

Issue 15: 13th October 2023

Calendar

October

9-20 Year 9 Future Makers Camp

13 Parents Club Trivia Night

13 Hume Athletics Primary

18 Year 6 Social Enterprise Market Day

20 Quantum Excursion

25-27 Year 7 Melbourne City Experience

27 Hume Intermediate Table Tennis

November

6 Student Free Day

7 Melbourne Cup Public Holiday

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

Goodbye to our Year 12s

Our Year 12 students will complete formal classes next Tuesday. All students will attend an assembly on Wednesday to say goodbye to the Year 12 class and to congratulate them on completing 13 years of school. This will be followed by a catered lunch shared with the staff. The first VCE exam is English which will be held on Tuesday 24th October. Most of the exams will be held at the Ablett Pavilion. Once the exams are completed we will look forward to the graduation evening which will be held on Friday 10th November.

College Uniform

I am sure you are aware that 'Billy and Me' is possibly closing. We understand that this has created some anxiety regarding accessing the College uniform. Whilst there are several options, our preference is to keep our uniform in Myrtleford. We have had discussions with a local business regarding stocking our uniform. We will have more information about this next week. Please call me at the school if you have any questions or concerns.

Building Works

The buildings are progressing at an impressive rate. The Prep – 2 and the Administration buildings are due to be completed in early December. We are planning to begin moving in during the last two weeks of the year. The sports stadium will be completed early next year.



Inside this issue:

College News	2
Intergenerational Playgroup	5
Sports News	6
Health Corner	8
Visiting Author-Helen Edwards	9
Future Makers Camp	10
In the Community	11

2023 Non School Day

We have one remaining student free day for this year. This will be on **Monday 6th November**. Staff will be completing First Aid and CPR training. Tuesday 7th November is the Melbourne Cup Public Holiday. This means that there will be no classes running on these days. Please let me know if you have any concerns or questions.

.....Zlatko Pear

Hats compulsory for Term 4



To ensure that our students remain safe during outside play during Terms 1 and 4 when the UV rating gets high, we have a No Hat-No Play policy during these terms.

Please ensure that your child brings their school hat to school clearly labelled so that they meet this requirement. Many students choose to leave their hats at school in their tub or on their bag hook so that it is always ready when needed.

All teachers have been issued with a white marker which they can use to clearly write student names inside the hat so even if they go missing they can find their way back to their owner.

We understand that uniform supplies are currently changing with Billy and Me closing soon but they are still trading for the next two weeks - and the local Op Shops may also have some supplies.

The College is in the process of organising a new uniform supplier once Billy and Me closes and we will hopefully have some news for all our families in the coming weeks.

Please get in touch with me if you have any issues or concerns with your child's uniform - or if you need support in any way

Mr Lindsay

Be Respectful – Be Responsible – Be a Responsible Community Member – Be Safe

Green Card Winners

Term 4 Week 1



Prepared and ready to participate
 Keeping my learning space tidy
 Focussing on my own work
 Arriving and leaving quietly and safely
 Showing kindness to others

Billy Simpson
 Lakota Curran
 Lily Picciocchi
 Makayla Allan
 Cooper Sergeant
 Anna Barry
 Jax Ives
 Gavin Figueroa
 Awi Ling
 Rose Harris
 Harry Povolo

Following teacher directions
 Wearing my uniform proudly
 Using respectful language
 Trying my hardest

Congratulations!!

Be Respectful – Be Responsible – Be a Responsible Community Member – Be Safe

Green Card Winners

Term 4 Week 2



Prepared and ready to participate
 Keeping my learning space tidy
 Focussing on my own work
 Arriving and leaving quietly and safely
 Showing kindness to others

Cooper Vescio
 Henry Heafield
 Tyson Patterson
 Willow Heafield
 Ryley Geddes
 Estelle Crameri
 Zoe Roberts
 Jamee Batt
 Winter Foreman
 Rocky Cusack
 Bryce Dato-on (Absent)

Following teacher directions
 Wearing my uniform proudly
 Using respectful language
 Trying my hardest

Congratulations!!

