Health is Wealth Day
Frankie Valle once said, “Oh what a night”. Well I’m saying, “Oh what a day”. I think that suitably describes the VCAL-produced Health is Wealth Day which occurred on Tuesday. A lot of planning went into the day, with the VCAL staff and students organising special guests to attend and particular health-related services to come and do some testing and spread the word about healthy living. For most of the day, there were students everywhere, both from Derrinallum and Lismore. They were involved in all sorts of activities and many were then served a yummy, healthy lunch that was prepared and served by the VCAL students.

College Grounds
Much preliminary work has gone into planning for some works to be done around the College grounds, particularly the North side of the school. Vicky French has ‘walked a million miles’ around the school recently getting ideas from parents, staff and students about what can be done to improve the look of the College. A consultant has had some input into possible options for some gardens around the place, with many of the ideas now being discussed at School Council. Community members will be kept up-to-date with any news via newsletter items.

College Fitness Centre
We are expecting the rubber matting to arrive at the school within the next week or so. Once they arrive, staff and students will be busy putting the (16m of them) in place on the floor of the fitness centre. Once that is done, the fitness equipment will be put in place and people will then be able to use it. Plans are underway as to who will be able to use it and how often it will be open. Particular staff will be in charge of opening it on certain days of the week. Further details will be available shortly.

Next Week in Our School.
Year 9-11 students took part in some mock interview preparation today as part of their Personal Development Skills (PDS) class. Next Tuesday, all of those students will be participating in some ‘real’ interviews, as if they are going for a job. Students have been given certain jobs that they are to prepare for.

P-6 students are going to Halls Gap on Wednesday with Lismore Primary School students as part of a Landcare excursion. The Music Concert takes place on Thursday evening at the Derrinallum Hall where we will be amazed at the musical talents of many of our students. On Friday we have 8 Primary students participating in the Eureka division Athletic sports in Ballarat. We wish them the best of luck.

Ken Smith - Principal

Derrinallum P-12 College
Campbell Street Derrinallum, Victoria 3325
Phone: (03) 55976625, Fax: (03) 55976646
Email: derrinallum.p12@edumail.vic.gov.au

Integrity, Teamwork, Support, Empathy, Respect.

Principal’s Report

Derrinallum P-12 College
Community Newsletter
Edition 27
September 4th, 2015
www.derrinallump12.vic.edu.au

Calendar of Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>9th September</td>
<td>Halls Gap Landcare Excursion with Lismore Primary School - P-6</td>
</tr>
<tr>
<td>10th September</td>
<td>Music Concert Night - Music Students</td>
</tr>
<tr>
<td>11th September</td>
<td>Eureka Division Athletics Ballarat - Primary Students</td>
</tr>
<tr>
<td>17th September</td>
<td>Mid-West Round Robin @ Derrinallum Years 7-9</td>
</tr>
<tr>
<td>18th September</td>
<td>Last day of Term 3 - 3.30pm dismissal</td>
</tr>
<tr>
<td>5th October</td>
<td>First Day of Term 4</td>
</tr>
</tbody>
</table>

Observations from a Well-Worn Dance Shoe—Technology Area

Year 9 students went to Camperdown to attend the first of this year’s BRICKS (Building Resilience in Corangamite Kids) Leadership Days. The Butterfly Foundation ran this session and the focus of the day was positive body image. After using the morning to explore how we appreciate the positive attributes of our friends, family and role models, rather than the physical beauty. We then explored what strengths we could bring to a group and how these strengths are not measured or linked to body image but rather in our ability to recognise our strengths and using them to problem solve.

Then in the afternoon session, we explored ways in which our tyre playground can help with the promotion of positive body image. Whilst initially we all struggled with how this could be achieved, with the guidance of Amberley, the facilitator from the Butterfly Foundation, we quickly realised that by acknowledging the positive influences from the people assisting us, either in the planning stages or the building stages, when we get to them, we are accepting their contributions based on the skill sets they offer and not based on stereotypes of body image they may have. These actions are the starting point of empowering ourselves to feel good about ourselves despite a constant media barrage indicating we are lacking and that purchasing products will somehow lead to improving our body image without any consideration to our positive attributes such as our mind or kind actions of being there for our friends that tend to go unnoticed every day. Therefore, while it seemed like quite a stretch we all came to unanimously agree our tyre playground is far more than a recycling project that will bring happiness to many generations of Derrinallum College students in the future.

