Key dates:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday 22nd October</td>
<td>Healthy Living Day</td>
</tr>
<tr>
<td>Tuesday 27th October</td>
<td>Year 7 &amp; 10 Immunisation</td>
</tr>
<tr>
<td>2nd November</td>
<td>Staff Professional Development Day</td>
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<td></td>
<td>Student Free Day</td>
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<tr>
<td>3rd November</td>
<td>Melbourne Cup Day Public Holiday</td>
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<tr>
<td>10th November</td>
<td>Kurnai Churchill Arts Festival</td>
</tr>
<tr>
<td>23rd—25th November</td>
<td>Year 10 Exams</td>
</tr>
<tr>
<td>25th November</td>
<td>Second Hand Book Stall 3:00 pm—6:00pm</td>
</tr>
<tr>
<td>26th November</td>
<td>Year 10 Formal</td>
</tr>
</tbody>
</table>

Message from Campus Principal - Matt Jobling

"Hard work is the price we must pay for success. I think you can accomplish anything if you’re willing to pay the price." Vince Lombardi

Bus Accident

At the end of last term one of the buses transporting students to school was involved in an accident in Hazelwood North.

Some of our students suffered minor injuries and the bus driver who was significantly injured was trapped for a period of time. The students tried to assist the bus driver and also tried to get out of the bus to help the driver of the other vehicle involved in the accident. However the damage to the bus meant that the students couldn’t exit the bus until emergency services arrived to assist. The response by our students to this situation was praised in a letter from Anna Tyben, General Manager of Latrobe Valley Bus Lines as the excerpt below indicates.
Latrobe Valley Bus Lines (LVBL) would like to thank the students on board the school bus that was involved in the accident in Hazelwood North Tuesday 15th September 2015.

Our staff, including myself attended the scene of the accident and witnessed the student’s very calm and orderly behaviour. The students patiently waited in the bus until paramedics attended to our driver, who had sustained physical injuries. I was later informed the students offered our driver assistance immediately after the accident and used their mobile phones to contact the emergency services.

LVBL also extended an offer of counselling support for the students. School staff attended the scene on the day and have responded to the wellbeing of the students since the accident. Whilst we hope these situations never occur we would like to acknowledge the impressive manner in which the students responded and commend them on the support they gave each other and the assistance they provided in a traumatic situation.

Parents of Students in Year 7 & 9

Our school is participating in the Hazelwood Schools Study relating to the Hazelwood mine fire, along with other primary and secondary schools in the Latrobe Valley. We recently distributed consent forms to parents/guardians of students in grades 7 and 9 to give permission for their child to complete a questionnaire and/or participate in an interview during school hours.

We would like to remind parents (who have not already done so) to please return consent forms indicating whether you consent, or not, to your child’s participation in the project.

Please view the link below to complete the consent form for parents online.

The consent form for parents in years 7 and 9 is available at: https://monashmnhs.qualtrics.com/SE/?SID=SV_0He5S984tBGPAO1

Additional copies of the consent form can also be collected from the school or requested from the researchers. The researchers are also available to answer any questions you have about the project on 03 5128 1026 or email med.hazelwoodschoolsstudy@monash.edu.

We strongly encourage parents of children in years 7 and 9 to complete the consent form and return it to the school. We won’t be able to understand the full impacts of the smoke on school-aged children without the participation of parents and children across the Latrobe Valley.

Thank you.

SECONDHAND BOOK & UNIFORM SALE

WEDNESDAY 25th NOVEMBER 2015 3:00 PM TO 6:00 PM

UNIVERSITY CAMPUS - 6W156

NO EARLY SALES

Books and uniform may be handed in for sale until Monday 23rd November 2015. Please see the list of books eligible for resale in the General Office.
Junior School News

Reward for Effort

Both year levels are currently working towards being rewarded for demonstrating our campus positive behavior focus areas. The reward will be an afternoon lunch and games session, to take place in week 5. To achieve this reward eighty percent of classes visited by teachers must be demonstrating positive learning behaviours and promoting a good learning environment.
Raffle tickets are also being handed out to students who display positive behaviours as well, to enable them to receive rewards for their efforts.

General News

Teaching staff of the junior classes have been very positive in regard to the way in which students have began term 4. Classes appear to be settled and engaging well in majority of class activities.

