

Wanganui Park Secondary College

Newslink



No. 9

25th June, 2009

P.O. Box 4010
SHEPPARTON
3632

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Assistant Principals:
Ken Murray
Xavier Tanner

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'Teacher at Work'

by Aron Lewis

The Principal Team Report – June 25th, 2009

SEMESTER ONE

The end of Semester 1 is upon us and we hope that every student has achieved their best results and that they can learn from their work this semester to make Semester 2 even better. It is certainly getting more important for our senior students to be right up to date and well prepared for their short semester ahead. Year 12's have only 13 weeks of classes after these holidays.

OFF TO THE STATES

Our best wishes go with Andrew Douch on his journey to Washington DC. Andrew was a winner at the Microsoft Worldwide Innovative Teacher Forum in Hong Kong and this is the next step for winners like Andrew from across the world. He will be attending and presenting his work at the National Education and Computing Conference. Andrew's work in making learning available 24/7 to students both here and across the world is ground breaking and uses the most up to date technologies.

SUCCESS

Congratulations to Sarah Down for being selected in the Victorian Netball Team and to the Wanganui Park Secondary College Aerobics Team for making the state finals. Although not making it through to National competition they certainly performed really well to get to this level and we are very proud of them.

Congratulations also to Carly Lawton for being selected to attend the UBS Finance Academy 2009 at Macquarie University for the first week of next term. The objective of the academy is to provide leadership in investment bank education. Only 50 students were chosen from the ACT, NSW and Victoria.

SEMESTER TWO

The first day of Term 3 is Monday July 13 for all students.

Keith Gray
Principal

Ken Murray
Assistant Principal

Xavier Tanner
Assistant Principal

CANTEEN ROSTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13 July 2009	14 July 2009	15 July 2009	16 July 2009	17 July 2009
Lyn Sofra	Sharon Rigbye	Dee Tricarico	Carolyn Thorne	Di Montgomery
Andrea Creek	Lyn Barrass	Michelle Curnow	Tina Follett	Rhonda Marino
Jen Amadei	Denise Smith	Kaye Poole	Fiona Mackay	Maree McConkey
20 July 2009	21 July 2009	22 July 2009	23 July 2009	24 July 2009
Shelley Gollan	Heather Brain	Caz Watson	Julieanne Gee	Sabrina Payne
Lyn Denton Kim Turner	Raelene Cuthbert Kerryn Fairless	Rossana Zeqir Angela Sanders	Kirrily Dainton Deb Harrison	Bev Steward Suzanne Jones

CALENDAR	
JUNE	
26	Last Day Term 2
JULY	
13	Term 3 Commences
22	College Council
AUGUST	
6	Parents Club – 7pm
12	VCE Parent Information Night For Yr 9 parents 6.45 – 7.15pm Foy Yr 10 parents 7.30 – 8.30pm

VCE Information Night for parents of Year 10 & Year 9 Students

The Information Night for both Year 10s and Year 9's will now be on Wednesday 12th August (not on the previously advertised 25th August) in the VISY Centre Theatre.

The students will be provided with information and resources prior to the meetings for them to review and discuss with their parents.

The details are as follows:

Yr 9 Students

Parents interested in their child fast tracking a VCE Subject 6.45 to 7.15pm.

Yr 10 Students

VCE Information for parents of Yr 10 students 7.30 to 8.30pm.

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!

Rehearsals are happening most lunchtimes now as well as our regular Monday and Tuesday afternoon rehearsals. As you can see, the cast is getting right into the spirit of the play! There is a full cast rehearsal on the first Tuesday and Wednesday of the term holiday, 10am till 4pm in the theatrette. Then on the last weekend of the holiday we will be having another big rehearsal, on Saturday 11, and Sunday 12 July. On the Sunday we will be accompanied by the production band, and this will also be a trial dress rehearsal. The holiday will also be our opportunity to construct and paint the set. As the play centres on students from Athens High School, our set this year will have an Athenian Greek theme. Tickets will be available from the WPSC office from the first week of term 3. Book early to secure the best seats!

30, 31 July, 1 August,
7.30 pm at Westside



WHAT'S NEWS IN SCIENCE

The arrival of the end of second term means the end of current VMG Science Units and heralds the selection of new ones. We hope your child enjoyed the Science units undertaken thus far, and is looking forward to the upcoming ones. With reports coming home it is timely to remind parents to discuss with their child the comments given by teachers. If your child takes on board the recommendations given, then their outcomes for second semester will be improved.

Please don't hesitate to contact your Science teacher via the school planner if you have any queries about your child's performance.

YEAR 7 GEOGRAPHY/SCIENCE

Most students are currently looking at the topics of Mixtures (solutions, solutes, suspensions etc) and Forces, and combining it with work on Rivers. The topics blend nicely as rivers carry suspended materials and deposit them when the force of moving water slows!. Some students have already constructed 3D models of a river system and Wanganui has been abounding with Master Chefs. See below for some model examples from Mr Speedy's geog/sci class. Ms Utber's 7E class has this task to think about over the holidays, so students (and parents) get creative over the break!



