six and got ready for breakfast which was at 7:30am. When Miah had a shower frogs jumped out of the drain and she screamed her head off and everyone else in the room started laughing instead of fixing the situation. Then we had a play and went to our first activity of the day. My group had the 'Giant Swing' first (which is kind of like bungee jumping). When Zoe went on the Giant Swing, she sounded like a donkey spewing. After that we had morning tea then we went to the pool instead of river tubing because the river was too fast. The pool rules were very strict like no jumping and stuff like that then we had lunch, another activity, afternoon tea, last activity and then finally dinner. Miss Mac said "Cleanest room gets dinner first," which was my room. After dinner we had a movie which was 'Ice Age Dinosaur version'.

The last day we did one activity. I was meant to do gold panning but the river was too fast so we did teamwork activities. After the activities we walked to the park and got ice-cream (I got plum orange, it was delicious), after we got the ice-cream we all played in the park and then started to walk back to our lodge. When we came back, we had lunch, finished packing and made sure we had everything and then left to go back to Myrtleford. In the bus at the back everyone was singing for the whole ride, we sang like twenty songs in one hour!

It was really fun but some activities were terrifying at the start, like the Leap of Faith and Giant Swing. One thing everyone should know is 'face your fears because you will regret it if you don't and always stay positive'.

Feathertop Chalet Camp by Louise Benci

Monday morning my bags were packed all ready for camp at Harrietville Feathertop Chalet. The bus left at 9:30 in the morning, and we were on our way to camp.

When we got there we, well my group, went on the Giant Swing. It was scary as and when we pulled the rope to make us swing, the drop was incredible! And also really hard on the harness and we swung really high because of course it was the Giant Swing.

The next activity was the Leap of Faith and we had to climb a six metre pole while they were pulling us with rope. When we got up there we stood on a metal step and we had to jump off the metal step and grab a trapeze hanging from a rope. It took me a few goes so I would not be scared to jump when they counted 1,2,3 go.

The last activity for the day was Photo Orienteering and we were in a group of three to find all of the scenes on the laminated piece of paper round the camp and whichever group found them all and in the right places would win (my group won of course).

Day two: Tuesday in the morning I was as hungry as a horse, then finally (well to me it felt like ages) we had breakfast and breakfast was really good. After breakfast I had a shower and forgot to wear my thongs so I slipped and cut my toe on the drain and now my DNA is in the carpet forever. The first thing we did was archery. We had two groups and had to shoot arrows at the target to score a point. The points were 1 2 3 4 5 6 7 8 9 10 ten was the highest score and whichever team has the most points wins and my team did not win.

The second activity was Tree Climb and I had to climb to the top of the tree and squeeze the rubber chicken to make it squeak and that meant we reached the top but I was so close that I could not reach the top because I am scared of heights so I climbed back down the tree and tried again and again but I still did not make it to the top.

The third activity was Raft Building and we had to of course build a raft. We had 4 plastic poles and 2 wood poles. I put the two wood poles on the outside and three plastic poles on the inside then it was a competition to see if we could get our whole team to float on the raft before it sank and my team sunk because where my boat was sitting was where the river had a small shallow part and then it went deep. Then all of a sudden it started to rain so we had to stay at the cabins for a while.

The fourth activity was Bush Cooking and we made damper and if you do not know what damper is it is basically bread but not, and it is made of flour a pinch of salt and water and yes it is that simple to make. Then you can either put it in the oven or on the campfire for 45 mins. After dinner we had a movie and Room 1 won the fastest to go to sleep and quietest at bedtime and the movie they chose was Ice Age and some people fell asleep when we were watching the movie, I nearly fell asleep too.

