



Excellence Cooperation Respect Courtesy
 Enthusiasm Responsibility
 Commitment
 Friendliness

The Lizard Link

Honesty
Caring

Murtoa College Newsletter

9th August
No. 11

Principal Dr Bec Carter
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MURTOA COLLEGE IS A CHILD SAFE SCHOOL.

We acknowledge the Wotjobaluk, Jaadwa, Jardwadjali and Judpagulk peoples of the Wimmera region as the traditional custodians of the lands upon which Murtoa College is situated. We pay our respects to their elders – past, present, and emerging - celebrate the diversity of Aboriginal and Torres Strait Islander peoples, and acknowledge their deep care and ongoing connection to land, water and community. We extend this respect to Aboriginal and Torres Strait Islander peoples joining us today.



Important Dates – more on last page!

TERM 3		
Week 5	12 th – 16 th August	Year 9 Morrisby Interview
	14 th August	Black Ranges Volleyball
Week 6	21 st August	BR Junior Girls & Boys Volleyball
	23 rd August	VCE English Seminar

Whole School Leadership Reports

Principal - Dr Bec Carter

Dear Families, Students and Community Members,

This week as we approach the midway point of Term 3, I am so very proud to share how our staff and students continue to seek opportunities to enrich our students' learning lives and environment by forging strong partnerships. Yet whilst we recognise that building such broad partnerships with community, families and individuals is pivotal to solving today's schooling challenges, we also understand that whilst coming together marks a beginning, and staying together signifies progress, it is in the act of working together in partnership over the longer term that our vision of 'inspiring young minds' can become a reality for every student who walks through our school gate.

2024 Goolum Goolum Pathways Expo

Yesterday, five of our First Nations' students from Years 7 - 10 attended the 2024 Goolum Pathways Expo at the Horsham Showgrounds. This is the second year our Indigenous students have attended the Expo, an initiative of Goolum Goolum Aboriginal Co-Operative that commenced in 2022 that is held for Indigenous students from throughout the greater Wimmera and Northern Grampians region. Please see next page over for some pictures.





This annual Goolum Goolum Expo is a particularly valuable opportunity for our Indigenous students to learn about Tertiary education support and scholarships, Traineeships and Careers across a large range of different organisations and professions including: Police, Ambulance, Armed Forces, Forest and Land Conservation, Local Council, hairdressers, bricklayers, plasterers, and plumbers (amongst many others), My sincere thanks go to the Goolum Goolum Cooperative for making this event possible, and our staff Mr Colin Winch (Facilities & Services Manager) and Ronan Garth-Lindsay (Education Support) who supported our students on the day.

Peer Support in Action: FLIP-HOL (9/10) supporting Primary Students

This time last week our Primary students were doing their very best to play 4 square in an unused space outside one of the portable classrooms (see bottom picture). Fast forward one week, and our Year 9/10 FLIP-HOL students have risen to the challenge I gave them to transform the original space into a 4 square colosseum of sorts for our primary students to enjoy their during recess and lunch breaks.



This was a wonderful opportunity for our secondary students to learn about project management, how to construct a design brief, consult and communicate with a determined (and at times headstrong!) 'client group' of very invested Year 3-6 students, develop hands-on literacy and numeracy skills, and finally apply their growing suite of practical on-the-job technical skills to resolve a real world problem. The final result - after a week of consultation, planning, designing, sourcing upcycled materials and finally applying their practical skills - is a now much more robust play area that has cladding around the perimeter to keep the ball from going under walkways, painting of proper 'court' lines and letters. Congratulations to our FLIP-HOL students - ably assisted by Mr Anthony Buttigieg, Mr Brenton Hurley and Mr Colin Winch - on a job well done; from start to finish!

School Improvement - Murtoa College Literacy Improvement Team

This week, four members of our five member Literacy Improvement Team (Joylene Boehm, Amber Chambers, Grace Coustley, Jo Baker, Chris Wills) travelled to Hamilton for the last of 4 days learning about evidence-based Literacy improvements to bring back to our students.