We look forward to the next leadership session on the 11th of September. The leadership sessions will be supported by two sessions at school for just our group on the last two Wednesday’s of term. Trevor Ellington.

Music Concert
As you would have read in the newsletter and my letter home to parents, the 10th of September is our Music Concert. Everyone is welcome to attend. The concert will start at 7pm and we will have a supper at the conclusion of performances again this year so please come along and support our students at one of the few occasions they get to perform publicly each year!

Trevor Ellington

Technology Area
“Life is a series of choices made, not necessarily related to any obvious result, from which we learn to the extent that we observe and think about them.”

Observations from a Well-Worn Dance Shoe—Technology Area

Year 9 students went to Camperdown to attend the first of this year’s BRICKS (Building Resilience in Corangamite Kids) Leadership Days. The Butterfly Foundation ran this session and the focus of the day was positive body image. After using the morning to explore how we appreciate the positive attributes of our friends, family and role models, rather than the physical beauty. We then explored what strengths we could bring to a group and how these strengths are not measured or linked to body image but rather in our ability to recognise our strengths and using them to problem solve.

Then in the afternoon session, we explored ways in which our tyre playground can help with the promotion of positive body image. Whilst initially we all struggled with how this could be achieved, with the guidance of Amberley, the facilitator from the Butterfly Foundation, we quickly realised that by acknowledging the positive influences from the people assisting us, either in the planning stages or the building stages, when we get to them, we are accepting their contributions based on the skill sets they offer and not based on stereotypes of body image they may have. These actions are the starting point of empowering ourselves to feel good about ourselves despite a constant media barrage indicating we are lacking and that purchasing products will somehow lead to improving our body image without any consideration to our positive attributes such as our mind or kind actions of being there for our friends that tend to go unnoticed every day. Therefore, while it seemed like quite a stretch we all came to unanimously agree our tyre playground is far more than a recycling project that will bring happiness to many generations of Derrinallum College students in the future.

We look forward to the next leadership session on the 11th of September. The leadership sessions will be supported by two sessions at school for just our group on the last two Wednesday’s of term. Trevor Ellington.

Music Concert
As you would have read in the newsletter and my letter home to parents, the 10th of September is our Music Concert. Everyone is welcome to attend. The concert will start at 7pm and we will have a supper at the conclusion of performances again this year so please come along and support our students at one of the few occasions they get to perform publicly each year!

Trevor Ellington

Technology Area
“Life is a series of choices made, not necessarily related to any obvious result, from which we learn to the extent that we observe and think about them.”

Derrinallum P-12 College
Campbell Street Derrinallum, Victoria 3325
Phone: (03) 55976625, Fax: (03) 55976646
Email: derrinallum.p12@edumail.vic.gov.au

Woolworths Earn & Learn
Thanks to everyone who has supported Derrinallum P-12 College by collecting their Learn & Earn Stickers and placing them in the Learn & Earn box at school or Woolworths Camperdown. We appreciate your support! Ends Tuesday September 8th 2015.

Students of the Week

Bianca Neil for showing great persistence at Winter Sports Day.
Brody Harper for his hard work at chunking words.
Phoenix for improvement in writing.

Term Dates 2015

Term 1, 28 January to 27 March
Term 2, 13 April to 26 June
Term 3, 13 July to 18 September
Term 4, 5 October to 18 December
At the Winter Sports, I played T-ball. The participating schools were Derrinallum, Lismore, Skipton and Rokewood. The two other sports were netball and football. The other Derrinallum students were Liam, Jacob and Kelly from our class and the other two were Emily and Catlyn. I caught out three people. I got about 4 or 5 home runs. The teams were mixed. We did about 6 swap overs before snack break. After snack we played a few rounds, then had some free time. For lunch I had a hotdog in a bun, water and a cupcake. After lunch we could choose free time or T-ball. I chose T-ball. I had a lot of fun.

