

A cluster of colorful geometric shapes including hexagons, circles, triangles, and diamonds in shades of green, pink, blue, orange, and purple, some overlapping and some outlined.

LIFT-OUT
FEATURE

Education Week

May 19 - 25, 2019

Education Week May 19 - 25, 2019

Get creative with lunch boxes

AS the school weeks roll on, many parents struggle to come up with new, creative and fun ways to fill lunch boxes and satisfy hungry stomachs.

While a healthy breakfast is essential to get your child off to a good start in the morning, just as important is a healthy lunch box for school.

When packing your child's lunch box, consider how long they will be away from home.

Morning tea and lunch will be needed for a school day, along with plenty of fresh drinking water.

When it comes to lunch boxes, the common white-bread sandwich isn't the only option.

Why not try some of these:

- A wholegrain-bread sandwich with cheese and grated carrot.
- Pita bread pockets or roll-ups with

lean meat and salad.

- Dips such as hummus, along with crackers or vegetable sticks (such as carrot and celery) for dunking.

- Potato salad, leftover pizza or rice/noodle dishes that can be eaten cold. Sandwich fillings can be quite adventurous – so feel free to venture from cheese and vegemite or jam.

You may like to try adding grated carrot, sliced cabbage, sultanas, sliced apples or herbs to increase interest.

Here are a few tasty combinations your child may be keen to try:

- tasty cheese, pineapple (drain and pat dry with paper towel) and lettuce.
- tasty cheese and chutney.
- cottage cheese or ricotta and chives.
- curried or mashed egg with lettuce.
- chicken, pesto and red capsicum.
- avocado (squeeze a little lemon juice

on top to avoid going brown) and chicken.

- tinned tuna with lettuce and tomato (remove seeds to prevent going soggy).

Luncheon meats, such as salami, strasburg and pastrami, are highly processed, salty and can be fatty.

Try to use these occasionally rather than packing them every day.

Children usually want to eat quickly so they can get out and play.

To make sandwiches and other food easy to eat, keep servings small and cut bread into thin slices – and sandwiches into quarters (making them easier to manage for young students).

Don't overdo the amount of sandwich filling and avoid soggy, drippy sandwiches by keeping spreads such as mayonnaise to a minimum.

Anything that is messy to eat will be off-putting for your child.

Go for small fruits such as berries and apricots and cut larger fruits into bite-sized pieces.

Ensure that containers seal well and can be easily opened by your child – it may be your child isn't eating lunch because it's too hard to get at.

To avoid any possible growth of harmful bacteria (which could make your child sick) ensure the following foods are kept cold in your child's lunch box:

Meat, fish, chicken, eggs, noodles, rice, pasta, custard, yogurt, cheese or milk.

If you make your child's lunch the night before, keep it in the fridge overnight and in the morning place a frozen drink (preferably water) in the lunch box to help keep food fresh until lunchtime.



Camperdown College

Caring Excellence Honesty Respect Responsibility



Camperdown College is the town's proud provider of quality state education. From Prep to Year 12, tailored learning programs are delivered by a dedicated team of teachers committed to your child's wellbeing and success.

First class facilities within spacious buildings and grounds provide a rich and supportive environment for learning.

During Education Week prospective families are welcome to visit our Prep classrooms to observe our students at work:

Tuesday, May 21 9.30am, **Friday, May 24** 9.30 am or **Friday, May 24** 11.30am.

Sessions will be capped so please book early via our Junior Campus office. Our phonics program can also be seen in action in the Prep classrooms 9 – 9.30 am daily from **Monday, May 27 – Friday, May 31.**



Please contact the Junior or Senior Campus office for information about our extensive Prep and Year 7 transition sessions for students commencing this term.



Year 7 Information Night
Wed, May 15
@ 7pm

Grandparents & special friends open morning
Thu, May 23
@ 9.30am

Year 7 Enrolments due
Fri, June 28

Prep Enrolments due
Fri, Aug 2



May 19 - 25, 2019

Education Week

Celebrate and explore potential careers

POTENTIAL careers will be at the forefront of celebrations and activities among Victorian school students this Education Week.

This year, Education Week will run from Sunday May 19 to Saturday May 25 and the theme will be 'Celebrating Careers.'

