Hello Everyone

This has been a sad week for Kurnai College and especially Churchill Campus due to the passing away of long time and very well respected Churchill teacher Cheryl Taylor. Cheryl battled with cancer for close to 2 years. Many staff and students attended the funeral and afterwards reminisced about how Ms. Taylor had affected, helped, influenced and taught them at the Churchill Campus. Cheryl will be remembered dearly for a long time by the Kurnai College community.

Student Well Being Assembly

This week we held an assembly for the VCE Year 12 students to talk to them about the journey they are now very close to completing. Student Manager Dave Shields spoke about the need to evaluate where each one was at and to take the time needed to make sure that they were heading in the right direction to realize their goals. The students were given information about how to deal with issues that seem to come up at this time of the year for Year 12 students. Stress of work, prioritizing time, feelings of giving up, etc. were all explained and put into perspective so that each student did not feel that they alone were feeling in a particularly negative way. We hope that all our students listened carefully and were able to take away something valuable from Dave’s presentation.
Message from Campus Principals Contd...

Kurnai College Students At Loy Yang

We attended a presentation at the Loy Yang Power Station recently to celebrate the completion of a week of Students@Work Program undertaken by a dozen secondary school students from our area. Kurnai College participated in the program with several students who worked in a variety of fields to get a better understanding of how the Power Station operates on a day-to-day basis. Each student spoke of the value of their experiences at the station. It certainly came out that it was a positive experience for all our students and their mentors. We would like to thank Transfield Worley Power Services for having our students for the week and for their valuable efforts to help our students.

Tassie Feedback

A few weeks ago I received a letter from Garry McKinlay. Garry is one of the property owners that our VCAL students did work for when they visited Tasmania. I think it is important that we publically recognise the work that these students, under the leadership of Brett Gay, have done and the impact that their work has had on the life of this person.

This is Garry’s letter:

Mr Geoff Bloek, Principal
Kurnai College, Precinct Campus
P.O. Box 3411, Morwell Business Centre
MORWELL VIC 3841

Dear Sir,

I write to express my gratitude to your college for facilitating the recent voluntary working visit to Murdunna, Tasmania by a group of your vocational stream students, led by college teacher Mr Brett Gay. The visit was co-ordinated at the Tasmanian end by members of the Tasmanian Rotary Organisation. The purpose of the visit was to construct a large shed on my property (3754 Arthur Highway, Murdunna), to replace a building burnt out by bushfires in January 2013, in which I was living. The group was also accompanied by three adult volunteer workers from your local area.

Due to their efforts I now have a much more versatile building than I otherwise could have afforded. It is not just a shed to me; it is the basis of my permanent home, and I am now able to continue internal construction to provide me with living accommodation. I am 71 years old, with extremely limited financial resources and previously faced the prospect of continuing to live in a tiny borrowed caravan. My financial position is such that any form of permanent accommodation was just not otherwise attainable for me.

The students, under the very capable instruction and supervision of Mr. Gay, achieved what I considered an amazing result in substantially completing what was a rather complex project due to the height of the shed and the constraints of the site. It was I am sure an excellent learning experience for the students in an actual workplace situation, collaborating to achieve results.

The students were treated as equals by the adults and I observed mutual respect at all times. The students had a high regard for Mr. Gay and were always quick to respond to his directions. All showed an eagerness to learn and an excellent work ethic was very evident within the group. Based on my contact with, and observation of, the group over the week of the project I would recommend any of these students to a prospective employer.

Your college has, I am sure, played a major role in guiding these students to their current workplace ready stage and deserves congratulations for its ability to produce students of this calibre.

I shall be forever grateful to this group and to your college for such valuable assistance in getting my life back on track.

I would appreciate your thanks being passed on to Mr Gay and those students involved.

My kindest regards to all concerned,

Garry McKinlay
**Mt Hotham Ski Camp**

Twenty Year 11 students attended a 5 day downhill Skiing Camp to Mount Hotham. Students woke up nice and early so we could depart school at 4:45am on the Monday. Five hours later, we arrived to Mt Hotham where we checked our baggage into McMillan Lodge, our home for the next 5 days. Students were kitted out with their craft of choice (Skis or snowboard), then were taken through the basics of skiing/boarding a lesson. The rest of Monday gave students the opportunity to continue learning the basics. Daily lessons and hours of free ski time throughout the week meant students’ skiing abilities really progressed. Some students were confident enough to execute jumps and board slides in the rail park. Overall, students had an amazing time at Mt Hotham and will have memories that will last for years to come.