Rokewood Sports Winter Round Robin

Yes! This is the best thing ever. I love coming to the Rokewood Sports every year and playing. We got to choose what we wanted to play before we went. We could choose football, netball or T-ball. I choose netball. It was so much fun because I get to play with lots of people some of them were my friends too. It is so nice coming out just for one day and playing with other schools as well as being outside and just not playing to win, but playing for fun. The best position I liked was GD which is Goal Defence. We joined up with Lismore and we played against Skipton and Rokewood. It was also very nice because it was a good day. I liked coming out with everyone.

Biannca Neil

Winter Round Robin

Goal! We kicked the first goal in 20 seconds versus Rokewood and Lismore. It was footy day and Derrinallum and Skipton joined up to play footy. We were having a great day beating Lismore and Rokewood. I kicked one point then one goal. I was in ruck and half back. I did ruck for three quarters, Skipton’s ruck got injured. We were not letting Rokewood and Lismore get the ball anywhere down their end. We won that match with four, fifteen minute quarters. In our second match Derrinallum and Rokewood joined up and Lismore and Skipton joined up. We were playing very hard but we only got one point and Lismore and Skipton flogged us. Over all I thought it was a great day and I had lots of fun. But the thing I liked most was the new footy jumpers that were very comfortable.

Written by Hunter Thompson

Rokewood Winter Round Robin

On Friday we went to the Winter Round Robin with all my friends. There were a lot of people at T-ball and I had a lot of fun. I hit a lot of balls. I got out 4 times and Jacob hit his ball very far and he ran very fast. There were 16 people playing T-ball. There was Rokewood, Lismore, Skipton and Derrinallum. We had so much fun and we came back to school at 2:30.

Witten by Liam Harper

Rokewood sports

Yes! We kicked the first goal in about 30 seconds against Rokewood and Lismore. I’ve got a big feeling we are going to win today. We are going great today. It is the first quarter and we are up by about 6 goals but I still haven’t kicked or handballed the ball yet. Hopefully I can touch it this quarter. Tap! Straight to the wing and the wing to forward and forward kicks the goal. We are going so well today. I’m usually in forward but this quarter Mr. Moyle put me in the backline for a change. It never came down the backline once. It got so boring and I felt like sitting down. Buuuuuuuurrrrrrr Finaly the siren has gone.

Yes! I’m back in forward. Like usual we are smashing the game and scoring goal after goal. Matthew has got the ball and he’s running towards me. I called his name as loud as I could and he passed it to me and I marked it. This is my chance to kick my first goal in this type of match. I did a torpedo and it flew to the goals. NNNOOOO! I missed it.

Last quarter and I’m back in the backline. It barely came down our end and we won by about 15 goals. Lunch was so good! I had a hotdog, a refreshing bottle of water and a yummy muffin. In the second match we were with Rokewood. I tried my best in the backline but we couldn’t beat them and we lost by about 10 goals.

Overall I had I had fun playing footy and loved the new jumpers! By Ned Uren

Rokewood Winter Round Robin

On Friday the grade 3-6’s went to Rokewood to play football, netball and t-ball. We competed against the other schools in our area. I decided to play football. We were teamed up with Skipton Primary School to go up against Lismore and Rokewood. We won the first game and lost the second. The day was fun and I enjoyed the lunch they provided. It was a long ride home but that was the only thing that I didn’t like. It was exciting to see the other schools again and to see all the other kids. Matthew Morrison

An Invitation To All Parents/Carers

Mums, Dads or Carers of all students at Derrinallum P-12 College, I thought it might be nice to meet up for a cuppa and a catch-up. If you can, let’s meet at the Front Paddock on Tuesday 17th September, 1pm. Please ring me if you have any questions. Narelle Uren (School Council President) 0400531721.

It’s Your Call — Life Ed Van

Wow! I didn’t know that drugs aren’t just in medicines and bugs. The year 4/5/6’s instructor’s name was Zoey and she was awesome. She told us about drugs and making choices. We learnt about stimulant and depressant drugs and she told us where they can be hiding. Stimulants speed up the heart and depressants slow it down. We also learnt about making choices and informed choices. I learnt that you can’t make a perfect choice without it being informed first. My favourite part was when we learnt about making informed choices.