Equipment and Devices:

Please remind your student about the need to attend every class with all the necessary equipment including books, pens and their devices. We are finding it very difficult to teach using devices as an effective resource whilst so many students are turning up to class without them.

Students with devices need to bring them to school fully charged. Several students are bringing them to class with the battery drained or very low, and needing to charge it which takes time away from doing work in some cases. The devices are needed for learning and they enable the students to gain access to resources from around the world, so please ensure students have them kept up to date, charged and ready to go.

Inspiring Young People Event:

On the 29th of this month 32 year 8 boys will be taking part in an event aimed at giving young boys greater insight into career paths, whilst providing the boys with an opportunity to have a sit down, three course meal with a group of adults. This event has always been a huge success and we always receive lots of positive feedback from students involved.

Reminder about NOTES:

Students require notes from Parents/Guardians for the following:
Out of uniform
Not having P.E uniform
Being Late to school
Needing to leave school
Not having the correct equipment
Being sick or injured and unable to participate in certain classes.

Please feel free to contact me for any reasons or information regarding year 7 or 8 students, events, classes or if you would like to discuss or receive further information.

Ph. 51323700 or malcolmson.reece.r@edumail.vic.gov.au
Middle School News

Year 9

Year 9 Orientation Day at the University Campus Wednesday 28th October

All Year 9 students will participate in an orientation program on Wednesday 28th October as part of the transition to senior studies. Students will attend Churchill campus as normal and then will walk to the University Campus with staff during form group.

Students will be involved in a number of sessions that will outline a range of subjects offered at the senior campus and provide an initial introduction to the VCE/VCAL programs. This is a valuable learning day for the Year 9 cohort, particularly those students considering studying a VCE subject as part of their Year 10 program. Students are advised to take a pen and paper to record important information and/or questions that they would like answered. Students will also have a tour of the campus including some of the University facilities before returning to Churchill campus for period 5.

Year 10

Formal

Planning is well under way for the Year 10 formal to be held on Thursday November 26th. The event will run from 6:30 till 10:00 at Century Inn. Teacher will be in attendance to supervise the event, only Year 10 students enrolled at the Churchill campus permitted to attend. Parents and Guardians are requested to organise arrangements for their child to be picked up at the venue at 10:00pm. This is also the last day of classes for Yr10 students at the Churchill junior campus as students graduate to the University campus. Friday 27th November is a report writing day at the University campus, therefore, students are not required to attend their VCE and VCAL class until Monday 30th November.

Federation University Excursion

Up to 50 students will be attending an excursion to Federation University on Wednesday 21st October. Permission forms were distributed at the beginning of this term to Yr10 students, with the first 50 returned being eligible to attend. Students not attending the excursion are expected to attend school as per a normal school day.

Kurnai College Four Pillars

**Engagement:** We actively participate in our own learning

**Excellence:** We do the best that we can do

**Work Ethic:** We are committed to working hard

**Relationships:** We value and respect each other
Year 10 Central Australia Camp

Year 10 students from Churchill and Morwell travelled by bus to central Australia in the last two weeks of term 3. It’s an exciting trip that every Australian should take, visiting iconic landmarks such as King’s Canyon, the Elders, and especially ULURU.

A stopover in Coober Pedy was a quick look at outback life in a mining town, but everyone was excited to get to Uluru. The view of the rock as the sun goes down is thrilling and the next day the group walked around the whole of Uluru. Just in the distance is the rock formation, The Elders, and the walk through there on the last day was wild.

Bus travel was a big part of the trip and the group made the best of hanging out with friends. Great memories were shaped by beautiful landscapes and fun with friends.

Perhaps one of the most indelible memories was the result of an accident that could have gone badly if not for the inventive resilience of Kurnai students. The party walked the rim of King’s Canyon, a gruelling hike which included a stop at a spiritual waterhole deep in the canyon. Upon return to the bus it was discovered that the battery was dead. The kids responded with enthusiasm and quickly decided to push the bus to try to start it. So, they pushed a six ton bus in the heat of the desert day after a huge walk, and when it jump started a cheer went up that will not soon be forgotten.

A few days in Alice Springs rounded out a wonderful trip, including a fascinating trip to a desert theme park. After a very long bus ride, the family reunions with exhausted travellers was a sight to behold.
Federation University Outreach Excursion

Fifty Year 10 students will visit the Federation University Gippsland Campus on Wednesday 21st October 2015. All year 10 students will have the opportunity to sign up for this activity.