Gathering with similar teams from primary and secondary schools from across our region, this day was keynoted by Reading, Language and Literacy expert, Emina McLean (pictured in the middle), who spoke to participants about English skill development, particularly the teaching of Comprehension using the Wimmera South West Instructional Model (Read, Discuss, Vocabulary, Write), how to best develop English documentation to support consistent planning, the importance of a robust text curriculum and how to support the intellectual preparation of teachers using pre planned quality resources. All of these key learnings and discussions align with the Department's recent release of the new Victorian Teaching & Learning Model 2.0 (VTLM 2.0) which all government schools are required to use from the commencement of 2025. Next steps for our hardworking team is to share their new learnings with our staff as a key component of our current (and future) efforts to improve every student's experience of teaching and learning at the College. Well done Team!



Parent/Caregiver/Guardian Opinion Survey



Our school is conducting the **annual Parent / Caregiver / Guardian Opinion Survey** offered by the **Department of Education** and is **seeking your feedback**. The survey is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behaviour, and student engagement.

All families are invited to participate in the survey. Whilst the survey is optional, we encourage and appreciate your participation as our school will use the survey results to assist in identifying areas for improvement and professional development needs in the school, to target school planning and improvement strategies.

The Parent / Caregiver / Guardian Opinion Survey will be open online from **Monday 12 August to Friday 30 August 2024**, and will be conducted online. It takes only 20 minutes to complete, and can be accessed at any convenient time on desktop computers, laptops, tablets or smartphones.

Please be on the lookout for a **Xuno post** announcing **how you can participate in our annual survey at the start of next week**, and speak to your child's Student Connect teacher if you would like more information.

Traffic Safety - Early Learning Centre Construction update

Finally, we are very pleased to advise that the Early Learning Child Care Centre contractors have now completed laying down a gravel path across the paddock from our school crossing to help keep pedestrians and bike riders safe to and from school. From this week, the footpath immediately outside the ELCC building site and site office is closed to pedestrians and bike riders as we now have a viable alternative route for all to use. We sincerely thank the ELCC contractors for listening to our community concerns, and for working in partnership with us and other local community stakeholders in such a productive manner over recent weeks.



Learning and Teaching Executive Team

Student Leadership Report: STEAM Leader - Lily Adler

Student: - Lochie McConnell

Year Level: 12

Teacher that makes a difference to my learning: Mr. Hurley

What do they teach me: - Product Design and Technology

How they make a difference:

“He does a lot around the school, he’s passionate about what he does and he has a good attitude. He helps me resource materials for my projects as well as helps with production. He makes sure our class is doing well and is on track, and makes the learning environment enjoyable to be in.”

F-6 Curriculum Coordinator & Literacy Leader - Grace Coustley

CEP: Snow Queen

On Tuesday last week, the F-6 students and staff travelled to Horsham to watch Snow Queen performed by Alpha Shows. Students enjoyed singing and dancing along with the music and the performance.



Nightly Reading

Please remember when your child does their nightly reading to record this in their diaries so that we can continue to hand out reading awards at assemblies.

Book Week



On Friday the 23rd of August, we will be doing Book Week with the theme that Reading is Magic. We are asking for students to come dressed up as their favourite book character for the day. In the morning, we will be doing lots of literacy activities and of course we will do a parade to see everyone's wonderful costumes.

3/4 and 5/6 Andy Griffiths

On Thursday the 3-6 students joined schools from around the state to see Andy Griffiths launch his new book: 'The Land of Lost Things'.

Students learnt about the vision and creativity behind his latest book which is released on Tuesday. Andy took students on their own creative adventure and inspired them to open their imaginations in their own writing.



Agricultural Science News – Tara Crowe

VCE Agriculture

On July 26th, our VCE students visited the Agxtra Trial site in Rupanyup. This marked our first visit to our trial sites for the school cropping competition. Due to a late sowing, the wheat plants were at the 2-3 leaf stage (BBCH 12-13). We examined our Range 1 plot and compared its appearance to different sowing rates. Tristan explained the setup of the trial, emphasising the importance of buffers at the trial edges and the randomisation of plots to ensure accurate and fair results. Additionally, we explored a variety of other trials at the site.



Primary Agriculture

Incubating Eggs

Our Grade 3/4 and 5/6 classes learned about the parts of an egg and set fertile eggs in the incubator. This week, we candled the eggs and discovered that 7 out of 12 are fertile. Students will observe chick development over the coming week, with the eggs expected to hatch in about a week. A chicken brooder will be set up in the BER at the primary school for students to watch the chicks grow.

