

Wanganui Park Secondary College

Newslink



No. 11

6th August, 2009

P.O. Box 4010
SHEPPARTON
3632

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Assistant Principals:
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Sound Waves

By Krist Kerkenekov

The Principal Team Report – August 6th, 2009

'IN YOUR DREAMS'

Congratulations to the cast and crew of 'In Your Dreams' for presenting a series of great performances last week. The dedication and enthusiasm of such a large group of students and staff ensured that the final product was high quality and it showed the wealth of talent of students and staff in our College. A special thanks to Ann Dennis for leading and the many other staff and parents who worked so hard to give our students this opportunity.

HEALTHY EATING

The menu in our school canteen continues to change as we try to provide the most healthy and appetising food for our students and staff. You will be aware that many 'unhealthy' foods have been removed or limited in availability so that we provide quality foods to support a well balanced and healthy diet. If you could promote the same healthy eating messages in the home our students will certainly benefit in the long run. Please ask them about our "traffic light" food chart as a conversation starter.

VOLUNTEERS REQUIRED

While we are on the topic of the canteen, we would be grateful for some more volunteers to help out. Our volunteer system helps us keep the cost of food down and only requires you to come in over the morning/lunch period. If you think you might be able to help out please give Sheryl, Dianne or Lyn a call on 58209921 and they will only be too pleased to explain what is required. No obligation.

WINTER UNIFORM

Thank you to all parents for supporting our school dress code. It is great to see the vast majority of students keeping warm in the correct winter jumpers and jackets. Unfortunately there are still some students who push the boundaries and wear incorrect attire. The last thing we want is for students to go cold during the winter months but we have a duty to the school community at large to enforce the dress code. We ask that parents try to avoid having to wash jumpers during the week as this is a common excuse for being out of uniform. Students who regularly attend school wearing incorrect jumpers will be asked to remove them and be offered a second-hand jumper as a replacement garment.

ARTS CONNECT 9

On Friday, 14th August, all Year 9 students will travel to Melbourne to experience a production at the Melbourne Arts Centre. They will have lunch in the central business district and then move on to the Exhibition Gardens where they will enjoy a movie at the IMAX theatre. Most students have returned their permission forms but those who have not yet done so must get these back early next week or forfeit their chance of taking part in this valuable experience. Could parents please check that this permission form has been returned.

YEAR 8 FOOTBALL SUCCESS

On Wednesday, 5th August, the Year 8 football team journeyed to Wangaratta to participate in the Eastern Zone finals. They defeated Yarrawonga 9 goals, 5 behinds to nothing in their first game. Then they defeated Wodonga SC 7 goals, 9 behinds to one point. Two outstanding wins that will see them progress to the semi-final stage of the All High finals in Melbourne on Wednesday, 26th August at a venue to be decided. Every one of the 23 boys contributed to the performances and again their sportsmanship was commendable. The best players in the two games included BJ Squire, Jaz Turner, Lachy Baldwin, Joel Huggett, Luke Wallden and Nik Rokahr.

Keith Gray
Principal

Ken Murray
Assistant Principal

Xavier Tanner
Assistant Principal

CANTEEN ROSTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 August 2009	11 August 2009	12 August 2009	13 August 2009	14 August 2009
Sharon Wright	Karen McAuliffe	Nikki Miller	Polly Divine	Glenda Morris
Di Davies	Virginia Stedman	Kerry Hajro	Margo Jenkins	Mary Macgill
Michelle Limosani	Liz O'Callaghan	Julie Hunter	Di Giddens	Lyn Gibbs
17 August 2009	18 August 2009	19 August 2009	20 August 2009	21 August 2009
Sue Meda Michelle Cantlin Amanda Finger	Debbie Hosie Gerlinda Sharman Robyn Dann	Vicki Jorgensen Jocelyn Burrows Sue Sinclair	Helen Davidson Tania Thompson Kara Beggs	Karen Speedy Susan McLean Kathie Henderson

CALENDAR	
AUGUST	
6	Parents Club – 7pm
10	Drive 4 Life Year 12's 11.30 – 12.30pm
12	VTAC Information Night for Yr 12 Parents 7pm VCE Centre
14	Hall of Fame
	Arts Connect Melbourne - Year 9 Students
21	Year 9 Social
28	WPSC Athletic Carnival

EDUCATION MAINTENANCE ALLOWANCE (EMA)

Reminder for parents/guardians who have not yet applied for this payment this year.

