



COBDEN TECHNICAL SCHOOL

Committed to Students, Committed to Success

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Term 2 Week 6
May 31, 2019

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We are committed to find, and celebrate, successful outcomes for students, whether that is in the pursuit of high level academic achievement, or the development of specific vocational skills.

The values we strive to develop and promote through our interactions with students, parents and other members of our community are Honesty, Excellence, Accountability, Respect and Trust - HEART.

School Council Parent/Student Representatives:	<i>Rae Bellman (President)</i>	<i>Liz Roberts (Vice President)</i>
<i>Sue Clarke</i>	<i>Michelle De Bie</i>	<i>Ingrid Bellman (Student)</i>
<i>Rebecca Perriss</i>		<i>Tanner Fratantaro (Student)</i>

BREAKFAST CLUB

CTS offers breakfast every Wednesday and Friday morning from 8.30-9am at Johno's Shed. Free cheese toasties are available. Those students who have travelled long distances on the bus, or have missed breakfast for any reason, are especially welcome.

Principal

Rohan Keert

Quicksmart - Maths

Here is news worth celebrating! We recently received the results demonstrating the impact of QuickSmart Numeracy Intervention. The results derived from PAT Maths testing demonstrate a significant impact with student learning improvement in the order of approximately two-three years' growth for one years' intervention. Well done everyone!



Deb Ball

Preparations for the 2019 Debutante Ball have been progressing well in readiness for the big event on Friday 14 June. Our students have mastered the dance steps and will now move their final dance practices from our Gym to the Cobden Civic Hall. I would like to thank the CTS Parent's Club for their organisation and management of this year's event. I would also like to thank our staff for giving up their time to supervise the dance practices. I am looking forward to the presentation of our young men and women at this important moment in their lives.

China

Earlier this week I was invited to an event at Monash University along with two other principals of secondary schools that have a vocational focus – Hallam Senior College and Northern College of the Arts & Technology, Preston. Each of us gave a presentation and answered questions from a group of 20 technical school principals visiting from China. They were from a range of schools, city and rural. Through an interpreter they asked many interesting questions that illustrated to me that leaders of vocational education in China share many of the same successes and challenges that we do in our education system. I also gained useful insights into the operation of Hallam Senior College and Northern College of the Arts & Technology. They are large schools that draw on their surrounding feeder schools for VET enrolments. They offer all of the subjects that we offer through the Corangamite trade Training Cluster as well as a wide range of additional subjects including VET Musical Instrument Making and Repair, VET Fitness, VET Photo Imaging, VET Live Production, Theatre and Events to name a few. I look forward to working with these school leaders to continually improve the VET opportunities for our students.

VCE

Also, this week our senior school leaders Sarah Cook (Head of VCE), Annette Hickey (VET, VCAL and Careers Coordinator), supported by Cass Crevola (Assistant Principal) provided information to families at a well-attended information night. They presented information about the senior school pathways and options. They demystified the many acronyms we use in senior secondary education (VCE, VCAL, SBA, VETiS). Cass Crevola also presented information about supporting senior students to develop and maintain good study habits. I look forward to being part of the student Pathways meetings that will occur before the end of Term 2. Student course and subject details for 2020 will be finalised by early Term 4.

50th Anniversary

This week we had our first meeting of the CTS 50th Anniversary organising committee. We will celebrate this significant milestone in our school's history on the weekend of the Cobden Spring Festival 19-20 October. One of my jobs is to set up a CTS 50th Facebook group and the committee has planned various media events to promote the event. Stay tuned!

Inter House Lunchtime competition

It is always a busy time at our school during lunchtimes. Today Mr McCluggage has organised the inter house indoor hockey competition which includes the Y12 vs staff match. I am looking forward to levelling the score after the Y12 students were victorious over staff in a close and hard-fought basketball match two weeks ago.



Building works

We have commenced building works to improve access to all of our buildings and rooms. Currently the front door to admin is closed while the ramp and electric doors are installed. A temporary entry to the admin is signposted via the west end of the building. Next week we start work on the library entry which includes a ramp, two sets of electric doors, a raised covered walkway and a new loans counter. We expect all works around the school to be completed in six months.

Assistant Principal

Cassandra Crevola

Information Evenings

Thank you to the families who came along to join us for the May 29 Information Evening sessions. Senior Years staff, Annette Hickey (VCAL and Careers Co-ordinator) and Sarah Cook (VCE Co-ordinator), along with myself, outlined the wide variety of course options available to students in Years 10-12. We explored the course and subject choices that students and families will need to make to ensure that their senior pathway is productive, exciting and challenging. Families are invited to contact the school for further information if they have queries about the course options available, information will also be provided through Compass.