The students have the opportunity to familiarise themselves with Federation University through a variety of activities. Students will attend a lecture, work in teams and participate in activities with the assistance of current University students.

On Wednesday 21st October 2015 at 9:30am all students will walk from Churchill Campus to Federation University where they will attend an information workshop. Students will return to Churchill Campus at 2:30pm. Students will be accompanied by teachers.

Students must wear full College uniform and will need to bring a snack for recess if they wish. All students will be given a $10 voucher for lunch to use at the University Cafeteria. There is no cost for this activity.

If you have any queries, please ring Sandra Flake at Churchill Campus on 51 323 700

Collecting Students During the Day

We know that from time to time parents and carers will collect students during the day for a variety of reasons such as medical and dental appointments. It is essential that your student brings a signed note explaining why they are being collected, and at what time. This note should be handed to the relevant class teacher. Please ensure that your student knows what time you are coming – they need to be responsible for coming to the office at the appropriate time. The office staff cannot page students except in the case of EXTREME emergency, as it is very disruptive to all classes running.

SECONDHAND BOOK & UNIFORM SALE

WEDNESDAY 25th NOVEMBER 2015   3:00 PM TO 6:00 PM

UNIVERSITY CAMPUS - 6W156

NO EARLY SALES

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**Kurnai College Music What’s Happening ……**

**Kurnai Idol**

The Kurnai Idol Championships have come and gone for 2015. This annual College event have seen students from all campuses performing their way to attain the available positions in the Grand Final.

The performing students arrived with mixed emotions, needless to say they still got up and performed their songs to the best of their abilities, regardless if they were trembling at the knees or hands. The students accompanying the vocalists all did a remarkable job in playing either piano or guitar.

The judges for both finals were all musically minded community members. Mrs Beth Turner and Mrs Lindel Lay have judged in previous years and both were pleased at the student improvement and ensembleship. Ms Karen Symons was judging this years’ series for the first time and she admired the willingness of the performers in taking part in this event. All judges complimented on the assistance and determination of the student helpers, the performers and the atmosphere of the finals.

The audience attendance and participation in both the Semi-final and Grand final evenings have been well attended and very supportive to all performers.

**The Results:**

All **Runner-up** participants received a medallion for their efforts. They included Gabrielle Hines, Tayla George, Carlin Graham, Travis Towers, Tammin Stanbridge, Dakoda Jenkins, Ashlee Skinner, Natalie Butler, Nathan Britt and Sarah George.

**Third Place** received a Trophy and monetary voucher ($50), went to Churchill campus students Zekinthia Halge and Cameron Fowler

**Second Place** received a Trophy and monetary voucher ($75), went to University campus students Sera Kingston and Dylan Goodwin

**First Place** received a Cup and monetary voucher ($100), as well as having their names engraved on the Idol Championship shield are – University campus students Michelle Hawkes and Dylan Goodwin.

The continued support from A&P Electronics, Valley Trophy Centre and Kurnai College has allowed this College Event to operate since 2008.

Footage of the top 3 place getters and photos from the Grand Final are on the Kurnai College Facebook page.

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**Student names (left to right):**


Kurnai College Music What’s Happening ……
This final term will see the students undertaking the VCE Music Performance class perform in the year 12 End-Of-Year examination; all campus ensembles tour the primary school circuit; as well as an all-in performance at the College Concert.

On The Road Again Primary Schools Tour
Music students from across all three campuses are preparing for the annual primary schools tour, where students attend and perform to our feeder and other invited primary schools.
Performance will be occurring from week 4 through to week 6 – so keep practicing.

College Music Concert
Once a year all music students gather in the one location to strut their stuff and is a great way to show the entire Kurnai College community of the diversity that exists throughout our college with our musical pathway from year 7 through to year 12.
The College Concert will be held in week 6, on Monday 9th November at Kurnai College Morwell Campus.

Fundraising
The collection of bagged Aluminum drink cans can be placed at the front office and mention that it’s for Music. Cans are being collected to purchase Music Stand Banners.
Students act as Buddy Mentors for The Smith Family’s Reading Program.

Each year for the past 3 years, students from the Churchill Campus have volunteered as Reading Buddies for a younger student in the local community who is struggling with their reading but want to improve, in a program called Student to Student or s2s.