The last day was our swimming day because we did not get to go river tubing because it was flooded and there was high rapids so we got to go in the swimming pool for a free swim and I made up a game called sharks It is played like this: someone was the shark at the deep end and the other players at the shallow end and the shark will say "3, 2, 1, I'm coming." Then they will all run away from the shark and the shark will try to grab you from under the water and everyone thought it was a fun game so they all played. After our swim I had a shower and this time I remembered to wear my thongs. After my shower we packed our bags and cabins up and put our luggage under shelter. Then we got ready to go home and get to finally sleep in our own rooms and that was the end of my enterprising adventure but before we went on the bus to go home we walked to get ice cream. Mary I had a caramel ice cream it was yum!

I was really sad to leave but it felt good at the same time. But are we going there another time I wonder?



Year 10 Humanities

Over the past few months, the Year 10 students have been researching a specific area of interest in Humanities. They were tasked with researching and presenting on the entire history of their chosen topic, from The Big Bang until today – this is known as a ‘Little Big History’. On Friday, the students presented their findings to groups of parents, students and teachers. I was very proud and impressed to see the amount of effort that went into most of the presentations – it is always great to see hard work pay off!

Miss Schaefer



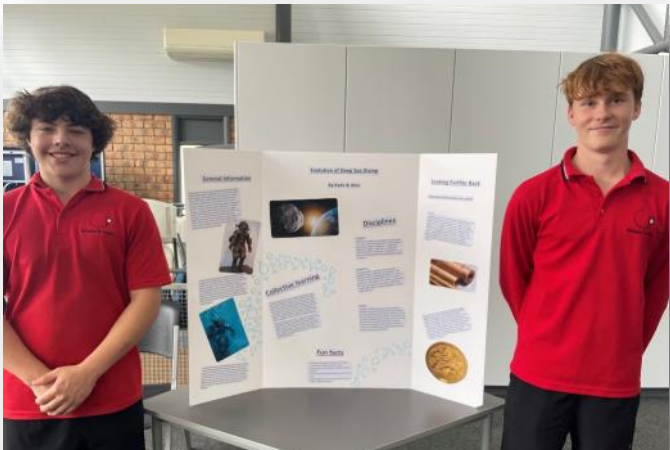
The Steam Engine
Ethan Jenkins



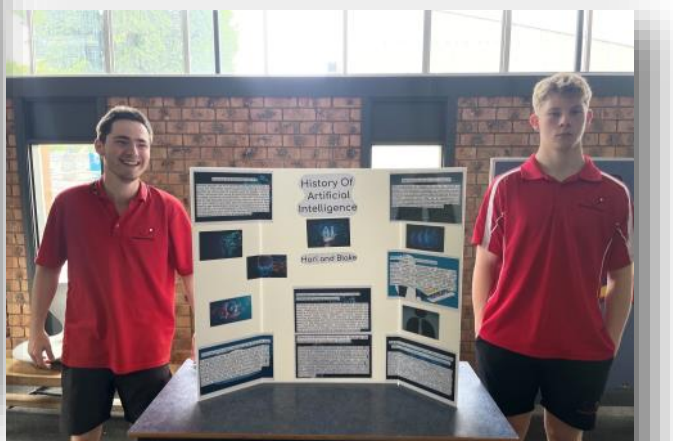
The History of Plastic
Kade Feltrin and Matilda Knobel



The History of Cake
Lodi Treena-Melville



The History of Deep Sea Diving
Kade Parmeson and Alex Durling



The History of Artificial Intelligence
Harrison Barbison and Blake Woodall

Year 10 Humanities



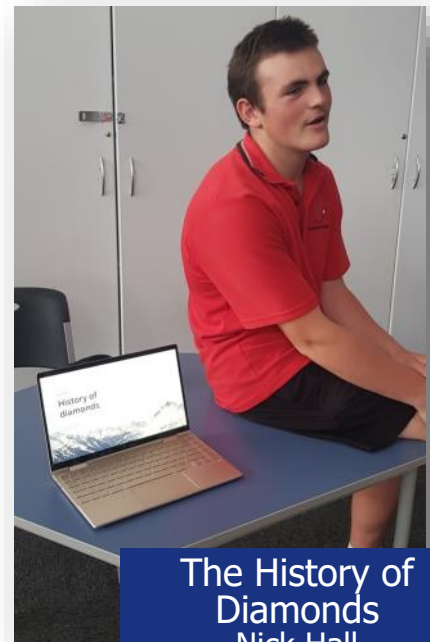
The History of Clothing
Annie Iaria, Clancy Crisp and Summer Caponecchia



