

MERCY REGIONAL COLLEGE NEWSLETTER

ISSUE 3-5

18th September, 2015

Our Vision

Mercy Regional College serves a wide rural community which values growth and diversity in Catholic Education in the Mercy tradition.

Our Mission

In the Spirit of the Gospels we commit ourselves to the core values of community, inclusiveness, learning, care, justice and mercy, excellence and achievement.

Our Focus for 2015

"Through the Mercy tradition we encourage our community to seek knowledge, to nurture curiosity and to love learning".

From the Principal

Our newsletter with a prayer focused on the plight of refugees and victims of war. I was reflecting this morning on a possible ray of hope arising out of the dreadful crisis in Europe over recent weeks; that is, that it has forced all Australians to realise again the desperate situation that most refugees find themselves in. Rather than refugees and asylum seekers being simply a debate dominated by national self-interest and fear, we have rediscovered compassion, hospitality and bipartisanship. We should never forget that each of our families came to this land as refugees and migrants, as people seeking a safer, brighter and more hope-filled future.

Prayer for Refugees and Victims of War

Lord God,

No-one is a stranger to you

and no-one is ever far from your loving care.

In your kindness,

watch over refugees and victims of war,

those separated from their loved ones,

young people who are lost,

and those who have left home

or who have run away from home.

Bring them back safely to the place

where they long to be

and help us always to show your kindness

to strangers and to all in need.

Grant this through Christ our Lord.

Amen.

Buildings Update

Although from the outside in recent weeks, little appears to have changed with Stage 1 of our building works, significant progress has in fact been made. We have received notification from our builders, Nicholson Constructions that they expect to complete works in the first couple of weeks of next term at which point the building will be formally handed over to Mercy Regional College.

Most internal works – painting, flooring, joinery, tiles, and electricals - are nearing completion and the builders will spend the upcoming holidays focused on moving the canteen from its present site into new facilities adjacent to the College's commercial kitchen.

At this stage, we hope to have classes in the new rooms in November with an official opening in February 2016.

Mercy Regional College MacBook Program

With this week's newsletter, all families should have received a copy of a paper outlining the details on the College's MacBook program and, in particular, the specifications and purchase options for students entering Year 7 & 10 in 2016. There will be further information coming to you through next term as well as hard copies of this document. Please make contact with Mr. Chris Grant or Mr. Daniel Beard at the College if you have specific questions on next year's rollout.

Car Raffle

Mercy Regional College's major fundraiser, the Car Raffle is well underway. I encourage all members of the immediate and broader Mercy community to return you sold raffle books as soon as possible in Term 4. Your children are the direct beneficiaries of the facilities and programs that are made possible by the \$40,000-50,000 raised each year by the car raffle and, as such, will be those affected if raffle sales are not supported.

This support extends beyond simply buying/selling a book of raffle tickets, it is reflected in the need for most families to assist by selling tickets at the designated car raffle sites in your local towns.

Any parent or member of the Mercy community who has questions on the car raffle is asked to make contact with us at the College office.

Planes, Trains and Automobiles

As I write, around 40 Mercy students and staff are currently in France as part of Mercy Regional College's third biennial Battlefields tour. Once again, the group is in the more than capable hands of Mr. Lachie Lee and we wish them all the very best as they complete this fantastic experience over the next week.

Preparations also continue for those students and staff involved in next term's inaugural Kimberley trip and next year's Cambodia Immersion trip. Both of these have held or will shortly hold information evenings for students and parents and the preparation going into each endeavor is impressive.

Lake-to-Lake Fun Run

Advance warning and a warm invitation to all members of the Mercy community to join us at next month's Lake-to-Lake Fun Run. The fun run is a major initiative of the Year 12 student leaders and all funds raised will be donated to a local health service. The fun run will be held on Sunday 11th October from at the Camperdown Golf Club with registrations from 1.00 – 1.45pm. There will be 4 km and 8km run and walk events with a range of age category prizes to win. In addition to the physical events, there will be a range of other activities as well and food and drink stalls.



Canteen

Parents please note that there will be no Canteen on Monday 5th October when student's return for the first day of Term 4.

Important Dates

A reminder about some important dates regarding the end of the 2015 school year and the start of 2016:

Monday 5th October

- Start of Term 4 (all students & staff)

Wednesday 21st October

- Final day Year 12
(Mercy's Got Talent & Year 12 assembly)

Wednesday 7 October

- Year 9 Melbourne Camp

Thursday 8 October

- Year 9 Melbourne Camp

Friday 9 October

- Year 9 Melbourne Camp
- Greater Western Athletics

Monday 16th November

- Start of Year 12 2016 Transition

Friday 27th November

- Year 11 students conclude

Tuesday 1st December

- 2016 Year 7 Transition Day – no classes for current Year 7 students

Thursday 3rd December

- Mass of Thanksgiving and Awards (St Thomas' Church, 7pm).

Friday 4th December

- Years 7 – 10 students conclude

Thursday 10th December

- Teaching staff conclude

Tuesday 15th December

- College office closes

2016 School Year

Week beginning: Monday 18th January 2016

- College office opens (limited hours)

Wednesday 27th January

- All staff return

Monday 1st February

- Years 7 – 12 students return

Student Achievements

- Congratulations to Josh Newcombe (9B) who received a special award on Monday night in Melbourne as part of the Australian Government's "Growing Tall Poppies" program. The program invites students, teachers and scientist to work together – to increase the number of students studying science and particularly physics to Year 12.
- Congratulations also to Luella Foster (11C) who last weekend in Bendigo won the senior girls clay shooting. Well done, Luella!
- Yesterday, our Year 9 students had a most enjoyable day in Warrnambool for their HPE Active Learning day. The Year 9's also travelled to Terang during the week to visit the local RSL.
- Also, yesterday, our Year 8 students participated in a range of activities for Medieval Day that provided context to their recent Humanities studies.

Hoping that all students, staff and families have a restful and rejuvenating school holidays.

Yours in Mercy,



DR. DARREN EGBERTS
PRINCIPAL

Director of RE

Mrs. Jo-Anne Saunders

Year 11 Street Retreat another successful year

After 10 student groups and many nights in the cold meeting and bringing the gift of conversation to others our Year 11s have completed their retreat for the year in the form of participating in the St Vincent De Paul Soup Van out of North Melbourne which services the city and Fitzroy areas.

