

Issue 7: 19th May 2023

Calendar

May

- 22 College Photos
- 26 National Sorry Day
- 29 National Reconciliation Week

June

- 1 O&M Cross Country
- 6 Unit 1 Exams Begin
- 7 Student Free Day-**NO SCHOOL**
- 9,10 Book Fair
- 12 Public Holiday- **NO SCHOOL**
- 15 GAT

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

Mental Wellbeing Week

Mental Wellbeing Week concluded today. Our Secondary students attended sessions with keynote speaker Mitch McPherson. Mitch is the founder of the Mental Health and Suicide Awareness organisation; SPEAK Up! Stay ChatTY. The sessions were followed up with group activities at school, run by Alpine Heath staff. The Primary students participated in classroom activities throughout the week, concluding today with joint activities with students from St. Mary's.

Non-school days

Wednesday 7th June will be the annual Report Writing Day for all staff. This means that student will not be required to attend school as normal classes will not run on that day. School will resume as normal on Thursday 8th June.



Building Works

We continue to be impressed with the rate of progress on our new buildings. The project is on track to be completed by Term 4. The slabs for all three major buildings have now been poured and the framework for the Prep – Year 2 building is being erected.

College Athletics

PRIMARY RESULTS

6 Year Female

Bonique Bedendo

6 Year Male

Sam Mathieson

7 Year Female

Chloe Tucker

7 Year Male

Grisham Shrestha

8 Year Female

Zarah Vescio

8 Year Male

Koby Harris

9 Year Female

Harlow Mitchell

9 Year Male

Charles Teakel

10 Year Female

Charlotte Koers

10 Year Male

Nate Michelini

11 Year Female

Ameliya Heatley

11 Year Male

Nash Durling

12 Year Female

Nia Lewis

12 Year Male

William Koers

13 Year Female

Abigail Aldridge-Campbell

13 Year Male

Garcia Zanetti



COLLEGE TOTALS

Ovens 6610

Buffalo 6125

Barwidgee 5556



Primary

Ovens 3515

Buffalo 2915

Barwidgee 2886

Secondary

Buffalo 3208

Ovens 3095

Barwidgee 2670

SECONDARY RESULTS

13Year Female

Aliza Kneebone

13 Year Male

Austin Robb

14 Year Female

Sienna Schell

14 Year Male

Aiden Blyth

15 Year Female

Lily Notarianni

15 Year Male

Hunter Dines

16 Year Female

Jordan Fuller

16 Year Male

Oliver Bedendo

17 Year Female

Summer Caponecchia

17 Year Male

Alex Durling

20 Year Female

Taylah Geddes

20 Year Male

Daniel Kerr



College Athletics

NEW RECORDS SET

- 10 Year Female 100m Charlotte Koers 16.54s**
Old record: Summer Caponecchia 16.56s (2016)
- 10 Year Female Triple Jump Charlotte Koers 6.67m**
Old record: Brooke Parolin 5.02m (2017)
- 10 Year Male Triple Jump Nate Michelini 5.79m**
Old record: Wil Doodewaard 5.34m (2016)
- 8 Year Female Liz Simpson 0.95m**
Old record: Katie Myers 0.85m (2022)
- 10 Year Female 200m Charlotte Koers 36.80s**
Old record: Shanae Werthmuller 38.01s (2015)
- 8 Year Male High Jump Koby Harris 1.0m**
Old record: Eli McPherson 0.95m (2022)
- 9 Year Female High Jump Harlow Mitchell 1.0m**
Old record: Charlotte Koers 0.98 (2022)
- 8 Year Male Splott Ball Koby Harris 34.38m**
Old record: Campbell Stephens 31.8m (2022)
- 8 Year Female Splot Ball Liliana Turner– Spessot 25.55m**
Old record: Aliza Kneebone 22.7m (2018)



RECOGNITION OF EFFORT

Primary
Caden Ramia Majors
Eli McPherson
Abby Aldridge-Campbell

Secondary
Schuyler Reeve
Isobel Branagan
Luke Duncan
Hunter Dines



BEST DRESSED

- 1st– Emma Pitman
- 2nd– Hannah Pear and Jack Chisholm
- 3rd– Vinnie Maples



Mental Health Week



In 3SP our students enjoyed the first activity for Mental Health Week relating to strengths. They had pieces of paper taped to their backs and they walked around the room identifying strengths in their classmates. The energy level in the classroom was awesome! Students were buzzing after reading the positive words which were written about them when they looked at their paper. A wonderful activity which sent really positive messages and left students feeling great about their abilities and strengths.