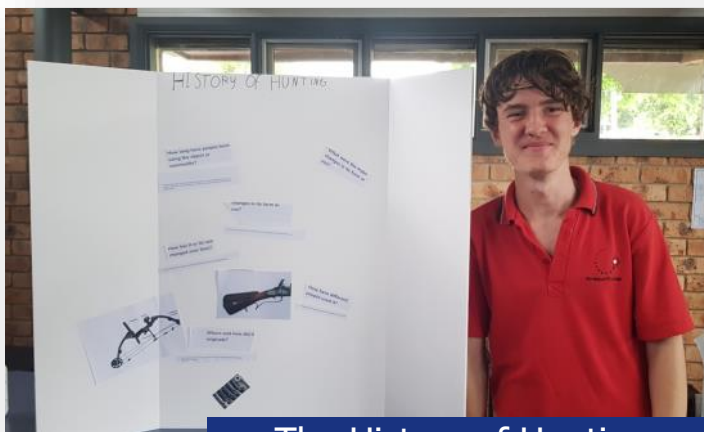
Chocolate
Ethan Luppino and Jayden Clarke



Women's Rights
Mikayla Hackett, Rachel Larsen and Riley Ellero



The History of Diamonds
Nick Hall



The History of Hunting
Andrew Toohy



The Little Big History of Beauty Standards Over Time
Ava Brock

Year 5,6 and 7 CANBERRA EXCURSION



Students from Myrtleford P12 College have recently undertaken an education tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia’s history, culture, heritage and democracy. The Australian Government recognises the importance of all young Australians being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government contributed \$30 per student under the Parliament and Civics Education Rebate Program towards those costs. The rebate is paid directly to the school upon completion of the excursion. We thank the Australian Government for assisting our students in this very important opportunity. The students had a fabulous time. Read on for some of the students’ recounts of the excursion.



Insider's Guide to 5/6 Canberra Camp

DAY ONE

-BUS

Try to make sure you secure a good bus driver; if you get unlucky like us, you might end up not being able to eat, drink, or play music at all! Sit up the front if you get sick- it's a long drive to Canberra! Bring suitable PG or G movies to watch on the bus- *Shrek and Incredibles 1&2 are good options*. Tell the teachers to stop in Gundagai Park- it has the most awesome playground!

-PARLIAMENT

Time your visit to Parliament House! If you're lucky, Parliament will be sitting in the Senate or House of Reps, and you'll get to watch!

Make sure Helen Haines knows that you're coming; you're in her electorate, so she'll try as hard as she can to meet you!

You'll get to do a roleplay of Parliament. This means there will be a government and opposition side of the seats- always choose the right side! This is where the currently elected government sits.

-ELECTORAL EDUCATION CENTRE

At the Electoral Education centre (EEC) you will get the opportunity to do a preferential vote between apples, oranges, bananas, and peaches. The winner of ours was apples.

-ACCOMODATION

The rooms at Canberra Park are quite nice- but some bed sheets have marks on them. Try to avoid these ones and get nice clean white ones.

-FOOD

Always line up for meals at least 5 minutes earlier than everyone else. Sometimes teachers will take everyone to meals early if you and your friends are lined up, and if you're at the front, you'll get first pick of tables. Always pick one of the tables closest to the food- these ones are always picked first to get food.

For breakfast, always avoid eggs. The eggs taste kind of bad, so maybe stick to waffles! Also, after getting your food, always immediately put it down on your table and go get juice. The juice runs out fast, so first in is best dressed!