This is a chance to thank the staff who have attended the program and given of their time to be away overnight for this opportunity to widen the world view of the students. Each time the students are amazed to find that the face of homelessness and stereotypical ideas are challenged.

The people who attend the soup van for some conversation, some food and maybe a warm cup of soup or coffee are often disconnected from society in a number of ways and for a variety of reasons. Many are couch surfing, some are homeless and 'sleeping rough'

then others maybe sharing a crowded boarding house room or perhaps living in their car.

Some are young, some older, but most look just like any other person walking along a crowded street. Therefore, we are made acutely aware that lives may change in an instant and people who were once comfortable or managing their lives within a home and family situation, can no longer manage. People may need the soup van for a short while or an extended time to fill the gap of 'family' and 'reliability'. This program continues due to the support of the Regional St Vincent De Paul Conferences and we are ever grateful for their interest in the program here at Mercy.

Finally, I would like to thank the many families who have supported the Year 11s in their endeavour to reach out to others by knitting scarves and beanies. This includes community groups from Camperdown, Cobden and Mortlake as well as the residents of Sunnyside House.

To top off a great year of Street Retreats, we have a PARENT STREET RETREAT on Monday September 21st. Eight of our school parents have volunteered to be part of this first experience and we are looking forward to a great opportunity to support the Soup Vans at a time when they have fewer helpers due to the school holidays.



BRICK's Leadership Program

Mr. Ben Brisbane

Year 9's students have had the opportunity to get involved in the leadership phase of the BRICK's (Building Resilience in Corangamite Kids) Program hosted by the Corangamite Shire. This group has been involved in 2 days in the last month to assist them to develop an activity that will create change in kids within their community.

The first day was presented by the Butterfly Foundation and had a real focus on body image and communication surrounding this topic. It was an interactive day and all the Mercy BRICK's leaders had the chance to liaise with students of the same age from all the other schools in the district.

Day two provided opportunity to begin planning their activity and decide how to address the area chosen. The Mercy BRICK's leaders have decided to embark on a program that will address the transition from primary school to secondary school at St Patrick's Primary School and assist with anxiety and stress surrounding this stage of life. They are hoping to use mindfulness techniques to engage the grade 6 students resourcing material from Headspace, SWYS and the Shire.

This is very early in its organisation and we will keep you informed as it progresses.

I encourage next year's Year 9's to get involved in making a change at school or wider community. Mental health and resilience in adolescents is an area needing support and to have that support of their peers is a great start. Well done to our new BRICK's leaders for making a difference.



Literary Day at Noorat

Mr. Luke Bourchier

Year 7 & 8 students were very fortunate to welcome the authors from their respective texts being studied this term. At Year 7, Carole Wilkinson, author of 'Dragonkeeper', and at Year 8, Archie Fusillo, author of 'The Dons'. Students spent the majority of the day working with these wonderful authors.

Both of the authors shared valuable lessons about the writing process, researching, drafting and the enormous amount of work that goes into becoming published. After recess, Carole worked with Year 7 students in a workshop built around developing a setting and a main character for your story.

Students in Year 8 were fortunate to partake in a writing workshop with Archie Fusillo, whose humour and quick wit saw him favoured among many students. His workshop helped the students to learn skills that can benefit them across a variety of subjects in providing focus with their writing.

The staff at Mercy Regional College would like to extend our thanks to Carole and Archie for making the time to travel out from Melbourne (on a rainy evening) to share their wisdom, expertise and overwhelming passion for their craft.



Sports Reports

Basketball Tournament

On Thursday 10th September, a selected group of Year 7 and 8 girls went to the Camperdown basketball tournament. For two days students tried out for the basketball team, there were a lot to choose from. Each team played three games and both the girl's teams won all their games. We played against Timboon, Camperdown College, Cobden and Terang College. The day was great, we all had fun and enjoyed our time. Our coaches were Bethany O'Sullivan and Mr. Castles, they were great and we would like to thank them for the day.

On 9th November the teams are travelling to Ballarat to compete in the Greater Western Championship. We are all looking forward to this date.



Last Thursday four teams went to the basketball competition. The boys played in Terang and the girls played in Camperdown. The Year 8 boys ran into a tough Terang team that left them placed 3rd. The Year 7 boys won three out of their four games and tied in a nail biter against Camperdown College but they came first by percentage and are moving onto the next round. The day was well organised and was loads fun.



Running Club

Our Running Club students were photographed with David Alley, who is currently running around Australia raising money for the 'White Cloud' foundation. He runs 80km a day and has been running for 149 days in a row.



Wisenchamps

At the Warrnambool Inter-school Equestrian Marni Kerr 7A was 1st overall in Grade 5 Combined Training.



GROWING TALL POPPIES

Mrs. Tania Bruckner

This week I had the pleasure of attending an award ceremony for the 'Growing Tall Poppies' program – an initiative aimed at increasing the number of secondary students studying science at VCE level. Josh Newcombe, Year 9, was one of 8 recipients state-wide. He was selected on the basis of an application made by Leesa Henriksen and Darren Egberts, and on his ideas for science education in our school. Josh plans to get Year 9s engaged with science and maths through fun activities conducted in Domain days. He hopes this will eventually result in more students selecting VCE Science and Maths subjects.

As part of his award Josh will be partnered with a scientist or mathematician mentor, and will also have the opportunity to join the expanding Growing Tall Poppies Program alumni network for workshops and events.

One of the guest speakers was Lauren Ayton who spoke on 'Blindness, Books, Brains and Bionic Eyes – My Scientific Journey'. She studied optometry at university, but has worked in eye research for a long time, being part of the team who is developing the bionic eye. Her story was amazing, and very inspirational for Josh.

Congratulations Josh, we are very proud of your efforts.

Follow these links for further details on the project, and a clip with Josh as one of this year's winners.

<http://www.growingtallpoppies.com/jtp/>

<https://www.youtube.com/watch?v=0INpylhYbTO>



Josh is presented with his award by Eroia Barone-Nugent, a co-founder of the Growing Tall Poppies initiative.



Josh with his very proud family.



Josh with the other award winners.

Year 9 History Excursion

Mrs. Tania Bruckner - Year 9 History Teacher

This week all Year 9 students travelled to the Terang RLS as an introduction to their next History Depth Study on World War 1.