Simone Poyner



Mental Health Week






Is your teenager struggling to attend school due to anxiety, depression or emotional distress?

Be among the first to trial a new online parenting program designed to support parents of teens struggling with school attendance.

Researchers from Monash University and Deakin University are offering parents a **FREE online parenting program** designed to support parents of teenagers who have **difficulty attending school due to anxiety, depression, or emotional distress** (sometimes called 'school refusal', 'school can't', or 'school phobia'). The program is being offered as part of a research trial.

<p>What's included in the program?</p> <ul style="list-style-type: none"> • A parenting self-assessment tool with personalised feedback • Up to 13 online modules with practical strategies to support your teen's mental health and school attendance • Complete weekly modules and work towards goals 	<p>Who can take part?</p> <p>You may be eligible to participate if:</p> <ul style="list-style-type: none"> • you are the parent or guardian of a teenager aged 12-18 • live in Australia • can read, write, and speak in English, • have regular access to the Internet.
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The program is not recommended as a sole source of support for young people experiencing school refusal. We recommend seeking professional support from a mental health or education professional alongside completing this program. Although all parents are able to take part, please also note that the program content is not tailored for parents of teenagers with Autism Spectrum Disorder or intellectual disability.

What else is involved?

To help us evaluate the program, we'll ask you to complete two online surveys about your parenting and your teen's mental health. We may also invite you to complete an interview about your experience with the program. You'll receive a \$20 gift voucher after completing the second survey, and an additional \$20 gift voucher if you complete an interview.

FIND OUT MORE:

pip-ed.web.app
 Contact: med-pip-ed@monash.edu



This research has been approved by the Monash University Human Research Ethics Committee (ID: 32704).



Hello! My name is Mel Ivone. I am a Social Worker with Alpine Health. I am here to work with and support young people in Myrtleford and Bright. You can contact me on 0418 490 705 or email me Melissa.ivone@alpinehealth.org.au and we can have a chat and arrange a time to meet. I work Monday, Thursday and Friday and there is not cost. If you have any questions you are welcome to ask me or the staff listed on your wellbeing supports card at school. Thanks Mel



We Stand Against LGBTQIA+ Discrimination.

MAY 17 International Day Against LGBTQIA+ Discrimination **IDAHOBIT**

May 17th is IDAHOBIT - International Day Against Homophobia, Biphobia, Interphobia and Transphobia.

(IDAHOBIT) celebrates LGBTQIA+ people globally, and raises awareness for the work still needed to combat discrimination.

<https://www.idahobit.org.au/>




Rhythmic Drumming Together
 Connect and have fun through African Drumming

in the GROOVE
 Community Drumming

Wangaratta 5:30pm - 7:30pm
Tuesday 23rd May 2023


Myrtleford 5:30pm - 7:30pm
Tuesday 6th June 2023

This is for young people aged 12-18yrs, and a parent/grandparent or other important adult in their life
Places are limited, so book now & don't miss out!

nesay.com.au/upcoming-events
 (03) 5720 2201

All events are FREE - scan here for more:



MOTHER'S DAY BREAKFAST



Snapshot of the morning



mSP photography

PHOTO DAY IS COMING

MONDAY 22nd MAY 2023

PHOTO DAY on MONDAY!

MSP Photography will be visiting our school on the above day.

- Read all the relevant instructions carefully before making your package choice.
- Order online www.msp.com.au or by placing cash inside the envelope. Please enclose correct amount as no change will be given.
- Orders close on photo day, please order early to avoid a \$20 late fee.
- Sibling photo envelopes are available at the school office on request.

LIFE IS EASIER WITH MSP

Please call MSP on 5482 3190 if you have any questions.

