

Thurs 26 Feb 2015

ENCOURAGING....EQUIPPING....EMPOWERING



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Year 9/10 CPR First Aid Course with Carol Waddington from CHIRP; Topography class; Puppets on a Monday morning assembly.

IN CONTROL OF TECHNOLOGY

As people become increasingly addicted to texting and social media, articles advising us about what is the appropriate etiquette required in social settings have also increased. One novel way of reducing dependence has been used at restaurants where a group would place their mobile phones into a basket in the centre of the table. The first person to use their phone during the evening pays a heavy price for doing so - they agree to pay for everyone's meal for using their phone!

The obsessive need to feel "connected" has been described by Claire Diaz-Ortiz as the "Overwhelm Epidemic" and the evidence shows it is increasing our stress levels dramatically. When we combine our addiction to social media such as Facebook and Twitter with the incessant demands and information that also pours relentlessly through our work and private in-boxes each day, it is little wonder that the majority of people are dissatisfied with their work/life balance and the level of stress they are experiencing in life.

Claire Diaz-Ortiz has some helpful advice for those who do not want our lives to be "dominated by digital tools" and it involves a daily routine that she has estab-



lished to help her prepare for the day ahead and to keep things in balance. She calls it **PRESENT** and it consists of
P = pray or pause or peace
R = read something life-giving
E = express or write down what is on your heart/mind
S = schedule what you have to do for the day
E = exercise
N = nourish yourself with something you enjoy doing
T = track what you did today and how it may affect tomorrow.

Diaz-Ortiz follows the first 4 early in the morning and the last 3 at day's end.

Romans 12: verses 1 and 2 exhort us to not be conformed to this world, but to be transformed by the renewing of our minds, that we may prove what is the good and acceptable and perfect will of God.

(Taken from an article by Rob Furlong in Challenge Newspaper, 2014)

PLEASE PRAY THIS WEEK for the LYNE MAN-
NING McARDLE and McCOY Families.

HOUSE SWIMMING SPORTS

The HOUSE Swimming Sports will be held at Harcourt Pool tomorrow (27 Feb) from 12.15 - 3pm.

Students will arrive to school at normal times in their summer uniforms. Students will work 3 shorter periods till 11am.

Lunch will then be taken and then at 11.45am all students will head off to Harcourt Pool in buses as follows:-

BCI bus: Mr Chapman Mrs Coventry 23 secondaries and 9 Grade 3-4 students

Strath bus: Mr Nicholas Mr SNicholas and 20 Grade 5-6 students

Maryborough bus: Mr Treloar Miss Box 18 Prep-2 and 4 Grade 3/4 students (Ashley Aston Ben Ky)

All family members are warmly invited to attend and to join in the carnival atmosphere of the Swimming Sports, which will get under way as soon after 12.15pm as we can manage.

Dismissal at the end of the day will be from the Harcourt Pool at approx 3.15pm. Parents collecting students from Kangaroo Flat and Strathfieldsaye are advised that the bus may be a little earlier than usual, perhaps up to 15 mins earlier.

Students are asked to bring with them their bathers, shorts, T-shirt, towel, hat from home, water bottle, sunscreen, thongs, as well as a plastic bag for wet bathers and towel.

Thank you to Mr Treloar for the program organization and to all the staff in advance for your work on the day, which promises to be a good day!

PRIMARY SWIMMING PROGRAM

A reminder that Primary swimming is scheduled for next week at Chewton outdoor Pool on Tuesday and Thursday.

Primary students are asked to wear their sports uniform to school on these days please.

SUPERCOACH 2015

Supercoach is an AFL Fantasy game run by the Herald Sun, which no doubt some of you would already be aware. Maybe you have even played it in seasons past. However, this year, you will have the opportunity to join the Olivet SFL (Supercoach Football League), and go head to head with your fellow classmates, teachers (maybe parents) and even the Strath Bus Driver.

So if you are interested, here is what to do.

Send an email to cjthornton7@gmail.com with 'Supercoach' as the subject along with your details including full name, age, class and which AFL team you support.

Looking forward to a great year ahead.

Thanks, Chris Thornton

LAST WEEK OF TERM 1 ARRANGEMENTS

Monday 23 March will be the Honour Roll Day set aside for class trips for students who have completed their work requirements for the term.

Tuesday 24 March there will be no classes for students as the day will be set aside for staff-parent interviews for all students.

Wednesday, Thursday and Friday will be normal school days.

Presentation Afternoon will be held from 1.15pm on Friday 27 March. Students will be dismissed at approx. 2.30pm.

REMINDER OF TERM DATES FOR 2015

Term 1: Last day of term is Fri 27 March

Term 2: Mon 20 April - Fri 26 June

Term 3: Mon 13 July - Fri 18 Sept

Term 4: Mon 5 Oct - Thurs 10 Dec

WEEKLY PUZZLE

A car driver looked at his odometer to see that the number of kilometres travelled was a palindrome - 10901. How long (in km) would it be till the next palindrome would be on display?

Last week's answer: In which Victorian town was the department store Myer founded in 1900?
BENDIGO

ACTIVE APRIL

The Premier of Victoria is promoting the month of April as Active April. All it takes is 30 minutes of physical activity a day during April. More details will be given a little closer to the end of term.

WINTER UNIFORMS

Parents please check the fit of your girls' skirts NOW and let Mary-Anne know if you will be requiring a new one as the skirts are made by a local dressmaker. This takes time and we would like to get the orders submitted asap to ensure they arrive before we start Term 2.

It is a good opportunity to check other uniform items as well as some stocks are limited and we will be ordering stock for the winter in the coming weeks.

Thanks very much, Mary-Anne Revell

GRADE 5-6 CLASS NEWS

Last week we received our first project for 2015. This is a project on a common household gadget or invention and traces its history and development through time. This project is due in at the end of week 7.

A literature report is also due in this coming Monday (2 March). Please encourage your child/ren to work hard on these important pieces of work and to be prompt in their completion.

GRADE 1 & 2 NEWS

As part of our studies into 'Families' we are going to look at family histories. Students will need to bring along information about one parent, capturing the main events of life and any other interesting bits that you may like to share.

NB Any facts shared will be displayed for absolutely everyone and nothing will be kept in confidence!!! Would you please assist your child in the collection of this information and include the appropriate date of the event (the year would be sufficient.)

CROSS COUNTRY

Grade 3-6 students have started training for the District Schools Cross Country coming up in March. We would encourage all students to build up their fitness and stamina with some after school running. More details next week.

GRADE 3 & 4 CLASS NEWS

We have had a great start to the year.

Our Sound Way program has begun with some children tackling the complete program and others are completing a shorter review program.

Sound Way is a tool designed to sequentially develop and teach the fundamental literacy skills of reading, writing, spelling and correct pronunciation of English words. Please check it out at www.thesoundway.com.

Some other aspects we are looking at in Term 1 include the life cycle of plants, frogs and insects.

In History we are studying flags, coats of arms, the significance of Australian, state and community emblems.

In Geography – our neighbours, New Zealand.

We are looking forward to our interschool cross country event which will be held on Thursday, 12th March. We have begun our preparation for this exciting event!