DAY TWO

-QUESTACON

Questacon is an amazing place full of interactive science and learning. There is a slide- but it's not for the faint-hearted! If you want to go on it, here are the steps:

1. Line up.
2. When you get close to the front, a suit will drop on you out of nowhere- put it on over your clothes.
3. The person running the slide will let about 5-8 people up the stairs at a time- when you go up, get ready!
4. When it's your turn to go down the slide, the person up the top will tell you to hang on to the bar for 3 seconds, and then drop.
5. Your hands will most likely be slippery with sweat- don't worry! You will be able to hang on, I have personal experience.
6. Slide!

There are many other fun things you can do if you don't want to do the slide. There is also a gift shop! The recommended amount of money to bring is \$50, but you are welcome to bring more. I got 2 stress balls and a magic rubik's ball as well as a keychain all for only \$22.



-ORIENTEERING AT THE ARBORETUM

When you get to the Arboretum, you will get the chance to go to the toilet, which I suggest you take. Then you will go to the playground for a run around, until an employee can run the orienteering.

First, you will need to pick a team. I would suggest no more than 3 in your group, because it is inefficient if you are concentrating on getting 5 people's attention instead of actually doing the activity.

Each team will get a scorecard and a map. You will need to orient yourself using the map. There are 25 cards hung from bushes around the grounds of the Arboretum. You will need to find each of them using the marks on the map and poke the scorecard with the unique holepunch at each location.

Card number 22 is the hardest to find. If you just go to the location it says on the map, you won't find it. You'll have to go outside the bushes around the garden part and find it there.

-RIDE AROUND LAKE BURLEY GRIFFIN

The ride around Lake Burley Griffin was about 8km, taking about 30-40 minutes. It is a bit long, but mostly flat, so not too hard, but it will probably be really hot. Take a water bottle, because the bikes have water bottle holders. When you get back to the park at the beginning, you'll get a bite to eat and then head to laser tag.

-LASER TAG

Time for the most exciting thing, laser tag!!!

You'll arrive at the laser tag place. It'll be good if your bus is first in, because then you get to go first! Your group will be split into two, and Group 1 will be first into the laser tag! Pick a team of 5 and a colour, and get started! You'll need to put on a vest and there will be a laser gun attached. When you go into the laser maze, there might be 30 seconds of waiting before starting, but you'll hear a noise and your gun and vest will light up.

Now, you have the power to shoot. Shoot someone on the lighting up parts of their vest to get them out. They will be unable to shoot or be shot for 7 seconds, and their lights will go out.

There are also bases. They will light up with their colour when they are able to be shot. Try to shoot the middle part. The lights outside will light up rainbow if you hit it, and you have to wait for it to go back to its original colour to hit it again. Hit it 3 times and you'll have claimed that base! It will look normal but when you try to hit it again nothing will happen because you cannot reclaim a base that you or your teammates have already claimed. Claiming a base will grant your team 2,000 points. Shooting someone gives you 200 points (I think) and the team with the highest amount of points will win. There are also personal leader boards to see who got the most points themselves.

-CONCLUSION

The day was hopefully great, but you'll need to get some rest for the final day tomorrow. Eat up, shower, and sleep well, because tomorrow you're going to need some energy.

DAY THREE**-MT AINSLEY LOOKOUT**

After waking up and eating some breakfast, you'll be on your way to Mt Ainsley Lookout. The lookout is on a high well-placed lookout. It has a beautiful view of Canberra and is a great stop.

-AUSTRALIAN WAR MEMORIAL

Next you will go for a short drive to the Australian War Memorial. It has many cool artefacts from the many wars around Australia. There is a role of honour and you will get to watch a video.

-NATIONAL ARCHIVE

Finally, as the last event of the day, you will go to the National Archive. The National Archive is a little bit boring, so if possible get your teachers to replace it with another activity, but if not, that's fine. It does have the Australian Constitution and a few different official documents.

-BUS

Finally, after the three days of intense activity and fun, you're on your way home. Sit back, relax, and enjoy the scenery. (Also, go to the toilet at all opportunities, especially on the way home, so you don't end up desperate, because all the school toilets will be closed by the time you get there.)