Good Luck at the School Tennis State Finals Garcia Zanetti!

Around the College...

KEEPING OUR SCHOOL CLEAN

Aria and Evie were spotted picking up rubbish Wednesday afternoon during their lunch break. Aria says she decided to pick up rubbish because "... we've been seeing some rubbish and we want to make sure that the animals don't get trapped."

Evie said she's helping to pick up rubbish because "I like to have the school clean. When I was a Prep I didn't know about littering but now I am in Grade 2, I do."

The girls are often joined by Jett, Lizzy, Zoe, Mikayla and Cooper. Thanks team, for being great community members!



PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



It's everyone's responsibility.

Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources www.education.vic.gov.au/protect

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>

HEALTHY FOOD CHOICES




Need some inspiration?

Try these ideas for a nutritious lunch:

MAIN LUNCH	NUTRITIOUS SNACK	FRUIT	DRINK (in addition to water)	PLUS 1
Chicken, hummus 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 to 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



How to pack 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




FUSSY EATERS

FACTS ABOUT FUSSY EATERS

- Fussy eating is part of children's development. It's a way of exploring their environment, asserting their independence and regulating their appetite.
- Children's appetites fluctuate depending on how much they're growing and how active they are.
- Most children go through a stage of fussy eating.
- Children may dislike the taste, shape, colour or texture of particular foods.
- Children can change their food likes and dislikes from day to day.
- As most children age, they become less fussy with their food.
- Children have different taste preference.

10 TIPS FOR FUSSY EATERS

1. Make mealtimes happy, regular and social occasions.
2. Don't force your child to try a food.
3. When trying foods, start with small amounts.
4. Praise and encourage good behaviour.
5. If your child is fussing about the food, do not give them attention.
6. Make healthy foods fun through different shapes, colours and textures.
7. Involve your children in preparing family meals & let them make choices within a range of healthy foods.
8. Keep offering new foods on different occasions. A child may turn down a food 15 - 20 times before accepting it.
9. When introducing unfamiliar foods, serve with familiar foods that your child likes.
10. Minimise distractions during meal time.




HOW TO MAKE FOOD FUN FOR KIDS!



MAKE IT COLOURFUL

Add a variety of different colours & textures to the meal by including a range of fruits and vegetables



PLAY WITH SHAPES

Use cookie cutters to create different shapes and patterns



MYSTERY MEALS

Introduce new foods in a fun and exciting way such as Mystery Monday's.



INVOLVE THEM

Involve kids in the entire cooking process from deciding on a recipe, to shopping for ingredients, to building the meal to eating it!



CHANGE IT UP

Change the way you use and prepare ingredients within a meal.



MAKE THE UNHEALTHY HEALTHY!

Opt for healthier alternatives or substitutions within meals such as sugar-free, baked or air-fried, reduced salt.



In the community

Parenting information sessions - Term 2 2023



FREE 2 hour sessions - Bookings are essential

Adolescent Parenting	Raising Resilient Children (From the Triple P International)
For parents and carers of children aged between 12 and 17 years	For parents and carers of children aged between 2 and 12 years
This session will provide information on: <ul style="list-style-type: none"> Development of teenagers - impacts and challenges How you can support your teenager's emotions and help them build resilience Connecting with your teenager Helping to problem solve Family values 	This session will provide information on: <ul style="list-style-type: none"> Recognising and accepting feelings Expression of feelings Building a positive outlook Developing coping skills Dealing with negative feelings Stressful life events
Wednesday 7th June 6pm to 8pm Gateway Community Health Wodonga	Monday 5th June 7pm - 9pm Via online (Link will be provided)

To book your place contact the Parenting Team on 0457 279 796 or email parenting@gatewayhealth.org.au

Parenting Adolescents



This 2-hour session will provide information on:

- Adolescent development and its impacts
- Understanding emotions and helping to regulate
- Challenges facing adolescents and parents/carers
- Communicate and connect with your teen more effectively
- Problem-solving
- Family values
- Building resilience

Location	Date and Time	Cost
Gateway Health 155 High Street Wodonga	Wednesday 14th June 6-8pm	This is a free program

Contact us

For all enquires or to register contact the Parenting Coordinator on 0457 279 796 or parenting@gatewayhealth.org.au

Bookings are essential

gatewayhealth.org.au

Please note this information applies to Term 1 2023.