The week aims to showcase and celebrate excellence in education through open days, exhibitions and special events.

This year marks the 75th year of Education Week and it aims to positively profile and celebrate the strengths and achievements of Victoria's government education sector.

Education Week 2019 is all about celebrating careers and pathways that will make your dream job come true.

It is an opportunity for schools, TAFEs and technical schools to showcase the work they are doing to support students in their career pathways.

The week will raise awareness of career education and the new transforming career education reforms.

Schools are encouraged to run their own in-school careers events during Education Week, as well as careers open days for the local community and prospective families.

Along with schools, several local attractions will also host events.

The Warrnambool Art Gallery will host a 'Become an UNREAL Author' for Years 4-7 students on the following dates:

- Monday 20 May 10am - 11:30am and 1pm - 2:30pm
- Tuesday 21 May 10am - 11:30am and 1pm - 2:30pm
- Thursday 23 May 10am - 11:30am and 1pm - 2:30pm
- Friday 24 May 10am - 11:30am and 1pm - 2:30pm

Participants will be able to enjoy a supervised activity in the Paul Jennings: UNREAL! exhibition and see what it takes to become an author and illustrator.

They will also have the chance to create their own short story and illustration.

The gallery can be found at 26 Liebig Street, Warrnambool.

The Flagstaff Hill Maritime Village will host a 'Back to the Future - Connecting traditional trades with future career opportunities' event for Years 3-8 students on the following dates:

- Tuesday 21 May, 9.30am - 10.30am, 11am - 12pm, 12.30pm - 1.30pm and 2pm - 3pm

- Thursday 23 May, 9.30am - 10.30am, 11am - 12pm, 12.30pm - 1.30pm and 2pm - 3pm

Follow clues to find costumed characters at specific locations around Flagstaff Hill village.

Answer questions about the character's

career - does such a career exist in the 21st Century? If so, in what form?

Children will be encouraged to find something that was used or made in that line of work to show they'd connected with the right character in the correct place (such as a horseshoe from a blacksmith).

Climbing the mountain of knowledge

Noorat Primary School provides high quality education for its community within a safe and caring environment.

Our school values of Be Caring, Be Excellent, Be Responsible and Be Respectful are evident in everything we do.

Our new principal Rachael Buck has implemented a number of policies and programs to enhance the school climate as well as the teaching and learning programs including a new student engagement and well-being policy and a rich and temporary teaching and learning program.

We have high expectations for the learning of all students and believe that every student can be successful.

Our strengths are the personalised approach we can offer on teaching and learning, localised learning with opportunities to connect and work with community projects, small groups to develop creativity and hands on experiences such as geocaching, creating environmental trails, Hands on Learning (HoL), breeding and caring for farm animals and connections with other schools and community groups such as regular visits to Lyndoch (May Noonan).



Noorat Primary School

5592 5282

noorat.ps@edumail.vic.gov.au

www.noorat.ps.vic.gov.au



OFFICIAL OPENING of our new school

Friday 17th May | 9:15am

All past/present students are invited

Timboon
P-12
School

ENROLMENTS FOR PREP & YEAR 7 ARE

NOW OPEN

Welcome morning tea & tour for prep

Monday 27th May | 9:30am

Enquiries welcome:
DAVIN REID

PHONE: (03) 5598 3381

Have fun and explore

FOLLOWING this year's theme of 'Celebrating Careers', there are plenty of fun and adventurous activities that can be planned as part of Education Week 2019.

For children in early childhood and

primary years, a dress-up day can be loads of fun and is only limited by one's imagination.

Encourage children to dress as the job they would like and make a collage from magazines about jobs and/or their

vision for the future.

Primary and secondary students might enjoy a career expo within their school or school cluster – this could be facilitated by regional careers groups or the local learning and employment network.

Other suggestions for possible Education Week activities include:

- Set up space to highlight some careers that are popular with students.
- Plan excursions to popular places, thinking about what careers and jobs are there – go to the zoo and look at all the jobs/roles that are involved with its everyday running such as marketing, vets, cafe staff and cleaners.
- Hold a poster competition on jobs based on each letter of the alphabet.
- Invite parents to speak in the classroom about their jobs, what is entailed on a day-to-day basis and what they use in their jobs that was learnt at school.
- Invite past students back to school to speak about their career journey.

