Message from our Campus Principal - Michelle Reid-Metcalf

Remembrance Day

This week Morwell Campus celebrated Remembrance Day. We were represented at the Morwell RSL Memorial both by our Air Force Cadets, and our school captains Stacey and Nathan. Stacey and Nathan laid a wreath in memory of those who have lost their lives during all the wars and conflicts in which Australian soldiers and other defence forces have fought.

Students remaining at school paused during their lesson to reflect on what Remembrance Day means to each of us, and observed a minute's silence, as is the tradition at the 11th hour of the 11th day of the 11th month each year.

They shall grow not old, as we that are left grow old:
Age shall not weary them, nor the years condemn.
At the going down of the sun and in the morning,
We will remember them.
Lest we forget.

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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 child 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.

Tutorial Sessions

Tutorial Sessions will continue to run each and every Friday (Morwell Campus) from 3:00-4:00 pm. Students who would like some support/assistance with their school work are invited to attend. Afternoon tea provided.

Ms Pizzi.

What is exam stress?

Exam stress is a feeling of pressure that many young people feel coming up to exam time. It usually occurs during the revision period before exams and immediately before the exams themselves.

Stress is defined as an individual’s response to pressure. A small amount of pressure can be useful to keep you focused during exam time. However, for some students, when they experience too much pressure for a long period of time, it becomes stressful and exam preparation and study seems impossible.

Why do people experience exam stress?

Exam stress is normal and very common. People may experience it because:

- It is often necessary to learn and recall a large amount of information for an exam
- Exams always have an element of uncertainty about them
- You may need a particular exam result to gain entry into another course or career path

What does it feel like?

Some people feel stress more than others, regardless of how confident they are about the topic they are studying.

Symptoms of exam stress include:

- Losing touch with friends and the activities you enjoy
- Feeling extra cranky and low
- Sleeping poorly and struggling to get out of bed
- Difficulty getting motivated to start work
- Having clammy hands or feeling butterflies in your stomach
- Having a racing heart beat or feeling sick
- Feeling confused or having your mind going blank during the tests

These symptoms can interfere with how much you enjoy life, especially around exam times.
Year 7 News ..........

Year 7 is starting to draw to a close and students are beginning to think about their time forthcoming in Year 8. We are encouraging the students to finish strong and ensure that all of their work is completed to a high standard to prepare them for the coming year. Once Headstart begins, the students will change to their new Year 8 classes. This is a good opportunity to prepare a new set of books and writing resources to keep all work together. The work completed during Headstart will be a part of their first unit of learning for the 2017 year. Because of this, it is also very important that all students are at school for Headstart.

Celebration Day

Celebration Day is our last opportunity to come together as a Year 7 group. Year 7 students will be “taking over the school”. More details will come out in a letter to families, but there is no cost involved for the day and the Year 7 students will not be leaving the school grounds.

College Awards

Our College Awards ceremony is coming up on Monday 12th December. Students will be treated to a BBQ lunch at the University Campus before walking to the Federation University Auditorium for the Awards Ceremony. Students are required to attend and permission forms are now overdue. If your child has lost their permission form please speak to the front office to get a new one.

If you have any concerns about your child as they finish up Year 7 and move towards Year 8, please don't hesitate to call and make an appointment to talk further.

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
Celebration Day

Our final Year 8 celebration trip will be on Thursday 1st December. We will be travelling to Jump Crazy in Pakenham, followed by a trip to the park for a BBQ lunch and team activities. Permission forms have been given out to students, but if your child has not brought a one home, they may collect a new one from the office. Please return the signed permission slips, along with the Jump Crazy waiver form by 23rd November so that your child can participate in this event.

Literacy Week

The past week has seen our Year 8 students involved in a range of literacy activities around school. This will end in a Fancy Dress Friday at Morwell. Well done to all the Year 8’s who have participated and joined in. Book vouchers and cinema tickets will be awarded as prizes to winning students in a school assembly.

Year 9 Electives

As we move into the final stages of term before headstart and transition for 2017, students are reminded of a number of key issues.

Elective forms for Year 9 are to be completed and handed in to Miss Hudson. Any parents/carers wishing to discuss their elective choices with their child should do so.

Students should start the process of emptying their lockers of any rubbish and food waste before changing to their new locker areas. Students are encouraged to return any text or library books they have borrowed and keep their lockers clean for the next year level to take over.