Mushrooms in Schools

This week, we started our Mushrooms in Schools kit. When we opened it, the kit displayed a lovely frosty white color, indicating the presence of mycelium, the root-like structures of fungi. This suggests a healthy environment for mushroom growth. We added a layer of peat moss on top of the mycelium and watered it, creating the perfect environment for mushrooms to fruit.



Lambs at School

We were fortunate to have lamb visitors last week named "Yap" and "Lambo." Our primary students enjoyed feeding the lambs bottles at recess and lunchtime, as well as patting and playing with them. Thank you to our VCE Agriculture students Jake Maher, Fraser Garton, and Will Hemley for creating a yard for the lambs, and to Jo Hemley for bringing our woolly visitors. We plan to arrange another visit for students to see the lambs as they grow.

Student Wellbeing, Inclusion & Engagement Team

Director of Student Wellbeing, Inclusion & Engagement -Allyssa Wilson

Year 9 Active Volunteering/ Primary warm ups



Starting this week Mrs Noonan's Active Volunteering will be assisting the Primary with the warm ups each day. To assist the year 9 student, we are asking all families to ensure that their child's warm up is something which can either go in the oven or just needs hot water.

Please remember that all warm ups need to be wrapped in foil and clearly named.

We would like to thank all the year 9 Students & Mrs Noonan for kindly offering their time.

Sleeping well for a Healthy Headspace

Getting the right amount of quality sleep can give you more energy, improve concentration, help you better deal with stress and you guessed it keep a healthy headspace! Please see the attached tip sheet from headspace Horsham! For more information please have a look at the website- <https://headspace.org.au/explore-topics/>

the facts: tips for a healthy headspace

get enough sleep

Getting the right amount of quality sleep can give you more energy, improve concentration, make you less likely to crave snacks that aren't nutritious, and you guessed it, keep a healthy headspace.

If you're having a tough time, sleeping can be one of the first things that's affected.

Have you noticed when you get good quality sleep it's often easier to manage your emotions? This can help you deal with any stress, including relationships, and work and study difficulties. It can also help reduce the risk of mental health challenges in the future.

So how much is enough?

If you're aged between 12-17 then 8 to 10 hours sleep is ideal, and 16-25 year olds should try to get 7 to 9 hours. Keep in mind that different people need slightly different amounts of sleep.

You might not know how much sleep you get, so it can be a good idea to record it in a sleep app or journal and notice whether your sleep impacts things like your mood and energy levels, or anything else you might notice.

Why it might be difficult to get a good night's sleep?

We all experience poor sleep from time to time – exams, job interviews, work stress, relationship concerns can keep us up worrying.

It's common to find it hard to get good quality sleep. It can be impacted by many things like the food you eat, using alcohol or other drugs, feeling worried or anxious, and even using your screen before bed.

The good news is there are things you can do to help you get those quality zzz's.

Quality sleep is like a super power!

So how can we get better sleep?

Changing habits can be hard, be kind to yourself while you're trying new things. You don't have to do everything at once, set yourself a small goal, choose something that's easier for you to do, then add other things in later. Achieving your goals can help build your confidence.

- At least an hour before bed, turn off games, YouTube, social media and any notifications. Try a movie, book or watch TV instead (not in the bedroom though).
- Use the blue light filter on your phone and lower the brightness at night.
- If you find it hard to wind down, try a mindfulness exercise; you might try a mindfulness app.
- Try to sleep the same amount every night. An extra hour, every now and then, is fine – any more can confuse your body clock. Falling asleep one hour earlier is better than sleeping in one hour later.
- If you need to get up during the night, try to avoid turning on bright lights and hop back into bed quickly.

Avoid caffeine at least six hours before you go to bed.

Limit the use of alcohol and other drugs.

If you can, avoid napping during the day.

Leave your devices outside your bedroom.

For many people, quality sleep can be hard to get, so don't be too tough on yourself as you try different things. You'll get there... you're learning. Be kind to yourself.

Good morning 7:00am

Healthy habits

When you're feeling low or stressed, it's important to put healthy habits in place to give yourself a better chance of coping with life's challenges.