This year’s 7 Buddies have been a credit to the school. The program involves ringing their reader 2-3 times a week and listening to them read over a supplied mobile phone for 20 minutes at each session, for a total of 18 weeks.

The results have been outstanding with some of the readers improving their reading age by up to 2 years over the 18 weeks of the program.

Last Friday we celebrated the sustained effort of these Buddies by hosting a special afternoon tea where they were each presented with a certificate and book which had been kindly donated by Latrobe City Libraries.

Nicola Epps, Team Leader from The Smith Family in Morwell made the presentation adding that the success of the program was due to the commitment and dedication of the buddies and the wonderful support of the Volunteer Supervisors, teachers Rebecca Lynch, Pauline Martin and Robyn Irvine.

Nicola also acknowledged that such programs would not be possible also without the close and much valued partnership The Smith Family has with Kurnai College.

Dee Crosby, s2s Program Coordinator with The Smith Family is interested in hearing from any students who would like to participate as a Buddy in the program in 2016. She can be contacted on 5133 9065.

Dee is thrilled to have many of this year’s Buddies wanting to return for the 2016 program, highlighting that it is not just the readers who get something out of this program!

Thank you and well done Buddies!
The Arts Are Alive At Kurnai Churchill

Get ready for the 2015 Kurnai Churchill Arts Festival, featuring some of the best of the whole range of arts programs running at Churchill.

The visual arts show will open the festival on Tuesday, November 10. Watch for paintings and drawings from a rejuvenated visual arts program, a fashion show of handmade hats, sculpture in wood and metal (creative transformations of bikes), and a fascinating display of the culinary arts.

Four theatre productions will happen during the festival on November 10,12,17,19. Year 7 and 8 students present original scripts which they are writing now, and the advanced class will present adaptations of the popular films, Wild Child and The Breakfast Club.

At the heart of the festival is a college music concert featuring students in years 7-12 for a night of music ranging from singing to big band.

Don’t miss this chance to celebrate the arts

A reminder to call our absence hotline 51323711 preferably before 9.00 am if your child is not going to be at school. This will ensure your child’s absence is recorded correctly and you don’t receive a phone call from our office.
BUSES TO AND FROM SCHOOL FOR 2016

Does your child need to catch a bus to school in 2016 or will they be starting to catch a bus to a different Campus in 2016?

PUBLIC BUS TRAVEL FOR INELIGIBLE STUDENTS—MYKI CARD REQUIRED

- Morwell students attending Churchill Junior Campus
- Traralgon students attending University Campus and Churchill Campus

Students who are not attending their closest school are not eligible for conveyance allowance (assistance with financial costs to travel to school.)


We encourage families to purchase either a Student Yearly or Half Yearly Concession Card with MYKI Card from their local V/Line Station. This allows your child to travel anywhere within Victoria for free as per PTV website terms and conditions.

Concession cards can be used on the following services:
- train, tram and bus passenger services operating in metropolitan Melbourne
- on train and bus passenger services operated by V/Line throughout regional Victoria

STUDENTS WHO LIVE IN MORWELL AND ARE CURRENTLY IN YEAR 10 AND WILL ATTEND UNIVERSITY CAMPUS IN 2016

Students who are eligible to travel from Morwell to University Campus for their Year 11 classes for 2016 have been issued with Conveyance Claim Form (Bright Green) and Form 1 : DET & PTV Application for Permission to Travel (Pale Yellow) that needs to be completed and returned by next Wednesday 20th October, 2015.

MORWELL CAMPUS STUDENTS YEAR 10 2016

Students have now been issued with Form 1 : DET & PTV Application for Permission to Travel (grey form) that is to be signed by parents and student and returned to the General Office by 20th October 2015. This will enable them to travel to and from University Campus in 2016.

COUNTRY BUS TRAVELLERS 2015/2016

We have recently conducted an audit of Boolarra, Hazelwood North and South, Whitelaws Track, Jeeralang and Yinnar Buses and it would appear that there are an increasing number of students who are on our bus rolls that are not regularly catching these services.

Please be aware that if the number of students continues to decline (‘bottoms on seats’) on some of these services they will be reviewed accordingly by DET/PTV.

Our College has worked hard to deliver the best outcome for our families and continues to apply to adjust these services to meet the needs of our students.

Please ensure your child is on the bus more than fifty percent of the time.