SCHOOL READINESS PROGRAM

FOR ALL STUDENTS STARTING SCHOOL AT MYRTLEFORD P-12 IN 2024

9:30-10:45am - Tuesday 17th October:
I show RESPECT - I can show whole body listening.
 -What does whole body listening look like?
 -The importance of being a good listener.
 -How sensory tools can help us listen carefully.

9:30-10:45am Tuesday 24th October:
I am SAFE - I can control my big emotions.
 -Knowing how I feel.
 -Knowing how others are feeling.
 -Knowing when and how to ask for help.
 -Using strategies that help me calm my strong feelings.

9:30-10:45am Tuesday 31st October:
I am a RESPONSIBLE COMMUNITY MEMBER - I can make new friends and get along with others.
 -Knowing the College Values helps me to learn and play well with others.
 -Learning the behaviours of a kind friend.
 -Using my confident voice to make new friends.

ENROL NOW

Each child to bring along a water bottle and a hat.
 A fruit morning tea snack will be provided.

We look forward to welcoming you to Myrtleford P12 College. If you have any questions, please do not hesitate to contact Ladeane Lindsay on 57521174 or via email at Ladeane.Lindsay@education.vic.gov.au

College News...

We are looking forward to welcoming Prep 2024 students during our upcoming School Readiness Program. Enrol now for further information.

MP12 PARENTS' CLUB TRIVIA NIGHT

FRIDAY 13th of OCTOBER
6:30PM in the Multipurpose Room

\$10 per person max 8 ppl per table

Get your thinking caps on and brush up on your local knowledge too! The Myrtleford P12 College Parents' Club are hosting a Trivia Night fundraiser.

For Tickets, contact Margaret on 0428503951 or email mp12parentsclub@gmail.com
 Payments can be made at the school office.

BYO Drinks and nibbles

Thanks to all the local businesses who have made donations to make this event successful
 Major sponsor for this event

bank W&W

Extra prize opportunities on the night. Bring your wallet and some gold coins
 *Silent Auction
 *Lucky Dip
 *Balloon pop
 *Games

Please note that this event is intended for adults, not children

APPLY NOW

Community Bank · Bright

Stuart Hargreaves Scholarship Program

Are you a local young person aged 18 - 25 looking to start or further your career?

The Stuart Hargreaves Scholarship Program aims to provide successful applicants up to \$5000 to help them realise their career goals, including funds to assist with the costs of essential equipment, tools, specialised training and more.

Visit our website to find out more and download an application form.

Applications open 2 October and close 27 October 2023.

bendigobank.com.au/bright

Community Bank Bright
Bendigo Bank

CASH for SPARE ROOM

Temporary, short-term accommodation is being sought by visiting teacher working at Myrtleford P-12 College.

Clean, tidy, fit and healthy mature-aged lady is looking to house- share until December 21st 2023.

If you have a vacant room or know of anyone with a spare bedroom, perhaps a senior citizen living on their own who could benefit from companionship or help around their home, please call me for a chat on 0417 538 370.

Around the College....

Myrtleford P12 College P-6 Friday Assembly
Inspirational

Term 4
 Friday Period 6
 Multi-Purpose Room

Format of P-6 Assemblies:
 (Year 6 Students to MC)

Welcome
 Acknowledgement of Country
 National Anthem
 Singing
 P-2 Class Awards
 Presentation of Special Work
 3-6 Class Awards
 Special Announcements
 End

Term 4 Roster

Week	Class Presenting Special Work
2	College Values
3	4S
4	1A
5	PLC
6	Year 6 – Social Enterprise
7	5/6BF
8	2H
9	5B
10	Final Assembly of Term

Respect and Responsibility Acknowledgements

- 3 students acknowledged each week for outstanding respect and responsible behaviour during assembly each week and receive a Canteen Voucher on Monday.
 - o P-2 = Ladeane
 - o 3-4 = Janette
 - o 5-6 = Donna

Be RESPECTFUL : Be RESPONSIBLE : Be a RESPONSIBLE COMMUNITY MEMBER : Be SAFE

CANTEEN OPEN
MONDAY, TUESDAY and FRIDAY

Students will need to bring their own lunches on the days the canteen is closed.