Terang RSL President and Historian, Steve Bloxham, showed students the RSL's ever-expanding collection of memorabilia and discussed some of the themes of World War 1, including causes of the War, Australia's involvement in the War (particularly locals), Gallipoli and the Western Front, life on the home front and life after the War. Steve has a special interest in the forensic history of the Western Front in France and Belgium, and told a number of stories that he has helped uncover over the years. Primary and secondary source material is integral in the study of history. The students were able to view many useful sources at the RSL which will help them with their studies. We thank Steve for generously giving his time on four separate occasions during the week to speak with all five classes.

Next term students will investigate a WW1 soldier or nurse. Please discuss this at home with your son or daughter and other family members. It would be great if students are able to begin some research during the September holidays. We can assist students with research also and will discuss some useful resources in class next term.

A visit to the Shrine of Remembrance is on our itinerary for the Year 9 Camp early next term, which will be another wonderful enrichment experience.



9D, with Steve Bloxham, at the Terang RSL this week.



Luke Justin tries on a Lighthorse uniform.



Alexandra Smith, Casey White, Eliza Johnstone and Abbey Tobias-Richardson enjoy looking at some of the artefacts at the Terang RSL.



Tate Tregear-Copeland thanks Steve Bloxham.

REMINDER TO PARENTS

School Fee Accounts

Parents are reminded that school fee accounts are due to be paid:
TODAY

Friday, 18th September, 2015

Payment of outstanding amounts (*excluding those that are on a payment plan*) may be made by one of the following options:

- Cash / Cheque / Credit Card in person at the McAuley Campus office.
- Cheque / Credit Card notification by mail.
- Direct Credit into NAB account in person at a branch or via Internet Banking.

Mercy Regional College bank account details are as follows:

National Australia Bank
BSB number: 083-526
Account number: 5288 99931

Thank you to all parents who have met this deadline already and to those who will after completing their payment plans.

Mrs. Lynn Wadley
Business Manager
5593 2011

Library News

Maureen O'Loughlan, Library Manager

The Premiers' Reading Challenge has been completed for 2015. I am delighted to announce that all students were successful in completing this challenge. Each participant read at least 15 books in just under six months – and some students read many more – as a grand total of 793 books was amassed. This is a fantastic achievement! Congratulations to all students and thank you to the people who have encouraged them along the way. These students have also contributed valuable house points towards the House Challenge that is operating this year. An Enrichment Day to celebrate will be held next term.

<u>Year 7</u> Liam Russell Marni Kerr Patrick Ryan Sam Darcy William Elliot Imogen Faull Jasmine Moore Monique McKay Abigail Lucas Archie McBean Isabel Rowan Jessica Wade	Jordan Gray Oliver Wright Ruby Poustie Tess Lourey <u>Year 8</u> Emma Bath Tully Watt Sarah Marquand Jessica James Rebecca Uebergang Ryser Swan	<u>Year 9</u> Skylar Carpenter Faith Thornton Joshua Newcombe Luke Lenehan Samantha McKay Samuel Bond <u>Year 10</u> Sherry Xu Shai Karney
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Careers Information

Mrs. Jenny Phillips

Year 12 Scholarship Opportunity

Applications for the 2016 C.A.S. Hawker Scholarships open on Monday 7th December 2015 and close on Friday 8th January 2016. These scholarships perpetuate the memory of the scholar, soldier, pastoralist and statesman, Charles Allan Seymour Hawker. They are available to all undergraduate students in Australia and are awarded to students based on personal qualities, demonstrated leadership and academic ability. For more information go to www.hawkerscholarship.org

Term Three Careers Focus

Term 3 has been a busy one in the careers department at McAuley Campus, as Year 10 students made decisions about their VCE program for the next two years and Year 11 students fine-tuned their subject selections to complete their VCE program. All students were interviewed to assist them to choose subjects based on the following criteria: their enjoyment of the course content, keeping their post-school options open and meeting prerequisites for tertiary studies. The students approached these interviews in a positive manner, welcoming the opportunity to discuss their choices and, in some cases, ask for help to make their final selections. The next stage of this process is for students to reselect their studies based on the 2016 blockings that have been released.

On Wednesday 29th August, all Year 9 students attended an information session explaining Vocational Education & Training and School Based Apprenticeship Training. For the next three years, the students will have the opportunity to include one of these options as part of their elective program in Year 10 and as part of their VCE/VCAL program in the following two years. The students and some parents had presentations from MRC, SWTAFE, RIST, Miss Kit and Westvic Staffing Solutions. Following this information session a number of students have decided to pursue VET courses with outside providers, others are investigating the possibility of SBATs, some will do a VET subject offered at MRC, whilst the majority will undertake a VCE Unit 1&2 study.

Term Three is also a very busy term for Year 12 students, as they make decisions regarding their post-school options and continuing career pathway. Those students who wish to undertake further studies at a tertiary level have either submitted a VTAC application, or will apply directly to a TAFE institution, or private provider. Students interested in apprenticeships and traineeships are polishing their resumes and contacting perspective employees. All Year 12 students were interviewed to assist them negotiate this process and they are all doing an excellent job of getting organised for 2016, whilst concentrating on their current studies.

Well done to all the students for taking such a positive approach, regardless of where they are on their career journey.

Weekly Career News

TERM THREE

Tuesday 15 September 2015

VOCATIONAL & HIGHER EDUCATION NEWS

Have you considered youth work? The Bachelor of Youth Work at Victoria University is the only youth work degree in Australia accredited by the Youth Workers Association and is the largest course of its kind in Australia. The course is in the final stages of accreditation with the National Youth Association in the UK, meaning graduates will be able to work in Europe.

Students can complete the three-year Bachelor of Youth Work, or the one-year Diploma of Youth Work then articulate directly into the second year of the Bachelor of Youth Work. Students undertake work experience each year of the course and can elect to undertake a double degree with a Bachelor of Sport Management. For information about the courses and entry requirements, go to www.vu.edu.au

Are you looking for casual work? A number of major companies are now advertising to recruit Christmas casuals. This is short-term work and successful applicants shouldn't expect to have ongoing employment once the busy Christmas period is over. Companies such as Dick Smith, Bonds, Kmart, Sussan and Sportsgirl have been advertising via 'First10'. To find out about upcoming job opportunities, go to:

- Website- <http://bit.ly/1M5VPds>
- Facebook- www.facebook.com/first10group



Missed Open Days? Don't stress! The following two Universities have recorded their Open Day information sessions so you can watch them from the comfort of your home:

- Victoria University - <http://bit.ly/1OPck4s>
- University of Melbourne- <http://bit.ly/1OpoGvC>

VOCATIONAL & HIGHER EDUCATION NEWS

Interested in aviation, becoming a flight attendant, or aviation management? Reach for the Sky Aviation Services have released a book called "The Complete Flight Attendant Career and Interview Preparation Manual", Australian Edition. The book covers everything from aviation careers to living in Asia and the Middle East, to applying for jobs. To place your order, go to this link - www.reachfts.com



Master of Sports Science (Football Performance): Victoria University offers this highly regarded Masters program for students who have completed a sports science degree and are passionate about rugby, soccer and/or football. Students will further develop their knowledge of coaching, performance analysis, sports ethics and integrity, athlete monitoring and elite sport performance. Job outcomes may include roles such as:

- Director of Sports Science
- High Performance Manager
- Head of Strength and Conditioning

For information on the course, go to <http://bit.ly/1F8vNX2>

Robertson Scholars Leadership Program: Each year, two Australian students are selected to complete an undergraduate degree at either Duke University or the University of Northern Carolina, both in the USA. The program seeks to assist students who have demonstrated passion and potential to become great leaders in college and beyond. The scholarship is worth \$200 000 and is organised through UNSW. For more information and to apply, go to <http://bit.ly/1Qc7xUB>

VOCATIONAL & HIGHER EDUCATION NEWS

Discover your career at RMIT! Participate in a Career Discovery or folio preparation course and get an insight into a particular design industry, the study options available and the selection processes. Courses are offered in the following areas:

- Advertising
- Graphic Design
- Interior Decoration
- 3D Product Design
- Visual Merchandising
- Architectural Drawing
- Drawing Techniques for Design

For more information, go to <http://bit.ly/1K8WAQ3>

Science tours at Monash: If you missed Open Day and would like to learn more about science courses at Monash University, you can undertake a science precinct tour during the September school holidays. For dates and to book, go to <http://bit.ly/1Y2sqHJ>

Missed the Federation University Open Day? You can participate in one of two information days running for students and their families during the school holidays. You will be able to explore the campus, speak to current students and lecturers and find out about what FedUni can offer. Dates are 24 and 29 September and you can find more information here - <http://bit.ly/1JxHraD>

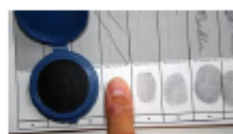
Interested in Engineering? Deakin University's Centre for Advanced Design in Engineering Training (CADET) at the Geelong Waurn Ponds campus is now open. The facility offers some of the best future-focused engineering and design facilities and advanced training capabilities in the Australian university sector. For information, visit <http://bit.ly/1K8YJLu>



New Bachelor of Design Technology at Deakin University: Design, entrepreneurship and innovation are the core focus of this program and, when enabled by the corresponding technologies, will provide graduates with the design and technology acumen that is highly sought after by industry. For information on this new course, go to <http://bit.ly/1sPeAJu>

VOCATIONAL & HIGHER EDUCATION NEWS

Study simulated crime scenes at Deakin University: Students studying the Bachelor of Forensic Science at Deakin Geelong are able to put theory into practice through working at simulated crime scenes on campus. The Roger Lewis and Michael Liddy Forensic Crime Scene Training Centre includes a kitchen, lounge room, bedroom and bathroom, all ready to be staged with the elements forensic investigators are confronted with, from body fluids and blood to finger prints and fibres, and weapons. For more information, go to <http://bit.ly/1Lt8nss>



Decisions, decisions: Are you feeling confused and overwhelmed about making future tertiary course decisions? The following three websites might help! You just answer some simple questions, and you will receive guidance on occupations and courses that could suit you. The tests used are the same but you will receive information relevant to the university you may like to study at:

- **Monash University- FutureYou,** <http://bit.ly/1ipfVFS>
- **La Trobe University- Career Architect,** <http://bit.ly/1VX8qnO>
- **Australian Catholic University - My Career,** <http://bit.ly/1NrdYnB>

Early entry for NSW and Canberra university courses: Applications for early entry for the following universities are due by 30 September via the School's Recommendation Scheme:

- Australia National University
- University of Canberra
- Charles Sturt University
- Macquarie University
- University of Western Sydney
- University of New England
- Griffith University
- National Art School
- University of Newcastle
- University of Technology Sydney

For information on how to apply, and to see if you are eligible, go to www.uac.edu.au/srs/

VOCATIONAL & HIGHER EDUCATION NEWS

Passionate about animals and would like to work as a qualified veterinary technologist? Charles Sturt University offers the new Bachelor of Veterinary Technology. You can specialise in practice management, large animal technology, or clinical technology and you can study the course on campus at Wagga Wagga or via distance. You will also complete the Certificate IV in Veterinary Nursing through Goulburn Ovens TAFE via distance. Graduates will expect to find work in the following areas:

- Private veterinary clinics
- Specialist clinics
- Stud farms
- Intensive animal industries
- Pharmaceutical companies

For more information, go to <http://bit.ly/1BCc1w4>



Bachelor of Archaeology at Macquarie University, Sydney: This course integrates core archaeology and ancient history subjects with a broad selection of science units such as biology, chemistry, environmental earth science, geophysics and spatial information science. Archaeology disciplines include ancient languages, papyrology, epigraphy and numismatics. This is the only course in Australia offering a full study of Egyptian archaeology and students will be able to undertake national and international study tours, <http://bit.ly/1LopU1z>

Government Careers: Not many students consider a career working for the Australia Public Service, but there are many amazing jobs available. Some examples include:

- Border enforcement operations
- Archiving
- Compliance and investigation
- Information security
- Intelligence analyst
- Ministerial and parliamentary support
- Policy development

To explore what your options are, go to <http://bit.ly/1J6XcE1>

CAREERS IN FOOD SCIENCES AND NUTRITION

Food scientists are responsible for

- Making food tastier, healthier, and safer for people
- Inventing new foods and flavours and studying how consumers like them
- Studying how packaging preserves food after it has been processed
- Sustainable agricultural food processing
- Influencing people's eating behaviours so they are more healthy
- Improving the health of people by influencing what they eat through marketing.

Nutritionists and Dietitians work with people

- To improve their health and wellbeing through diet and lifestyle
- Who have health conditions like diabetes and high blood pressure that can be improved by changes to their diet
- Who experience anorexia/bulimia
- In hospitals, community centers, schools etc.



Home Economics/ Food Technology Teachers

- Teach students to cook nutritious meals in schools and have an understanding of food safety.

What are the jobs?

○ Nutritionist	○ Dietitian
○ Laboratory analysis	○ Product development
○ Quality assurance	○ Research
○ Quality control	○ Health Promotion
○ Food policy officer	○ Marketing
○ Consumer enquiries	○ Sensory analysis
	○ Teaching

Where can I study Food Science, Food Technology Teaching, Nutrition and Dietetics?

You can study these course areas through TAFE and university. To find Victorian courses, go to www.vtac.edu.au

CAREERS IN FOOD SCIENCES AND NUTRITION

Dietetics: To become a qualified Dietitian, you need to study an approved undergraduate degree at an institution such as University of Wollongong or an approved Masters degree at an institution such as Deakin University, University of Canberra or La Trobe University.



Home Economics/ Food Technology Teaching: You can study courses at universities such as Victoria University and Charles Sturt University

What subjects should I study at school? You should consider studying mathematics and sciences such as biology, food technology, chemistry, physical education and/or VET Hospitality.

Meet Alexandra Baker: Alexandra is studying the Bachelor of Human Nutrition at La Trobe University, <http://bit.ly/1KhzcFt>

What is your course like? First year is a partial health science course and you're in with students studying an array of allied health courses (Occupational Therapy, Speech Pathology, Exercise Science, Dietetics, etc.). Chemistry is a compulsory subject and we are studying Food Fundamentals this semester. These two subjects are specifically for nutrition students.

There is lots of Physiology and Anatomy classes, so if you're thinking of health science related courses, I highly recommend Biology! The classes have interesting content, you just have to keep up to date or it can be really difficult to catch up again!

What do you love about your course? I'm currently living on campus and it has been great for meeting people and making friends. It's also conveniently close to all my classes and facilities (library, lecturers' offices, computer labs etc.). It has been really nice to meet people from so many different courses and backgrounds. My last chemistry lecturer did experiments in the lecture theatre... that was pretty cool.

CAREERS IN FOOD SCIENCES AND NUTRITION

How did the subjects at school prepare you for your course? A lot of what I have studied this year has included and built on Units 1 - 4 of Biology, Chemistry and Psychology.

Meet Georgie Seaton: Georgie is studying the Bachelor of Health Science (Nutritional Medicine) at Endeavour College of Natural Health, <http://bit.ly/1MmdfoY>

Why did you want to study nutrition? In my gap year I started working at Boost Juice and became really interested in food and how what we eat dictates how we feel and perform. So many people don't make the connection and I wanted to help people do that and eventually help them to feel their best.

What is your course like? My course is great as it's very health focused and practical. In the 2nd and 3rd years, I'll be doing clinics, which will prepare me to be able to practice after university. I love learning about things I can apply to my life everyday. I am constantly learning about the nutritional benefits of food and always have interesting things to share after class!

Meet Georgia Blake: Georgia is studying the Bachelor of Health Science (Nutrition & Dietetics) at Charles Sturt University (no longer accepting enrolments for this course).

What is your course like? Undergraduate dietetics is a four-year course. The first two years are difficult and contain mostly raw science subjects. Lots of chemistry, biochemistry, and physiology, as well as microbiology, food science, genetics, mathematics and statistics and psychology. Third year becomes more nutrition and dietetics based, subjects (I find) become easier as they are more specific to what dietitians will be doing in the workplace. There is also some placement. Fourth year is mostly placement, 20 weeks total.

The three domains that placement covers (the three domains of dietetics) are clinical (inpatient and outpatient settings working one on one with people), food service (assessing menus, and nutrition availability in different facilities) and community (population based nutrition). I love that my course will allow me to help people achieve better health through food. And I like that we have the opportunity to consult clients at our university based nutrition clinic to gain experience before we go to placements.



The following information can be used in your school's communications channels to inform students and parents of Deakin's new scholarship program.

Deakin University's New Scholarship Program

We look at scholarships a little differently at Deakin.

Our aim is to acknowledge and reward academic prowess, contribution to the community, leadership skills, achievement in extracurricular activities, or perseverance and achievement despite hardship.

To find out more about Deakin University's new scholarship program, visit deakin.edu.au/scholarships.

Vice-Chancellor's Academic Excellence Scholarship

This scholarship is awarded by the Vice-Chancellor to Australian undergraduate students whose exceptional academic achievements, proven experience and leadership has truly set them apart.

The scholarship includes:

- 100 per cent of tuition fees
- a cash payment of \$5000 per year
- participation in the Vice-Chancellor's Professional Excellence Program.

For more information, visit deakin.edu.au/study-at-deakin/scholarships-and-awards/vice-chancellors-academic-excellence-scholarship.

Deakin Scholarship for Excellence

This scholarship rewards strong academic performance teamed with excellence in extracurricular activities, community service or leadership.

The scholarship includes \$5000 paid as cash or towards tuition fees per year, or a combination of both to the value of \$5000 per year.

For more information, visit deakin.edu.au/study-at-deakin/scholarships-and-awards/deakin-scholarship-for-excellence.

Deakin Student Support Grant

This scholarship offers financial support to students who have displayed passion, perseverance and commitment to study despite financial hardship or other disadvantages.

Various options for support are available:

- \$10,000 per year for the normal duration of a course, or
- \$7500 per year for the normal duration of a course, or
- \$5000 per year for the normal duration of a course, or
- \$2500 per year for the normal duration of a course, or
- \$1000 per year for one year.

For more information, visit deakin.edu.au/study-at-deakin/scholarships-and-awards/deakin-student-support-grants.

For more information about Deakin's full range of scholarships, please visit deakin.edu.au/scholarships.



MAKE A SPLASH WITH THE YMCA AT THE CORANGAMITE OUTDOOR POOLS

Camperdown, Cobden, Lismore, Skipton, Terang, Timboon

Are you looking for a great summer job? Keen to make a splash into a healthy career with the YMCA at the Corangamite pools?

If you have great people skills, strong personal values and would really like to help your community become healthier and happier, then one of YMCA's summer jobs could be right for you!

YMCA Ballarat is part of a community movement that works to positively impact each and every person, giving them the opportunity to be happy, healthy and more connected with their community. We do this by delivering a range of health and wellness programs including sport and recreation centres and outdoor pools.

We are an equal opportunity employer that welcomes diversity and offers flexible work arrangements.

We are currently seeking enthusiastic, highly motivated individuals to join our teams at the Outdoor pools in the Corangamite Shire in the following roles from November 2015-March 2016.

- **Pool Managers**
- **Shift Supervisors**
- **Lifeguards**
- **Swimming Teachers**



Flexibility across 7 days and working on public holidays is required. To obtain position descriptions visit the 'careers' section online at www.ballarat.ymca.org.au

Applications to ballarat.hr@ymca.org.au

Call Area Manager on 0434 741 803 for any questions.

Applications close 5pm on 28th September.

The YMCA is committed to the
safeguarding of children and young
people.

2015 Car Raffle Roster

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DATE	LOCATION	TIME	NAMES	PHONE	MOBILE
SATURDAY 19TH SEPTEMBER	PORT CAMPBELL (Car)	9.30 - 10.30	Ashley Tregoe / Georgia Copeland	5508 6446	0400 124 924
		10.30 - 11.30	Shane and Alison Bentley	0488 087 438	0488 087 438
		11.30 - 12.30	Peter Cole / Jane Hammer	5505 9375	0417 361 301
		12.30 - 1.30	Michael and Julia Johnson	0427 985 176	0427 985 176
	CAMPERDOWN IGA SUPERMARKET	10.00 - 11.00 11.00 - 12.00	Kristy Absalom Jacinta Lee	0400 054 735 5503 2813	0400 054 735 0419 931 338
	TERANG	6.00 MASS	Cate / Leon Watt	0418 333 993	0418 333 993
SUNDAY 20TH SEPTEMBER	TIMBOON (Car)	10.45 MASS			
		10.30 MASS	Lachlan / Jane Lee	5502 2027	
FRIDAY 25TH SEPTEMBER	TERANG (Car)	9.30 - 11.30	Jo / Sean Moloney	5502 5487	0417 925 481
			Michelle Bourke	5502 5493	0429 927 275
		11.30 - 1.30	Melissa Bell	5501 0391	0419 390 042
			Louise / Peter Kemp	5502 5212	0439 282 720
		1.30 - 3.30	Janine Carlin	5502 5117	0400 925 113
			Arlene Coolahan	5502 1573	0434 357 955
SATURDAY 26TH SEPTEMBER	TERANG (Car)	9.30 - 10.30	Kathy Stonehouse	5502 1095	0408 559 210
		10.30 - 11.30	Kirsten Pekin	5502 7279	0400 225 727
		11.30 - 12.30	Bernadine Glennen	5502 6222	0438 926 277
	CAMPERDOWN	7.30 MASS	Maureen Adeney	5503 3097	0409 210 336
SUNDAY 27TH SEPTEMBER	CAMPERDOWN	11.00 MASS	Paul Kingston	5503 2210	0497 043 921
TUESDAY 29TH SEPTEMBER	CAMPERDOWN SALEYARDS (Car)	10.00 - 11.30	Anthony / Paula Fleming	5504 6318	0409 950 738
FRIDAY 2ND OCTOBER	COBDEN (Car)	9.00 - 10.00	Gavin & Michelle Riches	5505 0211	0409 131 113
		10.00 - 11.00	Ramil & Almira Papelera		0439 598 674
		11.00 - 12.00	Glenn & Kerry Cain	5505 1176	0448 943 367
		12.00 - 1.00	Peter & Jenny Comeby	5505 1457	0419 560 844
		1.00 - 2.00	George & Lisa Amdell		0473 942 152
SATURDAY 3RD OCTOBER	COBDEN	9.00 - 10.00	Craig & Kim Anderson	5505 1848	0458 951 848
		10.00 - 11.00	Warren & Nicola Beaver	5505 1153	0488 613 246
		11.00 - 12.00	Philip & Symone Vines	5235 2474	0427 097 926
		9.00 - 10.00	Heather Erwin	5509 2695	0427 992 695
		10.00 - 11.00	Melinda Grant	5500 1230	0429 901 204
	MORTLAKE (Car)	10.00 - 11.00	Gail Payne	5509 2051	0427 884 001
		11.00 - 12.00	Leonie Quinn	5509 2435	0438 153 593
			Melanie Le Lieve-Watt	5509 2701	0427 846 076
		12.00 - 1.00	Kelly Gray	5509 2662	0407 846 766
			Jennifer Finnerty	5509 2493	0488 595 487
		1.00 - 2.00	Verity Rous	5509 2456	0448 770 276
			Deanne Humphrey	5509 2120	0429 998 019
			Kylie Casson	5509 2398	0427 962345
SUNDAY 4TH OCTOBER	MORTLAKE	9.00 MASS	Maureen O'Loughlin		
		9.00 - 10.30	Kevin / Julie Bradshaw	5503 2218	0419 884 628
		10.30 - 12.00	Darren / Teresa Frost	5503 2013	0419 389 549
	CAMPERDOWN CRAFT MARKET (Car)	12.00 - 2.00	Christopher / Tracey Harty	5503 3525	0409 173 500
TUESDAY 6TH OCTOBER	CAMPERDOWN SAFEWAY (Car)	9.30 - 11.00	Kelly Nolan		0448 274 284
		11.00 - 12.30	Susan Boyd	5503 1425	0488 341 412
		12.30 - 2.00	Adrian / Donna Hickey	5503 2291	0417 577 264
		2.00 - 3.00	Donna Hickey	5503 3433	0418 939 322
FRIDAY 9TH OCTOBER	CAMPERDOWN McCANN'S NEWSAGENT	9.30 - 11.00	Peter / Kathy Hall	5503 3187	0408 399 272
		11.00 - 12.30	Stephen / Elizabeth Place	5504 7238	0427 947 238
		12.30 - 2.00	Monica McDonald		
		2.00 - 3.00	Damien / Kylie Broderick	0409 651 962	0409 651 962
	TERANG (Car)	9.30 - 11.30	Therese Moloney	5502 2555	0407 802 610
		11.30 - 1.30	Joanne Roberts	5502 2260	0407 932 169
			Glenice Justin	5502 1632	0428 922 599
			Alison Gaut	5505 0315	0419 580 073
		1.30 - 3.30	Tracey Hoare	0488 334 435	0488 334 435
			Sharon Suhan	5502 6250	0447 926 250
SATURDAY 10TH OCTOBER	CAMPERDOWN SHOW (Car)	9.30 - 11.00	Bill / Julie Wallace	5503 3116	0417 384 843
		11.00 - 12.30	Paul / Jayne Brumby	5503 2083	0497 264 142
		12.30 - 2.00	Anthony / Leanne Lucas	5503 3120	0407 103 007
		2.00 - 3.30	Brad Martin / Penny O'Neill	5503 2902	0409 401 123
	TERANG	9.30 - 10.30	Linda / James Kenna	5502 5209	0419 925 179
		10.30 - 11.30	Sarah Williams	0458 017 222	0458 017 222
		11.30 - 12.30	Leanne Carpenter	5502 2211	0408 323 868
	TERANG	10.30 MASS	Peter / Jennifer Battistello	5566 2334	0427 662 333
	CAMPERDOWN	7.30 MASS	Rose Henry	5503 2862	0407 875 886
SUNDAY 11TH OCTOBER	TERANG	6.00 MASS	Alison Lourey	5502 2397	0407 922 397
		11.00 MASS	Helen Hickey	5503 2641	0437 987 859
	CAMPERDOWN FUN RUN				
TUESDAY 13TH OCTOBER	CAMPERDOWN SALEYARDS (Car)	10.00 - 11.30	Chris Jenkins		0488 291 417
	TERANG TROTS (Car)	6.30 - 7.30 7.30 - 8.30	Annette Lee Nick / Donna Blain	5505 4283 5502 5448	0400 954 283 0438 925 448
FRIDAY 16TH OCTOBER	COBDEN SPRING FESTIVAL (Car)	9.00 - 10.00	Chris & Liza Blake	5505 1187	0409 952 609
		10.00 - 11.00	John & Jenni Wason	5505 1669	0415 801 275
		11.00 - 12.00	Eric & Natasha Wagner	5504 6282	
		12.00 - 1.00	Greg & Jenny Free	5505 1454	0407 040 290
		1.00 - 2.00	Andrew & Karen McConachy		
SATURDAY 17TH OCTOBER	COBDEN SPRING FESTIVAL (Car)	9.00 - 10.00	Joy Nowell	5504 6291	0408 350 941
		10.00 - 11.00	Stephen & Vikki Unwin	5505 1728	0417 577 248
		11.00 - 12.00	Martin & Nicole Darcy	5505 2085	0429 131 298
		12.00 - 1.00	Rod & Fran Clarke	5505 1334	0419 759 730
		1.00 - 2.00	James & Jan Green	5505 1757	0408 951 755

MERCY REGIONAL COLLEGE
PARENTS, TEACHERS & FRIENDS ASSOCIATION

CAR RAFFLE

1st Prize – Ford Focus Ambiente Hatch



6 Speed Auto, Air Conditioned,
Power Steering, 6 Airbags, CD Player, ABS
Bluetooth, Cruise Control,
Rear Parking Sensors, On-Road Costs,
Value \$23,040

Supplied Courtesy Rex Gorell, Geelong
Proudly Supported By TREVOR LEE, CAMPERDOWN AUTO SALES

2nd Prize - Travel Voucher Valued at \$2000
Supplied Courtesy of Hello World Travel, Camperdown

3rd Prize - Electrical Voucher Valued at \$1000
Supplied Courtesy of Camperdown Betta Home Living

4th Prize - Nutrimetics Pamper Pack Valued at \$300
Supplied Courtesy of Helen Bourke, Kolora

5th Prize - Fuel Voucher Valued \$250
Supplied Courtesy of Riordan Fuels (Steven Lucas Shell Camperdown)

6th Prize - Clothing Voucher Valued at \$250
Supplied Courtesy of Fashion Club Wear, Canterbury

7th Prize - Jewellery Voucher Valued at \$200
Supplied Courtesy of Showcase Jewellers, Camperdown

8th Prize - Gift Voucher Valued at \$200
Supplied courtesy of Café 153 on Manifold, Camperdown

9th Prize - Dinner Voucher Valued at \$100
Supplied Courtesy of Madden's Bar & Bistro, Camperdown

10th Prize - Gift Voucher Valued at \$50
Supplied courtesy of Timboon Railway Shed Distillery

Drawn Wednesday, 11th November, 2015 at 8:30 pm

NOTICES

CORANGAMIGHTY DEALS!

Why not treat yourself and the family to a holiday at home this September? Redeem resident only offers and go in the draw to **win the Ultimate Corangamite Day Out**. Enjoy special offers including **20% OFF** entry into the Great Ocean Road Wildlife Park, **20% OFF** all helicopter flights with 12 Apostles Helicopters and **50% OFF** second bike hired at Craters to Coast Bike Hire!



For more Information and a full list of these offers pick up a Corangamite Deals brochure from Camperdown Courthouse Information and Arts, Port Campbell Visitor Information Centre or download a copy from www.visit12apostles.com.au - Look under the See & Do section.

ANZ Hotshot Tennis Coaching

(Terang Rec Reserve for term 4 - 2015)

6 week program

Starting 2nd week of Term 4 (15th Oct) till 26th November.

Costs: \$8 per session for 1/2 hour (beginners/Hotshot)

\$10 per session for 3/4 hr lesson

\$12 per 1 hr lesson

If interested please call Julie Giblin
on 0409 517 848 before 8th October.

Cobden Tennis

Held its AGM recently in preparation for the upcoming season. Senior Competition will commence 24th October but our Junior Competition is yet to be organised as no Junior parents were present at the meeting. We are hoping to form a Junior Committee to enable competition, Hot Shots and C Grade coaching to continue at Cobden Tennis. Plenty of support will be provided by existing Tennis Committee so if you can help out please come along at 10am on Saturday 10th October at Cobden Rec Reserve Canteen. Please contact Sharyn Finlayson with enquiries for the Senior or Junior Competition on 5594 6272 or 0409 253 727.

HAMPDEN TENNIS ASSOCIATION

JUNIOR A, B, & C GRADE COMPETITIONS

SATURDAY MORNINGS @ THE COMPLEX COURTS

INCLUDING

SOME THURSDAY AFTERNOON SCHEDULED MATCHES

"PRE-SEASON HIT UP

AND COME AND TRY NIGHT"

FROM 4PM THURSDAY 15TH SEPTEMBER @ THE COMPLEX

PLEASE TEXT ENTRIES TO:

Andrew Bone: 0409 958 970 OR Julie Whytcross: 0408 948 218

Timboon & District Tennis Association Tennis Coaching

5 Sunday mornings – commencing
Sunday 18th October @ 11am

5-6 year olds – 30 min

7-8 year olds – 30 min

9-11 year olds – 45 min

11years+ 45-60 min

Timboon & District Junior Tennis

Tennis seedings to be held at

Timboon Recreation Reserve on

Saturday 10th October at 9.30am

All players wanting to play to attend

Competition starting Saturday 17th October

Any players interested please ring

Katrina Currell on 5598 3443 or 0439 995 010

COBDEN OLYMPIC BASKETBALL ASSOCIATION

JUNIOR COMPETITION

Under 10s, Under 13s mixed age groups on a Tuesday Night.

Under 16s on a Thursday Night for a 10 week season.

Children need to be 7 years old before the 1st October 2015.

Therefore if your child/ren are interested you need to go to www.foxsportpulse.com

Search Cobden Basketball

Under search results choose Cobden Olympic Basketball Association

On the right hand side click on Register Here

Then follow the prompts to register your child/ren

Registrations close on the 25th September 2015

Season to commence Tuesday 13th and Thursday 15th.

Basketball Victoria insurance fee is \$38.

Cobden Basketball Fees for Tuesday Night \$50 and Thursday Night \$40

All these fees need to be paid before your children plays their first game.

Any questions or issues please contact Romona Taylor 0488 229 377

Kim Robertson 0407 099 614 Luke Perriss 0427 889 454 or Sue Clarke 0407 952 081.

Secondary School Holiday Program

Sept/Oct 2015



Got anything planned for these holidays? Why not head along to one of the Corangamite Shire holiday activities. Great day out, plenty of things to do!!!

These school holidays the activities will be...

Melbourne Show

Tuesday 22 September

Cost: \$35 per student & \$45 per adult - Includes return bus trip and entry into Melbourne Show
BYO lunch and spending money

Buses	Depart	Return
Timboon Senior Citizens	8.00 am	7.00 pm
Cobden Civic Centre	8.30 am	6.30 pm
Camperdown Killara	8.45 am	6.15 pm



Luna Park, Melbourne

Thursday 1 October

Cost: \$35 per child & \$45 per adult - Includes return bus trip, unlimited rides at Luna Park
BYO lunch and spending money

Buses	Depart	Return
Timboon Senior Citizens	8.00 am	7.00 pm
Cobden Civic Centre	8.30 am	6.35 pm
Camperdown Killara	8.45 am	6.15 pm
Lismore Post Office	9.20 am	5.45 pm



Bookings are essential for all holiday program activities. Please call 5593 7100 to book your place in advance. For further information please contact Catherine O'Flynn.

The Corangamite Shire reserves the right to alter or cancel any holiday program activity at any time. Activities run subject to bookings

Home

Wednesday 23 September
Screening from 1.30pm
Food & drink available for purchase



FREE FILMS

at CAMPERDOWN THEATRE ROYAL

doors open at 1 pm

Cinderella

Wednesday 30 September
Screening from 1.30pm
Food & drink available for purchase



Corangamite Shire, 181 Manifold Street, Camperdown, 3260
Ph. 03 5593 7100, Fax. 03 5593 2695, Email. shire@corangamite.vic.gov.au
www.corangamite.vic.gov.au

Please complete this form and return to Corangamite Shire Offices or post to:
PO Box 84, Camperdown 3260, with your deposit or full payment.
Please ensure all details have been completed correctly

Child's name	Age	Melbourne Show 22 September	Luna Park 1 October	Bus pick up/drop off

Address	Town	Postcode

I have enclosed the non-refundable deposit/full payment for each activity:

Activity	Non-refundable deposit amount	Full payment amount

PARENT/GUARDIAN DECLARATION:

I, the undersigned, approve of the above application and in doing so agree that the Corangamite Shire and its officers, leaders, staff and agents shall be released from, and shall not incur, any responsibility or liability whatsoever for any accident or injury to the applicant or for any damage or loss of property of the applicant. I further authorise any necessary medical or surgical treatment including anaesthetic in the case of accident or emergency involving the applicant and I agree to bear all costs thereby incurred.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Name: _____

Address: _____ P'Code: _____

Home Telephone: _____ Work Telephone: _____

Emergency Contacts

1. Name: _____ Phone: _____

2. Name: _____ Phone: _____

Relevant medical, emotional, behavioural information: _____

Family Doctors Name: _____

Address: _____

Corangamite Shire, 181 Manifold Street, Camperdown, 3260
Ph. 03 5593 7100, Fax. 03 5593 2695, Email. shire@corangamite.vic.gov.au
www.corangamite.vic.gov.au

COPRICE COBDEN SPRING FESTIVAL
Energy-Australia
6th Annual FUN RUN / WALK 2015
Sunday October 18th
WALK – 9.am

Entry Fee. \$5.00
Registration 8.00-8.30am at
Cobden Technical School Gymnasium
Walk Rail Trail, Naroghid - Cobden. Distance 7.5kms
Bus shuttle to start point

2nd Event in Corangamite Fun Run Series

RUN – 9.30am

Entry Fee: U/10, U/12, U15, \$5.00. Open \$10.00

Registration 8.30 – 9.15am at
Cobden Technical School Gymnasium.

Sections Male and Female:
U/10, U/12, U15 and Open Distance
U/10, U/12 3.2 Kms
U/15 and Open 6.0 Kms

1st Runner to break 20 mins for 6km event wins \$100.00

Registration and entries on day of event.

Prize value for Walk and Run - \$600

For more info: Kevin Duffin, 5595 1638, 0457 650 777

CopRice Cobden Spring Festival



Busking Competition

Saturday October 17th, 2015
Judging 12noon onwards

Win Dale Cleves Music vouchers to the value of

1st \$200

2nd \$100

3rd \$50

All acts welcome

Sign up

10am-11am @ Festival office

32 Curdie Street, Cobden
(next to NAB)

cobdenspringfestival.com.au, Phone: 0413 382 223

