Hello Everyone

This is the first newsletter of the new term. I hope everyone had a good break, although most people I have a spoken to are struggling to remember the holidays.

I flew back from Beijing last Thursday where I spent two weeks with a group of Year 8 and 9 students from Churchill Campus. This was the end of a month in China for me and while everything is a little strange I am glad to be back.

While in Shanghai I caught up with Caitlin Slater, a Precinct Campus student last year and the winner of a scholarship to study Chinese language for a year. Caitlin has moved from Yinnar, population 500ish, to Shanghai, population of Australia+, and is loving it. Her Chinese is improving dramatically and she talks about Shanghai as if it is Morwell. Most exciting for me was to hear her talk about the different options that might exist for her future. It is always great to see students who are building on the skills they learnt at Kurnai College and Caitlin is certainly doing that.

Geoff
Principals Message Contd...

On Anzac Day I attended the Yinnar and Morwell Anzac Day services with Precinct School Captains, Hayden Stephens and Sarah Mayo. It is always an honor to be a part of these services with the school representatives who conduct themselves with distinction and certainly do Kurnai College proud. At Yinnar we participated in the march and then presented a wreath from the College. At Morwell Hayden and Sarah presented the wreath and later met dignitaries as official Kurnai College representatives. One of these, Dallas Howell was an ex Kurnai College student who had served in East Timor and later in Iraq. Both Sarah and Hayden were honored to meet Dallas and have a brief discussion with him.

Nello

PBS (Positive Behavior Support)

Kurnai College has been a PBS school for a few years now and as part of that we have a group that directs the actions of PBS across the campus. The group meets after school each month and draws information and views from as wide a circle as possible. One point of view that is desperately needed is that of parents/guardians. We would like to invite any parent who may be interested in joining this group to give a parental point of view to the issues discussed. The aim of the PBS group is to improve the way we deal with issues and to try to set up a school environment that actively attempts to be proactive in its approach to dealing with issues.

If you would like to be a part of this group or would like to find out more about it please call us at school on 51323800.

Geoff and Nello

YEAR 12’s

Baby Photos

Find one Baby Photo (0-6yrs). Try and find one that doesn’t obstruct your face and preferably facing the front. Convert to digital and save it as a jpeg file.

Send it to Kallitsa at the following email: kalleopi.yiannacou.k@edumail.vic.gov.au

Also, any photos from your time at school are welcome. Examples of photos can include Excursions, Camps, Spots Days, Social, Deb, and any general photos of you and your friends taken at school, (Year 7-12).
Congratulations to our PBS Recipients

<table>
<thead>
<tr>
<th>Excellence</th>
<th>Engagement</th>
<th>Work Ethic</th>
<th>Relationships</th>
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<tbody>
<tr>
<td>Jorja Pendlebury</td>
<td>Katelin Lugton</td>
<td>Toby Richards</td>
<td>Amy Jenkins</td>
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<td>Daniel Brick</td>
<td>Chris Bruerton</td>
<td>Yi Yang Zhang</td>
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<td>James Morris</td>
<td>Skye Black</td>
<td>Matt Tabone</td>
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<td>Sarah Mayo</td>
<td>Dylan Newton</td>
<td>Sarah Darling</td>
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<td>Meg Van Rooy</td>
<td>Chloe Taylor</td>
<td>Liam Kearns</td>
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<td>Bronwyn Slater</td>
<td>Ethan Moule</td>
<td>Yi Yang Zhang</td>
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<td>Tyler Spicer</td>
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<td>Brendan Wynne</td>
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<td>Jorja Pendlebury</td>
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<td>Jack Findlay</td>
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<td>Sam Flanigan</td>
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<td>Georgina Brick</td>
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**PBS Rewards for Positive Behaviours**

The PBS Team has now introduced a new reward system to support the positive behaviour of our students. Effective rewards systems are an integral part of implementing the SWPBS framework in a school. At this stage the Precinct Campus uses postcards to acknowledge on-going positive behaviour. The PBS team will now introduce the ‘Caught in the Act’ system to reward those one-off behaviours. Beginning next week, staff at the Precinct will be giving out coupons for ‘one-off’ positive behaviours – these might include keeping an area clean, using pool tables/table-tennis tables appropriately, having positive interactions with Staff, University Personnel or each other, along with a range of other positive behaviours.