Parenting Trans and Gender Diverse Kids and Teens



This program supports parents of transgender and gender-diverse children and teenagers to be able to parent with confidence and understanding.

The program covers:

- exploring the unique challenges and opportunities that parents of transgender and gender-diverse children face
- understanding your child's experience
- supporting your child on their gender journey and nurturing resilience
- tackling tricky conversations
- understanding how stress and stigma impact your child
- learning how to support siblings and other family members.

Location	Date and Time	Cost
Gateway Health 155 High Street, Wodonga	Tuesdays 2nd May - 20th June 10am - 12pm	This is a free program

Contact us

For enquires and to register your attendance please call 0408 429 439 or email lisa.strode@gatewayhealth.org.au.

Bookings are essential



gatewayhealth.org.au

Please note this information applies to Term 2 2023.



Tuning in to Kids Emotionally intelligent parenting



For parents and carers of children aged between 2 and 10 years.

This five-week program aims to help parents and carers understand their child's experience and connect with and support their child.

This program will look at:

- managing meltdowns
- tuning in to your children's emotions to help manage behavior
- emotion coaching - helping children to understand and regulate their emotions
- problem-solving and self-care
- the different styles of parenting.

Location	Date and Time	Cost
Online (link will be provided)	Tuesdays 16th May - 13th June 6pm to 8pm	This is a free program

Contact us

For enquires and to register your attendance please call 0457 279 796 or email parenting@gatewayhealth.org.au.

Bookings are essential

gatewayhealth.org.au

Please note this information applies to Term 2 2023.



Energy with 1A

In 1A last week we visited the Senior Science Lab. The aim of our science experiments were to explore natural versus human made Energy. Upon arriving in the laboratory, students were taught how to be safe through showcasing safe actions and also wearing the correct safety gear.

Students rotated through four experiments, these included.

1. Dancing Sprinkles

Students learned that sound energy may cause vibrations.

2. Torch Shadows

We explored how light passes through transparent objects in straight lines.

3. Tracing shadows

Students explored how shadows are formed through an object blocking light.

4. Popping Balloons

We focused light through a magnifying glass to concentrate the sun and pop the balloon.

Mrs Allan



IT WANDERED...

In grade 3/4MC we have been expanding our sentences by including details such as **when**, **who/what**, **(did) what**, **how** and **where**.

Our topic sentence which we had to expand and improve was: ***It wandered.***

Cooper Vescio

The elephant wandered slowly around at 1pm in the forest.

Logan Aldridge-Campbell

The gigantic black elephant wandered into the deep forest one misty morning.

Savannah Harris-

Late at night a massive black elephant wandered slowly through the dark overgrown forest.

Hayley Jennings-

At midnight an African elephant calmly wandered between tall trees in a gloomy forest in search of food.

Tayla Walters-

Early in the morning the majestic elephant wandered slowly in the jungle.

Ruby De La Rue-

Early in the morning it was very foggy. There was a massive elephant in the woods walking very slowly.

Sarah Versteegen-

At 3:00am an elephant wandered into a scary forest to find food because she was starving!

Isabel Lennox-

At 5:00am, an elephant with rabies scarily wandered to an abandoned forest.

Harlow Mitchell

One freezing cold rainy day a grey elephant wandered slowly through a dark creepy forest.

Nova Mooney

At dawn the grey African elephant wandered loudly and slowly in the dark forest because the elephant was lost.

Charles Teakel

One gloomy night a big elephant wandered in the dark forest so it could get to its family.

Lola Michelini

One night in the dark creepy forest there was a brown elephant wandering slowly in the dark forest.

Billy Simpson

One random day in the savannah, an elephant wondered what the reason was for it existing. *Why do I exist? Why can I remember mostly everything. Why, just why? He thought.*

Sophie Keenes

It wandered at dawn and a mysterious figure was wandering in the dark scary forest because it was looking for some good food.