Uniform

As we move into the cooler months, we encourage students to take advantage of the winter uniform. The Cobden Technical School beanie and jackets in either plain black or black with the CTS logo are appearing as the cooler weather sets in. We encourage students to layer up to help keep warmer in these months; singlets and thermal wear will assist in warding off the cold. We also encourage students to take advantage of the range of lunchtime activities running to come inside during these months.

Upcoming events

Deb Ball

Students are excitedly practising for the Deb Ball on Friday June 14th. We look forward to watching as the dance steps are shown off in style on this night; it's always a highlight of the school calendar.

Excursions

There are a number of exciting opportunities available to students in the Codrington Wind Farm excursion and the Holocaust Museum excursion in coming weeks. We encourage students to return their permission forms and payment for these as soon as possible.

Work Experience

A number of work experience programs are fast approaching, with the Year 10s heading off in the final two weeks of this term and the Year 11s in the midst of planning their Melbourne Work Experience trip. We wish them every success and look forward to hearing about their weeks in the workforce.

Looking for something a bit different?

How about some volleyball?

Cobden Rec Centre/School Gym

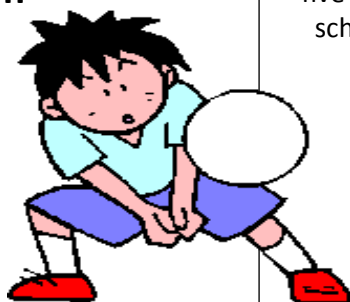
From Tuesday 16th July, 2019

Come and try – 7.15pm

Individuals or teams

All age groups

Male, female, mixed



SPECIAL OFFER TO SECONDARY SCHOOL STUDENT-BASED TEAMS . . .

HALF-PRICE!

HALF-PRICE VOLLEYBALL FOR YOUR TEAM

TEN WEEKS every Tuesday night from July 16th

Teams of 6 to 8 players – to qualify for this offer, at least five players must be Year 7 to 12 students at any of our schools. Teachers, parents or . . . could make up your numbers!

Inquiries to:

Chris Brooks 0419 043 103

Kelvin White 0429 921 876

Gabrielle Bellman 0428 799 690

Belinda Savage 0419 587 036

First two student-based teams accepted!

Calendar

TERM 2		
WEEK 7	DATE	EVENT
Monday	June 3	<ul style="list-style-type: none"> GWR Cross Country (Warrnambool)
Wednesday	June 5	<ul style="list-style-type: none"> Codrington Wind Farm Tour 7 Session Day
Thursday	June 6	<ul style="list-style-type: none"> HSSSD Junior and Intermediate Boys Hampden Football HSSSD Junior Year 7 & 8 Netball (Terang)
WEEK 8	DATE	EVENT
Monday,	June 10	<ul style="list-style-type: none"> QUEEN'S BIRTHDAY
Tuesday	June 11	<ul style="list-style-type: none"> Holocaust Excursion (8 am – 6.30 pm)
Wednesday	June 12	<ul style="list-style-type: none"> VCE GAT Day 7 Session Day
Friday	June 14	<ul style="list-style-type: none"> Debutante Ball
WEEK 9	DATE	EVENT
Monday	June 17	<ul style="list-style-type: none"> Year 10 Work Experience Fareshare 7 Session Day School council meeting
Tuesday	June 18	<ul style="list-style-type: none"> Year 10 Work Experience
Wednesday	June 19	<ul style="list-style-type: none"> Year 10 Work Experience
Thursday	June 20	<ul style="list-style-type: none"> Year 10 Work Experience Year 9 Bricks Program (AM)
Friday	June 21	<ul style="list-style-type: none"> Year 10 Work Experience Year 9 Bricks Program (AM)
WEEK 10	DATE	EVENT
Monday	June 24	<ul style="list-style-type: none"> Year 10 Work Experience
Tuesday	June 25	<ul style="list-style-type: none"> Year 10 Work Experience HSSSD Senior and Intermediate Basketball
Wednesday	June 26	<ul style="list-style-type: none"> Year 10 Work Experience Senior & Intermediate Basketball
Thursday	June 27	<ul style="list-style-type: none"> Year 10 Work Experience
Friday	June 28	<ul style="list-style-type: none"> Year 10 Work Experience Assembly at 2 pm Last Day of Term 2

Firearms safety code course

Debbie Windon



Do you wish to be able to hold a shooters licence for upcoming clay target competitions?

A firearms safety code course is being held at Cobden Technical School at 12 o'clock on the 4th of June. The course is open to students and their parents who wish to obtain a shooters licence.

The course is **FREE** and is being run by Gary Hayden from the Noorat Gun Club. Gary is a professional firearms safety officer for the Western District.

Students that are interested in attending the South West Zone competition, to be held in August at Noorat Gun Club and any Clay Target Competitions are being advised to attend this course.

You can download the course booklet from the following webpage:-

<https://www.police.vic.gov.au/victorian-firearm-safety-courses> or go to your nearest police station for a copy.

Could you please contact Debbie Windon or leave your name at the office, if you wish to attend this course. Or ring CTS on 55951202 by June 3.

IDAHOBIT Day May 17

Jane Hammer - Adolescent Health Nurse

Cobden Technical School is committed to creating a safe and inclusive environment for all its students, including LGBTI students.

Friday May 17 was IDAHOBIT Day, which is the International day against homophobia, biphobia & transphobia and CTS joined schools all over Australia to celebrate the day and publicly stand with the LGBTIQ community.

Students acknowledged the day through lunchtime rainbow face painting and a morning mentor group activity.



75% of LGBTI students experience some form of abuse or discrimination, most of which occurs at school, which impacts the student's mental health and academic achievement.

It's small changes like acknowledging IDAHOBIT Day that can make a big difference, through strong messages of support and acceptance.

Being part of this day does help improve lives of diverse people and creates a sense of belonging.



Careers

Annette Hickey –Careers Coordinator

Work Experience dates for your calendar:

Year 10 – Monday, June 17 – Friday, June 28

Year 11 – Monday, July 29 – Friday, August 2 (Melbourne)

Please see Mrs Hickey for more information.

SWTAFE Try A Career Day -Year 9 students Friday 24th



Yr 9 students explored different career pathways that are available at the Corangamite Trade Training Centre (CTTC) and SWTAFE. The students had the opportunity to participate in hands-on activities, speak to presenters and ask questions about what they might need to do to enter a career that interested them.



Debutante Ball Request



We need volunteers to help out on the night of the Debutante Ball, June 14. It could be in the kitchen, plating supper etc. or helping out in the hall itself. It is an excellent opportunity to find out what happens at the ball.

If you are able to help, please contact the general office in person, or on 55951202, to put your name down.

Indonesia in Melbourne Day

Liz Formby / Indonesian Coordinator.

At 6:00am on Thursday April 4, Year 7 and 8 students, along with the Year 9,10,11 and 12 students learning Indonesian headed of for the CTS Indonesia in Melbourne Day. We arrived at ACMI in time for the screening of Koki-koki Cilik or 'Child Chef'. The movie is inspired by the modern phenomena of cooking shows and is set in a camp in the Indonesian highlands. Koki-koki Cilik is a cooking competition for children and the main character in the film, a boy named Bima, enters the competition. He is up against some tough competition including Audrey who is the current champion of the competition.

The movie featured lots of Indonesian cooking which helped to prepare the students for the next part of our Indonesia in Melbourne Experience, a trip to Nelayan Indonesian restaurant in Hawthorn. The students were split into two groups, one started on lunch, the other went to The Grand Laguna Indonesian supermarket. Lunch included satay ayam (chicken sate), rendang (beef curry), nasi goreng (fried rice), cap cay (vegetables) and perkedel jagung (corn fritters). Enak sekali! Sooo yummy!

In the Grand Laguna Indonesian Supermarket students had a list of twenty items along with a picture clue for each item. They had to find the item, work out what it is used for, then write the price in Australian dollars and Indonesian Rupiah. Students were also able to purchase some Indonesian foods at the supermarket.

Our next stop was the Indonesian Consulate-General, to participate in traditional music lessons. We had a quiz with one of the consulate staff before we started and students won prizes such as a sarong, a dictionary and a t-shirt. The



Gamelan music teacher was awesome - he had the students playing an actual song using a number of different instruments. Very melodic! The most amazing time of the day was the arrival of Mrs Spica A. Tutuhatunewa, the Consul-General for Victoria and then, even more amazing, the arrival of Mr Kristiarti Legowo, the Indonesian Ambassador to Australia! Hebat!

On the way home we stopped at Colac for tea. Overall, it was an excellent day with lots of new experiences.



Thanks to Rod from Cobden Coaches for the excellent navigating and driving and to Mrs Jen McLennan and Abbey Richardson-Tobias for giving up their day to come with us.

But mostly - thanks to the students for coming along and trying something new!



Indonesian Sister School

Ms Liz Formby

Languages Curriculum Manager, Sister School Coordinator, Cobden Technical School



Visit by students from the Cobden Technical School Indonesian Sister School.

Call for host families for Indonesian students.

Become a host family:

We are seeking host families who are willing to accommodate students from our Indonesian Sister School during their visit to Cobden Technical School from Thursday August 1 until Wednesday August 14. Thirteen boys and nine girls from SMP 5 Junior Secondary School in the city of Yogyakarta will be visiting Cobden. The students are aged between 11 and 14 and will be attending Cobden Technical School for the time they are here. They will also be spending some time during school days at Cobden Primary School.