Students should still be in full school uniform and attending all classes. End of semester reports are being written and it is at this point that students should discuss with their classroom teacher, how they can make improvements in their learning and what they need to do to make that next step.

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Year 9 News .........

Headstart
Year 11 classes for 2017 will begin on Monday 28th November at the University Campus. Buses will collect students from Morwell Campus at 1.20pm and take them to the University Campus. At the end of the day, students will take the bus that returns them closest to home. Maps will be provided and if you have any concerns please do not hesitate to contact myself or the General Office. See attached map.

Bus Forms
Bus forms need to be returned as soon as possible so that students can travel free to our senior campus for their Year 11 class. If you require another form, please contact the general office.

Electives
Preference sheets for Year 10 electives have been distributed during form group. Whilst we endeavour to meet everyone's first preference, this is not always possible. Students who have submitted their forms on time are more likely to get their preference.

Media Production
Last week our Media Studies class produced a rap song and video to communicate the positives and challenges facing the youth of Morwell. Our students were praised for their level of engagement, participation and polite manner. Thank you to Hamed Sabawi for assisting with the production. We look forward to seeing the final product at his presentation evening on 16th November.

A reminder to call our ABSENCE HOTLINE 5132 3711 preferably before 9am 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.
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Formal

The student committee has been working hard to organise the formal for this year. With a James Bond theme, the formal will be held on the evening of Thursday 24th November. This is the final time for our students to come together as a 2016 group. Tickets are on sale from the General Office for $25. The cost includes a two course meal. Permission forms have also been distributed and need to be returned for students to be able to attend. The formal is only open to Year 10 students at Morwell Campus.

Year 11 English

All students studying a VCE English in Year 11 have been given a list of books that will need to be purchased before Head Start. VCE English will begin reading The Book Thief during Head Start which is available from our current Year 11 students.

Examinations

Year 10 students will have their end of year examinations during the week starting Thursday 17th November. During this week there will be no Year 11 classes.

Buses to and from University Campus will operate as usual on Thursday 17th November for students to attend their VCE examination and to return for classes at Morwell Campus.

Please see the attached timetable and note that on Year 10 exam days, students are only required at school when they have an exam. If students are absent for any of their exams then they will have an opportunity on Friday 25th November to sit a make-up exam.

The Common Room and Library will be available for quiet study.

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<table>
<thead>
<tr>
<th>Semester 2 Exam Timetable – Year 10 November 17 - 24</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Thursday 17</strong></td>
</tr>
<tr>
<td>VCE exam During periods 1 and 2</td>
</tr>
<tr>
<td>Regular classes for periods 3 onwards</td>
</tr>
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<td></td>
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</tbody>
</table>

- **Thursday 17**
  - VCE exam during periods 1 and 2.
  - Regular classes for periods 3 onwards.

- **Monday 21**
  - Regular classes.
  - NO VCE class.

- **Tuesday 22**
  - English 8:50 – 10:30.

- **Wednesday 23**
  - Maths 8:50 – 10:30.
  - Year 9 English exam.
  - NO Year 10 classes or exams.

- **Thursday 24**
  - Year 9 Math exam.
  - Catch up exams both Year 9 and 10.

- **Friday 3**
  - English/Maths 8:40 – 10:40.
  - Catch up exams both Year 9 and 10.
Kurnai College Music What’s Happening ……
College Ensembles… moving forward

Kurnai College Junior Campus Performances
Monday Weeks 6 /7 - 6:30pm at each Junior Campus
Featuring campus ensembles and individuals from the host campuses and guest VCE Music Performance students. All welcome to attend.

Kurnai College Awards
Monday 12 December – time to be confirmed
Invited students will participate in this first ever College Awards celebration with fellow Performing Arts students.

Performance on-campus
Students undertaking the Year 9/10 Music Elective class presented a lunchtime concert, featuring works that they, as a class, have chosen. Fellow students gathered around the band, singing along with the band. There was a positive vibe throughout the performance. This was a fitting way to conclude the student musical presentations and the end of term.

