COMING EVENTS
Tuesday, 21st May................................................................. Year 7/8 Football
Monday, 27th May............................................................... Year 7/8 Netball & Soccer
Wednesday, 29th May.......................................................... Year 10 Health Day
Thursday, 30th May............................................................ Year 7 & Year 10 Immunisations
Thursday, 30th May............................................................ Year 10 P.A.R.T.Y Program
Tuesday, 4th June............................................................... Year 9 Melbourne Experience
Monday, 10th June.............................................................. Queen’s Birthday (Public Holiday)
Tuesday, 11th June – Friday, 14th June.................................. Year 7 Camp Coolamatong
Friday, 28th June............................................................... Term 2 finishes

SCHOOL OFFICE HOURS: 8.00 am – 4.00 pm
SCHOOL HOURS: 8.25 am – 2.50 pm students are supervised between 8.10 am and 3.00 pm

CAMPUS PRINCIPAL’S NEWS

Welcome

NAPLAN
Year 7 and Year 9 students have been busy completing NAPLAN testing this week.
NAPLAN tests the sorts of skills that are essential for every child to progress through school and life, such as reading, writing, spelling, grammar and numeracy. It is important to remember that NAPLAN tests are not pass/fail tests. NAPLAN tests provide very valuable information but there are no consequences for individual students for poor or good performance. At the classroom level it is one of a number of important tools used by teachers to measure student progress.

Our School Grounds
Now that we are getting some rain, our school grounds are starting to look much greener and fresher after the long hot summer.
Our Hands on Learning students, along with the Year 10 Work Skills classes, both led by Michael Stubbe, are doing a sensational job keeping the grass trimmed and the garden beds neat. They are also doing some landscaping work around the school, repairing old seating areas and doing general beautification.

Also, all year levels are doing a terrific job of tidying up rubbish in their allocated areas. The next thing we need to think about is why people think it is ok to drop their lunch and snack wrappings wherever they are. If we all took an extra few steps and put rubbish in the bins around the campus, we wouldn’t have to waste time picking it up at the end of the day.

Michelle Reid-Metcalf
CAMPUS PRINCIPAL
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 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>Deadline</th>
</tr>
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<tbody>
<tr>
<td>Year 9 Melbourne Experience</td>
<td>4th June</td>
<td>$25</td>
<td>Permission forms &amp; money due by 11am 20/05/13</td>
</tr>
<tr>
<td>Year 7/8 Football</td>
<td>21st May</td>
<td>$7</td>
<td>Permission forms &amp; money due by 11am 20/05/13</td>
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<tr>
<td>Year 7/8 Netball</td>
<td>27th May</td>
<td>$7</td>
<td>Permission forms &amp; money due by 11am 24/05/13</td>
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<td>29th May</td>
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<td>Permission forms due by 11am 28/05/13</td>
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<tr>
<td>Year 10 P.A.R.T.Y Program</td>
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<tr>
<td>Year 10 China Trip</td>
<td>10th Sept</td>
<td>$2500</td>
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KURNAI COLLEGE 2012 ANNUAL REPORT
This report has been approved by the School’s Council and the Department of Education and Early Childhood Development. This report is available on our website http://www.kurnaicollege.vic.edu.au/assets/files/policy/Annual%20Report%202012.pdf or you may contact our office to receive a printed copy.

PUBLIC BUSES

As of 26th April you will no longer be able to purchase short term tickets on-board buses. The only way to travel will be with a valid MYKI card. To find out more about which type of MYKI card you need, or how to purchase a MYKI card, log on to www.myki.com.au or call Latrobe Valley Bus Lines on 5135 4700 to speak to one of our dedicated MYKI Support Officers.

As of 26th April any student catching public buses will need to have a MYKI card loaded with credit. The general office will no longer be able to loan money to students to catch a bus. Cash will no longer be accepted for travel on the bus.

HOME STAYS FOR INTERNATIONAL STUDENTS

Kurnai College has an expanding International Student Program, and the College is seeking interested Community Members in the Morwell, Traralgon and Churchill areas who would like to be a part of it.

