

# newsletter

Term 1 Week 4 Wednesday 21 February

*Work hard, be nice*



## Halogen Young Leaders



## *diary* DATES

### FRIDAY 23 FEBRUARY

- >Mid West Complex Swimming
- >Kinder & Prep Partnership

### WEDNESDAY 28 FEBRUARY

- >Prep Rest Day
- >Student Leadership Meeting
- >Black Ranges Swimming—Horsham

### FRIDAY 1 MARCH

- >House Swimming Sports and Welcome Lunch

### TUESDAY 5 MARCH

- >Yr 7 & 10 Immunisations

### THURSDAY 7 MARCH

- >Kinder and Year 1-2 Partnership

### FRIDAY 8 MARCH

- >Friday Fun Day

### MONDAY 11 MARCH

- >Labour Day Public Holiday

### TUESDAY 12 MARCH

- >Mid West Complex Triathlon

### WEDNESDAY 13 MARCH

- >Student Leadership Meeting
- > NAPLAN Commences

### TUESDAY 19 MARCH

- >School Council AGM

### FRIDAY 22 MARCH

- >Greater Western Region Swimming (Primary and Secondary) - Horsham
- >Eel Festival Workshops

### MONDAY 25 MARCH

- >Yr 7 2025 Information Evening

### TUESDAY 26 MARCH

- >Greater Western Region Lawn Bowls - Ararat

### WEDNESDAY 27 MARCH

- >Wellbeing Day
- >ILP Interviews (3:45pm-6:00pm)

### THURSDAY 28 MARCH

- >End of Term 1 (no scheduled classes)
- >ILP Interviews (9am-12pm)



# PRINCIPAL'S *report*

The school year is in full swing and classes have settled in beautifully to their new routines.

## 7-8 ENGAGEMENT PROGRAM

The Year 7-8 cohort have now had two sessions of their engagement program. This term they will be focusing on engaging with the community locally and making use of resources around them. They have also been working through some team building and program planning initiatives. Last fortnight, the group were presented with the challenge of untangling and forming a square with a large rope – with the challenge factor amplified by wearing blindfolds! We can't wait to see where the students take this program and look forward to watching this initiative evolve.



## 7-8 ENGAGEMENT PROGRAM – HELPERS WANTED

Do you have a great chutney or preserve recipe?

Are you handy in the kitchen?

Do you have any unused preserving jars?

Is your garden full of tomatoes or other fruit and veg that needs using up?

You may be able to help! Our Year 7-8 students are seeking recipes, donations and volunteers for a cook up on Wednesday the 6<sup>th</sup> of March. They hope to have a productive day in the kitchen, creating jars of goodness that can be shared in our local community. Please contact Mrs Kim Thom at school if you can help.



## P-4 UNIFORM

From week 7, once our swimming program is complete, students in Years P-4 will wear their PE uniform to school on days they have PE (Thursday and Friday). This will reduce the need to pack additional clothing and also allow our students to spend more of their PE time being active. We hope this will make PE days more practical for students, families and staff.





## INSTRUMENTAL MUSIC LESSONS

Many of our students are able to access music lessons at school for a wide range of instruments and voice tuition. Mr Avery teaches music two days per week and supports both small groups and individuals. For families that are interested in accessing this service, please email the school to register your

interest. A very limited number of positions are available and priority is given to senior students. Kris Cheesman also teaches piano privately at Lake Bolac College and interest can be registered with her directly.

## REPORTS

School reports are an important part of the school ritual, and there are components of the reports that we must/should retain. There is however room for some adjustment and alterations based on feedback from staff, students and families.

1. What do you value most about school reports?
2. What are the things that you want to know about?

Feel free to reach out to me directly, email the school or respond on our survey (in our next newsletter).

## SCHOOL COUNCIL

Our first School Council meeting of the year was last night and we welcomed Will and Charlie to the table. They were the first volunteers from the 2024 Student Leadership Group to attend a meeting. It was wonderful having them there, and they provided valuable insight and opinion on a range of ideas and topics. The nomination process for parent members will open soon. If you are interested or want to know more, feel free to give me a call at school, or speak with one of our current parent members. Every school council meeting is open to all parents, so you don't have to commit to being on the group to come along and see what it is all about.



## SWIMMING SPORTS (HOUSE) & WELCOME LUNCH

Our swimming sports are fast approaching on Friday the 1<sup>st</sup> of March. All families are encouraged to come along, take in the atmosphere and enjoy a fun day at the pool. There will be a catered lunch for all. Please RSVP using the link sent out on Compass. There is also a house parent/staff/student relay at the end of the day, so don't forget your bathers if you'd like to join in!

## SWIMMING SPORTS (REPRESENTATIVE)

Good luck to all of our students who will be representing LBC at swimming carnivals over the coming weeks. These days are a great opportunity for student to enjoy the competitive atmosphere, make new friends and experience a higher level of competition. Thank you in advance to staff, students and families for supporting these events.

## VOLUNTEERING MADE EASY

Even if you are unable to support our volunteer programs, you can still complete our volunteer process and provide the school with a copy of your current Working With Children Check. This means if the opportunity arises, you will already be on our list and able to support our programs without any fuss. You can register using our [Volunteer Induction Form](#).

Thank you for engaging with our school newsletter. We are open to feedback and encourage families to let us know what you want to see more of.



Giselle ALLGOOD | Principal



## STUDENT LEADERSHIP ASSEMBLY

Our Student Leaders were announced and presented with their badges at a special assembly on Monday 12th February. Year 6 Students were also presented with their own personalised caps to commemorate their final year of primary school.

Congratulations to the following students on their leadership roles.

Senior School Captains	Mita Ratana & Jake Hudson
Junior School Captains	Mia Wardlaw & William Blackburn
School Sports Captain	Chloe Hague
Flinders House Captains	Charlie Thom & Mark Hope-Doherty
Tasman House Captains	Addison Hucker & Charlotte Box
Prep Class Captain	Sophie McLean
Yr 1 Class Captain	Millie Howard
Yr 2 Class Captain	Alice Thom
Yr 3 Class Captain	Sam McCorkell
Yr 4 Class Captain	Sophie Blackburn
Yr 5 Class Captain	Sarah Coutts
Yr 6 Class Captain	Georgia Ford
Yr 7-8 Class Captain	Kelvin Hill
Year 9 Class Captain	Alex Lowen
Year 10 Class Captain	Mark Hope-Doherty
Glenthompson Bus Captain	Georgia Ford
Yarrack Bus Captain	Jasmine Peters
Tatyoona Bus Captain	Matilda Box
Banongil Bus Captain	Bentley Hague
Willaura Bus Captain	Harmony Gordon

## STUDENT OF THE WEEK *Term 1 Week 2*

### PREP: *Seb Churms*

For settling well into school and making the most out of all learning opportunities presented to him.

### YEAR 1-2: *Indie Woolidge*

For giving everything in class a go and being a kind and caring classmate.

### YEAR 3-4: *Tahaawai-Rua Heke-Tuhakaraina*

For coming into the school year with a can-do attitude.

### YEAR 5-6: *Ruby Cameron*

For accepting and taking on specific feedback on her writing.

### YEAR 7-8: *Riley Rowland*

For making a positive start to the year. Keep up the amazing positivity.

### YEAR 9-10: *Callum Hem*

For being a respectful member of our learning community and working hard in all classes.



## STUDENT OF THE WEEK *Term 1 Week 3*

PREP: *Sophie McLean*

For showing great respect and being a kind friend to those around her.

YEAR 1-2: *Charlotte Gibson*

For being a truthful and upstanding school citizen. Charlotte looks out for others and truly reflects our school values of respect, resilience and achievement.

YEAR 3-4: *Georgina Thom*

For trying her best in all classes, keep up the great work.

YEAR 5-6: *Conrad Pacujan*

For consistently being honest to others, driven in his learning and delightful to all of those around him.

YEAR 7-8: *EJ Pacujan*

For having a happy and enthusiastic attitude towards all aspects of his learning.





**LAKE BOLAC COLLEGE**

***House Swimming Sports***

**FRIDAY 1ST MARCH**

**10:00am - 3:30pm**

**Peter O'Rorke Memorial Pool, Lake Bolac**

**Coffee available to purchase from the coffee van.**

**Complimentary lunch provided for all students,  
staff and families, catered by Paula Symons Catering.**

**Please RSVP by Friday 16th February**

**<https://forms.gle/c1WRuPxjyRN3izYKA>**

**(do not include school students in RSVP)**

**Program of events will be  
posted to Compass in Week 4.**







# VOLUNTEERS NEEDED

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**We are seeking your support with our  
2024 Volunteer Program.**

The program entails working with our  
Prep – Year 6 students on their reading  
and/or Mathematics skills.