Sleeping well is an important health habit, but it's not the only one. Things like staying active, eating well, doing things every day and spending time on your relationships are also important for good mental health.

Getting support

There are lots of ways to look after your headspace.

Check out the headspace website for tips on how to look after your mental health.

If you've tried some of these strategies for some time without improving despite your efforts, it's time to reach out to a trusted friend, family member, Elder, teacher, counsellor, or a health service.

If you or someone you know is going through a tough time you can get help and support from headspace, your school, TAFE or university wellbeing service or your local health provider. For more information, to find your nearest headspace centre, or for online and telephone support, visit headspace.org.au

If you need immediate assistance call 000 or to speak to someone urgently, please call Lifeline on 13 11 14 or Suicide Call Back Service on 1300 457 467.

headspace National Youth Mental Health Foundation
is funded by the Australian Government.

The headspace Clinical Reference Group have approved this clinical resource. Fact sheets are for general information only. They are not intended to be and should not be relied on as a substitute for specific medical or health advice. While every effort is taken to ensure the information is accurate, headspace makes no representations and gives no warranties that this information is correct, current, complete, reliable or suitable for any purpose. We disclaim all responsibility and liability for any direct or indirect loss, damage, cost or expense whatsoever in the use of or reliance upon this information. 03 October 2022

Director of Student Voice, Empowerment & Participation – Tara Crowe

House Spirit Casual Clothes Day 26th July

Our July casual clothes day featured a “Show Your House Spirit” theme, and many students embraced the opportunity to dress up in their House colours. In order to encourage participation, those showing their colours received a raffle ticket, earning points for their House and entering them into a draw for a \$10 canteen voucher. Congratulations to Claire Whyte, our lucky winner!

The BBQ was a hit, thanks to the efforts of our VCE VM Work Related Skills students—Liam, Declan, Riley, Jordan, and Charlotte—and the invaluable help of Logan Harris.



Upcoming Events

Mark your calendars! Our next casual clothes day is on August 30th, with a Pyjama theme. Students wearing PJs will earn a raffle ticket, contributing points to their House and a chance to win this month's prizes.

Project Proposal

We are exploring the cost of new single rim basketball nets and the setup of a beach volleyball court. Ric from Active Schools is eager to assist with funding this project, and a potential site has been identified. A group of students, led by Mikaela Wright, our Student Voice Leader, is preparing a proposal for school leadership and the school council. Once approved, we will look at ways to fundraise for this exciting new addition to our school facilities.

Student Leader - Student Voice, Empowerment & Participation - Mikaela Wright

At the moment, Mrs Crowe and myself, Mikaela Wright, have many things to consider from the student body in order to make school a more enjoyable place for everyone. Firstly, we are further looking into the beach volleyball court that will be partly funded by Ric from Active Schools. It is currently still a topic of discussion, and we are hoping to utilize the garden area next to the stadium for the court. Volleyball is a loved sport among many of the students at Murtoa College and we hope to encourage students to get active at lunchtime. For this month's casual clothes day on the 30th of August we will be doing a pyjama day. Anyone who wears pyjamas will be rewarded with a raffle ticket, these can be taken to the front office where you can put it into your house box and go into a raffle for a \$10 voucher at the canteen and other prizes. On this day there will also be a sausage sizzle and the forms for this will be given out shortly. Lastly, we are aiming to start using the notice board near the Home eco room as the Student Voice notice board. This way all students will be kept updated on the up and comings at school. Make sure to come and talk to myself or Mrs Crowe if there are any queries or concerns, thankyou.

Director of Transitions & Community Engagement – Nicole Noonan

Transitions

Mr Frost and Mrs Noonan have begun visiting our local feeder schools to discuss secondary school with students in Year 5/6. Allowing for a better understanding of the needs and sometimes anxiety around students going into Year 7. A more formal transition program is being created and will be given out to all Year 6 families. We look forward to planning some fantastic activities to allow a smooth transition for your child into the secondary component of their schooling.

We will also begin organising our 2025 Foundation transition program. In the coming weeks we will invite our current 4 year old kinder students to school for a visit and tour. Completing this visit with a structured transition program in term 4.

2025 Enrolments

Please contact Mrs Nicole Noonan at the school if you wish to have a tour of Murtoa College or a discussion about enrolling your child in any year level at the College.