Precinct Staff continue to be impressed with the ongoing positive and respectful behaviours of our students. This reward system is another way for us to support our students with these behaviours. Students with tokens will need to place them in a box in the Library with their name. Names will be drawn intermittently with prizes awarded.

**$20 Vouchers Given for Survey Completion**

Year 11 Students have been given the opportunity to undertake a survey for Deakin University. The survey is on adolescent eating and physical activity over a three year period. Packs that outline the requirements have been handed out at assemblies, however further packs can be found in the Student Services Office. Deakin University will send out a $20 voucher to a department store on the completion of each yearly survey.
Coughs, Colds and Asthma

Coughs, Colds and the Flu are one of the most common triggers of Asthma. The Common Cold is caused by an Upper Respiratory Tract Infection and is a common illness for children and adults in Australia. As we approach the colder months, here are some tips to keep in mind to prevent and reduce the spread of Coughs, Colds and the Flu:

- Avoid coughing and sneezing on or near others and wash your hands thoroughly to prevent the spread of disease.
- If your child is not feeling well, it is recommended that they stay home and rest, to reduce the spread of infections and to speed up their recovery process.
- Everyone should have the annual Flu Vaccination to ensure they are protected from this disease. You or your child may be eligible for the free Flu Vaccination. Details about who is eligible can be found here and can also be determined by your doctor.
- Prior to purchasing any medications or herbal and natural remedies, you should seek the advice of your Doctor or Pharmacist as some medications can react with Asthma medications. Such as Aspirin, Ibuprofen/Naproxen (non-steroidal anti-inflammatory medications), Beta Blockers tablet and eye drops (used for high Blood Pressure and Glaucoma), and ACE inhibitors (used to control Blood Pressure).

Parent and Carer Asthma Information Sessions

The Asthma Foundation of Victoria is funded by the Federal Department of Health to provide free Asthma Education Sessions to groups of parents and carers. These sessions can take place at the school or at a location of your choice. The session runs for approximately one hour and covers:

- Asthma triggers
- Signs and symptoms
- Asthma action plans
- Asthma medication
- Asthma First Aid

If you are interested in attending a parent and carer asthma information session, please contact The Asthma Foundation of Victoria to arrange a session on 1800-ASTHMA or sdoherty@asthma.org.au

For more information, please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au

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
Career & Pathways News

- **TIS (Gippsland tertiary Information Service)** event is running at Federation Uni on Wednesday May 7. Compulsory for Year 12 VCE Students. Students will have a chance to speak with Uni’s and TAFE’s about Courses, Careers etc... VET students interested in TAFE or Uni should go to this event.
- **Year 11 – Age VCE Expo** on Friday May 9 – Permission forms and money must be returned asap.
- **Year 12 Uni Trip** is running on Thursday 15 and Friday 16 May – this trip is full.

Federation University Australia

So you want to be a Nurse.........?

**Excursion / Activity:** “So You Want to be a Nurse” Day  
**Date:** Thursday 29 May 2014  
**Location:** Federation University Gippsland  
**Time:** 9am – 3.30pm  
**Purpose:** To participate “So You Want to Be a Nurse Day” at Federation University Gippsland  
**Outline of Main Activities:** Students will have an opportunity to “interview” Nurses who are undertaking a range of diverse roles as well as getting some hands on experience in the Nursing Labs. There will also be a tour of the Nursing School and a session on pathways into Nursing.  
As well as learning about a career in Nursing, the day will be fun & enjoyable!  
**Cost per Student:** $Nil  
Students must complete and return an Excursion Consent/Medical form to school by: **Friday 9 May 2014. These forms can be collected from the Careers Office.**  
*Please note places are limited*

University of Melbourne

**Focus on Melbourne**

Focus on Melbourne offers students and their parents the chance to take a closer look at the courses available at Melbourne.