The role of host families during their visit is very important. This homestay experience ensures the Indonesian students have a great time in Australia and enables them to further develop their English skills. Hosting an exchange student provides a wonderful opportunity for our students to develop their Indonesian skills, learn more about Indonesian people and culture and teach someone from a different country about life in Australia.

One compulsory requirement for becoming a host family is that all of the adult members of the host family aged over 18 hold a Working With Children Check, unless they work as an employee of the Department Of Education.

Applications are available online at <http://www.workingwithchildren.vic.gov.au> and there is no fee to apply as this is a volunteer role. For any adult members of the family who already have a Working With Children Check Card, please list their name and the card number in the expression of interest email.

If you are interested in hosting an exchange student, please contact me via email with your details as outlined below.

After making contact with me, I will send further information to you regarding the exchange group.

I look forward to hearing from our families interested in hosting a student from Indonesia. **Please note that sending an email to me is an expression of interest only and does not bind you to host a student, nor does it guarantee you will be allocated a student to host.**

For further information, please feel free to contact me at Cobden Technical School on (03) 55951202.

FAQ:

- **We would like to host a student but we have a small house. What can we do?**

In the past we have had the Cobden student and their host brother/sister stay with other relatives like a grandparent whilst the students are in Australia.

- **We are busy on weekends with sport and can't really take the student anywhere special. Can we still host?**

Yes! The students from our sister school are looking to experience real family life in Australia. Also, during past visits some of the host families have worked together to arrange activities for the weekends as a group.

- **The student would have to share a room and sleep on a mattress on the floor. Is this ok?**

Yes! Families in Indonesia often share sleeping spaces and do not have a room of their own.

- **Our child who attends Cobden Technical School lives between two houses. Can we still host?**

Yes! In the past some students have changed their days they stay with a parent or guardian to suit. Other students have continued as usual with their guest staying at both houses with them. There are some students from Indonesia who live between two houses too.

- **What support do we receive as a host family?**

There is a hosting booklet with information for host families which you will receive if you choose to host. There will also be an information session in Room 3 at Cobden Technical School at a date and time to be advised. One adult family member per host family is required to attend this session.

Host Family – Expression of interest information: If you are interested in hosting a student please send an email with the following information to:

formby.liz.m@edumail.vic.gov.au

- Name of child attending Cobden Technical School.
- Grade.
- Parent/Guardian Name/s.
- Phone number.
- Residential Address and Postal Address (if different).
- Hosting preference: male or female student

Working With Children Check Card information. For adults who live in the house and already have a WWCC card.

- Name and number of Working With Children Card.

Terima kasih banyak! Thank you very much!

Stephanie Alexander Kitchen Garden Program (SAKG)

Jen McLennan - Home Economics

Cobden Technical School is a proud participant in the Stephanie Alexander Kitchen Garden Program (SAKG). With a focus on pleasurable food education, SAKG is delivered through a kitchen garden program and teaches children to grow, harvest, prepare and share fresh, seasonal, *delicious* food in order to form positive food habits for life.

In term 2, we will be transforming the grassed area and garden beds in front of the Library into our very own kitchen garden, with a 9/10 Food Technology Elective 'Season Me'. In term 3 we will be focusing on the philosophy of the program, caring for the garden and using the produce to create fresh seasonal dishes. We aim for this garden to be a vibrant, sustainable and functional aspect of CTS that will provide fresh produce for not only our Food Technology classes but the large school community.

However, for this to be successful, we are calling on the assistance of families and friends of CTS. This term, we are looking for donations of:

- Timber for raised garden beds
- Mulch
- Dirt
- Manure
- Any other tools/equipment/materials.

We are also calling on volunteers to assist in the maintenance of the garden. If you are interested, or have donations, please contact the school and have a chat to Jen McLennan.