PLASTIC MILK CONTAINERS NEEDED

Murtoa College students will be participating in the Big Weekend artist workshops by David Jones, being run during early August. Students will need many clean plastic milk containers (preferably 1 litre) to work in activities. These will be required to be brought to school ASAP please.

Thank you.

Dave

Finance, Operations and Facilities Team

Business Manager/Office – Jenny Huebner

Camps, Sports and Excursions Fund (CSEF)

If you receive CSEF this year, please remember to tick the box on your excursion form to allow us to use your allocated money for camps, sports and excursions.

Information for Parents

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities.

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- \$150 for primary school students
- \$250 for secondary school students

Applications for 2024 have closed however please see below for application details for 2025 applicants.

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools this year.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Check with the school office if you are unsure.



NEEDED – Second Hand Uniform

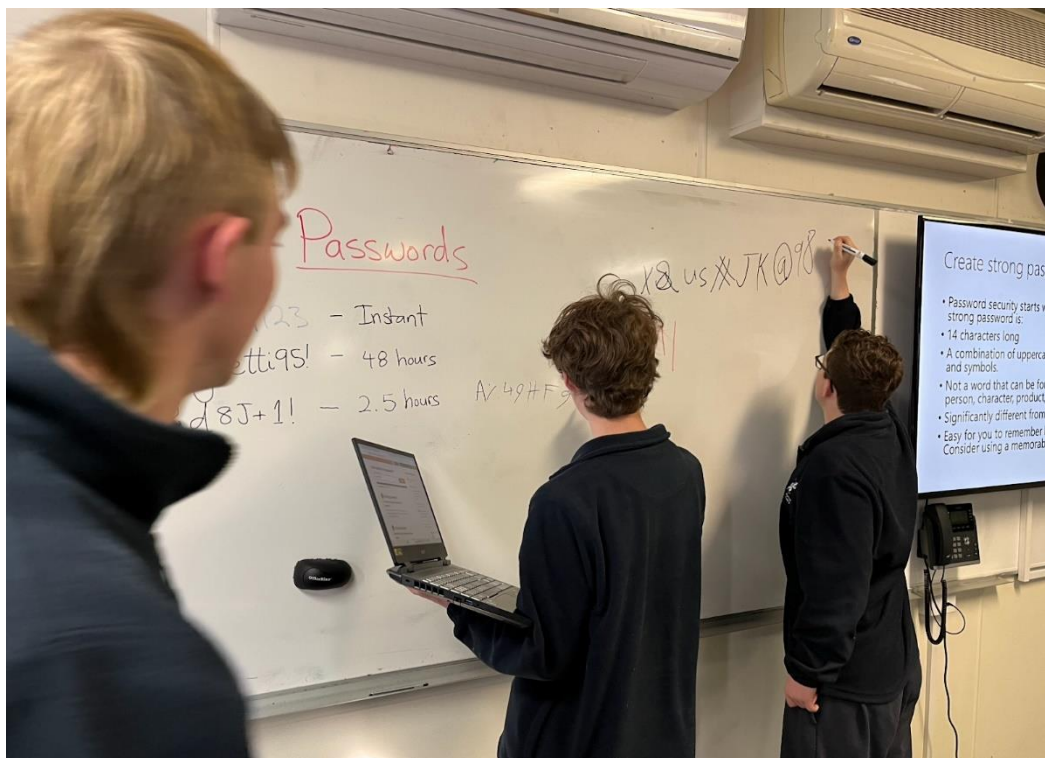
It would be a great help to the school if you have any uniform that you don't require anymore, we would really appreciate it. We have a second hand uniform storage room and donations are always welcome!

Digital Platforms & Services Manager (Vincent Liao)

Exciting Developments in the CRT III ICT VET Course

Students in the CRT III ICT VET course are diving into the world of data encryption and password security. They have been exploring various methods to securely encrypt and transfer sensitive information, as well as understanding the importance of password complexity in enhancing security.

As part of their learning, the students participated in a friendly competition to create the strongest 14-character password. They used tools such as the Service Victoria Password Strength Tester to evaluate their entries and refine their password creation skills. You can try it out yourself at [Service Victoria's Password Strength Tester](https://service.vic.gov.au/find-services/personal/password-strength-tester) (<https://service.vic.gov.au/find-services/personal/password-strength-tester>).