This seminar series is hosted on Campus and includes every undergraduate course at Melbourne. You’ll find out more about:

- Specific courses, majors and degree structures
- Pathways to further study
- Employment prospects after graduation and our impressive graduate outcomes
- Entry requirements and how to apply
- The unique Melbourne Experience

**Register now**

To view the complete schedule of Focus on Melbourne and to register for the events you’re interested in, go to:  
futurestudents.unimelb.edu.au/focus

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Deakin University

Explore Deakin University – Parent and Student Tertiary Information Nights: Melbourne, Burwood: 6-8pm, Wed 21 May; Geelong Waterfront: 6-8pm, Wed 28 May.
See: www.deakin.edu.au/parent-and-student

DO YOU WANT TO EXPLORE A CAREER IN MEDICINE? Deakin University is holding an Information Evening at the Geelong Waurn Ponds Campus (where Deakin offers their Post-Graduate Medicine Degree). Delivered by the School of Medicine, you will learn about the courses and pathways available in Medicine and Optometry at Deakin. When: 6-7.30pm, Tues 20 May. Details to follow. (NOTE: Medicine is also offered in Victoria by Monash University (Undergraduate and Post-Graduate Degrees) and the University of Melbourne (Post-Graduate Degree).

PHARMACY AT MONASH UNIVERSITY – As of 2015, the Bachelor of Pharmacy Degree will be re-titled to Bachelor of Pharmacy (Honours) and the Bachelor of Pharmacy (Scholars) will be re-titled to Bachelor of Pharmacy (Honours) (Scholars). All students considering the Bachelor of Pharmacy in 2015 should be aware that the Supplementary Information form will no longer be required when applying for the course through VTAC. In addition, the Bachelor of Pharmacy/Commerce Double Degree has been discontinued.

WHAT IS SPEECH PATHOLOGY? Speech pathologists (or Therapists) diagnose and treat people with communication disorders (eg speech, voice) and people with problems swallowing or eating. For example, they may work with people who have a Cleft Palate, Delayed Speech, Stuttering or Brain Damage, and work with other Health Professionals. A number of Universities in Victoria offer Degrees in Speech Pathology. Australian Catholic University (ACU), La Trobe University and Charles Sturt University at Albury-Wodonga (a NSW university) all offer 4-year Degrees. Speech pathology can also be studied at the University of Melbourne where students first complete a 3-year Undergraduate Degree followed by a 2-year Masters in Speech Pathology. The Clearly-in ATAR last year for ACU was 85.20, La Trobe (Bundoora) 90.15 (Bendigo) 83.10, and Charles Sturt 75.00. Note: last year’s ATAR is only a guide – students are sometimes offered a place with a lower ATAR because they did well in certain subjects (receiving a Subject Bonus), or because they had a Special Entry Access Scheme (SEAS) application due to disadvantage in their education
INTERESTED IN A CAREER IN IT, GAMES OR TELECOMMUNICATIONS? Box Hill Institute has an Information Night coming up where you can learn about courses leading to Careers in IT, Games or Telecommunications. You can also meet teachers and check out facilities. **When:** 6-8pm. Mon 2 June; **Where:** Room N1, G 32 & 33, Nelson Campus, corner Nelson and Whitehorse Roads; **Info/bookings:** Ph 9286 9830, ict@boxhill.edu.au.

BIOLOGY AND CHEMISTRY SEMINARS – The Faculty of Pharmacy and Pharmaceutical Sciences at Monash University (Parkville Campus) is offering support to current Unit 3 & 4 Biology and Chemistry students. Seminars are designed to reinforce key learnings, delivered by qualified VCE teachers. **Dates:** **Biology** - 5.30-7pm, 4 June, 27 Aug and 8 Nov (one already held); **Chemistry:** 4.30-6pm, 11 June, 3 Sept and 15 Oct (one already held). **Where:** Monash University (Parkville), 381 Royal Parade, Parkville; **Cost:** Free; **Register:** [www.monash.edu/pharm/about/events/vce-seminars.html](http://www.monash.edu/pharm/about/events/vce-seminars.html); **Info:** Tom Day, phone 9903 9594, tom.day@monash.edu.

CAREER DISCOVERY IN FASHION AND TEXTILES – To assist you in selecting the most appropriate Fashion Program, RMIT Fashion and Textiles is conducting a Career Discovery in Fashion and Textiles Program. It will cover trends in the industry, Courses available, and Practical Activities. Career options in fashion and textiles are diverse and multi-faceted and RMIT's School of Fashion is acutely aware of the skills and knowledge required by graduates to participate and positively contribute in today's competitive marketplace. Educational programs and pathways servicing this industry and the skills and knowledge they provide are specifically varied in content and focus. **Who:** Year 11 and 12 Students; **When:** 9.30am-4.30pm, 1-3 July, 2014 (three days); **Cost:** $350; **Enrol:** Contact RMIT Training on 9925 8111.

A YEAR WITH THE DEFENCE FORCES – If you would like to earn good money, make friends, and get great training, the Army is currently recruiting for roles with only a 12-month commitment. After a year you can chose to stay in the Army or use your training elsewhere. To find out more attend a One Year Roles Information Session. **When:** 5.30 (arrival time) for 6pm start (7pm finish), Wed 7 May; **Where:** Level 14, Reception area, 501 Swanston St, Melbourne; **RSVP:** CPTVIC@dfr.com.au.

BACHELOR OF LAWS AT VICTORIA UNIVERSITY – Taught in the former Births, Deaths and Marriages building, a small Campus in Queens Street, Melbourne, VU’s approach to learning combines theory with practice. VU’s partnerships with the courts and community legal services give students a unique exposure to the real experiences of the justice system. These opportunities challenge students through practical experiences for a rewarding Career in Law that could range from working for government, the community or in private enterprise. **Information:** [www.vu.edu.au/courses/bachelor-of-laws-blaw](http://www.vu.edu.au/courses/bachelor-of-laws-blaw).

Careers in Sports Medicine Evening
Olympic Park Sports Medicine is conducting the annual Careers in Sports Medicine Evening. (Sports Medicine, Nutrition, Podiatry, Psychology, Massage Therapy, Physiotherapy, Exercise Physiology).

This is an excellent introduction to the world of Sports Medicine for Secondary School Students. Practitioners from each discipline will be giving short talks and the rest of the team will be available for plenty of question time. There will also be information handouts available.

**Date:** Wednesday the 28th of May
**Time:** 6:30pm – 9:00pm

**Registration** by Monday 26th of May ([www.trybooking.com.EPDE](http://www.trybooking.com.EPDE))

Venue: AAMI Park Stadium
60 Olympic Blvd, Entrance F, Gate 4
Corporate Entrance
Olympic Room 3
Upcoming Excursions / Camps