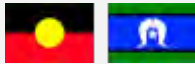
BREAKFAST CLUB

Monday 8.30am in the Canteen
 Tuesday toasties at recess in SLA



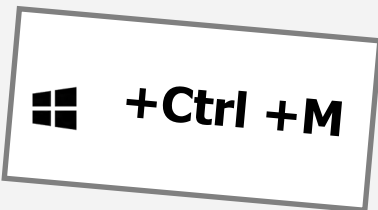
Myrtleford P12 College is committed to the implementation of Child Safe Standards to promote the safety and wellbeing of all young people.

Myrtleford P12 College acknowledges the Traditional Custodians of the land on which we stand and pay our respect to the Elders both past, present and future.




From the IT room

Watch this IT space for a series of keyboard shortcuts.



Using Magnifier

Magnifier makes part or all of your screen bigger so you can see words and images better.

Pressing Windows + Ctrl +M will open the Accessibility Magnifier Settings Screen

SEEKING VOLUNTEERS

Parents Club are seeking volunteers to help with some of our planned activities. If you can help, even for an hour or so, please email mp12parentsclub@gmail.com

Intergenerational Playgroup



Intergenerational Playgroup 0-100 Myrtleford P12 College - *Together we do better*

The playgroup is held each Monday morning from 10.30-11.30am at Myrtleford Lodge Aged Care. It is run by

Myrtleford P12 College Year 8 students and School Nurse Rosemary Bunge and it is going from strength to strength! On Monday October 9th we had eight families attend. That included; eight mums, one grandad, twelve little ones, aged care residents and our team from Myrtleford P12 College.



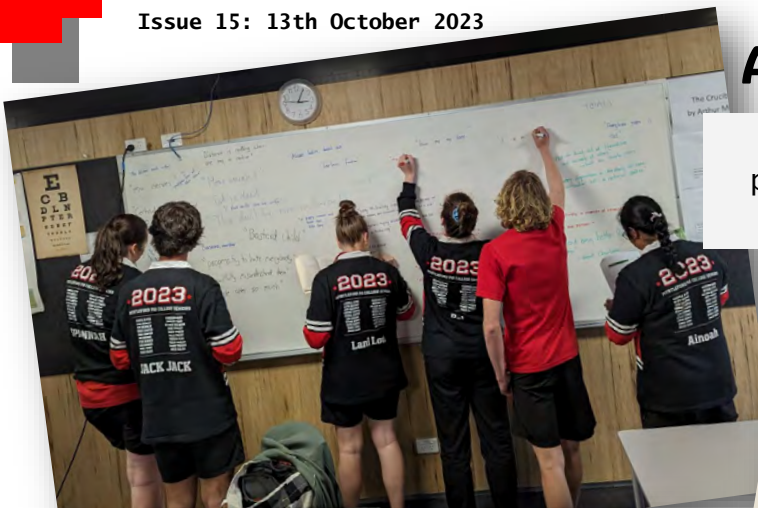
It is a joy to watch the interaction right across the age span- smiles everywhere!

Rosemary Bunge
School Nurse

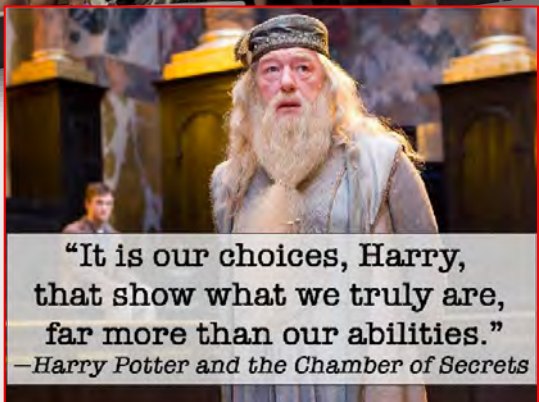


Around the College....

Year 12s busy at work preparing for the English exam.



Shenanigans in the Staffroom on Harry Potter Day Thursday 12th October



"It is our choices, Harry, that show what we truly are, far more than our abilities."
—*Harry Potter and the Chamber of Secrets*

O&M Ultimate Frisbee



Myrtleford P12 College fielded two Ultimate Frisbee teams to compete in the Year 9/10 Ovens & Murray Sports Day held in Albury late last term. Myrtleford A finished the day undefeated against teams from Tallangatta, Rutherglen, Sacred Heart, and Myrtleford B. Students from left to right: Geordie, Dane, Jalen, Bayden, Oliver (back), Zeke, Clare (front), Scarlett (middle), Callum (back), Jac, Lucinda (front), Tora (back), Lily, Zali, Cheyanne.