We are looking for host families to provide paid long-term accommodation for overseas students (aged 15 – 18), predominately from China and Japan.

These students provide an enriching cultural exchange experience for your family and will give you a chance to develop international friendships and understandings.

If you are interested or want more information, please contact Geoff Block or Corine Noblet on 5132 3800.
Join Kurnai’s facebook page and keep up to date on news across our College.

YEAR 7
Year 7 is travelling along smoothly in Term 2. We have a very busy program throughout this term, with a broad range of activities.

Team Time classes have finished their ‘Bullying’ unit with lessons on Restorative Practice and exercises on building empathy and understanding. This unit tied in very well with our ‘Resilience’ unit from Term 1. We have now started on ‘Sustainability’ in preparation for Kids Teaching Kids in Term 3. Students have started to learn about their ecological footprints and natural resources in the Latrobe Valley. We are encouraging students to look at sustainability practices in their homes that they may have an impact on.

Students are starting to notice homework requirements in many of their classes. We encourage you to discuss your child’s homework with them and, in particular, help them plan times in their afternoons for some homework and study. Ms Campbell would like to advise parents that her English class receive regular work on Wednesdays. Students in Mr Swallow’s English class receive regular work on Fridays.

Year 7 camp is coming up from 11-14th June. Deposits and forms were due in on Monday 13th May at recess, however, there are still vacancies for students still wanting to attend. Mr Swallow will be making contact with parents early next week. Please notify us as early as possible if you are having difficulties meeting the payment schedule for camp. Further information regarding camp will come closer to the event.

Please don’t hesitate to contact me if you have any queries or concerns regarding Year 7. I welcome emails to swallow.daniel.d@edumail.vic.gov.au or you can contact me by phone at the school (5165 0600).

2013 Kids Teaching Kids event, Monday 9th September
The Year 7 team will be hosting another Kids Teaching Kids event as last year’s event was a great success. The whole day is learning about sustainability, mostly from students; this Kids Teaching Kids approach is a great way for our students to learn and have fun.

We have been successful in obtaining a $1000 grant from Kids Teaching Kids to support the event this year.

The big day is Monday 9th of September which is the start of Kids Teaching Kids week across the nation. We look forward to planning a great day to engage our local primary schools and hope that parents may come along to see and learn more about sustainability.

Watch this space for more updates on the event.

If you wish to find out more, please contact Lisa Benn on benn.lisa.1@edumail.vic.gov.au
**YEAR 8**

**Year 8 Culture Class**

On the 7th May, students involved in Ms Campbell's Year 8 Culture Class had the opportunity to decorate boomerangs using dot-painting as part of their studies of Indigenous Culture. They took their time, taking great care with the task. I was very impressed with the final results. On the following Thursday, a lot of laughs were had as they attempted boomerang throwing. A big thank you to Ms Benn for providing the equipment needed for this activity.

**Chelsea’s and Desree’s Boot Camp**

We developed a ‘get fit boot camp’ for the Year 7 students as a part of our Humanities/English classes. We had the Year 7s do warm ups then rotate through sets of fun activities such as a 3 legged race, hurdles and rope swings. They then worked through a strength program. Elsa and Latisha from Year 7 said that they really enjoyed having other students teaching them ‘It was very physical and fun’ and it was ‘very well organised’.

Designing the 2 week program was a lot of work and we tried to make sure we had the right mix of fun and strength building activities. We really enjoyed developing and running the program. It made us appreciate what teachers do each day. Well done Year 7s!

Karen Anders – Year 8 Team Leader

**YEAR 9**

**The Petal That Fell Off The Rose**

I sit, I stand, I walk, all unsteady,  
I never knew you very well.  
I walk out of class,  
Just so no one see’s me cry.  
I hurt all the time,  
I don’t know if you’re okay.  
Please give me a sign,  
Just so I can sleep one more night,  
Give me a sign,  
So I can smile just one more day.  
I remember your sweet smile,  
Your kind voice.  
I know it’s been 7 years,  
But I shall never forget,  
Everything you ever did for me.  