HUMAN BODY AND DISEASE

Wednesday 17th June saw our Human body and disease class travel to the Melbourne Museum. Our ultimate goal was the Mind and Body Gallery but as this was booked for an afternoon session we got to view the rest of the museum first.

Some of the other exhibits included Pharlap, VCE clothing designs and the dinosaur walk. The excursion is a great opportunity to see all kinds of unexpected, unusual and sometimes interactive things.

The Mind and Body Gallery, our reason for the 2 ½ hour each way trip had three very popular areas, the birth video (I'm never having a baby, comment from one of our female students), a series of relaxation couches and a room of strange dimensions that filmed you as you walked through it so you could see your reactions as you exited. Some students were so taken with this particular section they doubled back and went through again.

No matter how many times I personally have visited this institution, I always find something new and thought provoking to see and do. It is on that note that I urge any student who has the opportunity to go on one of these excursions to make the effort to do so.

7A EGYPT RESEARCH

As part of 7A's History project, students gave presentations about their chosen area of interest in ancient Egypt and taught the rest of the class about their topic. There were some fantastic ideas, and a number of students went to a lot of effort to make their work exciting for the class. Photo 1 – Rebecca Laino and Hayley Tremellen with their model of the Sphinx, Photo 2 – Jade Dainton, Maddie Christie and Mikayla Bingham with their poster (and food!) to illustrate everyday life in ancient Egypt, Photo 3 – Ebony Peters and Kiara Limosani dressed up to demonstrate the clothing and fashions of the time, and Photo 4, Tyler Fleming and Jakob Lazzarini wrapped up Liam Brown as a mummy – fortunately managing to restrain themselves from actually removing Liam's internal organs for preservation in canopic jars!

The class had a great time, and learned a lot about this ancient society.



NUTRITION NEWS!!

Healthy lunches

Healthy lunches and snacks are important for students to help with concentration and learning. healthy eating changes are not always easy to make. Encourage your student to be involved in the preparation and choices of food.

Six items to put in a lunchbox

- Fresh or tinned fruit – dried fruit is high in sugar. Fruit bars are very high in sugar and rot teeth
- Crunchy veg- sticks with veg dips-crisps should be left out
- A dairy food-cheese milk, or yoghurt - dairy desserts are high in sugars
- Protein food- slice of lean meat, boiled egg
- Starchy food-bread,roll, crackers – avoid chocolate spreads, jam and honey and fatty meats such as salami as fillings
- Water

Biscuits and dips- dry biscuits, crispbreads, rice cakes with yoghurt and hummus dips. Oven baked savoury biscuits are just as high in salt and fat as crisps.

Muffins and cakes

Try making healthy muffins and cakes include fruit and veg such as sultanas,carrots,bananas, pumpkin and zuchinni- miss out on the cakes and doughnuts.

Muesli and breakfast bars

Almost all bars are too high in sugar. Some cereal bars are better for teeth than stcky,chewy muesli type bars. Try to avoid chocolate and muesli bars in lunch boxes, they are stuck together with fats and sugars.

Drinks

Water and milk

All sweet drinks and fruit juices are high in sugar and not necessary and help tooth decay.

Peer pressure

Students are influenced by food advertising and friends food choices.. Remember that not all students go to school with lunchboxes filled with crisps and lollies despite what they think and say. It is important to keep offering healthy lunchboxes in a variety of ways.

- Wheelchair Basketball...

On Tuesday the 9th of June, a few lucky classes had a very inspirational visit from Jason Sleep, a paraplegic. Jason's story started with a quad motorbike accident, severe internal injuries, two broken arms, and a broken spine.

The classes had only a fifteen minute talk with Jason, which was sure to hit some nerves and change some lives. He spoke about his motorbike accident, his injuries and his personal experience in dealing with being a paraplegic. He stressed the point in how important looking after your neck and spine is, and how easy it is to obtain a serious injury, with even a break equal to the size of a fingernail.

Jason then took the classes to have a game of wheelchair basketball. They all enjoyed the experience, and started to appreciate the realness in what he and many others do, 24 hours a day.

After the game, Jason raised awareness to the fact that it may be fun to be in a wheelchair for half an hour, but they are in the chairs for life. He spoke about the fact that paraplegic's are just like everybody else, except for one small difference. He talked about the troubles he faced following his accident, and also the extensive rehabilitation it took to recover. His determination to continue to live a healthy and happy lifestyle with his wife and two children has motivated him to make an inspiring comeback to the sports he loved as an able bodied individual. He is currently holding the World Champion status in slalom skiing, and also the Australian World record holder. At the moment, he is also travelling the world as a full time Water skier, as part of the Australian Disabled Water Ski team.