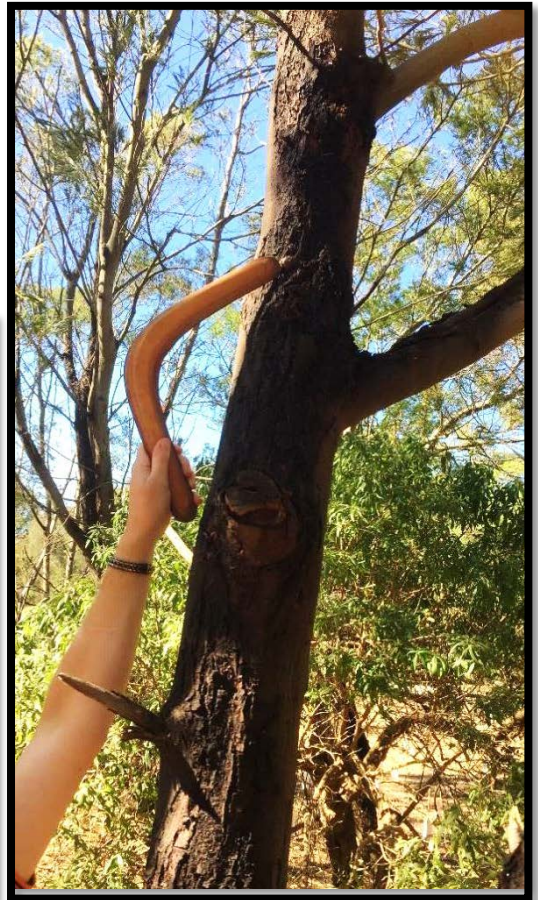
Watch this space!!!



Year 11 - Food Studies excursion to Tower Hill.

Jen McLennan - Home Economics

Year 11 Food studies students have been studying Indigenous ingredients and cooking methods, and on Thursday 28th March we were given a guided tour of Tower Hill, where we were told the history of the area, saw lots of koalas and had a go at throwing the Boomerang. We sampled a variety of bush tucker. Some students made a face eating Pig Face, but other tucker-native celery, the small buds of bracken fern, and a plant that tasted like salty potato chips- were favourites. The students are continuing to use Indigenous Ingredients for their cooking sessions- next up, chocolate and wattle seed self-saucing pudding, and Kangaroo with Native Davison Plum Jam.



Year 7 Parents, Students and Staff luncheon.

Jen McLennan - Home Economics

Tuesday, 26th of March saw the year 9 and 10 creative entertaining class cater a buffet lunch for the year 7 parents, students and staff. It was a fantastic opportunity for the students to showcase their cooking skills, and for guests to enjoy an informal get together.

A big thank you to all who attended, Creative Entertaining students and Ms Formby for assisting in the organisation of the day.



Funding for Healthy Choices

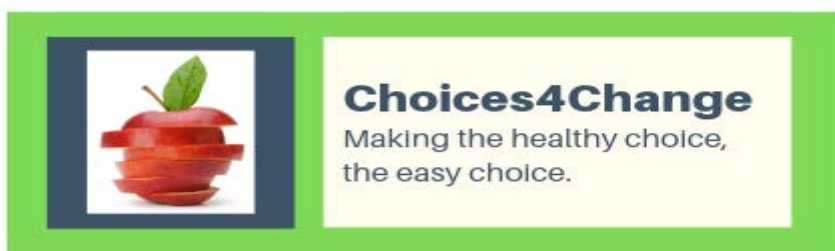
Jane Hammer - Adolescent Health Nurse

CTS was successful in gaining funding for the Stephanie Alexander Garden Project and healthy food options for health days.

The funding was provided by the 'Choices4Change' project. This project has a large focus on instilling healthy habits in children, as research shows, healthy children grow up to become healthy adults.

In 2018, Choices4Change held four workshops across four Corangamite towns where community members came up with some really exciting ideas that will all help in making the healthy choice, the easy choice. Thanks to the generosity of the Commonwealth Bank Camperdown Branch, Choices4Change received some funds to help make some of these suggestions happen.

We hope to get as many initiatives off the ground as possible, particularly those that look at supporting community members to eat healthier and be more physically active.



If you'd like to know more about Choices4Change, or how you can get involved, please get in touch. You can also find Choices4Change on Facebook.

Laura Stevenson, Choices4Change Project Officer, 0466 005 801,

laura.stevenson@swh.net.au

Wannon Water sponsorship for Cross Country

Jane Hammer -Adolescent Health Nurse

Our students were well hydrated during the recent cross country event thanks to the support from Wannon Water who provided 80 water bottles and a water dispenser.

The sponsorship was provided under the community support program, known as the ripple effect. The distribution of water bottles aim to reduce plastic waste and promote the health benefits of drinking water.