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**College Magazine**

The Annual College Magazine has already started to be collated for the end of the year. To ensure your copy of the College Magazine, payments must be made by the end of Term. Charges are already on your family account if you wish to make payment. Please contact the Office on 5132 3800 if you have any concerns with payment options.

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**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
Congratulations to our PBS Recipients

**Excellence**
- Yuxin Li
- Eli van Rhine
- Bianca Pike
- Sam Giuliani
- Jaymi Wright
- Michael McAlister
- Amy Jenkins
- Harmony Nolan

**Engagement**
- Josephine D’alia
- Crystal Shortland
- Neil Zhu
- Corey Harding
- Jess Devlin
- Sarah Greenwood
- Ben Lewis
- David Veldman
- Jedd Britton
- Michael McAlister
- Pat McGrath
- Jess Maxwell
- Rhys Hooimeyer
- Zoe Treloar
- Teegan Marriott
- Courtney McGregor
- Tom Lindsay
- Jess Devlin
- Bradley Tyas
- Zac Smith
- Megan Kearns
- Tiarnah Nicola
- Vanessa Keogh
- Ryan Peter
- Talicia Sokaluk

**Work Ethic**
- Steph Cook
- Chelsea Twomey
- Nyabhan Jiath
- Yi Ying Zhang
- Jade Howell
- Maddie Young
- Lucy O’Sullivan
- Kara Andrews
- Jeclat Jikow
- Sam Flanigan
- Joelly Firmin
- Hayley Beyer
- Andrew Adams
- Carrigan Horsley
- Khalid Narawi
- Jomari David
- Tom Mazae
- Travis Towers
- Sharnie Wright
- Zoe Treloar
- Molly Campbell
- Meg Van Rooy
- Wayne Rowley
- Kohei Shimokawa
- Tristan Winkleman
- Jake Liddell
- Ellie O’Keefe
- Courtney Quirk
- Nathan Taylor
- Jesse Berryman Lambert

**Relationships**
- Ryan Marriott
- Emily Black
- He Liu
- Zoe Treloar
- Harley Stewart
- Molly Hillenaar
- Richard Gaspero
- Leigh Vajler
- Sandra Hines
- Naomi Taylor
- Regan Webster
- Dana Milito
PBS in School - Is your Child under Stress??

For Year 12 VCE students it is currently in the most stressful period of their education. Week 3-7 of this term is the hardest for Year 12 students across Australia. It is the time where stress and anxiety are at their peak. There are 4 reasons for this:

- It is Winter.
- There has been a sustained workload for close to a year.
- Students are starting to question whether they will achieve the results or outcome they need – which creates anxiety.
- Students are starting to get concerned about life outside of the school system.

If your child is under stress or anxious their response at home and school may be:

- They start eating more junk food.
- They feel more tired than normal – or are not exercising when they normally do.
- They are watching more TV, playing games, facebook, etc, than normal.
- They are wanting to stay home or they feel sick.
- Work that used to take them 30 minutes now takes 3 hours.

So how can you help them get over it:

- They need to openly reflect on what is making them feel anxious.
- They need to positively look at what they have achieved to date and think about where they can realistically head to from here.
- When they feel positive about what they have achieved - help them look back over their career, life or school goals – help them re-evaluate or look at how these goals are going – encourage them to go to Careers or see an Advocate to remind themselves of what needs to be achieved.
- Support them taking a mental break. Don't allow this as a time to sleep. Encourage them to recharge doing the things that usually get/keep them going strong – Exercise, Music, Arts, Yoga, etc.
- After they have reflected write a plan together of ways to help them gradually improve – small successes are important.

If you would like any further advice on how to support your child when they are anxious, overwhelmed or stressed please contact the VCE team on 51323808.

