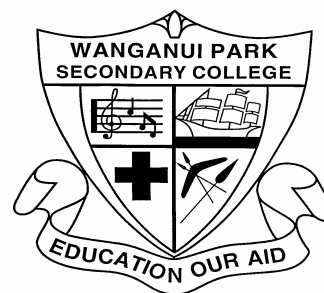


Wanganui Park Secondary College

Newslink



No. 16

26th October, 2006

P.O. Box 4010
SHEPPARTON
3632

Principal: Mr Morris Sleep
Assistant Principals:
Keith Gray
Ken Murray

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Wanganui celebrates democracy week. Earlier in the year Dr Sharman Stone presented Wanganui Park Secondary College with a new flagpole and flag as a part of a Federal Government initiative. The School Captains and Vice Captains represented Wanganui Park to officially 'fly the flag' for the College.

Principal's Report ~ 26th October, 2006

YEAR 12 GRADUATION

Once again our graduating Year 12 students have done themselves, their school and their parents proud. On all occasions over the last few days as they have gone through last classes, last year level assemblies, last Home group and their Dinner and Graduation Assembly, their behaviour and presentation has been exemplary.

The Graduation Assembly, their last and my last full school assembly, was very moving for me personally. I would like to take the opportunity to thank the many parents of our year 12's who have made a special thanks to me, your kind words have been much appreciated.

I would also like to especially thank Annette Reither and her team from the Music Support Group, who catered for the morning tea after Graduation Assembly. This is an enormous task that is handled so efficiently. Your efforts and support are also much appreciated.

STAFF CHANGES

Over the next seven weeks Mr. Ken Murray will be on leave while his wife Theresa receives daily radiation therapy. Our thoughts and support go out to Ken and Theresa during this trying time. In Ken's absence, Mr. Xavier Tanner and Mr. John Sciacca will be sharing the acting Assistant Principal role. So they are the staff to ask for if you have issues with Year 7 and 8 students at Wanganui Park, effectively over the remainder of the year.

VCE ART EXHIBITION

The Annual VCE Studio Arts Exhibition will open at the Shepparton Art Gallery on Friday 3rd November at 6.30pm. This is always a high quality event, and parents and friends are most welcome to attend.

Morris Sleep
Principal

CANTEEN ROSTER**Monday 30th October**

Mary Pell

Maree Uhe

Julie York

Tuesday 31st October

Linda Sutton

Rhonda Skinner

Carolyn O'Keefe

Wednesday 1st November

Debbie Ormiston

Kerry Wickham

Paisley Nalder

Thursday 2nd November

Anita Evans

Moniqua Wright

Jan Dunne

Friday 3rd November

Kym Hanley-Bennett

Margo Jenkins

Tracey Roe

Monday 6th November**STUDENT FREE DAY****Tuesday 7th November****MELBOURNE CUP****STUDENT FREE DAY****Wednesday 8th November**

Anne O'Meara

Liz O'Callaghan

Rossana Zeqir

Thursday 9th November

Tania Orchard

Kaye Poole

Toni-Marie Arnold

Friday 10th November

Meredith Plunkett

Bev Steward

Deb Bagley

CALENDAR**October**27th Yr 12 Exams Commence**November**6th **Student Free Day**7th Melbourne Cup Day**Student Free Day**15th Friends of WPSC

Parent/Guardian Club meeting

7.30 Visy meeting rooms.

YEAR 12 GRADUATION MORNING TEA

A big thank you goes out to everyone who donated food for morning tea in making the year 12 graduation a success. There were a great deal of comments on the quality and quantity of food presented for the morning tea and the amount left, was very little.

I would also like to thank Lyn Dainton, Faye Whyte, Karen Speedy, Wayne Reither, Jenna Burke, Stephanie Revel, Ishta Williams, Aimee McRae, Nacole & Donna Reither who helped me with setting and cleaning up.

I would like to also thank the lady (I do not know your name) who helped clean up after morning tea, your help was also greatly appreciated.

Please note for anyone who supplied food on plates and require them back; you can report to the music room where they have been stored for pick up.

Thank you again to all who helped with the morning.

From Annette Reither,

Music Support Group.

Want the Right Formula for Great Careers in Science ?

Wodonga TAFE will help you mix the right ingredients to start you on your way to a Science qualification.

For more information on the Right Formula for you contact the Water, Land and Specialist Centre on 02 6055 6669 or email wlf@wodonga.tafe.edu.au or visit www.wodonga.tafe.edu.au

**WANGANUI PARK
VCE STUDIO ART EXHIBITION
AT EASTBANK CENTRE
FRIDAY 3RD NOVEMBER
6.00 PM FOR 6.30PM START
WINE AND FINGER FOOD
PROVIDED**

Community Links Update

- **School Captain/Vice Captain 2007**

Well done to all our candidates who campaigned so well, each one of you can be so proud of your efforts and achievements. Congratulations to Tara, Felicity, Jacob and Jarrod I'm sure you will make 2007 very special with your input.

- Friends of Wanganui Park – Parent/Guardian Club

Next meeting on Wednesday 15th November at the Visy Cares Community Centre meeting room at 7.30pm. New parents/guardians welcome come along and have some fun whilst learning about what we do at Wanganui Park.

- Parkside Estate & Neighbourhood Renewal Community Gathering happened on Saturday 14th October, 2006 at the Visy Cares Community Centre from 9:30 am – 1:00pm. We had 30 – 40 residents come through and look at displays, gave feedback, chat with Katie Long and Peter Sellars from Dept. of Human Services and GV Community Health. The BBQ and cappuccinos went down well. It was a great community morning. Thanks to Katie & Peter for organising the event and also Adrian Harris for giving up his Saturday morning to make delicious cappuccinos for us all. Being involved highlighted that we need to do more of these types of community gatherings, and see local residents come together.

- Bouchier St Primary School are having their 2006 Fete on Thursday November the 2nd from 5 pm – 8 pm. Come along to Bouchier St Primary School, heaps of entertainment see flyer following.

Happy Linking!

John Sciacca
Community Links Leader

2006 Careers Connection – VET in Schools Excellence Awards

Family and friends of senior secondary students will gather to celebrate the student's success in vocational studies at the annual Careers Connection – Vocational Education & Training (VET) in Schools Excellence Awards in November.

Many businesses are involved in taking on students for their work placement, which gives the students a chance to practice skills on the job. Businesses are also generous in sponsoring the Awards.

The presentation evening this year is on Monday the 27th November at the Goulburn Valley Hotel, 233 High Street, Shepparton 7.30 – 10.00 pm.

Finalists will be selected in 16 Categories from 900 VCE VET students from Goulburn and Murray regional secondary schools.

The winner in each category will receive a cheque for \$250 (sponsored by industry) and the VET student of the year will receive a further \$500.

Through the VET in Schools program, schools and businesses are giving the students opportunities to gain industry-accredited qualifications and skills in many areas which will lead to employment in our local region. Businesses get to see the quality of the local students during the Structured Workplace learning component of their studies, and often this leads to offers of employment.

For further detail contact Damian Smith on 58 21 2255 or Glenn Stanmore on 5480 1866

YOUTH PARLIAMENT

Earlier this year, Wanganui Park was once again able to take up the challenge of participating in Victorian Youth Parliament, this time for the year 2006.

For those of you who don't know what Youth Parliament is, it is a YMCA initiative, that allows people aged 16 to 25 to participate in a mock setting of Victoria's actual parliamentary procedures, in Melbourne, in the September school holidays. By participating the teams, who come from all over Victoria, must make a piece of mock legislation to be debated whilst in the parliamentary chambers. This year, Wanganui debated for making public transport, Victoria wide, free for all persons aged under 25. Luckily, our bill was passed and is now being reviewed by the Victorian government, to hopefully be made into future legislation.

This was Wanganui's second year of participating in the youth based activity. The great thing about youth parliament is that you don't have to be interested in politics to attend, you can go if you like a good debate, or just to get your views out there and be heard. Youth Parliament is however a non-political program, which means that you can't have a strong view on a party's policies whilst attending.

This program also allows young people to be heard, not just by politicians, but also in the newspaper, on the radio, even on television if you're lucky enough. They don't just throw you in the deep end either, you get people who are experienced with the media, to teach you how to go about talking in interviews with real reporters and the like.