By Alice Branagan 5BC



Dear Grade 3's, and 4's.

You have 2 years till Canberra so I was thinking I will tell you some stuff that you will need to know for when you go there in 2 years time.

1. Thing is the buses, don't be late to school or the bus will leave without you. Also you would want a good bus driver that lets you eat on the bus. If you don't want to vomit, sit at the front with a friend or it will be boring and also bring movies because it's 4 hours and 25 minutes long. Don't worry there will be some stops for you to stretch your legs. We stopped at Gundagai to play at a wacky park.
2. When you arrive in Canberra you will be going to Parliament house, the home of voting and other stuff. You will get a tour guide to go around the Parliament house and you will go to the House of Representatives and you might be able to see Helen Haines do a speech, also you will get to do a roleplay. You will be going to the Old Parliament house and learn how preferential voting works in a democracy. Also there's holograms there which is cool. For the voting the topics were apple, banana, peach and orange.
3. After the day you would have been tired so you are now at Canberra Park (where you're staying). There's lots of rooms, each room has up to 4 people in it with your own bathroom so you can have privacy. In your cabin you will probably have at least 1 of your friends in your room, dinner is at 6.00. After dinner you could have time for some games outside. When it's bed time you will go into the middle area of the dorms and decide if you want to do a trivia night or a movie night unless you just wanna chill in your own dorm. Then you will go to bed and wake up whenever you want then get ready for breakfast at 8.30. Good Night.

Next Day

5. You will hop onto the bus and you will be going to Questacon. Make sure to bring money (50\$). At Questacon there's loads of science stuff there, also at Questacon there was a giant moon in the middle. There was a free fall slide and make sure you go to this tube sucking thing and there was stuff which I want to keep a secret. After that we went to the Arboretum and played a treasure hunt and I won, just to brag. There was a park called Pod park. There was this big slide and there were lots of trees. After that you will be going on a bike ride around a lake. It was tiring and also we saw ducks. We got to do laser tag and also save some money for some treats. You will get to play 2 rounds my team won and the arcade games are free. SO COOL.
6. We got to see the eclipse. It was pretty but you could see it if you stayed outside and watched it. We also got chicken schnitzel for dinner and ice-cream which was yummy. Any way goodnight.
7. We had the same breakfast which isn't that exciting but anyway you had to pack up your room and make sure you get your rubbish out of the room or the teachers will get mad. You will get on the bus and go to Mt Aynsley and look out on the whole Canberra -that was alright to me. But then we went to the War Memorial and learned about Rej and Harry's big adventure (it's a true story). We saw a tomb that was made out of 682,00 little tiles. I think that was cool. After all of that we went to the NAA and saw the Australian constitution (if you don't know what it is, it's a set of rules or laws made up by the government.) It was cool. That's what I think.
8. Now time for the 4 hours and 25 minutes drive. So boring but you will stop at the cool park and have a nice drive back.



From
Will Hughes.

P.S Bring some money and save some money because you would be hungry (trust me.)

The insiders guide to 5/6 Canberra camp.

Dear Savanna,

How was your Year Three camp? Your first camp! Hope it was AMAZING. So a little birdie told me you might be going to Canberra in two years so I wrote a little guide to Canberra camp. So this is based on what I did and I am aware that it might be very different for you but I have some tips for you as well as things to use so that you will be the best at Canberra camp. Your first tip is that when you get asked who you want in your room make sure you put who you actually want, not just random people in your room. P.S. Have fun reading and I hope you have fun when you go to Canberra.

On the bus -

Make sure you arrive at 6.30 so that the bus doesn't leave without you. You will need to be there so that the bus driver and teachers can load your travel packed bag. If you get travel sickness make sure you tell your teacher or the teachers on your bus so you can sit up the front of the bus. Bring MOVIES, the other bus (bus 1) did not bring movies but we did it will make the bus trip go quicker. (some good movies we watched,, Chicken little, Matilda, Incredibles and Wreck it Ralph. These are just some of the ones we watched.) We stopped in Gundagai at a very cool park. Make sure to tell your bus driver to stop there as it has a zipline and swings and on the way back we went to the servo across the road and got lollies. You probably will want a bus driver that's cool, nice and lets you eat on the bus.