To ensure the smooth organization and running of camps and excursions we request that permission forms and payments be returned to the school by the due 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>Event</th>
<th>Date</th>
<th>Cost</th>
<th>Date Due</th>
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<tbody>
<tr>
<td>Yarnin’ Project 2 Excursions</td>
<td>Mon 28 Apr - Fri 9 May</td>
<td>No Cost</td>
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<tr>
<td>Tassie Peninsula Camp</td>
<td>Tues 29 Apr - Tues 6 May</td>
<td>No Cost</td>
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<tr>
<td>Gene Tech Access Centre</td>
<td>Fri 2 May</td>
<td>No Cost</td>
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<tr>
<td>The Age &amp; Careers Expo</td>
<td>Fri 9 May</td>
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<td>Mitchell River Hike</td>
<td>Thurs 9 - Fri 10 May</td>
<td>$11</td>
<td>Wed 7 May</td>
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<td>Healesville Sanctuary</td>
<td>Tues 13 May</td>
<td>$20</td>
<td>Fri 2 May</td>
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<tr>
<td>Senior Football</td>
<td>Tues 13 May</td>
<td>$7</td>
<td>Fri 9 May</td>
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<tr>
<td>Universities of Melbourne Camp</td>
<td>Thurs 15 - Fri 16 May</td>
<td>$31</td>
<td>Wed 7 May</td>
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<td>Top Designs Forum</td>
<td>Tues 20 May</td>
<td>$9</td>
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<tr>
<td>College Athletics</td>
<td>Tues 20 May</td>
<td>No Cost</td>
<td>Wed 16 May</td>
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<tr>
<td>Mount Hotham Ski Camp</td>
<td>Mon 21 - Fri 25 July</td>
<td>$860</td>
<td>Third Instalment Due ($200) Fri 23 May</td>
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Receive your Kurnai Newsletter by email

Email: pulis.georgina.g@edumail.vic.gov.au (subject: Kurnai Newsletter)
Community News

LAI TAEKWONDO (ITF)  
(LATROBE VALLEY)

SELF DEFENCE, SELF DISCIPLINE, CO ORDINATION, FLEXIBILITY AND FITNESS

GRADED BY:

SENIOR MASTER ROBERT LAI

9TH DEGREE BLACK BELT

INTERNATIONAL INSTRUCTOR/EXAMINER WITH 50 YEARS OF TEACHING TAEKWONDO (ITF)

VENUE: KURNAI COLLEGE BRIDLE ROAD MORWELL

FEE: $30 STUDENT/ FAMILY ONLY $50 PER MONTH

TRAINING TIMES:

THURSDAY 6 PM - 8 PM

SATURDAY 5 PM - 7 PM

FOR MORE INFORMATION PHONE:

SANG (INSTRUCTOR)

0431 185 663

JOIN THE ARTY GRAS 2014 BIG PARADE BAND

WORKSHOP

THURSDAY

MAY 8

7-9pm

at the Baromi Centre, Mirboo North

WITH Jane Coker

(Melody Instruments)

and Steve Schultz

(Drums)

Drums provided or bring your own

Cost: $5

PARADE

11am Saturday, May 10

(Rehearsal and dress-ups at 9am Baromi Centre)

Play easy-to-learn and easy-to-play carnival tunes on drums, percussion, saxophones, clarinets, trumpets, kazoos, flutes, flugel horns, accordions or any other instrument you can play while walking along

To register and for more information, contact:

Jane Coker 5116 9434 or email jane.coker@bigpond.com
Charity Event

24 HR RUN FOR ANDREWS HOUSE AGED CARE FACILITY

Residents of Trafalgar will light the way by leaving front light on throughout the night.

When: 5pm Friday 9th May - 5pm Saturday 10th May
Where: Based at McGregor Park - Course: Town loop of Trafalgar
Family Day - Saturday 10th: 11am - 4pm (McGregor Park) NO ALCOHOL PERMITTED COME DOWN AND SHOW YOUR SUPPORT BY CHEERING ALONG THE ROAD RUNNER LIVE MUSIC, BBQ, PIZZA, ACTIVITIES for the kids and much more.

Donations can be made on the day or by bank deposit to: Gippsland Road Runners Bsb: 633000 Acct: 151444885
Contact - Tracey O'Brien 0410 892 169 or email: gippslandroadrunners@gmail.com

2014 Latrobe City Music Exchange Program

Trev?A night & Silent Auction

When: Friday, 9 May 2014
Time: 7.00 pm
Where: Traralgon Golf Club
Princes Highway
Cost: $10 Per Head
Table Min 8 Max 10

For further details or to book a table contact Jie on 5128 5624 or Shebee on 5128 5419