The program runs daily from **9:00am –  
10:00am**, with the flexibility of attending  
on day/s that suit your availabilities.

**To register your interest, contact us  
on 5350 2302 or via email at  
[lake.bolac.co@education.vic.gov.au](mailto:lake.bolac.co@education.vic.gov.au)**



## STUDENT LEADERSHIP GROUP

At our first Student Leadership Group meeting, we talked about things at school that we wanted to change and things we wanted to keep doing. Some of the things that we wanted to keep were Friday Fun Days and fundraising for different charities. Some of our ideas of things to start or change were introducing buckets hats for senior students, how and when to choose the bell music, and get a cricket pitch on the hockey oval. We then organised our ideas into little sub committees and we nominated which groups we wanted to be in, so our meetings can be really focused and we can get more stuff done. The groups include: Facilities & Grounds, Events & Fundraising, and Programs & Curriculum. We will meet in our small groups with Miss Brady and make sure we get feedback from all the students to help us make decisions for our school.

## NATIONAL YOUNG LEADERS DAY

On Friday February 16th, the Year 5-6 students visited the National Young Leaders Day conference in Melbourne. We started our day with a 3 hour bus trip, leaving at 5:45 am. During the day we listened to a number of high profile Australians talk about their journey as a leader. The speakers were Anastasia Woolmer, Bryson Klein, Jane Bunn and Melissa Barbier

We learnt about the speaker's inspirational messages to the young leaders. During the breaks of the day we had a chance to go and meet the speakers and have photos.

The most important lesson I learned from Jane Bunn was she was a very successful meteorologist, a pioneer and role model for lots of people, particularly young women and being excited by science!

We also met Bryson Klein - a two-time runner up and four-time Ninja Warrior Grand Finalist. Bryson also appeared twice as part of Team Australia on America Ninja Warrior: USA vs The World. The most important lesson I learned from Bryson was about overcoming self-doubt and fear.

It was an inspiring day learning about different leaders and their leadership qualities. The kind of leaders that we want to be for our school are leaders who are respectful, have good relationships with staff, students and community, be passionate about sports and activities for our students, and to inspire others to be their best selves.

**Will & Charlie | Yr 6**



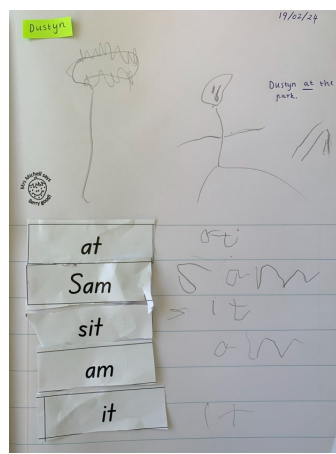
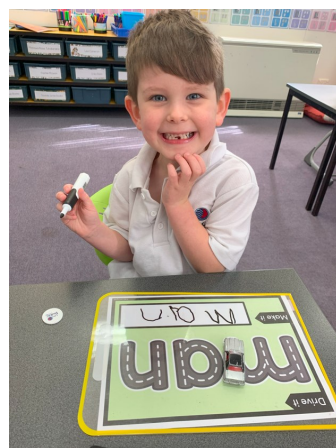
## FIRST WEEKS OF PREP AT LBC

It's been 3 and a half weeks since the Preps began their very first day of school. On top of navigating what school is and class routines, students have flourished in their new environment, with learning new skills at the forefront.

Students have worked on recognising and representing numbers to 10, understanding the sounds letters make to blend together to read words (e.g. mat) and have practised their letter formation to write their names correctly.

Congratulations on a successful first few weeks of Prep.