ANTICIPATED LOADINGS FOR 2016

Please ensure that if you know of any children that will need to start using these services in 2016 (either new or change of address) that they contact the school to ensure they are on our bus rolls. Services are reviewed by DET/PTV annually at this time and we need to ensure that they are included as being part of our Bus Network.

Any enquiries regarding school bus services please contact Leonie Mackie on 51650 610 or ring your Campus General Office who will refer your enquiry.

If at any time you change your address and you are an eligible bus traveller, new bus forms will need to be completed for your child.
Upcoming Excursions / Camps

To ensure the smooth organisation and running of camps and excursions we request that permission forms and payments be returned to the school by 2pm on the return date on the permission form. This enables the purchase of train tickets, food and venue tickets etc in a timely manner.

<table>
<thead>
<tr>
<th>EXCURSION</th>
<th>DATE</th>
<th>COST</th>
<th>RETURN DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lake Hyland Walk/Run</td>
<td>Ongoing</td>
<td>$0.00</td>
<td>22nd July</td>
</tr>
<tr>
<td>Morwell Tech Youth Forum</td>
<td>14th October</td>
<td>$0.00</td>
<td>Permission form due 13th October</td>
</tr>
<tr>
<td>409/424 Exercise</td>
<td>23rd—25th October</td>
<td>0.00</td>
<td>Permission form due 21st October</td>
</tr>
<tr>
<td>Year 9 Outdoor Ed Surf Camp</td>
<td>11th—13th November</td>
<td>$195.00</td>
<td>Deposit $100.00 and permission forms due 14th</td>
</tr>
<tr>
<td>Year 9 Outdoor Ed Lifesaving</td>
<td>19, 26 Oct and 9th Nov</td>
<td>$35.00</td>
<td>Permission forms and payment due 9th Oct</td>
</tr>
</tbody>
</table>
Federation University Visit
100 students from Churchill and Morwell Campuses
October 21st

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.30am</td>
<td>Students to be dropped at Gippsland campus. FedUni Representative to meet bus and take students to venue. Drop off in Bus Loop outside building 5N.</td>
</tr>
</tbody>
</table>
| 9.35am-10.25am | Welcome and Overview  
Presenter: Jo Scammell  
Academic Guest Presenter  
Lecture |
| 10.25am-11.10am | Amazing Race Challenge  
Students complete the Amazing Race around the campus with the assistance of current university students |
| 11.10am-11.15am | Short snack break/toilet break |
| 11.15am-12.15pm | Study Skills Session  
Presenter: Dr Monique Osborn |
| 12.15pm-12.55pm | Lunch  
(FedUni Schools Outreach to Provide $10 vouchers for use at the Café) |
| 12.55pm-1.20pm | Barriers to Higher Education  
Students complete our ‘Brick Wall’ activity with the assistance of current university students. Opportunity to ask questions about attending university |
| 1.20pm-1.30pm | Survey completion, winners of Amazing Race Challenge announced, and students walk down to bus loop for departure |
| 1.35pm     | Bus departs Federation University to return to Kumai College |
HMAS CERBERUS

Embark on a tour of Australia’s finest Defence force recruitment & training facilities, HMAS Cerberus. The tour will showcase the various training that new and existing officers undergo. It will also provide an insight into the exciting opportunities that are available through the Australian Defence Force.

Date: Tuesday, October 20th, 2015
Time: Collection Points and times with confirmed at a closer date
Destination: HMAS Cerberus, Darley Road, Crib Point
Cost: Nil

Students will experience:
- Band Recital
- Recruit School (including accommodation / form into squads and experience marching)
- Tour of fire grounds, seamanship school, engineering faculty
- Fire & Safety Training
- Weapons Training Simulator

What you need to know & bring on the tour:
- Flat enclosed shoes are to be worn.
- School uniform, but slacks for females as there is some ladder climbing.
- No mobile phones or Mp3 players are to taken on the tour
- Bring a bottle of water for the day. You will be able to refill as needed but will be unable to purchase this item on the day
- Please bring a pen

Please see Ms Flake ASAP if interested. Closing date is Tuesday 6th October 2015

More information available from –
Kylie Downey
Partnership Broker
03 5633 2868
0409 221 795

Baw Baw Latrobe
Local Learning & Employment Network

gippsland

commitment
Family Fun Day

The Co-operating Churches
1 Williams Ave Churchill
Saturday 31st October 2015
9.00am - 2.00pm

*Sausage Sizzle* *Cake Stall*
*Devonshire Tea* *Plants*
*Heaps of Garage Sale items*

Play Big Games
Connect 4
Snakes & Ladders

Jumping Castle

"Beans" the Clown
Contact: Glenda 51661819

CHURCHILL & DISTRICT NEWS presents

Junior Fishing Competition

Saturday, November 7, 2015

Juniors ONLY between the ages of 4 – 16
Juniors must be accompanied by an adult.
Only one fishing rod per competitor.