*Thank You
Wannon Water
for your
support*



Sport

Belinda Savage – Sports Coordinator

Upcoming Events – Save the dates

Monday	June 3	GWR Cross Country (Warrnambool)
Thursday	June 6	HSSSD Junior and Intermediate Boys Football and Girls Netball (Terang)
Tuesday	June 25	HSSSD Senior and Intermediate Basketball

Cross Country – Tuesday May 14, 2019

What a fantastic day, it was great to see so many students participating and giving a 100% effort. Firstly congratulations to Glenfyne Gold on their win, and to the following students:-

Males

1 st	Ryan Hawkins (Tandarook Red)
2 nd	Brad Gillingham (Shenfield Blue)
3 rd	Harrison Herschell (Shenfield Blue)

1 st	Glenfyne Gold
2 nd	Tandarook Red
3 rd	Shenfield Blue

Females

1 st	Abbey Robbins (Shenfield Blue)
2 nd	Ally Jeffery (Tandarook Red)
3 rd	Holly Roberts (Glenfyne Gold)

Aged Champions

13Yr Female	Madison Osborne (Shenfield Blue)
14Yr Female	Abbey Robbins (Shenfield Blue)
15Yr Female	Ella Baynes (Glenfyne Gold)
16Yr Female	Macey-Lee Hickey (Glenfyne Gold)
17Yr Female	Hailey Rosenthal (Glenfyne Gold)
20Yr Female	Ally Jeffery (Tandarook Red)
13Yr Male	Mitchell Smith (Glenfyne Gold)
14Yr Male	Troy Mora (Glenfyne Gold)
15Yr Male	Brodie Neale (Glenfyne Gold)
16Yr Male	Harrison Herschell (Shenfield Blue)
17Yr Male	Bradley Gillingham (Shenfield Blue)
20Yr Male	Ryan Hawkins (Tandarook Red)





A big thank you to Saputo for the donation of the Chocolate Flavoured Milk, Ritchies IGA Cobden for the donation of the fruit, and to Wannon Water for the donation of the Water Bottles. The students were able to enjoy a free healthy lunch, with added incentives for all participants.



HSSSD Interschool Cross Country – Wednesday May 22, 2019

Well done to all the students who attended and participated in the HSSSD Interschool Cross Country in Camperdown. It was great to see so many participants with Abbey Robbins winning the U14 Girls aged champion. Congratulations Abbey on a great run.

Students who qualified

GLENFYNE GOLD	TANDAROOK RED	SHENFIELD BLUE
Tanner Fratantaro	Archimedes Perriss	Luke Ball
Troy Mora	Willoughby Perriss	Ryleigh McVilly
Jayden Squire	Abbey Robbins (Aged Champion)	Cameron Newell
Thomas Roberts	Kayleb Bignell	Madison Osborne
Holly Roberts	Brodie Foster	Harrison Herschell
Mitchell Smith	Ryan Hawkins	Luke Hickey
Connor Stares	Mitchell Wood	Xavier Vickers
Lachlan Taylor	Elizabeth Wood	
Lachlan Stephenson		



GWR Cross Country will take place at Deakin University Warrnambool Campus on Monday June 3, 2019. Congratulations to the following students who have qualified to attend:-

GLENFYNE GOLD	TANDAROOK RED	SHENFIELD BLUE
Mitchell Smith	Archimedes Perriss	Abbey Robbins
Troy Mora	Willoughby Perriss	Madison Osborne
Thomas Roberts	Elizabeth Wood	Xavier Vickers
Holly Roberts	Kayleb Bignell	Harrison Herschell
Tanner Fratantaro		

HSSSD Senior Boys Football – Tuesday May 28, 2019

Congratulations to the senior boy's football team, on three great wins at the HSSSD Interschool Country Cup Football, superbly coached by Mr. Brett Taylor. We will now advance to the final of the Regional Country Cup Grand Final at a date to be confirmed.

Scores

Cobden 4.5 = 29 defeated Terang College 1.1 = 7
(Goal kickers: Ryleigh McVilly 2, Luke Ball 1 and Xavier Vickers 1)

Cobden 2.7 = 19 defeated Camperdown College 0.2 = 2
(Goal Kickers: Lachlan Gass 1, Harrison Herschell 1)

Cobden 2.2 = 14 defeated Timboon P-12 0.1 = 1
(Goal Kickers: Brad Gillingham 1, Lachlan Gass 1)

Team:

Noah Ackerley	Luke Ball	Stuart De Bie
Kris Duynhoven	Tanner Fratantaro	Lachlan Gass
Bradley Gillingham	Harrison Herschell	Luke Hickey
Joe Hutt	Dylan Jeffery	Ryleigh McVilly
Noah Mungean	Hunter Reynolds	Lachlan Taylor
Lachlan Stephenson	Xavier Vickers	Daniel Wright
Jake Proctor		



HSSSD Senior Girls Netball – Tuesday May 28, 2019

Well done to our Senior Girls Netball team (Ally Jeffery, Tess McKenzie, Sophie Hickey, Emma Harrison, Skye Leith, Jessica Parsons, Kayla Hunter, Gemma Kelly, Hailey Rosenthal and Chelsea Ketelaar) and Mrs. Raewyn Poumako for coaching. They had a great day with some very close games.