Wanganui's participation this year would not have been possible if it weren't for a few very important people. Firstly Ms Feain and Miss Lang, if it weren't for them, Wanganui would not have been able to participate if they hadn't registered us and helped us choose our topic, and help us with fundraising and researching. Secondly, to Wanganui who has helped us with fundraising and to let us get their name printed on a t-shirt. And lastly, to the participants, Jenna Bourke, Georgia Cormack, Rayna Comelli (who doesn't attend Wanganui), and myself, Jacob Thomas (team captain). As team captain, I couldn't be prouder of our team, especially considering we wrote our speeches just a bit more than a week before the event.

A final piece of good news, Wanganui's bill from this year is to be enacted by the Liberal party after the next election. This goes to show that by voicing your opinions through this program, youth can be heard loud and clear.



It would be great to see others next year, take up this wonderful opportunity, and who knows, you might even be Youth Governor of Victoria, for a whole year.

By Jacob Thomas

Sports Update

YEAR 7 BOYS BASKETBALL

Eastern Zone Finals – 10th October 2006

The Year 7 Boys played their first game for the day against Wodonga and we came out firing. The aggressive full court defence of Ben Bingham, Matt DiBella and Sam Poole caught Wodonga off guard and we were able to score at will. Jack Birt also played well and managed to score 10 points in a comprehensive 58 – 25 win.

The second game was against Myrtleford and again the strong defence set up many scoring chances. We scored 40 to 11 and did not let them into the game at all. Sam Poole, Matt DiBella, Casey Cantlin and Jack Ritchie were our top scorers.

Our last game was the grand final against Broadford who were also undefeated at that stage. Again we played great defence but we struggled to score early and missed a lot of easy shots. Broadford had a very tall centre player who was quite talented but our guards placed so much pressure on their guards that they caved, not to get the ball to him. We started to score a few points and then Matt Waight hit a couple of three pointers and we were away. Ben Bingham kept us in the game early with his shooting and Sam Poole also got double figures.

Overall it was a great team effort with contributions from all players over the 3 games.

We now go on to the ALL High Finals in Melbourne in November.

Team: Ben Bingham, Sam Poole, Matt Waight, Matt DiBella, Jack Birt, Jack Ritchie, Casey Cantlin, Kegan Bott and Dion Gleeson.

YEAR 7 CRICKET

The year 7 cricket team comprised of Cameron Fletcher, Nathaniel Mansur, Nathan Henderson, Harrison Osborn, Kevin Gillin, Tom Hardie and Keegan Bott (not pictured) The boys put their all into the three games they played and their best performances were

	Bowling	Batting
Keegan	0/3	23
Brandon	2/10	12
Harrison	2/20	7
Kevin	1/14	4
Tom	2/4	16
Cameron	1/2	12
Nathan	0/23	6
Nathaniel	0/9	6

Congratulations to the team who will be competing in the zone competition on Tuesday 24th October.

Dave Rabl



YEAR 7 GIRLS SQUASH

Year 7 Girls squash team acquitted themselves exceptionally well. They were pitted against each other and the Cobram team and came away clear winners on the day, losing just two sets to Cobram out of thirty. The girls all co-operated magnificently and supported each other well by scoring and encouragement. The A team, consisting of Millie Dedrich, Jess Buck, Telisha Jorgenson and Georgia Hooper were undefeated for the day and the B team of Ella Hutchinson, Bec Clayton, Maddi Gasparroni and Lauren Petri all showed a willingness to learn and to enjoy the day. The girls all improved during the course of the day - only one was a previous player and by day's end they had reached a good standard of competence. The best part of all from my point of view was that they displayed excellent manners and sportsmanship at all times and were always willing to get on with the game. They were a credit to themselves and to the school.

YEAR 8 GIRLS TENNIS

Friday the 13th, as soon as you hear those three words you think of bad luck, but it was quite the opposite. For this day proved to be a marvellous day for a nice game of tennis, apart from the fact that it was stinking hot! Maddy Eddy, Amy Woods, Stephanie Revell and Jessica Rigbe made up the year 8 girls division 2 team. We were able to win the event by closely beating Shepp High. A great day was had by all and hopefully next year won't be quite so hot.