$2.50 per child / $6 family
(three or more children)

Lake Hyland, Mathison Park
Mackey's Road, Churchill

Entry includes sausage sizzle.

* Plenty of Prizes * Mystery Weight * Lucky Door Prizes
Registration starts at 9.00 am - 2.00 pm, Fishing from 9.00 am - 3.00 pm
Please bring sunscreen, drinks, chairs, hats, insect repellent.

For further information contact 0422 823 179
Kurnai College Wide Event
Healthy Living Expo
Thursday October 22

Parent and Community
Volunteers Needed

Are you willing to run a Yoga, Zumba or Cheerleading Class?

How about mediation, tai chi or singing class?

Would you be able to help set up signs, chairs, and direct students or even cut oranges?

We need YOU.

Please contact Danielle Clarke at The Smith Family @ Kurnai
Ph 5132 3741 or Email danielle.clarke@thesmithfamily.com.au
(Working with children’s card required)
Pistons Car Club

Presents

8TH HAZELWOOD CAR & BIKE SHOW

25 OCTOBER 2015
GASKIN PARK - CHURCHILL

SHOW 'N' SHINE TROPHIES & PRIZES
FREE KIDS ACTIVITIES CATERING AVAILABLE

All proceeds to the Wilson family

ADULTS $5  FAMILIES $10
ENTRANTS $10 PER CAR  STRICTLY NO DOGS

For more information contact Catherine 0402 320 153
Jane 0413 244 861 pistons.cc@hotmail.com
Challenging negative thinking

When you’re thinking is getting you down, it can help to reassess what you’re saying to yourself each day. It’s worth trying to dispute any negative thinking and ask yourself some challenging questions about whether the way you’re thinking about things is working for you. Recognising that you might be disadvantaging yourself by thinking negatively can be the first step in feeling better.

The hard part about self-talk is that it always feels true. Even though your thoughts might often be biased or incorrect, you tend to assume that they’re facts.

Self-talk is often skewed towards the negative, and sometimes it’s just plain wrong. If you are experiencing depression, it is particularly likely that you interpret things negatively. That’s why it’s useful to keep an eye on the things you tell yourself, and challenge some of the negative aspects of your thinking.

With practice, you can learn to notice your own negative self-talk as it happens, and consciously choose to think about the situation in a more realistic and helpful way.

Dispute the self-talk

Learning to dispute negative thoughts might take time and practice, but is worth the effort. Once you start looking at it, you’ll probably be surprised by how much of your thinking is inaccurate, exaggerated, or focused on the negatives of the situation.

Whenever you become aware you’re feeling depressed, angry, anxious or upset, use this as your signal to stop and reflect on your thoughts. Use your feelings as your cue to reflect on your thinking.

A good way to test the accuracy of your perceptions might be to ask yourself some challenging question. These questions will help you to check out your self-talk to see whether your current view is reasonable.

Challenging questions

There are four main types of challenging questions to ask yourself:

1. Reality testing. Challenging questions:
   › What is my evidence for and against my thinking?
   › Am I jumping to negative conclusions?
   › How can I find out if my thoughts are actually true?

This might help if you...

› Tend to dwell on the negatives
› Want to feel better about yourself
› Are experiencing depression or anxiety
› Can’t seem to turn around your thinking
› Want more confidence
WISE WORDS FROM WELLBEING

Welcome back to term 4 everyone. The wellbeing team’s door is always open so remember if something’s bothering you come see us!

Did you know!!
As the weather warms up its time to think ‘SUN SMART’ – wellbeing has sun screen for your use.