Fundraising
The collection of bagged Aluminium drink cans can be placed at the front office and mention that it’s for Music.
Congratulations to our PBS Recipients

<table>
<thead>
<tr>
<th>Engagement</th>
<th>Excellence</th>
<th>Work Ethic</th>
<th>Relationships</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jade Laidlaw</td>
<td>Liam Raines</td>
<td>Danelle Van Vliet</td>
<td></td>
</tr>
<tr>
<td>Imogen Barry</td>
<td>Olivia Mitchell</td>
<td>Isabella Hollis</td>
<td></td>
</tr>
<tr>
<td>Daved Penfold</td>
<td>Hayden Jones</td>
<td>Erin Blakeley</td>
<td></td>
</tr>
<tr>
<td>Dominic Palmer</td>
<td>Taliyah Hainsworth</td>
<td>Callum Adams</td>
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<td></td>
<td>Ayden Coad</td>
<td>Kaleb Chapman</td>
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<td></td>
<td>Isabella Hollis</td>
<td>Paul Repinks</td>
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<td></td>
<td></td>
<td>Izayah Terrick</td>
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<td>Michael Braad</td>
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<td></td>
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<td>Chloe Radford</td>
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<td>Zoe Collier</td>
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<td></td>
<td></td>
<td>Darcy Cooke</td>
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<tr>
<td></td>
<td></td>
<td>Lachlan Burge</td>
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### Year 7

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<tr>
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<th>Excursion</th>
<th>Cost</th>
<th>Form &amp; Payment Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 July—9 Dec</td>
<td>Swimming</td>
<td>$NIL</td>
<td>ASAP</td>
</tr>
<tr>
<td>1 Dec</td>
<td>Celebration Day—on campus</td>
<td>$NIL</td>
<td></td>
</tr>
</tbody>
</table>

### Year 8

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<td>$NIL</td>
<td>ASAP</td>
</tr>
<tr>
<td>1 Dec</td>
<td>Celebration Day - Jump Crazy</td>
<td>$10</td>
<td>23/11/16</td>
</tr>
</tbody>
</table>

### Year 9

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>11 Nov</td>
<td>Berryden Field Trial</td>
<td>$NIL</td>
<td>10/11/16</td>
</tr>
<tr>
<td>17-21 Nov</td>
<td>HPV Energy Breakthrough Camp</td>
<td>$120</td>
<td>11/11/16</td>
</tr>
<tr>
<td>1 Dec</td>
<td>Celebration Day - Jump &amp; Climb</td>
<td>$20</td>
<td>24/11/16</td>
</tr>
</tbody>
</table>

### Year 10

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</tr>
<tr>
<td>24 Nov</td>
<td>Formal</td>
<td>$25</td>
<td>17/11/16</td>
</tr>
</tbody>
</table>

### All Years

<table>
<thead>
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<th>Cost</th>
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</tr>
</thead>
<tbody>
<tr>
<td>11 Nov</td>
<td>Remembrance Day</td>
<td>$NIL</td>
<td>CLOSED</td>
</tr>
<tr>
<td>16 &amp; 22 Nov</td>
<td>HOL Fishing Trip</td>
<td>$NIL</td>
<td>15/11/16</td>
</tr>
<tr>
<td>12 Dec</td>
<td>College Awards</td>
<td>$NIL</td>
<td>4/11/16</td>
</tr>
</tbody>
</table>
Dairy Assistance Payment now available

As part of the Victorian Government’s dairy assistance package, students with parents in the dairy farm industry can benefit from a one-off payment through the Camps, Sports and Excursions Fund (CSEF).

Students currently enrolled in government and non-government schools whose parents own, share-farm or lease a dairy farm business; or those people whose primary occupation is working on a dairy farm, are eligible for the payment. The school will need to ensure that evidence is provided with applications and record how the funding has been allocated for each individual student.

Consistent with the 2016 CSEF Drought response, the CSEF Dairy Assistance funding is paid to the school that the student attends to be used towards camps, sports, excursion and/or other education expenses for the benefit of the eligible student. These guidelines only apply to the Dairy Assistance funding (not the CSEF payment which was paid separately and is subject to CSEF policy). Families who received the means-tested CSEF payment are also eligible.

Families that have previously qualified for the CSEF Drought assistance funding are not able to also access the CSEF Dairy assistance funding.