For secondary students, take advantage of the Victorian Skills

Gateway website.

This tool has information on jobs of the future and the skills, knowledge and abilities students may need to get and keep a job.

It also has:

- A career quiz to help students think about their work preferences.
- Ideas about different careers.
- A snapshot of the industries and careers that are likely to be in demand in five years.

Career education is one of the building blocks to make sure our students have the confidence and capability to manage their future careers, and life beyond school.

Running a careers activity during Education Week can help start discussions about career education in government schools and how it is being transformed to ensure students have the skills and abilities needed and are able to meet the challenges of the ever-changing workforce.

Every week is Education Week at

MORTLAKE COLLEGE P12



Ph 5599 2204

www.mortlakecollegep12.vic.gov.au

"Small school, Big opportunities"

Cobden Primary School prides itself on collaborative planning to ensure learning and teaching is targeted at each student's point of need.

Teaching is based on individual assessment, which allows learning to be diverse, directed and challenging.

Cobden Primary School implements successful whole school literacy programs such as Spelling Mastery, SoundsWrite, CAFÉ/DAILY 5, VCOP/Big Write, 6 plus 1 traits of writing and STEM maths.

Cobden Primary School runs a numeracy program which is being enhanced by a specialist maths initiative. Teachers ensure a rich program with maths games specific to learning intentions as well as challenging tasks that relate to the students' real world.

Cobden Primary School also prides itself on excellent implementation of integrated curriculum areas, where students drive their own learning.

Cobden Primary School is a vital learning hub. Student needs are at the centre of all planning and decision-making. Our aim is to provide a supportive environment that fosters and develops each child's confidence, self-discipline, persistence and overall enjoyment of school in reaching both academic and social development goals.

Cobden Primary School's core values of Care, Respect and Excellence are continually reflected upon and utilised on a daily basis. Students engage in our Mindfulness program to show appreciation for the opportunities they have and understand the 5 keys to success in their learning: Persistence, Resilience, Confidence, Organisation and Getting Along.

Specialty areas at Cobden Primary School

- **Physical Education.** Cobden Primary School has an excellent whole school program which works from the essentials up. Fundamental motor skills, skill development and game sense are at the forefront of each lesson, enabling students to gain a grasp of a range of sports. A carefully designed program ensures high participation levels and an enjoyment in physical movement and exercise. Along with these weekly sessions Cobden Primary School provides events such as Athletics and Swimming Carnivals, Cross Country, Interschool competitions and the ability to progress towards District, Regional and State competitions.
- **Language other than English (LOTE).** All children attend a weekly LOTE session learning about Indonesian language and culture. Great opportunities are provided to the students to explore this magnificent culture, linking strongly with the Arts domain.
- **Science.** Students engage in many Science lessons exploring key concepts and engaging in hands-on experiments to cement these concepts into their retained knowledge. This program allows students to speak to experts in their field, with provided incursions on offer regularly throughout the year.

Open Night

Wednesday,
May 22

7:00pm-8:00pm Classroom visits

8:00pm-8:30pm Presentation in the BER Building



Cobden Primary School is holding their Education Week Open Night on Wednesday 22nd May from 7pm. Family, friends and the wider community are invited to explore the school learning areas and enjoy a range of activities on offer. Classrooms will have a variety of maths based activities to engage in.

A classroom challenge will occur, where each classroom will have questions to be answered and then handed in to an entry box in the BER building. During the presentation segment of the night a lucky prize winner will be drawn.

Cobden Primary School is excited to showcase our wonderful learning environment and the skills of our students, as well as answer any queries from prospective families.

Throughout Education Week, the students at Cobden Primary School will participate in a number of activities that relate to the theme 'Celebrating Careers'. Students will participate in a dress up day on the Monday.

Education Week 2019 is all about celebrating careers and pathways that will make your dream job come true. Education Week is a snapshot of the vibrant and hardworking environment Cobden Primary School delivers on a weekly basis!



Cobden

Primary School

care, respect, excellence

May 19 - 25, 2019

Education Week

Food allergies can be fatal

WITH so many young people now suffering from various food allergies, several schools across the district have developed individual anaphylaxis management plans for students with allergies.