We have a range of sports equipment for borrowing during recess and lunchtimes

- Footballs
- Soccer balls
- Basketballs and netballs
- Four square balls
- Table tennis bats
- Skipping ropes

Reach Out.com has some great tips and information on everything from studying, relationships and looking after yourself – check out the attached sheet for this week!
GDF SUEZ Australian Energy 36th Tyers Art Festival
November 6th, 7th & 8th, 2015

General: (03) 5191 8260        Mobile: 0400 620 763        Website: www.tyersps.vic.edu.au
        Email: harrison.peter.j@edumail.vic.gov.au

The 36th Tyers Art Festival Committee would like to invite your school to showcase their musical and/or
dramatic talents at this year’s GDF SUEZ Australian Energy 36th Tyers Art Festival on Sunday 8th
November.

Over the past 8 years we have had many local school groups/choirs perform at the arts festival and these
performances have been well received by those in attendance as well as providing students an opportunity
to perform at one of the prestige art events on the Gippsland Arts Calendar.

This year all performances will be held on a raised stage (covered open-sided semi-truck trailer) situated
in the Tyers Primary School car park. A sound system is available for use by your group (specific
requirements will need to be advised).

Schools will have a maximum of 20 minutes performance time and will need to be checked in at least 10
minutes prior to their allocated time. All schools will be notified of their performance time the week
before the event. The first performance will be at 10.00 am and the last at 2.30 pm.

Please email your reply, with preferred performance time, morning or afternoon, to
harrison.peter.j@edumail.vic.gov.au or phone 0400 620 763. If you have any specific requirements
regarding sound or music please detail these in your response.

I look forward to supporting your involvement in this year’s GDF SUEZ Australian Energy 36th Tyers Art
Festival.

Kind regards

Peter Harrison
Director, GDF SUEZ Australian Energy 36th Tyers Art Festival

P: +61 (0)3 5191 8260 | M: +61 400 620 763 | F: +61 (0)3 5191 8524 | E: harrison.peter.j@edumail.vic.gov.au
www.tyersps.vic.edu.au

Winner LCBTA 2015 People’s Choice Award – Most Popular Community Event
THE LATROBE VALLEY PHILATELIC SOCIETY PRESENTS ITS

STAMP AND COIN FAIR

SALUTING OUR ARMED FORCES & ALLIES

SATURDAY 17TH OCTOBER
9:00A.M.- 3:00 P.M.
UNITING CHURCHILL HALL
PARK LANE,
TRARALGON

LOCAL & MELBOURNE DEALERS
ENTRY BY GOLD COIN DONATION
LUCKY DOOR PRIZES
REFRESHMENTS AVAILABLE
CHILDREN WELCOME
FREE PARKING

PROUDLY SPONSORED BY LATROBE CITY
ENQUIRES: CHRISTINE—0427770522
# Kurnai College

**Premium Quality Schoolwear...... That Lasts**

## Girls Uniform

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
<th>Size</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>DRESS</td>
<td>College Fabric &amp; Style</td>
<td>All Sizes</td>
<td>$52.99</td>
</tr>
<tr>
<td>SKIRT</td>
<td>College Check - Pleated Front &amp; Back</td>
<td>All Sizes</td>
<td>$59.99</td>
</tr>
<tr>
<td>S/S POLO</td>
<td>S/S - Burgundy/Navy Coolmesh - Logo</td>
<td>From</td>
<td>$32.99 - $33.99</td>
</tr>
<tr>
<td>PULLOVER</td>
<td>Maroon Striped - V.Neck</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>10-14</td>
<td>$67.99</td>
<td></td>
</tr>
<tr>
<td></td>
<td>16-22</td>
<td>$70.99</td>
<td></td>
</tr>
<tr>
<td></td>
<td>24-28</td>
<td>$73.99</td>
<td></td>
</tr>
<tr>
<td>JACKET</td>
<td>Navy - Polar Fleece - Logo</td>
<td>All Sizes</td>
<td>$34.99</td>
</tr>
<tr>
<td>PANTS</td>
<td>Ink Navy P/V - Full Elastic Waist</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8-14</td>
<td>$39.99</td>
<td></td>
</tr>
<tr>
<td></td>
<td>16-26</td>
<td>$42.99</td>
<td></td>
</tr>
<tr>
<td>SHORTS</td>
<td>Navy P/V - Full Elastic Waist</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>8-14</td>
<td>$34.99</td>
<td></td>
</tr>
<tr>
<td></td>
<td>16-26</td>
<td>$36.99</td>
<td></td>
</tr>
<tr>
<td>SOCKS</td>
<td>White - Knee High</td>
<td></td>
<td>$9.99</td>
</tr>
<tr>
<td>SOCKS</td>
<td>Navy - Knee High</td>
<td></td>
<td>$9.99</td>
</tr>
<tr>
<td>SOCKS</td>
<td>Navy - Ankle</td>
<td></td>
<td>$4.99</td>
</tr>
<tr>
<td>TIGHTS</td>
<td>Navy - 70 Denier</td>
<td></td>
<td>$9.99</td>
</tr>
</tbody>
</table>