Mason Durling

One spooky night an African elephant wandered threateningly in the gloomy dark forest.

Oscar Tran

The huge elephant wandered in the forest on a very spooky night.

Talking About Careers ...with Danielle Caponecchia

Careers Newsletter

The Careers newsletter is jam packed full of the latest careers news from around the state. It has updates from universities and other institutions. Scholarship, job vacancies, career pathway information and so much more.

I encourage both students and parents to take the time to read this. To access the newsletter go to <https://myrtlefordp12careers.com/> or type in myrtlefordp12careers.com

Click on the Careers Newsletter in the drop down box under the 'IMPORTANT INFO' tab on the top row. From there you will see the latest newsletters from the past 6 weeks. Click on the top one for the most recent.

Newsletters will go onto the portal every fortnight on Wednesdays.

Please feel free to contact me with any queries or questions.

Careers Expo 2023

Every year we take the Year 11's to Melbourne for a 3 day camp so that they can attend the Careers Expo held at Caulfield Race Track.

We organise the program so that the students experience Melbourne's public transport, join in group activities, visit organised tours of institutes as well as attend the Careers Expo.

This year we were lucky enough to attend the Richmond Institute where the students were put through their paces with a gym session followed by a tour of Punt Oval, home of AFL's Richmond Tigers. The students got to see the facilities up close, see the Premiership Cups and heard a presentation on the pathways that Richmond Institute offers.



Richmond Institute group photo



Group photo at Punt Oval

Talking About Careers ...with Danielle Caponecchia



Checking out all the free merchandise they collected

In the evening the students went bowling and played Laser Tag in the CBD. Who won the Laser Tag is still not confirmed, but what we do know it that it wasn't Mrs Milford, who managed to be targeted every time.

Thursday morning consisted of attending the VCE Careers Expo where Universities, TAFEs, Institutes and many more were able to showcase their product, give information and give out some free merchandise to entice potential clientele.



Bowling



JMC academy

In the afternoon we headed off to JMC Academy for a tour of the campus,. The students were able to see the many different areas including the sound booths, drama area and were also privileged to see part of a live band rehearsal for an upcoming event.

The students had free time in the evening to explore the city and finished off the camp Friday morning with free time to go shopping at the Victoria Markets before catching the train home.

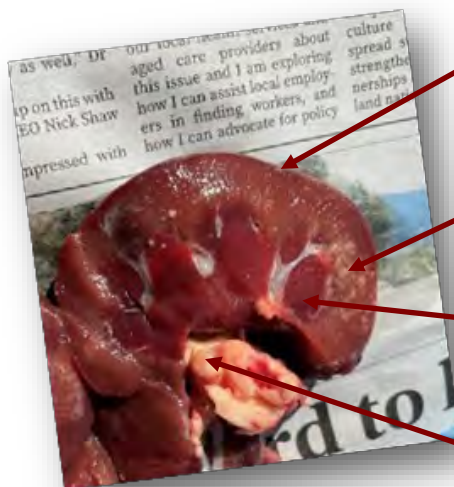
Thank you to Mr Slotegraaf and Mrs Milford who accompanied myself and the students.

Danielle Caponecchia



Jaydon looking the part at JMC

Unit 1 Biology



Cortex

Site of Nephron

Medulla

Renal Pelvis



Some body systems humour.....
 How does Juliet maintain a constant
 body temperature?
 Romeostasis

Unit 1 Biology students have just completed Area of Study 2; How do plant and animal systems function. We have explored cell specialisation in vascular plants, as well as the digestive, endocrine and excretory systems in animals.

Students had a blast modelling the digestive system – forming a simulated poo! We were fortunate to have several kidneys donated from Kyle and Lexie at Clyde Street Butchery; which allowed students to explore their structure and role in filtration and regulation of water balance.

Thank you Clyde Street Butchery for supporting our students in their learning.