Parents who have an eligible healthcare card, pension card or are a foster parent are able to apply for the EMA payment. Claim forms are available at the main office. **Claims must be submitted before 7 Aug 2009**

IF YOU HAVE ALREADY CLAIMED FOR THIS PAYMENT THIS YEAR THERE IS NO NEED TO CLAIM AGAIN

*Parents are only able to claim for students up til the month the student turns sixteen.
No Late Claims Will Be Accepted By The Department*

IN YOUR DREAMS!

Another successful production was staged this week at Westside Performing Arts Centre. Many talented students showcased their skills to enthusiastic audiences. As you can see in these pictures, the students had a great time, showing some hot dance moves in their costumes with some cool lighting effects. Congratulations to all involved!



CONGRATULATIONS AMY WOODS

(Letter & photos sent to Barry Semmens, VET Co-ordinator)

I attended the McGuire Secondary College school round of the Murray River Culinary Challenge yesterday, at which Amy Woods from Wanganui Park Secondary College competed.

Exciting news! Amy was selected for the Regional Final for the event, which is to be held on Wednesday, 19th August 2009 at GO TAFE from 9.00 a.m. to 12.00 p.m. In fact Amy was one of the overall winners for the day.

Amy will be partnered with a student from Shepparton High School for the Regional Final team.

I look forward to seeing Amy again at the Regional Final

Well done Amy!

Alison Dunstan
Project Manager
Careers Connection



Amy at work!



Amy with her partner for the Regional Final team, plus judges for the day, Karen Norton from GO TAFE and Gary Goodman from Country Comfort.

The group shot!



NUTRITION NEWS!!

Overweight children – healthy lifestyle tips

The number of overweight children and adults is increasing. About one quarter of children in Australia are now overweight. Encouraging children to eat healthy food and be physically active can be a challenge. It requires patience, practice and time.

Childhood is an important time to develop healthy patterns for life and prevent weight problems. Research shows that overweight children are more likely to become overweight adults.

Why children become overweight

A diet high in energy and fat combined with little physical activity or exercise will lead to someone becoming overweight.

Your family's eating habits and activity patterns will affect body weight. You also inherit body type and shape from your parents.

Possible problems for overweight children

Overweight children can have difficulties in several ways. Most often they may feel different from other children, which can affect their confidence.

They can also be subjected to bullying from other children. This may make parents feel worried about children taking part in everyday activities such as school sports. Unfortunately, this can make weight control more difficult.

Although health problems are less common in childhood, children who continue to be overweight into adulthood can develop:

- High blood fats with the risk of heart disease
- Type 2 diabetes
- High blood pressure
- Stroke
- Joint problems
- Breathing problems
- Some forms of cancer

How to make healthy food choices

A healthy diet is not only what your child eats, but how much. All children should eat regularly, including healthy snacks.

Good nutrition starts early in life. Wherever possible try to:

- Encourage a wide variety of nutritious foods. No particular food should be forced or overly restricted.
- Offer mostly cereals, grains and breads, vegetables and fruits, with moderate amounts of meat products and dairy foods.
- Limit added fats such as oil, margarine and butter.
- Offer fresh vegetables and fruit instead of processed snack foods.
- Include treats such as cakes, chips or takeaway foods occasionally (once or twice per week). Enjoy them as a family.
- Offer children water when they are thirsty. Sweet drinks including juices, cordial and fizzy drinks are not necessary and can contribute to tooth decay.