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).
Without the ongoing support of local businesses and community organisations, our VCAL Structured Workplace Learning program would not be viable. Students in VCAL must complete a work placement one day a week as part of their studies. This provides students with experience in a variety of industries and with opportunities that they cannot get in a classroom setting. In upcoming newsletters we will acknowledge some of the other local businesses/organisations that have supported our program by taking on VCAL students. A big thank you to:

B.M.C (Morwell)
Latrobe Valley Enterprises (Morwell)
Francis Plumbing (Moe)
Moe Engines (Moe)
IGA (Churchill)
Earl and Becker (Traralgon)
AusGeothermal (Traralgon)
Ultratune (Morwell)
Jets Photography (Bairnsdale)
Bensons Home Timber & Hardware (Morwell)

We are always looking for willing businesses to take on work placement students. If you would like to find out more about the VCAL program or to discuss the benefits of taking on a work placement student either this year or in 2015, please call the VCAL team on 5132 3800.

Sausage Sizzle
As part of our participation in this years ‘Relay for Life’ the VCAL Coaching and Mentoring class will be holding a fundraising sausage sizzle.

Where: Churchill Woolworths.
When: Saturday 23rd of August.
Time: 10am until 2pm.

All proceeds from this event will be donated to the Cancer Council for research into prevention strategies and finding a cure for cancer. Please come along and support our students in their endeavors to support this important cause.
Parents of VCE Students: Online Courses & Notes to Help your Child Study

Edrolo is now available at our school for a limited time free trial!

Our VCE students have unlimited and free access (the school has arranged for it) to this fantastic online resource that is VCE-specific and includes video lessons, quiz questions, exam-style questions, downloadable/printable study notes and more! It's also mobile-friendly.

Each VCE student has their own personal account ready & waiting to be used.

Our VCE students simply have to follow these two steps:

Step 1: Claim your account by following the instructions at https://edrolo.com.au/kurnai/

Step 2: Use your Edrolo account 24/7! You can login anytime from Edrolo.com.au using your email address & the password you chose when completing Step 1.

If you there are any issues with the subjects you're enrolled in, please let me know.

Bernadette Cropper
VCE Coordinator

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Stress less about the VCE. The dark days are over.
edrolo.com.au/kurnai

It's worth mentioning that your school has organised this for you for free! Yep, you've got free, unlimited access to VCE videos, practice questions, study notes, and more until the 12th of August*.

After this time, it is optional to purchase ongoing unlimited access to the site for the remainder of the year for $66. There is no obligation for any student to purchase the resource.
VCE Written Exam Timetable

Monday 6 October To Tuesday 28 October
Languages examinations: Oral component (except Classical Greek, Classical Hebrew, Indigenous Languages of Victoria and Latin)
Dance
VET Dance
Drama: Solo
Theatre Studies: Stagecraft Examination

Monday 6 October - Sunday 2 November
Music Investigation
Music Performance
VET Music

Mon 13 October - Fri 17 October
Extended Investigation: Externally-assessed Task Oral presentation

2014 Written Examinations
October Languages examinations: Written component
Each examination, except for Arabic, Korean First Language and Korean Second Language, commences with a 10-minute reading period which is included in the times shown in the timetable.

Tuesday 21 October: 2.00 pm – 4.40 pm
Armenian, Bosnian, Croatian, Dutch, Filipino, Hebrew, Hindi, Hungarian, Khmer, Macedonian, Maltese, Persian, Polish, Portuguese, Punjabi, Romanian, Russian, Serbian, Sinhala, Swedish, Tamil, Turkish, Ukrainian, Yiddish

Arabic, Korean First Language and Korean Second Language written examinations commence with a 15-minute reading period which is included in the times shown in the timetable.

Tuesday 21 October: 2.00 pm – 4.15 pm
Arabic, Korean First Language, Korean Second Language

Classical Greek and Classical Hebrew
These examinations commence with a 5-minute reading period.

Wednesday 15 October: 1.55 pm – 5.00 pm
Classical Greek

Monday 27 October: 1.55 pm – 5.00 pm
Classical Hebrew

Auslan

Wednesday 22 October: 8.00 am – 6.00 pm
Students are scheduled in one of the three two-hour sessions. Each session is preceded by 10 minutes of reading/viewing time.