Parliament -

Make sure you write an email to Helen Haines so you might be able to see if you can meet her at Parliament. Time your visit to Parliament well so you get to see Parliament in action. When in Parliament you need to remember it is a working environment so you will need to be quiet. You will have an instructor that will tell you when you need to be quiet and when you can talk. Bring a camera and make sure to take lots of photos. If you do the roleplay you should sit on the government side (closest to the door) the cross bench is the middle 4 seats and the opposition on the other side. For Parliament you need to wear your school uniform as it is mandatory and a law.

Electoral Education Centre-

We had to learn about how people vote. We had to watch a video about voting and how you vote in Australia (Tip: sit up the top, it's a better view). You can find a partner on the bus that will be best for the game. You need to be in groups of two, so pairs, for the game. Then you will go and have a vote on what's the best fruit (I'm not sure what your voting will be on but that's what we had to do). Also it will be the same type of seats for the room that you do the voting in as the movie theatre, again sit up the top it's better. When you vote you will need to number all the boxes 1 to 5.



Accommodation -

When we got there we had this nice lady Natile come and tell us some rules. We had a day full of fun already so we were tired but we pushed through and listened to the rules and our room numbers. We were given our rooms and we went and got changed out of our school uniforms. Our rooms had broken beds and stains on the sheets and a broken shower head. I really didn't like the food. There was a TV in the middle area where we watched Shrek and ate cake.

2nd day!

Questacon-

We went in and got a speech about the rules and where we can do and what we can do. There were a lot of rooms and fun things to do. There was a moon that you could go to.

Tip: try and go in first and go out first you will be better at things and you will be in line for things. There is a room with a hallway full of lights that you can walk through and leads up to a free fall slide. Bring money. It's got a very good gift shop and a cafe that you can get a drink at. I got a slime kit for me, Harlow and Willa .Maybe you could get Koby something if he's nice enough.

National Arboretum-

Here is where we learnt a bit about trees but we went orienteering. We had to get in groups. (the smaller the group the better). 22 was the hardest to find as it was not even close to where the map said it was.

(so check everywhere if you can't find it behind plants. There are a lot of plants and they will tell you not to stand in them and I would listen because they don't seem like very nice people that would care if you touched or hurt their plants. When we went there were plovers in a garden and plovers swoop so don't go near them. There is one behind a building and you might check to see if you missed it but to be honest it's on a chair down below so just go straight down ok. Work with another team the hunt will be easier if you do. You will also find a very fun playground and beg your teachers to go on it. Trust me it's very fun there are nuts and acorns and swings and it's very fun.

Bike ride or cycle Canberra.

We rode around Lake Burley Griffin. You will ride on bikes around a lake. You get there and you have to listen to instructions for about 15 minutes. I don't really have any more tips for this but just don't fall in the water ok.

Laser Tag.

Get out of the bus first or second so that you're in the first group. So if you have never played laser tag tell me and I'll make sure that we play before you go on camp.

So here are some quick rules: shoot that base and stay with like 1 person from your team oh and choose blue or pink as a colour. I recommend blue, that's what we were. You look up and there are boxes with lights on them. They are the bases you need to shoot them to win. If you shoot all the bases you are pretty much going to come a close second or first. We went to zone three and it was good. If you want to bring money that would be good because you can buy good snacks like Mars Bars and Kit Kats. It was very fun.

Night two.

It was good we got back in like 10 minutes to dinner. We got to go to dinner and we had schnitzel and it was ok but MAYA needed someone to cut her food.. (lazy bones) After dinner we got back to our cabins and had showers. We got to stay up and watch the eclipse and we watched Shrek. There will probably not be an eclipse when you go.

Sum up.

The day was good but it only just kicked in that we were there and now we will have to go home. Today was the best day and the most tiring, just a quick tip to make sure you get a lot of sleep the first night.

