PRINCIPAL’S REPORT

SCHOOL CAFETERIA AND A AND B BUILDING ARE PEANUT AND TREE NUT FREE ZONES

Bands: Congratulations to all students participating in the school bands this week. We appreciate the large crowds that have been attending for the evening concerts. Well done and thank you again to Graeme Galbraith on his patience, talent and commitment.

Walk to School: We had a number of smaller groups of students participating in different walks to celebrate the walk to school program. This has included walks down the rail trail, the cross country circuit and other sporting activities. Thank you to staff from TDHS and the Heart of Corangamite for supporting the implementation of this program.

Awards Ceremonies:

Date: Wednesday the 16th December

Time: P-6 10:am-12:00pm, 7-12 1:00pm-2:30pm (amended time from last weeks newsletter)

Venue: Timboon Town Hall

Understanding symptoms of depression in children

Children are often unable to explain how they are feeling, especially when experiencing depression.

When adults are depressed, feelings of sadness are often very obvious. In children, irritability may be more noticeable than sadness.

Children with depression are often hard to engage and motivate, their low mood may be constant. They may cry and whinge and be very difficult to soothe.

What are the signs of depression in children?

In diagnosing depression mental health professionals look for key signs and symptoms in children’s behaviour.

When several of the following signs or symptoms occur together and are out of character for the child, they indicate that the child needs assessment and support from a mental health professional with experience treating children with depression.
Symptoms and signs include:

- loss of pleasure
- apathy
- fatigue
- psychomotor retardation (slowed movements)
- restlessness
- sadness
- guilt
- social withdrawal

As well as behaviours that can be observed, children with depression have thoughts of self-criticism and helplessness. For example, children experiencing depression may think their parents or carers favour other children in the family or that they are useless.

Some children also have thoughts of suicide. It is important to take seriously any talk about wanting to die or hurt oneself from a child of any age. Whether such talk represents a clear intention of suicide or is a way of expressing feelings associated with depression, it indicates a high level of distress that requires attention.

What puts children at risk of depression?

There are many factors that can put children at risk of depression:

- Children who experience depressive symptoms often live in families where other members have also experienced depression. This may be due to a number of possible factors, for instance family history (genetic factors). Alternatively it may be that living with adults who are depressed may change how parents or carers relate. A third possibility is that the stress affecting the child affects the whole family.
- Stressful events such as a death of a parent, parental divorce, changing school or being bullied may trigger an episode of depression in children.

December

3rd Year 8 Camp
4th Year 8 Camp, Santa in the street
7th Year 6-7 Transition
8th Year 6-7 Transition
11th Year 5 Bike Hike

ASSISTANT PRINCIPAL’S REPORT

Planning for 2016 continues with all of the year 8 and 9 students making elective selections for the coming year. The year 7 students have their elective sheets and are due to be returned ASAP.

Year 6 students will receive the elective selection sheet for 2016 on Monday during Year 7 Transition.

Year 7-10 classes will continue as normal until Friday 11th December.

Monday 14th December all year 7-9 students have the opportunity to attend a Movie/Bowling/Shopping day in Warrnambool. All students have been given a permission form which need to be returned ASAP.

Tuesday 15th December will provide a range of teacher led activities at school, which students will have the opportunity to sign up for next week.

Wednesday 16th December- Awards Day. The year 7-12 Awards Ceremony will begin at 1.00pm and all students are required in school uniform. All student reports will be collected on this day. Students will be supervised at school in the morning with some general activities.

Year 8 students are currently on camp thanks to Ian Harris, Julie Nicholson and Drew Deppeler for supporting a great camp. Great job to Graeme Galbraith for leading 4 days and 4 nights of amazing performances. What talent we have!

GABBY THEOLOGOUS
ACTING ASSISTANT PRINCIPAL

Annual Year Five Bike Hike

Bicycle Education training is well advanced despite weather conditions this term. Students have, on the whole, been keen to improve their skills following lessons on scooting, straight ride, hand signals, scanning, the correct way to stop and prepare for smooth take off again, and effective ‘look behind’, by practicing at home. They have worked well in teams of eight to ten pairing up and changing back to single file. We have used all surfaces available in the school ground and have ventured out on the roadways close to the school. All students completed a check on the road worthiness of their bikes and helmets.

We have had a fantastic response from parents and friends who are joining the students this Friday on the annual Peterborough bike hike. They will be riding in three groups with a vehicle in the lead and behind each group. Our lunch break will be at the Peterborough picnic area as is the custom. Please be aware of the extra congestion on the road to Peterborough this Friday and on Heywards Road 9.15 to 10.15 and 2 to 3.30.

A special thankyou to the following parents who provided an hour of their time to stand on corners in all sorts of weather some or each of the Fridays in November to provide feedback on road skills shown or missing. Sue Trotter, Sandi Brown, Melanie Green, Gary Duro, Tanya Delaney, Joy Morden, Monica Ryan, Jodi Clarke, Angela Smith, Carissa Archibald, Lynda McKenzie, Carolyn Wood, Maria Gordon, Katie Millard, Sophie Bowker and Cherie Mungean. Your assistance was invaluable to improve the students’ safe riding.

Julie Broomhall
LIBRARY NEWS

Our Premier’s Reading Challenge certificates have arrived at school and will be placed in students’ report envelopes, ready to be sent home at the end of the year. In a letter, the Premier commended all students in our school who participated, particularly those who successfully reached their reading challenge target. Well done, everyone.