Kalian Barnes

Primary O&M Athletics Day

The O & M Athletics Carnival on Friday October 6th was fun, exciting and full of ups and downs! Regardless of a disqualification, we tried our best to run like the wind and push ourselves to the limit, to disintegrate the other athletes into pieces. The event that was going on when we arrived was the 1500m race. The race was 3 and $\frac{3}{4}$ laps of the oval (whoever entered that race and didn't quit or die before the end of the race, I am proud of you, you did something that I will not be able to do!) Some of us did one event and others did multiple, but whatever number of events we did at the end of the day we were tired. As the day ended we lazed our tired bodies on chairs talking to our friends. Overall it was a good day, we tried our hardest, enjoyed competing against other schools and the sunshine. Thank You to Ms Royse and Ms Bigger for taking us.

Written by Kiro Fantonalgo

Congratulations to the students who made it to the next level and will compete in the Hume Region Competition today, Friday 13th October.

They are:

Will Koers

4x100m Relay, Long Jump

Harris Bruneau

4x100m Relay

Halen McIntyre

4x100m Relay

Noah Harris

4x100m Relay, 100m Hurdles

Marley Paahi

Shotput

Connor Schell

Shotput

Charlotte Koers

200m, Triple Jump



HEALTH CORNER...with School Nurse Rosemary Bunge

Wishing the Year 12 of 2023 all the very best as they finish up their schooling years. I wish you only good things and remind you if things get a little stressful or overwhelming at anytime, there are many people and services that can help you. Below is just a small snapshot of some support services you could use in the next few months.

Rosemary Adolescent Health Nurse at school
 Miranda Mental Health Practitioner at school
 Teachers at school
 Headspace Wodonga (02) 6055 9555 www.headspace.org.au
 Kids help line 1800 55 1800
 Beyond Blue Youth www.youthbeyondblue.com 1300 22 4636 (24hrs)
 Reach Out www.reachout.com
 Lifeline 13 11 14 (24 hrs)

Thought of the week:
 "Make good choices"



I'm at Myrtleford P12 College on Mondays and Tuesdays each week. I can be contacted by email Rosemary.Bunge@education.vic.gov.au or on 0438 710 584.

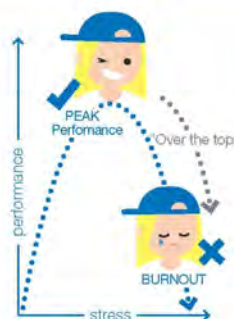
....Rosemary

5 STEPS TO STUDY SUCCESS

We've done the homework on studying so you don't have to. These are your scientifically proven steps to study success.

1 NOT ALL STRESS IS BAD

While it's often given a bad rap, the right amount of stress can actually motivate you to get stuff done. The key thing is to recognise when stress has tipped over from being a motivating force to an overwhelming emotion.



2 20-MINUTE STUDY RULE

No one can study for six hours straight and be effective. Break up your time into twenty-minute chunks for the most effective use of your brain.



3 SAY IT OUT LOUD

The best way to really remember and learn is to talk about what you're learning out loud, without using any notes.

4 BREAKS = GOOD, CONSTANT DISTRACTION = BAD

Taking planned and timed breaks will help you remain on task, but checking your social every 5 minutes is a sure-fire study fail. Research shows that it can take up to twenty minutes to refocus on your task once you've been distracted.



5 SLEEP IS YOUR FRIEND

If you get a good night's sleep before your exam, you are scientifically proven to retain more of what you studied the day before than if you stay up crazy late.





Library News

Visiting Author Helen Edwards

On Tuesday, we were very lucky to have a visiting author, Helen Edwards visit our school during her Book Launch Tour across the North East. Helen spoke to the Year 5 and 6 students and teachers about her new book

The Rebels of Mt

Buffalo.

She spoke about her writing, inspirations for the book and shared her writing journey with us. She read a short passage from the book as well. She talked about Guide Alice, and showed the students some of the old style cameras that Guide Alice would have used in her day. Some of the students purchased her book, and have already started reading the story! It was a very informative, inspirational and interesting presentation.