In the Life Ed Van we learnt about Drug Education and Decision Making. The teacher in the van with us was called Zoey. The main drugs we learnt about were Medicines, Soft Drinks, Caffeine, Nicotine and Alcohol. We got plastic items and had to put them into 2 categories, Drug or Non-Drug. With the decision making we watched a video and had to say what the best decision was. The decisions were walk home, call parent or guardian, catch a bus or tram or train, taxi and tell someone at the party. I had a great day at the Life Ed van and can’t wait for next year.

Mr Smith’s Maths Problem!

There was no correct answer to last week’s problem so here it is again. This week’s question is: If my dad gives me 1 cent on the first day, 2 cents on the second day, 4 cents on the third day, 8 cents on the fourth day and so on, how much will I have after 2 full weeks?

To arrange a time to view our wonderful school and to see what we have to offer or to receive an enrollment pack, for any year level, please call 5597 9625.
On Tuesday the 1st of September 2015, the Derrinallum P-12 College VCAL Class held a ‘Health Is Wealth Day’ at the College. Students from Lismore Primary School and some community members joined us to raise awareness of the importance of looking after our health by focusing on having healthy habits. The day began with a dental presentation run by our Grade 4/5/6 teacher Mrs Erin McSween for primary students from Lismore Primary School and Derrinallum P-12 College. Mrs McSween gave the students excellent information on our teeth, how to care for them and maintain our beautiful smiles. This was followed by a hands-on activity allowing students to construct a tooth using clay, naming each part.

Primary students were then put into their year level groups and proceeded to take part in several activities, including making a healthy fruit salad with Mrs Torrey in our Home Economics room, colouring in activity with their teachers, a fitness class with Mr Peeples and games with the VCAL students.

Our Senior students took part in a presentation by Ambulance Victoria through their ‘Get Linked’ program. This program focuses on providing information on what to do in an emergency situation with lots of hands-on activities.

A delicious healthy lunch was on sale that consisted of tomato soup, a healthy burger and a carrot slice, home-made by the VCAL students.

Thank you to the community members and Derrinallum P-12 College and Lismore Primary School staff, who took the opportunity to have a Risk Management assessment performed by health professionals from South West Healthcare and hearing test performed by Coastal Hearing and for their assistance and cooperation on the day.

We would like to thank Southwest Healthcare, Ambulance Victoria, Coastal Hearing, Mr Jo Peeples, Mrs Erin McSween, Mrs Sandra Torrey, Mr Andrew Benallack who set up a display of fitness equipment from his Campbellsport business – Benallack’s Sports and also generously donated a punching bag for our new Fitness gym for which we are most grateful and Lismore and District Lions Club for their generous donation of $100 towards our expenses for the day. We would also like to thank everyone who helped out, took part in any way and supported the VCAL students.
Expand your family and add some Japanese flavour to your life with Southern Cross Cultural Exchange. Invite a Japanese Leadership student into your home.

Who are these Japanese Leadership students?
These students are handpicked by the Japanese government as part of a national leadership campaign. They have exceptional qualities, positive attitude and they are high achieving in their studies. The students will attend a local secondary school and pay their own school fees and uniform expenses. The students will arrive with their own spending money and comprehensive insurance cover, all arranged by Southern Cross Cultural Exchange.

When do the students arrive into Australia?
They will all arrive Friday, 29th January 2016.

These Japanese leadership students wish to share family life to:
- obtain firsthand knowledge about Australian cultural values
- improve language skills
- develop their personal tolerance of different values
- understand other people and cultures, thereby understanding themselves and their own culture better

Can you see yourself being part of this great adventure of volunteering to host a Japanese leadership exchange student arriving in late January 2016 through Southern Cross Cultural Exchange? Prepare to be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light. To become part of a global friendship campaign, visit our website www.scce.com.au email outbound@scce.com.au or contact Inga Hoeltz (Program Coordinator at S.C.C.E.) toll free on 1800 500 501.