End-of-year written examination timetable
Each examination commences with a 15-minute reading period which is included in the times shown in the timetable.
The following examinations have an audio component:
Music Style and Composition
Music Performance
VET Music: Technical Production
all Languages except Indigenous Languages of Victoria, Classical Greek, Classical Hebrew and Latin.
<table>
<thead>
<tr>
<th>Date</th>
<th>Time Frame</th>
<th>Subjects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 29 October</td>
<td>9.00 am – 12.15 pm</td>
<td>English, English as an Additional Language (EAL)</td>
</tr>
<tr>
<td>Thursday 30 October</td>
<td>9.00 am – 11.45 am</td>
<td>Psychology, Economics</td>
</tr>
<tr>
<td>Friday 31 October</td>
<td>9.00 am – 11.45 am</td>
<td>Biology, Further Mathematics Exam 1</td>
</tr>
<tr>
<td>Monday 3 November</td>
<td>9.00 am – 10.45 am</td>
<td>Further Mathematics Exam 2, Business Management, Indigenous Languages, Japanese FL</td>
</tr>
<tr>
<td>Tuesday 4 November</td>
<td>Melbourne Cup Public Holiday</td>
<td></td>
</tr>
<tr>
<td>Wed 5 November</td>
<td>9.00 am – 10.15 am</td>
<td>Mathematical Methods CAS Exam 1, Drama, VET Equine, Product Design and Technology, Health and Human Development, Latin</td>
</tr>
<tr>
<td>Thurs 6 November</td>
<td>9.00 am – 10.45 am</td>
<td>VET Community Services, VET Hospitality, VET Hospitality (Kitchen Operations), VET Information and Communications Technology, Theatre Studies, Australian Politics, Music Style and Composition, Physical Education, Sociology</td>
</tr>
<tr>
<td>Friday 7 November</td>
<td>9.00 am – 10.15 am</td>
<td>Specialist Mathematics Exam 1, Classical Studies, IT Applications, Outdoor and Environmental Studies, Literature, VET Interactive Digital Media*</td>
</tr>
<tr>
<td>Mon 10 November</td>
<td>9.00 am – 10.45 am</td>
<td>VET Furnishing, VET Integrated Technologies, Studio Arts, Accounting, Environmental Science, History: Revolutions</td>
</tr>
<tr>
<td>Tuesday 11 November</td>
<td>9.00 am – 11.45 am</td>
<td>Chemistry, Legal Studies</td>
</tr>
<tr>
<td>Wed 12 November</td>
<td>9.00 am – 11.45 am</td>
<td>Physics, Visual Communication Design</td>
</tr>
<tr>
<td>Thurs 13 November</td>
<td>9.00 am – 10.45 am</td>
<td>Agricultural and Horticultural Studies, Art, VET Business Dance, English Language, History: Australian Texts and Traditions</td>
</tr>
</tbody>
</table>
VCE Written Exam Timetable Contd….

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Subjects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 14 November</td>
<td>9.00 am – 10.45 am</td>
<td>Food and Technology</td>
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<tr>
<td></td>
<td>11.45 am – 1.30 pm</td>
<td>Music Performance</td>
</tr>
<tr>
<td></td>
<td>3.00 pm – 5.15 pm</td>
<td>Geography</td>
</tr>
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<td></td>
<td></td>
<td>History: Renaissance Italy</td>
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<tr>
<td></td>
<td></td>
<td>Industry and Enterprise</td>
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<tr>
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<td></td>
<td>IT: Software Development</td>
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<td></td>
<td></td>
<td>Philosophy</td>
</tr>
<tr>
<td>Mon 17 November</td>
<td>9.00 am – 10.45 am</td>
<td>Systems Engineering</td>
</tr>
<tr>
<td></td>
<td>11.45 am – 2.00 pm</td>
<td>German</td>
</tr>
<tr>
<td></td>
<td>3.00 pm – 5.15 pm</td>
<td>Chinese FL</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Media</td>
</tr>
<tr>
<td>Tues 18 November</td>
<td>9.00 am – 10.45 am</td>
<td>VET Music: Technical Production</td>
</tr>
<tr>
<td></td>
<td>11.45 am – 2.00 pm</td>
<td>Global Politics</td>
</tr>
<tr>
<td></td>
<td>3.00 pm – 5.15 pm</td>
<td>French</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Spanish</td>
</tr>
<tr>
<td>Wed 19 November</td>
<td>9.00 am – 10.45 am</td>
<td>VET Engineering</td>
</tr>
<tr>
<td></td>
<td>11.45 am – 2.00 pm</td>
<td>Italian</td>
</tr>
<tr>
<td></td>
<td>3.00 pm – 5.15 pm</td>
<td>Chinese SL</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chinese SL Advanced</td>
</tr>
</tbody>
</table>