These plans are being developed in conjunction with the students' parents as schools are increasingly aware of the dangers of nuts and other foods in students with allergies.

Peanuts and tree nuts can cause allergic reactions in some children.

May 26 - June 1, 2019 is Food Allergy Week in Victoria.

Held each year, the aim of the week is to raise awareness of food allergy, including potentially fatal food allergies.

Food allergy is an immune system response to a food protein that the body mistakenly believes is harmful.

When the individual eats food containing that protein, the immune system releases massive amounts of chemicals, triggering symptoms that can affect a person's breathing, gastrointestinal tract, skin and/or heart.

Signs and symptoms of food allergy

can be mild, moderate or severe.

An allergic reaction can include hives, swelling of the lips, face and eyes, abdominal pain, vomiting, swelling of the tongue, swelling of the throat, breathing difficulty, persistent dizziness and/collapse.

If left untreated, signs and symptoms related to breathing and heart/blood pressure can be fatal.

Food allergies can be severe, causing potentially life-threatening reactions known as anaphylaxis.

Anaphylaxis must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

Anaphylaxis is a generalised allergic reaction, which often involves more than one body system (such as skin, respiratory, gastro-intestinal and cardiovascular).

An allergic reaction usually occurs within 20 minutes to two hours of eating even a small amount of the food, and can rapidly become life threatening

Food allergy now affects one in 10 infants and about two in 100 adults in Australia.

Some children may outgrow their allergy however some adults develop their food allergy later in life after eating the food without a problem for many years.

The severity of an allergic reaction can be unpredictable, although someone who has previously had a severe reaction to a particular food is more likely to have another severe reaction to that food.

Someone who is allergic to a food but has not been prescribed an adrenaline (epinephrine) auto-injector still needs to do their best to avoid the food as reactions do sometimes become more severe.

There are more than 170 foods known to have triggered severe allergic reactions.

The most common triggers, causing 90 per cent of allergic reactions in Australians, are egg, cow's milk, peanut, tree nuts (such as cashew and almond), sesame, soy, wheat, fish and shellfish.

Some lesser known triggers also include kiwi fruit, banana, chicken, mustard and celery.

Children often outgrow cow's milk, egg, soy and wheat allergies during childhood.

Common lifelong allergies include peanuts, tree nuts, sesame and seafood.

It is important to understand that in some people even very small amounts of food can cause a life-threatening allergic reaction/anaphylaxis.

It is thought that approximately 10 people die from anaphylaxis each year in Australia and some of these reactions are triggered by food.

Importantly, deaths from anaphylaxis are currently not reportable and we have no way of capturing true figures of deaths and near misses.

Currently, there is no cure for food allergy.

Avoidance of the food is the only way to prevent a reaction.

When a severe reaction does occur, adrenaline (epinephrine) is the first line treatment for severe allergic reactions and can be administered via an adrenaline (epinephrine) auto-injector called the EpiPen®.



DERRINALLUM P-12 COLLEGE

Integrity Teamwork Support Empathy Respect

At Derrinallum P-12 College we are proud to offer your child an education from Foundation to Year 12 in a supportive, vibrant and strong learning community. We honour our values of Integrity, Teamwork, Support, Empathy and Respect and work hard to nurture the skills and attributes that underpin lifelong learning.

We offer:

- ◆ Experienced and dedicated staff with small class sizes and extensive additional support for all learners.
- ◆ Spacious, modernised classrooms and facilities for all students from Foundation to Year 12.
- ◆ A wide range of subject offerings for Year 7-12 students including small VCE classes with a strong history of success.
- ◆ A range of post-compulsory pathways including VCE, VET and VCAL.
- ◆ Specialised Health, Physical Education, Art, Performing Arts, Italian and Science.
- ◆ Newly refurbished trade training centre offering Metalwork and Agriculture, alongside our Innovative Technology wing.