Mrs Michell | Prep Teacher

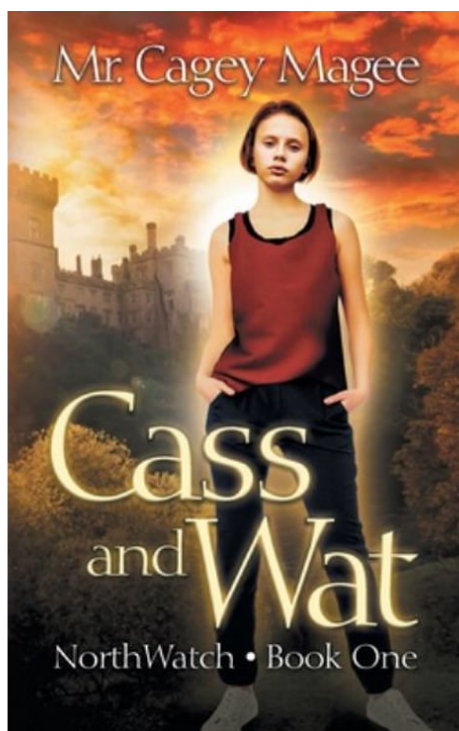


### PREPARATION FOR NAPLAN

Our Year 3, 5, 7 and 9 students began preparing for next month's NAPLAN tests by completing online practice tests during Week 4 in the Library. The purpose of the practice tests is to familiarise students with the types of questions that will be on the official test, as well as with the software. If your child was absent for their scheduled practice test at school or they would like to have another try, please visit <https://www.nap.edu.au/naplan/public-demonstration-site>. The results of the practice tests are not saved or published, and there is no limit to the number of times that a child can complete the tests.

The official NAPLAN testing window is from Wednesday 13<sup>th</sup> – Friday 25<sup>th</sup> of March. More information regarding your child's NAPLAN timetable will be communicated closer to these dates.

### WHAT'S NEW IN THE LIBRARY



Cass discovers an intricate pattern of betrayal as she protects her family and her father's presidential campaign.

Cass, 13, seeks to escape her captors, protect her little brother, and assist her presidential candidate father, Glen 'Wat' Watson. Oddly, Cass finds herself confined to a luxurious suite in NorthWatch Castle—the Watsons own the castle and the Maine Coastal Island it dominates. How can Cass's family not be behind this?

**WINNER:** Pinnacle Book Achievement Award, Winter 2020 - Best Young Adult Thriller

"The relationships and intrigue come out brilliantly. The young protagonist is a fascinating character with a unique perspective on life, one that helps to deepen the use of humor in the story.

The reader will want to unravel the mystery, to identify the mind behind Cass's predicament and to find out if she can live up to her goal. This novel is hilarious, highly engaging, and entertaining." *Readers' Favorite Book Reviews, Christian Sia (5 STARS)*



## Read A Book

Dear parents & guardians,

As a school, we would like to emphasize the crucial role that take-home readers play in fostering a love for reading and building essential literacy skills.

### **The Power of Take-Home Readers:**

Take-home readers are a valuable tool in reinforcing the reading skills your child learns at school. These carefully selected books are designed to complement classroom instruction, providing an opportunity for students to practice and reinforce their reading abilities in the comfort of their homes.

### **Embracing Individual Progress:**

It's important to recognize that every child progresses at their own pace. While we set expectations for reading levels, it's perfectly normal for a student to engage with a reader that may seem below their expected level. This is not a cause for concern but an opportunity for growth. Allowing students to read materials below their designated level can be beneficial in several ways.

### **Practicing Fluency and Expression:**

Reading isn't just about decoding words; it's about understanding and expressing the meaning behind them. Reading materials that are slightly below a student's expected level can help them focus on fluency, expression, and comprehension. It allows them to build confidence in their reading abilities and develop a deeper connection with the text.

### **Encouraging a Positive Reading Experience:**

Our ultimate goal is to instill a love for reading in every child. By encouraging them to read at their own pace and explore a variety of materials, we are fostering a positive reading experience. This positive association with reading is crucial for developing lifelong learners who find joy in the written word.

### **How Parents Can Support:**

- **Create a Reading Routine:** Establish a consistent reading routine at home, providing a quiet and comfortable space for your child to immerse themselves in their take-home readers.
- **Celebrate Progress:** Recognize and celebrate your child's reading achievements, regardless of the reading level. Positive reinforcement goes a long way in building their confidence.
- **Engage in Discussions:** Encourage your child to share their thoughts and feelings about the stories they read. This helps strengthen their comprehension skills and makes reading a more interactive experience.

If you have any further concerns, please feel free to contact your child's teacher to discuss further. Happy reading!

## PARENT FACT SHEET



# WE NEED TO TALK TO YOUNG PEOPLE ABOUT GAMBLING

School  
Education  
Program

Gambling is more heavily promoted and accessible than ever before. It's advertised in public places, on TV, radio and online. This concerns Victorians, 73 per cent of whom think adolescents are exposed to too much gambling advertising.