HSSSD Intermediate Girls Netball – Tuesday May 28, 2019

What a super effort by our Intermediate Girls. Playing with just seven girls (Indee Smith, Holly Duynhoven, Abbey Benson, Lilly Neale, Brydie Foote, Ella Baynes and Rose Finlayson) to come away with three wins out of four. A big thank you to Mrs. Raewyn Poumako for her expert knowledge and coaching the girls.

Cobden 17 defeated Terang College 14
Cobden 14 defeated Timboon P-12 13
Cobden 25 defeated Camperdown College 5
Cobden 8 lost to Mercy 17



Cybersafety at home

Does your child use technology at home?

Do you know which technologies they use and what they use them for?

Do you have limits in place and supervise and support your child's online life, as you would their offline world?

Do you have a set of rules or a family agreement for technology use at home?

Technology such as mobile phones, personal computers, tablets and gaming devices has become part of life in almost every Australian household. Along with providing many advantages, new technology also raises significant challenges and concerns, such as cyberbullying, the need to protect privacy, too much time spent using technology, and children accessing offensive, inappropriate or illegal content. Parents can manage these challenges and support their children's cybersafety by providing boundaries, guidance, support, encouragement and care.

Cyberbullying

Cyberbullying is using technology to intimidate, harass or bully an individual or group, for example by sending abusive texts or emails, excluding them or posting hurtful messages, pictures or videos. Young people experiencing cyberbullying may not tell their parents due to fear that they will overreact or remove their technology access.

- Talk with your child about relating respectfully and responsibly online.
- Encourage your child to talk to you about any concerns they have, including any upsetting online experiences. Reassure them that you will not remove their access to technology if they report concerns to you.
- If your child is the target of cyberbullying, support them to take actions to address it, such as blocking abusive contacts, reporting the incidents to service providers, the school or police, and talking to the parents of young people involved.

Protecting privacy

Many online activities – including social networking and instant messaging – involve sharing personal information. But disclosing personal information – such as full names, addresses, phone numbers, family members' names, school, bank details, usernames and passwords – can threaten a young person's safety and wellbeing. In addition, young people can easily and quickly create and share content, including photographs or videos of themselves or others that are inappropriately personal and which may affect their social and emotional wellbeing or reputation.

- Talk about protecting privacy with your child.
- Activate privacy settings: for example, on mobile phones, social networking accounts, and email accounts.
- Establish an agreement about what your child shares online and what they keep private.

Too much time using technology

For many young people – and adults – using technology is part of day-to-day life. While technology use offers many positive opportunities, too much use can negatively affect a child's health, schoolwork and relationships. Excessive time online may be related to engagement in a particular type of technology use, such as social networking, gaming or pornography. A child with high levels of use may or may not consider their use excessive.

- Talk with your child about their use and any concerns you have about its impact.
- Set limits on time spent using technology.
- Keep technology out of children's bedrooms.
- Support your child to develop a healthy balance of online and offline activities, including physical activities and engaging with family and friends in-person.
- If you have ongoing difficulties with excessive use that is negatively affecting your child's wellbeing, seek professional support.

Accessing offensive, inappropriate or illegal content

Technology provides access to a vast amount of material from all around the world. Unfortunately, some of that material is offensive, illegal or otherwise inappropriate for young people. For example: images of violence, material that promotes hate towards individuals or groups, pornography – including extreme and violent sexual imagery, images of child sexual abuse, gambling, instructions for crime or violence, and material that promotes harm such as eating disorders or self-harm. Young people may seek out this kind of material or come across it accidentally.

- Talk with your child about the risk of accessing offensive, inappropriate or illegal material and why it is unhealthy for them to access it.
- Set limits on your child's technology use. For example, have them use it only in shared spaces in the home.
- Encourage your child to talk to you if they come across something that concerns or upsets them.
- Use parental controls to manage technology in your household.

For more information about how you can support your child to be a safe and responsible cyber-citizen, see <http://cybersmart.gov.au/Parents.aspx>



Your Child's Dental Health

SOUTH WEST DENTAL SERVICE IS CURRENTLY OFFERING DENTAL CHECKUPS AND TREATMENT TO STUDENTS ATTENDING THIS SCHOOL.

Where is South West Dental Services located?

- South West Healthcare, Manifold Place, 140 Manifold Street, Camperdown.
- Phone 5557 0915
- South West Dental Service operates Monday, Tuesday, Thursday, Friday 8.30am till 4.30 pm

Who can access South West Dental Services?

- Children aged 2-17 years eligible for the Child Dental Benefits Scheme- bulkbilled through Medicare.
- Health Care/Pensioner Concession Card holders 0-17 years-no fee.
- Non Health Care/Pensioner Concession Card holders 0-12 years-\$33.50 for general care.
- No fees are charged for emergency care.