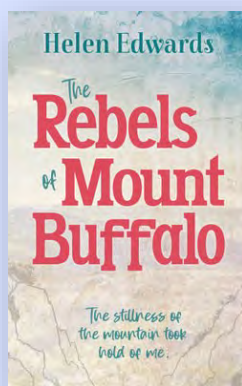
I have purchased two copies of the book for the College library.

....Mrs Morgan



Book Blurb

It's 1998 and Clara and her parents are staying at the Mount Buffalo Chalet for the centenary celebrations. It couldn't be more different from their last visit—there were four of them then and they were a family. Now they are three separate people, orbiting around each other while trying to navigate their overwhelming grief. Without her twin brother, Clara doesn't really know who she is. Then she meets Alice, a girl who lives within the fern-filled valleys below Mount Buffalo. Surprisingly, Clara discovers she is Guide Alice, a rebel of her time, an adventurous non-conformist who spent much of her life boldly leading people along rugged trails between granite tors and misty mountain peaks. When Clara and Alice come face-to-face with danger on the mountain, Clara must rediscover the courage she has always had and become the girl she was always meant to be...



You can see more about Helen on her website <https://www.helenedwardswrites.com/>

Future Makers Camp

More to come about the Future Makers Camp in the next newsletter!



Sport in the Community



**LEARN TO DRIVE
AGE 5.
THERE'S GOLF FOR THAT.**

The Myrtleford Golf Club - MyGolf Junior Program

Come and join us for the next MyGolf clinic. We have a session once a week that runs for 60mins. Lessons are conducted in small groups and focus on giving participants plenty of opportunities to explore skills and to build confidence to hit the golf course. The program is open to ages 5-17yrs.

Time: Friday 4.15pm – 5.15pm
Dates: 3rd November for 7 weeks
Cost: \$60

Registration: Register through the QR code or find us at www.golf.org.au/mygolf

Enquiries: 0448 591 292



Scan to find a program.



golf.org.au/mygolf



Seeking expressions of Interest for a Thursday Evening Mixed Adult Team Pennant Tennis Competition

6pm until dark

Planned start in November

Teams will be formed based on numbers
Bar will be open for social drinks after play

No competition fees

Please email your interest to
info@myrtlefordtennis.com.au




Please note: players will need to be MLTC members to participate

Membership includes access to play on the lawn courts anytime free of charge

Club information and membership forms available on the club website



www.myrtlefordtennis.com.au

ROUND 1 - WANGARATTA, MITCHELL AVE - SUN 6TH AUGUST
ROUND 2 - BENALLA SKATE PARK - SUN 13TH AUGUST
ROUND 3 - TANGAMBALANGA SKATE PARK - SUN 20TH AUGUST
ROUND 4 - STRATHMERTON SKATE PARK - SUN 3RD SEPTEMBER
ROUND 5 - BRIGHT SKATE PARK - SUN 10TH SEPTEMBER
ROUND 6 - BARANDUDA SKATE PARK - SUN 16TH SEPTEMBER
ROUND 7 - NAGAMBIE SKATE PARK - SUN 17TH SEPTEMBER
ROUND 8 - MYRTLEFORD SKATE PARK - SUN 23RD SEPTEMBER
ROUND 9 - WODONGA SKATE PARK - SUN 24TH SEPTEMBER
ROUND 10 - VIOLET TOWN SKATE PARK - SUN 8TH OCTOBER
ROUND 11 - YACKANDANDAH SKATE PARK - SUN 15TH OCTOBER
ROUND 12 - WANGARATTA, SCHILLING DRIVE - SUN 22ND OCTOBER
ROUND 13 - MANSFIELD SKATE PARK - SUN 5TH NOVEMBER
ROUND 14 - MOUNT BEAUTY SKATE PARK - SUN 12TH NOVEMBER
ROUND 15 - YARRAWONGA SKATE PARK - SUN 19TH NOVEMBER
ROUND 16 - COMP FINAL - ALS SKATE CO - SUN 26TH NOVEMBER

PROUDLY RUN BY AL'S SKATE CO





North East Victoria Youth LEAD 4.0

N.E.V.Y.L 4.0 will empower, connect & develop personal leadership skills through an 8-day program. We draw on experiential learning, team based challenges, hands-on skills sessions, and adventure to cultivate leadership capacity & build lasting connections.