Contact the Derrinallum P-12 Learning community today, phone 5597 6625 to arrange a visit to the school

Campbell Street, Derrinallum 3325

www.derrinallum12.vic.edu.au

2019 School captains

Jackson Boyden and Keely Moore



Mortlake College

Charles Bowker, Kyla Groves, Jenna Smith, Mikayla Bellis, Bodhi Crole, Tommy Illingworth



Timboon P-12 College Jnr

Hannah Thompson and Dillon Gordon



Derrinallum College



Timboon P-12 College Snr

Benjamin Matthews, Ethan Arundell, Jordan Footman, Aimee Hose, Shelby Gristede (absent Zoe Neal)

Growing as a school and a community

Terang College has a proud reputation of providing outstanding educational opportunities for all students from Kindergarten to Year 12. It offers a comprehensive core curriculum with an emphasis on literacy and numeracy.

In addition to this, Terang College provides students with unique opportunities in all areas of the curriculum including arts and technology, drama and languages.

Recent achievements include National representation of our students, both primary

and secondary, in Swimming, Shooting and Athletics, and World representation in Robotics.

Our students have also participated in extra-curricular activities such as the RACV Energy Breakthrough competition, Debating, Alpine School, Lions Youth of the Year, Stephanie Alexander Kitchen Garden, the construction of a Bush Kindergarten and various Wetlands projects.

These activities and programs have all had an incredible impact on our students and their learning.

Terang College's links to the community are very strong and we welcome community involvement.

A comprehensive capital works program ensures that Terang College will continue to deliver a vibrant, caring and relevant education to all.

A combination of small class sizes, positive student attitudes and dedicated staff has meant that Terang College has achieved some outstanding results in VCE.

Terang College prides itself on the fact that nearly all of its students receive either their first or second tertiary offers.

Terang College offers a unique VCAL program in that it allows students to combine their senior secondary education with practical work-related experiences. This provides students with the opportunity to develop personal skills that are vital for life and work.

Terang College has developed a flexible VCAL program that suits the interests and learning needs of all of its students.

Terang College is a member of the Corangamite Trade Training Cluster, which supports the Federal Government's Trade Training in Schools program.

In 2019 the College instigated Certificate 2 in Community Services and along with five other schools in the Shire offers a range of VET subjects.

In conjunction with the Trade Training Centre, the College co-exists with the Terang and District Kindergarten and Maternal Health Care Centre.

This has ensured that the community of Terang has an educational facility that caters from birth to adulthood.



Back (L-R): Abbey Dixon, Luke Moloney, Jessica Moloney
Front (L-R): Charlotte Braendler, Joshua Blain, Gemma Blain and Principal Greg Button

TERANG COLLEGE



May 19 - 25, 2019

Education Week

2019 School captains



Camperdown College

Stella Horspole,
Annabel Lucas, principal
Cherie Kilpatrick, Olivia
Henzen and Finn Tolland

Skye Leith
and Archimedes
Perriss



Cobden Technical School



Cobden Primary School

Xavier Goonan (vice), Charlton Lewin (capt),
Shelby Cameron (capt), Chloe Cameron (vice)



Noorat Primary School



Terang College

Thomas Caversan and
Sophie Kate Shaw

Levi Meade, Amelia
Castersen, Nash Hansen
(absent Ada Hill)

Careers at Cobden Technical School

- VCE
- VET
- VCAL
- Extensive Work Experience program and networks
- School-Based Apprenticeships
- Lead school in the Corangamite Trade Training Cluster

Our solid partnerships with TAFE, our ability to offer students pathways into Vocational Education and Training onsite and through our partnerships with surrounding schools, and our Victorian Certificate of Applied Learning pathways offer students the opportunity to complete their schooling with not only their secondary school certificate but also a work-ready qualification under their belt. We're proud of the trade and technical education that we offer and the way that our name holds true to that arm of our work.

But that's just part of what we offer.

We are equally proud of the way that we nurture students through the academic arm of their schooling. We offer clear pathways to VCE subjects, with the range of subjects offered onsite extended through our ability to have students tap into and network with Distance Education. This is an area in which we're investing time and money into to help give our students as broad a range of subject options as possible.

Contact us for a tour and information pack and explore how Cobden Technical School is journeying with our students along pathways to successful careers.



cobden.ts@edumail.vic.gov.au

5595 1202

McKenzie St, Cobden, 3266

Principal: Mr Rohan Keert Assistant Principal: Mrs Cassandra Crevola



CORANGAMITE
TRADE TRAINING
CLUSTER