Rotary
District 9780



DEFYING THE DRIFT!

A Rotary District 9780 program for young Australians

WHAT?

DID is a program designed to empower young people to:

- Identify and explore agriculture and agribusiness career opportunities
- Build communication skills
- Develop career networks

WHO?

DID is for year 10 and year 11 students

WHY?

Because there are great, high paying professional, entrepreneurial and trade careers in agriculture that young people need to know about!

WHEN?

Monday September 23, 2024 to
Wednesday September 25, 2024

WHERE?

Longerenong Ag College, Horsham

HOW MUCH?

\$250 Early bird price - pay by July 31

\$350 per student, sponsorship available.

More information at www.defyingthedrift.org



DID starts with a 3 Day residential program at Longerenong Ag College. There will be lots of new friends to make, inspiring agriculture role models to meet, places to visit and lots of fun.

The second part is a presentation by each participant at their sponsoring Rotary Club - a great chance to meet community leaders.



THERE ARE WONDERFUL OPPORTUNITIES FOR FANTASTIC, HIGH PAYING AND SECURE CAREERS IN EVERY WALK OF LIFE IN RURAL VICTORIA. WITH IT COMES A LIFESTYLE THAT CITY FOLK CAN ONLY DREAM ABOUT.

Agricultural careers have a bright future. The fact is the world's growing population needs to be fed and clothed and, with the average age of farmers approaching 60 years, young people are worth their weight in gold. Employers are screaming out for them. Jobs are often going begging.

While the traditional patterns of family farm succession are giving way to corporate style farming and land prices seem prohibitive for new entrants, there are great opportunities for careers in agriculture across the broadest range of personal skills, as well as the many professions, trades and vocations needed in every community.

With the huge interest in where our food comes from, the time is ripe for organic and innovative food production start-ups.

Since its inception in 2010 Defying the Drift has helped young people discover pathways through further education and work experience to great careers in agriculture.

Don't wait for the future - make it happen!

Early bird closing date for applications is July 31 2024.

Final closing date is August 31 2024 unless all places are filled prior. Places are allocated in order of application received, however the DID Committee reserves the right to limit applicants per school if program is oversubscribed to allow students from a greater number of locations to attend.

More information at www.defyingthedrift.org

DEFYING THE DRIFT!



STARTING SOON
BUMPER BOWLING
& JUNIOR LEAGUE
Bumper bowling \$14
Juniors \$16
 Cheap practice games




Starting 5th Aug
3 Games

Bowl anytime between Monday & Sunday ph 53825022

CASUAL BUS DRIVERS NEEDED!!

If you, or someone you know, is interested in Casual Bus Driving for Murtoa College can you please contact Leigh McGinty on 0428 405 339.



All you need is a Medium Rigid License.

Important Dates-known at time of publishing

TERM 3 -		
Week 7		
Week 8	3 rd September	BR Junior Basketball
	4 th September	BR Junior Boys Basketball
	5 th September	BR Primary Athletics
Week 9	10 th September	TBC - GWR Junior Volleyball
	11 th September	Parent Teacher Interviews
Week 10	16 – 20 September	Bogong Ski Trip
	19 th September	LLEN Year 10 industry immersion
TERM 4	7 th October	Start of Term 4
Week 1	10 th October	GWR Track and Field
Week 2	14 th & 15 th October	BR Junior Cricket
	18 th October	Year 12 Students Last Day
Week 3	21 st October	BR Tennis
	21 st – 25 th October	Year 12 Exams Revision Week
	21 st – 23 rd October	Yr 3/4 Cluster Camp Creswick
Week 4	29 th October	Year 12 English Exam
Week 5		
Week 6	11 th – 15 th November	Yr 11 Exam Week
Week 7	18 th – 22 nd November	Year 11 into Year 12 Classes
	19 th November	Year 12 Presentation Dinner (Horsham Golf Club)
Week 8	25 th – 29 th November	Year 11 into Year 12 Classes
Week 9		
Week 10	9 th – 11 th December	Yr 5/6 Cluster Camp Melbourne
Week 11	20 th December	LAST DAY OF SCHOOL 2024