By Stephanie Revell

YEAR 8 GIRLS TENNIS

On October the 13th, year 8 girls played outstanding tennis to make it through to Zone. Danielle Zeqir, Brittany Wickham, Peta Kelly, Sarah Herbertson – Long and Ellie Feiss won all 3 matches. The first match was against Shepparton High School, we lost 1 set. The second was against Numurkah and we won all 2 sets. Our final match was against Cobram and we also won all 3 sets. Everyone played really well and we had fun. Well done team!!!

By Peta, Brittany and Danielle

YEAR 7 GIRLS TENNIS

Year 7 students recently had summer sports and I did tennis. It was really cool. We went to the tennis courts near Aquamoves. We versed Mcguire College and Mooroopna. There were two teams – team A and team B. I was in team B, group 1. There were two groups in each team. We actually did pretty well and even though it was hot we had a lot of fun.

By Jiwanjot Kaur

GIRLS TENNIS

On Friday the 13th we attended Shepparton Lawn Tennis courts for summer sports. We played in a team of five which consisted of Monique Eddy, Joanna Gall, Megan Rovers, Cait Roe and Simone Brown. Each of us played two doubles and one singles match. We played a total of four teams which were Shepparton High, Cobram, Rushworth and Mooroopna. Out of 12 sets we only lost 2! Overall we won our section.

EASTERN ZONE HERE WE COME!

By Megan Rovers, Simone Brown and Monique Eddy

EASTERN ZONE SQUASH YEAR 7 GIRLS

Our team of Millie Dedrich, Jess Buck, Telisha Jorgenson and Georgia Hooper travelled to Wangaratta on Monday for the E. Zone Final. The girls performed very well again, all showing distinct improvements over their previous round and they acquitted themselves well, losing only to the eventual winners, Myrtleford. This was by a handful of points and they might easily have won these so they were as close as that to winning through to the State finals.

More importantly the girls showed good sportsmanship all day and were impeccably behaved. As such they were a credit to themselves and to the school.

Georgia was unbeaten on the day at #4, and Millie, Jess and Telisha each won 2 and lost 1 rubber.

Well done girls.

Dave Rabl



Bourchier Street Primary School
Thursday November 2nd, 5.00pm - 8.00 pm

Rides for all the family
Food, food & more food
Entertainment for Everyone
Monster Raffle

Entertainment includes: Belly Dancers & Street Latin Dancers
Bourchier Street Concert Band

Come along and enjoy this fabulous entertainment provided by our very talented students

Come and see what 190 million people are crazy about



The Australian National Championships

Where

Shepparton Sports Stadium

Friday 27th October 4pm til 9pm

Saturday 28th October 8.30am til 7.30pm

Sunday 29th October 9am -3pm

Come and see the best players in Australia and New Zealand in this fast exciting game that the world plays

Children's Clinics and Jumping castle

Admission gold coin donation

For details contact Michelle 0414 923 751

Proudly presented by

Shepparton Handball Association

DO YOU OR YOUR PARTNER:

Have a child attending primary or secondary school in 2008 at a government or independent school?

Have a health care card or pension card?

Have some form of paid employment?

Are **YOU** interested in saving for your child's education?

YOU may be eligible to receive **\$1 for every \$1** you save up to **\$1000** (maximum). If you save \$1000 you would be credited with an additional \$1000, to use for educational expenses (camps, uniforms, computer etc.).

SAVER PLUS has become a successful program, and now we are looking for participants in the Shepparton/Mooroopna areas. If you are interested in being part of this exciting program,

Phone **Ian Murray at Berry Street Victoria,**

On 5821 0399 to book an information session.

COME ALONG TO A SELF DEVELOPMENT PROGRAM

The following information will be addressed:

- Self Esteem, Assertiveness, Problem solving, Healthy Relationships, Communication,
- Budgeting, Goal Setting, Stress Management, Relaxation, Positive thinking,
- Maintaining balance in life.

Where: North Shepparton Community & Learning centre, 58 Olympic Avenue, Shepparton.

Time: 1-3pm Dates: 9th, 16th, 23rd, 30th November & 7th, 14th December.

To book or for more information please call NSCLC on 03 5821 15770

BEING ACTIVE WITH ASTHMA



Being active is vital for your health and wellbeing. Sometimes, however, the physical exertion of exercise or physical activity can trigger a bout of asthma. This is called 'exercise induced asthma' (EIA). This kind of asthma is usually easily managed and should be a part of any Asthma Action Plan.