A once-off amount of $375 per student will be paid to the school that the student is currently enrolled at the start of Term 3 2016. To apply for the CSEF Dairy Assistance, parents are to complete an application form and return it to their school office by 18 November 2016.
Kurnai Pillars

Work Ethic
‘We are committed to working hard’

Excellence
‘We do the best we can do’

Relationships
‘We value and respect each other’

Engagement
‘We actively participate in our own learning’

Attendance Hotline
5132 3711
Debutante Ball

Parents & Carers of students planning to do the Debutante Ball in 2017 need to be aware that as the Deb Ball is an external event to the normal school curriculum, conditions are placed on student participation.

One of these conditions is that families with outstanding charges are required to bring them up to date before their child can begin dance lessons in preparation for the Deb Ball.

This does not include the College’s yearly school charges but only costs that should have already been paid such as outstanding balances for camps and excursions, extra curriculum music costs or charges relating to damage of school property.

In addition to payments made at the campus office, the College offers both Centrepay and Bpay options as a method of payment. Centrepay allows families to have fortnightly amounts automatically deducted from any Centrelink payments.

If you have any concerns or wish to organise a payment plan please don’t hesitate to contact the campus office.
Whilst Kurnai College is happy to include Community Announcements in our newsletters - please understand Kurnai College is not involved in the organisations or the running of any these community events.
$1000
WORTH OF DENTAL CARE
FOR ELIGIBLE KIDS

Do you have kids aged 17 years or under?
Do you receive Family Tax Benefit A?

Latrobe Community Health Service can provide $1000 in dental treatment over 2 years for each of your children. The government will cover the cost.

CALL 1800 242 696
• Morwell • Moe • Warragul

www.lchs.com.au

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**FOOD CENTS**

**Learn how to save $2000 a year on your grocery shop!**

**Session 1**

**HEALTHY EATING & NUTRITION SESSION**
Where: Morwell Neighbourhood House
When: Wednesday 2 November
Time: 10am-12pm

This session involves increasing our knowledge about the link between diet and disease and learning about the Healthy Eating Pyramid by participating in activities in a relaxed, informal setting.

**Session 2**

**BUDGETING & LABEL READING SESSION**
Where: Morwell Neighbourhood House
When: Wednesday 9 November
Time: 10am-12pm

The budgeting session is an informal workshop that reinforces the central message of FOODcents – that healthy foods are usually much cheaper than unhealthy foods.

In this session participants will learn some tried and tested tips for saving money on their grocery shop while still purchasing healthy and nutritious food.

**Session 3**

**COOKING SESSION**
Where: Morwell Neighbourhood House
When: Wednesday 16 November
Time: 10am-12pm

This session gets everyone into the kitchen preparing a few simple dishes that are quick, easy, provide good nutrition and are inexpensive.

Take home the “key” that makes your food bill come down fast and enjoy a tasty meal to top off your FOODcents experience!

**Program cost: $5.00**

**Bookings required, contact:**
Organisation: Morwell Neighbourhood House
Address: 48-50 Beattie Crescent,
Morwell 3840
Phone: 5134 5488
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Can Saver Plus assist you with high school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and textbooks
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Rick Pemberton, your local Saver Plus Worker:
(03) 5120 2582 / 0407 567 312
or rpemberton@berrystreet.org.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered across Bass Coast and South Gippsland. The program is funded by ANZ and the Australian Government.

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Building Students’ Learning Power

A workshop for parents and senior primary and secondary students with James Anderson

James is Affiliate director for the Institute for Habits of Mind & the first internationally certified Mindset Trainer by Carol Dweck’s Mindset Works

Wednesday 16th November 2016
7:30 – 9:00 pm
(tea & coffee available from 7:15 pm)

at Boolarra Primary School

Earlier this year James presented at a shared learning day for the teachers and Education Support Staff at our school, along with staff from other schools in the Churchill Cluster.

I was really impressed with James’s entertaining and thought provoking presentation. Throughout the day I found myself thinking “I wish I had used this approach with my own children!”

We are delighted that James has agreed to run a session at our school for parents and older students. This is will help us to work in partnership with our families to maximise the learning outcomes for our students.

.................................................Leanne Emond, Principal Boolarra Primary School

Limited places are available for participants from other schools. Cost is $20 per participant

To register to attend: contact Boolarra Primary School on 51696471, or e-mail boolarra.ps@edumail.vic.gov.au, to organize a tax invoice. Payment must be made prior to the evening to secure places.

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