The Summer Library Club begins on December 1st. The Timboon library is registered as part of this program. All students are encouraged to join this free program. To register for the Summer Reading Club (SRC) visit www.summerreadingclub.org.au

Students under the age of 13 need parental consent to participate in SRC website activities. There are a range of fun activities available on this website and students can record their own individual Summer Reading Log. Stickers and special prizes are available from Mrs Evans for all students who register. Students may register on the computers in the library if they have parental permission to participate in the Summer Reading Club.

3/4A

At School we caught a bus to the Trestle Bridge. We kept walking towards Glenfyne. We went past wonky Bridges and saw rivers with lots of creatures in them. When Mrs Moriarty took photos we posed for her. At the end all had an icy pole.

By Bailey and Taj.

Look at the few smilers standing in front of a rotten, overgrown, unbalanced bridge. Trains used to go on this bridge to Timboon.

By Colby and Darcy.

Yesterday our class and the year 1’s went on a walk in the dense bush of the old rail trail. We walked past two rotting bridges that were unstable. This walk was all about Walktober, they provided us with water and an icy pole at the end.

By William & Kaden

PREP A

By Jed Johnson
Pop into the
FAT COW CAFÉ now and check out the
VCE YEAR 12
STUDIO ARTS EXHIBITION!

PARENT CLUB NEWS

TSPA PARENTS SAY
Love to hear from you!
Name: ___________________________________________

Phone: __________________________________________

CANTEEN NEWS

CANTEEN ROSTER

WEEK 10 (7th – 11th Dec)
Mon 7th         Cherie Mungean
Tues 8th        Emily McKenzie
Wed 9th         Sheryn Vogels
Thurs 10th      Jenny Inglis     Misty Goodwin
Fri 11th        Melinda Drysdale
12:00 – 2:00pm  Anne Rosolin

WEEK 11 (14th – 17th Dec)
Mon 14th        Sue Trotter
Tues 15th       Sheryn Vogels
Wed 16th        No Students
Thurs 17th      No Students
Fri 18th        No Students
12:00 – 2:00pm

If anyone can volunteer in the blank time slots above it would be appreciated.

REMEMBER TO KEEP COLLECTING...
The house captains are still running the Bring, Collect, and Recycle
Toothpaste. There will be a prize at the end of this competition! It will end in November. We need everyone who has empty toothpaste tubes or exhausted toothbrushes in their house to send them to school with their children, so it can be recycled! Thank you to everyone who has participated in this event so far. Your donations are really appreciated!
**FOR SALE**

VCE BOOKS
Essential VCE Business management units 1 & 2 (3rd ed) $30
Essential VCE Business management units 3 & 4 (3rd ed) $30
Maths Quest 12 – further maths VCE units 3 & 4 (4th ed) $20
All in excellent condition
PHONE: Deb Norton 5598 3535

ALPACAs for sale
3 x female suri and 1 x wether $1,200 the lot. Ono
PHONE: 5598 6216

**FLAT TO RENT:** One bedroom fully furnished flat in Timboon, power and water paid.
PHONE: 5598 3864 or 0407 044 089

**BRA COLLECTION FOR KENYA**
I am collecting new/used bras to send to Kenya via a cousin who works there in the travel industry. They are for the ladies who cannot afford their own, and they are less likely to be assaulted if they are wearing one. Sad, but true.
Please leave at school office by the end of September or just pass them onto me. My cousin will make sure they reach the right people. Thank you for all your support.
Anne Rosolin.

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**TAP YEAR**

2015-2016

You’ve heard of a GAP year, how about a TAP Year! Would you like an opportunity to make & save money prior to undertaking further study at university, college, traineeship, TAFE course or while you are deciding what you want to do??

We are planning to offer assistance to senior students to help find work locally in an agricultural field or industry. It could involve a taster or a pathway for students to learn more about agriculture, or a chance to do short courses, eg "Cups on, Cups off" course or RSA while working to enhance your employment prospects. This would be a fantastic addition to your resume & would make you stand out from the crowd as well as make you financially independent prior to uni etc.
Enquiries: Please contact Andrea Vallance

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** UNDER 12 Elimination Finals**
Monday December 7th
3:45pm Magic v Pistons
4:20pm Lakers v The Bulls

** UNDER 16 Elimination Final**
Wednesday December 9th
4:20pm Clippers v Pacers
5:10pm Raptors v Kings

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**SECOND-HAND UNIFORM SALE**
The next second-hand uniform sale will be held on Tuesday 8th December (1pm in the SEU building).
Book Day January 20th - second-hand uniform sales will be between 11am – 1pm.
For enquiries please call Susan: 5598 3358
Pool Summer Season Lap Challenge

50 kilometre awards for all ages (1500 laps)
0 kilometre awards for juniors (600 laps)
15 weeks of swimming

Pool opens Saturday 28th November

11:30 to 7:00 non-school days, 3:00 to 7:00 school days

Morning lap swimming begins 6:30 am Monday 30th Nov
(Mondays, Wednesdays and Fridays)
Take up the challenge, every lap counts
Be there!!

STARLIGHT
Uniting Church Timboon
Christmas Story, food and crafts
Thursday 10th December 2015
3:45pm – 5pm
Prep to grade 6
$3 per child
To register phone 559 8188 or 5598 3164
Student pick up at 3.30pm at school tennis courts

Timboon & District Healthcare would like to bring some Christmas Cheer to our Community

Your donation of non perishable hamper items, would be gratefully appreciated.

Donation boxes available Ritchies Supermarket and Timboon Healthcare

Santa In The Street
Timboon. 2015

Friday December 4th, 3-7pm

UNLIMITED RIDES/ PETTING ZOO
$10 PER CHILD

Food
Live Music by Avalon & Scarlett Valley
Showbags
Santa
Market stalls

MAIN STREET FROM IGA ENTRANCE
CLOSED FROM 7PM

Major Sponsors: Proudly supported by: