

Prayer

*God of the prophets, you gifted Mary MacKillop with vision and courage.
In her we see one who was not afraid to speak fearlessly your gospel of love.
We pray for the sensitivity and imagination to read the signs of our times,
and to articulate new possibilities for our own day.
Like Mary, may we learn to confront all that is oppressive and unjust,
and empower others towards true freedom and integrity.
Spirit of wisdom, be with us as we face new horizons.
Amen.*



PRINCIPAL'S MESSAGE - Dr Darren Egberts

The prayer above recognises the life and work of St Mary of the Cross Mackillop, Australia's first saint and is offered in thanks for all who supported my recent pilgrimage from Portland, Victoria to Penola, South Australia. The notion of a pilgrimage is ancient with mentions in early Jewish and Christian scriptures, before they became commonplace in medieval times. I walked with a small group of five others following the Great South West Walk west from Portland to Nelson and then onto Port MacDonnell. Our journey then turned north through Mount Gambier before finishing at the Mary MacKillop Interpretive Centre in Penola. Although physically challenging, it was enormously rewarding as I realised the spiritual nourishment offered by long hours of reflection spent in our beautiful countryside.



Isolation

As many of our Sacred Heart families have and are experiencing this year, I am currently at home in isolation following my wife's positive test for Covid-19 earlier this week. Our family are all well and look forward to being back at school next week.



Staffing News

As we approach the end of Term 1, a couple of staff announcements:

- Ms Alexis Epstein completed her time at Sacred Heart College last week after more than four years teaching French, English and also as Coordinator of Debating (2020 – 2021). We wish Alexis all the best in her future career.
- Ms Renee Carey has tendered her resignation effective from the end of this term. Renee has been a valuable member of the College's Wellbeing team especially through the difficult last two years of the global pandemic. We wish Renee well.

Changes to Students/Staff following a Covid Infection

Last week, the Victorian Government announced a change to the guidelines for students or staff who contract Covid-19 and test positive via a RAT or PCR. If a person has tested **positive**:

- They are exempt from twice-weekly surveillance testing (RATs) for a period of eight weeks from the initial positive result.
- If another positive case occurs in their household, students/staff who have previously tested positive do not need to isolate for a period of eight weeks following their initial positive test.

End of Term Arrangements

A reminder to all parents about arrangements for the next week and the start of Term 2:

- Term 1 concludes next **Friday 8 April** at 2.30pm.
- The term holidays include the Easter weekend plus ANZAC Day (Monday April 25).
- **Tuesday 26 April** is a Professional Learning Day for all Sacred Heart College staff and will focus on learning and teaching. No students in attendance.
- Term 2 will commence on **Wednesday 27 April 2022**.
- The College Open Evening will be held on **Thursday 28 April** involving all staff and many students.

Wishing all Sacred Heart College families and community members a very restful break and the most blessed of Easter times.

Yours in Mercy,

Dr Darren Egberts
Principal



SACRED HEART COLLEGE
SEMPER FIDELIS
KYNETON

Discover, Create Learn

Open Evening

Thursday 28 April, 4pm – 8pm
Book Online: shckyneton.catholic.edu.au

Hands on activities, information sessions
and displays – lots to do and see.

SACRED HEART COLLEGE KYNETON
T: 5421 1238 E: dlawrence@shckyneton.catholic.edu.au
www.shckyneton.catholic.edu.au
A Ministry of Mercy Education Limited - ABN 69 154 531 870





Bereavements - Your prayers are asked for the following families who are mourning the passing of a loved one recently. The Osmond family on the passing of Teresa Grant, great grandmother of Renae 8C. The Keenan family on the passing of Christopher, father of Harry 10A and Freddie 7D. The Roberts family on the passing of Wendy Roberts, mother of Dempsey 11F.

Our thoughts are with you all at this sad time.

CALENDAR DATES

Fri 1/4 - **STUDENT FREE DAY**
- Student Progress Interviews (SPI's)
Zoom 9.00am to 1.00pm

Sat 2/4 - Year 12 Debutante Ball - (2021 Group)

Mon 4/4 - Year 9 Self Defence Program in PE Classes
7/3 to 9/4

Tues 5/4 - Period 5 3.35pm to 5.00pm

Wed 6/4 - Year 7 & 8 Orienteering 1.00pm to 3.30pm
(Kyneton Botanic Gardens)
- Maths Tutorials 3.30pm to 5.00pm
- Senior Studio Time in Buckley 3.30pm to 5.00pm

Thur 7/4 - Easter Liturgy (P3)

Fri 8/4 - **Term 1 ends at 2.30pm**

Mon 25/4 - Anzac Day Public Holiday
- Anzac Ceremony Mt Macedon

Tues 26/4 - **STUDENT FREE DAY**
Staff Professional Learning Day

Wed 27/4 - **Students Return for Term 2**
- Maths Tutorials 3.30pm to 5.00pm
- Senior Studio Time in Buckley 3.30 to 5.00pm

Thur 28/4 - House Assembly & Aths sign ups
10.40am to 12.00pm
- College Open Evening 4.00pm to 8.00pm

DEPUTY PRINCIPAL - STUDENT WELLBEING - Julie Mortimer

*Sacred Heart College is committed to promoting the safety, wellbeing and inclusion of all children.
Further information about Child Safety at SHCK can be found on the College website.
<https://www.shckyneton.catholic.edu.au/our-college/child-safe/>*

In our last newsletter, I provided an example of how you might hold a conversation with your child about how they are feeling about the war in the Ukraine. This year I have been asked to suggest or direct parents to sources of information on a variety of topics that may be of concern for them. I have included below several links to excellent Australian websites with useful information.

WORLD EVENTS

There are global events currently playing out which may be having an impact on the feelings of safety and wellbeing for children and young people in our school communities. When we combine this with the stresses and complex needs of families as a result of the challenges of the COVID 19 pandemic, we know we need to pay particular attention to the mental health of ourselves and our young people.

Constant media coverage through television, radio and the internet while necessary, exposes children and young people to disasters and traumatic events which may increase their anxiety and reduce their sense of safety and wellbeing. The resources below may assist you in having conversations at home.

Talking to children about natural disasters, traumatic events, or worries about the future – This **Emerging Minds** video introduces ways for parents and carers to manage media coverage of traumatic events, and talk to their children about their worries and fears

- Traumatic events, the media and your child – This **Emerging Minds** fact sheet provides guidance on how to support and reassure children during ongoing media coverage about traumatic events.
- Disaster news, distressing news events and teenagers - This link is to the **Raising Children** site. This resource provides guidance on how to support teenagers, who are often very smart consumers of social media, to make sense of all the media messages they're exposed to, interpret disaster news and cope with their feelings about it.

Here are email links to resources that you may find useful in addressing current needs of families and students.
<https://www.mackillopinstitute.org.au/resources>

1. **BE You** resources and facts sheets to support educators
<https://beyou.edu.au/fact-sheets/grief-trauma-and-critical-incidents>
2. **NIP IT IN THE BUD** strategy explained in a short video by Kristen Douglas National Manager of HEADSPACE schools (Conference 2019)
<https://www.facebook.com/gennextcommunity/videos/nip-it-in-the-bud/975263999532945/>
3. **Times Like These: Some ways adults can support their children who feel affected by big world problems.** Poster from Childhood Foundation
<https://professionals.childhood.org.au/app/uploads/2022/03/Times-Like-These-High-Res.pdf>

VAPING

Many parents are at a loss as to the safety surrounding vaping. Here is a link to the Alcohol and Drug Foundation website which has some starting point facts that may be useful in your conversations.

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

ANXIETY

Anxiety continues to grow as a serious mental health concern. The following websites provide information and strategies and hope for young people and adults when managing this potentially debilitating condition.

The important thing to remember is if anxiety or feeling anxious about things is preventing you from performing your normal activities, then seek professional help.

<https://www.beyondblue.org.au/the-facts/anxiety> This explains what anxiety is, the signs and symptoms

<https://www.beyondblue.org.au/who-does-it-affect> Who is affected by Anxiety, and which groups of society may be more vulnerable.

Please feel free to contact me or members of the Wellbeing Team at the College if you have any questions.

Changes to the SHC Phone System

To make it quicker and easier for parents to access the required area of the College when calling, please note the new options below. You can key your option without waiting to hear all of the recorded message.



- **Dial 1 - For (Junior) Student Office Years 7 - 9**
- **Dial 2 - For (Senior) Student Programs Office Years 10 -12**
- **Dial 3 - For Enrolment Enquiries**
- **Dial 4 - For Family Accounts and Bus Enquires**
- **Dial 5 - For Supplier Invoices and Payments**
- **Dial 6 - For the Principal's PA**
- **Dial 7 - General Reception and all other enquiries**

Yesterday we gathered to award and celebrate the academic success of our 2021 students. Please [click here](#) to access the full Academic Award Brochure which details all our students' achievements for 2021. We also presented the badges for the Student Leadership Cabinet, House Captains and Peer Support Students.

[FULL AWARD BROCHURE](#)

[LINK TO THE VIDEO OF THE AWARDS CEREMONY](#)

CELEBRATING ACADEMIC SUCCESS IN 2021



COLLEGE DUX
Matilda Foerster
98.35
Biology
Chemistry
German
Literature
Mathematical Methods
Music Performance



COLLEGE DUX PROXIMUS
Hunter White
98.25
Chemistry
English Language
Japanese
Mathematical Methods
Music Performance
Physics
Specialist Mathematics
University Extension Studies:
Linear Algebra & Calculus

The Class of 2021 has achieved excellent results and can be proud of their achievements.

As a group of students, they were a close-knit community and have been supportive of each other.

Our College Dux Matilda Foerster and Dux Proximus Hunter White achieved excellent results.

Matilda will be attending Monash University to study Science-Global Challenges (Honours) and Hunter will be also be attending Monash University to study Pharmacy (Honours).

Our Top Ten best performing students are to be congratulated for their excellent results, achieved through hard work, commitment and by building good relationships with their teachers who supported them in Year 12.

Students at Sacred Heart excel in many areas including sport, performing and visual arts and areas of vocational pathways into industry.

Our academic achievements add to the culture, diversity and rich courses we offer at the College enabling students to Learn, Care and Flourish.

Dr Darren Egberts
PRINCIPAL

CELEBRATING ACADEMIC SUCCESS IN 2021 ASSEMBLY



CELEBRATING ACADEMIC SUCCESS IN 2021 ASSEMBLY



COLLEGE CAPTAINS
Paige Koliba & Samuel Gordon



JUNIOR COLLEGE CAPTAINS
Astrid Le Noury & Mila Pereira



STUDENT LEADERSHIP - SENIOR AND JUNIOR

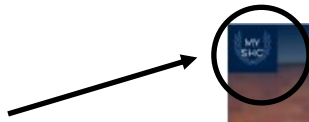


HOUSE CAPTAINS

SACRED HEART COLLEGE WEBSITE

The Sacred Heart College website (www.shckyneton.catholic.edu.au) is a 'one stop shop' full of information for our current parents. We encourage you to take a look through **MY SHC – FOUND ON THE TOP LEFT HAND SIDE OF THE FRONT PAGE.**

Current News and the College calendar can be accessed as you scroll down the home page or via the **quicklinks** at the top of the page – the College calendar is also available via PAM and SIMON.



MY SHC

Everything our parents need to know 'All in one spot'!

- PAM / SIMON
- Uniform
- Flexischools Lunch Orders
- Wellbeing Support
- Operoo
- Booklists
- Tech Support
- Parent Handbook
- Contact us

Follow us on Facebook!



ATTENDANCE - NOTIFYING THE COLLEGE

CALLING THE COLLEGE TO REPORT YOUR STUDENT'S ABSENCE OR ORGANISING A LEAVE PASS

If a student is absent, parents must inform the College by 9.00am on the day of the absence. The absence lines are available 24 hours a day to leave a message. If your child is sick the night before, you can leave a message then if its more convenient for you.

Years 7- 9 phone: 5421 1223
Years 10 - 12 phone: 5421 1242

LEAVE PASSES

A parental note with the reason for the leave pass must be presented to the student's Year Level Leader/Head of School or Homeroom Teacher at the beginning of the day. If approved, staff member will sign the parent note. The student then shows the note to the teacher at the required time, and proceeds to the Student Office to sign out.

SPORTS REPORT

Mr Damien Zanic

Congratulations to all students who represented Sacred Heart College at the recent NMR swim meet held at Watermarc in Greensborough.

The level of competition certainly went up a notch or two and it showed our students that each level is only going to make the competition even harder. I am still waiting on final results and the list of students to see who have been successful in gaining entry to the next round. First place gets you in, but I am waiting for confirmation regarding a couple of second place results to see if the students have gone through. At this stage some of the main results were:

First Place: Catherine Mahony

- 14 year Girls Breastroke
- 15 year girls Relay

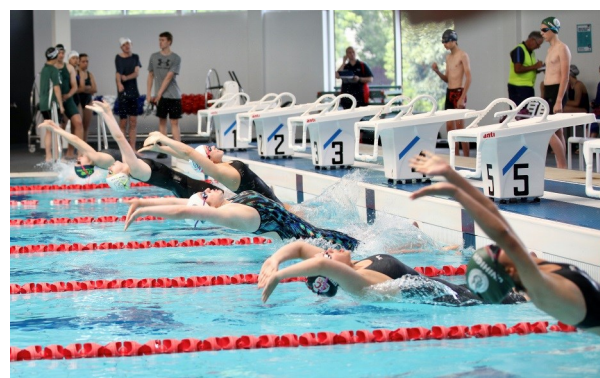
Second Place: Trea Harkin

- 15 year old Girls Backstroke
- Girls 17 year old Girls Freestyle relay

Third Place: Trea Harkin 15 year old Girls Freestyle

Catherine Mahony 14 year old Girls Backstroke

Angus White 12-13 year old Boys Freestyle



OFFICE HOURS FOR THE SCHOOL HOLIDAYS



Monday 11 April - 8:00am to 4:30pm

Friday 22 April - 8:00am to 4:30pm

Tuesday 26 April - 8:00am to 4:30pm

**For any enquiries outside of these times, please call:
5421 1200 and leave a message**



NOONE
BEST IN CLASS SINCE 1947

Sacred Heart College Uniform Shop

School Holiday/Term II Trading hours

The Uniform Shop
will be **OPEN** during the school holidays

Tuesday 19 April	12.00pm – 4.30pm
Thursday 21 April	12.00pm – 4.30pm
Saturday 23 April	9.00am – 12.00pm

TERM II TRADING HOURS

The following normal trading hours resume from **Thursday 28 April**

Tuesday	12.30pm – 4.30pm
Thursday	12.30pm – 4.30pm

Campus Store Location
Sacred Heart College Uniform Shop
94 High Street, Kyneton
Telephone: (03) 7020 2648
shkyneton@noone.com.au

For assistance outside these hours, please contact Noone
Telephone (03) 9379 5037

The College proudly hosted Susan McLean on Tuesday evening, 15 March, as part of our Parent Engagement Partnership. Susan is a leading Australian Expert and is internationally renowned for her knowledge on Cybersafety. Her engaging and dynamic presentation provided great insight into a myriad of topics including Cyberbullying, Sexting, Online Grooming, Screen Time, Digital Footprints and much more.



Susan emphasised the importance of adopting a community approach around the education of online safety, and that the sharing of information and messages amongst parents, guardians and carers is crucial in this ever evolving cyber world. She refers to parents and guardians as ‘Gatekeepers to your children’s online world.’

Susan also spoke about the importance of your children's digital footprint. *“Their digital activity can impact how they are perceived by others, including friends, strangers, future employers, schools, etc and a careless photo or comment posted online can come back to bite them years later”.*

Things to be aware of:

1. Choice of email address name – nothing inappropriate (silly/jokey/vulgar names)
2. Profile pictures on social networks (nothing sexy, repulsive or idiotic)
3. Friends attached to your page
4. ‘Likes’ on your page – nothing disrespectful, illegal, vile, etc
5. Google images and content found in your name
6. Places you hang out online
7. Bluetooth name on your phone
8. Wi-Fi hotspot name

Susan’s Top Tips for Cybersafety:

1. Lead by example
2. Be your child's best parent, not their best friend
3. Get comfortable with saying 'no'
4. Understand the difference between 'need' and 'want'
5. Keep all technology out of the bedroom
6. Know your children’s passwords (but don’t stalk them)
7. Do not share passwords
8. Keep channels of communication open
9. Have a ‘family contract’ so children understand boundaries
10. Use all security settings
11. Learn about technology
12. Do not disclose personal information online
13. Shoulder surf - watch what your kids are doing
14. Only let your children communicate with people they know in real life

Know when your child is online and offline.

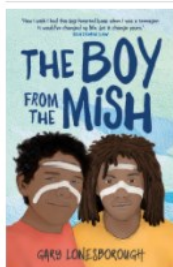
Please find further information about Cyberbullying in the [attached Fact Sheet](#).

SAVE THE DATE	
Tuesday 24 May	Presenter: David Vinegrad Restorative Practices Parent Sessions
Tuesday 2 August	Presenter: Andrew Fuller - Raising Boys to be Respectful Gentlemen
Wednesday 9 November	Presenter: Maria O’Shannessy The Parent Coach Workshop: 6.30pm – 8.30pm Limited to 30 people

SAVE THE DATE
Parent Engagement Evenings for 2022
 (Bookings essential – further information can be found on the College Website)

CBCA Shortlist

The [CBCA notables list](#) has been whittled down to six shortlisted books. How many will you read before August? You can find these books in the Catherine McAuley Library or on the eplatform. We also have a number of the younger reader shortlisted books too.



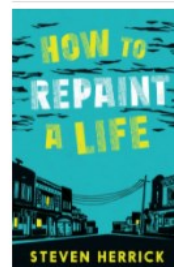
The Boy from the Mish
Gary Lonesborough
Allen & Unwin
ISBN: 9781760525880

[read more...](#)



Girls in Boys' Cars
Felicity Castagna
Pan Macmillan Australia
ISBN: 9781760982980

[read more...](#)



How to Repaint a Life
Steven Herrick
University of Queensland Press
ISBN: 9780702263156

[read more...](#)



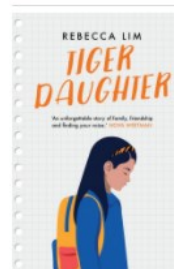
Sugar Town Queens
Malla Nunn
Allen & Unwin
ISBN: 9781760526832

[read more...](#)



Terciel and Elinor
Garth Nix
Allen & Unwin
ISBN: 9781760878818

[read more...](#)



Tiger Daughter
Rebecca Lim
Allen & Unwin
ISBN: 9781760877644

[read more...](#)

Tech-free Tuesdays (are back!)

What are tech-free Tuesdays? Quite simply, they're a forced opportunity to down tools and spend recess and lunchtime away from a computer screen. Gaming on the library computers provides lots of fun and entertainment during recess and lunchtime, but sometimes it's nice to try something different. Tech-free Tuesdays see our students reading, creating, building with sticks and lego, drawing and trying new board games that they wouldn't usually. We also have a few keen guitar players who have been keeping us entertained! We'll post some photos in the next newsletter so you can see the joy that tech-free is bringing!

Overdues!

At the end of every term we ask you to hunt at home for any overdue library books and resources and to return them. Presently, we have almost 1300 resources overdue! This equates to a huge amount of resources that can't be enjoyed by other people.

If you still need your library books then please send an email to library@shckyneton.catholic.edu.au and we will renew them for you. If you have lost them, then please let us know so we can alter our catalogue record.

HEALTH CENTRE INFORMATION - Jalna Holmes

Year 10 Meningococcal ACWY Vaccine

Every day vaccination saves lives and makes it possible for Victorians to live free from the illness and disability caused by many infectious diseases. All Year 10 Victorian secondary students have the opportunity to receive the Meningococcal ACWY vaccine. Sacred Heart College students can receive their Meningococcal ACWY vaccine on **Monday 9 May 2022**.



There are a number of consent cards that remain outstanding. Please complete the card and forwarded to the College ASAP. Should you require further information please do not hesitate to contact me on 5421 1200.

The last couple of weeks have been incredibly busy in the Music Department.

Last week's Monday Music Matinee, hosted by our 2022 Music Leaders Charlotte Godsmark and Will Shaddock took place in beautiful sunshine, with lots of students watching performances whilst sitting on the grass with their mates, enjoying their lunch. Our featured performers were Lachie Hyatt rocking his socks off on the drums, Frida Foerster who wowed us with her ivory-tickling, and the mighty Amelia Walsh (accompanied by the six-string bandito, Finn Slechten) who slapped and popped her bass guitar with ease. These students all showed huge courage to play in front of their peers, and had the audience completely eating out of their hands. Congratulations to these students!



Last Tuesday, our Year 10 and 11 Music class travelled to Melbourne. After visiting the Arts Centre Melbourne's Music Vault, we had a thorough look around the rabbit warren that is the foyer system of the Arts Centre. We then walked to the Melbourne Recital Centre to observe one of the VCAA Top Class Music concerts, featuring some of the top-scoring students from the various VCE Music subjects in 2021. Not only were the students exposed to great skill and truly entertaining performances, they were able to debrief thoroughly about the many performance elements. We also agreed that despite these performers showing great talent, achieving this level of musicianship comes from enormous amounts of dedication and practice: 10% inspiration, 90% perspiration.



Year 8 Camp

Sophie Dunn 8C

A few weeks ago the Year 8s went away for a week to Surf Camp in Anglesea. There were a range of activities, and we were kept busy and happy during our time there.

Challenge By Choice activities were where you chose how far you wanted to go, how much you wanted to push yourself. This included setting a goal and trying to achieve it. The Challenge By Choice activities we did on camp were the vertical challenge, giant swing and the crate climb.

There were a range of water activities also. We did stand-up paddle boarding, canoeing, and two sessions of surfing. Other fun activities were mountain biking and the initiative challenges. The initiative challenges were a series of challenges that involved the whole group working together to find a solution.

As well as this, there was an overnight hike. We walked approximately four kilometers to the camp spot, carrying a pack containing a Trangia, sleeping mat, food, utensils, clothes, a sleeping bag, and any other items needed. After setting up camp we played a few games and then cooked a yummy meal of pasta using the Trangias. In the morning we woke up bright and early and hiked six kilometers down the hill and back to camp. Overall we all thoroughly enjoyed our time!

Thank you to the YMCA Anglesea Camp for providing us with food, a place to stay, and leading us in activities. Thank you to the teachers who accompanied us and even participated in the activities. A big thank you to Mrs Barnes and Ms Hardham, for doing all the work in the background and making sure we all had a great time!



Mercy@Work: Year 7 Caritas Ks Event

Well done and congratulations to all members of the Year 7 cohort for their participation in the 'Caritas Ks' event on Monday 28 March. This event was held in the spirit of 'challenge by choice', with each Year 7 student invited to carry 4L of water for at least two laps of the oval (approximately 1km). All participants took part in the event understanding that they did so as an act of solidarity with those who must walk long distances to access water.

The results of the event are commendable. Over the course of the day, our Year 7s walked a total of 570 laps of the oval between them, which is equivalent to approximately 285km. While the average distance walked by each student was a little over four laps, some personal achievements on the day are deserving of special mention, and so individual congratulations are offered to the following students:

- Angus White, 7C: 10 laps/5km
- Rhys Bosanko, 7D: 10 laps/5km
- Oscar Bateman 7D: 9 laps/4.5km
- Justin Farrell, 7E: 8 laps/4km
- William Franklin, 7E: 8 laps/4km
- Johannes Ramselaar, 7E: 8 laps/4km
- Daniel Curtin, 7F: 8 laps/4km
- Macey Holmes, 7F: 8 laps/4km

Each Year 7 participant has been encouraged to seek donations towards Project Compassion from their friends and family. **Donations can be made via the Sacred Heart fundraising page at:**

<https://fundraise.projectcompassion.org.au/t/shck2022>

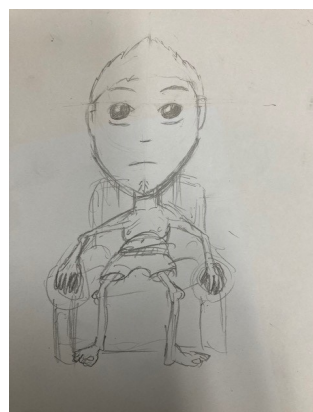
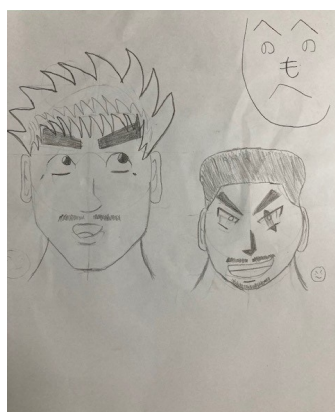
For now, thumbs up and high fives all 'round for a great event!



Year 9 Japanese Incursion

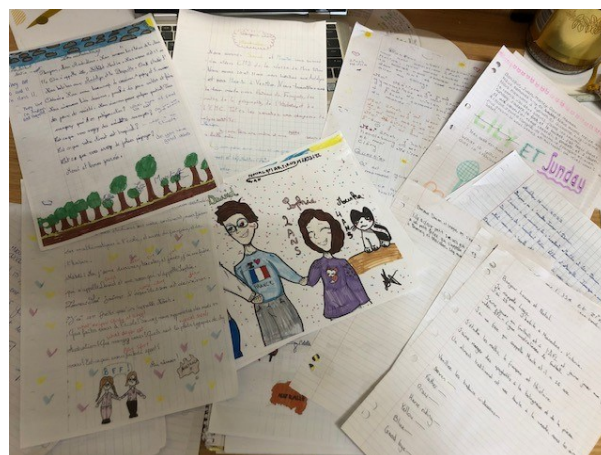
On Tuesday 29 March, the Year 9 Japanese class was treated to a manga drawing workshop with manga artist Kenny Chan. Manga is an important part of Japanese culture. The word literally means 'whimsical drawing', but can be loosely translated as 'comic'. Around two billion manga are sold every year in Japan, providing cheap entertainment on long train commutes.

In the workshop, the students learned many techniques of manga drawing as we worked through different facial features, learning some Japanese vocabulary along the way. The students produced some excellent work through sketching along with Kenny, and we look forward to using this style of drawing to present our Japanese language dialogues in the future.



Letters from France!

We wrote letters to France this week in my Year 8 class! My sister is a primary school teacher in Normandy, France (where I was born and grew up). Her class is learning about Oceania, and more particularly about Australia and, a few weeks ago, she told me her students were keen to send letters to us to find out more about what it was like to live here. Although the students were a bit worried about writing a whole letter in French, they were very excited to communicate with real people and I think they did a brilliant job!



French Students

Bonjour, Students studying French might be interested in the Berthe Mouchette Competition.

The Berthe Mouchette Competition is an opportunity for students to practise the French language by participating in a competition with great prizes to be won! Options are:

1. Years 3-10 recital of a French poem
2. Year 11-12 oral exam
3. Year 9-12 written exam

<https://www.afmelbourne.com.au/schools-and-teachers/bmc/info/>

Enrolments due by 6 April. If you are interested or have any questions, please speak to Mrs Sloatjes as soon as possible.

NEWS FROM THE HISTORY CLASSROOM - Jody Takos

Year 7D students in Religion class were really engaged in the making of a 3D Stations of the Cross Poster. This task gave students a deeper understanding of the suffering of our Lord Jesus Christ.



NEWS FROM THE CLASSROOM - Health and Human Development – Belinda Kime

Year 10

Currently in Year 10 Health and Human Development students have been completing a unit on nutrition. We have been looking at the importance of healthy eating and how nutrients help to support our bodies hunger, growth, maintenance, repair and the prevention of dietary related diseases. To help guide and support these discussions, we have been using food models such as the Australian Guide to Healthy Eating to help encourage food variety into our diets. During a practical lesson we had an opportunity to cook and prepare a variety of healthy snack foods in small groups.

Our tasty treats included:

- Mango and strawberry smoothie
- Blueberry muffins
- Pita chips with student's choice of herbs and spices
- Spicy hummus dip with carrot, cucumber and celery sticks.



THE ARTS SPOT

Samantha Caddey, Arts Learning Area Leader

This week Year 11s and 12s both had trips to the NGV. Year 11s were exploring and viewing the art of portraiture, and the visiting exhibition from the National Portrait Gallery in Canberra, as well as some international icons! We spoke about grief and war and looked at Picasso's weeping woman, and some beautiful indigenous works by Ms N Yunupingu, about her concept of 'self' and connection to country. We even got to introduce Mr Webb to some interesting work, even finding one that looks a bit like him!



Year 12 Art - Lani Gallagher

On Wednesday, Ms Sullivan took our Year 12 Art class to Melbourne to visit Top Arts. We travelled by train and tram through the city to the NGV in Federation Square. There we watched a lecture with other Year 11 and 12 students from schools around Victoria, with advice for completing VCE Art and Studio Arts. We then participated in a folio viewing, where we could look through the folios of the 2021 Top Arts winners, to assist us in the creation of our own. After that we were finally able to see their artworks up close in the Exhibition, allowing us to gauge whether or not we are on the right track and see what the finished product might possibly look like.

Seeing the other exhibitions in the gallery was also helpful for inspiration for our own final artworks, and gave some of us ideas to further our themes.



YEAR 7 ART

Year 7 Art had some furry and slimy visitors to class today! We are learning about drawing pets with personality, so this was a good starter activity to get kids working quickly with line and tone.

Watch out parents of Year 7 students, as they will be capturing their pets at home with vigour in the next week!



Under 10s Basketball

Under 10 girls and boys looking to develop their basketball skills, or learn how to play, are invited to join the



Under 10s Winter Competition (Terms 2 & 3)

Venue: Buffalo Stadium, Woodend

Matches: Wednesdays from 4:30pm onwards

Training: Saturdays, 9:30 - 10:30am

Season commences: Wednesday 4 May

Cost: \$130

(plus Basketball Vic Insurance)

Contact: domestic@mrba.net.au



Woodend Lifestyle Carers Group's Fundraiser for dementia care in the Macedon Ranges

Saturday, 2nd April: 8am – 4pm

**Macgregor's Farm
78 Old Lancefield Rd, Woodend North**

Call **0418 638 791** to book your spot.

It's a great way to de-clutter!!! And pick up some bargains!



BENDIGO NETFIT CLINIC

Powered by The Athlete's Foot

DATE: THURSDAY 14TH APRIL 2022

TIME: 9AM-3PM

WHERE: BENDIGO STADIUM
91 INGLIS STREET, WEST BENDIGO

WHAT'S ON
MATCH PLAY
SKILLS
NETFIT FITNESS
MINDTIME
NUTRITION

AGE: 7 - 14YRS

PRICE: \$90
+ NETFIT T-SHIRT



BOOK NOW
netfitnetball.com

ORIENTEERING VICTORIA

Upcoming Events Autumn 2022 – Head this way for a family adventure.

Saturday	02-Apr-22	Bendigo Bush 1 - Mt Alexander	Bendigo Orienteers
Sunday	03-Apr-22	MelBushO 1 - Candlebark Park (from Westerfolds), Lwr Templestowe	Nillumbik Emus Orienteering Club
Sunday	10-Apr-22	Vic Autumn-Spring 2 - Enfield SF	Eureka Orienteers
Saturday	23-Apr-22	Bendigo - Ironstone Hill	Bendigo Orienteers
Sunday	24-Apr-22	MelBushO 2 - Tikalara Park, Templestowe	Nillumbik Emus Orienteering Club
Saturday	30-Apr-22	Bendigo Bush 3 - Dead Bullock Gully	Bendigo Orienteers
Sunday	01-May-22	Vic Autumn-Spring 3 - Sailors Diggings, Daylesford	Bayside Kangaroos Orienteers
Saturday	07-May-22	Bendigo Bush 4 - Sedgwick North	Bendigo Orienteers

To find out more go to: www.vicorienteeing.asn.au

Contact: schools@vicorienteeing.asn.au