Mrs Sanderson

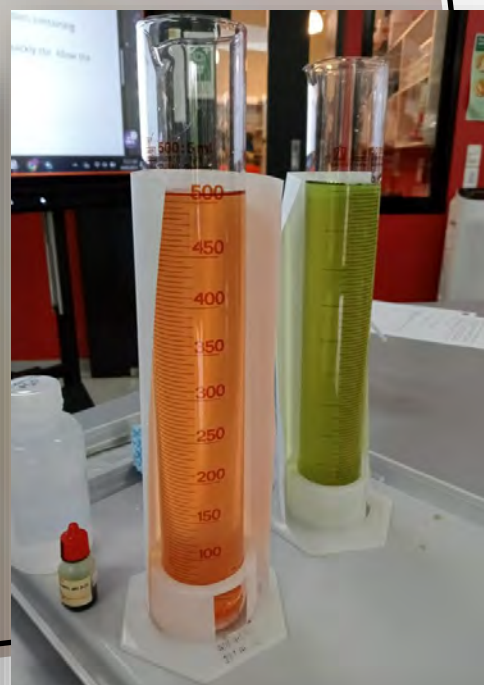
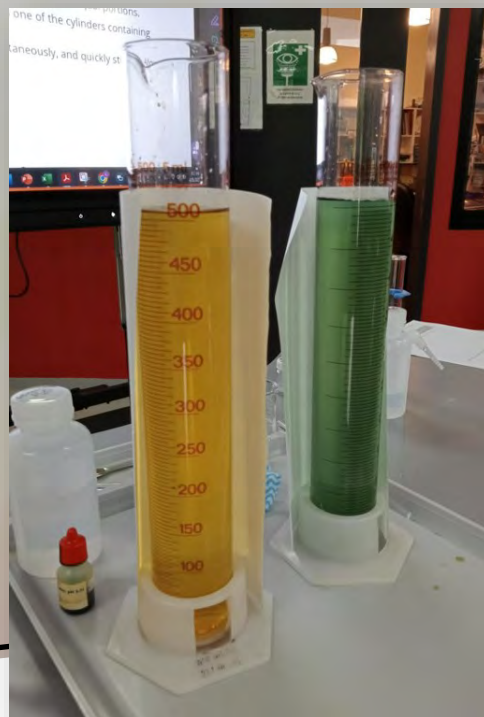
Year 12 Chemistry



CATALYSTS

In Chemistry 12, Mr Barnes (student teacher) and Mrs Mitchell did a demonstration on the use of a catalyst. Catalysts speed up chemical reactions. The catalysed reaction on the left proceeded through the colour changes (From high pH blue to low pH red) about 20 times as quickly as the uncatalysed reaction on the right. Catalysts are widely used in industry to increase the efficiency of manufacturing processes. Catalysts are not used up in chemical reactions so they can be recovered and used over and over again.

Ms Mitchell



Library News

This week, students have been involved in various activities for Mental Health Week. In the library we have been displaying books about kindness, friendship, resilience, mental health, gaining confidence and celebrating our personal strengths. Teachers and students have been sharing some of these books throughout the week.

We have recently received a copy of Ant Middleton's *'Mission- Total Resilience'*, and I thought this was a good opportunity to share it with you.

Author, adventurer, television presenter and public speaker Ant Middleton says you're stronger than you think in this book pitched at Middle to Upper Primary level. The book was published late last year and is packed with inspiring personal experiences and life advice about growth mindset and personal development. It includes ways to celebrate your own strengths, boost your mind and also have some fun!



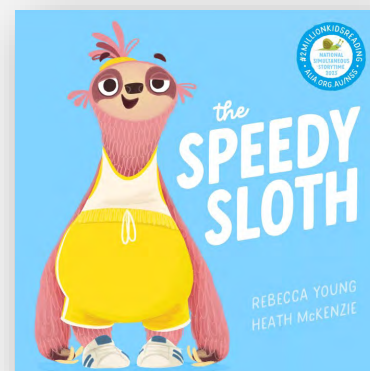
This is my afternoon view at the end of my work day. I am very grateful that I can finish my day in this way.

National Simultaneous Storytime

National Simultaneous Storytime is on the 24th May. This year's book is called *The Speedy Sloth*, written by Rebecca Young and illustrated by Heath McKenzie. A great story about celebrating all winners, including those who don't come first!

Join us, and thousands of other students and families for this on-line event, reading the book simultaneously all over the country!