Some of the symptoms of exercise-induced asthma include:

- Shortness of breath
- Wheezing
- Chest tightness
- Persistent cough

These symptoms can occur during, or more commonly, after exercise. It is the type of exercise, the amount of time spent exercising and the intensity of exercise that is important. Typically, vigorous activity for six minutes or more in cold, dry air is more likely to trigger asthma. Also consider the environment you are exercising in as you may be exposed to a number of asthma triggers.

You can reduce the risk or prevent exercise-induced asthma by preparing for physical activity in a few simple ways:

- Make sure your day-to-day asthma is well managed
- Use your blue reliever medication around five to ten minutes before you warm up. Speak to your doctor about this.
- Always warm up with light exercise and stretching 10 – 15 minutes before you play sport or exercise
- Always cool down

If you would like further information about exercise-induced asthma, please call the Asthma Helpline on 1800 645 130 or visit The Asthma Foundation of Victoria's website www.asthma.org.au

SPRING POLLENS



Spring can be a difficult time for people with asthma and allergies. A combination of the change of seasons and an increase in airborne pollen can trigger an asthma attack. Research from The University of Melbourne's School of Botany, has identified grass pollens as the major contributor to allergies in the outdoor atmosphere of the city.

During spring and early summer, the School of Botany at the University of Melbourne, together with the Asthma Foundation of Victoria offers a pollen count service that forecasts the level of pollen in the air. This service can be accessed through the Asthma Foundation of Victoria's website, www.asthma.org.au

Whether you are in the city or rural areas here are some tips to prevent asthma and allergy in spring:

- Always carry appropriate medication with you in case you need it
- Try to avoid going out on windy days or after thunderstorms
- Avoid activities in areas where grass is being mowed
- Keep windows closed at home and particularly when in the car and use recirculated air in the car when pollen levels are high
- Avoid hanging washing outside on high pollen days. The pollen sticks to your clothes.

The Asthma Foundation of Victoria also provides brochures on Allergy and Asthma and Low Allergen Gardens, for a copy of these brochures please contact The Asthma Foundation of Victoria on 9326 7088 or visit www.asthma.org.au

Managing Stress.

Stress is a common issue for students especially around assessment or exam time, but there are ways to help manage stress.

Stress management tips:

- Taking care of you. Eat a healthy diet, exercise and get enough sleep.
- Do at least one activity every day that you find relaxing- going for a walk, listening to music, reading for enjoyment, talking to friends.
- Discuss your problems. Talking to someone else can often put problems into perspective. Don't be afraid to ask for help or advice if you need to.
- Work out which issues are causing the stress, and try to address them. Eg If you are having problems with a particular subject or assignment, talk to your parent, teacher or other students about it. If, despite your best efforts, you still feel you are slipping behind, you could talk to the year level co-ordinator or House leader.
- Learn a relaxation technique and set aside some time each day to practice it.
- Focus on your strengths. Keep a list of things that you are good at, achievements and successes, and refer back to these to give your self-esteem a boost.
- Keep your life in balance-it's an important key to managing stress. Study, sport, family, work and friends all need to be included in your timetable.
- Time management and getting organised are very important. Remember you are less likely to worry if you plan ahead.

Take control of your thoughts.

Try to avoid getting caught up in a cycle of negative thinking. Challenge negative thoughts and self-talk such as "I 'm not smart enough to do this", or "I will probably fail". When you are under stress you are more likely to get into these negative thought patterns. Routinely think about all possible outcomes, including the positive sides, so you can get a realistic overall picture.

Things to remember.

Remind yourself of your short and long term goals.

Get support if needed.

Talk over your problems and concerns with family, friends, teachers, student counsellors or others.

Review your workload. Make sure that poor time management is not to blame.

Work out which issues are causing the stress and try and address them.

There are many ways to manage stress that can help prevent you from becoming overwhelmed in your life.

Take one day at a time.

*This information was drawn from the Better Health Channel and provided by the team at Hume Region Parent Education Service, Goulburn Valley Community Health, Wyndham Street Shepparton.
Telephone 58233200.*