Maths Association of Victoria presents: VCE Maths revision lectures: Sunday 5th October in Sale

TIMES

Mathematical Methods: 9am – 12pm
Further Mathematics: 1pm – 4.30pm
Specialist Mathematics: 1pm – 4pm

ONE LECTURE $40 or TWO LECTURES $70

ALL STUDENTS WILL RECEIVE COMPREHENSIVE REVISION NOTES.

Career & Pathways News

VTAC Applications now Open
Applications for VTAC have now opened. The Careers Team will be attending Year 12 English classes the week of the 18th August where we be providing a step by step guide to registering and applying for VTAC as well as SEAS and Scholarships.

Fine Arts at the University of Melbourne
Some specialisations of the Bachelor of Fine Arts at the Southbank Campus require VTAC applications to be completed earlier than the usual closing date (5pm (EST), 30 Sept). The specialisations of Animation, Film and Television, and Screenwriting require applications by 5pm (EST) on 29 August. The Dance specialisation has a timely closing date of 29 August to guarantee a live audition. The final closing date is 5pm (EST) on 7 November and applicants will not be guaranteed a live audition.

Trainee Court Registrar Positions 2015
The Magistrates Court of Victoria (MCV) will be recruiting for Trainee Court Registrar position statewide in early 2015. Interested students can register their individual email address and will be contacted directly by us when recruitment opens in early 2015.
For further information regarding the Magistrates' Court please visit our website: www.magistratescourt.vic.gov.au where you will also find a "quick link" menu on the right that will direct you to the 'careers in the court' webpage. This will provide you with detailed information about the role of a Trainee Court Registrar role.
It may also interest you to know that court rooms are open to the public and students can visit a court room to observe proceedings.

Open Day Reminders

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun 10 Aug</td>
<td>ACU (Melbourne), Deakin (Geelong), RMIT (Bundoora, Brunswick, City)</td>
</tr>
<tr>
<td>Sun 17 Aug</td>
<td>La Trobe Uni (Bendigo), Melbourne; Monash (Parkville)</td>
</tr>
<tr>
<td>Sun 24 Aug</td>
<td>Box Hill, Deakin (Melbourne), La Trobe (Melbourne), Victoria, William Angliss</td>
</tr>
<tr>
<td>Sun 31 Aug</td>
<td>ACU (Ballarat), Federation Uni (Ballarat &amp; Gippsland)</td>
</tr>
</tbody>
</table>

Holmesglen – has ‘Open Wednesday’ each week – see their website to book a visit.

Kangan Institute Open Days
Find out what is on offer at the various Kangan Campuses.
**When:** 9 Aug – Docklands Campus; 24 Aug - Richmond.
**Where:** 30 Aug - Moonee Ponds (all 10am-4pm).

RMIT Flight Training Open Day
Visitors can take guided tours of the facilities, find out about booking a trial introductory flight, and get advice from flight instructors and staff on how to start a Career as a Professional Pilot.
**When:** 10am-4pm, Sunday 31 August.
**Where:** RMIT Flight Training, Point Cook site, Building 202, Williams Rd, RAAF Base, Point Cook.