## Boys Uniform

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</tr>
</thead>
<tbody>
<tr>
<td>S/S POLO</td>
<td>S/S - Burgundy/Navy Coolmesh - Logo</td>
<td>From</td>
<td>$32.99 - $33.99</td>
</tr>
<tr>
<td>SHORTS</td>
<td>Navy P/V - Full Elastic Waist</td>
<td></td>
<td></td>
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<td></td>
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<td>All Sizes</td>
<td>$34.99</td>
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<tr>
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<td>Ink Navy P/V - Full Elastic Waist</td>
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<td>$42.99</td>
<td></td>
</tr>
<tr>
<td>PANTS</td>
<td>Navy - College Style Pleated Front - PQS</td>
<td>All Sizes</td>
<td>$52.99</td>
</tr>
<tr>
<td>SOCKS</td>
<td>White - Knee High</td>
<td></td>
<td>$9.99</td>
</tr>
<tr>
<td>SOCKS</td>
<td>Navy - Knee High</td>
<td></td>
<td>$9.99</td>
</tr>
<tr>
<td>SOCKS</td>
<td>Navy Ankle</td>
<td></td>
<td>$4.99</td>
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</tbody>
</table>

## Sports Uniform

<table>
<thead>
<tr>
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<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>POLO</td>
<td>Navy/White Coolmesh - Logo</td>
<td>From</td>
<td>$32.99 - $33.99</td>
</tr>
<tr>
<td>SHORTS</td>
<td>Navy Coolmesh</td>
<td>From</td>
<td>$21.99 - $22.99</td>
</tr>
</tbody>
</table>

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**Official Uniform Supplier of Kurnai College**

Mid Valley S/C, Cnr Centre Valley Rd & Princes Dr, Morwell, Vic, 3840

Opening Hours: **Mon-Wed:** 9am-5.30pm, **Thurs:** 9am-6pm, **Fri:** 9am-9pm, **Sat:** 9am-5pm, **Sun:** 10am-4pm

29402 **ALL PRICES ARE SUBJECT TO ALTERATION**
# Kurnai College Churchill Canteen Prices 2015

## Sandwiches

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>$2.50</td>
</tr>
<tr>
<td>Cheese &amp; Tomato</td>
<td>$2.80</td>
</tr>
<tr>
<td>Egg</td>
<td>$3.00</td>
</tr>
<tr>
<td>Leg Ham, Tomato, Cheese</td>
<td>$3.80</td>
</tr>
<tr>
<td>Salad</td>
<td>$4.00</td>
</tr>
<tr>
<td>Meat &amp; Salad</td>
<td>$5.00</td>
</tr>
</tbody>
</table>

*Note: Sandwiches, rolls, wraps must be ordered at recess for lunch.*

## Hot Food

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steam Dim Sims (3 for)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Pizza</td>
<td>$3.50</td>
</tr>
<tr>
<td>Chicken nuggets (5 for)</td>
<td>$3.20</td>
</tr>
<tr>
<td>Sausage rolls</td>
<td>$3.20</td>
</tr>
<tr>
<td>Tender Wrap (lunch only)</td>
<td>$4.00</td>
</tr>
<tr>
<td>Pie</td>
<td>$4.00</td>
</tr>
<tr>
<td>Chicken burgers</td>
<td>$4.50</td>
</tr>
</tbody>
</table>

## Hotdogs

- $3.50 w/s  
  *Wednesday & Friday only*

## Drinks

- From $2.00 to $4.00

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Icebreak milk 500ml</td>
<td>$4.00</td>
</tr>
<tr>
<td>Lg Milk 500ml</td>
<td>$3.50</td>
</tr>
<tr>
<td>Sm Milk 300ml</td>
<td>$2.20</td>
</tr>
</tbody>
</table>

- Chips & JJ's $1.40
- Snack Noodles .80 cents

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*Please note prices are subject to change throughout the year due to price increases.*

*To avoid disappointment it is best to order your lunch at recess.*