Kids are also exposed to gambling concepts through many online games and apps, which distort the prospect of winning. It can seem like gambling is an easy, fun and normal part of life.

### FACTS AND FIGURES

Research shows that young people are participating in gambling and are at risk of harm from gambling.

- Almost one in three (31%) students have gambled at some time in the past.<sup>1</sup>
- Of those who have gambled, more than a third (38%) have bet on sport.<sup>1</sup>
- An average of 374 gambling ads were broadcast on free-to-air TV in 2016, and children under 12 were among the most exposed.<sup>2</sup>
- 73% of all students have reported being aware of ads or promotions for gambling on television.<sup>1</sup>
- 68% of students who have ever gambled are susceptible, or highly susceptible to gambling in the future.<sup>1</sup>

To find out more go to:

[lovethethegame.vic.gov.au](http://lovethethegame.vic.gov.au)

### YOU DON'T NEED TO BE AN EXPERT TO TALK TO YOUR KIDS ABOUT GAMBLING

It is important for parents to talk about gambling with their kids to make sure they know the facts.

Some questions to consider before starting a conversation:

- Does your teenager talk about odds while watching or talking about sport?
- How many sports betting brands can your teenager name?
- What online games and apps is your teenager playing or using?
- Does your teenager think gambling on sport is safer than other forms of gambling?

You may be surprised to find that your kids are more exposed to gambling than you thought.

Ask your child:

- Do you think gambling on sport is normal?
- Why do you think there is so much sports betting advertising?
- When you play online games, do you come across loot boxes? How do they work, and do you think you will always win?
- Do your school friends talk about the odds or ask you to gamble? Do you think that's a good way to talk about sport, or to spend your pocket money?

Help your children learn to think critically about the risks associated with gambling and make informed decisions.



## LUNCHBOX IDEAS—Sesame Puffed Rice Bars

Recipe from Taste

### Ingredients

- 3/4 cup tahini
- 3/4 cup honey
- 4 cups puffed rice
- 1 & 1/2 cups sunflower seeds
- 1 & 1/2 cups pepitas
- 1/2 cup sesame seeds



### Instructions

- Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 5cm above edges of pan.
- Place tahini and honey in a small saucepan over low heat. Cook, stirring occasionally, for 3 minutes or until honey has melted and mixture is combined .
- Combine puffed rice, sunflower seeds, pepitas and sesame seeds in a bowl. Add tahini mixture. Working quickly, stir until combined. Spoon mixture into prepared pan, pressing with the back of a spoon to level and compact. Refrigerate overnight or until set . Cut into 20 bars. Refrigerate until required.

## LUNCHTIME ACTIVITIES



## WEEK 5 LUNCHTIME ACTIVITIES

### Monday

- Swimming
- Croquet— Hockey Oval
- Library
- Minecraft Club (Prep, Years 3 & 4)

### Tuesday

- Swimming
- Croquet— Hockey Oval
- Library

### Wednesday

- Swimming
- Croquet— Hockey Oval
- Library
- Minecraft Club (Years 5-10)

### Thursday

- Swimming
- Croquet— Hockey Oval
- Library
- Woodwork Club

### Friday

- House Swimming Sports

## WEEK 6 LUNCHTIME ACTIVITIES

### Monday

- Swimming
- Ping Pong cup game—Activities room
- Library
- Minecraft Club (Prep, Years 3 & 4)

### Tuesday

- Swimming
- Ping Pong cup game—Activities room
- Library

### Wednesday

- Swimming
- Ping Pong cup game—Activities room
- Library
- Minecraft Club (Years 5-10)

### Thursday

- Swimming
- Ping Pong cup game—Activities room
- Library
- Woodwork Club

### Friday

- Swimming
- Minecraft Club (Years 1&2)





Hot Shots Tennis will be held at the Lake Bolac Tennis Courts on Tuesdays during Term 1. Blue stage (pre-school kids) will commence at 3:30pm and Red/Orange stage will commence at 4pm. Sessions will be \$5 per week. Please contact Rach Howard on 0488 263 990 or Sarah McLean 0439 629 258 for more details.