Pharmacy at Monash University
The Faculty of Pharmacy and Pharmaceutical Sciences will kick off National Science Week with an Open House at the Parkville Campus. This is an extension of open day, showcasing courses and demonstrating how fun and inspiring Science can be. One lucky visitor will take home a $5000 prize pack including travel vouchers, a bicycle, Monash goods, an iPad and $2000 cash. Tours will include a journey through the drug discovery pipeline; see first-hand how Pharmaceutical Scientists create, formulate and test medicines. The event coincides with the University of Melbourne Open Day, a short distance away on Royal Pde.
**When:** 10am-3pm, Sun 17 Aug; Info: www.destination.monash/open-house/
Career & Pathways News Contd…

- **Puggy Hunter Memorial Scholarship Scheme**
  This government initiative encourages and assists Aboriginal/Torres Strait Islander undergraduate students in health-related disciplines to complete their studies and join the workforce (Aboriginal/Torres Strait Islander Health Work, Medicine, Midwifery, Nursing, Dentistry/Oral Health and Allied Health (not Pharmacy)).
  Apply at [www.acn.edu.au](http://www.acn.edu.au) (go to Scholarships). You must enrol in a course Cert IV and above.
  Info: scholarships@acn.edu.au or 1800 688 628.

- **Access Melbourne**
  ‘Access Melbourne’ (University) provides educational opportunities for students from a range of backgrounds enrolling in Undergraduate Degrees. The University has a **selection guarantee** for eligible applicants in the following Access Melbourne categories:
  ◇ **Dis advantaged financial background.**
  ◇ **Applicants from rural or isolated areas.**
  Those who complete an Australian Year 12 or the IB in 2014 and are eligible for one or both categories, are **guaranteed a Commonwealth Supported Place** in Undergraduate Degrees, providing they meet the course prerequisites and achieve the following ATAR or notional ATAR:
  - **Arts, Environments, Science** – ATAR 78+;
  - **Commerce** – ATAR 88+;
  - **Biomedicine** – ATAR of 95+
  If a student’s ATAR is below these, they will still be considered for a place. Applicants eligible for other **Access Melbourne** categories will be considered individually;
  [www.access.unimelb.edu.au](http://www.access.unimelb.edu.au).

**Parents and University Education**

Universities know parents play an important role in providing advice, information and support to their children as they plan the future and consider options. Melbourne Uni has some online resources for parents/guardians to help understand the options, entry requirements and what is on offer. See [www.futurestudents.unimelb.edu.au/parents](http://www.futurestudents.unimelb.edu.au/parents).

**Occupational Therapy**

‘Explore Occupational Therapy as a Career’ at an **information and demonstration evening** for those considering it as a Career. Hear from OT’s experienced in Spinal Rehabilitation, Hand Therapy, Mental Health, Neurology and more.

- **When:** 5pm registration, then 5.30-8pm, Thurs 11 Sept.
- **Where:** Education Precinct. Level 4 Austin Tower, Austin Hospital, Studley Rd, Heidelberg.
- **Book:** renee.bartlett2@austin.org.au by 5 Sept (max two attendees per reservation).
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>
</tr>
</thead>
<tbody>
<tr>
<td>Yr. 11 Cross Country Ski</td>
<td>Thurs 7 Aug</td>
<td>$30</td>
<td>Closed</td>
</tr>
<tr>
<td>Australian Culture</td>
<td>Thurs 7 Aug</td>
<td>$0</td>
<td>Closed</td>
</tr>
<tr>
<td>Ecological Monitoring</td>
<td>Mon 11, 18, 25 Aug</td>
<td>$0</td>
<td>Closed</td>
</tr>
<tr>
<td></td>
<td>Mon 1, 8, 15 Sept</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Mon 6, 13, 20 Oct</td>
<td></td>
<td></td>
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<tr>
<td>Be Our Guest</td>
<td>Mon 11 Aug</td>
<td>$0</td>
<td>Fri 8 Aug</td>
</tr>
<tr>
<td>Bob Hillman Lecture</td>
<td>Tues 12 Aug</td>
<td>$5</td>
<td>Fri 8 Aug</td>
</tr>
<tr>
<td>KYMs Careers Support</td>
<td>Thurs 14 Aug</td>
<td>$0</td>
<td>Tues 12 Aug</td>
</tr>
<tr>
<td>VET Rock Climbing</td>
<td>Wed 20 Aug</td>
<td>$0</td>
<td>Closed</td>
</tr>
<tr>
<td>Studio Art Gallery</td>
<td>Thurs 21 Aug</td>
<td>$0</td>
<td>Wed 20 Aug</td>
</tr>
<tr>
<td>VCE Theatre Studies</td>
<td>Thurs 21 Aug</td>
<td>$33</td>
<td>Tues 15 Aug</td>
</tr>
<tr>
<td>Supreme Court</td>
<td>Fri 22 Aug</td>
<td>$0</td>
<td>Wed 20 Aug</td>
</tr>
<tr>
<td>Cunningham Dax Centre</td>
<td>Fri 22 Aug</td>
<td>$45</td>
<td>Mon 18 Aug</td>
</tr>
<tr>
<td>Legal Studies Court</td>
<td>Mon 25 Aug</td>
<td>$12</td>
<td>Thurs 21 Aug</td>
</tr>
<tr>
<td>Summit Abseiling</td>
<td>Wed 27 Aug</td>
<td>$0</td>
<td>Mon 11 Aug</td>
</tr>
</tbody>
</table>
Health Tips from the School Nurse