How do I make an appointment for my child?

- Children previously seen by our dental service will usually receive a recall letter when they are due for a checkup.
- If your child has not seen us before, or for some time, or you have other concerns please contact us on 5557 0900 to arrange an appointment.
- Please have your concession card and/or Medicare card with you when you call.

We look forward to seeing you and your child.

Warrnambool

Community Health Building
Ground Floor, Koroit Street
Warrnambool, Vic 3280
Phone: 03 5564-4250
Fax: 03 5563 1500

Camperdown

Manifold Place
140 Manifold Place
Camperdown, VIC 3260
Phone: 03 5593 7300
Fax: 03 5593 2659

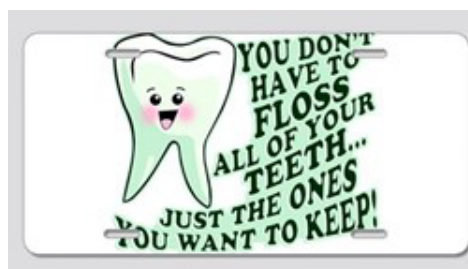
Hamilton

2 Roberts Street

Hamilton, Vic 3300
Phone: 03 55518347
Fax: 55631500


Portland

Portland, VIC
Phone: 55210390
Fax 55631500






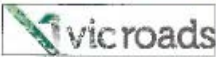
L2P CORANGAMITE MENTOR DRIVER PROGRAM

**CORANGAMITE
LEARNER DRIVER
PROGRAM**



Proudly Supported by:

Victorian Graduated Licencing System

Mentor Driver volunteers are urgently needed for mentoring learner drivers as they learn to negotiate the roads as there are a growing number of L Platers wanting to learn. If you are able to help in any way, please contact Sally Buckland, who is the coordinator, at the Terang Hospital on 55920222 and she will give you further details.

Email: slbuckland@tmhs.vic.gov.au



L2P MENTORING

Mentor Support

You will be given a free training course to help you in learning the skills, to guide you in your supporting role with your learner driver.

Our L2P Project Coordinator will match mentors to learners, to make sure they suit each other.

This will help make it a safe and rewarding time for the mentor and learner driver.

Our L2P Project Officer will keep in regular contact with you and the learner drivers to support you in your role.

Where does the Program Operate?

L2P program is based at Terang and Mortlake Health Services in Terang, but the car will be covering the whole Corangamite Shire.

L

Learner Drivers – do need help to get 120 hours of supervised driving experience?

Having a driver's licence is important for young people to get to:

- Further education and training such as TAFE and university
- Employment
- Sport, social life and family

Sometimes young people find it hard to access a supervising driver or a suitable car or both. If you need help we can assist you.

The L2P Program (learner to probationer) is funded by the TAC and managed by VicRoads and provides trained volunteer drivers to act as Supervising Drivers.

- We provide a car **and**
- We provide 7 free professional driving lessons **and**
- We provide volunteer Supervising Drivers to supervise your driving practice **and**
- It's free! You only need to pay for your learner permit, log book and drivers licence test (once you complete 120 hours of supervised driving).

What do you need?

- between 16 and 21 years of age and
- have a Victorian Learner Driver Permit and
- have a Victorian Learner Driver's log book and
- have trouble accessing a supervising driver or a suitable car or both for your driving practice sessions as a learner driver.

P

Contact Sally the Corangamite Region L2P Coordinator based at Terang & Mortlake Health Service on ph: 5592 0222.

L2P
LEARNER
DRIVER
MENTOR
PROGRAM

Funded by the TAC and managed by VicRoads



COBDEN FEMALE FOOTBALL TEAM
 RECRUITING PLAYERS FOR 2019 SEASON

IF YOU ARE

AGED 13 – U/18

HAVE AN INTEREST IN PLAYING FOOTBALL

OR

NEVER PLAYED FOOTBALL

OR

WANT TO PLAY A NEW SPORT

OR

MEET NEW PEOPLE

THEN

YOU ARE MOST WELCOME TO PLAY

TRAINING WEDNESDAY NIGHTS COBDEN FOOTBALL GROUND 4.30-6PM

CONTACT SUE STEVENS 0427 352588 FOR ANY MORE INFORMATION

Proudly Presented by:
 Timboon Kindergarten Inc. as major fundraiser

The Mik Moks

ROCK TIMBOON

Monday 1st July, 2019
 Timboon and District Hall

Doors open at 10.30am for 11am show
 Dazzling Dan the Magic Man also appearing

Coffee, sausage sizzle & snacks available to purchase
 Tickets \$18, family discount tickets available, under 12 months FREE
 Contact Heidi Lawson 0407 881688

Head to www.themikmoks.com.au to secure your tickets