By Jasmine Carrigy – Year 9

**YEAR 10**

**Inspiring Young Women**

On the 1st May, five Year 10 girls from Morwell Campus joined 45 other young girls from the area and attended the Inspiring Young Women’s event held at the Waratah Restaurant. The Young Women had the opportunity to meet experienced women from the local area. They shared their pathways including their education, careers and lifestyles.

Following is a report from one of the attendees, Emily Martin.
“Inspiring Young Women’s” Night

On the night of Wednesday 1st May, around 50 young women, including five from our school, went to the Waratah Training Restaurant. They went to enjoy a night with experienced women to learn about their stories of how they got to where they are now.

There were women from all over the business world. There were women from hairdressing and kindergarten teachers, all the way to policewomen, air force officers and even lawyers and people above that.

There were three guest speakers who spoke about some of their journeys of how they got the jobs they have now. At the end of their speeches, they had to read out a “Dear Me” letter to a 16 year-old them. The letters were entertaining and all of them suggested “listen to your mother” in one way or another.

We were all put in table groups of our career choices. In those table groups we got to know one another along the lines of work and personal experiences in any area. All the women who spoke to us were very pleasant and listened to what we had to say and questions we asked.

We all talked over dinner which was either a lamb chop on desiree mash or flavoured kebabs on fried rice. Dessert was a choice of sticky-date pudding or another pudding with hot chocolate sauce poured on top. It was an overall great night and was good to see everyone (including our Vice Captain) enjoying themselves and mingling with other people on their tables.

I hope we get another chance some other time because it was truly a fantastic experience for young and slightly older and experienced women.

Copy Cap Program

The COPY CAP program will take place on Monday 17th and Tuesday 18th June in Morwell. Refer to flyer at end of newsletter.

We have limited places available to students, so any student who is interested in participating please submit your application to me as soon as possible. Applications are due back by Monday 27th May.

Year 10 Health Day

All Year 10 students will be attending the Health Day on 29th May. Refer to flyer at end of newsletter.

Cleo Lazaris - Year 10 Team Leader

SCHOOL CAMPS & EXCURSIONS: ASTHMA

If your child has asthma, attending school camps and excursions can introduce them to new asthma triggers especially if they are going into new environments. It is essential that your child can participate fully and safely in all school activities. The following is a list of considerations to make for your child before they go on school camp or an excursion:

- Is your child’s asthma currently well controlled (e.g. no symptoms at night, reliever use less than 3 times per week)?
- Has your child had an asthma attack or asthma symptoms recently?
- Does the school have an Asthma Action Plan for your child?
- Has the school asked you to complete a School Camp and Excursion Medical Update Form?
- Does your child have their reliever medication and spacer on hand at all times?
- Are they attending with any other medications to be taken on the camp/excursion? If so, are there sufficient instructions to staff for use/dosage?
- Does your child self-administer their medication? If so, has their technique been checked recently?

ASTHMA AND COMPLEMENTARY THERAPIES

Complementary or alternative therapies are becoming increasingly popular in Australia, and many people seek out complementary remedies to support their health. As with any health condition, if you or a family member have asthma and are considering using complementary therapies, we strongly advise that you communicate with your doctor about your asthma treatment. They may even be able to suggest safe therapies to try! It is equally important to communicate to any complementary therapists about your asthma so that they can avoid treatments that are known to potentially make one’s asthma worse.
Complementary therapies considered safe for asthma are: exercise programs, vitamin D, low-salt diet, some Chinese herbal medicines, some Indian (ayurvedic) herbs, music therapy, tai chi, buteyko (breathing technique).

Complementary therapies considered potentially unsafe for asthma are: inhaled salt (small risk of a fungal respiratory infection), echinacea, bee pollen or royal jelly (propolis), and products containing aspirin.