Day Three- Mt Ainslie

At Mount Ainslie you overlook Parliament House and the rest of Canberra. That was where Nia and Maya got married and also Abigail and Jen got married. There was a lot of other people. We also took a group photo there. The teachers got a photo as well.



War Memorial

You need to pick a partner to be with then you get put in groups there are three groups. You will need to watch a short video about how to act and where to be quiet. You go into the War Memorial and you get to learn about the world wars. I learnt about the 2nd World War. There was a grave with an unknown soldier that had died. We also got to look at the names and Will Hughes was in my group and there was looking at the names and he saw there was a W. Hughes and he said that it was him.

NAA National Archives of Australia

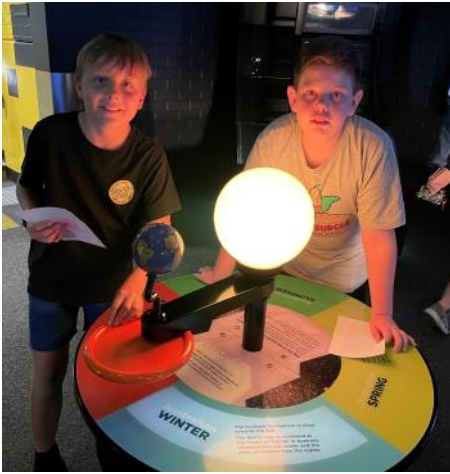
This is where we learnt all about the constitution. Then we learnt about a story of pigeons and notes. Then we learnt about how women and people we treated if they looked different in the old ages. Then we got to go and look at anything we wanted the we got back on the bus and went home

Bus trip home

We got to watch a lot of movies. Well, it was only 2 but. We stopped at Gundagai and stopped at the park. We also brought snacks.

Then we got back.

By Arlia MITCHELL

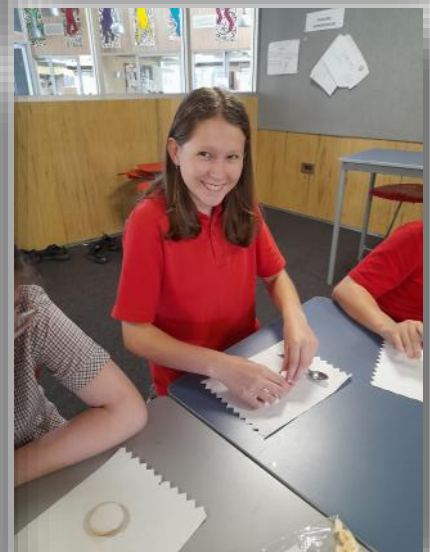


HEALTH CORNER...with Adolescent Health Nurse Rosemary Bunge

Year 7 Girls Group

Over the past few weeks the girls in Year 7 have been spending P6 on a Thursday with me working on their emotional intelligence. We are focusing on empathy, kindness, resilience and respect of self and others. These are activity based sessions which have included exploring all we share, speed getting to know one another better and making some little cappuccino biscuits, some of which they decided to give to a person special to them in the school.

I look forward to continuing the work with the girls, exploring how we can positively influence ourselves and those around us when we put our best selves forward.



...Rosemary

Quote of the week: When you are good to others, you are best to yourself.

Benjamin Franklin

In the community

Expressions of Interest for the 2023 Myrtleford Festival Princess/Queen and partner Competition



Any Year 12 age level young adults who are interested in taking part in the 2023 Festival princess/Queen and partner competition, please call or text Jenny Zamperoni on 0427 495 309 by December 11th with your name and details. If you have your sponsor and partner organised then please also include their names. Feel free to contact me with your details including phone number and ask questions if you have any. Further information will be given to those who wish to take part.

Jenny Zamperoni

*Taking
expressions of
interest now
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- **On the College website** at <http://www.myrtlefordp12.vic.edu.au/>
- **Via email** (just let the office know and provide a valid email address)
- **By hard copy** on request