Overall, it was successful workshop that was enjoyed by everyone who participated!



Hawthorn Hawks Football Club Player Visit

On Monday June 15th, the reigning AFL premiers visited the Shepparton region for the day. Wanganui had two players visit and they were Beau Muston and Matthew Suckling. In particular, it was great to have Beau Muston return to the school as he is an ex student of Wanganui Park Secondary College. The players met 2 groups of approximately 100 students in the VISY theatrette and talked about a number of topics and issues involved with being an AFL footballer. The students were then given an opportunity to ask questions such as: Who is the hardest player they have played on? What was it like to be involved in a club that had just one the premiership? What were players like Buddy Franklin and Shane Crawford like at the club and What does it take to become an AFL footballer? It was pleasing to hear Beau let the students know they he had come from where they were and to not let anyone tell you can't achieve something you really want. After a chat with the players, the students went out on to the oval to do some kicking, handballing and goal kicking drills. The players then went on to Shepparton High School to do a similar clinic over there. It was great to see Beau return to the school at about 2.30pm to talk with Mrs.Eddy's Year 12 PE class about fitness training and testing in the AFL. A really valuable insight for this class. We look forward to following both of these young players careers in the future.



Kaleidoscope

There are two new programs designed to cater for Parents/Carers and Siblings of Young People with Mental Health/Behavioural issue. The Kaleidoscope program is designed to support Carers through the difficult period when Young People are in the most vulnerable period in their life.

Carer Support Program offers

- A chance to meet other likeminded people in a similar situation and discuss strategies with some of the challenges faced.
- To help relieve some of the burden of feeling alone in your situation.
- Give you a chance to look after yourself in a supportive environment.
- A chance to think about the impact the situation is having on your own health and how to look after yourself.
- To get a better understanding of your young person's behaviour.

Sibling Support Program Offers

- Support for younger family members who can sometimes feel left out when parents are pre-occupied with the young person with mental health/behavioural issues. A chance to for some 'me time'.
- Join in fun activities.
- Be introduced to other young people in a similar situation to you.

For further information or to refer someone you think may be suitable to one of these programs in your local area (Shepparton, Cobram, Euroa, Numurkah, Nathalia) please call either Paul Sefton 58233231 or Jo Hudson 58233247 at Goulburn Valley Community Health Service.

A federal government initiative

TRIVIA NIGHT

FRIDAY 17 JULY 2009 7.00PM for a 7.30pm start

At Kialla Community Hall, off Raftery Road, Kialla

Cost \$ 15.00 per person, Tables of Ten

DRINKS AT BAR PRICES - BRING YOUR OWN PLATE OF NIBBLES

SPOT PRIZES, LUCKY DOOR PRIZE, GIVEAWAYS AND AUCTIONS ON THE NIGHT

THIS IS 1ST KIALLA SCOUT MAJOR FUNDRAISING FOR ALL SCOUTS GOING TO THE JAMBOREE IN JANUARY 2010

WE ONLY HAVE 20 TABLES SO GET YOUR TICKETS EARLY, SO YOU DON'T MISS OUT ON A GREAT NIGHTS ENTERTAINMENT. BRING ALONG YOUR FRIENDS FROM WORK, SCHOOL, YOUR FAMILY AND NEIGHBOURS AND GET BEHIND THIS EVENT. TICKETS CAN BE PURCHASED FROM

HARVEY WORLD TRAVEL 48 HIGH STREET, SHEPPARTON

PH: 0358 218 333 AH: 0419 315 665

Any correspondence to the above address or P.O. Box 158, Shepparton, VIC, 3630



Secondary School

Beach Volleyball at Sportzone

Competition Starts Term 3

Year Level teams – 4 per team, \$6 per person

3 x 9 minute sets

Come and Try Tournament Monday 6th July at 1pm

Contact Sportzone – 58235544

Shepparton Netball Association

Midweek Netball

Thursday morning competition – Term 3.

If you would like to get fit, have a bit of fun and meet some new people please come along.

Game times are 9.30am or 10.30am. Baby sitting is provided free on a roster system by teams that are not playing at that time slot. You can enter a team or as an individual and we can put you in a team.

Registration is on Thursday June 25th at 10am at the Club rooms in Brauman Street.

Competition commences Thursday 16th of July.

If you are interested or have some questions please feel free to contact Kim Pettie, Midweek Convenor on 58311085 or 0412 568 377.

Pine Lodge Cricket Club – Junior Cricket

Under 15

Anyone under 15 wanting to play cricket this season, please contact:

Robert 0423 584724

Travis 0428 570954

Playing at Lemnos Oval, next to Lemnos Primary School

The Pixel Prize Photography Competition

Open to all high school student

\$1000 first prize (as well as runners up prizes)

Gallery Exhibition and Awards Night for shortlisted entries

For more information or to enter visit:

www.thepixelprize.com.au