Oral Health

Maintaining good oral health is essential to overall health and wellbeing. Teenagers and Young Adults need to protect their mouths and teeth by practising good oral health hygiene.

Although regular brushing and flossing are important, the oral health of this age group is also often associated with risk factors such as diet, smoking and alcohol and mouth and tongue piercings.

The most common oral health disease in teenagers and young adults, is Tooth decay. Tooth decay is a diet related disease. It is caused by the interaction of sugar and plaque to produce acids. Acids dissolve the outer layer of the tooth. These acids are produced by bacteria in plaque which develops after eating sugars commonly found in food and over

Tips to maintain good oral health

• Brush teeth twice a day with fluoride toothpaste and a toothbrush that has small, compact head and soft bristles. When the bristles appear ‘shaggy’ it is time to change toothbrushes.
• Flossing once a day is recommended. There may be some bleeding at first but this should subside after a few days if tooth cleaning is thorough.
• Limit sugars and processed foods to mealtimes (rather than between meals).
• Choose snacks such as cheese, natural yoghurt, fresh fruits and vegetables, dry biscuits, nuts and wholegrain bread.
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• Choose snacks such as cheese, natural yoghurt, fresh fruits and vegetables, dry biscuits, nuts and wholegrain bread.
• Wear a professionally fitted mouthguard when training and playing sport where there is risk of oral injury.
• Have regular oral health checkups – don’t wait for a problem.

Compare these common drink choices

<table>
<thead>
<tr>
<th>How much sugar is in your child’s drink?</th>
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</thead>
<tbody>
<tr>
<td>One teaspoon=</td>
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<tr>
<td></td>
</tr>
<tr>
<td>0</td>
</tr>
<tr>
<td>250ml water</td>
</tr>
<tr>
<td>6</td>
</tr>
<tr>
<td>250ml fruit juice drink</td>
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<tr>
<td>7</td>
</tr>
<tr>
<td>250ml soft drink</td>
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</tbody>
</table>
Health Tips from the School Nurse

Healthy Hot Chips Recipe

People love hot chips! But did you know that 8 to 12 of commercially bought hot chips have around 3 teaspoons of fat and 1000 kJ. Compare this to a small baked potato with a light spray of oil which has less than ¼ teaspoon of fat and 400 kJ. Here is a quick, easy and delicious way to make healthier hot chips that the whole family will enjoy.

Home Made Chunky Chips

Ingredients

- 2 large potatoes cut into chips or wedges with the skin on (use Red Rascal variety or other variety that is good for baking)
- 1 teaspoon of olive oil

Method

1. Place a large tray or baking dish into the oven and pre-heat oven to 200°C.
2. Place all ingredients into a small bowl and mix
3. Take hot tray or baking dish from oven using an oven mitt, and empty potatoes onto the hot tray.
4. Return to the oven to cook for about 15 minutes or until the potato is golden brown and cooked, then serve.
KURNAI COLLEGE

VOLUNTEER SIGN UP DAY

TUESDAY 12th AUGUST 2014

➢ This is a great opportunity for parents and members of the community to obtain a FREE voluntary Working with Children Check (WWCC)

➢ Register your area of interest, where would you like to help? Volunteering jobs at Kurnai range from in and out of the class room.

Student’s parents from all three school campuses are invited as well as any members of the community wanting to donate some time.

Please call or email
Julie 0427 725 595
darcymiller@solarcoast.com.au
or Sarah 0418 523 861
sarah.barclay@thesmithfamily.com.au
To book, bookings are essential

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