"Just dive right in & stay present because it goes quick. You won't regret it"
- Jackson N.E.V.Y.L 3.0





Canberra | LAUNCH
Thurs 7 Sept - Sun 10 Sept 2023

Yackandandah | EMERGE
Tues 17 Oct - Fri 20 Oct 2023

Eligibility | 18+ and able to commit.
 Cost | \$385 participant contribution. This is a \$4,000 program that received grant funding from the Australian Government.
 Inclusions | Meals, retreat style accommodation, transport, all activities, skills for life & a meaningful connection with your team.






In the Community

AUDIO VISUAL TRAINING

LEARN THE BEHIND THE SCENES WITH ALPINE AUDIO VISUAL!

SESSIONS IN MYRTLEFORD, BRIGHT AND MOUNT BEAUTY
MUST BE AGED BETWEEN 12-25 YEARS OLD

- ▶ LEARN THE BASICS OF THE BACK STAGE CREW
- ▶ A PATHWAY INTO AN AUDIO VISUAL CAREER
- ▶ HAVE THE OPPORTUNITY TO RUN THE BEHIND THE SCENES OF YOUTH LED EVENTS!
- ▶ ENTER YOUR EXPRESSION OF INTEREST HERE

Circle of security PARENTING WORKSHOP

Strengthen connection with your 0-5 year old through discussion, self-reflection and goal setting

Wednesdays, 7.30 - 9.30pm
18 October - 6th December
at Quercus Beechworth
FREE, Bookings Essential
jasman@beechworthspeechpathology.com.au
beechworthspeechpathology.com.au

Alpine Health and Alpine Shire Council are proud to present four local screenings of The Last Daughter.

16-17 October 2023

the last daughter

Healing is hidden in the past

The Last Daughter is a documentary about a First Nation woman's journey to unearth the truth about her past, and to reconcile the two sides of her family.

The screenings will be hosted by Lee Couch, a proud Gamilaroi woman who is currently living on Taungurong, Dhudhuroa and Waywurru Country.

SESSION TIMES	TICKETS (VIA EVENTBRITE)						
Monday 16 October, 2023 Mt Beauty Community Centre 1.00pm and 6.00pm	<table border="0"> <tr> <td>Adult</td> <td>\$12</td> </tr> <tr> <td>Concession / Senior</td> <td>\$6</td> </tr> <tr> <td>Alpine Health / Council Staff</td> <td>Free*</td> </tr> </table> <small>(Talk to your line manager for tickets) Additional booking fees apply</small>	Adult	\$12	Concession / Senior	\$6	Alpine Health / Council Staff	Free*
Adult	\$12						
Concession / Senior	\$6						
Alpine Health / Council Staff	Free*						
Tuesday 17 October, 2023 EMPAC, Prince St, Myrtleford 1.00pm and 6.00pm	<p>Scan me to Book Tickets</p>						

Contact us for more information at healthpromotion@alpinehealth.org.au

Currently offering First Aid ,Certificate in Individual Support and Health Administration training.

<https://www.alpineinstitute.vic.edu.au/>

Mel Ivone
Social Worker
Monday, Thursday, Friday
0418 490 705
Melissa.ivone@alpinehealth.org.au

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Email: cartwrightkitchens@bigpond.com

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WAW proudly partnering with Uniting for Food For Families.

Drop off non-perishable food here to help support vulnerable people facing crisis this Christmas.

foodforfamilies.org.au

HEI-TANA FREIGHT

MYRTLEFORD • WANGARATTA • BRIGHT

Owner/Operator - Kane Howell

Phone **0418 577 652**
A/H 03 5752 2531

EMAIL: heitanafreight@gmail.com



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WAW

Porepunkah Ski Hire

Gary & Carolyn Monshing



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Mobile: 0438 519 217
Email: punkaski@netc.net.au

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- Our fortnightly newsletter is available for your enjoyment:**
- **On the ClassDojo app** available on Android and Apple devices. (Where you can also enjoy notifications about school related information)
 - **On Compass** (Where you can also enjoy notifications about school related information and parent forms)
 - **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



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