Remember, response to treatments and medications differs between people. Make sure you or your children continue taking any asthma medications prescribed unless otherwise instructed by your doctor. Stopping asthma medications suddenly can result in worsening asthma symptoms and even an asthma attack. For more information regarding complementary therapies and asthma please refer to The National Asthma Council (NAC) [http://www.nationalasthma.org.au/](http://www.nationalasthma.org.au/) or contact The Asthma Foundation of Victoria for your free copy of the new NAC Asthma & Complementary Therapies brochure. For more information please contact The Asthma Foundation of Victoria on 1800 278 462 or [www.asthma.org.au](http://www.asthma.org.au).

**INTERNATIONAL NURSES DAY 12TH MAY**

2013 celebrates the 100th year anniversary of School Nursing in Victoria.
The first school nurses were appointed in 1913 to assist the school medical officers. The service transferred from the Education Department to the Health Department in 1944, then returned to the Department of Education and Early Childhood Development (DEECD) in 2009 after numerous years within the Department of Human Services.

The role of the Nurses within the school setting has also evolved over many years. Presently, the DEECD School Nursing Program operates two distinctive streams;

**Primary School Nurses** currently provide all Victorian children the opportunity to have a health assessment, and provide links between families and school communities to a variety of services available in the local area, providing information, referral and advice promoting health and wellbeing.

**Secondary School Nurses** have been employed in a number of schools since 2000. These Nurses focus on health promotion and primary prevention. They play a key role in working to reduce negative health outcomes and risk-taking behaviours amongst young people, including drug and alcohol abuse, mental health and sexual and reproductive health. Secondary School Nurses support the school community in addressing contemporary health and social issues regularly faced by young people and their families.

The School Nursing programs are free to students enrolled at allocated Primary and Secondary schools across Victoria.

**MORWELL TIGERS JUNIOR FOOTBALL CLUB**

- Will be commencing an [ALL GIRLS FOOTBALL SIDE](http://www.all-girls-football-side.com) for Girls aged between 13 & 18
- Also team vacancies for [Boys aged 10-14](http://www.boys-aged-10-14.com)

If you would like to play, please contact Rebecca on 0439 397 089.
COPY CAP
Caring for Other People by Youth – Careers and Pathways is a program that exposes Year 10, 11 and 12 students to the Community Services and Health industry.

The COPY CAP Program runs over two days and involves industry speakers and field visits. Students will meet professionals from Allied Health, Community Care, Aged and Disability Services and other areas from within Community Services and Health. They will also experience first hand the daily tasks and work environment of the industry, through participation in the field visits.

COPY CAP Can Assist Students
- Learn about the different careers in the community services and health industry
- Understand the pathways from school to further education, training, university and employment
- See employment opportunities which are available in the Latrobe Valley Region
- Hear from and talk to people working in hospitals and other community services and health organisations

Selection Process
All students will be required to complete an application form and a Career Quiz to confirm their interest in Community Services and Health.

Twenty students from Latrobe Valley Schools will be selected to participate in the COPY CAP program.

COPY CAP Latrobe
Date: Monday 17th & Tuesday 18th June, 2013
Time: 9am – 3pm
Venue: TBC

To apply to participate in the COPY CAP Program, please complete an application form. Forms can be collected from School Careers Coordinators

Applications due: Monday 27th May, 2013

Lisa Price
Baw Baw Latrobe LLEN
Telephone: (03) 5633 2868
Mobile: 0417 282 596
Email: lisaprice@bblllen.org.au
Year 10 Health Day

WORKSHOPS
- Smoking and Health
- Laryngectomy Society
- Sexual Health
- Living Positive Victoria
- Mental Health
- Headspace and YSAS
- Road Safety
- Victoria Police

GIPPSLAND EDUCATION PRECINCT
MAY 29TH

Students will each participate in four separate workshops. These cover important aspects of a healthy lifestyle and are designed to improve students' understanding of how to improve their own health.

Thanks to
- Manny's Market for their donation to our morning tea
- Support from DEEWR

Also provided:
- Light breakfast
- Morning tea
- Showbag

Kurnai College