More information can be accessed on this and many other health related topics on the Better Health Channel at www.betterhealth.vic.gov.au or from the School Nurse at the College.

JUNIOR GATORS BASKETBALL ASSOCIATION - TRY OUTS

From the 15th August in Under 18, Under 16, Under 14 and Under 12 age groups.

Contact Simon Hutchings 0408 177210, Leonie Drummond 0438 251793

or Rob Thompson 0438 523 472

SHEPPARTON

Lawn Tennis Association Inc. A6425K

P.O. BOX 212, SHEPPARTON Vic 3630

TELEPHONE (03) 5821 2843 FAX (03) 58311132

WEBSITE: <http://users.mcmmedia.com.au/shepltc>



Shepparton Lawn Junior Tennis Registration

Monday 17th & Tuesday 18th August between 4pm – 6pm at the club rooms

For all members and new members intending to play tennis 2009/2010

Enquiries to Colleen Phillips 0417319290

Membership fees \$82 including ball money payable upon registration

ST. BRENDAN'S TENNIS CLUB

JUNIOR REGISTRATION – INFORMATION EVENING

Thursday August 13

Resource Centre (building directly behind St. Brendan's Church)

7pm for 30 minutes

\$72 (included ball money) Please note we require all parents of intending Junior players to attend this evening.

Registrations for players for the Summer Season 2009 of basketball are now being taken for girls and boys. The Summer Season competition will start in the week of 5th October 2009 continues until early April 2009. (Please note that no games are played during school holidays.) This is a great sport for boys and girls aged 8 and over to learn team skills.



Players fees are \$80-00 and are due with registration. If you would like to play and/or require more information please contact Sue Heyward on 58210828 by 21st August 2009.

REUNION

For Teachers & Students of Form 1, 1967 to Form 6, 1972.

Renewing old friendships Dinner.

Best Western Pines Country Club Motor Inn.

103 Numurkah Road Shepparton.

\$30pp.

To book or for further information phone: Sue Brown 0354373258.



EF High School Year! Information Meeting in Shepparton this Sunday!

If you are interested in living and studying overseas, and you are between the ages of 14-18 please attend an information meeting on Sunday the 9th of August 09! Many countries are on offer, including however not limited to; USA, Japan, Canada, France and Germany.

Summer, Semester and Year Programs are on offer!

The meeting will start at 1:00pm and conclude at 3pm.

Address is: 116 New Dookie Road Shepparton, 3630. The IK Caldwell building.

For more information please visit our website: www.ef.com

24 HOUR FREE SUPPORT LINE

Parenting isn't always easy, so it's good to know that help is available! For free, confidential, 24 hour, parent and carer support call CAPS on 1800 688 009. CAPS support workers can help;

- If you are finding it hard to cope with your children.
- If you are having issues with the behaviour of your children.
- If you would like information about communicating with or disciplining your children.
- If you have concerns about the safety and welfare of a child you know.
- If you think you might harm a child.
- If you need clarification about what child abuse actually is.
- If you want to report abuse but don't know how.
- If you have any questions or need any information about child abuse.
- If you need help but don't know where to get it.
- Or if you just need someone to talk to!

You can find out more information at www.childabuseprevention.com.au or call 1800 688 009.

STAG's The Project Group.

The Project group have taken part in a variety of workshops learning skills such as break dancing, acting warm up skills, audition processes and characterisation, improvisation, song writing skills and how to "read" lyrics of songs and development of characters. Most of all, they have learnt to take part and participate in workshops and take from them the skills that relate to their particular interest.

The group is now putting the final touches on the plays and other performance pieces that will be presented for the outcome which will be held on Saturday 8 August. This project is supported by the Greater Shepparton City Council's Arts in the Community Fund.

To book tickets, call the Riverlinks Box Office on 03 5832 9511.

Saturday 7 August, 7:30pm, Harder Auditorium, GoTAFE – Fryers Street, Shepparton

Tickets \$12:00 - 03 5832 9511