More information about registering to join in can be found here: [ALIA National Simultaneous Storytime 2023](https://www.alia.org.au/national-simultaneous-storytime-2023)

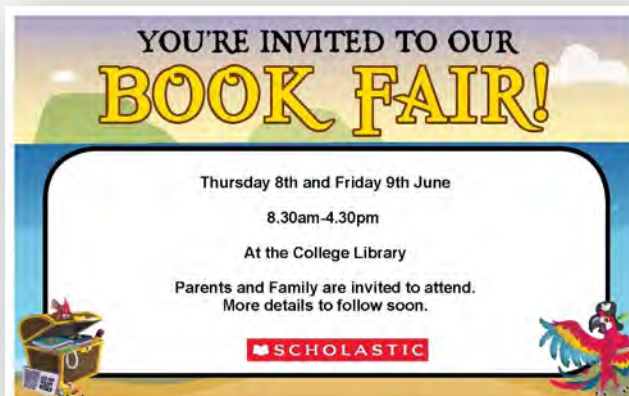


Book Fair

The 2023 Book Fair is planned for 7th and 8th May.

This year's theme is *Bookaneer Book fair- Where books are treasure!*

More information about the Book Fair will be sent out on Class Dojo and future newsletters. Watch out for the flyer that will be sent home soon too. Students will have the opportunity to browse through the books prior to the Fair and make up a wish list for purchase. The library leaders are busy helping and planning for this big event. Every dollar earns resources for the school. Just like Book Club, when families purchase from the Book Fair, the College earns resources for the students. Our students really appreciate the items that are put straight into the classroom for their benefit.



In the community

Hi, my name is Goldie & I am 10 years old. I am lucky enough to be going on a big adventure back packing through Thailand with my family this year. I am wanting to be kind & make a difference to the lives of kids that don't have basic things that many of us take for granted like three meals a day, medicine when we don't feel well & warm clothes & blankets to snuggle in when we are cold.

During our trip we will be heading up to Northern Thailand visiting Karen tribes in villages in the mountains. Although Thailand is a hot country most of the time, it can get very cold at night up in the hill tribes.

By selling our one of a kind handmade rainbow badges that my mum & I have made together, we are aiming to buy as many warm blankets and clothes as we can once we arrive in Chiang Mai to take with us on our adventure to give to those in need.

I hope you enjoy wearing your awesome new badge and that it is a reminder to SPREAD THE SPARKLE wherever you go each day!

Thanks

goldie 😊

Spread the Sparkle Badges
\$10 each
 One of a kind, handmade with love mainly from recycled materials
 All proceeds go towards buying warm blankets for those in need in the hill tribes of Northern Thailand
 For sale now in Crafty's Art Room
 Thanks



Three Point Coaching - a private basketball program for young athletes developing and enhancing their skills in basketball from ages 6-14. Offering opportunities to extend their passion further than just game day but what happens behind the scenes. Providing a balance from the fundamentals to improving strength, conditioning and skill set as well as extending a player's knowledge Starts with passion, improves with persistence, shown in the performance of your game. Three Point Coaching exists for the growing generations' benefit, wanting to see and help the youth grow.

Super Mini Hoopers - a program for players aged 6-8 to develop or start their basketball journey providing a fun and inclusive Basketball experience.

About the coach - Genavieve Cusack. I have grown up a player, coach and referee in Myrtleford and am now wanting to help and provide basketball programs for youth. My goal is to offer basketball players an opportunity to extend their knowledge and skills to apply to their game. Being a coach, player and referee I understand basketball from all different aspects, and want to push players' capability levels to higher points we all know they can achieve. We offer players direction to achieve their never ending potential of learning and expanding their knowledge and skills.

Keep Updated Visit =

Instagram

threepointcoaching

Facebook

Three Point Coaching

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FOODWORKS
Supermarket

MYRTLEFORD

51 Myrtle Street
(03) 5752 1575
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- **On the Skoolbag app** available on Android and Apple devices. (Where you can also enjoy notifications about school related information, and access to parent forms)
- **On the College website** at <http://www.myrtlefordp12.vic.edu.au/>
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