# TOM CURTAIN



## WHY WE LIVE OUT HERE TOUR

KATHERINE OUTBACK EXPERIENCE,  
CHRIS MATTHEWS, MELISSA FRASER & LAURA FRANK

Family friendly event:

- 1hr National award-winning Outback Horse & Dog Show
- 1.5hr Live music

# CHATSWORTH

SUN 3 MAR 2024







# WILLAURA HEALTH CARE OUTDOOR MARKET

Sunday March 3 2024, 10am-2pm

Grounds adjacent to Willaura Health Care, Delacombe Way



The Willaura Market is a charity event run by the Willaura Health Care Auxiliary, with funds raised going towards improving the lives of residents and patients at Willaura Health Care, East Grampians Health Service.

This boutique country market offers goods from local and regional artisans and is set in Willaura, surrounded by fertile farmland, which lies 34 kilometres south of Ararat on the south-eastern edge of the Grampians in Victoria's Western District.

Local producers and local artisans:

- Homewares
- Cards
- Jewellery
- Giftware
- Clothing for babies, children and adults
- Plants
- Gourmet Foods

Variety of food vendors including:

- Gourmet food
- Lions barbecue
- Coffee
- Icecream

+ Childrens entertainment, musical entertainment and raffle.

For more information: [willauramarket.com](http://willauramarket.com)



Visit: [facebook.com/willauraoutdoormarket](https://facebook.com/willauraoutdoormarket)

We thank the following sponsors of the market:





# Good Friday Appeal Fundraiser Bake Sale

Sunday 24 March | Judging starts at 11am  
Lake Bolac Memorial Hall | Lunch & coffee available

Gold coin donation on entry.

## Event Categories:

- Children's
- Decorated Cakes
- Special Cakes
- Cupcakes & Slices
- Biscuits & Pies
- Special dietaries

## Entry forms are located at:

- Lake Bolac Info Centre
- Willaura & Lake Bolac  
Community Bank
- Willuara Supermarket
- Lake Bolac Cafe and Diner

Prizes to 3rd place!



**Wood Auction**  
More details to come.

For more information contact Faith:  
0475891767 or [faithmansbridge031@gmail.com](mailto:faithmansbridge031@gmail.com)





**WICKLIFFE/LAKE BOLAC  
FOOTBALL NETBALL CLUB**

# **SHEEP DRIVE**

**COLLECTED WEEK  
COMMENCING 19 FEB 2024**

**IF YOU WOULD LIKE TO  
DONATE TO THIS  
FUNDRAISER**

**PLEASE CONTACT:**

**ANGUS GILMORE 0428 995 277**

**TOM GIBSON 0409 236 852**

# Lake Bolac Bush Nursing Centre

"a healthy & empowered rural community"



## FEBRUARY 2024

155 Montgomery St  
LAKE BOLAC VIC 3351  
Ph: 03 5355 8700  
Web: [lbbnc.org.au](http://lbbnc.org.au)  
Email: [lbbnc@lbbnc.org.au](mailto:lbbnc@lbbnc.org.au)

Mon	Tue	Wed	Thu	Fri
<u><a href="#">PATHOLOGY</a></u> Mon—Fri 9:00 AM—12:30 pm	<u><a href="#">CLINIC</a></u> Mon—Fri 9:00 AM—5:00 pm		Physio Exercises Centre lunch Clinic	District Nursing Clinic
District Nursing Clinic	Clinic <u><a href="#">PAG</a></u> <u><a href="#">Ararat</a></u>	District Nursing Clinic <b>Massage</b>	Exercises Centre lunch Clinic	District Nursing Clinic
District Nursing Clinic	Clinic Maternal Health Nurse	District Nursing Clinic <b>Massage</b>	Physio Clinic Exercises Valentines Day Centre Lunch	District Nursing Clinic
District Nursing Clinic	Clinic	District Nursing Clinic <b>Massage</b>	Exercises Centre lunch Clinic	District Nursing Clinic
District Nursing Clinic	Clinic Maternal Health Nurse <u><a href="#">PAG</a></u> <u><a href="#">Warrnambool</a></u>	District Nursing Clinic <b>Massage</b>	Physio Exercises Centre lunch Clinic	



For those over 65 we are now giving

Shingrix (Shingles) Vaccinations

Please phone 53 558 700

for an appointment

Also taking expressions of interest

For covid 19 vaccinations

Please phone to register your interest

## Social Support Group

### Outings

6 February  
Ararat  
Lunch & Shopping

27 February  
Warrnambool  
Lunch & Shopping

15 February  
Valentine's Day  
Centre Lunch

